

Dear Editor:

Enclosed please find copies of relevant papers pertaining to my son, Marine Sergeant, Clayton J. Lonetree. I write this letter to convey my utmost concerns regarding this fabricated case and to beseech your kind assistance in this crucial matter.

I have raised two fine gentlemen marines who are proud and patriotic Americans. The incident involving my son is totally out of character and statements attributed to him are completely false. I am convinced that Sgt. Lonetree's admission to an 'error in judgement' (December, 1986) was singled out and perceived by certain individuals within this administration's hierarchy as a prime opportunity to divert attention from their Iran-Contra fiasco. Indeed, as far as they were concerned the timing couldn't have been more appropriate.

I am confident of my suspicions and I am determined to expose the evil intent of their scheme. Senator David Durenberger of Minnesota, former Chairman of the Senate Intelligence Committee, stated recently that of 147 classified cases, the Reagan administration had 'leaked out' 135. I was told that my son's case was classified but yet, the media had a field day with it... compliments of 'unidentified sources' from the State Department and the Pentagon.

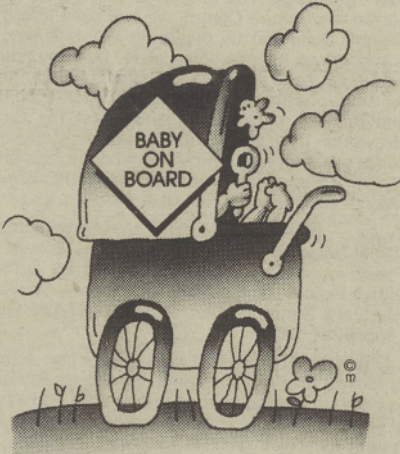
Sergeant Lonetree's reputation has been irreparably and unnecessarily sullied by unscrupulous people who need to be identified. I am committed to this cause. Indeed, it is a sad day in America when citizens are 'used' as sacrificial lambs by the powers of the government to coverup their mistakes.

I would appreciate having my statement published by your paper. I want to convey the 'other side' of this sordid case to the American Indian people and other Americans who may want to help insure that justice prevails.

Sincerely yours,

Spencer G. Lonetree
752 Margaret Street
St. Paul, MN 55106

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Birth Announcement

Lynette Marie and Gyrrad Lee welcome a new baby sister Heidi Diane. Born on July 25, 1987 at 2:47 p.m. to Larry and Valerie Hibdon. Heidi weighed 9 lbs 8 oz and was 19 1/2 inches long.

Grandparents are Maxine Rilatos and the late Robert P. Rilatos, Sr. and Albert and Sally Hibdon, all of Siletz.

Great-Grandparents are Archie and Victoria Ben and Pearl Rilatos all of Siletz and Helen Hibdon of Coquille, OR

Mr. and Mrs. Edmond Ben Jr., from Sacramento, California, are proud to announce the birth of their new daughter Jennifer Delores Ben. Born June 26, 1987. She weighed 8 lbs., 2 oz., 20" long. Grandparents are Mr. and Mrs. Edmond Bend Sr. from Salem, Oregon. Jennifer also has two brothers Michael and David and a sister Brandy.

Transportation Money Available

Through the mini-grant from Community Services Consortium, the Siletz Area Elders Program has money available for reimbursement to individuals for transporting elders to doctors appointments, special events, visitations, errands, pollucks, etc. There are restrictions that apply. Elders must reside within Lincoln County, and approval must be received through Tina prior to transporting. A flat fee of \$5.00 to Newport, \$10.00 to Corvallis, \$15.00 to Salem and \$20 to Portland is in place of tribal travel reimbursement rates. For more information contact Tina

WOODCUTTING PARTY

The Tribal Council will be holding a woodcutting party on September 12, 1987, beginning at 9:00 a.m. on Government Hill. Volunteers are needed to assist the Council in cutting, splitting, stacking and loading wood.

The wood is for elders, handicapped and tribal members in need but who are unable to get their own. Anyone in these categories is encouraged to assist their truck. Anyone able to volunteer use of their truck to transport wood, please call Tina at 444-2533 or 1-800-922-1399.

Whitehead Friars Member

Stuart Whitehead of Siletz, a senior in planning, public policy and management at the University of Oregon, Eugene, has been selected as a new member of the Society of Friars.

New members in Friars, one of the university's oldest honoraries, were chosen for their leadership and loyalty to the university.

COLESLAW RECIPE

4 cups shredded green cabbage
2 cups shredded carrots
3/4 cup thinly sliced green onions
2/3 cup cider vinegar
1 Tablespoon Dijon mustard
1 1/2 teaspoons paprika
1 teaspoon mustard seeds
1/2 teaspoon celery seeds
1/2 teaspoon freshly ground pepper
1/2 cup nonfat yogurt
1/2 cup low-fat cottage cheese

1. Combine cabbage, carrots, and onions in a large bowl.
2. Combine remaining ingredients in a blender or food processor and whirl just until smooth. Pour over vegetables and refrigerate over-night.

Yield: 8 one cup servings.
Nutritive values per 1 cup serving: CAL, 49; CHO (gm), 6; PRO, 4; FAT (gm), 1.
Food exchanges per 1-cup serving: 1 vegetable, trace fat.

This recipe was taken from Kids, Food & Diabetes, a book of recipes, menus and practical advice for diabetics, by Gloria Loring.

JOM Summer Encampment

Over the three day period of the JOM Summer Encampment, August 3-5, 1987, fifty-seven children from Waldport, Neotsu, Otis, Dallas, Siletz and Toledo camped at Government Hill. For everyone it was a learning experience, especially for camp coordinator, Denise Wilson. Do you know how many children can happily sleep together in one teepee? Or what cereal will be eaten faster, Trix or Raisin Bran? Or how soon someone will need a restroom at an isolated beach? These are just a few of the important questions that came up during the encampment. The common sense answers promise to make next summers camp even more fun and enjoyable for everyone.

A big THANK YOU to all the parents that volunteered their time and talent. The camp just wouldn't be possible without their commitment to special activities such as this. Our VIP (Very Important Parents) were: BRENDA & EVERETT BUTLER, SYLVIA & BOB, JUDY JOHN, WALT KLAMATH, KAREN BELL, SELENE RILATOS, DARLENE SMITH, JANICE METCALF, KITTI KAVANAUGH, LISA BROWN & CHARLIE, RUBY & ROBERT RILATOS, JR. AND MARLENE STUART.

And a special thank you to the artists who shared the talent and love of their craft with the students: ARLIE NESKAHI (singing & drumming), MARLENE STUART (basketry), CYNTHIA VILES (basketry), BONNIE PETERSEN (beading) and RICK BARTOW (Indian mask wood carving).

Restrictions On Contract Health Services Program

RESTRICTIONS ON CONTRACT HEALTH SERVICES PROGRAM

Due to continued high spending and a projected deficit in the Contract Health Services Program, it is necessary to implement further restrictions in the Contract Health Services Program for the remainder of this fiscal year.

These restrictions will go into effect immediately, and it is anticipated that they will remain in effect for the remainder of the fiscal year, September 30, 1987.

As can be seen from the attached memorandum from the Portland Area Office, these restrictions at this time include:

1. Deferring all medical and dental services that can be reasonably deferred until next fiscal year, which begins October 1, 1987.
2. Absolute prohibition on emergency room usage for non-emergency room care, any services provided without authorization, all eyeglasses and hearing aids for the remainder of this fiscal year, all non-prescription items and all bulk supplies or equipment.
3. School physicals cannot be paid for through CHS. As much as possible, we will try to provide these through the health center at Chemawa.
4. As you will see from the attached memo, all patients will now be required to adhere to the policy of using the Chemawa Clinic if they are within 45 minutes of transportation time from the clinic. The same policy will apply to other available Tribal or urban clinics (Grand Ronde Clinic for Grand Ronde Tribal members, and the Urban Clinic in Portland).
5. The Service Unit will make all efforts within our capability to reduce spending through the above and other possible ways.

We ask your assistance in helping us to implement these tighter restrictions on our CHS program, and assist us in reducing spending for the remainder of this fiscal year.

Hopefully, these new restrictions will allow us to reduce spending for the remaining two months of this fiscal year, but if not, we may have to further restrict services. We will be in close contact with you and keep you informed if this should become necessary.

James E. Edge, Director
Western Oregon Service Unit

Health Notes

Exercise lowers high blood pressure, high blood fat levels and high blood sugar levels. It makes you feel good and can actually retard ageing. Importantly in our tribe is that exercise lowers the risk of developing diabetes. So if diabetes runs in your family, all the more reason to begin a walking, running and other aerobic program today.

For those who already have diabetes, exercise can help control high blood sugar along with meal planning. Let me explain the mechanics of diabetes and why exercise is so important. Diabetes is a condition in which the blood sugar level is too high. Blood sugar is the body's main source of energy. Getting sugar into the body cells to make energy requires insulin and insulin receptors. Insulin is the key that opens up the cell. Insulin attaches to insulin receptors on the cell making a channel for the sugar to get into the cell. The more sugar in the cell the less sugar in the blood.

The good part is that regular exercise makes the insulin receptors work better. People that are fit have more insulin receptors for the insulin to fit into, to get the blood sugar into the cell and out of the blood.

Before you start to exercise talk to your doctor. Then start slow. Walking is a good way to begin, today.



Before: Few Receptors



After: More Receptors