

### Health Committee Seeking Position

The Health Committee is seeking applications to fill one position. Completed applications can be sent to the Health & Wellness Center in care of Chair Patti Tom-Martin, 9605 Grand Ronde Road, Grand Ronde, Oregon 97347.

**Deadline is November 15.**



### Grand Ronde Tribal Housing Authority Last Notice To General Contractors

#### Housing Board of Commissioners Seeking Member One position open to Tribal and Non-Tribal applicants

The Grand Ronde Tribal Housing Authority Board has one Board of Commissioners seat open.

Anyone who is interested in serving in this position and who has housing-related experience to qualify for the position is encouraged to attend the October 19, 2004, board meeting. The meeting will be held at 5:30 p.m. at the Housing Authority office at 28450 Tyee Road (just off Grand Ronde Road) in Grand Ronde. Please call to confirm the date and time.

This is an opportunity to: 1) observe how the board functions, 2) become acquainted with the types of issues that are regularly discussed and 3) determine if you are seriously interested in such a position now or in the future.

The open position will fill a recently vacated seat, with a term that expires in March 2006.

Interested persons should have a demonstrated interest in housing and experience in the housing field in some capacity, such as:

- affordable housing development
- property management
- residential building construction
- housing finance
- housing planning
- other housing related areas

The Board oversees all housing development, housing management, housing programs and housing operations for the Tribe, and is responsible for policy decisions. The Board currently meets at 5:30 p.m. on the third Tuesday of each month at the Housing Authority office in Grand Ronde.

Interested persons should send a letter outlining their interest and qualifications to:

Carina Kistler Ginter, Executive Director  
Grand Ronde Tribal Housing Authority  
28450 Tyee Road  
Grand Ronde, Oregon 97347

**All letters need to be received by 5 p.m. on Friday, October 29, 2004 to be considered.** The Housing Commissioner will be selected and appointed by the Tribal Council. For more information regarding qualifications, or to confirm the board meeting date, contact the Housing Authority at 503-879-2401 or toll-free at 1-800-422-0232, ext. 2401.

### VIOXX No Longer Available

Effective immediately, the prescription drug VIOXX will no longer be available to the U.S. market. VIOXX is a prescription medicine used to relieve signs and symptoms of arthritis and acute pain in adults. Long term use (approx. after 18 months of use) of VIOXX has shown to increase risk in cardiovascular events such as heart attack and strokes during chronic use.

For that reason, **Merck & Co., Inc.** has voluntarily withdrawn this drug from the market. It has not yet been recalled by the Food & Drug Administration but the FDA agrees with and supports the decision to remove the drug from the United States market. If you are currently taking VIOXX, please contact your physician to discuss alternative treatments. If you have questions, please call your medical provider or your pharmacy directly. Grand Ronde Pharmacy patients may call 1-800-422-0232 ext. 2013.

Patients with unused quantities of VIOXX, may be able to receive reimbursement from Merck & Company, Inc. Information on receiving reimbursement will be posted on the web at [www.vioxx.com](http://www.vioxx.com) or may be obtained by calling 1-888-36V-IOXX.

### Win Big Prizes for Helping Wildlife!

Help collect biological samples from deer and elk and your name will be entered in a drawing for two gift certificates.

1st prize: **\$450** gift certificate to Sportsman's Warehouse

2nd prize: **\$50** gift certificate to Sportsman's Warehouse

**Why:** The Confederated Tribes of Grand Ronde Natural Resources Division, in cooperation with Oregon Department of Fish & Wildlife and USDA Veterinary Services, is collecting biological samples from deer and elk to learn more about diseases that may be affecting our deer and elk herds.

**Deer Hair Loss Syndrome** is already present in the Grand Ronde area, but its cause is unknown.

**Chronic Wasting Disease**, if it shows up in Oregon, can have devastating effects on deer and elk populations.

**Adenovirus Hemorrhagic Disease** is not known to be present in the Grand Ronde area but has been detected in Southwest and Central Oregon.

Bring hunter-harvested animals to the Tribes' Natural Resources office at 47010 S.W. Hebo Road

Monday-Friday, 8 a.m. - 4:30 p.m.

Deer with Hair Loss Syndrome in Grand Ronde.

Entries in drawing will be awarded as follows:

- Elk brain stem and lymph nodes (1 entry for use able sample)
- Deer brain stem and lymph nodes (1 entry for use able sample)
- Deer blood sample (1 entry for use able sample)
- Deer lice sample (1 entry for use able sample)

Use able samples collected from *fresh* deer/elk road kills will also earn entries for the person who reports them to the Tribes' biologists.

The Fish & Wildlife Committee and Natural Resources Division thank you for your help in gathering information to help us maintain our deer and elk populations. Happy hunting!

(Drawing will be held at 5:30 p.m. on April 12, 2005. Winners will be notified).

**For More Information:** Natural Resources Division, 47010 S.W. Hebo Road, Grand Ronde, Jeff Baker: 503-879-2396, Brandy Duff: 503-879-2423, Kelly Doerksen: 503-879-2382. After hours or on the weekend, call 503-434-3604.

### Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. As many are aware, breast cancer has been on the rise for the past several years. In 1940 the lifetime risk of breast cancer was one in 20. By 1997, that risk had increased to one in every eight women. What many people don't know is that most women who get breast cancer have **NO** known risk factors. On the positive side, nationwide awareness campaigns together with improved diagnostic and treatment methods have led to earlier diagnosis, and improved outcomes. Death rates from breast cancer have dropped every year from 1990 to 2000. There are several ways all of us can help reduce the incidence and severity of this disease.

**KNOW THE RISK FACTORS:** Several factors contribute to increased lifetime risk of breast cancer.

(1) **AGE:** Breast cancer risk increases with age.

(2) **FAMILY HISTORY:** Risk increases in people who have a "first degree relative" (mother, sister, daughter) who has had breast cancer. There is a slightly higher risk if there is a family history of other cancers such as ovarian, uterine, or colon.

(4) **ALCOHOL USE:** Women who consume 2 to 5 drinks a day have an increased risk of developing breast cancer. Alcohol also increases the risk of cancers of the mouth, throat, and esophagus.

(5) **WEIGHT:** High calorie, high fat diets as well as being overweight (especially in the upper body) increases breast cancer risk, especially after menopause.

(6) **MEDICAL HISTORY:** Starting your period before age 12, menopause after age 50, taking Hormone Replacement Therapy, having your first child past age 30, or never having children all put you at

higher risk for breast cancer.

(7) **SMOKING:** Increases risks for multiple medical problems, including breast cancer.

**IMPROVE YOUR ODDS:** By following current recommendations for breast cancer prevention and detection, you can significantly reduce your risk.

(1) **GET SCREENED FOR BREAST CANCER:** Ask your health care provider to discuss what screening is right for you. A clinical breast exam and or self breast exams may be recommended. Mammography detects cancer at its earliest, most treatable stage—an average of 1-3 years before a woman can feel a lump and often locates cancers too small to be felt during a clinical breast exam. Current recommendations include a screening mammography every 1-2 years between the ages of 40 to 49 and every year thereafter.

(2) **MAKE LIFE-STYLE CHANGES:** Quitting smoking, losing weight, reducing the fat in your diet, and increasing exercise can significantly reduce your risk of developing breast cancer, as well as some other cancers. The sooner you begin the better!

Every woman deserves and needs to take the time and effort to make sure that she is informed and aware of her breast cancer risk. If you have not had breast cancer screening this year, take time this month to speak to your health care provider. You may be able to get your mammogram at Grand Ronde Health & Wellness Center. Starting this month a Mammography Van will be visiting the clinic once a month. The first visit will be **OCTOBER 29.**