

TRIBAL MEMBER NEWS

New Babies!

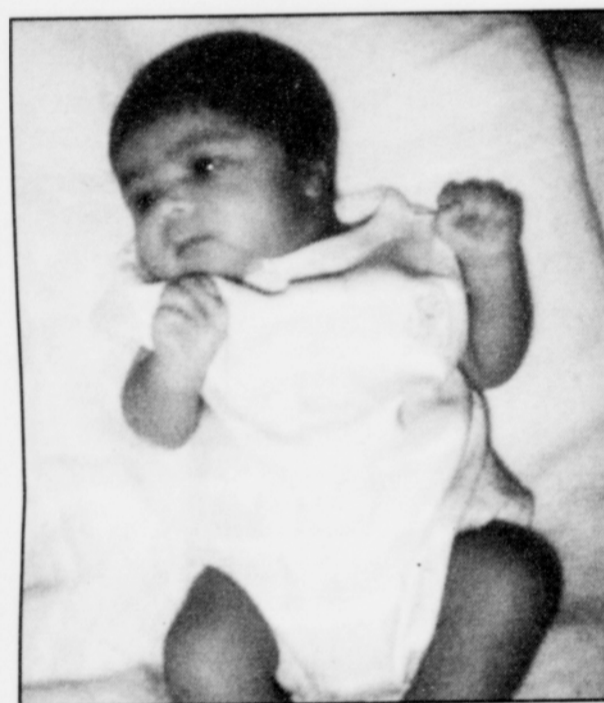


Kylee Mae Smith

We are proud to announce the newest addition to our family.

Kylee Mae Smith was born Dec. 21, 2006. She weighed 8 pounds, 2 ounces and was 20 inches long.

The proud parents are Darrin and Mandi Smith. Proud grandparents are Dan and Darlene Smith, and Lynell and Butch Sanderson, and the proud aunt is Auntie Dannelle Smith.



Airka Mataya Geiszler

with love from Mommy and Daddy

We would like to welcome our daughter, Airka Mataya Geiszler, to our family.

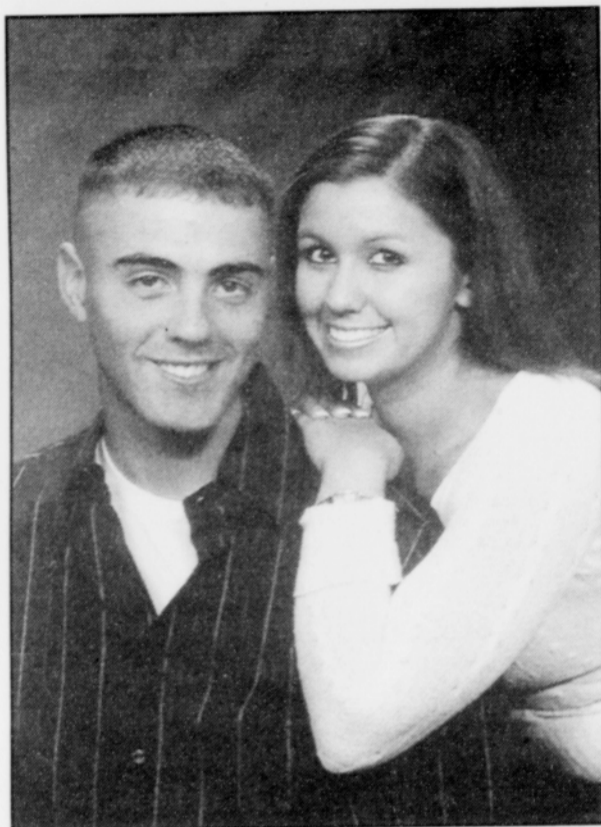
She was born to Theresa Geiszler and Eric Brewer on Oct. 25, 2006, at Portland Adventist Hospital in Portland, Ore.

We love you mommie.



Raven Brown

Debbie and Wylie Eddings welcomed their new granddaughter into the world at 12:04 a.m. on Jan. 1, 2007. Proud parents are Kerrie and Gary Brown.



Jeremy Markham and Chrystal Williams

Williams/ Markham Engagement

Eugene and Debbie Williams would like to announce the engagement and upcoming wedding of their daughter, Chrystal Williams, to Jeremy Markham.

The bride-elect is a 2001 graduate of Toledo High School, a 2001 graduate of the International Air Academy, and also a graduate of Mt. Hood Community College this past summer with an associate's degree in travel and hospitality.

The groom-elect is the son of Sam Pitts and Karen Markham of Dallas, Texas, with a younger sister (Miranda) from Los Angeles. He is a 2001 graduate of Hamilton High School in Los Angeles.

The wedding is taking place in Kona, Hawaii. A reception is planned for family and friends to attend in Oregon at a later date.

Voting Machine Demonstration

Feb. 2, 2007

5:30 p.m.

Siletz Tribal
Community Center

Come see a demonstration of the voting machine's operation and public activation of its security system so all interested parties will know it contains no data prior to balloting and ballot counting on Feb 3.

Outstanding Freshman Player 2006



Congrats to Tristan Metcalf on being recognized as the Outstanding Freshman Player 2006 for Newport High School.

Love, your #1 Fan!



Wash Your Hands for Good Health

by Susan Allan, M.D. J.D., M.P.H., Administrator of the Oregon Department of Human Services Public Health Division

Whether it's the start of flu season, food safety during family celebrations, or close contact with family and friends who may be carrying germs, public health experts in the Oregon Department of Human Services say one simple action can protect your health — handwashing.

Hands carry germs. It's common knowledge, right? After all, for years, mothers everywhere have drummed the message: Wash your hands! But here are some important handwashing facts you may not know:

- Colds, flu, intestinal illness, or staph infection — whatever the bug may be, handwashing is the single most important thing you can do to keep from getting sick and to avoid spreading illness to others.
- Adequate handwashing requires soap and clean, running water. Warm water is preferable. Lather up and scrub for 20 seconds, or the time it takes to sing the "Happy Birthday" song two times through.
- Why use soap? It mixes with skin oil and loosens grease and dirt that can hold germs.
- Plain soap is a better choice than antibacterial soaps.
- Soap and water are preferable for cleaning hands, but if none is available use an alcohol-based gel as a substitute.
- Wash your hands often. The average person touches eyes, nose, and

mouth, which are the easiest ways germs get inside the body, at least 200 times a day.

- The most important times to wash hands are before preparing or eating food; after going to the bathroom or diapering a child; before and after caring for someone who is sick or bleeding; after blowing your nose, coughing, or sneezing; and after handling an animal, animal waste, or garbage.

Nationally, inadequate handwashing may cause up to 40 percent of diarrheal illness and 20,000 hospital-acquired deaths, and costs millions of dollars in sick leave each year, according to the federal Centers for Disease Control and Prevention.

- No matter how old you are, handwashing reminders are important. A 2005 national study found that 91 percent of adults said they always washed their hands after using public restrooms, yet just 83 percent were observed doing so. Seventy-seven percent said they always washed their hands before handling or eating food. Just 42 percent said they washed their hands after petting a dog or cat, and only 32 percent did so after coughing or sneezing.

The complete study, conducted by the American Society for Microbiology and the Soap and Detergent Association, is on the Web at www.washup.org/.

