



Front row, l to r: Keaston Johns, Makiah Woodruff, Jazmyn Metcalf, Cecillie Butler, Clarinda Black, Britany Robertson, Chrissy Jo Perkins.
Back row, l to r: Coach Kris Whitehead, Kateri Whitehead, Sierra Warren, Misty Warren, Morgan Crawford, Coach Cova St. Onge. Not pictured: Coach Frank Aspria

Volleyball Team Wins Championship

Congratulations to the 2009 Siletz 6th-8th volleyball team!

The team worked very hard on developing the skills to compete in the 2009 volleyball season. They represented our community very well and took first place in the district championship with the sixth-grade team at the end-of-year tournament.

Great job, lady warriors!

From Frank Aspria

I would like to give a really big thank you and congratulations to Cova St. Onge and Chris Whitehead for coaching their volleyball girls to a championship! Good job to the whole team – especially the girls who played so hard!

And a really big thank you to Terry Fisher and Housing for allowing us to take this championship team to OSU for a volleyball game.

Lesia Gaye Elzie – 1957-2009

A graveside service was held Nov. 13, 2009, for Lesia Gaye Elzie at Skyline Memorial Gardens.

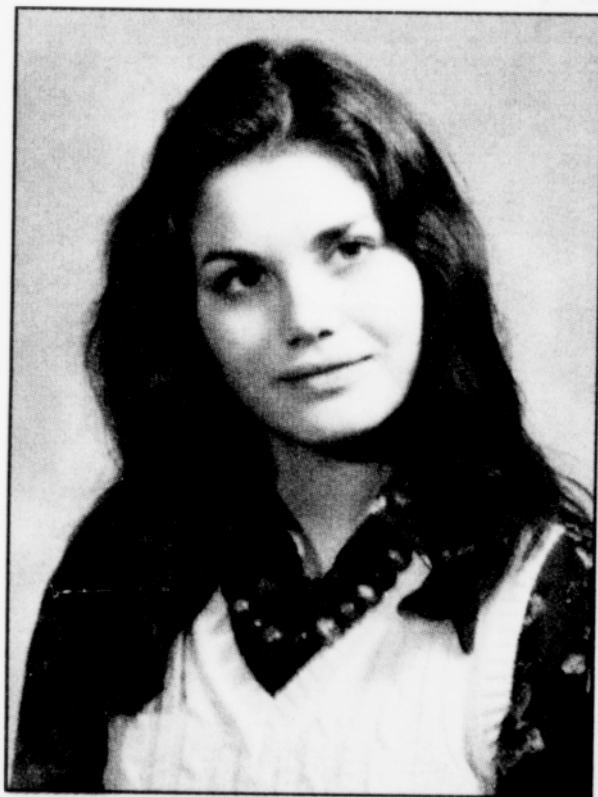
Lesia Gaye Elzie was born to Willa and Buford Daugherty in Hood River, Ore., on Oct. 7, 1957. She grew up in Newport, Ore., with her three sisters, Julie, Lawana and Willo, and a menagerie of dogs, cats, horses, cows, goats, rabbits and pigs. She graduated from Newport High School in 1975.

An avid and natural dancer, Lesia enjoyed all forms of fine art. She had an appreciation for the finely turned phrase and just the right shade of grey in a quality flannel suit. She adorned her life and the lives of her husband and children. From her large collection of fine things, she gave and continues to give freely to all who loved her.

On June 14, 1995, she married James Matthew Elzie. She was his one true love and he hers. They shared a life of love, laughter, music and dance.

She is survived by her husband, James Matthew Elzie; son Marcus Veritas Warner; and daughter Danielle Larissa Warner. Their lives stand as a testament to her faith, compassion and unwavering unconditional love.

Finally and foremost, Lesia was a Christian woman of enormous faith. She



never hid her lamp under a basket and enjoyed a vast sisterhood in Christ with a multitude of friends. She kept her heart and eye out always for the less fortunate and was always first to ask "What can I do?" in response to any crisis.

Lesia Gaye Elzie passed away Nov. 3, 2009, at 6:54 p.m. She was in her beautiful home surrounded by the love of her family and in the arms of her Lord and Savior Jesus Christ.

Send Us News

Siletz News is looking for information about Tribal members similar to the articles you see on these pages, positive news about you or someone you know. Contact information is on page 2.

New Baby!

Elizabeth Garrison

Shastas are growing – Elizabeth Garrison was born Aug. 15, 2009.

Her great-grandparents are the late Lorraine Downey and Pete Downey. Her great-great-grandparents are Mae Adams Downey and Rev. Roy Downey.



Courtesy photo by Cohen and Park

Congratulations, Graduate!

With love from your Madre, Chad, Anthony and Daniel!

Samantha Gamboa graduated from the Oregon National Guard Youth Challenge Program on Dec. 16, a program that challenges cadets academically, mentally, physically and emotionally.

In five and half months, Samantha earned 10 high school credits and will attend Taft High 7-12 and Oregon Coast Community College.

Good job, Sam! We are all so proud of you!



B Vitamins Aid in Building Cells

Originally, it was thought there was only one vitamin B, but now we have come to know there are actually at least eight B vitamins, referred to as B complex.

B vitamins are naturally found in whole, unprocessed meats and vegetables like liver, turkey, tuna, potatoes, bananas, lentils, chili peppers, tempeh, beans and green vegetables. When foods are processed with sugar, the B vitamin benefit can be lost. Items such as bread and cereal are "fortified" with B vitamins, meaning the vitamin is added to the ingredients.

B vitamins support and increase metabolism and aid in cell-building, such as our red blood cells that carry oxygen in our body. They help us maintain healthy heart and nervous system functions as well as skin and muscle tone. They enhance our immune and nervous system functions and prevent anemia.

Since they are water-soluble, excess vitamin B gets excreted in the urine. Many energy drinks contain eight times the recommended values of vitamin B. Although this is a good marketing ploy for increased energy, you are bound to flush down most of this cost.

Certain B vitamins are not found in plants and deficiency can be an issue for vegans or extreme vegetarians who do not find alternative ways to supplement their vitamin B. Alcohol intake can prevent B vitamin absorption from food or vitamins as can intestinal disorders such as Crohn's disease, ulcerative colitis and celiac disease.

Vitamin-B Deficiencies

B1 Thiamine	Irregular heartbeat and swelling
B2 Riboflavin	Cracks in lips (cheilosis)
B3 Niacin	Tied to high triglycerides and carbohydrate metabolism
B5 Pantothenic Acid	Acne
B6 Pyroxidine	Anemia and depression
B7 Biotin	Growth disorders in infants
B9 Folic Acid	Anemia and birth defects such as spina bifida
B12 Cyanocobalamin	Anemia, neuropathy and memory loss

B vitamins need to be replenished daily as they are not stored in our bodies. When choosing a multi-vitamin, look for RDA values of the vitamin Bs to be 100 percent.

It's especially important for pregnant women or women expecting to get pregnant to take in 400 mcg of folic acid (B9) to prevent birth defects. Jan. 4-10 is National Folic Acid Awareness Week, so please pass on the information.