

Give Gift of Life by Donating Blood to American Red Cross at Siletz Clinic

By Sharon Mason, CHAI

American Red Cross Blood Drive Nov. 9, 2010 • 10 a.m. to 3 p.m. Siletz Community Health Clinic

Did you know that every two seconds, someone in the United States needs blood?

Blood cannot be manufactured; it must be given by volunteer donors. Because it has a limited shelf life, the community blood supply constantly must be replenished to meet patients' needs.

Blood donors can make a life-saving contribution by giving blood. Those who cannot donate can help save lives by volunteering with the American Red Cross.

Giving blood is safe, easy and less painful than one might imagine. Donors often feel a fulfilling sense of contribution and pride knowing they are part of a life-saving team.

Basic eligibility requirements

Donors must:

1. Be in general good health
2. Weigh at least 110 pounds
3. Meet minimum age requirement (there is no upper age limit)*

4. Provide signed parental consent, if required*
5. Have waited the minimum time between donations*
6. Provide an acceptable form of identification

*Some requirements vary by state, by donor age or by donation type. Please call 800-RED CROSS or check with your Red Cross representative for specific information.

Tips for a positive donation experience

- Eat a small healthy, low-fat meal prior to donation.
- Drink plenty of water or juice throughout the day.
- Bring a photo ID or Red Cross blood donor card.
- Wear a short-sleeve shirt or one with a sleeve that can be comfortably raised above the elbow.
- Avoid heavy lifting or exercise after your donation.
- Feel free to ask questions and please follow any additional instructions given.

Don't Endanger Yourself or Others by Driving When You Are Drowsy

Nov. 8-14 is Drowsy Driving Prevention Week

The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are caused by fatigued drivers, resulting in more than 1,550 deaths and 71,000 injuries annually.

According to National Sleep Foundation surveys, half of Americans report they have driven drowsy and 20 percent admit they actually have fallen asleep at the wheel in the last year.

Sleepiness impairs your performance, just like alcohol and drugs

Studies show that being awake for 18 hours produces impairment equal to a blood alcohol concentration (BAC) of 0.05 percent. After 24 hours, the impairment is equal to a BAC of 0.10 percent.

Sleepiness results in impaired reaction time and judgment; decreased performance, vigilance and motivation; trouble focusing; daydreaming; and mental distraction.

Are you at risk?

Special at-risk groups for drowsy driving include young people, shift workers, commercial drivers and people with undiagnosed or untreated sleep disorders. Any driver, however, can experience fa-

tigue at one time or another. Your risk for drowsy driving increases if you are:

- Sleep deprived or fatigued
- Driving long distances without proper rest breaks
- Driving through the night or mid-afternoon
- Working more than 60 hours a week
- Working more than one job and your main job involves shift work
- Drinking alcohol
- Driving alone or on a long, rural, dark or boring road
- Taking sedating medications

Before a trip, do the following

- Get adequate sleep – most adults need 7-9 hours for proper alertness during the day.
- Schedule proper breaks – about every 100 miles or two hours during long trips.
- Arrange for a travel companion – someone to talk with and share the driving.
- Avoid alcohol and sedating medications – check your labels or ask your doctor.

For more information about this topic and other sleep issues and tips, visit the National Sleep Foundation's Web site at www.drowsydriving.org.

2011 Tribal Council Application

Application for name to be placed on the 2011 ballot for candidates in the Siletz Tribal Council election

Name: _____ Roll No.: _____

Mailing Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____

E-mail: _____

I understand I must be an enrolled member of the Confederated Tribes of Siletz Indians of Oregon and 18 years of age or older. This application must be filed with the Election Board by 4 p.m. on Dec. 22, 2010. I also understand that if for any reason I decide to withdraw my application for Siletz Tribal Council, I must withdraw in writing.

Signature: _____ Date: _____

Mail your application to: CTSI Election Board, P.O. Box 490, Siletz, OR 97380.

Voter's Pamphlet and Statement

If you would like your candidate's statement and photo of yourself to appear in the voter's pamphlet, please submit your statement and recent 3x5 photograph along with your application. Deadline for statements and photos is Dec 22, 2010, at 4 p.m. Candidate statements must be no longer than 750 words and must not be derogatory or contain personal attacks on any one individual. Statements and photos will appear in the voter's pamphlet. Photos will be included on the ballot. Mail your statement and photo to:

CTSI Election Board
P.O. Box 490
Siletz, OR 97380

The candidate is responsible to ensure receipt of application and statement by the deadline. Letters will be sent to all candidates after review and certification by the Election Board.

Candidates can call 800-922-1399, ext 1256, or 541-444-8256; or e-mail elections@ctsi.nsn.us to confirm receipt of application and candidate's statement.

Election Deadlines

4 p.m.	Dec. 22, 2010	Deadline to file for candidacy
4 p.m.	Dec. 22, 2010	Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet
	Jan. 4, 2011	Certified Candidates List will be posted by this date
		Absentee ballots mailed out
Week of Jan 10-14, 2011		
10 a.m. – Noon	Jan. 15, 2011	Candidates Fair at Chinook Winds – tentative
4 p.m.	Jan. 28, 2011	Deadline to request a mail-in ballot
10 a.m. – 4 p.m.	Feb. 5, 2011	In-person voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m.	Feb. 5, 2011	Deadline for returning absentee ballots

2011 Election Board

Kelley Ellis, Chairman

Sharmon Cook-Wright

Rebekah Goulet

Marci Garrett, Alternate

Siletz Election Board

P.O. Box 490

Siletz, OR 97380

Contact Information: 800-922-1399, ext. 1256 or 541-444-8256
elections@ctsi.nsn.us