



Photo by Diane Rodriguez

A delegation from Mombetsu, Hokkaido Japan, visits the Tribal Dance House for a feather dance demonstration that included Tré Jackson, Ebyn Jackson and Bud Lane (back row, first three on left), Halli Lane-Skauge and Felisha Howell (front row, black dresses) and Alissa Lane (back row, second from right). Cindy McConnell (front row, far left), co-chair of the Sister City Committee in Newport, Ore., regularly brings Japanese visitors to Siletz. Not pictured: Beyonka Pearson.



Happy 5th Birthday to my Li' Beast!



Happy 1st Birthday Blaze!

Siletz News Letters Policy

Siletz News, a publication of the Confederated Tribes of Siletz Indians, is published once a month. Our editorial policy encourages input from readers about stories printed in Siletz News and other Tribal issues.

All letters must include the author's signature, address, and phone number in order to be considered for publication. Siletz News reserves the right to edit any letter for clarity and length, and to refuse publication of any letter or any part of a letter that may contain profane language, libelous statements, personal attacks or unsubstantiated statements.

Not all letters are guaranteed publication upon submission. Published letters do not necessarily reflect the opinions of Siletz News, Tribal employees, or Tribal Council.

Please type or write legibly. Letters longer than 450 words may be edited for length as approved by Tribal Council Resolution #96-142.

Please note: The general manager of the Siletz Tribe is the editor-in-chief of Siletz News.

Editor-in-Chief: Brenda Bremner
Editor: Diane Rodriguez

For more information about the Siletz Tribe, please visit ctsi.nsn.us.



When you're **ready to quit** tobacco, call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/

Know Before You Go!



Pioneer Mountain to Eddyville

Traveling on U.S. 20 between Newport and Corvallis?

Expect construction June – October 2016

Whether it's an occasional trip to the valley or a daily commute, you will be able to travel through the construction area.

– Avoid closures and plan for delays –

Sign up at us20pme.com to receive regular email updates about current delays.

Please tell your friends and neighbors!



Creating a safe, smooth, and scenic connection

Get construction updates at us20pme.com or by calling 511

You can help him get the sleep he needs.



At 5 years old, Brady needs about 11-12 hours of sleep a day. Getting enough sleep will help him be happier and healthier.

Children need plenty of sleep to feel and do their best. Getting enough sleep helps them have fewer mood swings and better control of their emotions. It may help them reduce their risk for obesity and diabetes.

If your child is older and in school, getting enough sleep will help them think, remember information, solve problems, and learn.

Here is how much sleep children should get per day, including naps:

- Newborns: 16-18 hours
- Toddlers: 12-14 hours
- Preschool Age Children: 11-12 hours
- School Age Children: At least 10 hours
- Teens: 9-10 hours

Thank you to Brady Wyatt Garcia (Navajo/Acoma) and his family for helping with the photo.



Produced by the IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov