

USDA DISTRIBUTION

The following dates are scheduled for August and September Distribution of U.S.D.A. Commodity foods.

Siletz:

August 12:	9:00 to 12:00 — 1:00 to 4:45
August 13:	9:00 to 12:00 — 1:00 to 4:45
August 20:	9:00 to 12:00 — 1:00 to 4:45
August 27:	9:00 to 12:00 — 1:00 to 4:45
September 9:	9:00 to 12:00 — 1:00 to 4:45
September 10:	9:00 to 12:00 — 1:00 to 4:45
September 17:	9:00 to 12:00 — 1:00 to 4:45
September 24:	9:00 to 12:00 — 1:00 to 4:45

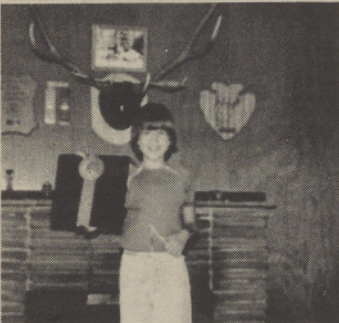
Salem:

August 7:	9:00 to 12:00 — 1:00 to 4:45
August 8:	9:00 to 12:00 — 1:00 to 4:45
August 9:	9:00 to 12:00 — 1:00 to 4:45
September 4:	9:00 to 12:00 — 1:00 to 4:45
September 5:	9:00 to 12:00 — 1:00 to 4:45
September 6:	9:00 to 12:00 — 1:00 to 4:45

ALL FOOD PROGRAM CLIENTS: PLEASE, remember to keep your appointment dates and time. We, here at the Food Distribution Site, strive to serve each family quickly and efficiently, and running as smoothly as possible. If you know that you will not be able to keep your scheduled appointment, please call as soon as possible to reschedule another day and time. Remember to bring boxes to your next distribution, and any recipes, using commodity foods, that you care to share with us. Thank you and have a good day.

IN SILETZ: Tuesday, August 20 & 27, and Sept. 17 & 24, are scheduled for new client intake and for those who have rescheduled appointments. Please call Robert Simmons at 444-2532 ext. 34 for appointments on these dates. If calling long distance, you may call "TOLL FREE" 1-800-922-1399.

NUTRITION EDUCATION: The theme for the month of July is "LOW FAT DIET". We have two recipes you may want to try, using our commodity foods as the main ingredient.



Dianna Edenfield shows ribbon.

Natural Athletes

Both Sarah and Dianna Edenfield are competitive bowshooters, and they have the ribbons to prove it.

The girls belong to the Baffled Bowmens 4-H Club. They shoot in competition every other weekend throughout the school year. The competition consists of shooting 60 arrows at a target and totalling the points scored.

Sarah has been shooting a bow in competition for two years. She has a number of ribbons from 3rd to 1st Place. This last year she was honored as the Most Improved Bowshooter in her skill category and age group. She also received a 3rd Place ribbon for total points scored this year; she shoots in a group of 9 youths from the entire state. Sarah has 1st Place and 2nd Place ribbons

for the Fairshoot for the 1985, 1984 years, consecutively.

This is Dianna's first year in competition. She is the younger of the two girls, and this year she received a 1st Place ribbon in her age group. We hope to see much more from Dianna in the coming years.

The girls are daughters of Carlotta and Bob Edenfield of Toledo. Carlotta and Bob are both experienced bowmen also. The girls' grandparents are Jim and Marge Lane.

The girls begin another year of competition in October. This year Sarah will attend 7th grade at Toledo Junior High, and Dianna will attend 5th grade at Arcadia Elementary School in Toledo.

PINEAPPLE POPS

Open a can of pineapple juice and pour it into an ice tray for the freezer. Next, open a can of pineapple chunks or slices and insert a popsicle stick into a chunk that will fit into the sections of your ice tray, then simply freeze the whole thing. A very good substitute for sugar drinks and ice cream.

SPANISH RICE

- 1 cup raw brown rice or white rice
- 1 onion, minced
- 1 teaspoon oil
- 2 cups vegetable stock or water
- 4 stalks celery, diced small
- 1 large green pepper, diced
- 3 medium fresh or 1 cup canned tomatoes, chopped
- 1 teaspoon salt
- ½ teaspoon oregano
- ½ teaspoon basil
- dash pepper
- pinch chili powder

OPTIONAL

- ½ cup grated cheddar or jack cheese
- Bring the stock, oil, onions, and rice to a boil. Cover and simmer on low heat for 25 minutes. Add remaining ingredients except cheese. Simmer another 20 minutes or until rice is well cooked. Sprinkle cheese on top if desired.

Makes 4 cups.

Baby News

Mack Wilson was born on July 10, 1985 to his proud parents Denise and Bruce Denison. He was born in Corvallis, Oregon. Mack weighed 8 lbs. 2 oz., and was 21 inches long.



Teala Danelle Rilatos was born July 16, 1985 at 2:34 a.m. Her proud parents are Dan and Linda Rilatos of Siletz, Oregon. She weighed 6 lbs. 5½ oz., and was 18½ inches long.

Housing Applications

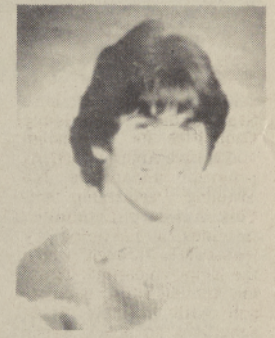
The Housing Improvement Program (HIP) is accepting applications for the fiscal year 1986 which begins Oct. 1st. Our funding is limited so it is necessary to get your application into our Housing Office as soon as possible.

The categories which tribal members can apply for are: Category "A" — housing which will remain substandard; Category "B" — renovate existing housing to standard condition; Category "C" — assist tribal members with down payment and closing costs. There is a possibility of some Category "D" money at some time in the future. This is to build a new home on your property. This category has been in the past basically for the elderly or handicapped. If you feel you may qualify for this category, you are encouraged to apply.

Tribal Members must reside in or be returning to the 8 county service area. It has been recently brought to our attention that we are presently unable to serve the 4 Portland area counties.

If you would like an application or want further information about the program, contact the Housing Coordinator, Jeff Williams, at P.O. Box 549, Siletz, OR 97380 or call 444-2532 Ext. 33. Oregon residents can call toll-free: 1-800-902-1399.

Working For Success



Robert Gardner, a Siletz Tribal member, is on the road to success. He recently graduated from Hoquiam High School in Hoquiam, Washington, where he has lived for eight years.

Robert had a very successful senior year in high school collecting numerous awards in band and athletics. He plays the clarinet, and he recently received two awards for his special talent. He participated on the high school track, wrestling and football teams throughout his four years of school. His best performances in track during his senior year include his very good time of 41:1 in the 300 intermediate hurdle event, and his qualification for the District meet.

He is presently attending a summer Indian Student Project at Western States Chiropractic College in Portland, Oregon. He is taking 6 week courses in Chemistry, Biology, Algebra, English and Intro to Chiropractics through the program.

In the fall, Robert will attend the University of Washington where he will be trying out for the Husky Marching Band, and pursuing his music major.

Sports Profiles



Sarah Edenfield with her bow and ribbons.