

Elders' Spotlight**Ida Altringer loves history, writing**

"My eligibility for tribal membership is through my mother, Amanda Williams, whose mother, Mary Stooquin, was the daughter of Ta-hon-nah Tomalth — chief of the Cascade band of Indians — who was signer of the 1855 treaty," said Ida.

She said all three generations of women in her family were raised on the north bank of the Columbia River.

Ida's parents are Amanda and Charles Williams, who had 11 children. At age 80, Ida is the youngest of the three surviving sisters. Ida is married to Ray Altringer, and they have three children, and three grandsons who are also enrolled tribal members. She has numerous nieces and nephews.

"During my working life, I was first a rural schoolteacher, then during World War II, I became a medical secretary in an army

hospital," Ida said. Her husband Ray was an infantry sergeant, and they were married in 1942 — 54 years ago.

Ida has always had an interest in family history, and although has much information on her tribal heritage, has also been able to trace many generations of her father's roots (who was from the Midwest), as well as trace her husband's family several generations back.

Ida wrote an article on her mother's life, which was published by the Skamania County Historical Society.

She stated, "My husband and I both wrote our autobiographies in a class at our Senior Center. I really enjoy writing."

Her other hobbies include traveling and photography. Ida and Ray live in Toledo, Washington.

**U.S.D.A.
DISTRIBUTION****Free Food?**

Have you ever wished for free food? Not long ago, the staff at the Distribution Center thought they could serve people once a year, no matter how high their income level was. But, what nobody thought to do was to ask the experts from U.S.D.A. if that was right or legal. Since then, the U.S.D.A. has made it clear that it is not right or legal. The real fact is, that they have to work with very strict income guidelines, that are much like the ones that the U.S.D.A. Food Stamp program uses. So they are no longer making that mistake. The Center no longer distributes food to people with income over the guidelines because the free food is a very costly tribal expenditure.

If you feel that your income falls into the guidelines the staff at Siletz U.S.D.A. would like to process your application to see if they can service you. Please call (541) 444-2532, ext. 279 or 1-800-922-1399, ext. 279, on Monday through Friday from 8 a.m. to 4:30 p.m.

— SALEM —

November 4: 3 to 7:30 p.m.
November 5: 8 a.m. to 5 p.m.
November 7: Noon to 8 p.m.

— SILETZ —

October 22, 23, and 24
November 19, 20, and 21
8 a.m. to 4 p.m.

Dental Clinic reminder...

Please note: The hours of the Dental Clinic are Monday, Tuesday, Thursday, and Friday from 7:30 a.m. to 6 p.m., with staff lunch from 1 to 1:30 p.m.

Emergency clinic is still set aside to serve emergency walk-ins at 8 a.m. Patients in need of emergency services must register with the receptionist no later than 8 a.m. If you have a dental emergency it is suggested that you call the Dental Clinic prior to coming in to ensure availability. If you have any questions, please call the Dental Clinic at 1-800-775-0095 or (503) 879-2020.

Interested in helping Royalty?

The Pow-wow Committee is seeking to fill three Royalty Advisor positions by the first of the new year!

If you are a tribal member, 18 years or older, and have an interest in cultural activities, fund-raisers, and teaching the young ladies of our Tribe more about their heritage, please call to find out how you can join our spirited team! Contact Mychal at 879-2045 or 1-800-422-0232 on Monday, Wednesday or Friday. The deadline to submit applications is **December 15, 1996.**

Happy Birthday, Janell!

Mirror, Mirror on the Wall,
Who's the Fairest One of All?



Happy Birthday from your
ugly stepsister and family.

Band-aid Brief: Get your flu shot!

FLU SHOTS WILL BE GIVEN AT THE MEAL SITE ON OCTOBER 16 AND 17 FROM 11:30 A.M. TO 1 P.M. All tribal members over the age of 65 need flu shots.

We now have a new children's flu vaccine. Children over the age of 6 months may have the vaccine, but it is primarily used for children with chronic lung disease and heart disease.

The flu vaccine this year is made up of virus particles of A-Texas, A-Nanchang, and B-Harbin. People stricken with the flu are usually down for ten days and are susceptible to pneumonia. Those allergic to

eggs should not have flu shots and those sick with a temperature of more than 100 degrees should postpone their flu shot. Women in their first trimester of pregnancy should not receive flu shots.

Flu shots will be given to all tribal members and other native people at the GRAND RONDE TRIBAL CLINIC ON OCTOBER 17 AND OCTOBER 22 FROM 2 P.M. TO 4 P.M.

All Native Americans under the age of 65 need flu shots if they have a chronic disease such as diabetes, asthma, emphysema, congestive heart failure, and kidney failure. All health workers need flu shots.

All non-Native people can receive flu shots readily by going to their county health departments or their private provider.

Hands Off Halloween: A national movement

Hands Off Halloween 1996 marks the third year of a coordinated, national movement to stop the use of Halloween symbols in promotions for beer. During this time, national and local organizations have organized press conferences and Responsible Merchants Campaigns, involved everyone from youth to governors, and obtained media coverage ranging from local weeklies to the New York Times. While the beer industry is resolute in its stand, our national momentum continues to build.

A Decade of Exploitation. The exploitation of Halloween by the beer industry has angered public health advocates since it began in the early 80's. By 1990, after years of beer promotions using jack-o-lanterns, paper masks, glow in the dark bottles, trick or treat bags, and Halloween characters, children's health advocates have had enough. They began making these concerns public. An increasing number of brewers have adopted Halloween images in their advertising. "Monster profits" is the term the industry uses to describe the results of point-of-sale displays, promotional tie-ins, and

broadcast advertising that tie Halloween to beer drinking.

Responsible Merchants Campaign. A voluntary program for neighborhood, city, or state, the Responsible Merchants Campaign asks beer retailers to protect children from appealing beer ads by refusing to display Halloween beer promotions. There is a manual, produced by the Center on Alcohol Advertising, which provides everything needed to get started. The National Responsible Merchants Campaign are asking large grocery corporations to join the Center on Alcohol Advertising to refuse Halloween beer promotions as corporate policy.

Protecting Kids with State Laws. Several states already have laws or regulations that could be used to eliminate alcohol ads with appeal to children. Many coalitions in some states are asking their alcoholic beverage control agencies to enforce these laws in order to prevent retailers from displaying Halloween beer ads.

For more information about Hands Off Halloween contact the Center on Alcohol Advertising at (510) 649-8942.



A special thank you to Gene, Tom, and Patsy Pullin for making our stay in Ketchikan, Alaska a memorable one. After our Inter-Tribal Timber Symposium meeting the Pullins' took us on a wonderful fishing excursion. We will never forget your generosity.

Our many thanks — Cliff Adams, Jeff Nepstad, Chip Tom, Mike Wilson, Tom Leno, Bonnie Tom, and Connie Holmes. Pictured with us, (at left) is Tom Pullin.