

Free parenting videos

Would you like some practical suggestions regarding:

BEDTIME **LYING**
CHORES **DRUGS**
HOMEWORK **CURFEW**

These free videos, compliments of Polk County Commission for Children and Families, are available at Fort Hill Pride Mini-Mart. There is no cost for the rental of these videos, however, late fees will be charged if the videos are not returned on time.

Share with a child

LUNCH BUDDIES is a program linking community volunteers with elementary school children in need of a positive adult friendship. Volunteers will be asked to spend just one lunch hour a week with a child at the Grand Ronde Elementary. The time will be spent eating, talking, perhaps reading or shooting baskets, but most importantly listening to and taking an interest in that one special individual child.

With a low investment of time, this program has already proven high impact results in Grand Ronde. Volunteers are always needed for the existing Grand Ronde program, and possibly in Willamina and Sheridan as well.

For more information — **GRAND RONDE**: call Nancy Holmes at 879-2401 or 1-800-422-0232 ext. 2401; **WILLAMINA**: call Teresa Roshack at 876-5556; **SHERIDAN**: call Annette Morgan at 472-1230 or 1-800-282-2126 ext. 257.

National Tour: American Indian dancers; Flute players stop in Salem



Kevin Locke



Andrew Vasquez

Salem, OR — STAGE presents Makoche's *The Earth Shall Endure* with a full company of musicians and dancers at The Historical Elsinore Theatre in Salem on **Saturday, November 8 at 7 p.m.**

Joining the nation's pre-eminent American Indian traditional flute player **Kevin Locke** are award-winning pow-wow dancer and flute player **Andrew Vasquez**, and music ethnologist and flute player **Gary Stroutsos**. The tour is directed by Andrew Vasquez and Makoche's head David Swenson and features musical direction by Brazilian multi-instrumentalist Jovino Santos Neto.

Ticket outlets: Mid-Valley Arts Council at 375-7469 or Fred Meyer FASTIXX at 1-800-992-8499.

Great American Smokeout Thursday, November 20 Grand Ronde Health and Wellness Center Meeting Room



Now is the time to make your plans to participate in the Great American Smokeout. You may participate by trying to quit for good, quit for the day, or by sponsoring someone who needs your support in helping them to quit.

You can begin today to plan your strategy for quitting. Here are some ideas for preparing for the big day:

- Cut back on smoking even before you quit.**
- Switch brands to one you do not like.**
- Smoke a low-tar, low-nicotine brand, but don't smoke more of them.**
- Stop carrying cigarettes with you, and make them difficult to get to.**
- Stop buying cigarettes by the carton.**

So plan now to join us for a fun filled day of events including special speakers, games, prizes, food and tips to help you quit for good.

Overwhelming response to sports program

By Kim Mueller

There proved to be a high demand for an after school sports program in Grand Ronde, with 63 students participating in soccer. Again the local Service Integration Team, which meets twice a month at Grand Ronde Elementary School (GRES) to promote healthy families, has successfully helped the children in the Grand Ronde community by receiving a grant for an after school sports program.

Most of the students proudly wore their soccer uniforms to school and are sad to have the season end. However, basketball will be the next sport with baseball (and maybe even soccer again) following in the spring.

Our goal is to give the kids positive life experiences. Learning the basic rules of these sports in their early school years will help them when they attend middle school and high

school. The five-week soccer season was a great example of the need — the enthusiasm was overwhelming! I would like to give special thanks to Michelle from Family Empowerment, Cindy from Salem Park and Rec, the Tribe's Wellness staff, Donna, Riki, Dustin, Doug, Val, and the other volunteers who really made this first sports activity a success. The grand finale was the last day of practice with a real soccer game among the kids. Thank you to area merchants — Valley Junction Feed and Copeland Lumber — for lime donations for the line machine.

If anyone has an interest in helping with the basketball season, please call Kim Mueller at 879-2264 or GRES at 879-5210. We are in dire need of coaches to volunteer after school from 3:30 to 5 p.m. on Tuesday and Thursdays.



Sixth Annual Coastal Hills ART TOUR

**Friday and Saturday
November 7 and 8
10 am to 5 pm**

Begin your holiday celebration with a trip to the Coastal Hills Art Tour in Willamina, Oregon. Local artists and crafters will be showing their work in downtown storefronts and individual galleries.

Tour the historic Dr. Andrew Kershaw House including the "Second Story" where you will meet local published authors. Linger to sip tea and savor fine pastries and desserts from Piontek's Bakery and the Cheesecake Lady. Visit the Holiday Cottage, featured in the historic Fendall School House, filled with splendid holiday hand crafts at their finest.

Step back in time with a ride on an old fashioned hay wagon to downtown destinations. Fine art, crafts, antiques, music, and the hospitality of small town Oregon make this a must in beginning the holiday season.

Featured local published authors include Jerry Easterling, Linda Fink, and Clarence Wright. Participating artists and crafters are Sharon Agee, Judy Buswell Watercolor Gallery, Dudley and Genevieve Carson, Grand Ronde Community Art Guild, Joanna Kennedy, Joi Bailey-Saucy, Nancy Nunley, Janet Wood Open House, Ed Terriere, Walt Mendenhall Annual Studio Tour, and Holiday Cottage at Fendall Community Hall.