

## Clinic Welcomes Two New Staff

Photos by Justin Phillips



**Dr. Hakim Arabshahi (Dr. 'A')**  
Podiatric Physician and Surgeon

Dr. 'A' is a podiatrist who will conduct foot care clinics by appointment each Tuesday at the Grand Ronde Health Center, beginning October 3.

A podiatrist is a medical specialist who treats foot and ankle problems. Foot care at the Grand Ronde Health Center will include the following treatment:

- Seniors' foot care
- Heel pain
- Diabetic ulcer care
- Ingrown toenails
- Trimming nails and corns
- Wart removal
- Adult and children's flat feet
- Orthotic fabrication
- Sports medicine and injury
- Hammertoe surgery
- Bunion surgery



**Marjie Mascarinas**  
Family Nurse Practitioner

Margie graduated from the OHSU School of Nursing Family Nurse Practitioner program in June 2000.

Before coming to Oregon, she lived in the Washington, D.C. area for eight years where she worked as an RN, and also as a Financial Analyst with the U.S. Department of Defense. She currently resides in southwest Portland.

In her free time, Marjie enjoys reading, watching foreign and independent films, and hiking. She is looking forward to working with the clinic staff as well as with the members of the Grand Ronde community.


## Campbell Earns Certification

Congratulations to Tribal member **April Campbell** of Spirit Mountain Development Corporation.

April recently completed the Oregon Project Management Certification program and successfully passed the exam to earn her Project Management Professional Certification. April is one of approximately 40 people in the State to have received this designation. Good work, April.

**Happy Belated  
90<sup>th</sup> Birthday  
HUBERT MERCIER**

We all love you Dad & Grandpa!  
~ from the Mercier Clan ~



**OCTOBER 20<sup>th</sup>  
Happy 5<sup>th</sup> Birthday  
Elena Cheree' Eastwood**

YOU ARE OUR LITTLE PRINCESS!  
WE LOVE YOU  
Mommy, Daddy,  
brother David, brother Cameron & Nana Ellen




*Welcome!*

**Dylan James Knight**  
Born August 8, 2000 • 7 lbs 11 oz  
to Amber and Dennis Knight  
*You are so precious!*  
Love ~ big brother Casey Lee Knight  
and Aunt April & Uncle Brian



**HAPPY 1<sup>ST</sup> BIRTHDAY  
KIONA LYNN CAMPBELL  
OCTOBER 11**


WE LOVE YOU - MOM AND DAD



October 13  
Happy 2<sup>nd</sup> Birthday  
**NATHANIEL JEFFERS-BROWN**  
*Love, Nanna, Papa, Auntie Amy,  
Uncle Rocky & Little Rock*


October 17  
Happy 2<sup>nd</sup> Birthday  
**Amy Jeffers**  
*LOVE MOM*

Happy 5<sup>th</sup> Birthday  
**DOUGLAS STEERE**



LOVE YOU LOTS, DAD & MOM

Happy Belated Birthday  
**MARDELL WILLIAMS**  
From Social Services



OCTOBER MEALSITE MENU — NOW INCLUDES FRIDAY LUNCH —			
<p><b>TUES., OCT. 3</b> Spaghetti Corn &amp; Bread Green Salad Dessert</p>	<p><b>WED., OCT. 4</b> Ribs Coleslaw French Bread &amp; Jo-Jo's Dessert</p>	<p><b>THURS., OCT. 5</b> Chicken Dumpling Cottage Cheese Pears Dessert</p>	<p><b>FRI., OCT. 6</b> Cream of Potato Soup Rolls Green Salad Dessert</p>
<p><b>TUES., OCT. 10</b> Brown Beans &amp; Ham Cottage Cheese Rolls Dessert</p>	<p><b>WED., OCT. 11</b> Beef Stew Rolls Salad Dessert</p>	<p><b>THURS., OCT. 12</b> Meatloaf Mac and Cheese Green Beans Dessert</p>	<p><b>FRI., OCT. 13</b> Clam Chowder Salad Rolls Dessert</p>
<p><b>TUES., OCT. 17</b> Beef Stir Fry Rice Egg Flower Soup Dessert</p>	<p><b>WED., OCT. 18</b> Salisbury Steak Mashed Potatoes Veggies Dessert</p>	<p><b>THURS., OCT. 19</b> Baked White Fish Scalloped Corn Mini-Salad Bar Dessert</p>	<p><b>FRI., OCT. 20</b> Chicken Wild Rice Soup Sandwiches Dessert</p>
<p><b>TUES., OCT. 24</b> Goulash Waldorf Salad Green Beans Dessert</p>	<p><b>WED., OCT. 25</b> Scalloped Potatoes Ham Glazed Carrots Dessert</p>	<p><b>THURS., OCT. 26</b> Teriyaki Chicken Rice Squash Dessert</p>	<p><b>FRI., OCT. 27</b> Pork Steaks Cream Peas and Potatoes Salad Dessert</p>
<p><b>TUES., OCT. 31</b> Roast Beef &amp; Potatoes Vegetables Dessert Cake &amp; Ice Cream</p>	<p>TRIBAL ELDERS AND SPOUSES EAT FREE. ALL OTHERS ARE \$3.50 &amp; MUST CALL THE KITCHEN AT 879-2410 BEFORE 9:30 A.M. ELDERS EAT FIRST.</p> <p style="text-align: center;"><b>ELDER MEETING &amp; BIRTHDAY DINNER IS TUESDAY, OCT. 31</b></p>		

## Elder Housing Opportunity

Rental units are still available for qualified Grand Ronde Tribal Elders at our new Elder housing community in Grand Ronde. For more information, please call Bryan Langley at (503) 879-2467 or 1-800-422-2032, ext. 2467.

## USDA Distribution

— SILETZ —  
Oct. 9, 10, 11, 12:  
9 am to 3 pm  
Nov. 6, 7, 8, 9:  
9 am to 3 pm  
Siletz is open other days  
by appointment.  
Call Kittl at 1-800-922-1399.

— SALEM —  
Oct. 23: 4 pm to 7 pm  
Oct. 24: 9 am to 7 pm  
Oct. 25: 9 am to 5 pm  
Nov. 13: 4 pm to 7 pm  
Nov. 14: 9 am to 7 pm  
Nov. 15: 9 am to 5 pm