

### CULTURAL GATHERINGS

■ OCT. 8: **OFFICE OF MINORITY SERVICES POWWOW.** Oregon Youth Authority Hillcrest YCF, 2450 Strong Road S.E. SALEM, OR. 503-378-6973 or 503-986-0419. Picture ID required. No cell phones, purses, backpacks, etc.

If you or anyone you know has information on cultural events happening, Smoke Signals would be glad to list it in our Cultural Gatherings. Please e-mail [news@grandronde.org](mailto:news@grandronde.org) or write to Smoke Signals, 9615 Grand Ronde Road, Grand Ronde, OR 97347.

## Kick the Habit.

Call these numbers for free from anywhere in Oregon:  
1-800-QUIT-NOW (1-800-784-8669)

Español: 1-877-2NO-FUME (1-877-266-3863)

TTY: 1-877-777-6534

Or register online at: [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)



### USDA Distribution

#### ~Siletz~

- Oct. 3: 9 a.m. to 3 p.m.
- Oct. 4: 9 a.m. to 3 p.m.
- Oct. 5: 9 a.m. to 3 p.m.
- Oct. 6: 9 a.m. to 3 p.m.
- Oct. 7: 9 a.m. to 3 p.m.

#### ~Salem~

- Oct. 17: 1:30 to 6:30 p.m.
- Oct. 18: 9 a.m. to 6:30 p.m.
- Oct. 19: 9 a.m. to 4:30 p.m.
- Oct. 20: 9 to 11 a.m.

If you need assistance, call Joyce Retherford at 1-800-922-1399, ext. 1393, or call direct at 541-444-8393 or 541-444-8279.



Happy 95th Birthday

#### Jo Towers

The local policemen brought her an ice cream cone with a candle on it and pretended to handcuff her. She was delighted.

Happy 4th Birthday  
**Orrin James**



Happy Birthday  
**Tyler Dean Gilkerson**

2 years old, Oct. 1, 2009

With all our love, Mom, Dad, Granny and family.



Happy 49th Birthday

#### Marcus M!

Love, your family.



GABE KNIGHT  
9/18/11 27 LBS

Happy 9th Birthday

#### Gabe Knight

You're so handsome and we love you very much. Love, Mom, Dad, Casey, Dylan and family.



Lyjah t'kup Kələkələ  
T'əmənəwas Murray  
8 lbs., 6 oz., 21 inches long  
Born August 3, 2011.

**Mother:** Lafawn Jackson

**Father:** Jerrod Murray

**Maternal Grandmother:**

Natalie Jackson

**Maternal Grandfather:**

Clifford W. Case Jr.

**Maternal Great-grandmother:**

Evelyn Toni Quenelle

A HEALTH TEXT MESSAGING SERVICE FOR AMERICAN INDIAN AND ALASKA NATIVE TEENS AND YOUNG ADULTS

## WERNATIVE

For weekly health tips, contests, and life advice  
text NATIVE to 24587

Please encourage young people in your community to sign up.

Topics include:

- Teachings from Native leaders
- Wellness and Life Balance
- Family Relationships
- Mental Health
- Tobacco, Drugs and Alcohol
- Violence and Bullying
- Peer Pressure
- Sexual Health
- Healthy Relationships
- School Pressures
- Getting Help
- Quizzes, polls, and discussions
- Scholarships, conferences, internships

\*Standard rates apply. It's just like texting your friends and family.

In 2012, the Northwest Portland Area Indian Health Board will launch a companion website: [www.wernative.org](http://www.wernative.org). The site is being designed for Native youth, by Native youth, to encourage healthy behaviors, share youth-friendly media and current events, increase cultural identity and pride, and share the positive impacts Native youth are having on their communities.

Funded by the National IHS HIV Program

For more information, please contact Jessica Leston: [jleston@palhb.org](mailto:jleston@palhb.org) or visit us at: <http://www.npalhb.org/epicenter/project/projectredtakon>



### We can help relieve your pain.

**Dr. Ashley Nunley**  
Chiropractor

at the  
CTGR-Portland Office  
4445 SW Barbur Blvd. Suite 101  
Portland, Or 97239

Tuesdays only  
8:30 a.m. - Noon

Patients need to call the Wellness Center patient registration to make their appointments or cancel

503-879-2002

Tribal members with Skooum health plan  
make your appointment now, start feeling better today.

Ad created by George Valdez



Oregon Youth Authority  
Hillcrest YCF

Location: 2450 Strong Road S.E. Salem, OR 97302

Office of Minority Services



## POW WOW

Saturday Oct. 8, 2011

Entrance 12:00 noon Grand Entry 1:30pm

From 1 p.m. to 4 p.m.

On the Green



To RSVP or for more information please contact Jack Lawson at (503)378-6973 or Griselda Solano at (503)986-0419

Please bring your picture ID and leave all handbags, purses, cell phones and backpacks in your vehicle. They are not allowed in the facility.