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 or write to Smoke Signals, 9615 Grand Ronde Road, Grand Ronde, OR 97347.



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.



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



Happy 95th Birthday

Jo Towers

She was delighted.



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
- Sexual Health
- School Pressures
- Getting Help Quizzes, polts, and discussions
- Scholarships, conferences, internships

andard rates apply. It's just like texting your ends and family.

in 2012, the Northwest Portland Area Indian Health Board will launch a companion website: 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: Jieston@npalhb.org/epici Jessica Leston: Jieston@npalhb.org/epici



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.



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'emenewas 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

le can help relieve you**r** pain.

Dr. Ashley Nunley Chiropractor at the

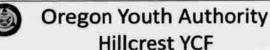
CTGR-Portland Office 4445 SW Barbur Blvd. Suite 101 Portland, Or 97239

> **Tuesdays only** 8:30 a.m. - Noon

atients need to call the Wellness Center patient stration to make their appointments or cancel 503-879-2002

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

Ad created by George Valdez



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.





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.