

Revved up



Photos by Brent Merrill

Tribal Elder Steve Bobb Sr. acted as host of the 2015 Spirit Mountain Casino's Roll the Dice Veterans' Car Show on Saturday, June 20. The show featured more than 300 hot rods, rat rods and custom cars. Cars were judged in the categories of best of the 1920s, '30s, '40s, '50s, '60s, '70s and 1980s to present day. There also were best in show categories for Mustangs, Corvettes, Tri-Five Chevs, imports and trucks.



Above is one of the classic flamed-out hot rods featured at the Roll the Dice Car Show on Saturday, June 20, in Grand Ronde. The car show, which was put on by the Grand Ronde Veterans Special Event Board, featured more than 300 cars, vendors, music and food. Host Steve Bobb Sr. said 10 boxes of food were gathered and more than \$6,000 was raised to help veterans.

Elders' phone numbers wanted

The Tribal Elders Committee is compiling a volunteer phone list of Elders. If you would like to submit your phone number and address to be available to other Elders, send it to elders.committee@grandronde.org or leave a message at 503-879-2231. ■

Food Bank starting budget-friendly classes

The Grand Ronde Food Bank, 9675 Grand Ronde Road, will hold its first in a series of classes called "DIY: Budget-Friendly Tips, Tricks and Ideas" at 4 p.m. Thursday, July 9, with Kimberly Lane teaching how to make your own powdered laundry detergent.

"If you have an idea, or budget-friendly tip or trick, please send it my way," said Food Bank Coordinator Francene Ambrose. "I want these to be community members sharing ideas with our community. If you have something like make your own laundry detergent, I would love to feature it in an upcoming class."

For the first class, the Food Bank will provide a list of necessary supplies and Lane will demonstrate how to make it and save money on detergent. The recipe can be tailored for skin sensitivities as well.

If you are interested in attending, contact Ambrose at 503-879-3663 or send an e-mail to fambrose@marionpolkfoodshare.org. ■

Groups form Helping Hands

The Clothes Closet, *iskam məkʰmək haws* and A Cause For Paws has started a small ad hoc group called Grand Ronde Helping Hands and is inviting community members to join the effort of supporting local families.

"The goal is to bring those of us together who are supporting families in Grand Ronde to share the services and resources we provide and create a resource guide we can all use," said Food Bank Coordinator Francene Ambrose.

The group will hold a meeting at 9 a.m. Tuesday, July 14, at the Food Bank, 9675 Grand Ronde Road.

"If you provide any types of services to families in our community, please consider attending," Ambrose said. "We are looking for meal site calendars, food box sites, clothes closets, showers and laundry service. We are asking churches, church groups, departments and support groups to share with us. We are also collecting items for homeless families in our area, items for camping, bed in a bag, reusable water jugs, silverware, plates, etc."

If you are interested in joining the effort, contact Ambrose at 503-879-3663 or at fambrose@marionpolkfoodshare.org. ■

St. Michael's offers brunch

St. Michael's Catholic Church offers an open house brunch every Sunday following Mass. The brunch is free to the community.

Brunch begins at about 11:30 a.m. following the 10:30 a.m. Mass. Mass attendance is not required for brunch attendance. For more information, contact Janelle Justen at 503-550-0923. ■

Younger has plan to stay healthy

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"We just believe your commitment to the job and to your ability to do the job is much higher if you are healthy," Dempsey said.

Younger, a chess enthusiast as well, decided he had been a pawn in his own life game of health and wellness for too long. It was time he took control and started making moves that would bring him added life and all the things that come with being a husband, a father of six and grandfather of 12.

Younger said he will never look back and that he has a plan for staying healthy in the long run.

"I'm running now," said Younger. "I'm exercising more. I feel good about myself. If everybody would give it a shot for one week, maybe two, I think they would catch on. I really do." ■

Lillard still moving forward

Tribal Elder John Lillard wants everyone to know he is "still moving forward."

Lillard, who was the subject of a feature article about weight loss in *Smoke Signals*, is doing well and he is as active as ever walking every day along Grand Ronde Road. Lillard, like Lew Younger, has undergone an incredible, tangible weight-loss transformation that has changed his life and garnered the attention of his family, friends and community.

"Before (the weight loss) I wasn't going anywhere, I was just existing," said Lillard. "It wasn't much of a life."

Like Younger, Lillard had an epiphany that he remembers well.

"One morning I just said 'This is it!'" said Lillard. "It was June 1, 2005. I realized I weighed 441 pounds and I had to do something."

He shed 37 pounds the first month.

"That was a good start," said Lillard. "The follow-

ing year (2006), I lost 117 pounds in 12 months. Once I started doing it, it became a habit, not just something I did once in a while. I learned very quickly to stay away from processed foods. The basic thing is fresh, fresh vegetables and a lot of water."

Lillard, 66, said it wasn't anything magical that helped him transform his life, it was something more practical.

"First step ... attitude," said Lillard. "And the second step was I grabbed my garbage can and threw out everything I shouldn't have or did not need, including my skillet."

Lillard said he changed his shopping habits to fit his new lifestyle.

"Everything for me is either baked or boiled, no more fried stuff," said Lillard. "I shop differently now. I like to go to the local farms for fresh produce. I think any person any age can do it."

~ Brent Merrill