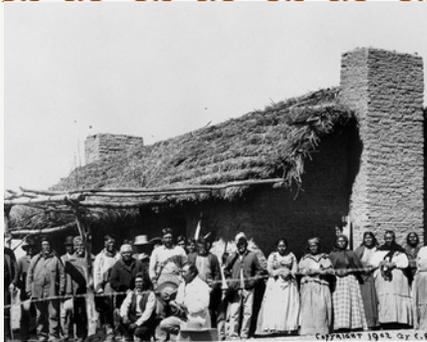


PALA YOUTH EMPOWERMENT INITIATIVE

Honoring
**NATIVE
AMERICAN
HERITAGE MONTH**



HONORING OUR HERITAGE

November is Native American Heritage Month, a time to honor and celebrate your strength, resilience, and wisdom. This month encourages reflection, learning, and pride in the traditions and values that have shaped this land for generations. It is also a time to lift up your voices, stories, and ongoing contributions to culture, education, and community. Together, we celebrate heritage and the living legacy that continues to guide and inspire future generations.

YOUTH HOMELESSNESS PREVENTION MONTH

It is estimated that 4.2 million young people experienced homelessness. Homeless youth are also victims of trauma along with losing their homes, community, friends, and routines, as well as their sense of stability and safety. In addition to countless dangers, youth who are living on the streets are more likely to be exposed to substance abuse, early parenthood, depression, post-traumatic stress disorder, and being trafficked.



NATIVE YOUTH EMPOWERMENT & LEADERSHIP

Native youth are the heartbeat of their communities, the next generation of leaders, healers, and change-makers. Empowering Native youth means creating space for their voices to be heard, their ideas to be valued, and their cultural strengths to guide the way forward. In Pala and other Native communities, youth leadership is not just about taking charge; it's about honoring where you come from while shaping a stronger, healthier future for everyone.

“OUR VOICES ARE POWERFUL. OUR FUTURE STARTS WITH US.”

Pala youth, speaking up about what matters like mental health, education, and preserving traditions, help strengthen the whole community. When you take a stand, you inspire others to believe in their own power too.

DREAMING FOR THE FUTURE

Your goals and dreams are important. Whether you want to be a teacher, artist, environmental advocate, or community leader, your cultural values, respect, balance, and connection can guide you. Dreaming big doesn't mean letting go of tradition; it means carrying it with you wherever you go.



RESILIENCE AND HEALING

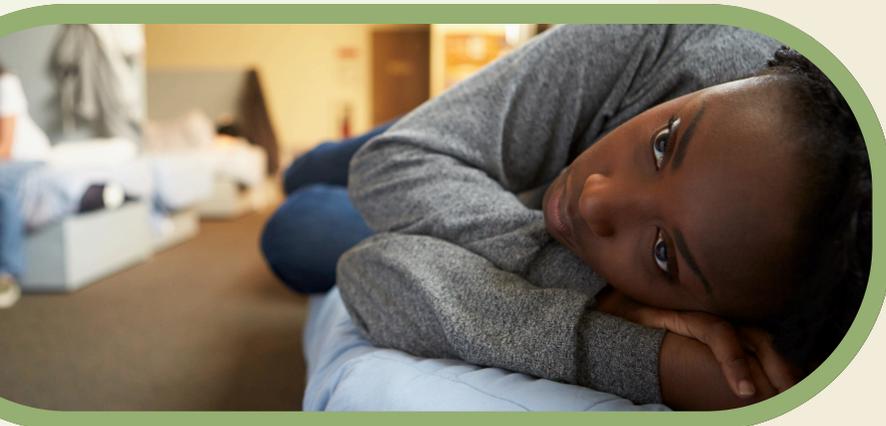
True leadership also means taking care of yourself and your community. Talking about mental health, supporting your friends, and finding healthy ways to deal with stress are all signs of strength. Healing together builds resilience and keeps your spirit strong for the journey ahead. As Native youth continue to rise, your voices bring hope, pride, and unity to Pala. You are the generation of leaders who walk with culture in your hearts and change in your hands.

NATIONAL YOUTH HOMELESS MONTH



Youth Homelessness Prevention: Toward a Better Future

Efforts to prevent homelessness among youth must focus on addressing the underlying causes, including but not limited to, lack of affordable housing, mental health issues, domestic violence, and racial disparities. It is essential to invest in programs that provide housing, job training, and education to young people who are at risk of becoming homeless.



Unique Factors When Supporting Native Youth Experiencing Homelessness in Indian Country

In Indian Country, particularly in very rural and remote reservation communities, supporting Native students experiencing homelessness comes with unique challenges. Identification is often difficult due to cultural nuances, stigma, and isolation. Even once students are identified, meeting basic needs like transportation, access to food, safe and stable housing, and hygiene products can be incredibly challenging due to geographic barriers and limited local resources.

Rates for Native Americans students?

During the 2022–2023 school year:

- Approximately 6% of all Native American students in public schools were identified as experiencing homelessness, the second most overrepresented population (after Native Hawaiian or Other Pacific Islanders).
- The highest rates of identified Native American students experiencing homelessness were reported in states with significant Native populations, including Alaska, Arizona, California, Montana, New Mexico, Oklahoma, and South Dakota.
- 5.2% of Native American students enrolled in BIE schools were identified as experiencing homelessness, nearly twice the homeless identification rate of students in all public schools.





RUNWAY AWARENESS

>>> YOUTH RATES

The National Runaway Safeline reports that between 1.6 million and 2.8 million youth run away each year. 1 out of every 2 teenage runaways way end up in a shelters or on the streets.

>>> REASONS

A variety of factors lead to youth running away or experiencing homelessness, including involvement in the juvenile justice system or child welfare system, abuse, neglect, abandonment, and severe family conflict. Mental health issues, such as depression, anxiety, and trauma, can also be major contributing factors. Additionally, a lack of access to resources, such as mental health services, housing, and employment opportunities, can be a significant contributing factor.

WHAT ARE THE LAWS ON RUNNING AWAY?

In California, there is no legal consequence for a minor running away. However, if a minor is caught by the police, they will be returned home to a parent, a guardian, or the court. Neither parents nor legal guardians can urge children to run away or hide minors. This act is punishable in California by up to one year of incarceration, a fine of up to \$2,500, and five years of probation.

>>> SHOULD I RUN AWAY?

This is a big question to answer, think about how you would answer the following questions:

- Do I have a safe place to stay?
- What needs to change for me to want to stay at home?
- Is there someone I can talk to about my situation?
- Do I have a plan that is well thought out?
- What if my initial plan doesn't work?
- How will I survive on my own? (such as food, money, shelter)
- What are my concerns about staying and leaving?
- Who can I count on to help me?
- Is home safe?

24/7 HELP

San Diego County Access & Crisis Line

To get help or make a referral for any of our services, call or text **(619) 241-0608** Monday – Friday, 10am – 6pm. One of our team members will answer your call.



RUNAWAY HELPLINE - CALL OR TEXT

»» Call (1-800-786-2929)

Text 11600

The National Runaway Safeline provides education and solution-focused interventions, offers non-judgmental support, respects confidentiality, collaborates with volunteers, and responds to at-risk youth and their families 24 hours a day.

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

»» Call or text 988

SUICIDE PREVENTION



YOUTH CRISIS

»» Call 1-800-843-5200

California Youth Crisis Line: 24/7 statewide emergency line for youth (12-24) and families in crisis. If you or someone you know is experiencing any type of teen-related struggle or crisis, please call.



»»» RIVERSIDE COUNTY OPERATION SAFEHOUSE

Call us: (951) 351-4418

24-hour Crisis Line 800-561-6944

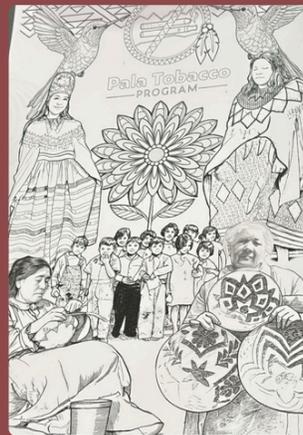
Operation SafeHouse, with community support, provides emergency shelter, intervention, and outreach services to runaway, homeless, or other youth in crisis. SafeHouse offers youth positive alternatives to becoming victims of the streets.

family



paint wellness workshop

Thank you to Bobby Von Martin and all the families who were able to make it out to this event! We appreciate everyone taking time out of their day to spend time with one another. Once again, this was a successful event and a wonderful opportunity for the community to welcome Bobby Von Martin back to Pala. Bobby shared his inspiring story of success and spoke about the importance of traditional tobacco. He also unveiled a beautiful portrait he created especially for Family Paint Night. In honor of Indigenous Peoples Day on Monday, October 13th, this was a meaningful way to celebrate, bringing Bobby back to the reservation and sharing in art, culture, and tradition. We enjoyed delicious Indian tacos and great company with all the families who came out to join us!



Culture & Community

This is one of many workshops the Pala Tobacco Program will be hosting! We'd love to hear from our youth and community about what you'd like to see or attend in future events. What topics or activities would help teach our youth about traditional tobacco?

Please feel free to reach out and share your thoughts; your input helps us grow and plan meaningful programs for everyone!

family
is
EVERYTHING

LUNG CANCER AWARENESS MONTH



WHAT CAN YOUTH DO?

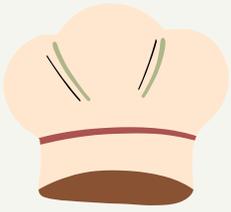
YOUTH CAN SPREAD LUNG CANCER AWARENESS BY SHARING INFORMATION ON SOCIAL MEDIA, WEARING WHITE RIBBONS TO SHOW SUPPORT, AND PARTICIPATING IN OR ORGANIZING LOCAL EVENTS.



WHY IT'S IMPORTANT?

Lung cancer is a leading cause of cancer death for Native Americans, with specific rates varying significantly by region. While overall rates may be lower than for some other groups, Native Americans have a higher prevalence of commercial tobacco use, a leading risk factor. Regional disparities exist, with incidence rates being significantly higher in some areas, such as the Northern Plains, compared to others, like the Southwest.





WHAT THE YOUTH ARE UP TO?



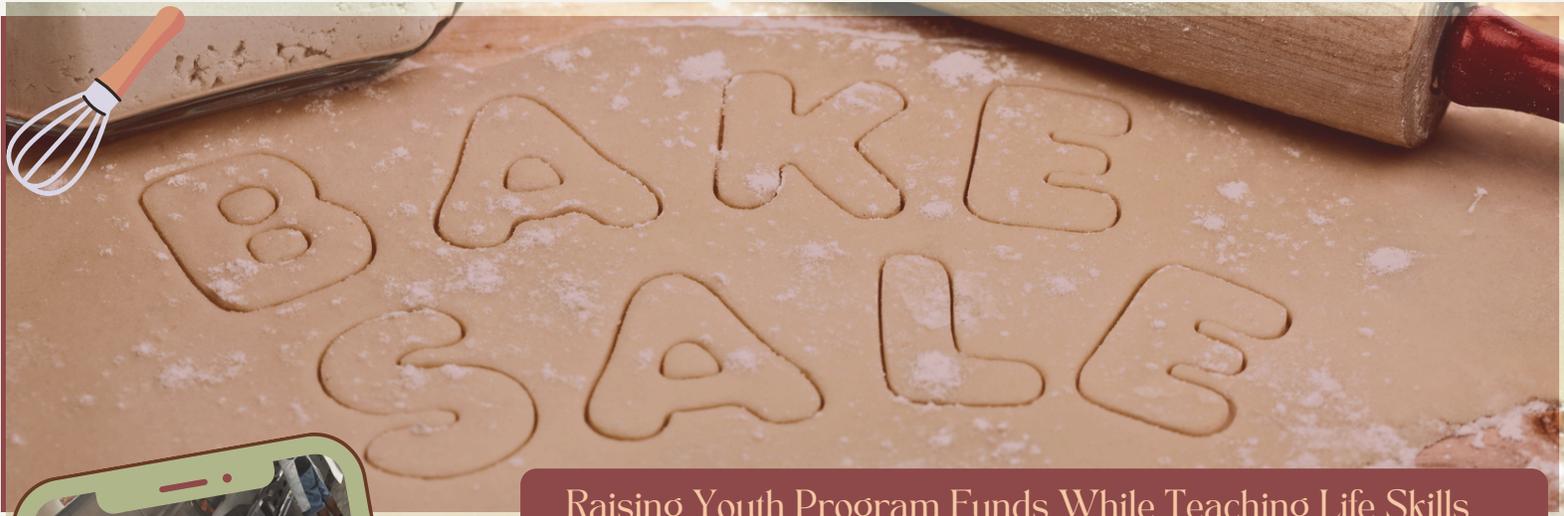
Pineapple Upside Down Cake



Youth Volunteers



Banana Bread



Raising Youth Program Funds While Teaching Life Skills



The Pala Youth Empowerment Initiative Bake Sale Fundraiser was a wonderful success, helping us empower our youth while raising funds to support their program. Through this event, participants gained valuable life skills such as baking, handling money, and providing great customer service. All donations from the bake sale go directly toward supporting and funding the Pala Youth Empowerment Initiative Program and its ongoing youth development activities.

Catch us at our next sale!



WHAT THE YOUTH ARE UP TO?



HALLOWEEN PUMPKIN CARVING CONTEST

Participating in fun and creative activities like pumpkin carving during Halloween is such an important way for our youth and community to come together. It gives everyone a chance to step away from their daily routines, relax, and enjoy a hands-on experience that sparks creativity and teamwork. Pumpkin carving allows participants to express themselves artistically while building connections with one another in a positive and festive environment.

This year's event was filled with laughter, good food, and great music as everyone got involved in scooping, carving, and designing their pumpkins. The room was full of smiles as participants used all their senses—feeling the textures, smelling the pumpkins, and sharing stories while they worked. We captured and shared the fun on Instagram, showcasing the amazing creativity and community spirit that made the day so special. It was truly a time of joy, togetherness, and seasonal celebration.



MEET SOME OF OUR WINNERS!



After the event, we posted all of the finished pumpkins on our Instagram page, where our community of followers joined in the fun by voting for their favorites. Categories included Scariest Pumpkin, Funniest Pumpkin, and Most Creative Pumpkin. It was amazing to see how engaged everyone was, both at the event and online, celebrating the creativity and spirit of Halloween together. Jake, Cash, and Kaylee participated in the contest and were proud winners in their respective categories, showcasing their creativity and Halloween spirit.



PALA YOUTH EMPOWERMENT INITIATIVE PROGRAM

Halloween Shananigans



PALA YOUTH EMPOWERMENT INTIAVTIVE

WE ARE OPEN

IN NOVEMBER

NOVEMBER SCHEDULE

Monday - Friday 10:30 am-7 pm

Closed: Nov. 11th, 27th, and 28th

For Any Questions

Contact Maria Villegas
(760) 315-0104



Pala Housing Resouces Center Presents

DRIVING LESSONS

Calling all youth 15 and up to come get your driver's license with one-on-one behind the wheel training



IN PARTNERSHIP WITH



REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104

SCAN ME



TRTS Registration

REGISTER NOW

The Pala Housing Resource Center is calling all youth 15 and up to join the waiting list for driving school. Let's work together on getting our youth safely on the road.

EVENTS 2025

PALA'S SCHOLARSHIP PROGRAM

FURTHER YOUR EDUCATION THROUGH THE PALA LEARNING CENTER

Dreaming of a brighter future but worried about the costs? The Pala Tribal Scholarship Program is here to support enrolled tribal members like you in achieving your goals, whether you're pursuing college, vocational training, trade school, or junior college. Invest in your future with the support you deserve!

WHAT YOU'LL GET:

- ✔ Covers 75% of tuition and 100% of books and fees
- ✔ Access to free and low-cost tutoring resources
- ✔ Discounts and special offers on school supplies, technology, and more
- ✔ Academic support every step of the way



ROLLING APPLICATION DEADLINE

APPLY NOW!

CONTACT INFORMATION:

rhjohnson@palatribe.com
760-742-1997



CELEBRATING 30 Years GATHERING

Vivian Banks Charter School

4:30 PM - 6:30 PM
AT VIVIAN BANKS CHARTER SCHOOL
WEDNESDAY, MAY 13TH, 2026

FUNDRAISER

\$30 for 30 years!

As we celebrate 30 years, we want to honor Vivian Banks' legacy by meeting the needs of our children and community. Money raised will go towards new programs, services, resources, and school site beautification at Vivian Banks.

Show your support!!!
Donate \$30 per family, \$1 per year.
All Donations are Tax Deductible

DONATE TODAY!!

SCAN ME



Website: vb.bonsallusd.com/
11800 Pala Mission Rd, Pala, CA 92059
Media Contact: Principal, Tina Calabrese

Pala Learning Center

Report Card Program

How it Works

1. **Bring It In:** Drop off a copy or photo of your report card at the Learning Center anytime after you receive it. Before submitting, stop by the front desk to get an Approval Form from Learning Center staff. A parent or guardian must sign this form, and then staple it to your report card to confirm your entry.
2. **Quarterly Drawings:** We hold a prize drawing four times a year (Each report card = 1 entry into our prize drawing):
Fall Drawing – October
Winter Drawing – December
Spring Drawing – March
Summer Drawing – June
3. **Quarterly Bonus Challenges:** Each quarter, we will have a challenge on the Report Card Dropbox. Put your answer in the box along with your report card and signed Approval Form for an extra entry!
4. **All report cards with signed Approval Forms dropped off before the drawing date are included!**

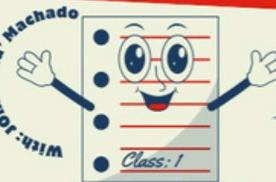
How to Find Out if You're a Winner!

We will have 3 winners each quarter! Students can come by the Pala Learning Center and pick out their prize! Winners will be announced on our Instagram page @palalearningcenter and posted on the Report Card Dropbox until the next quarter.

Need a little extra support? Contact our Academic Assistant, Rhiannon, for questions or tutoring resources
760-742-1997 or rhjohnson@palatribe.com

Cupa Language

With: JORGE MACHADO



Class

16 Sept. - 18 Nov.

2025*

Only 9 weeks
Tuesday's
@ 6:30 PM



In person:

@Cupa Cultural Center

Everyone, let's learn together!

Palatribe.com

More Info, Call/Email Bud:
(760)420-2265 jmachado@palatribe.com

EVENTS 2025

Pala Seniors Proud the Annual

Christmas Tree Lighting Ceremony



SATURDAY, NOVEMBER 29TH, 2025
JOIN US FOR MUSIC, DESSERTS, AND FUN!
DRESS WARM FOR THE SNOW

TREE TO BE LIT @ 5:30PM
PALA PARK IN FRONT OF THE CHURCH

PALA TRIBAL MEMBERS & IMMEDIATE FAMILY ONLY

QUESTIONS: CONTACT THE PALA SENIOR DEPARTMENT 760.891.3507



Pala Youth Center's CHRISTMAS BAZAAR

12-5
Jan-4pm

11772 Pala Mission Circle
Pala 92059

Crafts
Baked Goods
Jewelry
Yummy Food

Vendor Info Contact
April Cantu
Acantu@palatribe.com
760-638-6462

2025 PÚYILY 'ÁY'ENISH

(BIG MEAL, A GREAT FEAST)

PALA ADMINISTRATION BUILDING
12196 PALA MISSION RD., PALA, CA 92059



The Pala Band of Mission Indians and Pala Cultural Resources Committee announces the Púyily 'Áy'enish (Big Meal, A Great Feast), which will take place on Saturday, November 22, 2025, from 12:00 p.m. to 3:00 p.m. at the Pala Admin Building.

Menu (subject to change):

- Pit meat (venison & turkey)
- Tepary Beans
- Creamy pumpkin and sage soup
- Corn with winter squash
- Mesquite frybread
- Wiwish (acorn mush)
- Prickly pear lemonade

Native Foods of North America

YOU'RE INVITED TO THE IN-PERSON FEAST

NOVEMBER 22, 2025

12:00 PM- 3:00 PM

PALA ADMINISTRATION BUILDING

FAMILY EVENT

RSVP TO: CHRIS NEJO
CNEJO@PALATRIBE.COM

JOIN US FOR THE "BIG MEAL, GREAT FEAST!"

AT PALA ADMIN, SATURDAY, NOVEMBER 22, 2025!

EVENTS 2025

BRING YOUR BIKE TO THE

RIDE RIGHT AWARENESS RALLY

RSVP



NOV. 25TH 2025
10AM - 2PM

FOX RACEWAY
PALA, CA

FOOD/MUSIC/ RAFFLES/TRAINING

FREE ATV HELMETS
WHILE SUPPLIES LAST
PARENT OR GUARDIAN MUST BE PRESENT

SPONSORED BY



FOR MORE INFORMATION CALL SHONNA PARKER INJURY PREVENTION COORDINATOR 760-749-1410 EXT. 5383

hello FALL



Indian Health Council FUN RUN 2025

REGISTER NOW



November 13, 2025
10:00AM - 12:00PM

Rincon Ball Fields
1147 W Tribal Rd.
Valley Center, CA
92082

CONTACT
TONY SHERON
T.SHERON@INDIANHEALTH.COM
760-749-1410 EXT 5263



Pala Youth Empowerment Initiative



“For Youth By Youth”

WHO WE ARE

The Pala Youth Empowerment Initiative is based on a "For Youth by Youth" approach. We encourage youth to actively be involved with the newsletter, content, training's, podcasts, and activities. We service youth ages 12 to 24 years of age. We strive to provide Pala youth with the life skills needed to become successful adults. Hours of operation Monday through Friday from 11 am-7:30 pm and every other Saturday from 9 am -5 pm

Meet the Staff



Maria Villegas

Youth Empowerment Lead

Cell: (760) 315-0104

Email: mvillegas@palatribe.com



Paula Ellenwood

Youth Empowerment

Cell: (760) 638-1676

pellenwood@palatribe.com



Deandra Molina

Tobacco Coordinator

Cell: (760) 893-0769

dmolina@palatribe.com

OUR SERVICES

Life Skills

- Cooking Classes
- Driving School
- Budgeting Workshops
- Resume Building

Personal Skill Development

- After School Tutoring
- GED Classes
- Goal Setting
- Community Service

Community Events

- Youth Training/Field Trips
- Community Outreach
- Social Media

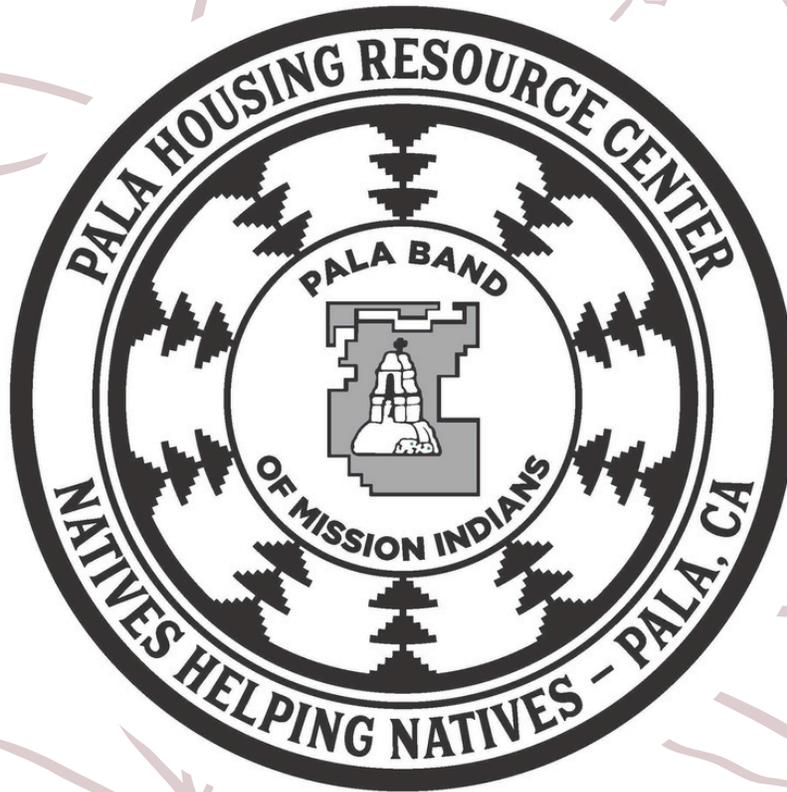
Other Services

- Mentorship Guidance and Career
- Development Youth Mental Health
- Guidance



PALA YOUTH EMPOWERMENT INITIATIVE

“FOR YOUTH, BY YOUTH”



Location:

35990 Pala Temecula
Road Pala, CA 92059
www.PalaHRC.com

Youth Contact:

Maria Villegas
(760)315-0104
mvillegas@palatribe.com

Paula Ellenwood

(760) 638-1676
pellenwood@palatribe.com

Deanndra Molina

(760) 893-0769
dmolina@palatribe.com

The Pala Youth Empowerment Initiative is based on a “for youth by youth” approach. We encourage youth to actively be involved with the newsletter, content, trainings, podcasts and activities.

The Pala Tobacco Program is dedicated to inspiring and motivating our community, especially our youth, to learn and honor the traditional use of tobacco. Our mission is to promote a culturally forward mindset, ensuring that our traditions are preserved and respected in today’s world.

By reconnecting with our roots, we strive to build a healthier future for generations to come, keeping our traditions alive for a long time to come.