



PALA YOUTH EMPOWERMENT INITIATIVE

NEWSLETTER



Summer Self Care

Summer self-care means balancing the season's packed social calendars with intentional rest. To avoid burnout and heat fatigue, prioritize hydration, set boundaries at gatherings, and schedule dedicated alone time. Simple, refreshing daily rituals will keep you grounded and energized.



Growth Matters



Summer is the perfect time to focus on becoming the best version of yourself. Whether you're taking a break from school or simply enjoying longer days, use this season to build healthy habits, learn new skills, and spend time doing things that bring you joy. Growth doesn't have to be big—small steps each day can lead to lasting confidence and positive change.

TAKE
CARE OF
YOURSELF



"Deep summer is when laziness finds respectability."



One Summer , Make it Memorable

For Native youth, summer is a valuable time to strengthen cultural identity, build confidence, and deepen connections with family, community, and traditions. A healthy summer balance includes opportunities for rest and fun, while also engaging in cultural activities, traditional teachings, community events, leadership development, and outdoor experiences that support physical, emotional, mental, and spiritual well-being. These experiences help Native youth stay connected to their roots, develop life skills, and carry cultural knowledge forward for future generations.

SUMMER SAFETY

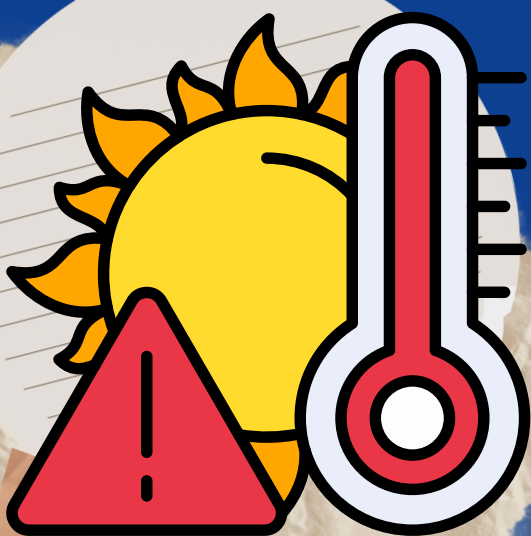
Water & Pool Safety



- Designate a Water Watcher: Assign one adult whose sole responsibility is watching children in the water. They should avoid phones and other distractions.
- Life Jackets: Ensure kids who aren't strong swimmers wear a U.S. Coast Guard-approved life jacket.
- Fence/Latch Systems: Ensure all pools are surrounded by a fence with a self-latching gate to prevent unauthorized access.

Heat & Sun Protection

- Hydration: Encourage kids to drink water every 20-30 minutes and take frequent breaks in the shade, especially during peak heat hours (10 a.m. to 4 p.m.).
- Sunscreen: Apply broad-spectrum sunscreen with SPF 30 or higher 15-30 minutes before going outside. Reapply every two hours or immediately after swimming.



Outdoor & Wheeled Sports

- Helmets: Any activity with wheels (bicycles, scooters, skateboards) requires a properly fitted, snug helmet that sits level on the head.
- Hot Surfaces: Test slides, swings, and sidewalks with your hand before letting children touch them, as they can cause severe contact burns in direct summer sun.
- Window Falls: Open windows should have safety guards or stops installed, as standard screens cannot prevent a child from falling.

30 DAY Summer Self-Care Challenge

Day 1	Day 2	Day 3	Day 4	Day 5
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
Day 6	Day 7	Day 8	Day 9	Day 10
Listen to a podcast	Learn to cook a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
Day 11	Day 12	Day 13	Day 14	Day 15
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	De-clutter a room or desk	Go to bed 30 minutes earlier
Day 16	Day 17	Day 18	Day 19	Day 20
Have a game night	Wake up 15 minutes earlier	Make your favorite meal	Buy yourself something nice	Create a bucket list
Day 21	Day 22	Day 23	Day 24	Day 25
Watch a movie or series	Write down your thoughts	Take a long shower or bath	Have a home spa day	Read inspirational quotes
Day 26	Day 27	Day 28	Day 29	Day 30
Create a vision board	Spend some time outside	Do a hair mask	Write it all down in a journal	Take a power nap

Tobacco Seeks Youth?



Why seek Youth?

The tobacco industry targets young people because most tobacco users begin before the age of 18. By appealing to youth through flavored products, colorful packaging, social media marketing, and products that seem less harmful, the industry hopes to create lifelong customers. Young people are especially vulnerable because their brains are still developing, making them more susceptible to nicotine addiction. Learning how these marketing tactics work empowers youth to make informed, healthy choices and protect themselves from becoming the next generation of tobacco users.



Staying Young

Young people who begin using tobacco at an early age are also more likely to develop a lifelong addiction. By preventing underage access to cigarettes, vapes, nicotine pouches, and other tobacco products, we can help youth make healthy choices, reduce the risk of addiction, and support a stronger, healthier community.



Summer Reminder

Summer is the perfect time to stay active, connect with your community, and make lasting memories. Whether you're attending cultural events, volunteering, participating in youth programs, or spending time outdoors with family and friends, staying involved helps build confidence, strengthen relationships, and keep traditions alive. Every positive experience is an opportunity to learn, grow, and make a difference. Make this summer one to remember by staying engaged, supporting one another, and taking pride in your community.



TOBACCO LOGO Competition

OPEN FOR PALA YOUTH!

The Pala Tobacco Program is hosting a Logo Design Contest, and we want to see your creativity shine! We are looking for a logo that represents the mission of the Pala Tobacco Program while honoring our cultural values and traditions.

Youth
Ages 12
and 25

Submission Deadline
27 July 2026



Pala Youth Community



Don't forget to submit your design for the Pala Tobacco Program Logo Contest! The contest is open to youth ages 12–25, and all entries must be submitted by July 27th. This is a great opportunity to showcase your creativity while helping create a logo that represents the Pala Tobacco Program and its commitment to promoting health and traditional tobacco education.

For contest details and submission information, visit @PalaHousingResourceCenter or @PalaTobaccoProgram on Instagram, or contact Deandra Molina at dmolina@palatribe.com.

WHAT ARE THE YOUTH UP TO?



Game Night



On June 12, the Pala Youth Empowerment Initiative hosted a Youth Game Night, bringing youth together for an evening of fun, laughter, and connection. Participants teamed up for an exciting game of Pictionary, encouraging teamwork, creativity, and communication.

Everyone enjoyed a delicious Cane's Chicken dinner while spending time with friends and meeting new people. Events like these provide a welcoming space for youth to build positive relationships, strengthen their sense of community, and create lasting memories.



Congrats Grads



During Youth Game Night, we also took time to celebrate an important milestone for our youth. We recognized those who were promoted from 8th grade and those who graduated from high school with a congratulatory cake. We are incredibly proud of each of you and all that you have accomplished. Congratulations on reaching this exciting milestone! We can't wait to see what the next year brings and wish you continued success as you pursue your goals and new opportunities.



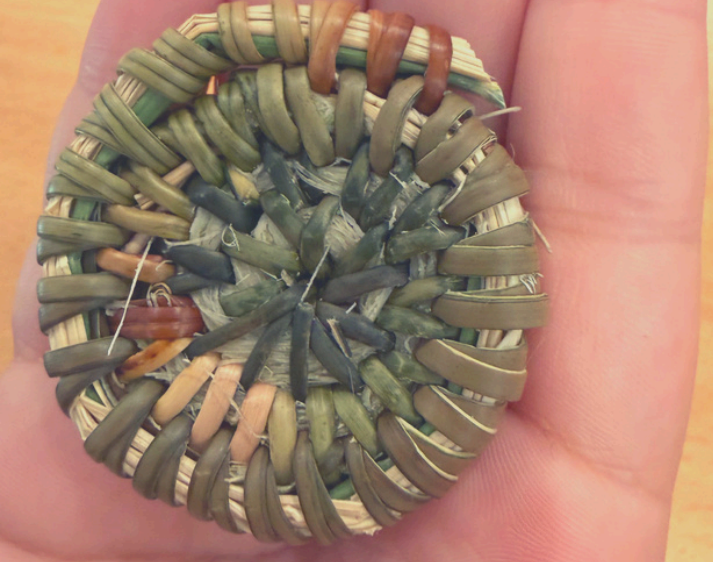


Rooted-n-Culture

The Rooted in Culture workshop gave youth the opportunity to learn the traditional art of basket weaving through a hands-on cultural experience. Participants learned each step of the process, from splitting the juncus reeds to weaving their own baskets. The workshop provided a meaningful opportunity for youth to connect with their culture while creating something that has been passed down through generations.



Basketweaving



The youth thoroughly enjoyed the interactive experience and took pride in completing baskets of their own. We would like to extend a heartfelt thank you to Tishmal Herrera for being an incredible instructor. Her patience, knowledge, and willingness to answer questions every step of the way helped make this workshop a memorable and enriching experience for everyone involved.

Pala Youth Empowerment Initiative

**WE ARE OPEN
JULY**

July Schedule

Monday - Friday 10:30 am-7pm

Closed: July 3rd

For Any Questions

Contact Paula Ellenwood
(760) 638-1676



Pala Youth Empowerment Initiative Presents

DRIVING LESSONS

Attention all youth enrolled in online driving school classes! The PHRC is offering a space where you can complete your online classes and get answers to any questions you may have about the driving school.

Starting: TBA

***check-ins are required**



IN PARTNERSHIP WITH



REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104



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.

PHRC Events 2026

Open to the Community

Plant it: Eat it

JOIN US

JULY 1, 2026
@PALA HOUSING RESOURCE CENTER
2 PM - 5 PM

Join us for the Plant it: Eat it workshop:
At this workshop you will be able to help plant raised beds for the youth program at Housing, plant some seeds to take home, help prepare & try the foods you've just planted, & learn a bit of Cupeño too. Be ready to enjoy the culinary creations of family, friends, & yourself.

*Ages 12 and under must be accompanied by an adult.

3 SISTERS TACOS



MELON SALAD



SLUSHI



More info Contact:
Tina Fernandez
(760) 891-3510

  **UC CE** UC Cooperative Extension
University of California
Agriculture & Natural Resources

PALA YOUTH EMPOWERMENT INITIATIVE

STEPS THROUGH Culture

Join us for an easy to moderate 1.6-mile hike and experience the beauty of nature. Get active, enjoy the fresh air, and connect with the outdoors.

WHAT TO BRING

- Water
- Hiking shoes or sturdy sneakers
- Hat, sunscreen, and sunglasses

Lunch provided

FRIDAY, JULY 17, 2026
LEAVE TIME: 8:30 AM
PALA HOUSING RESOURCE CENTER
35990 PALA TEMECULA RD. PALA, CA. 92591
TO:
WILDERNESS GARDEN PRESERVE,
14209 CA-76, PALA, CA 92059

DURATION: AROUND 2.5/3 HOURS

REGISTRATION & CONTACT
Paula (760) 638-1676

TOBACCO LOGO Competition

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Youth Ages 12 and 25

Submission Deadline
27 July 2026

NO

Register now: dmolina@palatribe.com



PHRC Events 2026

RAFFI BASKET WEAVING WORKSHOP



LEARN HOW TO COIL WEAVE A
BASKET OUT OF RAFFIA.
ALL MATERIALS ARE PROVIDED

TUESDAY, JULY 14, 2026

10:00AM-2:00PM

Location: Pala Cupa Cultural Center

PLEASE CONTACT NA'LEIGHA AGUAYO AT
NAGUAYO@PALATRIIBE.COM/760 891 3590
TO RESERVE YOUR SPOT



Come join us!

CUPA CULTURAL CENTER

SIGN

UP

Rattle Making & Gourd Necklace/Keychain Making



Thursday, July 16, 2026

10:00AM-2:00PM

Location: Pala Cupa Cultural Center

PLEASE CONTACT NA'LEIGHA AGUAYO AT
NAGUAYO@PALATRIIBE.COM/760 891 3590
TO RESERVE YOUR SPOT



Events 2026

PALA'S 3RD ANNUAL COLLEGE & CAREER FAIR

FRIDAY AUGUST 7TH

Pala Admin Building
PMB 50, 35008 Pala Temecula Rd.
Pala, CA 92058

5:30-7:30pm

Dinner provided



PALA BAND OF
MISSION INDIANS

For more information & tabling opportunities
please contact us llopez@palatribe.com or
lyarber@palatribe.com

THE ANDREW T. SMITH, SR. MEMORIAL SOFTBALL TOURNAMENT

~ MEN & WOMEN ALL INDIAN FASTPITCH ~

SATURDAY, JULY 25TH -
SUNDAY, JULY 26TH

\$500 CASH ENTRY FEE

MUST PAY BEFORE TOURNAMENT
* NO EXCEPTIONS *

SIGN-UP DEADLINE JULY 17TH, 2026
1ST, 2ND, 3RD & MVP PRIZES



Contact: Frank Miguel
(909) 534-6841

Jim Banks Sport Park
12196 Pala Mission Road
Pala, CA 92059



Save the Date

Native Nexus Summit

July 20-21, 2026

Barona Recreation Center
1095 Barona Rd, BLDG F
Lakeside, CA 92040

Free two-day experience celebrating culture, creativity,
and leadership through workshops, wellness, and traditional
games that inspire confidence and community.

OUR WORKSHOPS INCLUDE:

- Bird Skirt
- Pottery
- Fashion Design
- T-shirt Press & Stencil Art
- Media Workshop
- Beading
- Peon
- Gourd Rattles
- Stick Game
- Hair & Makeup
- Archery
- Shiny
- Intro to DJing with DJ Tribal Touch

The second day will conclude with a youth fashion
showcase featuring the skirts created during the workshops.

Contact: Nelletta at RNelletta@yahoo | (760) 708-8894



Native Youth
Foundation



Scan for More
Information

NativeYouthFoundation.org • [Native_Youth_Foundation](https://www.instagram.com/Native_Youth_Foundation)

Events 2026

Pala

HONORING TRADITIONS GATHERING PALA REY YOUTH CAMP AUGUST 29, 2026

BIRD SINGING, PEON, BOW ARROW CONTEST, CONTESTS,
SHINNY GAMES (LOCAL TEAMS ONLY), PLANET PALA KIDS
ACTIVITY ZONE, + OTHER ACTIVITIES

THE
GATHERING
BEGINS
12:00P.M.

BIRD
SINGING
BEGINS
1:00 P.M.

PEON
GAMES
BEGIN
DUSK

THE PUBLIC IS WELCOME

NO DRUGS, ALCOHOL, VAPING, OR SMOKING ARE PERMITTED AT THIS EVENT
(760) 891-3590 | CUPA@PALATRIBE.COM | CUPA.PALATRIBE.COM
SPONSORS: CUPA CULTURAL CENTER, PALA CULTURAL RESOURCE COMMITTEE, PBMI
VENDOR INQUIRIES: CONTACT NA'LEIGHA AGUAYO NAGUAYO@PALATRIBE.COM / 760-891-3590



PALA YOUTH EMPOWERMENT INITIATIVE



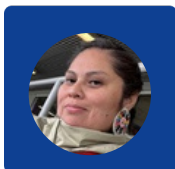
“FOR YOUTH BY YOUTH”

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 10:30 am - 7:00 pm and Saturdays on occasion for scheduled event.



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

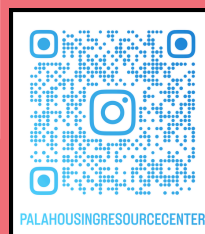
- After School Tutoring
- GED Classes
- Goal Setting
- Community Service

Community Events

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

Other Services

- Mentorship Guidance
- Career Development
- Youth Mental Health Guidance



PALAHOUSINGRESOURCECENTER

FOLLOW US

@palahousingresourcecenter

www.palahrc.com

PALA YOUTH EMPOWERMENT INITIATIVE

“For Youth; By Youth”



ENJOY THE SUMMER

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

Deandra Molina
(760) 893-0769
dmolina@palatribe.com

The Pala Youth Empowerment Initiative is dedicated to preventing youth homelessness by empowering tribal youth, descendants, and community members ages 12 to 24 with the tools and support they need to thrive. Through a youth-guided and culturally grounded approach, we create safe, stable spaces where young people build life skills and transition successfully into adulthood. We provide comprehensive services, including mental health support, education and career readiness, and financial literacy, through both one-on-one mentorship and group learning. Guided by a “for youth, by youth” model, we collaborate with families, elders, and community partners to foster resilience, self-sufficiency, and positive futures.

The Pala Tobacco Program encourages our youth and community to respect the traditional use of tobacco, keeping the culture strong for future generations.