



## Teen Dating Violence: For Native Americans, Living Through A 'Long And Harrowing Shadow'

By Gary P. Taylor, for SCTCA TANF



*“Less attention to academics. Increased exposure to drugs and alcohol. A greater likelihood of teen pregnancy. Growing isolation. Sexual assault. Even one of these things can have a profound impact on the physical, social and emotional growth of a young person. Together, they create a perfect storm that not only affects the victim of abuse, but their friends, families, schools and surrounding communities.”*

- From the website, Teen Dating Violence

February was National Teen Dating Violence Awareness Month..

Across the country, in big cities and small towns, in suburban and rural communities, the month is dedicated to shining a light on the darkness of teen dating violence.

The statistic for all high school teens suffering some form of violence in their relationships is roughly one in 12, according to the Centers for Disease Control and Prevention. That single statistic has been rising over the years.

For Native American teens, though, it's much higher- nearly one in five, or more than double the national rate of non-Native high school teens.

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## In Washington, Pechanga Chairman Mark Macarro Delivers Speech Advocating For Tribal Rights, Education, Housing and Healthcare

By Gary P. Taylor, for SCTCA TANF

In a wide ranging speech, Pechanga Band of Indians Chairman Mark Macarro told the National Congress of American Indians (NCAI) that “we are sovereign tribal nations, and we will never back down.”

Macarro - who is also President of the NCAI - delivered his remarks at the organization's annual conference in Washington, D.C., in early February. He declared full funding for healthcare, education, housing, infrastructure, law enforcement, and disaster relief must be a priority for not only tribes, but the federal government as well, according to *Indian Country Today*.

“For Congress to fulfill the United States trust responsibility to Indian Country, the entire tribal budget must be funded,” Macarro said. “An annual non-competitive based budget, or give our stolen lands back.

(Continued on page 2)



Pechanga Chairman Mark Macarro





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Mark Macarro

Let's state this truth clearly. There is enough. There has always been enough. The only scarcity is political will."

Macarro, who has been Pechanga's chairman for nearly 30 years, also told Native American leaders attending the conference from across the country that tribes must be unified to accomplish their goals.

"Let's walk forward together in unity, in strength, and abundance, and commit to one another that we will not just survive this moment," he said. "We will shape it."

Macarro pointed to passage of the Indian Child Welfare Act as an example of the power of tribes when they stand together, noted *Indian Country Today*.

"Four hundred and eighty-six tribal nations and 59 Native organizations were instrumental in supporting the constitutionality of the Indian Child Welfare Act," he said. "People listened, the courts listened and the United States listened. Together tribal nations stood shoulder to shoulder to protect our children. This is the unity of collective action that propels us forward. It's our job to build on this legacy."

Macarro also called on Congress to honor promises made to tribes through treaties. The needs of Indian Country "are not entitlements, Indian Country's needs are non-negotiable, they are imperative and they must be met," he declared.

In separate remarks at the conference, United States Senator Tina Smith from Minnesota emphasized the importance of tribal sovereignty.

"This U.S. Constitution recognizes, it does not create, it recognizes tribal nations, inherent sovereignty, and the rights to govern yourselves," Smith said. "The sovereignty is not created by the United States or our treaties or our constitution. It is inherent, and it is fundamental. And it is the starting place for all of our mutual agreements, and treaties, and obligations. And it cannot be abrogated by any leader."

***"Let's state this truth clearly. There is enough. There has always been enough. The only scarcity is political will."***

# In Rincon, A Donated New Playhouse for the Children

By Gary P. Taylor, for SCTCA TANF



Children in new playhouse at RCCDC

There's a new wooden playhouse in the large backyard at the Rincon Childcare Development Center (RCCDC).

And the kids love it.

The white and green-trimmed playhouse - which has been at RCCDC since early February - resembles a small A-framed house, complete with window openings and a front door entrance.

It was constructed during the past year by 10 students from North County Trade Tech High School, said Paul Lopez, the school's Assistant Principal. The completed playhouse was donated to RCCDC after staff from Southern California Tribal Chairmen's Association (SCTCA) arrived with a trailer to transport it.

"Everyone is so happy we were able to donate the playhouse to a non-profit organization," Lopez said. "All the students who worked on it were excited to build it, because they knew it would be donated once it was complete."

The playhouse was designed and built by students who attended the charter school, which was established in 2008. The students were guided by a teacher with construction experience who taught them the skills to build the playhouse.

Lopez - who has been at the school for 17 years - admitted he had never heard of RCCDC before the donation was made.

"We didn't even know they existed," he said. "But we put it out there that we wanted to donate the playhouse to a non-profit, and RCCDC and SCTCA responded."

Lopez said several other organizations had expressed interest in taking the playhouse, but none of them were able to come pick it up.

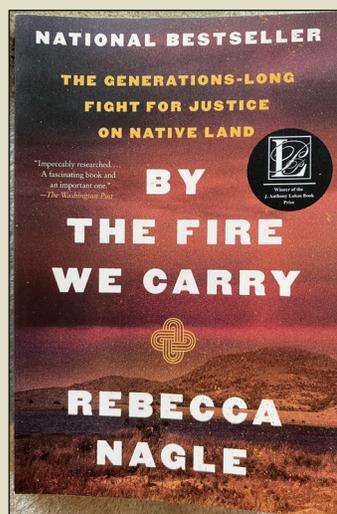
"That was one thing we couldn't do - actually deliver it," he said. Matthew Contreras from SCTCA contacted the school and told Lopez he and other employees could pick up the playhouse.

"Matthew showed up with four guys and a trailer and they took the playhouse," Lopez said.

The playhouse was unloaded and set up in RCCDC's backyard. It didn't take long for some of the kids to walk right in and begin checking out their new little building.



## DISPATCHES OKLAHOMA



*"Smears of blood obscured smaller injuries on George's face, but Dalley could see that the victim's stomach was cut and his throat was slit. A medical examiner would later declare George Jacob's cause of death was exsanguination: he bled to death."*

- Chapter 1, *The Crime*, from Rebecca Nagle's *By The Fire We Carry*

In the summer of 1999 in Oklahoma, a Muscogee tribal member named Patrick Murphy murdered another Muscogee, George Jacobs. The brutal killing in the middle of the night occurred on the reservation.

Murphy was arrested and charged with first degree murder. The state of Oklahoma sought to prosecute him and to seek the death penalty. But Murphy's defense attorneys argued the state had no jurisdiction in the case because it occurred on the reservation. Oklahoma countered the Muscogee reservation no longer existed.

The case eventually ended up before the United States Supreme Court, which ruled in a landmark decision in 2020 that Oklahoma did not have jurisdiction on an Indian reservation and therefore could not execute Murphy. But the court went much further than that. It also said Oklahoma must abide by federal treaties signed with the Muscogee dating back to the late 1800s - essentially declaring nearly half the state the existing territory of the Muscogee.

Rebecca Nagle's 2024 book *By The Fire We Carry* recounts the crime, trials and unprecedented legal proceedings surrounding the case, which came to be known as *McGirt vs. Oklahoma*. The book begins like a crime thriller and then expands into a vast cultural and personal history of the Muscogee, Cherokee and other Native American tribes in the 19th and 20th century.

Nagle's 336-page book - distinct, direct and fiercely observant - has received several distinguished awards: *The Oklahoma Book Award for Nonfiction*; *J. Anthony Lukas Book Prize*; *Stubbendieck Great Plains Distinguished Book Prize*; and *MPIBA's Reading the West Award for Nonfiction*.

Nagle - who is a citizen of the Cherokee Nation - writes in the epilogue to *By The Fire We Carry*: "The lesson of McGirt is not that when the law is on our side and we fight hard, justice prevails. The lesson is that although justice for Indigenous nations is rare, in our democracy, it is possible."

(Continued from bottom of page 1)

Nicole Stahlmann, Indian Health Services Forensic Nurse Consultant, wrote in 2024 about the alarming impact of teen dating violence on Native American teens:

*“Violence is not part of traditional Indigenous values or in cultural teachings in Native communities where living a life of balance and harmony is greatly emphasized and practiced. The presence of violence, especially in the formative years of childhood and adolescence, casts a long and harrowing shadow, leading to cycles of revictimization, mental health challenges, substance abuse, and even suicidal thoughts extending into adulthood. Teen dating violence, encompassing a spectrum from physical and sexual violence to psychological abuse, bullying, and stalking, poses a significant threat to the wellbeing of adolescents. The digital age has further expanded the arena for such victimization.”*

Stahlmann also noted responses to teen dating violence by parents, grandparents, relatives, caregivers or friends should emphasize Native American cultural traditions. “As we observe National Teen Dating Violence Awareness Month, it is crucial for us to come together to combat this issue within Indian Country,” she wrote. Among her recommendations:

- **Engage** in open, non-judgmental, positive conversations regarding healthy and unhealthy relationships with Native youth.
- **Teach** cultural and traditional values, strengths, and beliefs that encompass respect when addressing violence, addictions, and other behaviors not in harmony.
- **Educate** youth to understand consent, boundaries, and healthy relationships.
- **Provide** teens with education and identify how social media, movies, television, and literature can often misrepresent healthy minds and bodies.
- **Be the champion** for teens and set positive examples of healthy, respectful, and nonviolent communication. Create safe environments, be their safety, go-to network in the event they need to talk to someone. ? Invite others to join in the conversation and encourage traditional community wellness.
- **Encourage** healthy, nonviolent relationships through storytelling, art, or other culturally responsive ways to support Native youth.
- **Teach** core Indigenous values that promote a space for positive health outcomes, minimizing the relentless, vicious cycle of trauma. Encourage positive harmony and balance through traditional Indigenous value teachings, enhancing thoughtful, nurturing, respectful, and compassionate Native youth lifestyles.

If a young person is involved in an abusive or unhealthy relationship, it may be difficult for them to end it- but they should. As noted in the *Teen Dating Violence* website:

“Trust your gut – if you think you are in danger or in an unhealthy relationship, you should end it. If you are afraid of confronting your partner, or fearful of what they may say or do, there are numerous resources you can contact for help, guidance, or counseling.”

If you think you are in an abusive relationship, **you should consider:**

- **Reaching out** to a trusted friend, teacher, parent, or mentor
- **Spending more time** with individuals with whom you are comfortable
- **Getting involved** with activities you enjoy that will allow you to associate with positive people
- **Seek the guidance** of a school counselor or therapist
- **Calling** the **National Domestic Violence Hotline** at 800-799-SAFE (7233)



## TEEN DATING VIOLENCE AWARENESS MONTH



## TEEN DATING VIOLENCE: SOME TERMS AND DEFINITIONS

Teen dating violence “includes physical, psychological or sexual abuse; harassment; or stalking of any person ages 12 to 18 in the context of a past or present romantic or consensual relationship.” Specific definitions of teen dating violence include:

- **Physical Abuse:** hitting, biting, shoving, hair pulling, scratching
- **Emotional or Psychological Abuse:** name calling, bullying, shaming, intentionally embarrassing, constant monitoring
- **Sexual Abuse:** forcing a teen partner to engage in a sexual act against or without their consent
- **Stalking:** Repeatedly following or harassing a teen partner in a way that causes them reasonable fear for their safety or well-being
- **Digital abuse:** Constantly tracks you online, calls, texts, or DMs you to find out where you are or who you're with, tells you who you can be friends with on social media, or sends mean messages on social media either directly from them or anonymously
- **Cultural/Spiritual abuse:** Criticizes your spiritual or Tribal beliefs
- **Financial abuse:** Steals money from you, your family, or your friends

Why does teen dating violence occur? Experts, counselors, therapists and psychologists believe there are numerous reasons why relationships descend into violence. Here are some of the most common reasons, which apply to Native Americans and non-Natives:

### ***Teens are not mature enough to communicate their feelings to their romantic partners***

- Teens do not understand how to communicate effectively with their romantic partners
- Teens are depressed or suffer from anxiety or other emotional problems
- Teens are pressured into behaving in ways they ordinarily wouldn't by their peers
- Drugs or alcohol are introduced into the relationship

- Contributed by Teen Dating Violence website



# Is it Possible to Eat Healthy on a Tight Budget? Tips and Recommendations on Meals, Costs and Nutrition

By Gary P. Taylor, for SCTCA TANF



Families across the country- including Native Americans- have been grappling for years with a simple question: Is it possible to eat healthy on a tight budget?

It might be difficult- but it can be done, according to nutrition experts.

But how? That's a question for everyone- especially larger families preparing as many as three meals a day for children.

According to *MyPlate*, an easy to follow food guide created by the U.S. Department of Agriculture (USDA), parents can figure out how to feed their kids nutritious, balanced meals. The colorful divided plate includes sections for vegetables, fruits, grains, and protein foods.

The following tips and suggestions come from *MyPlate*. Most are simple- and all are designed to help parents, grandparents and caregivers prepare healthy meals for families and children of all ages. But before any meals are prepared, groceries have to be bought. Here's some recommendations:

**Ask around.** Ask friends, family, or post a question on social media to see where others shop and find great bargains! Grocery stores, specialty food markets, dollar stores, retail supercenters, and wholesale clubs may offer good deals.

- **Read the sales flyer.** Sales flyers usually come out mid-week and can be found at the store's entrance, in the newspaper, on their website, or social media pages.
- **Eat before you shop.** Grocery shopping while hungry can lead to impulse buying and unhealthy food choices. This is a simple, yet effective way to keep you on task.
- **Join your store's loyalty program.** Most stores offer a free loyalty program. Get special offers, coupons, and discounts for being a member.
- **Get fresh produce delivered to your door.** Search online for low-cost produce delivery services in your area. Or support local farms by joining a Community Supported Agriculture (CSA) program. Find one in your area by visiting the USDA's CSA Directory.

## Eat the Right Amount for You

- † The calories you need depend on your age, sex, height, weight, and level of physical activity.
- † Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.
- † Pay attention to portion sizes, particularly for foods and beverages higher in calories.

## Prioritize Protein Foods at Every Meal

- † Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.
- † Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- † Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- † Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives. If preferred, flavor with salt, spices, and herbs.
- † Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day, adjusting as needed based on your individual caloric requirements.

## Consume Dairy

- † When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- † Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

## Gut Health

- † Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high-fiber foods support a diverse microbiome, which may be beneficial for health.

## Eat Vegetables & Fruits Throughout the Day

- † Eat a variety of colorful, nutrient-dense vegetables and fruits.
- † Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.
- † Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- † If preferred, flavor with salt, spices, and herbs.
- † 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- † Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:
  - Vegetables: 3 servings per day
  - Fruits: 2 servings per day

## Incorporate Healthy Fats

- † Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- † When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- † In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.

## Focus on Whole Grains

- † Prioritize fiber-rich whole grains.
- † Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- † Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.

## Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- † Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.
- † Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.
- † Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.
- † While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet, one meal should contain no more than 10 grams of added sugars.
- † When selecting snack foods, added sugar limits should follow FDA "Healthy" claim limits. For example, grain snacks (e.g., crackers) should not exceed 5 grams of added sugar per  $\frac{1}{4}$  ounce whole-grain equivalent, and dairy snacks (e.g., yogurt) should not exceed 2.5 grams of added sugar per  $\frac{1}{2}$  cup equivalent.

## Added Sugars

- † To help identify sources of added sugars, look for ingredients that include the word "sugar" or "syrup" or end in "-ose."
- † Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.
- † Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.



And once the groceries are bought, what about preparing the meals? Some additional tips, from the U.S. Dept. of Agriculture:

**See what you already have.** Look in your freezer, cabinets, and refrigerator. You can save money by using these items in planned meals.

**Write down your meals.** It's helpful to write out your meals for the week. Plan out what you want to have for breakfast, lunch, dinner and snacks. Use the Create a Grocery Game Plan- Weekly Calendar as a guide.

**Write down recipes to try.** Find new ideas for healthy and budget-friendly meals based on what you have, foods your family enjoys, and foods that are good buys. Visit MyPlate Kitchen for recipe ideas.

**Think about your time.** Choose meals you can prepare when you're short on time. Save the ones that take longer for days off or when family members are free to help.

**Plan to use leftovers.** Make larger meals with enough servings for leftovers. On busy days, just heat and serve.

**Make a grocery list.** Organize your grocery list by store section to make shopping quick and easy.

**Build your shopping list as you go.** Keep a list of foods you need on your refrigerator or on a free app on your phone. Add items as you run out. Some apps let you sync grocery lists with others in your household.

**Buy a mix of fresh, frozen, and self-stable items.** Plan for a mix of fresh, frozen, and shelf-stable (or non-perishable) foods for your meals. Eat your fresh foods first so they don't go bad. Stock your freezer and pantry with items you can eat later.

**Keep it simple.** Healthy and creative meals don't have to be hard to make. A simpler menu often costs less and will be easier to make.

**Allow your family to help.** Divide jobs among family members. Remember that kids love being in the kitchen! As a team, you can get more done and have more time to enjoy with your family.

**Stretch recipes by adding other food items.** Get more servings out of your favorite recipes! Add rice to soups or stews, frozen vegetables to pasta dishes, or beans to burgers. This can help you serve more meals.

**Ideas for the holidays.** Try having a holiday brunch. Breakfast foods like eggs are inexpensive and make a great protein for the main dish. You can also try a yogurt parfait bar and let everyone add their favorite toppings.

**Have a potluck.** Potlucks are a great option for large families or groups of friends. If you are hosting a meal, fix the main dish and ask the rest of the group to make side dishes. It creates less work for you and allows everyone to make and sample each other's creations.



# Seasonal Recipes That Are Easy To Prepare

*These two recipes were provided by Albert Contreras of Food Distribution in Rincon*



## SQUASH AU GRATIN

**Serves** 10

**Cook Temperature** 350°F

**Preparation time** 20 minutes

**Cook time** 50 minutes

### Ingredients

- 4 medium green zucchini squash, thinly sliced
- 4 medium yellow squash, thinly sliced
- 1 can of whole kernel corn (or cream corn for a thicker consistency)
- 5 tablespoons butter
- 1/2 onion, diced
- 1 tablespoon garlic, minced
- 1/4 cup roasted hatch chili or roasted Anaheim chili
- 3 tablespoons flour
- 1 cup heavy cream
- 1 1/2 cups cheddar cheese, shredded
- 1/2 cup parmesan, freshly shredded
- Salt & pepper to taste

### Directions

Preheat oven at 350° degrees

With the slicing feature on your cheese grater or a mandolin, thinly slice your zucchini and yellow squash and set aside.

In a skillet over medium heat sauté the diced onion and minced garlic in the butter. After the onion is translucent add in the chili and flour. Cook the flour for about 2 minutes stirring vigorously to cook out the flour taste. Add in the heavy cream and cheddar cheese. Mix well, then season to taste with salt and pepper.

In a greased 9-inch round baking dish start with a layer of zucchini, a small amount of corn, a layer of yellow squash then about a half cup of the cheese mixture. Repeat the process at least 2 or 3 more times. Finish with the parmesan cheese.

Cover with lid or aluminum foil and bake in oven for 40 minutes.



## Chorizo Stuffing

**Serves** 16

**Temperature** 350°F

**Preparation time** 20 minutes

**Cook time** 110 minutes

### Ingredients

- 5 tablespoon unsalted butter, melted
- 14 ounces pork chorizo
- 1 tablespoon olive oil
- 2 cups celery, diced
- 2 granny smith apples, diced
- 1 large sweet onion, diced
- 1 pound sourdough bread, diced into bite size pieces
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 2 teaspoons chopped fresh rosemary
- 1 teaspoon kosher salt

### Directions

Preheat oven to 350° F. Grease a 9x13-inch baking dish with one tablespoon of butter and set aside.

Add the bread cubes to a large mixing bowl and set aside.

Heat a large skillet over medium high heat. Add the chorizo and cook for 8-10 minutes, breaking it up into smaller chunks using a wooden spoon. Transfer the cooked chorizo to a separate small bowl and set aside.

In the same skillet, heat the olive oil over medium-high heat. Add the celery, apples and onion. Cook for 8 minutes, until the onions are translucent and everything has softened.

Remove from heat and stir in the parsley, sage, rosemary, salt and black pepper.

Transfer the cooked onion, celery, and apple mixture to the large bowl with the bread cubes. Add in the cooked chorizo, 4 tablespoons of butter, broth and eggs. Toss everything together until fully combined.

Transfer the stuffing to the prepared baking dish and bake for 60 minutes or until the top is toasted and browned.

Remove it from the oven and allow it to cool for 5 minutes. Garnish with fresh parsley and serve warm.



# How Better Sleep Supports Better Mental Health



Sleep is an essential part of balance between the mind, body, and spirit—a balance long valued in many Native American cultures. Yet today, ongoing stress, historical trauma, and modern life challenges can disrupt healthy sleep and, in turn, affect mental health. Sleep influences mood, emotional strength, memory, and the ability to cope with daily responsibilities. Understanding the connection between sleep and mental health is an important step toward healing, resilience, and for your overall well-being.

## Ways to Improve Sleep

### 1. Keep a regular sleep schedule

Going to bed and waking up at the same time each day helps your body find a natural rhythm.

### 2. Create a calming bedtime routine

Quiet activities like reading, prayer, gentle stretching, breathing exercises, or listening to soft music can help the mind settle.

### 3. Limit screen time before bed

Phones, TVs, and computers can overstimulate the brain. Turning them off at least 30–60 minutes before sleep can improve rest.

### 4. Be mindful of caffeine and late meals

Avoid caffeine in the afternoon and evening, and try not to eat heavy meals close to bedtime.

### 5. Make your sleep space comfortable

A dark, quiet, and cool room supports deeper sleep. Keep the bed mainly for sleep to help the body associate it with rest.

### 6. Get daylight and gentle movement during the day

Time outside, physical activity, and connection with nature can support both sleep and mental health.

### 7. Manage stress in healthy ways

Talking with trusted people, practicing mindfulness, connecting with others can help ease worries that interfere with sleep.

### 8. Seek support when needed

Ongoing sleep problems may be linked to stress, trauma, or mental health concerns. Reaching out to healthcare providers or community health resources can help.

Sleep is more than rest—it is essential to mental, emotional, and spiritual well-being. Prioritizing healthy sleep supports resilience, balance, and healing for individuals and communities alike. By making small, intentional changes and seeking support when needed, better sleep can become a powerful step toward stronger mental health and overall well-being.



If you have any questions or would like to discuss this further please contact  
Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913 or [cgilliam@setca.net](mailto:cgilliam@setca.net)

**Scan the QR code to view current SCTCA Tribal TANF Contractor Class Schedules and Calendars.**  
**Schedules include training offered through our approved contractors.**  
**Schedules are updated monthly.**



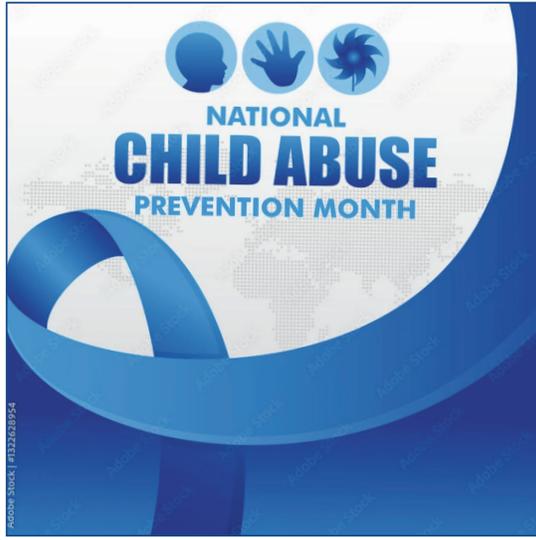
## Commodity Distribution Schedule March 2026

### FOOD DISTRIBUTION SCHEDULE FOR MARCH 2026

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
MAR 3 <sup>RD</sup> , TUESDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
MAR 5 <sup>TH</sup> , THURSDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
MAR 9 <sup>TH</sup> , MONDAY	CAMPO	10 AM – 12 PM
MAR 11 <sup>TH</sup> , WEDNESDAY	SAN PASQUAL	8 AM – 12 PM
MAR 12 <sup>TH</sup> , THURSDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 PM
MAR 16 <sup>TH</sup> , MONDAY	RINCON	8 AM – 12 PM
MAR 18 <sup>TH</sup> , WEDNESDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
MAR 19 <sup>TH</sup> , THURSDAY	PALA	9 AM – 11 AM
MAR 23 <sup>RD</sup> , MONDAY	MANZANITA OLD CAMPO	930 AM- 1030 AM 11 AM – 12 PM

**OFFICE CLOSURES: NONE**

A HOUSEHOLD CANNOT PARTICIPATE IN THE FOOD COMMODITY PROGRAM IF THEY ARE ON THE CALFRESH (FOOD STAMPS) PROGRAM. YOU CAN PARTICIPATE IN ONLY ONE OF THE ABOVE PROGRAMS.  
**WRONG INFORMATION ON APPLICATION, DUAL PARTICIPATION, SELLING, OR EXCHANGING USDA FOOD COMMODITIES COULD BE A BASIS FOR DISQUALIFICATION FROM THE FOOD COMMODITY PROGRAM.**  
 IF YOU DO NOT PICK UP ON YOUR SCHEDULED RESERVATION DAY, YOU MUST MAKE AN APPOINTMENT TO PICK UP AT THE WAREHOUSE. CALL OUR OFFICE FOR AN APPOINTMENT. (760) 749-5608



### Coming in April:

- National Child Abuse Prevention Month
- Parent and Child Safety Programs
- Family Education Workshops

SOUTHERN CALIFORNIA  
TRIBAL CHAIRMEN'S ASSOCIATION  
Tribal Temporary Assistance for Needy Families  
P.O. Box 1470 Valley Center, Ca 92082

