"Weaver's Spirit Power"

Charlene Krise - On February 8th the museum hosted the Southern Puget Salish Textile Guild's Traveling Exhibit reception. The reception was well attended by many people. Vi Hilbert addressed the group with a Lushootseed greeting, and she praised the Salish Weavers and Squaxin people for listening to the teachings of the ancestors. Ralph Munro welcomed everyone with encouraging words about the museum's mission to promote tribal culture and about the honor of hosting such an important exhibit. Bruce Miller (Skokomish) is the Southern Puget Salish Ceremonial Teacher for the guild. He told a Salish legend about how the people came to the knowledge of textile weaving. Bruce has been one of three (Bill & Fran James the others) in Pacific Northwesterners who have taught the ancient techniques of Salish weaving. Susan Pavel is one of the first students of Bruce, and she is now the Executive Coordinator of the Guild's Traveling exhibit. She will be coordinating the class schedules for the introduction to Salish weaving and on-site demonstrations with Bruce Miller. Please contact Karissa White at (360)432-3843 or kwhite@squaxin.nsn.us for class availability and cost. Susan Pavel introduced the Salish Textile Guild from several surrounding tribes: Skokomish, Nisqually, Puyallup, Suquamish, Chehalis, Muckleshoot.

Annual General Body Meeting

Saturday, May 3rd

Tribal Center Gymnasium

Sign-in begins at 8:30 a.m.
First Roll Call at 9:00 a.m.

Elections will take place for two Council positions:

Secretary (currently held by Pete Kruger, Sr.)
Treasurer (currently held by Steve Sigo)

Annual Art Auction to Benefit the M LRC

Saturday, May 17th

On Site This Year!!!

Salish Design Workshop 1:00 - 4:00 p.m.
Salish Design Presentation 4:00 - 5:30
Cultural Performance 5:30 - 6:00
Reception/Preview 6:00 - 7:00
Auction (Both Live & Silent) 7:00

For more information, or to donate artwork, contact Dale Clark @ 432-3853
COMMUNITY

Volunteers Needed For Tribal Events
Vicki Kruger - It's that time of year again! We are looking for volunteers! There are two very important Tribal events coming up in the next 6 months.

The first event coming up is the 4th Annual Potlatch. On April 12th, beginning at 11:00 a.m., tribes will be visiting us for this annual event. Last year the potlatch was attended by over 400 people from about 10 different tribes. This year we expect more. We need volunteers to help prepare the food and to help make gifts. If you can sew, bead, carve, do art work, or are experienced canning, please contact Carolyn Hoosier, Leah Cruz, Penni Giles, Cathy Humphries, Jennifer Whitener, Roy Perez or Vicki Kruger. We are also in need of help in the kitchen, so if you can spare the time, we would love to see you there!

The second important event that will be here before we know it is the Canoe Journey. We need to make gifts for our canoe family to distribute during the journey and for the big potlatch at the end of the journey. This year the journey is to Tulalip. There are two purposes of the monthly meetings: the main purpose is to plan for the 2003 Canoe Journey to Tulalip, and the other purpose is to continue to support each other by supporting culture and having fun.

For a schedule of these monthly events, please contact Davey George Krise or Vicki Kruger.

A very special thanks to tribal elders Myrtle Richards and Lizzy Perez for always traveling with us.

Who Is It?

For the Answer, See Page 9
What's Happening at the Casino?

Mike Peters - You may have noticed a new parking lot on the Northwest side of the casino along highway 108. This is a temporary lot with over 300 parking stalls. The lot is waiting for lights to be installed before it is opened to the public. We are hopeful this will be completed by the end of the month.

At one time we were looking at developing a huge parking lot stretching from the casino to the BPA power lines. We are now exploring the idea of a parking garage. Available land suitable for building is limited within our commercial area. We are bound by highway 108, the freeway (101), the BPA power lines and Skookum Creek (and associated wetlands) setbacks. The question was asked, is this the best use for the land? Although all costs related to a garage have not been finalized, the preliminary figures indicate it may be as cheap to build a parking garage as it would be to pave the field. There are positive environmental aspects to this idea as well. The garage has positive marketing impacts also. Everyone would be within 150 feet of the door. Covered parking in Kamilche? Who would have ever thought.

BJSS Duarte Bryant from Olympia is the architectural firm working on a hotel design. Korsmo Construction from Lakewood was selected as our general contractor. We have not finalized drawings for the hotel. Korsmo Construction is currently creating a list of potential tribal members and Indian owned companies interested in working on this project. Please contact them at the construction trailer (behind the casino) or call Lorna at the tribal center for more information.

The Tribal Council has appointed Doug Boon as our new Little Creek Casino General Manager. Doug is a member of the Tulalip Tribe and has worked for the Nisqually Red Wind Casino for the past several years.

Introducing

Russell Harper
Little Creek Casino Employment Liaison

Squaxin members and Little Creek Employees, I am your new Employment Liaison. If you have any concerns relating to initial employment or existing employment that you feel needs resolution, please feel free to contact me. If you feel more comfortable having your concerns addressed by someone who is outside the management hierarchy of the Little Creek Organization, I am here to help.

I am looking forward to hearing from you. Together we can find resolution and work to make Little Creek the best environment possible.

Thank You.

A Special Thank You

I would like to thank the elders who selected me as their president at the last elders meeting. I will do my best to do the right things to benefit the elders.

Again, thank you.
- Lila Jacobs

Happy 9th Birthday to Adolfo Douglas McFarlane

Lots of Love From Your Mom Lorraine
Peak Fitness

Are you exhausted after a session of clam digging? Does canoe pulling have you worn out for hours? Do you get out of breath after a brief walk? Are you thinking you want to get in better shape? Are you a couch potato, but want to take better care of yourself? Do you want to get stronger, so you can prevent injuries when you are active? Are you already physically active, but sometimes just need a little push to keep going? Join Peak Fitness- a way to track your activity & "climb" eight mountains (on paper).

What is Peak Fitness?
An 8-week program that challenges you to increase your fitness level by being active consistently – while challenging yourself to "climb" 8 of America's most majestic mountains: Mount Washington, Mount Mitchell, Guadalupe Peak, Mount Hood, Mauna Kea, Long's Peak, Mount Rainier, and Mount McKinley.

Novice: If you are just getting started. Fill in one footprint for each 10 minute session of activity.

Advanced: If you are already active (active at least 3 times a week). Fill in each footprint for 15 minutes of activity.

Why should I participate?
If you're like many people, you may find starting and staying on a consistent exercise program is tough. Work, family, and social responsibilities often crowd out time to do something good for yourself. Lack of direction or goals can make it even easier to let fitness slide. But Peak Fitness helps you get back on track and stay there, by making

Peak Fitness Registration Form

Registration Form:
(Registration is not required, but is necessary to be eligible for drawings and incentives)

Name____________________________ Phone__________________________
Address_______________________________________________________________
Registration Deadline: March 14, 2003
Program begins March 14 with a Walk/Run kickoff. Program ends May 10.
Return your completed registration form to Patti Suskin at the clinic.

Instructions:
Your goal is to "climb" all 8 mountains in the next 8 weeks by exercising your way to the peak. Track your progress by filling in the boot prints on the Peak Fitness mountains. Each boot print equals 1,000 feet of elevation.

Start date: ____________________________ End date: ____________________________
Name: ____________________________
Return your completed log form to:

Novice = 10 minutes of exercise

Advanced = 15 minutes of exercise

START

Mt Washington 6,288
Mt Mitchell 6,684
Guadalupe Peak 8,749
Mt Hood 11,239
Mauna Kea 13,796
Long's Peak 14,256
Mt Rainier 14,411
Mt McKinley 20,320
fitness fun with a theme, challenging yet achievable goals, and motivating rewards—whether you’re just starting out or are already a regular exerciser.

How do I sign up?
Complete the registration form below and return it to your Peak Fitness coordinator, Patty Suskin. You’ll receive everything you need to “head to the hills” and get started on Peak Fitness today.

Dear Nutritionist:
HELP!! I am now over 200 pounds; I’d like to be 175 again, or maybe even less. I have tried every diet out there, and I’ll lose a few pounds, but then I gain it back after the diet is over. Can you give me some tips so I can keep it off??

Signed,
Desperate to Lose

Dear Desperate to Lose:
Thanks for your question. I have listed some general tips below, but feel free to call me to talk more individually.

First, look at the diets you have followed. Could you see yourself eating that way for the rest of your life? If not, then maybe it is not the right way to lose. Often diets are so restrictive and boring, that a person can lose weight, but then go back to their usual eating habits. Making small changes over time such as eating pretzels, vegetables, or fruit instead of chips can cut calories here and there.

Second, look at the way you eat now. Do you skip meals? Do you feel guilty when you eat that special treat? Do you eat a lot of fried foods? Are you eating larger portions than you need to feel full? Do you use snack time to eat high calorie foods such as chips and cookies? How about vegetables and fruits how often do you enjoy them? (As you may know, vegetables are only 25 calories per 1/2 cup, and full of nutrients and fiber.) Knowing what you are doing now can be very helpful to get ideas on what to change.

Third, ask yourself how you would be willing to change. YOU CAN CHOOSE to eat healthier. Choosing and making one small change at a time can help you to be healthier over the rest of your life.

Are you feeling guilty about the foods you eat? Are you feeling guilty about the foods you eat? Are you eating more calories and cutting back on chips or large portions of meat?

* Are you restricting yourself so much that you finally do eat you over-eat? Are you willing to give yourself permission to eat at least 3 times a day?

* Do you feel pressured to eat more than you’d like because you think you might hurt someone’s feelings? Would you be willing to eat a smaller portion and let the cook know you enjoyed what you ate?

* Do you feel pressured to eat more than you’d like because you think you might hurt someone’s feelings? Would you be willing to eat a smaller portion and let the cook know you enjoyed what you ate?

* Do you want to plan ahead more so that you don’t get caught hungry & end up eating something less healthy on the go? Planning ahead takes time, but is well worth it. If you plan ahead, it is much easier to control the food you eat.

How you answered the questions above may help you with ideas on how to eat healthier. Choosing and making one small change at a time can help you to be healthier over the rest of your life.

Do you have Diabetes?
Diabetics are Invited to Join Us for Lunch & Get a Diabetes Update

Diabetes Awareness Day
Tuesday, March 25, 2003

Lower Conference Room Health Clinic Noon to 2 pm

* Have you had your A1c checked lately?
* Would you like to know what’s new with diabetes?
* Have you met our new Diabetes Coordinator, Patty Suskin?
* Would you like some Nutrition Tips?
* Let us know what you would like to see for Diabetics in the Squaxin community!

Here is your chance to stay on top of your diabetes.

Join us,
Rose Algea (CHR)
Pam Bartley (Registered Nurse)
Patty Suskin (Certified Diabetes Educator)

Questions?
Call Patty Suskin at 432-3929
Interested in the Higher Education Program?

Are you thinking about taking college courses or attending college in the 2003-2004 school year?

Are you an enrolled Squaxin Island Tribal member?

Do you need additional financial support to help you through school?

If so, you may qualify for funding through the Squaxin Island Higher Education Program. For more information you can contact Walt Archer at 432-3826, or you can pick up an application from the Tu Ha' Buts Learning Center. Applications must be submitted to the Education Commission no later than March 15, 2003.

Educational Achievement

The Tu Ha' Buts Learning Center would like to congratulate Patti A. Puhn for being placed on the President's List (4.00 GPA) at Olympic College. Again, congratulations on your outstanding academic achievement, keep up the good work Patti!!

Scholarship Corner

There are currently several Pre-College workshop opportunities available, but time is running out. Please come to the Tu Ha' Buts Learning Center for more information and program descriptions, or call Lisa at 432-3882. These are the programs open at this time:

- AIGC/COLLEGE HORIZONS: A pre-college workshop for Native American students, June 14-18, 2003, Whitman College, Walla Walla, WA or June 28-July 2, 2003, Washington University, St. Louis, MO. College Horizons is a five-day "crash course" in preparing for college. Expert college counselors, teamed up with admission officers from 21 colleges will help you:
  - Select college suitable for you
  - Complete winning applications and write memorable essays
  - Learn what turns an applicant into an admitted student
  - Become a test-prep "whiz kid"
  - Find your way through the financial aid/scholarship jungle

- WASHINGTON INTERNSHIPS FOR NATIVE STUDENTS (WINS): The (WINS) program offers American Indian students the opportunity to gain impressive work experience, learn first-hand the inner workings of a government agency, and meet other American Indian students from across the country.
  - Native American junior or senior in high school
  - 2002 high school graduate
  - Carrying (or carried) average grades (80) or higher;
  - Have an interest in new educational and employment tools,
  - Willing to reach out and grab this opportunity
  - Spend July 5-26, 2003 at Clarkson University

- VISION SUMMER 2003 PROGRAM AT CLARKSON UNIVERSITY: What's your vision of the future? Do you like to travel? Like to explore new ideas? Like to meet new people? Want to prepare for graduation and beyond?
  - Native American junior or senior in high school
  - Completed the sophomore year of college before the internship begins
  - Minimum 2.5 GPA
  - Membership in a recognized tribe

Staff Hours

The Tu Ha' Buts Learning Center staff is available during the following hours:

**Kim Cooper**, Director: 8:30 – 5:00 @ 432-3904

**Mark Snyder**, Youth Coordinator: 9:30 – 6:00 @ 432-3872

**Walt Archer**, Education Liaison: 7:30 – 4:00 @ 432-3826

**Lisa Evans**, Administrative Assistant: 8:30 – 5:00 @ 432-3882

**Sally Scout-Moore**, Cultural Act. Assistant: 12:00 – 8:00 @ 432-3882 (Wed.-Sat.)

Cultural Program

Over the next month the Learning Center Cultural Program is calling all youth to come and learn how to basket weave and make dream catchers. We strongly encourage parents to be involved also.

This is all in preparation for the Evergreen Youth Art Exhibit on March 1, 2003 (See Below). All permission slips for monthly activities are available in the Tu Ha' Buts Learning Center.

Generations Rising Youth Art Exhibit For Ages Up To 21

Art Exhibitions, Craft Stations, early Dinner and Potlatch for the artists

EVERGREEN STATE COLLEGE LONGB HOUSE

Interested youth are asked to select their one favorite piece of artwork to include in the exhibit.

For more information, contact Sally Scout-Moore at 426-9781.
Learning Center Update

The computer lab is now open for students doing homework or research. TLC is currently allowing the use of educational software. If we have anymore problems with vandalism or misuse of software we will close the lab immediately. Please read and abide by the computer lab rules listed below.

Computer Lab Rules:
1) Each participant receives 30 min. on a computer at a time.
2) ABSOLUTELY NO use of chat rooms.
3) People who have homework get first choice of computer.
4) Appropriate music (no swearing, vulgar, or suggestive language) is permitted. Headsets are required before 5:00 pm.
5) Be respectful to other children and TLC staff.
6) Educational games and/or research are permitted once homework is done.
7) Please keep noise to a minimum.
8) NO food or drinks allowed in computer lab.

Anyone interested in the Squaxin Island Tribe Youth Council, please contact Sally Scoute-Moore in the Tu H a' Buts Learning Center between the hours of 11:00 – 6:00, at 426-9781, or feel free to stop in anytime.

Planning Department Hosts Meetings Regarding Youth Concerns

“Our greatest natural resource is our elders. They are our history. Another valued resource is the children. They are our future. It is the privilege and the responsibility of the young adults to see to it that the elders and the children are honored and nurtured.”

- excerpt from Squaxin Island Tribe mission statement

Various tribal departments and some community members have come together to talk about youth. While these folks want to understand how they can better serve community youth, they know they cannot understand the problem without more community members involved in the process.

Currently, we meet on Wednesdays, from 1:00 - 3:00 p.m. in Sally Selvidge Health Center, Conference Room.

In addition to these working meetings, we plan to host a public meeting the week of March 17-21. More information will be forthcoming about exact meeting location and date. We need your ideas regarding what topics should be addressed or the format in which to address them. We hope this may be a starting point for increased communication on ideas and concerns for community youth. Please call Nia Wellman in the Planning Department at 432-3955 if you have any questions.

Baseball Season Starts

Mark Snyder - Squaxin Youth Activities is starting to form the T-Ball and Majors teams. T-Ball ages are 4-6 and Majors are 7-8. T-Ballers will start practicing on March 3rd from 4:30 - 6:00 p.m. Majors will start on March 4th from 4:30 - 6:00 p.m. If the weather is bad, we will practice in the gym. If you are nine or older and wish to play, then you must go to Loop Field for tryouts. Tryouts for the youth nine or older are on March 1st at 10:00 a.m. Youth Activities will pay your league dues. Opening day is April 5. The season runs until June. Call 432-3872.

Oops

Sorry, Deanna Hawks. Deanna also volunteered her time at the Holiday basketball Tournament. She was accidently left out. My fault, once again, Deanna.
### Senior Menu

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Turkey Melt on Wheat</td>
<td>Lasagna</td>
<td>Ham &amp; Eggs</td>
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<tr>
<td>Vegetable</td>
<td>Vegetable Soup, Peppers/Dip</td>
<td>Vegetable Salad, Vegetables</td>
<td>Baby Carrots</td>
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<tr>
<td>Fruit</td>
<td>Fresh Oranges</td>
<td>Fruit Salad</td>
<td>Fresh Berries</td>
</tr>
<tr>
<td>Grains/Bread</td>
<td>Crackers</td>
<td>Garlic Bread</td>
<td>Apple Pancakes</td>
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<tr>
<td>Milk</td>
<td>Milk, Tapioca Pudding</td>
<td>Milk</td>
<td>Milk</td>
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<tr>
<td>Meat</td>
<td>French Bread Pizzas</td>
<td>Meatloaf</td>
<td>Chicken &amp; Bean Burritos</td>
</tr>
<tr>
<td>Vegetable</td>
<td>Veggies, Salad</td>
<td>Green Beans, Baked Potatoes</td>
<td>Steamed Broccol</td>
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<tr>
<td>Fruit</td>
<td>Fruit kabobs</td>
<td>Fruit Salad</td>
<td>Fresh Strawberries</td>
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<tr>
<td>Grains/Bread</td>
<td>French bread</td>
<td>Whole Wheat Rolls</td>
<td>Rice, Tortillas, Angelfood</td>
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<tr>
<td>Milk</td>
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<tr>
<td>Meat</td>
<td>Corned Beef</td>
<td>Teriyaki Chicken</td>
<td>French Dip</td>
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<tr>
<td>Vegetable</td>
<td>Cabbage &amp; Red Potatoes</td>
<td>Stirfry Vegetables</td>
<td>Minestrone Soup, Veggies/Dip Hips</td>
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<tr>
<td>Fruit</td>
<td>Fresh Oranges</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit Tray</td>
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<tr>
<td>Grains/Bread</td>
<td>Whole Wheat Rolls</td>
<td>Brown Rice</td>
<td>Rolls</td>
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<tr>
<td>Milk</td>
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<td></td>
<td>Milk, Chocolate Pudding</td>
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<tr>
<td>Meat</td>
<td>Baked Elk</td>
<td>Chalupa</td>
<td>Baked Salmon</td>
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<td>Vegetable</td>
<td>Green Bean Casserole</td>
<td>Fresh Veggies &amp; Dip</td>
<td>Steamed Broccoli</td>
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<tr>
<td>Fruit</td>
<td>Mixed Fruit Salad</td>
<td>Pineapple, Mandarin Oranges</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>Grains/Bread</td>
<td>Mashed Potatoes</td>
<td>Corn Chips, Banana Bread</td>
<td>Brown Rice</td>
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<tr>
<td>Milk</td>
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<tr>
<td>Meat</td>
<td>Chili</td>
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<tr>
<td>Vegetable</td>
<td>Broccoli, Corn, Potato Bar</td>
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<tr>
<td>Fruit</td>
<td>Fresh Fruit Tray</td>
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<tr>
<td>Grains/Bread</td>
<td>Corn Bread, Oatmeal Cookie</td>
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<td>Milk</td>
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### Healthy & Human Services

March is National Nutrition Month. Here's a Little Fun With Fruits and Vegetables

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**A Very, Very Happy Birthday to You, Jade!**

Love, Barb

---
Your accomplishments in wrestling and swimming this winter really impressed us.

Michael Trotter, first year swimmer with the Shelton Highclimbers, had qualifying times in both the 100 Butterfly and 50 meter freestyle. The swim team had an undefeated season and finished 3rd in the district. Michael had two practices a day, six days a week and still managed to keep his GPA at 3.50. Way to go Michael.

Matt Trotter finished his first season as a member of the Shelton Highclimber wrestling team. Matt showed tremendous dedication and lost a total of 42 pounds to compete in the 250 pound weight class. Matt suffered a separated shoulder just before Christmas and was unable to compete the remainder of the season. He also practiced six days a week and managed to maintain a 3.45 GPA.

We just wanted everyone to know how proud we are of you both.

Mom, Dad, Tyler & Kaitlyn
The Most Beautiful Flower
Submitted by Lori Hoskins
The park bench was deserted as I sat down to read
Beneath the long, straggly branches of an old willow tree.
Disillusioned by life with good reason to frown,
For the world was intent on dragging me down.
And if that weren't enough to ruin my day,
A young boy out of breath approached me, all tired from play.
He stood right before me with his head tilted down
And said with great excitement, "Look what I found!"
In his hand was a flower, and what a pitiful sight,
With its petals all worn - not enough rain or too little light.
Wanting him to take his dead flower and go off to play,
I faked a small smile and then shifted away.
But instead of retreating he sat next to my side
And placed the flower to his nose
And declared with overacted surprise,
"It sure smells pretty, and it's beautiful too.
That's why I picked it; here, it's for you."
The weed before me was dying or dead.
Not vibrant of colors: orange, yellow or red.
But I knew I must take it, or he might never leave.
So I reached for the flower, and replied, "Just what I need."
But instead of him placing the flower in my hand,
He held it mid-air without reason or plan.
It was then that I noticed for the very first time
That weed-toting boy could not see: he was blind.
I heard my voice quiver; tears shone in the sun
As I thanked him for picking the very best one.
"You're welcome," he smiled, and then ran off to play,
Unaware of the impact he'd had on my day.
I sat there and wondered how he managed to see
A self-pitying woman beneath an old willow tree.
How did he know of my self-indulged plight?
Perhaps from his heart, he'd been blessed with true sight.
Through the eyes of a blind child, at last I could see
The problem was not with the world; the problem was me.
And for all of those times I myself had been blind,
I vowed to see the beauty in life,
And appreciate every second that's mine.
And then I held that wilted flower up to my nose
And breathed in the fragrance of a beautiful rose
And smiled as I watched that young boy,
Another weed in his hand,
About to change the life of an unsuspecting old man.

Happy Birthday Adrian
From,
Auntie Terri

Right From the Heart
A Tribal Member’s Account of the
Effects of Drug and Alcohol Abuse in His Life
Hi, my name is Gary Brown. I am currently doing time on a one year sentence. I want to share my story with others, hoping they will make the right decisions in their lives.

I started using drugs and alcohol at the age of 11. It was mostly pot at the time. I was in the seventh grade. I met some friends (so I thought). They asked if I smoked pot, and I said “yes” just wanting to fit in. So I tried it out. I didn’t really like it, but didn’t want them to think I was weak. So I got used to it. Next thing you know, I’m drinking with the same “friends” and started to do bad in school. Then I started to skip school a lot. By the time I was 12, I had already been to juvenile hall twice. But I thought I was “cool.”

The courts made me a “ward of the court” at the age of 12, and I was put into a foster home. They took me out of public school and put me into Wa-Heh-Lut. I stopped using alcohol and drugs for the time being. And, hey, what do you know, I started getting good grades, started art, sports and finding out about who I was and about my culture as a Native American. I was really liking myself for the first time in over two years.

Well, I finished Wa-Heh-Lut and went back to Shelton. Instead of going back to the high school, I went to Choice High School, and there was what was left of my old friends (the ones that were still to school).

I went right back into that crowd and ended up back in juvy again. The Tribe sent me to a lock down treatment center in Oregon. From there, I went back to a foster home and started doing good again. I went to Shelton High School and met new friends. But I allowed drugs and alcohol to come back into my life. I dropped out of school at the age of 17. The courts told me I was a lost cause.

I got into dive school, luckily, because of my oldest brother, Rodney Krise and friend Jeremie Walls. I got into good money, but with that money I started partying hard. It didn’t take long before I got a DWI and for the next few years I was in and out of jail. Even having a kid didn’t slow down my drinking and using. It got worse. I got into crank at the age of 23. I am now 25, going on 26 in a few more months. I’ve lost everything - family, diving, respect and a whole year of my life. But if you look at it the way I do, only now, I’ve lost my whole childhood, and now my young adult life. That is 15 years.

I am through with it all. I have found God and asked him to come into my life. I’m doing time, yes, but I’m finally happy. Because I am alive and clean today and that is all that matters.

I still got a long way to go, but I know I can do it, because I’m drug and alcohol free!

Happy 12th Birthday Lachell Marie
Love,
Mom and Sisters
### What's Happening

#### also upcoming:
- Annual General Body Meeting | May 3rd
- Annual Art Auction to benefit the MLRC | May 17th
- Annual Bike-A-Thon | June 14th

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3/2</td>
<td>Christy Block</td>
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<tr>
<td>3/3</td>
<td>Clayton Briggs</td>
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<tr>
<td>3/3</td>
<td>Arnold Cooper</td>
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<td>3/3</td>
<td>Vincent Henry, Jr.</td>
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<td>3/3</td>
<td>Serena Mckelson</td>
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<td>Chazmin Peters</td>
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<td>Daniel Snyder</td>
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#### Housing Commission
- 9:00 in the Annex

#### Good News Book Club
- 10:30
## March Youth Activities

T-Ball and Rookie League practices will be on the ballfield, weather permitting. If it's raining, then practice will be in the gym. T-Ball ages are 4-6 year olds and Rookie League ages are 7-8 year olds. If you are above the age of 8, you must go to Loop Field for try-outs. Loop Field try-outs are March 1 at 10:00 a.m.

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