PGST artist Brian Perry designed and carved the two-sided pole, which is the first piece of Tribal art to be introduced into the garden.

On Saturday, March 14, elders and members of the Port Gamble S’Klallam community came out to celebrate a new totem pole at Heronswood. The pole was designed and carved by PGST member Brian Perry.

The new totem pole is two-sided, featuring Heronswood’s animal symbols—a heron and frog—on one side and a traditional Salish figure holding two paddles on the other. This is the first piece of tribal art to be installed in the garden since the Tribe purchased the property in 2012.

Laurie Mattson, recently retired Director of the Port Gamble S’Klallam Foundation—the non-profit organization that manages the garden—sees the placement of the totem pole as an important step towards educating visitors to Heronswood about the Port Gamble S’Klallam Tribe and its history in the area.

“After the Tribe acquired Heronswood and the Port Gamble S’Klallam Foundation was charged with its management, we thought visitors might like to learn more about the Tribe through carvings, other artwork, and cultural activities at the garden,” said Mattson. “Tribal Council and Heronswood’s Steering Committee were enthusiastic about this project with the Steering Committee becoming very involved by selecting the design and artist and making recommendations for the pole’s location.”

For Perry, who only recently left his job of 20 years to become a full-time artist, Heronswood’s totem pole represented not only a huge opportunity, but a personal challenge: it was his first time carving a totem pole.

“The hardest thing I’ve ever done. Carving is intense and physical, but I loved every minute of it—blisters and all,” said Perry.

The totem pole was carved from a gigantic cedar log donated by the Tribe. From concept to carving, the project took a little
Our Tribe wasn't alone in its embrace of baseball. For example: research of Native American boarding schools by journalist David Laliberte turned up a network of teams made up of members of the Ojibwe, one of the First Nations tribes.

In 2009, Laliberte published his award-winning article “Myth, History and Indian Baseball: An Unexpected Story of the Game,” which comes to a perhaps unsurprising, conclusion. While baseball certainly acted as a way to assimilate these young men into the “American” way of life, the game created a way for them to connect to their heritage as they often used their own language while playing—a practice not allowed in other areas of this new life. This rebellion allowed them to hold on to a small piece of their culture in a time and place when most of it had been ripped away.

Our own history confirms a similar connection to baseball from boarding school youth. From Strong People: “Ted George was born in 1928, a very good player in his own right, and he confirms the emphasis Indian Boarding Schools placed upon baseball, telling about his dad, Bennie, born in 1892. ‘Bennie George was the captain and center fielder of his Cushman Indian School varsity team. Baseball was so popular at his school that he said they had about six teams.’”

Many S’Klallam were key players for some of the early “Boston” teams, in-
New Totem Pole Dedicated at Heronswood  Continued from page 1

over a year. The final pole measures 12 feet tall.

The dedication ceremony started with a welcome by Chairman Sullivan and was lead by Oliver Jones with witness tributes by Mattson, Kelly Sullivan, Tom Longshore, and Elaine Grinnel as well as from other honored guests. Perry spoke on the meaning of the pole talking about how the process brought him closer to understanding the Tribe’s connection to the land. Everyone who attended received an original, numbered piece of art from Perry featuring two herons in brilliant shades of blue and a Begonia grandis (aka “Heron’s Pirouette”) plant to commemorate the day in their own gardens.

In her words to the gathered crowd, Grinnel said, “I went through this garden and my heart overflowed with pride. I’m proud that this Tribe is teaching its young people about the land they walk on, what comes up from it. They can hold their chins up high.”

She added: “Long after I’m gone, after many are gone, this (pole) will remain in this beautiful place.”

Financial support for this project came from the Port Gamble S’Klallam Community Awards Program, National Endowment for the Arts, The Hugh & Jane Ferguson Foundation, The Norcliffe Foundation, Potlatch Fund Native Arts, TriFam Foundation, and John A. Wott, PhD.
NATURAL RESOURCES — On Tuesday, March 10, the Tribe and its Natural Resources department held a community meeting to discuss issues related to its Geoduck Dive Program.

Over 30 divers, boat captains, and community members attended the event, which spurred a number of spirited conversations related to the Program, including its drug testing policy, the recently implemented Geoduck Diver Buy-Out Program, and a proposal to lower the number of divers through attrition.

During the meeting an outline of proposed changes to the drug testing policy were presented. These included how tests would be conducted on the water and what would happen should a diver test positive for any of a proposed list of mind and body altering substances.

Much of the discussion on the new policy centered on whether there should be a policy at all. While many saw the need for the Tribe to be proactive in testing for drugs to ensure safety, others felt as if divers and crew were best suited to police and monitor themselves.

What sorts of drugs should be tested for was another point of contention. While everyone in attendance agreed that a drug testing policy should include illegal narcotics such as heroin and methamphetamines, people were less open to tests for alcohol and marijuana.

While marijuana use is legal in Washington State, it is not permitted on reservation land, which falls under federal jurisdiction. Those against testing for marijuana argued that since these substances are legal outside the reservation and geoduck divers are not tribal employees, those choosing to partake in recreational use in their off time should not be punished. THC, the active ingredient in marijuana, can remain detectable in a person’s system for several days or months, depending on its frequency of use and the type of test that is being utilized.

In 2014, Tribal Council approved the Geoduck Diver Buy-Out Program, which is intended as a way to help divers who want or need to stop working be financially compensated to ease the transition. The program allows divers to give up their slot, but still be paid for their dive quota for a year. Since its inception, four divers have taken advantage of the buy-out. All had been diving for over 15 years.

Discussions on to the Geoduck Buy-Out Program for 2015 include a softening of qualifications based on a medical condition. However, the group at the community meeting seemed open to lowering the number of years required for eligibility—from five to three and increasing the pay-out amount to 100% only from the areas they were actively diving.

At ten years a diver would receive 100% of their quota from all areas. Currently, divers are paid on a sliding scale depending on the number of years they’ve spent actively working in the Program.

Divers who drop out or are bought out of the program are usually freeing up a slot for one of the currently 46 people on the waiting list. At the community meeting, a proposal was discussed to not fill vacant slots allowing the number of divers to shrink to 40 or 45. There are currently 50 divers, down from 60 over eight years ago.

This attrition-based proposal would allow current divers to keep their income stable as the number of geoduck decrease. Wait-listers attending the meeting were less than enthusiastic about the proposed change saying that the wait time, which can already be at several years, would increase to a point that might make diving undesirable to a younger generation.

While a few informal votes were taken during the community meeting to gauge the opinions of those in attendance, none were binding. An official vote of some of the more key issues may take place in the near future after Natural Resources, Fish Committee, and Tribal Council have had time to review the responses.
cluding Eddie George, born in 1863, and Sammy Charles (b. 1869), Joe Tom (b. 1879), Ivan George (b. 1923), Aaron Purser (b. 1923), Rude Purser (b. 1927), Con Sullivan (b. 1933), and Bernard “Barn” Tom (b. 1943), among many others. It isn’t known when the team at Port Gamble started, but written evidence suggests that it was well established prior to 1892.

On the national level, Louis Sock-alexis—known as The Deerfoot of the Diamond—made his debut with the Cleveland Spiders in 1897. Although his career lasted just a few years, he is thought by many to be the first Native American to play in the major leagues. Unfortunately, his Indian heritage made him the target of “war whoops” and other racial taunts by fans.

According to MLB.com, there have been about 50 Native American players to have made it up to the big leagues, including Zack Wheat, who still holds several Brooklyn Dodgers club records; Charles Albert Bender, the first Indian to be inducted in the National Baseball Hall of Fame; and Kyle Lohse, a pitcher currently for the Milwaukee Brewers.

No matter who you root for—Major, Minor, or Little League—there’s no argument that baseball has played an integral role in the lives of tribes and this certainly includes our own.

In 2009, our Tribe began recognizing Tribal elders who were part of the mill’s baseball team over the years. These players received a jacket that identifies them as a member of the Little Boston Baseball Ring of Honor. These jackets are a great sense of pride for these players and the people who wear them represent the same for us: a source of pride and a reminder of how we survived as The Strong People.
All Stars Incentive program

**K-5th grade:** The All Stars Incentive Program is available for students from Kindergarten through 5th grade. The program provides incentives to students, who can earn prizes in categories that include attendance, homework completion, and good bus behavior.

To be eligible for prizes that include Yogi cards and $5 depending on the category, students must maintain at least a 90% attendance rate and cannot miss more than two days or two assignments in 30 days.

At the most recent All Stars Incentive event, over half of the 103 S’Klallam kids enrolled in North Kitsap schools attended. Deb Ives DeCoteau, from Career & Education, is grateful for the help she gets in planning these events and the program from fellow employees and parents.

Ravenwood Market

This year, Ravenwood Market will be open beginning May through September 2015. Our hours will be 11 a.m. to 4 p.m. every Friday. Everyone is welcome.

Come purchase some awesome items from local vendors, including apparel, jewelry, crafts, home grown dairy product, plants, baked goods, Tribal artwork, and much more.

*We are seeking new vendors and customers. Don’t miss out!*

Please contact Mary if you have questions or if you would like to become a vendor. 360.297.7410

Strong Families Fair

The Port Gamble S’Klallam Tribe’s Children and Family Services Department will be hosting the 12th Annual Strong Families Fair on **Friday, June 19, 2015 from 11:00-3:00 pm.** The Strong Families Fair is a good way for Programs and/or Organizations to promote mental and physical wellness along with important social and educational skills. We had over 300 individuals attend last year and it was a huge success. This event is a great opportunity to introduce your Programs and/or Organizations to the community to make a positive impact on the lives of many families.

The Fair will be held at the Port Gamble S’Klallam Tribal Gym at 31912 Little Boston Road NE. Set up will begin around 9:00a.m. Tables, chairs, and lunch will be provided. There is no cost for your to have a booth at the Fair.

In order to guarantee you will have a table, the enclosed participation form must be returned via mail, email or fax, ASAP. The latest we can accept the participation form is June 1, 2014, which is subject to table availability. We will do our best to accommodate any special requests.

**If you have any questions, or need further information, please contact me.**

S’Klallam Worship Center

The S’Klallam Worship Center offers daily gatherings and services for their community. Here is the current schedule:

- **Sunday:** 10:00am Worship Service
  6:00pm Refiners Fire Prayer
- **Monday:** 7:00pm, 2nd & 4th Mon-

Strong Families Fair

**Tuesday:** 12noon, Prayer for Our Children, 6:30pm, LifeGroup

**Wednesday:** 6:30pm, X-Change Youth Night Grade 7-20yrs

**Thursday:** 6:00pm Men’s Ministry

For more information, call 360-297-5505 or email swc.lifepurpose@gmail.com. You can also be apart of the community via Facebook. Search for “S’Klallam Worship Center” to like their page.

Rez-Watch

The utilities department will be putting up Rez-Watch signs throughout the reservation. This campaign, formed, in part, by Chi-e-chee, means to “Be About It” by bringing members of the community together to watch out for our children, neighborhoods, homes, and each other.

If you need to report an emergency or crime in progress, please use 911. The tipline is only for non-emergencies and an officer will not be immediately dispatched, as they would be through 911. Please continue to report suspicious behavior, concerns, and crimes by using 911. You can do this anonymously as well.

Together we can make change for our community.
Reminder: No woodcutting on wildlife preservation lands

In 2006, the Tribe acquired 350 acres of forested lands, portions of which have since been set aside for wildlife preservation.

There is no woodcutting in this area and the Tribe has closed a small portion of the access road in the southwest corner of the property.

On all reservation and tribal land, please pay attention to any signs that restrict access or uses.

ANNOUNCING THE 2015 HERONSWOOD PLANT SALE & GARDEN OPEN EVENTS SCHEDULE:

- Spring: May 16
- Summer: July 25
- Fall: September 19
- Hours: 10:00am – 4:00pm

FOOD VENDORS NEEDED
Heronswood will provide electricity. Water will be available nearby and a hand-washing station will be available for food vendors. We are emphasizing recycling so please be prepared to bring compostable containers. A food handler’s permit will need to be posted. No charge for the space.

OPPORTUNITY FOR PGS TRIBAL ARTIST VENDORS
We have space for tribal artists to sell and demonstrate their artwork. One table each will be provided. No charge for the space.

Contact Steve Knowlton, 297-9620 or sknowlton@pgst.nsn.us to sign up or for more information.

Looking to place an advertisement, announcement or article for the SKlallam Newspaper?

Contact:
Sharon Purser at:
sharonp@pgst.nsn.us
or call at 360-297-2646
Taking a Closer Look at Our Past....

In February Port Gamble Town Manager; Tom Daley, gave Tribal & community members a guided tour of the former Pope and Talbot Mill Site in Port Gamble.

TRIBAL BUSINESS — On February 17, we had eight tribal and community members come on a field trip to the former Pope and Talbot Mill Site in Port Gamble. The participants included elders, former mill workers and those who lived in Port Gamble as well as other tribal members and staff.

During the field trip, we toured the mill site and were informed of the current plans for the restoration and clean up of the mill site and bay that will begin in July 2015. The tribal community has been in the process of planning for cultural activities on the future restored mill site. The purpose of the site visit was to show participants the area, including the future location of restoration projects and cultural activities.

Our tour guide, Tom Daley, Port Gamble (town) Manager, was gracious enough to show us around and Natural Resources staff discussed the restoration plans underway. The moment we started our tour, stories and memories of living, working or visiting the mill site started to pour out. It made the tour that much more meaningful. Knowing the influence, both positive and negative, that the mill site had on our people has been something that will be remembered. This clean up and restoration will have a positive impact on our community now and for future generations. We are excited about the opportunity for the mill site to be protected from future development and restored to a more natural state.

TEAM UP to Reach Your Blood Pressure Target

Having your blood pressure checked regularly and taking steps to reach your blood pressure target can help you improve your health. Team up with your health care provider. At each visit ask:

1. What are my numbers?
2. What should my blood pressure target be?
3. What steps can I take to reach my target?
# Strong Families, Healthy Futures

April is Child Abuse Prevention Month

Watch for more interesting ideas and tips in this month’s memos in the “Strong Families, Healthy Futures”

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| **PGST Spring Clean Up**
Monday 2/27-Sunday 4/10 | **April Showers**
Sunrise 6:20am Breakfast
8am Easter Service
Hansville Easter Egg Hunt
10am Buck Lake Age 0-10 | **Candy Bars for Questions**
K-12th Grade Youth go to the front desk anytime in April and answer a question and get a free candy bar | **June & Jammin**
7pm Barnes & Noble
Minecraft Fest
Silverdale Library
Grades 4th-7th
6-7:30pm | **Wolfe Conferences**
12:30pm-3pm in the Longhouse
KIDS Mural Kids Museum
11am-4pm
Free-entry fee 1st Thursday ever month
KHS Baseball & Softball
House 4:15pm on Chinook | **Teen flashlight Egg Hunt**
@ Battle Point Park in Bainbridge
9pm-10:30pm
(Age 13-18)
Free Admission to Olympia Hands on Children’s Museum
1st Friday of each month 5-9pm | **Community Easter Egg Hunt**
@ 10am in Gym
Poulsbo Farmers Market
Open in April 9am-1pm |

5) **Worship Center**
6:20am Sunrise
8am Breakfast
10am Easter Service
Hansville Easter Egg Hunt
10am Buck Lake Age 0-10

6) **Pajama Story Time**
Poulsbo Library
7pm-7:30pm
Pt. Julia

7) **Baby Story Time**
At Poulsbo Library
1pm

8) **Chi-e-chee & SWG Lunch Meeting**
Meetings
Worship Center
Teen Group 7th grade to age 20
6:30pm (Wed)
Free Poulsbo Marine Science Center
Open 11am-4pm

9) **Bug & Reptile Show**
(Bremerton)
Free entrance
10am-5pm Daily

10) **All-Stars 11am**
Family Spring Fair
Bremerton Park
(Bremerton)
11am-3pm
Free casual games, arts & crafts, cotton candy, popcorn & more

11) **Raid Training**
(Rape, Aggression,Defense)
Sign up w/ Chief Sam
Free car seat check at NK Fire & Rescue 10am-1pm
University of WA at Fair
Nations Spring Pow-Wow @ HEC Ed Building (10/19)

12) **Family Trail Day at Islandwood**
See Kelly to register or pre-register online

13) **Naval Undersea Museum**
Keyport
10am-4pm
Free entrance Wed-Mon

14) **Song & Dance Practice @ Longhouse**
6pm
KHS Baseball & Softball vs. Bremerton Home
4:15pm
Preschool Story Time at LB Library 10:30am

15) **ECEP Walk**
Worship Center Kidz Against Child Abuse 11am @ Gliding Eagle
Inter-S’Klallam Song & Dance in Jamestown

16) **S’Klallam Walk**
Washington State Spring Fair Free Admissions for Kids Day (food drive) at Puyallup 9am-10am

18) **Parent & Teen Retreat**
Soapbox Derby for Kids age 8-17 @ Daunderw drive Poulsbo 9am-4pm
Radio Control Model Airplane Races at Castlemain field near Port Gamble 9am-10:30am
Free entrance to National Parks Weekend

19) **Family Trail Day at Islandwood**
See Kelly to register or pre-register online

20) **Valentinietti Puppet Museum**
Bremerton Wed-Sat. 11am to 4pm Entrance by Donation

21) **Preschool Story Time at LB Library**
10:30am
**Circuit Rover**
Remote Control Cars @ LB Library 5pm

22) **Earth Day**
Event 3:15pm Sponsored by NHR
KHS Walk @ Gardens @ Heronwood
Free State Parks for Earth Day
(Get a pass rom NHR for free admission any day)

23) **Family Walk**
In the Gardens @ Heronwood
4:30-6:30pm Family Planting Project

24) **Debris Removal Volunteer Day**
Pt. Julia 2pm
Future of Pt. Julia Dinner 4:30pm
Suquamish Renovation P

25) **Kitsap Live Steamers**
Train @ South Kitsap Regional Park 10am-4pm 2nd & 4th Saturdays
West Sound STEM (Science, technology, engineering, math)
Showcase at Kitsap Mall 10am-3pm

26) **Family & Community Archery Day**
Rudy Parsley Memorial Archery House
Open 1-3pm

27) **Spring Family Craft Night**
4:30pm in the Kitchen Hosted w/ ECEP Snack Provided

28) **Song & Dance Practice 6pm @ Longhouse**
KHS Baseball & Softball vs. North Mason Home 4:15pm

29) **Family Language Night**
5pm & 6pm in Kitchen

Activities in BOLD are hosted or facilitated by the Tribe for questions or to sign up please contact Stephi Carpenter 360-297-6277

April is Child Abuse Prevention Month

Be part of the solution! Become a tribal foster parent or respite care provider.

Contact Alaina Capaneman: fostercare@pgst.nsn.us or 360.297.9669
A Happy Birthday to You!
Celebrating your special day in the month of April

April 1
◆ Cherish Goodall
◆ Cheri Ives
◆ Dennis O’Conner

April 2
◆ Breana Ballmes
◆ Braydon Flores
◆ Arnold Fulton
◆ Kaylee Jones
◆ Cloe Sullivan

April 3
◆ Jodi Fulton

April 4
◆ Elizabeth Fulton
◆ Michael Fulton
◆ Anika Kessler
◆ Elenor Phillips

April 5
◆ Edward Stark

April 8
◆ Camilla Ives
◆ Eric Meyer

April 10
◆ Melia Beckwith
◆ Lenore Edwards
◆ Jordan Hankin
◆ Theodore Moran
◆ Julianna Sullivan
◆ Fred Woodruff IV

April 11
◆ Jasmine Cole
◆ Rachel Hudson
◆ Zachary Johnson
◆ Giovanni McPhaul
◆ Izak Moran

April 12
◆ Andrea Ashworth
◆ Darren Ashworth
◆ Michael Cole III
◆ Aidan Purser

April 13
◆ Elaine Fulton
◆ Mark Ives
◆ Joan Ann Murphy
◆ Victoria Purser
◆ Ryan Wellman

April 14
◆ Cheryl Wan

April 15
◆ Jessica Hankin
◆ William Jones III
◆ Dawn Jones
◆ Beverly Michalscheck
◆ Xzavier Roberts-Jones

April 16
◆ Christy Lawrence

April 17
◆ Fawn Fredericks
◆ Brian Lawrence

April 18
◆ Shirley Greshem
◆ Julie Lawrence

April 19
◆ Ryan Charles
◆ Marjorie Tom
◆ Paul Trevathan

April 20
◆ Brian Groves
◆ Dwayne Ives
◆ Foster Jones

April 21
◆ Marcy Henderson
◆ William Lund
◆ Emily McBride

April 22
◆ John Agauyo
◆ Tayana Caldera
◆ Lena Hanna
◆ Teresa Hudson
◆ Matthew Macomber
◆ Debra Merjus
◆ Daylon Martin
◆ Raina Perry
◆ Tleena Sellars

April 23
◆ Jayden Fulton
◆ William Headley
◆ Judith Hunt
◆ Victoria Jackson

April 24
◆ Jasmine DeCoteau
◆ Sharilyn Michalscheck
◆ Rose Purser
◆ Timothy Seachord

April 25
◆ Brandon Halsey

April 26
◆ Nicole Aikman
◆ James Ives III
◆ Benjamin Ives Jr
◆ Kathleen Jones
◆ Shelaya Landers
◆ Dakota Purser

April 27
◆ Tiani Doleman
◆ Michael Johnson Jr
◆ Purser, Alyssa Starlene
◆ Terrence Wellman

April 28
◆ Nancy Bannach
◆ Sharon Castro
◆ Wendy Fulton
◆ Rogina Stevens
◆ Lilly Tom
◆ Tierrah Wellman

April 29
◆ Willow Sullivan

April 30
◆ Jelen Cole
◆ Shayla DeCoteau
◆ Colleen Loux
◆ Orion Mosher
◆ Nancy Townsend
Public Hearings: What are they and why should you care?

COMMUNITY NEWS — Tribal Public Hearings are held when a change is being made to Tribal Law. Sometimes it’s an amendment to the law and sometimes it’s a brand new law entirely. ALL General Council members are invited and encouraged to attend these meetings. Your opinion is very important to the Tribal Council and Tribal Administration. The Council needs to hear all different perspectives in order to make sure that this law is appropriate for our tribal community. Although no formal action is taken during Public Hearings, they are conducted much like General Council meetings and provide a great opportunity to share your views on the subject.

Public Hearing Notices are posted several weeks ahead of time to help make sure that everyone knows about the topic. Full copies of the changes can be obtained from the front reception desk.

How a PGST Law is created:
1. Issue brought to the attention of the tribe’s legal team
2. Draft changes developed by the Code Writer
3. Law and Order Committee reviews to discuss the need for the change and the language in the proposed law, word for word
4. Once approved by L&O Committee, a request for a public hearing is made to the Tribal Council
5. Tribal Legal Dept issues 30 day notice of hearing to the community and provides copies at the Tribal Center Front Desk
6. Tribal Council holds Hearing to listen to tribal members’ perspectives
7. Tribal Council holds vote on the proposed changes, typically at their next official meeting.
8. Notice is given to community regarding outcome and official documents are updated.

CHECK IT OUT AT YOUR LITTLE BOSTON LIBRARY

COMMUNITY NEWS — You are invited to help celebrate Kitsap Regional Library history at our Patron Appreciation Open House at Little Boston Library on Saturday, April 18, from 1-4 p.m. This will be the culmination of national Library Week. Share your memories of the Library and celebrate our new brand and a new chapter in our story

• Little Boston Book Group: Wed., Apr. 1, 12-1 p.m. The Sisters from Hardscrabble Bay by Beverly Jenson.

• Storytime: Tues., Mar. 3, 10, 17, and 24, 10:30 a.m. Come enjoy Early Literacy fun with books, songs, and rhymes with your preschooler.

• Preschool Storytime: Tues., 10:30 a.m., Apr. 14, 21, and 28. Come enjoy Early Literacy fun with books, songs, and rhymes with your preschooler.

• Adult Crafternoon: Wed., Apr. 1, 8, 15, 22, and 29, 2:30-3:30 p.m. Bring your craft projects and creativity. Discover our craft book collection and find inspiration for your projects. All skill levels and interests are welcome.

• Opera Preview: Sat., Apr. 18, 1-3 p.m. Ariadne auf Naxos by Richard Strauss. Lecture presented by opera aficionado Norm Hollingshead. Two very different entertainments have been commissioned for a private party: an opera based on Greek myth and a capering troupe of clowns. This series is sponsored in part by anonymous donors from Kingston.

• STEAM Ahead: Tues., Apr. 21, 3:30-5 p.m. Circuit Rover Remote Control Cars. This monthly program encourages elementary-aged children to explore different areas of Science Technology, Engineering Art and Math. This month you may be too young to drive, but you are not too young to build your own car! Use our snap circuit kits to construct a rover and then take it for a spin via remote control. Space is limited. Please call 360-297-2670 to sign up.

Please check our website www.krl.org or call us at 360-297-2670 for updated program information. See you at your library!
**April 2015**

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**Easter Sunday**

- In Old English the month of April was called Eastermonad.
- In Belgium, France and Italy, there is an April Fool tradition of playing pranks on people by tacking paper fish on their backs.

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"Spring shows what God can do with a drab and dirty world."
-- Virgil A. Kraft

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**Check Your Blood Pressure Regularly Can Help You Improve Your Health**

About 1 out of 3 Native Americans has high blood pressure. High blood pressure raises the risk for heart attack, stroke, eye problems, and kidney problems. Having your blood pressure checked regularly and taking steps to reach your blood pressure target can improve your health.

**What is blood pressure?**
Blood pressure is the force of blood against your artery walls. High blood pressure is when your blood pressure is higher than your target.

**Are you at risk?**
Anyone, including children, can develop high blood pressure. There are some risks that you cannot change, such as your age. But you can work to reduce your risk by:
- Not smoking or chewing tobacco.
- Eating a healthy diet.
- Maintaining a healthy weight.
- Being physically active.
- Reducing your stress by using positive coping skills or having support.

**What are the signs and symptoms?**
High blood pressure usually has no warning signs or symptoms. Many people don’t know they have it. That’s why it’s important to have your blood pressure checked often.

**How is high blood pressure diagnosed?**
Your health care provider measures your blood pressure by wrapping your arm with a cuff, then inflating it. As it slowly released from the cuff, a gauge measures the pressure in the blood vessels when the heart beats (systolic) and when it rests (diastolic).

**How can high blood pressure be controlled?**
Here are some things you can do to control high blood pressure:
- Don’t smoke or chew tobacco.
- Take your blood pressure medications.
- Get blood pressure checked often.
- Reduce salty foods.
- Lose weight.
- Be physically active.
- Avoid alcohol.

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**Tides: Port Gamble**

*April 2015*

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*Prepared by IMS Children’s Health Inc.*
*Download and Print only.*
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