



To Remember — Grand Ronde's canoe family welcomed more than 200 people with an honor song to open the day's activities for the Tribal Youth Wellness Day in the Tribal Gym.

All Photos by Toby McClary



Family and Friends — Students listen carefully to the entertaining yet heartfelt words of Motivational Speaker Arnold Thomas. Thomas attempted suicide shortly after his 18th birthday leaving him totally blind, unable to speak for several years and with severe damage to his face. Thomas discovered reasons to be alive and wanted to share his story in an attempt to educate those in similar situations.

Power Point — Motivational Speaker and Hidatsa Tribal member Chance Rush served as the emcee on the day's events. "Our goal is to promote well-being and positive attitudes to our young Indian leaders," said Rush.



DREAMS

Dreams.

Tribal Youth Show

■ Motivational Speakers, singers highlight 4th Annual

By Toby McClary

Between family, friends and over 150 Native Youth, the 4th Annual Native Youth Wellness Day was one to remember. The wellness day event took place on Friday, March 24 and was held at the Education complex.

This year's agenda featured Motivational Speaker Arnold Thomas of the Shoshone-Paiute

his teens, Thomas was considered a star high school athlete throughout Nevada and was well on his way to achieving his goal of playing collegiate sports and possibly becoming pro. In the spring of his sophomore year, his father committed suicide,

turning Thomas' hopes, dreams and life upside down. Losing all harmony and balance, Thomas turned to alcohol and drugs. Shortly after he turned 18, he too attempted suicide. He put a rifle under his chin and pulled the trigger. The gun shot wound left him completely blind, caused severe damage to his face and left him unable to speak for many years. But most importantly, Thomas lived. Through support from his family and friends he discovered reasons to be alive and wanted to share his story in an attempt to educate those in similar situations.

"You have to figure out a way to release your emotions," said Thomas. "You have to find an effective way to just let them go."

After Thomas' lecture, the students broke up into different workshops including a stick game class instructed by Tribal member Melvin Brisbois and his wife Etta, a Measure 11 awareness class instructed by Steve Llanes, a motivational seminar put on by the YO! Program's

Tribes, Native American PopStar Jana of the Lumbee Tribe and Oglala Sioux Tribal members Donny and Tiny Decory of the "Yo! Program".

Thomas served as the keynote speaker for the day and spoke on the importance of life. In