

# Dream Seekers

## News

MARCH 2010

AMERICAN INDIAN  
HEALTH & FAMILY  
SERVICES

### SUBMIT YOUR WORK!

Submit your artwork,  
interest in helping,  
articles or article  
ideas to Martha, John  
or Nickole

nfox@aihfs.org

mhinojosa@aihfs.org

jmarcus@aihfs.org

4880 Lawndale

Detroit, MI 48210

Questions? Call

(313) 846-3718 x1113

### Sweat Lodges by Denise Shannon (13 years old), Navajo



First let me tell you what a sweat lodge is! A sweat lodge is a spiritual place where you pray and sweat. Sweating is an important part, I mean come on, it's in the name!! When you sweat you are cleansing your mind and body. They say that when you wear shorts or a skirt the spirits identify you as a boy or a girl. We are having our next sweat lodge here at AIHFS on March 9th, 4:30-6:30pm.

We hope you can come!

### Winter Blast Teen Group by Richard Green (14 years old), Choctaw

Hi! My name is Richard Green. This is my first year here at the youth center. I went with seven of the youth center members to the winter blast and it was actually a lot of fun! We saw cool ice sculptures, some professional skaters and went ice skating. After going to that I wanted to come back and see what they do during the week!



Artwork by Gabe Thomas  
(Metis/Seneca, 15 Years old)



At AIHFS teen group we learn a lot of things. On Friday we went downtown Detroit and we looked at Ice Sculptures and took cool pictures with them! After that we went ice skating and had a lot of fun. AIHFS has taught me a lot of things that can help me in life, so you need to tell family and friends to some join the youth group because it is LOTS and LOTS of Fun!

Planning on Going to college in the Fall? NOW is the time to get your FAFSA completed.  
<http://www.fafsa.ed.gov/>  
 Need help? Give us a call!

## Lots of Fun by Jessica Murphy (Cherokee, 12 years old)



50/50 Raffle

Date: 5/21/10

Time: 7:00pm

3 Games  
 Pizza, Pop & Slices  
 Advance \$20  
 Door \$25

**Tons of Prizes!**

Bowl One League  
 1639 E. 14 Mile  
 Troy, MI 48063

Call Martha, Nickole or John for advance tickets:

(313) 846-3718 x1113

Or come to AIHFS

4880 Lawndale, Detroit, MI 48210

Proceeds Benefit Dream Seekers Youth Group  
 American Indian Health & Family Services

