**FAMILY COUNCIL MEETING MINUTES**

Location: WCCW via Microsoft Teams Date: 04-17-2021 Time: 1300 / 1:00 pm

Teleconference details: Supt. Woffordin on your computer or mobile app Click here to Supt. Woffordin the meeting  
Or call in (audio only) +1 253-372-2181,,585385431# Conference ID: 585 385 431#

### Meeting Attendees

<table>
<thead>
<tr>
<th>Department/facility co-chair: Supt. Wofford Wofford, Superintendent</th>
<th>Family co-chair: Babs Roberts</th>
</tr>
</thead>
</table>

Facility/council secretary: Melissa Johnson, AA4 Family secretary, if applicable: Janet Moriarty

Members present: Local Family Council (LFC) Members – Jason Rice, Laurie Dawson, Cindy Robinson, Paul Gillespie, WCCW Members Superintendent Jo Wofford, Associate Superintendent Operations (ASO) Paula Chandler, Associate Superintendent Programs (ASP) Bill Swain, Captain Jeff Rio, Correctional Program Manager (CPM) Vaaia Gaines, Local Business Advisor (LBA) Linda Ineman, CPPC Janice Zimmerman HQ Members Caroline Melhuish, Ombudsman Angee Schrader,  

Non-council member attendees: n/a

### Agenda

#### Old business

<table>
<thead>
<tr>
<th>Topic</th>
<th>Discussion/Key Points</th>
<th>Next Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budget Overview - IIBF discussion &amp; ideas CPPC Janice Zimmerman</td>
<td>Continue to receive information, hobbies and things to do. Each unit comes up with their own activities to do. There have been no complaints from any of the living units.</td>
<td>Can we have a general list of activities to share? Bill will get this to Melissa and Melissa will a couple of examples to the minutes.</td>
</tr>
<tr>
<td>In-Unit Activities ASP Bill Swain</td>
<td>Everything has been going okay.</td>
<td></td>
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</tbody>
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#### New business

<table>
<thead>
<tr>
<th>Topic</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Review of Minutes AA4 Melissa Johnson</td>
<td>approved</td>
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</tbody>
</table>
| Statewide FC Meeting Report & Update SFC Jason Rice | • DOC is hoping by end of April to open no-contact visits. DOC is committed to returning to contact visits as soon as public health allows  
• DOC continues its work with the WA One Risk assessment tool  
• Communications to LFC/SFC will done through using the BCC in emails to families so that recipients personal contact information will not be shared. | |
<table>
<thead>
<tr>
<th>Amend – Discussion &amp; Update</th>
<th>Supt. Wofford reported that things are slow moving, because AMEND folks have not been able to come back to our state. At the HQ level Sharese is doing work around gender responsive tools. Pierce County is moving back to phase 2 as of Monday.</th>
<th>Bill and I are excited about the amend work and projects that are coming. Julie Martin is also excited about the work that AMEND will be doing with our agency.</th>
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<td>Bill and I are excited about the amend work and projects that are coming. Julie Martin is also excited about the work that AMEND will be doing with our agency.</td>
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<td>GIPA Update</td>
<td>Sharese reported that she will be going back into her normal work pretty soon and will be able to pour herself into this work once more. Redefining the narrative report. Laurie will send this to the council. April 28th regarding GIPA work happening in Illinois</td>
<td>Laurie Dawson provided the link for the Statewide Women’s Justice Task Force report</td>
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<td>GRM Sharese Jones</td>
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<td>Laurie Dawson provided the link for the Statewide Women’s Justice Task Force report</td>
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<td>Re-opening Update</td>
<td>All cohorting worked out so that we can do as much as we are able to do with the women. Volunteers are not back into the facility as of yet, this is an agency wide decision. Visit room is good to go, whenever those at HQ gives the okay to open, we will be able to do so. We are also working on the scanner, reorganizing that false wall. In the visit room. We have not got a date yet, but hopefully its coming soon. They have put together plans as to what the reopening of visiting will look like based on the phases in our state and counties. Looking forward to a time when we can see each other again and have you to visit your families. We don’t have a definitive plan HQ has a committee that is doing this work.</td>
<td>ASP Swains assistant will look into this.</td>
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<td>Supt. Wofford</td>
<td>All cohorting worked out so that we can do as much as we are able to do with the women. Volunteers are not back into the facility as of yet, this is an agency wide decision. Visit room is good to go, whenever those at HQ gives the okay to open, we will be able to do so. We are also working on the scanner, reorganizing that false wall. In the visit room. We have not got a date yet, but hopefully its coming soon. They have put together plans as to what the reopening of visiting will look like based on the phases in our state and counties. Looking forward to a time when we can see each other again and have you to visit your families. We don’t have a definitive plan HQ has a committee that is doing this work. Jason Rice said that there was a special link sent out to the statewide family council about how to apply for visiting. No specific start date given, coming to visit will be limited. But visiting hours will be expanded. So that there is more time during the day for visits.looking forward to a time when we can see each other again and have you to visit your families. We don’t have a definitive plan HQ has a committee that is doing this work. Jason Rice said that there was a special link sent out to the statewide family council about how to apply for visiting. No specific start date given, coming to visit will be limited. But visiting hours will be expanded. So that there is more time during the day for visits. Question, payment for cosmo services. And horticulture. Can we find a way to pay for these and if there is a way we can place these forms online for LFC to access. Cindy, looking towards the future, are we when all of this is over, are we going to remove the plexiglass? I cant imagine we wouldn’t remove it says Supt. Wofford.</td>
<td>ASP Swain will find out what forms of payment the business office will take for COSMO &amp; Horticulture services.</td>
</tr>
</tbody>
</table>
• Jpay situation. Access on phones for jpay app has not worked for the past 4-5 days. The only way you can reach out to your loved one is by the computer.
  o Supt. Wofford this is the first I have heard of it. And she is just as frustrated as well. Supt. Wofford will ask during the Monday morning meeting.

Programming Update
Supt. Wofford

• COSMO and EDU is taking place through cohorting.

• Goodies were passed out to those who participated with making PPE. They were so excited and surprised. We were just doing this out of the goodness of our hearts and to receive a treat, was so thoughtful.

Transgender Information
All

• Supt. Wofford reported that we are working with the population and staff to get everyone in a place to be helpful to one another.
  o It is illegal for Supt. Wofford to talk about specific individuals and how they identify. But she does know what the problems are and are working with tier reps, and the population to discuss the problems.
  o Supt. Wofford was extremely impressed with our I/I because they don’t want to further victimize people and brought forward ideas of how to resolve and develop.
  o CIS women brought forward the breast cancer issue. Because of this the agency is now moving forward with allowing breast implants for those women who have had a mastectomy. Also if you need hormone therapy. They will now receive it. Its Supt. Wofford’s job to make everyone safe. Please know we will hold everyone accountable just as we always have.

• Babs, in general we are worried about the confidential data that is available to staff and the sharing of that data. We are hoping to turn this away from specifics, but turn this into a conversation of how we become comfortable again?
  o Supt. stated that her staff will be held accountable for the lies and data breach that has occurred. There is a lot of communication around keeping this data safe. There is work with the Agency and DRW and how it is managed, and we do not know of the outcome of this. We are waiting for instruction.

A smaller group discussion will take place and organized by Supt. Wofford
- Supt. Wofford explained that the agency is working on a contract with a dynamic speaker to have hard discussions with staff. Julie Graham comes from a clinical perspective to help them the transgender mind and information.

- What can the LFC do about this?
  - Supt encouraged them to reach out to HQ about it, DRW and the Ombuds.

- Supt. Wofford reassured that all staff sign confidentiality statements and there are only specific tiers of information that certain classifications have

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<tr>
<th>Minimum Fence Project Update</th>
<th>Proceeding. We are coming up on the end stages and hope to be complete by the end of July. Until we are cleared to repopulate the hill, we are just holding minimum custody up there. To ensure social distancing for the women. Which is why we have the w building still open.</th>
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<tr>
<th>Legislative Budget</th>
<th>When is the budget coming out? Linda said April 25th is the legislative deadline, unless they have to go into an overtime session. Encouraged to write your legislator asking for the additional scanner.</th>
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IIBF budget Overview was given and shared.

**Roundtable open discussion**

Next meeting location: **Microsoft Teams** Date: **06/26/2021** Time: **1300 / 1:00pm**

Comments:

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The contents of this document may be eligible for public disclosure. Social Security Numbers are considered confidential information and will be redacted in the event of such a request. This form is governed by Executive Order 00-03, RCW 42.56, and RCW 40.14. Upon completion, the data classification category may change.

Distribution: **ORIGINAL** - Family council co-chairs
Black History Month

BLACK COMEDIANS - WORD SEARCH

Stand-up comedians who have tackled complex social and political issues with wit and style!

- Steve Harvey
- Eddie Murphy
- D.L. Hughley
- Tracy Morgan
- Cedric the Entertainer
- Tiffany Haddish
- Dwayne “The Rock” Johnson
- Whoopi Goldberg
- Mo’Nique
- Bernie Mac
- Dave Chappelle
- Cedric the Entertainer
- Tyler Perry
- Bill Cosby
- Trevor Noah

Distributed by the Washington State Library
Boggle

DIRECTIONS: Write as many words as you can using the following rules:

1. The words must be at least three letters long.
2. The letters in the words must be connected in the grid.
3. The letters can be connected by an edge or a corner.
4. The words don’t have to appear in straight lines, they can be tangled around.
5. Each letter in the word must uniquely appear in the grid. For example, if the word is ERASE, the letter E must appear twice in the grid. The word can’t just loop back and reuse the same letter E.
6. Words cannot be proper nouns such as names or places.

SCORING:

3 or 4 letters: 1 point
5 letters: 2 points
6 letters: 3 points
7 letters: 5 points
8+ letters: 11 points

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Black History Month

Spotlight: Charles Alston

Pieces of History – National Archives

Charles Henry Alston (November 28, 1907–April 27, 1977) was a noted African American artist and teacher. He is best known for sculpting the bust of Martin Luther King, Jr., on display in the White House, but his association with the federal government started much earlier.

Born in Charlotte, North Carolina, Alston moved with his family to New York City in 1915. He spent his life living and working in Harlem and was active in the Harlem Renaissance.

During the 1930s, the WPA’s Federal Art Project commissioned Alston to paint murals for a hospital in Harlem.

Later, during World War II, the Office of War Information hired Alston for a series of drawings to be featured in black newspapers. The Records of the Office of War Information at the National Archives contain many of these drawings.

Some of them had the typical war time propaganda messages—conserve fuel, buy war bonds, and grow victory gardens. Others feature African Americans and other black leaders—both famous and lesser unknown—who have made significant contributions to mankind.

For instance, Alston drew this portrait of Harvard-educated attorney Edward O. Gourdin. During the war, Gourdin left his position as assistant district attorney in Boston, to become an officer in the famous 372nd Infantry Regiment. After the war, Gourdin went on to become a judge in the Massachusetts Superior Court.

Alston also drew Willa B. Brown, a lieutenant in the U.S. Civil Air Patrol. Brown was the first African American woman to earn her pilot’s license in the U.S.

She devoted her life to gender and racial equality in both the military and in aviation. She was instrumental in the integration of the U.S. Army Air Corps and was co-founder of the Cornelius Coffey School of Aeronautics, the first private flight training academy in the U.S. owned and operated by African Americans. There, Brown trained hundreds of pilots, several of whom became Tuskegee Airmen.

While Alston’s drawings were created to boost wartime morale, they remain timeless in delivering a message of both racial and gender equality.

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Music Coloring Sheets
Distributed by the Washington State Library
Vincent van Gogh (1853-1890) was a Dutch painter, best known for his post-Impressionist paintings. He was brought up religious, as his father was a pastor, and he himself worked as a preacher for a brief time in Belgium. After being dismissed from his role as an evangelist in Belgium, he devoted his life to art. When he discovered his passion and talent for art, he used it to paint scenes of the poor and dispossessed. His slightly exaggerated style and use of somber-toned colors in his early works are most famously seen in his masterpiece *The Potato Eaters* (1885). Between the years of 1880 to 1890, van Gogh would move from Belgium to France where he would paint and experiment with style and color. However, his later years were wrought with tragedy. Due to his poor mental health, he was prone to violent outbursts, hallucinations, and seizures, which led him to admit himself to an asylum in St. Remy, France in 1889. While in the asylum, van Gogh would paint one of the most recognizable works in the world, *The Starry Night* (1889). Although he did not find success in life, his art would go on to be studied and enjoyed by millions and would serve as inspiration for countless artists after his death in 1890.
Manos Mehndi

Mehndi es una forma de arte que usa tinte de pasta henna, para crear diseños intrínsecos en las manos y los pies. La henna pinta la piel, creando algo como un tatuaje temporal. Tradicionalmente esta aplicación se hace en ceremonias y celebraciones.

Crea un estilo asimétrico copiando el diseño de la mano izquierda en la mano derecha o creando tu propio diseño de mano Mehndi.
Pyramid Puzzles

Start at the top of the pyramid and answer the questions below. Use one letter per block. The answer to number 6 has been provided.

1. The name of the sun god
2. The name of the Egyptian god of the earth
3. Long river flowing north in Egypt
4. Dead body embalmed and prepared for burial in ancient Egypt
5. In ancient Egypt this was an important symbol in the form of a beetle
6. An ancient structure used as a tomb
7. A person living in Egypt is called an ____________
8. This reptile was special to the ancient Egyptians and their god Sobek was named for it
9. The ceremony to crown a new pharaoh is called the ____________
10. This Egyptian king was crowned as a young boy
11. Ancient Egyptian writing is called ____________.
Ancient Egypt Anagrams

Anagrams are words or phrases formed by rearranging the letters of another word or phrase. Can you rearrange these anagrams to spell out words about ancient Egypt?

MY MUM ____________________

YARD IMP ____________________

ROACH CUTE ____________________

A HARP OH ____________________

TACO PEARL ____________________

RICHLY HOSE PIG ____________________

BAR SAC ____________________

PEA TYING ____________________

CIDER LOCO ____________________

PRAY PUS ____________________

Distributed by the Washington State Library
Dinosaur Dig Word Search

Find and circle the dinosaur words from the word bank below.

WORD BANK

<table>
<thead>
<tr>
<th>paleontologist</th>
<th>Ankylosaur</th>
<th>Diplodocus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triceratops</td>
<td>Allosaurus</td>
<td>Hadrosaurus</td>
</tr>
<tr>
<td>Stegosaurus</td>
<td>Apatosaurus</td>
<td>Iguanodon</td>
</tr>
<tr>
<td>Brachiosaurus</td>
<td>Tyrannosaurus Rex</td>
<td>Archaeopteryx</td>
</tr>
<tr>
<td>Dinosaur</td>
<td>Deinonychus</td>
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</table>

Distributed by the Washington State Library
Funny Debates
Go Ahead. Argue with Your Friends and Family.

Recommended for Ages 12 – 18

About
Debate involves mastering skills such as: the confidence to speak in public and make sense; the construction of a logical argument; the ability to read an audience’s reactions; and the willingness to hear others’ arguments, and to respond to them. Practice your public speaking skills by making it fun. Grab someone else to argue against or just argue against yourself!

You Will Need:
- Paper
- Something to write with
- Something to put slips of paper in like a bowl or hat
- Debate topics. See below instructions or make up your own
- Optional: a computer with webcam, speakers, and mic

Debate Rules:
1. Do not interrupt others while they are speaking.
2. Keep your answers short and concise.
3. Listen carefully to your opponent and ask questions once they have finished.
4. No idea is stupid, so share anything you’ve got.
5. Do not raise your voice.
6. Always speak calmly and politely to your opponent.

How to Play:
1. Write as many debate topics down on individual pieces of paper as you like.
2. Fold up slips of paper and place in a bowl, hat, bag, etc.
3. Decide who will choose first. You can decide amongst yourselves or perhaps let the person who debated or argued a point last go first.
4. Choose one slip of paper, unfold it and read the topic. Share with or show the others what the topic is. Choose a side and begin your debate.

5. Now it’s time for the other person argue their points. You can go back and forth between each other in the debate if you follow the above debate rules.

6. Once everyone has made their points, allow spectators, if there are any, to decide who wins. Since these are supposed to be funny debates, perhaps the argument that makes everyone laugh the hardest wins.

Debate Topics:

- What makes a better pet: cats or dogs?
- What came first: the chicken or the egg?
- Summer is better than winter.
- People under age 18 should be allowed to vote.
- Smart phones make us stupid.
- Choose any color and argue why it’s the best over the others.
- Aliens may be living amongst us.
- Books are better than movies.
- Choose a Hogwarts house and argue why it’s better, or worse, than the others (Gryffindor, Slytherin, Hufflepuff, Ravenclaw).
- Slices of pizza in a square are better than in triangles.
- Going out or staying at home?
- Is it better to be the hero or the sidekick?
- Instagram famous or TikTok famous?
- Homework should be abolished.
- Why nursery rhymes are quite twisted.
- Does playing video games increase IQ?
- Which is better: dreaming at night or daydreaming?
- Which is the real football: America and Canada football or the football played all over the world?
Idea de Actividad

Debates divertidos
Adelante. Discute con tus amigos y familiares.

Recomendado para edades de 12 - 18

Sobre la actividad:

El debate implica dominar habilidades tales como: la confianza para hablar en público y tener sentido; la construcción de un argumento lógico; la capacidad de leer las reacciones de una audiencia; y la disposición de escuchar los argumentos de los demás y de responder a ellos. Practica tus habilidades de hablar en público haciéndolo divertido. ¡Elige a alguien para tener un debate o simplemente argumenta contra ti mismo!

Necesitarás:

- Papel
- Algo con que escribir
- Algo para poner trozos de papel, como un tazón o sombrero
- Temas de debate. Ve las instrucciones a continuación o crea las tuyas propias
- Opcional: una computadora con cámara web, bocinas y micrófono

Reglas de debate:

1. No intromerpas a otros mientras están hablando.
2. Mantén tus respuestas cortas y concisas.
3. Escucha atentamente a tu oponente y haz preguntas una vez que hayan terminado.
4. Ninguna idea es tonta, así que comparte todo lo que tengas.
5. No levantes la voz.
6. Siempre habla con calma y educadamente a tu oponente.

Cómo jugar:

1. Escribe la cantidad que gustes de temas de debate en trozos de papel individuales.
2. Dobla los trozos de papel y colócalos en un tazón, sombrero, bolsa, etc.
3. Decide quién elegirá primero. Pueden decidir entre ustedes o quizás deja que la persona que debatió o discutió un punto anteriormente comience.
4. Elije trozo de papel, desdóblalo y lee el tema. Comparte o muestra a los demás cuál es el tema. Elige un lado y comienza tu debate.

5. Ahora es el momento para que la otra persona discuta sus puntos. Pueden ir y venir entre sí en el debate si siguen las reglas de debate anteriores.

6. Una vez que todos hayan expresado sus puntos, permite que los espectadores, si los hay, decidan quién gana. Como se supone que estos son debates divertidos, quizás gane el argumento que haga reír a todos.

**Temas de debate:**

- ¿Qué hace una mejor mascota: gatos o perros?
- ¿Qué vino primero: el pollo o el huevo?
- El verano es mejor que el invierno.
- Las personas menores de 18 años deben poder votar.
- Los teléfonos inteligentes nos hacen tontos.
- Elige cualquier color y discute por qué es el mejor sobre los demás.
- Los extraterrestres pueden estar viviendo entre nosotros.
- Los libros son mejores que las películas.
- Elige una casa de Hogwarts y discute por qué es mejor o peor que las demás (Gryffindor, Slytherin, Hufflepuff, Ravenclaw).
- Las rebanadas de pizza cuadradas son mejores que en triángulos.
- ¿Salir o quedarse en casa?
- ¿Es mejor ser el héroe o el compañero?
- ¿Famoso en Instagram o en TikTok?
- La tarea debe ser abolida.
- ¿Por qué las rimas infantiles son bastante retorcidas?
- ¿Jugar videojuegos aumenta el coeficiente intelectual?
- ¿Qué es mejor: soñar de noche o soñar despierto?
- ¿Cuál es el fútbol real: el fútbol de América y Canadá o el fútbol jugado en todo el mundo?
How to Draw a Bat in 12 Easy Steps

Step 1: Start by drawing the ears

Step 2: Next, draw the face

Step 3: Draw the body like this

Step 4: Draw the legs

Step 5: Proceed with the wing by drawing it like this

Step 6: Add the fingers of the wing

Step 8: Add the next finger

Step 8: Draw the other wing

Step 9: Draw the finger of the wing

Step 10: Draw the next finger of the wing

Step 11: Draw the skin of the wings like this

Step 12: Continue drawing the wings and the tail part

Your bat is finished!
How to Draw a **Lobster**
in 6 Easy Steps

**Step 1**
Draw the body

**Step 2**
Draw the eyes

**Step 3**
Draw the tail

**Step 4**
Draw the hands

**Step 5**
Draw the pliers

**Step 6**
Draw the legs
Black History Month
Spotlight: Jazz

Louis Armstrong
America's Story from America's Library – Library of Congress

Louis Armstrong, was born in New Orleans, Louisiana, on August 4, 1901 (according to the most recent research), in the poorest section of town. He overcame poverty to become one of the most important people in the history of music.

Louis Armstrong was called "the single most important figure in the history of jazz" by Billboard magazine, a publication that tracks the recording industry. The jazz magazine Down Beat agreed.

No one before Armstrong had ever played the trumpet the way that he did. He was one of the first great soloists of jazz music. The solos he played were as interesting and innovative as any music written at the time. Rather than follow notes on a page, he improvised, playing what was in his head instead. This type of playing laid the foundation for all jazz to come.

Armstrong also pioneered a type of singing. The new style of singing that Louis Armstrong pioneered was called "scat." Scat singing is a lot like improvising on a musical instrument. Instead of singing real words, with scat one sings nonsense words to the melody. Armstrong became as famous for his scat singing and gravelly voice as his trumpet playing. He recorded many songs with another jazz great and scat singer, Ella Fitzgerald.

In addition to all of his accomplishments, Louis Armstrong holds the record for being the oldest artist ever to have a Number 1 record. He accomplished this when he was 63 years old with his version of the song "Hello, Dolly," from the musical of the same name. What is even more extraordinary is that he reached Number 1 in 1964 by toppling the Beatles from the top of the charts! Louis Armstrong had come a long way from his poor Louisiana beginnings.

Ella Fitzgerald
America's Story from America's Library – Library of Congress

Jazz singer Ella Fitzgerald could sing like a saxophone. Today, April 25, 1918, is the day she was born in Newport News, Virginia. She mastered a technique called "scat" in which the singer makes up nonsense syllables to imitate musical instruments: Skee-ba-doobie-do-wah.

Ella Fitzgerald first showcased her amazing talents during Amateur Night at Harlem's famous Apollo Theater. The crowds loved Ella, who went on to sing with several groups and many well-known artists such as Duke Ellington and Dizzy Gillespie. She made her first recordings in 1935, then went on to record 19 albums from the mid-1950s to the mid-1960s!

In recordings, concerts, and television appearances, Ella Fitzgerald recorded hundreds of songs by great American songwriters such as Cole Porter, George Gershwin, Johnny Mercer, and Irving Berlin. Her unmatchable style became nationally recognized and still is.

Though scatting may date back to West Africa, Fitzgerald, along with Louis Armstrong, made it popular in the United States.
Last __________ my brother __________ and I were out for a walk in the __________. Suddenly we fell through a web of __________ leaves on the ground and found ourselves spinning through space about ________ feet underground. __________! Fortunately I always carry a flashlight and switched it on. In front of us was a long dirt path. We followed it. It was __________ with __________ and flying around. Finally, we came into a large open space. __________! There were __________ stalactites all around the roof of the cave. A wheelbarrow was nearby. It held a __________, __________, and __________. This was a mine! We took the __________ and began to dig into the wall. Nothing. We went around the cave tapping everywhere. Still nothing. Just as we were about to give up, we heard men’s voices—and they were singing __________. We tried to hide behind the wheelbarrow as they came into the cave. __________! It was the ______ dwarves from __________. We knew they had __________ and __________. Luckily, they didn’t notice us. We fol-
lowed them out of the cave back to their home where __________ was waiting. She had __________ and __________ ready for them. As they were eating, we decided they wouldn’t miss just a few jewels. We grabbed some and ran. But as we did, __________ threw some magic ________ at us, and my brother and I were turned into ________ __________. We’re still around—but today you can visit us at ________.
Each 5-square partition must contain all five pictures. Identical pictures may not touch horizontally, vertically nor diagonally. The puzzle has only one solution.
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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.
Fill in the blank squares so that each row, each column, and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.
QUIET AT-HOME WORKOUT

23 MINS

CIRCUIT 1
LUNGE PULSE - DL HINGE

CIRCUIT 2
SA MARCH TO CROSSBODY CRUNCH

CIRCUIT 3
TRI DIPS X2 CRAB KICK

SL BEAR PLANK - DOWN DOG
SIDE PLANK CRUNCH KICK

SQUAT TO OBLIQUES TWIST
SQUAT PULSE

BACK-CURTSY LUNGE KNEE DRIVE
CRUNCH LOW - HIGH

Distributed by the Washington State Library. Disclaimer: These wellness resources have been gathered by the Washington State Library and distributed for individual use. The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Consult your doctor before attempting any of the exercises or practices contained within.
Wake up & Connect

DAREBEE WORKOUT @ darebee.com
Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

Centered
DAREBEE WORKOUT @ darebee.com
Hold each pose for 20 seconds then move on to the next one.
Repeat each sequence again on the other side.

SEQUENCE #1
- chest to thighs
- sundial salutation
- deep lunge
- deep lunge with twist
- triangle pose
- yogi squat

SEQUENCE #2
- forearm plank
- upward dog
- pigeon pose
POWER CORE

YOGA WORKOUT
by SPYROS KAPNIAS GARUDANANDA
for DAREBEE © darebee.com

LEVEL I 20 seconds each
LEVEL II 30 seconds each
LEVEL III 60 seconds each

1. Low Boat Pose
   Low Navasana
2. Boat Pose with interlaced fingers
   Nakasana with interlaced fingers
3. Low Boat Pose Scissors Variation
   Low Navasana Variation
4. Nakasana with arms forward Variation
   Boat Pose with arms forward
5. Full Boat Pose Paripurna Navasana
6. Boat Scissors Variation
   Navasana Scissors Variation
7. L-sit into full bridge
   Brochmacharyasana to Setu Badhasana Variation
8. Boat Pose with side twists
   Navasana Side twists
9. Side Plank Bridges
   Yasisthasana side bending

SUPER HARD

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

20 jumping jacks 10 push-up shoulder taps 5 jump squats
20 jumping jacks 10 push-up with rotations 5 jump squats
20 jumping jacks 10 cross body push-ups 5 jump squats

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I like most sports; I’m just not very good at playing any of them. And as a much better spectator than participant, I always look forward to “March Madness,” a whirlwind month of basketball tournaments held by the National Collegiate Athletic Association (NCAA). To my ears, there is nothing quite like the “swoosh” sound a basketball makes when it drops perfectly through the net. Millions of people are tuning in to the current men’s tournament, but there is a second competition playing simultaneously that I also enjoy watching: the women’s National College Championship! Often overshadowed by their male counterparts, the women’s teams play a month of fast-paced, bracket-busting, thrilling games to crown a national champion.

Unlike most sports of the time which were exclusively played by men, basketball was extremely popular with both men and women from its very beginning in 1891, especially with college students. The game spread rapidly across the country with the first women’s intercollegiate game taking place on April 4, 1896 between Stanford University and the University of California at Berkeley.

Now, 120 years after that first intercollegiate game, and with many changes to the rules, equipment, and uniforms of women’s teams, hundreds of basketball teams from around the country competed to become one of the 64 teams to participate in the NCAA tournament.

I am captivated by these photographs of women jumping into a new sport in a time when sports were thought to be the domain of men. While the photos do make me wish I had more athletic talent, they also bring a sense of excitement for the tournament finals ahead.
Women’s History Month
Spotlight: Women in Sports

Florence Griffith Joyner AKA Flo-Jo
 DocsTeach – National Archives
 Clinton White House Archives

This photograph shows President Ronald Reagan shaking hands with Florence Griffith Joyner, known as Flo-Jo, of the United States Olympic Team in the Oval Office. The US Olympic Team who competed in Seoul, Korea, visited the White House for a homecoming ceremony.

Joyner was the first American woman to win four medals at a single Olympics, winning three golds and a silver at the 1988 summer games in Seoul, South Korea. During those games, she set records that still stand in the 100-meter and 200-meter events.

Billie Jean King
 Obama White House Archives
 Photo by Lynn Gilbert courtesy of Wikimedia Commons

Billie Jean King was an acclaimed professional tennis player in the 1960s and 1970s, and has helped champion gender equality issues not only in sports, but in all areas of public life. King beat Bobby Riggs in the "Battle of the Sexes" tennis match, then the most viewed tennis match in history. King became one of the first openly lesbian major sports figures in America when she came out in 1981. Following her professional tennis career, King became the first woman commissioner in professional sports when she co-founded and led the World Team Tennis (WTT) League. The U.S. Tennis Association named the National Tennis Center, where the US Open is played, the Billie Jean King National Tennis Center in 2006.

Pat Summitt
 Obama White House Archives
 Photo by aaronisnotcool courtesy of Wikimedia Commons

In addition to accomplishing an outstanding career as the all-time winningest leader among all NCAA basketball coaches, Summitt has taken the University of Tennessee to more Final Four appearances than any other coach and has the second best record of NCAA Championships in basketball. She has received numerous awards, including being named Naismith Women’s Collegiate Coach of the Century. Off the court, she has been a spokesperson against Alzheimer’s. The Pat Summitt Foundation will make grants to nonprofits to provide education and awareness, support to patients and families, and research to prevent, cure and ultimately eradicate early onset dementia, Alzheimer’s type.
WORD SEARCH
ART SUPPLIES
Recommended for Ages 7 – 10

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Search Words

| ACRYLIC | BLENDER | BRUSH | CANVAS | CHALK | CHARCOAL | CLAY | COLORED PENCILS | CRAYON | EASEL | FLAT BRUSH | GRAPHITE | INK | MARKER | NEWSPRINT | OILS | PALETTE | PAPER | PASTEL | PRIMER | ROUND BRUSH | SCRAPER | SKETCHPAD | SPONGE | TEMPERA | WATERCOLOR | WATERCOLOR PAPER |
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More to Explore

Artzooka! – lacounty.kanopy.com/video/artzooka-season-1
Stream this video series where kids learn to create using their imagination!

Distributed by the Washington State Library
WORD SEARCH
MUSICAL INSTRUMENTS
Recommended for Ages 7 – 10

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Search Words

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<th>ACCORDION</th>
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More to Explore

*Hey Charleston!* by Anne Rockwell – [lacountylibrary.overdrive.com/media/1367332](lacountylibrary.overdrive.com/media/1367332)
Read about the true story of the Jenkins Orphanage Band with this illustrated eBook.

Distributed by the Washington State Library
WORD SEARCH
CRYPTOZOOLOGY
Recommended for Ages 8 – 13

Search Words
BIGFOOT  DRAGON  KRAKEN  MERMAID  NESSIE  YETI
CHUPACABRE  JACKALOPE  MEGALODON  MOTHMAN  THUNDERBIRD

More to Explore
Legendary Animals – school.eb.com/levels/elementary/article/animals-legendary/352758
Check out this interactive database to learn more about legendary animals and other subjects.
Writing Prompt

Choose one of your senses:
SMELL - SIGHT - TOUCH - TASTE - THE SENSE OF SPACE - HEARING
Focus on it and write about it.
Journal Prompts

• If you could visit any place on earth, where would you go?
• Which super power do you wish you had? How would you use it to do good?
• You just won a thousand dollar shopping spree to your favorite store. What would you buy?
• You woke up in the middle of the woods. How did you get there? How will you get back home?
• Which person, living or dead, do you admire the most? Why?
• What is courage?
• Describe a hero. It can be either someone you know or simply qualities of a hero.
• List one of your pet peeves and write about why it annoys you.
• What is something that you appreciate about your parents? What will you do differently when you’re a parent?
• Rewrite the ending of a historical event. For example, what if Columbus had never sailed the ocean or what if he had landed where he intended?
• If you were going to write a book, what would the main character be like?
• List one major world problem and how you think we should solve it.
• Do you think that there is or ever was life on another planet?
• Is it important that the president always tells the truth? Why or why not?
• What are the most important issues facing teens your age today? How should they deal with them?
• What does success mean to you?