

Have a Safe and Fun
Halloween
 See you at Tulalip's Halloween Party, Oct 31 5-8pm Greg Williams Court

Tulalip **SEE-YAHT-SUB** dx̣'łilap syəcəb "Tulalip News"
 Volume 35 No. 42 Wednesday, October 29, 2014

Tulalip Bay Fire Department Emergency Services Levy What you need to know



Tricks or Treats can become tantrums and tooth decay

See page 10



Throughout the meeting, many citizens, like Richard Muir, aired concerns without bringing forward a motion.

Wide variety of interests represented in Semi-Annual General Council meeting

Article and photo by Niki Cleary

The Tulalip Tribes Constitution provides two opportunities for the General Council (enrolled citizens of the Tulalip Tribes age of 18 and older) to hear from the Board and express the wishes of the community. Saturday, October 18th, the Semi-Annual General Council meeting brought together 583 Tulalip citizens to vote for tribal committees and commission, listen to the elected leaders of the tribe and bring forward motions to set the future direction for Tulalip.

The meeting opened with 198 voters in the house. A quorum, 5% of eligible voters, is 135 citi-

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Watch **TULALIP TV**
 www.tulaliptv.com

Missing Hand Held Device

Does anyone have one of these laying around their house? The new design has made them lot smaller so you may have brought it home on accident. Please return the hand held device to the Tulalip Elections Department at administration office. They are costly and have no other purpose but for voting.

Thanks,
Rosalie
Topaum,
Enrollment
Officer



TULALIP TV

TULALIP TV Monday 11/3/14 thru Sunday 11/9/14		
Time	Show	Duration
12:00 AM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
12:30 AM	2014 Lushootseed Language Camp This year's Camp honored Inez Bill and the late Hank Gobin for their work with Language. Children perform the Traditional story 'the Seal Hunters'	1:00
1:30 AM	Native American Healing The invaluable contributions of Native Americans and how many of those same healing plants and herbs are an important source of today's modern methods	1:00
2:30 AM	Native Report - 803 We visit the Stockbridge-Munsee Band of Mohican Indian's Arvid E. Miller Library/Museum and we take a closer look at climate change.	0:30
3:00 AM	Creative Native - 307 Visit Opus Restaurant where headchef, Don Latondre, creates sumptuous fare with his fascinating blends of indigenous and international cuisine.	0:30
3:30 AM	NWIN 62 NorthWest Indian News: "Honoring Our Veterans", "Legacy of Carving", "In the Spirit", "Welcoming the Whales"	0:30
4:00 AM	Native Lens #21 Dallas Pinkham, Filmmaker presents: Clear Sky Basketball Camp, Miss Indian Nations, A Good Homeless Man, The Innocent Bystanders	0:30
4:30 AM	The Thick Dark Fog Walter Littlemoon (Lakota) was removed from his family to attend a federal government boarding school where his culture, language and spirituality were suppressed.	1:00
5:30 AM	Native Report - 803 We visit the Stockbridge-Munsee Band of Mohican Indian's Arvid E. Miller Library/Museum and we take a closer look at climate change.	0:30
6:00 AM	The Healing Path, Lodge of the Seven Nations Witness the life-changing experiences of young Sam Nighthorse a drug and alcohol addict who gets a chance to change his life for the better.	0:30
6:30 AM	Creative Native - 307 Visit Opus Restaurant where headchef, Don Latondre, creates sumptuous fare with his fascinating blends of indigenous and international cuisine.	0:30
7:00 AM	2014 Lushootseed Language Camp This year's Camp honored Inez Bill and the late Hank Gobin for their work with Language. Children perform the Traditional story 'the Seal Hunters'	1:00
8:00 AM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
8:30 AM	Wapos Bay - Ep 1008 T-Bear is struck by cupid's arrow when the carnival rolls into town. Meanwhile Raven gets chicken pox and is sent to an elder's house to get better	0:30
9:00 AM	Aleut Story In the turbulence of war, in a place where survival was just short of miraculous, the Aleuts of Alaska would redefine themselves and America.	1:30
10:30 AM	The Thick Dark Fog Walter Littlemoon (Lakota) was removed from his family to attend a federal government boarding school where his culture, language and spirituality were suppressed.	1:00
11:30 AM	Native American Healing The invaluable contributions of Native Americans and how many of those same healing plants and herbs are an important source of today's modern methods.	1:00
12:30 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the Tulalip Reservation.	0:30
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5:30 PM	NWIN 62 NorthWest Indian News: "Honoring Our Veterans", "Legacy of Carving", "In the Spirit", "Welcoming the Whales"	0:30
6:00 PM	2014 Hibulb Film Festival The 2014 Hibulb Cultural Center welcomed documentaries, feature films, shorts, music documentaries and music videos for this year's film festival.	3:00
9:00 PM	Native Lens #21 Dallas Pinkham, Filmmaker presents: Clear Sky Basketball Camp, Miss Indian Nations, A Good Homeless Man, The Innocent Bystanders	0:30
9:30 PM	The Healing Path Witness the life-changing experiences of young Sam Nighthorse a drug and alcohol addict who gets a chance to change his life for the better.	0:30
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Tulalip Tribes Vision

We gathered at Tulalip are one people.
We govern ourselves.
We will arrive at a time when each and every person has become most capable.
Together we create a healthy and culturally vibrant community

Tulalip Tribes Mission

We make available training, teaching and advice, both spiritual and practical.

Tulalip Tribes Values

1. We respect the community of our elders past and present, and pay attention to their good words.
2. We uphold and follow the teachings that come from our ancestors.
3. It is valued work to uphold and serve our people.
4. We work hard and always do our best.
5. We show respect to every individual.
6. We strengthen our people so that they may walk a good walk.
7. We do not gossip, we speak the truth.

Tulalip Tribes 1-800-869-8287

The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

Tulalip See-Yaht-Sub, the weekly newspaper of the Tulalip Tribes

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In memoriam: Frank F. Madison, 1923-2002
Sherrill Guydelkon, 1945-2008

This Schedule is subject to change. To see an updated schedule, go to:
<http://www.tulalip.tv.com/tulalip-tv-schedule/>

The Tulalip TV Program schedule is always available at www.TVGuide.com enter zip code 98271, select Tulalip Broadband. You can find the weekly schedule at <http://www.tulalip.tv.com/tulalip-tv-schedule/>. Also, the TulalipTV Program Schedule is always available on Tulalip Broadband Channel 44 (TV Guide Channel)

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Contact Rosie Topaum at 360.716.4298 or email rtopaum@tulaliptribes-nsn.gov

News

General Council from front page

zens. The first two hours of the meeting were devoted to open discussion.

"This is our mid-year [meeting]," said Chairman Herman Williams, Sr., "I remember when this [Semi-Annual] General Council first occurred. The late Frank Madison at one of our [Annual] General Councils said we should have a continuation, a mid-year meeting to talk about our issues. I think this is really good. This is your day to raise issues you want to raise."

Williams spoke a lot about the rising demand for economic growth to fund the needs of government and Tulalip's fast growing population.

"We are 4,450 today, and in 2035 we are going to be 6,460," said the Chairman, referring to Tulalip's population. "You can see with the growth we are facing today, the finances are kind of a dim picture. We've enjoyed a good life from the time we opened the casino in the 90s until today. The treasurer will give a report today. If the issues today drive a heavy financial burden upon the tribe, I want to know the issues."

"There is a number, unspoken, that we are going to arrive at here. They are your children and our great-grandchildren. If we don't increase the finances for the betterment of them, we're not leaving very much for them. I think about the schooling that our parents had. Schooling wasn't there very much in those days, but togetherness as elders was. They took care of the community and the children."

As part of his opening speech, the Chairman also asked Reservation Attorney Anthony Jones, a Jamestown Sk'lallam citizen, to describe one of the legal battles Tulalip engaged in over the last year regarding Snohomish County approval of a construction permit that would potentially endanger Tulalip tidelands.

"This particular case dates back to fall of last year," Jones explained. "When the [Tulalip] planning department reviewed, they felt it wasn't consistent with the county's own laws. The applicant is of some standing and influence in Snohomish County. The county issued the permit anyway. We fought the county and the state. We took it all the way to a statewide panel that reviews the state's shoreline decisions. Myself, Patti Gobin and some of the planning folks, we went to bat for you guys and we won."



David Fryberg, Sr. and Dawn Simpson championed Tulalip elders. David brought forward a motion to allocate funds for elders replacement homes, mortgage payoffs and remodels.

Chairman Williams called the win an advancement of sovereignty. He then began outlining his own ideas to create a more transparent government.

"I am creating an office of financial control," he explained. "All finances will go through this office. It's going to cost money, ladies and gentlemen, but you'll know where your finances are."

The board asked Interim General Manager Misty Napeahi to provide a brief report of improvements to beda?chelh.

"We've developed a larger team to work on prevention," she said. "that's why you see a reduction in the amount of open cases and pickups. We believe in the power and strength of our community and the strength of our families. We understand that systems don't heal people, families heal people. We've gotten some pushback from our judges and Tribal Court. We've been working with them to help them understand what is in the families' best interests."

"We've worked very hard to revise the Youth Code," Napeahi continued. "The most important thing in a child's life is bonding

and attachment. The intervention team is going to try to work with the family and identify strengths of the family."

The code, which is currently open for a 30-day open review period, also includes of the new stages of confidentiality in order to inform the family of the full picture surrounding a child's safety. "Sometimes the families don't understand how deeply their family member is in addiction," explained Napeahi. "What we hope is that the family will support their family member in addiction."

It's been a painful growth process, Napeahi described, but she sees positive changes happening already. Recognizing bias and reducing conflicts of interest have been a big part of the change.

"I had a lot of tough meetings with them [beda?chelh staff]," she continued. "People called me a lot of names and I heard a lot of things like, 'Everyone in that family does drugs. She had all of her kids taken away.' We talked a lot about biases, you can't speak that way about someone and then walk away and make sound judgments."

"We [now] have three

teams so that we can remove biases. People change, people rehabilitate all the time. But if I've seen the worst part of you, that's what I always think of."

Napeahi closed the update with a gentle reminder that child welfare is not a glamorous business. "I think we're on a good road with beda?chelh. It's not going to be your favorite department, and it shouldn't be. It's a hard job, but we're getting there."

The Youth Code is available for review and comment at <https://codereview.tulaliptribes-nsn.gov>. The username is "Tulalip" and password is "Tulalip1018!", please email comments to juvenilecode@tulaliptribes-nsn.gov. The review period closes at 8:00 a.m. on Monday, November 17th, 2014.

Five motions were brought to the floor before the meeting closed due to lack of quorum in the late afternoon. Below is a paraphrase of motions (which may differ slightly from the motions as printed in the General Council Directives), as well as the common arguments for and against the motion. Action is not taken on motions until they are ratified by the Board of Directors at the first regular Board meeting following Semi-Annual General Council.

Motion 1

Dawn Simpson brought forward the first motion to: Put the construction of the new casino [QCC] on hold until our programs are fully-funded and debt is reduced by 50%.

Theresa Jira spoke against the motion, saying, "No one wants to build a new Q. The only reason we look at these things is to look at how we can further grow revenue to support the Tribe. A lot of you frequent the Q. We're out of space. Adding money to an old building, we'd continue to have issues in the old building. That doesn't make sense. What makes sense is a new facility."

"As you know, Angel's [Angel of the Winds] is doing a new expansion," she continued. "If you are in this casino business, if you're not expanding and adding something new, you are losing customers to someone else."

Margie Santibanez argued for the motion.

"We justify all the time why we need to keep going and going, why we need to build. Dawn hit on the point

Continued on next page

that we took out the bar, and it didn't work. If there's no money, and you are telling us that there is no money, then we shouldn't be building. Where is all this remodeling coming from? Where is the marketing director, what happened to that person if the revenue was up [before the remodel] and down [after]. How much money did we spend on that and how much money was lost?"

Chairman Williams urged citizens to wait until the Office of Financial Management could make a presentation to the General Council, to make a decision at the March Annual General Council.

The motion maker, Dawn Simpson agreed to wait, "I move that we put it on hold until March and we can get a full financial [presentation]," she said.

Motion 2

Eddie Pablo, Jr. made a motion to: Direct the Board of Directors to work with the Department of Justice to make medical cannabis as legal as it is in the State of Washington. Prior to making the motion, a video played detailing the life of a young man who was plagued by debilitating seizures throughout his life and who, prior to using marijuana to medicate his condition, tried numerous drugs with horrendous side effects including personality changes.

Dennis Boone spoke in favor of the motion.

"This was my life," he said. Every doctor I ever saw told me I was going to die before the age of 35. Why would you deny me and people like me what we need to live?"

Tristan James spoke against the motion saying, "What was shown in this video was an extract, removing the THC that gets you high. This may need some rewording. I'm against adding another vice for our community."

The motion passed with 200 votes for and 56 votes against.

Motion 3

Bibiana Ancheta brought forward a resolution to: Rescind the recently approved [employee] handbook and revert to HR 84 handbook until the Annual General Council and until the changes can be presented to

the General Council.

The Chairman asked that Bibiana reframe the resolution into a motion. The general sentiment seemed expressed was that the resolution was out of order. Dawn Simpson amended the motion also so that no policy changes be enacted until the General Council reviews and approves the revised policy.

Dawn said, "My [amendment] means that all policy changes made to services to the tribe are brought to the General Council before they are implemented. That includes the motion on HRO. The education policy has been changed, almost every policy has been changed. I've never seen any of them published. I just think all policies that are going to affect the people need to be voted on by the people."

Shirley "Dodie" Jones was for the motion.

"I'm coming up here to tell you guys that this handbook does not have due process. I want it to come in front of the people. When I worked at the casino they had a handbook like this. When they are saying there is due process, there is not. They can say you are bullying and harassing. It's all subjective to your boss and supervisors."

Sydney Napeahi was against the motion, saying, "The old handbook has nothing that addresses bullying and harassment in the workplace. We want to revert back to that? They can revise it once a year."

Helen Gobin-Henson agreed, explaining, "You can change it every year. It has to come up for review every year and we can change it. I support this new handbook."

A motion was made to table the discussion until the Annual General Council in March.

Motion 4

Charlotte Jones made a motion to: Pay a \$4,200 bonus minus the minimum 10% tax yearly and that no deductions be taken, and we follow the policy for no taxes withheld from disability or elders support programs and that the bonus be distributed by November 17th, 2014.

Treasurer Glen Gobin gave a financial presentation explaining the funds available and the funds neces-

sary to pay for a \$4,200 bonus per capita. He also recapped the budget shortfall that occurred in 2013. Tribal finances are available to tribal citizens through the Chief Financial Officer's office. For more information about how to receive financial information contact finance reception via email rociohatch@tulaliptribes-nsn.gov or by phone at 360-716-4392.

"As we approached 2014, the only way to balance that [the shortfall] out, there had to be a cut," Gobin explained. "We tried cutting programs, it flew like a lead balloon. We tried cutting services, it didn't go anywhere. With the syndicated loan, we can't pass an unbalanced budget. The only way to do that [balance the budget], was to cut the bonus per capita. That made money available to fund the government and a little reserve."

Gobin continued, explaining that the board had committed to looking at finances and the viability of a bonus per capita at the close of 2014.

"We have not had the ability until now to talk about what that could be," Gobin showed projected revenue, cautioning that numbers could change between now and the end of the year. Snow in December has caused revenue to drop in years past, and there is never a guarantee that gaming revenue will be consistent with past years or with projections from month to month.

"If the bonus increased to \$2,500 after taxes," Gobin explained, "the membership would receive \$2,500 but it would cost the tribe about \$2,800 to pay the taxes. That would leave cash reserves and allow us to grow some of the service budgets instead of pushing us right to the wire."

Dawn Simpson amended the motion to make the bonus per capita \$3,000 with 10% taken out for taxes.

Sherry Guzman spoke against the motion.

"The Government side has really been hit hard," she said. "I'm a mental wellness manager. I did research for Compass Health, Snohomish County, King County, I want to tell you that Tulalip Tribes Therapists that work hard for your children and adults, they are the lowest paid of any other tribe in Snohomish or King

County. It's sad when Tulalip Tribes, our Tribe, is the lowest paid, and I don't mean a little bit. We lost a therapist last week that's going to Muckleshoot because that person [will get] paid \$11 an hour better. I want to thank the Board for being honest and giving us the answers we need to vote right. I have faith in our Council that we'll do what's right for this tribe."

Charlotte Jones was in favor, she said, "I don't have any faith in the presentation that was done. We have the money, if we're not going to pass this, then I think we should take away the week of paid leave for [employees] that work at the Admin Building. You guys are always threatening us. I would like to respectfully call for the vote on this amendment."

The amendment passed with 144 votes for and 136 votes against. The amended main motion, "To pay a \$3,000 bonus minus the minimum 10% tax yearly and that no deductions be taken, and that we follow policy for no taxes withheld from disability or elders support programs from the bonus to be distributed by November 17th, 2014," was then voted on and passed with 238 votes for and 56 votes against.

Motion 5

The final motion of the day, made by David Fryberg, Sr., was to: Use funds from the sale of homes in John Sam Lake to complete the current list of elders waiting for home replacement, remodel or mortgage paid in full. To complete the list, 1.2 million from the Cigarette Tax Fund to be used to complete the current list. Competitive bids will be taken in November of this year for all remodels and replacements. Mortgages will be paid within 90 days. The Board of Directors will set aside \$600,000 per year to keep up with the growing Elder list needing assistance to remodel, replace or pay off a mortgage. Funds will be made available by March of each year.

After confirmation from the Treasurer that the cigarette tax had no restrictions and could be used to fund the homes, the motion was passed with 214 votes for and 33 votes against.

Tulalip Board of Directors Reports

By Niki Cleary

In an effort to bring our citizens the most current information about our government, the See-Yaht-Sub staff will be asking our Board to sit down after both General Council meetings and regular Board meetings to chat about the decisions

that affect our Tribe.

After the October 18th Semi-Annual General Council we interviewed Vice-Chairman Les Parks, Board of Director Marlin Fryberg, Jr., and Board of Director Theresa Sheldon about the meeting. We were unable to meet with Chairman

Herman Williams, Sr. due to a scheduling conflict. Secretary Marie Zackuse was out for personal reasons, she committed to a report in the November 5th issue. Treasurer Glen Gobin and Board of Director Deborah Parker were travelling and did not provide a phone interview prior to print.

Vice-Chairman Parks perspective on Semi-Annual meeting



By Niki Cleary

The See-Yaht-Sub sat down with Vice-Chairman Les Parks immediately following the Semi-Annual General Council meeting to get his take on the day.

“To me it was maybe the best meeting I’ve sat at, at least at the beginning,” said Parks, explaining that the Chairman set the tone of the meeting. “Mel [Sheldon, Jr.] had his way and Stan [Jones, Sr.] had his way and Herman [Williams, Sr.] has his. I think it went fairly well.

In exploring the motions, Parks pointed out that the Board’s job is to set policy for Tulalip.

“The policies of the Tribe shouldn’t come in front of the General Council,” he said. “The general council shouldn’t be deciding what

the Tribal Government’s employees’ policy is going to be. When we’re making policies from this level, we’re not just addressing the tribal member employees, we’re addressing 3,500 employees.

“I would hope that in the future the people keep policy issues with the employees and the Board. They [the community] want to solve matters here. It affects way too many people and far too much information needs to be brought forward. You can’t solve those issues with 15 to 20 minutes of conversation.”

Parks did agree with the need for more transparency and community involvement, a sentiment expressed repeatedly throughout the meeting.

“I love the idea of transparency. The Board and/or staff need to start having community meetings. When we consider these policies, we need to open them up for review. We can avoid getting to the General Council floor through meaningful consultation.”

When asked about low community engagement with past meetings, Parks explained that the personal touch is needed, not just a flyer or announcement.

“I think I can get people in the door, and I think I’ve proven that in the past with the grass roots meetings,” he said. “It’s about reaching out and inviting people personally. Phone calls, not emails, not advertisements, but reaching out and personally inviting them. I found that if I didn’t call anyone, I’d get six or seven people, but if I made the calls, 35, 40, sometimes 50 people show up.

“You saw what happened when we had the elders meeting about a month ago, we had no less than 75 elders show up,” Parks said. “Never have I seen 75 elders sitting

in a room to discuss issues. Those are the kinds of meetings I want to have.”

The highest number of votes cast were for the motion pertaining to a bonus per capita payment, Parks explained that Tulalip is still a services tribe, but the vote sent a clear message that leadership needs to work harder both socially and economically to ensure the Tribe is stable both now and into the future.

“The Chairman talked about the number of youth, 2,600, under the age of 18,” Parks recalled. “Every one of those 2,600 have not lived a day without per capita. To them, it’s an entitlement and it’s an entitlement to some of the adults. We’ve been blessed to be able to give money to our members, but we’ve got to get out of that frame of mind.

“When I talk about kids who have never seen a day without per capita, they’ve never seen a day without a cell phone or computer. We have a new generation of kids growing up with that mentality, we have to recognize that and find a way to get them out of that entitlement that they’ve been raised on.”

Although the bonus per capita comes with a hefty price tag, Parks was not worried that it would bankrupt the tribe.

“Today’s vote said that you [the Board] need to get out and get more revenue. That means we have to go out and find businesses, no more simply leasing our land out, that’s the easy way and doesn’t make us much money. We’ve got the Board in a pretty good position to look at new business ventures and it’s incumbent upon us to look at ways to make more money.”

The Office of Financial Management was referenced several times during the meeting, Parks explained what the this new office will

provide both transparency and financial safeguards for the tribe.

“Transparency is something that everybody has been asking for,” Parks stated. “You heard Harold ‘JuJu’ Joseph, Jr., say he wants to walk in, show his ID card and find out how we’re doing financially? Right now he can’t do that. Right now the Resort acts as the Tribe’s primary bank and Quil Ceda Village is another bank, and Tribal Government is a smaller bank. We want to consolidate all of those banks into one office. The Resort will no longer hold all our money, instead of them cutting a check, the Office of Financial Management will give the Resort a check and say, this [budget] is what you have to live within. It’s going to give the Chairman, the Board and the tribal membership better control of our money. Instead of the Board reviewing budgets one week out of the year, the Office of Financial Management will be reviewing budgets 52 weeks a year and at year-end they’ll make recommendations.”

Parks explained that the Board of Directors is currently recruiting a CPA (Certified Public Accountant) to head the Office of Financial Management. He hopes to eventually see the position filled by a Tulalip citizen, but said for the short term the CPA may not be Tulalip.

In closing Parks expressed a hope that Tulalip citizens stay passionate, but professional during General Council meetings.

“I was very disturbed by the lack of respect for the Chairman,” he said. “The Chairman has had nothing but the best intentions from day one. When the people elected him in March he gave that earth shattering speech. I was disturbed to see, largely this entitlement group, treat him disrespectfully. You don’t treat the

Continued on next page

Chairman, it doesn't matter who he is, like that. But you certainly don't treat the eldest chair we've had that way. I hope that the membership reads this and turns to the person who may have been sitting behind them and heckling, I hope we set them

straight."

Parks explained that all motions from the Semi-Annual General Council will be reviewed by the Board of Directors at the next regular board meeting. From there, he said, "We implement the

motions and the Business Committee needs to start generating more revenue for the Tribe so that the Services Committee has more to work with."

Councilman Fryberg sees semi-annual meeting as an opportunity for growth

By Niki Cleary

When asked how Semi-Annual General Council went, Board of Director Marlin Fryberg, Jr., was upbeat. He described the demands of the community as a figurative kick in the pants, urging the Board of Directors to create businesses, diversify Tulalip's economy and find ways to meet the needs of the people.

"I thought it went really well," said Fryberg. "It was interesting to see how it would go with Herman [Williams, Sr.] as Chairman. He asked us [Board of Directors] to be reserved in our comments. For us guys who are vocal and want to respond to different things, we were reserved and you could tell in the meeting."

When the vote came up for a bonus per capita payment, Fryberg said the atmosphere of the room completely changed.

"We got into a different element of the meeting that I don't support," he said. "That man [the Chairman] has got my utmost respect, whether I agree on an issue or not. The way some folks were yelling, this day is for everybody to speak, not just a few. Overall, I thought it went well until we switched topics to money."

Per capita payments, Fryberg continued, are a relatively new benefit for Tulalip citizens.

"When we grew up, we got a ham, maybe \$25. The leaders at that time, they laid the foundation for all of us to have what we have. Everyone loves per capita, I enjoy it. But moving forward, we have to monitor it fiscally. That's why the Chairman wanted those storyboards up," Fryberg said, referencing the infor-

mational posters that lined the room showing population growth and other tribal statistics.

"In [the year] 2035 we're going to be at a population of 6,000 or 6,500 tribal members. We, whoever is sitting on the Board, have to do what we can to maintain what we have," Fryberg stated. "In my opinion, that means we need to get out and make more money. We have a lot of ideas, first we have to vet every single one of them to make sure they make sense."

Fryberg cautioned that growth requires resources. The decision to distribute a \$3,000 bonus per capita used quite a bit of Tulalip's existing resources.

"It's a balancing act," he said. "You need money to make money. The members spoke and that is their right. It left us with very little unallocated money for 2015. Sooner or later, the Chairman pointed this out, we won't be able to give a per capita. But for right now, new revenue is our challenge. For us on the Business Committee, that's why they [Tulalip citizens] elected us."

In looking back over the motions, Fryberg was optimistic. He acknowledged that the Board has work to do to address the underlying concerns that drove the motions to the General Council floor. He talked about the motion to have all policies reviewed and approved by the General Council prior to being enacted.

"It would have tied out hands," said Fryberg. "What the membership failed to realize is that there are policy changes all the time. For us to go that route, it would have been real tough for us to conduct business. I think what they are getting at is they don't understand the handbook, and I agree we need to have more meetings throughout the community."

Medical marijuana, Fryberg said, is an issue that he didn't originally support. Through research, he's changed his stance, but still worries about kids and whether having medical marijuana in the community will

negatively affect them.

"Early on I didn't understand medical marijuana. I still don't support recreational marijuana, but I'm going to volunteer to be one of the Board that go to the Department of Justice. If we're moving down that road as a tribe, we have to educate our kids. They'll see mom or dad physically use marijuana, we need to educate them about what it is and what it does to you."

Although the motion passed, Fryberg pointed out that marijuana, medical and recreational, is still currently illegal on the Tulalip Reservation.

"Our tribal leadership doesn't supersede the federal government," he said.

Another concept that concerned Fryberg, was the motion to stop development until services are fully funded and debt is paid down.

"We have to continue economic development to sustain the Tribe," Fryberg explained. "It's simple math, the money for our services and these motions has to come from somewhere. We've been paying back our debt aggressively and we've already paid 50% of it, so we're good there."

Although he doesn't agree with freezing development, Fryberg said there is a good way to move forward, and that includes smart land purchases, proven business opportunities and diversification.

"Carol Hunter Jones said something, and I'm not sure many people heard it," he said. "If someone came in here to the casino and even threatened Ebola, what would that do to our business? If we have a terrible winter and have to shut down, what would that do? I'm a firm believer that we need to move forward, work harder and get motivated to bring new ideas to the table. There are 250 acres of useable land around our casino and we've brought on a firm to help us master plan our area. We need to continue to move forward and bring in new money for the Tribe."

Fryberg is currently leading the project team working on the remodel of the QCC casino and the Justice Center. Both, he explained, are vital to Tulalip's future.

"Our budget is going to grow by \$1.3 million a year just due to new babies being born," he said. "That's pretty staggering. That means I have to help us make \$1.3 million more every year just to maintain. We also have a problem, conservatively 41% of our people are addicted. I recently asked staff about statistics for our drug endangered children. We need to realize that a percentage of our future leaders will need services to help them be healthy adults."

There's also a challenge of staying competitive and attracting the most talented employees to work for the Tribe.

"We've been wrestling with us vs. them, employees vs. tribal members," he admitted. "The leaders before me set a foundation of taking care of our employees. At one time we had some of the best employee benefits, next to Boeing. Employee medical costs were a \$4 million hit this year, but it had to be done. We don't cover spouses medical anymore. As we move forward we really need to look at how to balance the needs of both our members and employees."

Last, Fryberg took time to recognize the current and past elders and their influence on Tulalip.

"I'm glad that the Chairman recognized my Grandpa Frank [Madison]," he said. "He had a voice, and me, my cousin Dodie [Shirley 'Dodie' Jones], we were taught by my grandpa to stand up for what we believe in. I was really honored also to see Loretta [James] here. I was fortunate enough to go to a training with her about tribal justice. Her passion is still for those beda?chelh kids. I also really respect that when she talked today, the people listened. She's 83 years old, I hope I make it to that age."

Councilwoman Sheldon says change and transparency needed following Semi-Annual meeting

By Niki Cleary

Board of Director Theresa Sheldon said she ran for the Board in order help the people. After the Semi-Annual General Council meeting, she described some of the changes she sees necessary to going forward.

"I feel like our meeting needs to be structured better," she said. "Right now, you genuinely don't know what will be discussed until you get there. If there was an actual agenda before-hand so that everyone knew what we were voting on, I think it would go smoother. We could have our community send in motions and resolutions the week before the meeting and literally create an agenda so that our members know that at 10:00 we'll be looking at this issue."

She feels there's a lack of trust in the community because there is a lack of understanding, both of issues and processes.

"We need a Robert's Rules of Order training for our community, if we had one every year we'd have our own parliamentarians. We can empower our own people to correct the meeting, that's the true way to make the meeting equal. When we're all using the same rules and enforcing the same processes, that levels the playing field. That way no one feels tricked and we're all coming from the same understanding."

The "tricked" feeling Sheldon referred to, was a sentiment expressed by the voters after an amendment vote. Sheldon, doesn't feel that it was an unfair vote, although she believes that a re-vote would have boosted confidence from voters.

"There were 280 responses on the amendment and 294 votes on the main motion. That's the most

votes we had all day," she pointed out.

In general, however, Sheldon worries that the Board is not good at communicating with Tulalip citizens. She recalled a complaint that the Board travels to Washington D.C. too often and the belief that when the Board travels they are not taking care of the needs at home.

"We are not explaining what our job is very well," she said. "We're not general managers, we are not day-to-day operations of the Tribe. That's not our



job. We're elected to serve and we have a constitution that outlines our duties. The very first power that we have is to negotiate with the Federal Government on behalf of our Tribe. We work with the feds day in and day out to fight to change laws and agencies that affect us. We fight in D.C. to make things better."

Some of the motions voted on during the Semi-Annual General Council meeting, specifically the vote to legalize medical marijuana, will certainly require the Board to travel. Sheldon said it will also take a lot of internal work.

"I fully support medical marijuana," Sheldon stated. "First, we have to decriminalize it in our codes, change our codes so it's not a crime to possess an ounce of marijuana or less. It will jeopardize some of our grants including HUD and IHS. Then we have to do all of the human and social work. How are we going to handle it with beda?chelh?

How do we handle marijuana with employees? Also, we need to do some education, you still won't be able to smoke marijuana in a HUD house or in our casino. There is a lot of work that still has to be done, this motion doesn't make marijuana legal right now, it asks us to move forward to make it legal."

Meaningful citizen review is high on Sheldon's list of priorities, and staff are already making efforts to gather input on proposed changes.

"I agree that we need to have a consultation process with

tipping," said Sheldon. "When we have \$70 million going out the door for per capita, we're hamstrung. This isn't about blaming the people, the reality is when we're spending every dollar we make, we're not being fiscally responsible.

"In any budgeting program they teach you that you should have six months of savings," she continued, "six months to pay your bills with no income. Mel is the one that started our rainy day account, we put \$4 million a year into an account for a major disaster where our casinos are down. It's taken about 15 years to get to 47 million. That's barely covers one month. I don't know how to explain how dangerous that is. I don't know how we grow. I don't know how we build a school, expand our language program when we are spending all that we earn.

"Our people also forget that employment is a service of the tribe. A lot of times we look at the tangibles when we look at services. What do I get, what can I come in for and fill out a form to get. We look at college tuition, shoe vouchers, but forget our people also have a job that pays a liveable wage."

Despite the funding challenges, Sheldon was glad to see a vote to take care of elders and is looking forward to the challenges of implementing the Semi-Annual General Council motions.

"The intent of the Elders Replacement Program was to assist our elders who financially or physically didn't have the resources to live in an appropriate and safe home," she said. "For elders who had condemned homes, homes that were beyond repair and who financially couldn't afford a new home or to replace the foundation of an 80 year-old home, this was a godsend.

"Right now the only requirement is that you be 62 to qualify. The program provided funds to pay off an existing mortgage or to remodel or build a new home. I'm so excited for those elders who have lived in substandard conditions to now be able to live in a comfortable and safe home. It's a blessing for them."

Confronting the past in order to renew

By Roger Vater

During the week of November 3-9 on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on <http://www.tulalip.tv> you can watch the documentary “The Thick Dark Fog” at 10:30 a.m., 10:00 p.m. and 4:30 a.m.

At the age of five, Walter Littlemoon (Lakota) was removed from his family to attend a federal government boarding school where his culture, language and spirituality were suppressed. Embark on Walter’s journey to heal himself and his community while reclaiming his heritage.

The mission of many of these schools in 1950 was still to “kill the Indian and save the man.” The children were not allowed to be Indians - to speak their language or express their culture or native identity in any way at the risk of being severely beaten, humiliated or abused. What effects did these actions cause?

Many Indians, like Walter, lived with this unresolved trauma into adulthood, acting it out through alcoholism and domestic violence. At age 58, Walter decided to write and publish his memoirs as a way to explain his past abusive behaviors to his estranged children. But dealing with the memories of his boarding school days nearly put an end to it.

You can watch “The Thick Dark Fog” and many other Native programs on Tulalip TV, Channel 99 on Tulalip Broadband or streaming live on <http://www.tulalip.tv> on a PC, Mac or any ‘Smart’ device such as phone or tablet.

For a current schedule of Tulalip TV, you can always visit: <http://www.tulalip.tv> com/tulalip-tv-schedule



Program description source: <http://www.nativetelecom.org/films/thick-dark-fog>

Levy from front page



Tulalip Bay Fire Chief Teri Dodge, pictured third to last in back row, with a handful of the volunteer firefighters that serves the northern half of Tulalip from Priest Point area to Fire Trail Road.

Article and photos by Brandi N. Montreuil

Firefighters at the Snohomish County Fire District #15, known as the Tulalip Bay Fire Department, are asking Tulalip tribal members to consider them when voting in this year’s general election, held on November 4.

The fire department, which services 12,000 people living in an area of 22 square miles

on the Tulalip Indian Reservation, is seeking permanent funding by way of an Emergency Services Property Tax levy. The levy will expand the department’s services to include Basic Life Support ambulance transport and improve current emergency medical services, if passed.

The Tulalip Tribes Board of Directors supports the levy and has promised to match

the requested \$80,000 in the levy. This will provide funding for additional staff to transport patients to local area hospitals during medical emergencies.

The fire department receives 700 calls a year, with 90 percent requiring medical transport. If the levy passes, Tulalip Bay Fire Chief Teri Dodge states the funding will minimize the department’s need for private ambulance services and provide essential training for staff.

“With the addition of the Tulalip Early Learning Academy in Tulalip, the need to have our own transport has increased,” said Dodge.

“We’ve never had a levy not pass, but we need a 60 percent majority for it to pass,” continued Dodge.

The station currently has a rotating shift of 32 volunteer firefighters, but due to a lack of funding the department has not been able to staff for their own ambulance transport.

If the levy passes it would eliminate wait times for ambulances and cut patient costs.

According to the Tulalip Bay Firefighter’s Association, if the levy is passed, “the maximum tax increase per \$200,000 assessed valuation will not exceed \$50 per year or approximately \$4.16 per month.”

“This levy will help us help the people who are like family to us. We have a great history with the community. This department is different than any other fire department. Our staff goes through extensive cultural training and it is reflected in the diversity of our staff. If the levy passes the cost will be a third of what it is now for our community,” said Dodge.

Sports

Hawks battle it out against Lopez Island Lobos, 22-80

Article and photos by Brandi N. Montreuil

Tulalip Heritage Hawks played the Lopez Island Lobos, 22-80, on Saturday, October 18, at the Quil Ceda Stadium.

The Hawks put up a great defense despite two turnovers during the game resulting in touchdowns for the Lobos, who at the time of this article are third in the Northwest 1B varsity football league, with the Hawks closely following with three wins and two losses this season.



Heritage Hawk Robert Miles Jr. shakes hands in a show of good sportsmanship before the Hawks game against Lopez Lobos.



Hawks defense gets set to block the Lobos offense.

Heritage Hawks – 6 22 0 0 – 22
Lopez Lobos – 22 26 20 12 – 80

You can watch a replay of the Heritage Hawks game against Lopez Island Lobos on channel 99 on Tulalip Broadband or online on demand at www.tulaliptv.com.

Lady Hawks show team spirit against Highlanders, 0-3



Lady Hawks head coach Raveon Harrowa teaches a team building philosophy which has created greater communication between the Lady Hawks.

Article and photos by Brandi N. Montreuil

Tulalip Heritage Lady Hawks hosted the Providence Classical Christian Highlanders on Monday, October 20, at the Francis J. Sheldon Memorial Gymnasium at Heritage High School.

The Lady Hawks were up for a tough battle when they walked onto the court to play the Northwest 1B varsity volleyball league's top contender, having only lost two games this season.

In spite of the lacking score, the Lady Hawks performance during the game is a far cry from their last two seasons under coach Amy Andrews. New head coach Raveon Harrowa has used her strong background in volleyball to create a team spirit within the Lady Hawks ranks. This has resulted in consistent communication during rallies, something Coach Andrews struggled to develop in the team.



Heritage Lady Hawks Myrna Redleaf gets ready for a return set.

While the Lady Hawks continue to seek their win, the team's growth cannot be denied as sportsmanship and team spirit bring their own winning qualities to the young team.

You can watch all Hertiage Lady Hawks home games on channel 99 on Tulalip Broadband or online at www.tulaliptv.com.

TRICKS OR TREATS CAN BECOME TANTRUMS AND TOOTH DECAY

By Niki Cleary

Halloween is a magical time filled with fun, make-believe and, of course, candy, candy, candy. Unfortunately, the delicious caramels, chocolates, gummy treats and hard candies are not necessarily good for you. Here's how to avoid some of the worst offenders and minimize the candy crash after Halloween.

What is sugar?

Sugar is a simple carbohydrate. The white sugar that you buy at the store is usually taken from sugar cane or sugar beets and processed to remove the plant material and other substances, leaving only the sugar crystals. I want to make clear, sugar occurs naturally in fruits and vegetables. Any time a food tastes sweet (think bananas, sweet potatoes or pumpkin), it's because the food contains a lot of naturally occurring sugar. However, with natural sugars, the fiber and other nutrients in the plant help your body process the sugar more slowly, which reduces its negative effects. Added sugars, which are simple or processed sugars, are the more dangerous sugars.

Diabetes, tooth decay and the sugar hangover

In Native America, one of the most common specters of sugar consumption is diabetes. Only slightly less publicity is given to tooth decay. For parents, probably the most common and least talked about aspect of sugar is the dreaded "sugar hangover". Bodycology.com explains that sugar affects the body in a way similar to alcohol. It's processed by the liver, kidneys, stomach and small intestines, so dehydration, electrolyte imbalances and tummy troubles can result in 'hangover' like symptoms. Over eating sugar can cause fuzzy thinking, lethargy, headaches, joint pain, constipation or diarrhea, skin problems or allergy symptoms and mood swings. If you've ever given a tod-

dler chocolate near bedtime, you can attest to the mood altering properties of sugar.

The best defense against the perils of sugar is moderation. Limit the amount of sugar that you consume, and if you do provide candy, stay away from sticky candies and hard candies. Sticky candies stay glued to your teeth longer, especially in the hard to reach areas between teeth, increasing the possibility of tooth decay. Hard candies can literally break teeth when chewed. Candies that dissolve quickly, soft candies and chocolates are a better dental choice than taffy, caramels and jaw-breakers.

Don't underestimate the power of brushing teeth, or just following candy with a glass of water to remove sugar residue from teeth. Halloween is also a great time to schedule your next dental check-up and talk to your dentist about strategies to keep teeth healthy and clean.

How to avoid the candy trap

One great strategy is to host a Halloween party instead of going trick or treating. Halloween parties allow you to maximize the creepy décor and enjoy tasty and healthy treats that have all the fun of Halloween without the sugar.

Instead of bowls of candy, try scary appetizers and snacks. Spidery deviled eggs are an easy, high protein snack. Top your favorite deviled egg recipe with black olives. Use a half-olive for the body of the spider and slivers of olive for the legs. A name change and some food coloring can quickly revamp dinner into something scary. Spaghetti and meatballs can become worms and eyeballs. Add some green or blue food coloring to tomato soup and cut your bread and cheese with a "hand" cookie cutter for hand sandwiches and black sludge. Maybe try your hand at carving jack-o-lantern stuffed peppers.

Want to involve your kids in the food prep? Start a Halloween tradition of baking and decorating cookies. Roll out either store bought or home-made sugar cookie dough, cut with Halloween cookie cutters, bake, then decorate with colorful icing. Again, you can make your own icing, or buy it for quicker, easier decorating.

Instead of sugar cookies, you might enjoy witches' fingers. This works with any shortbread cookie recipe or even canned biscuits or breadsticks, add green food coloring or roll in ground almonds for a witchy skin tone. Roll the dough into cylinders, pinch the dough in two places to create skinny 'fingers' with arthritic knuckles, and slice the top of the 'knuckles' to add wrinkles, insert a sliced almond for the finger nail, and voila, enjoy a crunchy, creepy treat.

If you do end up with tons of candy, consider relying on the Switch Witch. Legend has it that the Switch Witch will trade your candy for prizes and money if you leave it out for her (she must be related to the Tooth Fairy). Many dentists will also trade candy for toothbrushes, stickers and other fun dental health items. Another option is to donate your candy to service men and women who may not have access to their candy favorites while they serve overseas in the military.

Whatever you do this Halloween, don't forget the costumes and lots and lots of fun!

Web resources

www.Allrecipes.com/recipes/holidays-and-events/Halloween
<http://www.halloweencandybuyback.com/>
<http://www.switch-witch.com/>
http://bodycology.com/articles/sugar_hangover_physical_emotional_symptoms.php#.VEAOTLd0zcs
<http://www.diabetes.org/>

Sweet Stuff

How sugars and sweeteners affect your health

Submitted by Sandy Evans, RN, MPH, Tulalip Medical Reserve Corps Coordinator. Information from National Institute of Health, www.newsinehealth.nih.gov

Most of us love sweet foods and drinks. But after that short burst of sweetness, you may

worry about how sweets affect your waistline and your overall health. Is sugar really bad for us? How about artificial or low-calorie sweeteners? What have scientists learned about the sweet things that most of us eat and drink every day?

Our bodies need one type of sugar, called **glucose**, to survive. "Glucose is the number one food for the brain, and it's an extremely important source of fuel throughout the body," says Dr. Kristina Rother, an NIH pediatrician and expert on sweeteners. But there's no need to add glu-

cose to your diet, because your body can make the glucose it needs by breaking down food molecules like **carbohydrates**, proteins, and fats.

Some sugars are found naturally in foods, such as fruits, vegetables, and milk. "These are healthful additions to your diet," says Dr. Andrew Bremer, a pediatrician and NIH expert on sweeteners. "When you eat an orange, for instance, you're getting a lot of nutrients and dietary fiber along with the natural sugars."

Although sugar itself isn't bad, says Rother, "sugar has a bad reputation that's mostly

deserved because we consume too much of it. It's now in just about every food we eat."

Experts agree that Americans eat and drink way too much sugar, and it's contributing to the obesity epidemic. Much of the sugar we eat isn't found naturally in food but is added during processing or preparation.

About 15% of the calories in the American adult diet come from added sugars. That's about 22 teaspoons of added sugar a day. Sugars are usually added to make foods and drinks taste better. But such foods can be high in calories and offer none of the healthful benefits of fruits and other naturally sweet foods.

Sugar-sweetened beverages like soda, energy drinks, and sports drinks are the leading source of added sugars in the American diet. Juices naturally contain a lot of sugar. But sometimes, even more is added to make them taste sweeter.

"Juices offer some vitamins and other nutrients, but I think those benefits are greatly offset by the harmful effects of too much sugar," says Bremer.

Over time, excess sweeteners can take a toll on your health. "Several studies have found a direct link between excess sugar consumption and obesity and cardiovascular problems worldwide," Bremer says.

Because of these harmful effects, many health organizations recommend that Americans cut back on added sugars. But added sugars can be hard to identify. On a list of ingredients, they may be listed as sucrose (table sugar), corn sweetener, high-fructose corn syrup, fruit-juice concentrates, nectars, raw sugar, malt syrup, maple syrup, fructose sweeteners, liquid fructose, honey, molasses, anhydrous dextrose, or other words ending in "-ose," the chemical suffix for sugars. If any of these words are among the first few ingredients on a food label, the food is likely high in sugar. The total amount of sugar in a food is listed under

"Total Carbohydrate" on the Nutrition Facts label.

Many people try cutting back on calories by switching from sugar-sweetened to diet foods and drinks that contain low- or no-calorie sweeteners. These artificial sweeteners—also known as sugar substitutes—are many times sweeter than table sugar, so smaller amounts are needed to create the same level of sweetness.

People have debated the safety of artificial sweeteners for decades. To date, researchers have found no clear evidence that any artificial sweeteners approved for use in the U.S. cause cancer or other serious health problems in humans.

But can they help with weight loss? Scientific evidence is mixed. Some studies suggest that diet drinks can help you drop pounds in the short term, but weight tends to creep back up over time. Rother and other NIH-funded researchers are now working to better understand the complex effects that artificial sweeteners can have on the human body.

Studies of rodents and small numbers of people suggest that artificial sweeteners can affect the healthful gut microbes that help us digest food. This in turn can alter the body's ability to use glucose, which might then lead to weight gain. But until larger studies are done in people, the long-term impact of these sweeteners on gut microbes and weight remains uncertain.

"There's much controversy about the health effects of artificial sweeteners and the differences between sugars and sweeteners," says Dr. Ivan de Araujo of Yale University. "Some animal studies indicate that sweeteners can produce physiological effects. But depending on what kind of measurement is taken, including in humans, the outcomes may be conflicting."

De Araujo and others have been studying the effects that sugars and low-calorie sweeten-

ers might have on the brain. His animal studies found that sugar and sweeteners tap differently into the brain's reward circuitry, with sugars having a more powerful and pleasurable effect.

"The part of the brain that mediates the 'I can't stop' kinds of behaviors seems to be especially sensitive to sugars and largely insensitive to artificial sweeteners," de Araujo says. "Our long-term goal is really to understand if sugars or caloric sweeteners drive persistent intake of food. If exposed to too much sugar, does the brain eventually change in ways that lead to excess consumption? That's what we'd like to know."

Some research suggests that the intensely sweet taste of artificial, low-calorie sweeteners can lead to a "sweet tooth," or a preference for sweet things. This in turn might lead to overeating. But more studies are needed to confirm the relative effects of caloric vs. non-caloric sweeteners.

"In the long run, if you want to lose weight, you need to establish a healthy lifestyle that contains unprocessed foods, moderate calories, and more exercise," Rother says.

When kids grow up eating a lot of sweet foods, they tend to develop a preference for sweets. But if you give them a variety of healthy foods like fruits and vegetables early in life, they'll develop a liking for them too.

"It's important for parents to expose children to a variety of tastes early on, but realize that it often takes several attempts to get a child to eat such foods," says Bremer. "Don't give up too soon."

The key to good health is eating a well-balanced diet with a variety of foods and getting plenty of physical activity. Focus on nutrition-rich whole foods without added sugars. Get tips on healthy eating and weight control at <http://win.niddk.nih.gov>.

Elders and Gambling

Submitted by Sarah Sense-Wilson, Tulalip Tribes Family Services

There are some reasons why seniors are drawn to gambling activities:

Loneliness - Many elders have lost their spouse, their friends, and possibly their children. The family they have may live far away, offering little comfort for the loneliness an elder might encounter.

Loss of physical capability - Through the aging process, people may lose the ability to participate in hobbies and skills that they enjoyed when they were younger. Gardening and knitting, bowling and dancing, may no longer offer the pleasure they once did because of physical changes that have taken place in the body.

Boredom - The elder no longer has a job to go to regularly. There is not the ability to produce products or services that once was there. There is a lot of time available, but the choices of what to do with that time may be limited.

Gambling offers:

- Excitement
- Respect and recognition
- Hope
- Socialization
- Entertainment
- A pleasurable way to pass time

But for Elders, gambling can lead to:

- Loss of control
- Lying
- Bankruptcy
- Breaking the law
- Shame
- Broken relationships
- Dependence on children for financial assistance or bailout
- Financial disaster
- Inability to afford necessary medications
- Loss of house/property
- Worsening health problems

For Elders, here are some alternatives to gambling:

- Community and cultural activities
- Read alone or to the children at the Hibulb Museum or tribal schools

Health

- Take a tribal language class or learn cedar weaving, beading, coastal art design, carving, drumming/singing or something new
- Volunteer at the tribal schools, Hibulb Museum, church, park, or community center
- Journal, life story book
- Photo and/or picture taking or preserving
- Join exercise group, walking club
- Join or create a Book Club

If you are interested in learning more about treatment or support groups for Problem Gambling please contact Sarah Sense-Wilson at Tulalip Tribes Family Services at (360) 716-4304

Hello Gambling Addiction

Submitted by Sarah Sense-Wilson, Tulalip Tribes Family Services

It's been 22 days since we've last gotten together. I remember when we first met. The playfulness and thrill of a new relationship was exciting and fun. I loved watching the Monday Night Football games knowing I had some vested interest in one of the teams because I knew there would be a payout a jackpot if you will, if my team won. The payoff was a full meal at Burger King and bragging rights for the week. Our relationship started so innocently. Nobody got hurt or did they?

You fooled me Gambling addiction, you lured me in. I was hooked on the action, our relationship progressed. We took exciting trips together, to Reno. But with card rooms popping up and with building of Casinos the need to travel out of state waned. All I had to do is hop on the freeway and we could be together in minutes. Blackjack, lotto, and keno, scratch tickets all gave way to something bigger, brighter, and more seductive..casino gambling.

Our relationship was starting to stale but you spiced it up with new make-up, a facelift, if you will. You know I'm talking about your beautiful slots. You promised big payouts and fun at every turn or push of

a button. For every jackpot or big win there are 50 bad dates, horrible nights spent together all ended in misery, rejection, and self-loathing. Gambling Addiction, we've spent 30 years together. You've been my partner that does not care what happens to me. You do not care about my finances, my emotions, my physical wellbeing, or my family. Gambling addiction you've cost me roughly \$200,00.00 over the past 30 years. You've cost me lost sleep, countless hours worrying, but the one thing that is most unforgiveable and most devastating is lost time with my family. I deserve better, we meaning my family deserves better.

I will not miss you, though I may think about you on occasion, when thinking of you it will be a reminder of how good, no great my life is without you as my partner.

Life without you will result in a financial jackpot at the end of every month, and I won't have to meet you for this to occur and most importantly, I will spend time with the people who really care about me.... my family.

Goodbye and good riddance Gambling Addiction

- Anonymous

If you or a family member is experiencing problems with Gambling addiction, please contact Tulalip Tribes Family Services Problem Gambling Treatment program for services at (360) 716-4304

Community

Drew Hatch is Pilchuck Senior Homecoming King Jaylan Fryberg is Freshman Prince

Submitted by Tony Hatch

Drew Hatch is Marysville Pilchuck Sr. Homecoming King. Drew's mom and dad are Tony and Summer Hatch, and his grandparents are Helen and Al Fenrich, and Lena and Mark Hammons.

Jaylan Fryberg is Freshman Prince. Jaylan's mom and dad are Ray Fryberg Jr. and Wendy Fryberg and his grandparents are Ray and Sheryl Fryberg and Sharon Morken.



The Royal Couple.

Left: Drew and Jaylan



The canoe golf cart!

Letters

Jones Family Gathering

We had our Jones family gathering September 14, 2014 and we had a great turn out. Someone told Ginnie, you sure have a big family and she said this is only about half of them – so hopefully next year more of our family will turn out. We shared some good laughs, great food and got to visit with each other. Here is a picture of our family out behind the Kenny Moses Building. The next photo is of us Jones that belonged to George Jones, Sr. and his wives (Juanita & Louella (Lou) and our spouses. The next is of Stan saying the blessing before we ate – the last is everyone eating.

A big thanks to Dawn for renting the building, and for April, Carrie, Debbie, and whoever else planned and worked very hard on making this gathering a success – hope to see you all next year.

Joy and Shelly Lacy

P.S. I hired Jenny L. Hammer Photography for two hours to take photos of our family gathering, she took Joylee's graduation photo and did a great job. She took over 300 photos of our family which I plan on sharing with my family. I just love the one of us all together - it is priceless to me. If you need a great photographer for individual photos or for family gatherings her number is 425-232-7961.



The Jones Family celebrating September birthdays.



Carol, JoAnn, Stan and Dale. Stan is saying a prayer before lunch.

Below: Jones Family Reunion, September 14, 2014.



Harvey Eastman, Joylee, Jonnie, Shelly, Joy Lacy, Marysa, Adam and Jerad.



Above: Bev, Delmer, Marvin, Toby, Richard, Ginnie, Dale, Barb, Joy, Stan, JoAnn, Dawn, Glen, (we are missing Gunny & Millie, Millie was in Alaska and couldn't make it, and Carol (Billy)).

Right: Three generations of Lacys. Shelly, Joylee and Jonnie.



Letters

Taxable Per Capitas

A couple years ago when our per capita payments were raised and the income was not coming from our natural resources (rental of tribal trust property, leases from tribal trust property), and tribal members wanted to raise our per capita payments, our per capita payments became subject to federal income taxes by the Internal Revenue Service.

At that time I went to a Board of Directors meeting on a Saturday and begged them to educate our tribal members on Federal Income Taxes and to make sure our tribal members were notified their per capita payments as well as their children's were subject to Federal taxation

from the IRS. I told them that if our tribal members were not notified and educated on what could happen if they didn't report their own and their children's per capita payments Tribal members would be in a world of hurt as there is no doubt the IRS would catch up to them and bill them for the taxes that were owed. Not only that but the IRS charges big interest rates on past due taxes. There are no recourses individuals can take on past due federal taxes, you are liable and have to pay the IRS or they can put you in jail for unpaid taxes.

I am very disappointed in the Board and as far as I can see took no action as I have never received or seen them offer tribal members via our paper nor have we been provided anything in writing on legal advice regarding what would happen if we do not report to the IRS the per capita

funds we receive for ourselves or our children.

The Tribal finance department sends out yearly 1099 forms for funds Tribal members receive from the Tribe and that includes our per capita; however, there are never any instructions on what needs to be done with this form. You have to be educated in federal income taxes to know exactly what these forms are for.

My question is "WHY CAN'T OUR FINANCE DEPARTMENT HAVE TRIBAL MEMBERS IF THEY WISH FILL OUT FORMS IN ADVANCE AND HAVE FEDERAL TAXES TAKEN OUT OF THE PER CAPITA PAYMENTS BEFORE WE RECEIVE THE FUNDS ? THEY DO THIS FOR EMPLOYEE WAGES AND COULD VERY WELL BE DOING THIS FOR OUR

PER CAPITA PAYMENTS. WHAT IS OUR FINANCE OFFICE FOR AS THEY ARE OUR EMPLOYEES AND SHOULD BE WORKING TO PROTECT US AS TRIBAL MEMBERS?

I DO NOT BLAME THE FINANCE STAFF AS THIS TYPE OF AN ORDER NEEDS TO COME DIRECTLY FROM THE TOP AND THAT IS OUR BOARD OF DIRECTORS.

I am handing this out at our Semi-General Council meeting on 10/18 as well sending it to the Sey-Yat-Sub for all tribal members since I am aware of the IRS sending out tax due bills.

Virginia (Ginnie) Carpenter
Tulalip Elder #T-105

Tulalip Tribal Court Notices

TUL-CV-GU-2014-0404 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA In re Custody of: N.J., J.J. D.O.B. 01/22/03, 01/14/04 To: Jimmy Robert Jones: YOU ARE HEREBY NOTIFIED that on October 8, 2014 a Petition for Custody/ Parenting Plan was filed in the above-entitled Court pursuant to Tulalip Tribal Code Chapter 4.20 regarding N.J. and J.J. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer the complaint within sixty (60) days from the date of the first publication of this summons in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 29, 2014.



NEW HOMES

TULALIP BAY
Homes

TULALIP TRIBES

**Contact Tulalip Housing
at 360 - 716 - 4580**

**Available to
Tulalip Tribal Members Only!**
"Sold Through Section 184 Home Loan Program"

TUL-CV-GU-2014-0335 and TUL-CV-GU-2014-0336. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re N.J.M. and M.A.M. TO: Elsie Price II: YOU ARE HEREBY NOTIFIED that on September 27, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding N.J.M. and M.A.M. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on February 19, 2015 at 9:30 AM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 29, 2014.

TUL-CV-GU-2014-0385 and TUL-CV-GU-2014-0386. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re S.W.M. and I.D.M. TO: Shane Moses Sr. and Denise Jones: YOU ARE HEREBY NOTIFIED that on September 24, 2014 a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding S.W.M. and I.D.M. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on December 18, 2014 at 2:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 29, 2014.

TUL-CV-CU- 2014-0363 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA In re Custody of T.C.-J. To: Little Buck Dale Wayne Jones, II YOU ARE HEREBY NOTIFIED that on September 12, 2014, a Petition for Residential Schedule/Parenting Plan was filed in the above-entitled Court pursuant to Tulalip Tribal Code Chapter 4.20 regarding T.C.-J. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer on November 25th at 10:30 am in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 8, 2014.

TUL-CV-YI-2010-0173 – 0179 and TUL-CV-YI-2012-0362. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re T.M., T.M., C.M, C.M., L.M, L.M, B.M., M.M. TO: Dora Johnson: YOU ARE HEREBY NOTIFIED that on September 30, 2014 a Motion and Order for a Show Cause Hearing was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on December 9, 2014 at 11:30 AM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 29, 2014

Notices

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2013-0406 Summons by Publication and & Notice of Petition for Forfeiture In ONE THOUSAND THIRTY FIVE DOLLARS (\$1,035.00) in U.S. Currency Justin Weese or any other owner or interest holder:

On July 5, 2013, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an

order of forfeiture of your property; 4) that if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 1, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. David Wall, Prosecutor, WSBA #16463, Prosecutors Office 6203 31st Ave. NE, Suite B, Tulalip WA 98271, 360-716-4810 ph, 360-716-0658 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2013-0115 Summons by Publication and & Notice of Petition for Forfeiture In REM CHEVROLET BLAZER (VIN #1GNDT13W262101272) Christine Rookard or any other owner or interest holder: On March 11, 2013, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of forfeiture of your property; 4) that

if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 1, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. David Wall, Prosecutor, WSBA #16463, Prosecutors Office 6203 31st Ave. NE, Suite B, Tulalip WA 98271, 360-716-4810 ph, 360-716-0658 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2012-0442 Summons by Publication and & Notice of Petition for Forfeiture In REM THREE HUNDRED TWENTY DOLLARS (\$320.00) IN U.S. CURRENCY Anthony Collister or any other owner or interest holder: On August 17, 2012, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of forfeiture of your property; 4) that

if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 1, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. David Wall, Prosecutor, WSBA #16463, Prosecutors Office 6203 31st Ave. NE, Suite B, Tulalip WA 98271, 360-716-4810 ph, 360-716-0658 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA, No. TUL-CV-FO-2012-0443 Summons by Publication and & Notice of Petition for Forfeiture In REM 1999 FORD EXPLORER (VIN #1FMZU3503XZA98428) Dylan Deinas or any other owner or interest holder: On March 11, 2013, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of forfeiture of your property; 4) that

if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 1, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. David Wall, Prosecutor, WSBA #16463, Prosecutors Office 6203 31st Ave. NE, Suite B, Tulalip WA 98271, 360-716-4810 ph, 360-716-0658 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2014-0133 Summons by Publication and & Notice of Petition for Forfeiture In REM NINE THOUSAND NINE HUNDRED SIXTY TWO DOLLARS (\$9,962.00) In U.S. Currency. Lukaraya Lumley or any other owner or interest holder: On April 23, 2014, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result

in an order of forfeiture of your property; 4) that if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 12, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Office of the Prosecuting Attorney

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2012-0598 Summons by Publication and & Notice of Petition for Forfeiture In REM NISSAN ALTIMA (VIN #1N4BU31D7SC141445) Karen Nesbit or any other owner or interest holder:

On November 21, 2012, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of forfeiture of your property; 4) that if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 1, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. David Wall, Prosecutor, WSBA #16463, Prosecutors Office 6203 31st Ave. NE, Suite B, Tulalip WA 98271, 360-716-4810 ph, 360-716-0658 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2014-0134 Summons by Publication and & Notice of Petition for Forfeiture In REM 2001 MERCEDES 320CV (VIN #2DBLK65G71T078788) Lukaraya Lumley or any other owner or interest holder: On April 23, 2014, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of forfeiture of your property; 4) that if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 12, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Office of the Prosecuting Attorney

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-FO-2013-0041 Summons by Publication and & Notice of Petition for Forfeiture In REM TWO HUNDRED TEN DOLLARS (\$210.00) In U.S. Currency. Kelly Hundahl or any other owner or interest holder: On April 23, 2014, a Petition for Forfeiture of Seized Property was filed in the above-entitled Court pursuant to TTC 2.15. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of forfeiture of your property; 4) that if you intend to call witnesses, a witness lists must be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the forfeiture petition no later than December 12, 2014, and serve a copy on the Prosecuting Attorneys Office within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6103 31st Ave. NE, Tulalip, WA 98271. Office of the Prosecuting Attorney

TUL-CV-GU-2014-0098. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re J.D.M.O. TO: Wendy Tom and Ben Martinez III: YOU ARE HEREBY NOTIFIED that on September 2, 2014, a Petition for Name Change of J.D.M.O. was filed in the above-entitled Court. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on November 5, 2014 at 1:30 PM in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 1, 2014

TUL-CV-CU- 2014-0388 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip, WA In re Custody of E.G. To: Johnny Jerome Gibson, Jr. YOU ARE HEREBY NOTIFIED that on September 25, 2014 a Petition for Residential Schedule/Parenting Plan was filed in the above-entitled Court pursuant to Tulalip Tribal Code Chapter 4.20 regarding E.G. You are hereby summoned to appear and defend the above-entitled action in the above-entitled court and answer on November 20th at 11:00 am in Tulalip Tribal Court, 6103 31st Ave NE, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: October 8, 2014.

What Lushootseed word do you get asked to translate the most?



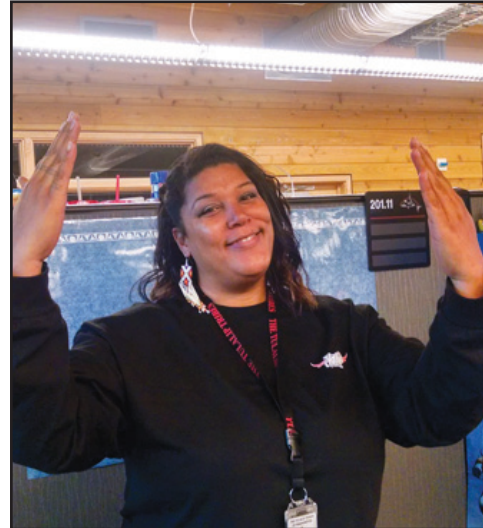
"Tulalip.
dxʷlilap."

Sarah Miller
Tribal member



"I Love you.
ʔəsʰaxʷtubicid čəd."

Natasha Gobin
Tribal member



"Thank you.
ʔigʷicid."

Michelle Myles
Tribal member



"Welcome.
haʔʷ adsʷčil."

Michelle Balagot
Tribal member

Hibulb Events

LECTURE SERIES:
Thursday, November 6 • 6:00 PM to 7:00 PM.
Lance Rhoades. Humanities, Washington.

CULTURE SERIES:
Saturday, November 8 • 1:00 PM to 2:00 PM.
Peter Ali. Flute playing with mini-workshop on how to play a Native Flute.

COMMUNITY EVENTS:
VETERANS DAY
Tuesday, November 11 • 10:00 AM to 5:00 PM
Lecture, Snacks, Demonstration, Workshop, Film - featuring the work of Veterans. Free admission to Veterans and their families.

Thanksgiving Event at Hibulb
Sunday, November 23 • 1:00 PM to 3:00 PM.
Story time - 1:00 PM, Film - 1:30 PM, Crafts - 2:00 PM

Free Thursday November 6 Open until 8 PM
Gift Shop Special: 20% off all footwear in October.

A Journey WITH OUR Ancestors | COAST SALISH **CANOES**

NOW OPEN

For all Hibulb events, call 360.716.2600 or go online.
Fees for all events are the cost of admission.

Lena Jones at 360-716-2640 | Mary Jane Topash at 360-716-2657
lejones@tulaliptribes-nsn.gov | mjtopash@hibulbculturalcenter.org

You can keep the cultural fires burning... VOLUNTEER TODAY!

6410 23rd Avenue NE, Tulalip, WA 98271
HibulbCulturalCenter.org | Find us on Facebook & Twitter!

DIABETES PREVENTION AWARENESS

2014 UPCOMING EVENTS

DIABETES DAY is November 18th from 9:00am - 3:00pm
at Karen I. Fryberg Tulalip Health Clinic
Make a Decision to learn more about Diabetes Care and Prevention

**Happy.
Active.
Life as usual.**

I am not a diabetic. I am a mother, auntie, sister, friend . . . a person with diabetes.

I am not defined by diabetes. I have learned to manage it, and my life goes on in a good way.

I am strong and confident. I will live a long, healthy life with diabetes.

November is National Diabetes Month. Clip out this ad, keep for yourself, or give to a loved one.

Produced by HIS Division of Diabetes Treatment and Prevention. www.diabetes.his.gov

We will be offering the following: Screenings, Diabetes Education, Craft Demonstrations, Dental Exams, TB Tests, Flu Shots, Laboratory, Foot Checks, and Nutrition.

We schedule diabetes appointments for this day with your primary care provider, vision, podiatry and our clinical pharmacist.

Learn about the services our program offers such as:

- Individualized education appointments with our diabetic case managers
- Monthly Comprehensive Diabetes Group classes-officially starts in January 2015
- Wisdom Warriors (a chronic disease self-management group)
- Live HEALTHY PREVENT Diabetes Program - This is an activity based program which officially starts in January 2015

For more information please contact:
Monica Hauser, (360) 716-5725, mhauser@tulaliptribe-nsn.gov
Veronica Leahy, (360) 716-5642, v Leahy@tulaliptribes-nsn.gov