

EPA sued over fish consumption in state

By Gene Johnson, Associated Press

SEATTLE — A fight over how much fish people eat in Washington — and thus, how much toxic pollution they consume — is now in federal court.

Conservation and commercial fishing groups sued the U.S. Environmental Protection Agency on Friday, saying the agency has for too long let state officials underestimate fish consumption, resulting in weaker anti-pollution standards than are needed to protect the public.

The groups, including Puget Soundkeeper Alliance, Columbia Riverkeeper and the Pacific Coast Federation of Fishermen's Associations, reason that if the estimates were more realistic, the state would have to more strictly regulate emmissions of mercury, lead, copper and other toxins — a prospect that con-

See **Fish**, page 3

IND	EX
News	3-7
Community	8
Education	9
Obituaries	10
Notices	11

The man with the camera goes beyond the lens in new skateboarding line

Photographer Ty Juvinel takes his art to the board

See Juvinel, page 7

Diabetes types, misconceptions, and dangers

By Brandi N. Montreuil

There are misconceptions surrounding diabetes, such as it's not serious, a diagnosis automatically means you need insulin, or only older people get diabetes. In fact, diabetes is so misunderstood that the American Diabetes Association has developed a campaign to debunk some of the top ten common myths about the disease.

Data from the 2011 National Diabetes Fact Sheet released in January 2011 stated 18.8 million American adults and children were diagnosed with the disease, leaving only 7 million undiagnosed. The most surprising number was 79 million Americans diagnosed as pre-diabetic.

These number are shocking when applied to the Native American population, which accounts for only 1 percent of the American population, and has 14.2 percent of American Indian and Alaska Natives, 20 years or older, living with diabetes. These numbers represent the epidemic of diabetes in Indian country.

For the first time in history there is a significant increase of type 2 diabetes in Native American children and adolescents. According

See Diabetes, page 5



Football: Catch Heritage Football Live on Tulalip TV



Tulalip HUD/Tax Credit housing applications will be accepted daily from 8:00 a.m. - 3:00 p.m.

If your family is low income and needs housing assistance please contact Tanisha Fryberg desk:360-716-4450 fax:360-716-0366 tfryberg@ tulaliptribes-nsns.gov

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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.

Tulalip Tribes Mission

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

Tulalip Tribes Values

- 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.
- 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

Manager: Sara "Niki" Cleary, 360.716.4202 email: ncleary@tulaliptribes-nsn.gov Lead Reporter: Brandi Montreuil 360.716.4189 email: bmontreuil@tulaliptribes-nsn.gov Reporter: Andrew Gobin, 360.716.4188 email: agobin@tulaliptribes-nsn.gov Reporter: Monica Brown 360.716.4198 email: mbrown@tulaliptribes-nsn.gov Supervisor/Design: Kimberly Kalliber, 360.716.4192 email: kkalliber@tulaliptribes-nsn.gov Librarian: Jean Henrikson, 360.716.4196 email: jhenrikson@tulaliptribes-nsn.gov Digital Media Coordinator: Roger Vater. 360.716.4195 email: rvater@tulaliptribes-nsn.gov Production Assistant: JD Mowrer, 360.716.4194 email: jdmowrer@tulaliptribes-nsn.gov Administrative Assistant: Val Williams, 360.716.4200 email: vwilliams@tulaliptribes-nsn.gov Volume 33, No. 40, October 23, 2013 Published once-aweek with special issues by the: Communications Dept.



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Deadline for contribution is Friday, with publication on the following second Wednesday (12 days later). In memoriam: Frank F. Madison, 1923-2002 Sherrill Guydelkon, 1945-2008



Heritage Boys Football-Lummi Tulalip Heritage Hawks Boys Football Team vs Lummi Nation 'Blackhawks' Football Team, home game played at the Quil Ceda stadium in Marysville -LIVE Broadcast on Friday, Nov 1 @ 5:30pm

Watch Heritage Boys Football: Mon-Thu @ 1:00pm & 7:30pm Friday, Nov. 1 – LIVE! Broadcast at 5:30pm Sat & Sun @ 1:00pm & 7:30pm

TULALIP TV 99 Monday 10/28/13 thru Sunday 11/03/13			
Time	Show	Duration	
	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the	0:30	
	Tulalio Reservation.		
12:30 AM	A New Start Many aboriginal communities persons with illnesses or injuries may have to leave family & friends	0:30	
	behind to receive, treatment in nearby urban centers.		
1:00 AM	NWIN - 46 NorthWest Indian News: Tribal Journeys: The Paddle to Makah, Japanese Ainu, The Salish Sea,	0:30	
	Stillaguamish Dugout Canoe		
1:30 AM	Smokin' Fish Cory Mann (Tlingit) gets hungry for smoked salmon and decides to spend a summer smoking fish	1:00	
	at a family's traditional fish camp.		
2:30 AM	From the Spirt - George Littlechild George's mixed-media paintings record his personal and family history as	0:30	
	well as his reclamation and re-connection with his ancestral culture.		
3:00 AM	Native Lens #19 Youth Filmmakers of Longhouse Media Present: 68th National Congress of American Indians in	0:30	
	Portland, Oregon; Potlatch Fund Leadership Awards 2011.		
3:30 AM	Creative Native - 301 'Show Stopping Regalia', We examine the cultural relevance of the headdress as as Billy	0:30	
	Burnstick and Scott Hill Jr. demonstrate assembling headgear.		
4:00 AM	Smokin' Fish Cory Mann (Tlingit) is a quirky businessman in Juneau, Alaska. He gets hungry for smoked salmon	1:00	
	and decides to spend a summer smoking fish at a family's traditional fish camp.		
5:00 AM	A New Start Many aboriginal communities persons with illnesses or injuries may have to leave family & friends	0:30	
	behind to receive, treatment in nearby urban centers.		
5:30 AM	Earth Voices - 08 This series profiles Aboriginal People: John Many Wounds - Adoptee, Joey Tambour -	0:30	
	Drummer, Louis Soop - Teacher, Raven Makkanaw - Elder.		
6:00 AM	Rez-Robics: The Exercise Video Aerobic Exercise for Indian People by Indian People, through the eyes of	1:30	
	Drew and Elaine.		
7:30 AM	Tulalip 'Slides' + Total Info Tulalip 'Slides' and Total Info, A service for Tulalip KANU TV viewers - with current	0:30	
	News, Weather, Traffic, Financial, Dailies to keep you informed.		
8:00 AM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the	0:30	
	Tulalip Reservation.		
8:30 AM	Wapos Bay - Ep 2024 Animated Children's Program - T-Bear, Talon and Devon get bored from summer holidays	0:30	
	as Jacob tries to instill pride in them and in Wapos Bay.		
9:00 AM	Heritage Volleyball Heritage Lady Hawks Volleyball home game played at Heritage High School Gym. Game	1:30	
	schedules are subject to change.	4.00	
10:30 AM	Smokin' Fish Cory Mann (Tlingit) is a quirky businessman in Juneau, Alaska. He gets hungry for smoked salmon	1:00	
44 00 414	and decides to spend a summer smoking fish at a family's traditional fish camp.	0.00	
11:30 AM	A New Start Many aboriginal communities persons with illnesses or injuries may have to leave family & friends	0:30	
10 00 DI	behind to receive, treatment in nearby urban centers.	4.00	
12:00 PM	Community Training: ObamaCare On Wed, Sept 18, 2013, a Community Training was held to learn about	1:00	
4.00 PM	eligibility/requirements to enroll for Affordable Care Act, known as ObamaCare.	0.00	
1:00 PM	Heritage Football Tulalip Heritage Hawks Boys Football Team home game played at Quil Ceda Stadium in	2:00	
0.00 DM	Marysville. Game schedules are subject to change.	0.00	
3:00 PM	NWIN - 46 NorthWest Indian News: Tribal Journeys: The Paddle to Makah, Japanese Ainu, The Salish Sea,	0:30	
2.20 DM	Stillaguamish Dugout Canoe.	0.00	
3:30 PM	Wapos Bay - Ep 2024 Animated Children's Program - "A Time for Pride" - T-Bear, Talon and Devon get bored	0:30	
4:00 PM	from summer holidays as Jacob tries to instill pride in them and in their community of Wapos Bay.	0:30	
4:00 PIN		0:30	
4:30 PM	Portland, Oregon; Potlatch Fund Leadership Awards 2011. 2013 Lushootseed Camp Play The Traditional Lushootseed Story, "Lifting up the Sky," is presented as the 2013	1:00	
4.30 FIVI	Lushootseed Language camp play.	1.00	
5:30 PM	Tulalip Matters Tulalip Matters is your destination for information about what is happening on and around the	0:30	
5.50 PIVI	Tulaip Matters Tulaip Matters is your destination for information about what is happening on and around the Tulaip Reservation.	0.50	
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This Schedule is subject to change. To see an updated schedule, go to: http://www.kanutv.com/kanu-tv-99-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.kanutv.com/kanu-tv-99-schedule/. Also, the Tulalip TV Program Schedule is always available on Tulalip Broadband Channel 44 (TV Guide Channel)

Not getting your See-Yaht-Sub?

Contact Rosie Carter at 360.716.4298 or email rcarter@tulaliptribes-nsn.gov

Fish from front page

cerns industry groups and that emerged as a sticking point in budget talks in Olympia last spring.

Businesses must obtain permits before they can discharge pollutants into the state's waters under the federal Clean Water Act, and increasing the estimate of how much fish people eat could result in those permits becoming more restrictive.

The state Ecology Department has worked for years on updating the fish consumption estimates, but Janette Brimmer, an attorney with the environmental law firm Earthjustice, which filed the lawsuit, said it has amounted only to so much dithering. EPA's failure to make the state update its consumption estimates violates the Clean Water Act, she said.

"Washington has known for years their estimates are inappropriate and inaccurate," she said. "They keep having task forces and roundtables, and nothing is happening. My clients finally said enough is enough.

The EPA could not be reached for comment because of the federal government shutdown.

Washington's estimate is that averconsumpage fish tion amounts to just 8 ounces - roughly one fillet — per person, per month. That figure originally came from federal guidelines published

Ħ in 1990, but the EPA # began backing away # from that more than a decade ago and urging # states to adopt more re-# alistic estimates. #

Surveys show # that actual fish con-# sumption rates in # Washington are vast-# # ly higher, especially # among certain popula-# tions such as American # Indian tribes, sport and # commercial fishermen, # Asians, and Pacific # Islanders – some of # which average as much # as the equivalent of a # moderate-sized fillet # # per day, rather than per ***** month. #

Ecology rec-# ognizes the estimate is too low and continues # working on develop-# ing new standards, said # spokeswoman Sandy # Howard. The department is pushing toward # # issuing a draft rule early next year.

"This is very difficult work. The business community has been very vocal; they believe it's impossible work," Howard said. "We think we can have a balance where # we can have environmental protection and a thriving economy."

During the special session of the Legislature last spring, Ecology's efforts to update the fish consumption estimate surfaced as a late point of contention holding up a budget deal. Following concerns voiced by Boeing Co., one of the state's largest employers, the Senate proposed doing a larger study on the issue. The study

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2013 COMM	IISSION ELECTION RESULTS
GAMING (3) three year terms Howard Brown Virginia Carpenter Joy Lacy Shelly Lacy Angela Tait Frieda Williams	2 <u>16</u> 241. 2 <u>02</u> <u>243</u> <u>14</u> 14 14
FISH (2) three year terms Cyrus Fryberg Sr Jereme Gobin Clarence Hatch Jr. Harold Joseph Jr. Harold Joseph III Danny Simpson Sr	294 99 144 103 50 143
PLANNING (2) John Campbell Lou Ann Carter Cherie Farris Kendra Gobin Tracy Patrick Ray Sheldon Jr.	81 KS 914 175 104 175
POLICE (1) Dominic Flores Andrew James Bonnie Juneau Angela Tait	87 180 157 37
TERO (2) Helene Contraro Cherie Farris Helen Gobin-Henson Cyrus Hatch III Dion Joseph Kayla Joseph Kayla Joseph	104 88 175 140 77 160
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would have derailed Ecology's efforts, but ultimately was not funded.

Jocelyn McCabe, a spokeswoman for the Association of Washington Businesses, said the members of her organization remain concerned about how the consumption estimates could ultimately affect them.

"Health and human

safety is of course the first priority," McCabe said. "But there are competitveness issues going forward. It's natural for us to look at new regulations that will affect industries' capability to keep their doors open and people employed."

Last month, Washington and Oregon officials announced that people should limit how much non-migratory fish, such as bass, bluegill and perch, they eat from a 150-mile stretch of the Columbia River, based on new data about contamination from mercury and polychlorinated biphenyls, or PCBs. That prompted an angry response from some tribes, who said the states should focus on cleaning up the river rather than telling people to limit what they eat.

A Doubleheader served straight up at the Tulalip Resort Casino

Newly Opened Draft Sports Bar and Destination Lounge, Serving Traditional Fare and Handcrafted Cocktails

Source: Tulalip Resort Casino

Tulalip, Washington -- The Tulalip Resort Casino has recently added a doubleheader of food and beverage venues. Guests can now enjoy sports themed dishes at "The Draft Sports Bar and Grill" and handcrafted shaken cocktails at the Resort's "Destination Lounge".

The Draft Sports Bar and Grill

Located adjacent to the hotel lobby, this modern sports themed getaway features a selection of hearty stadium food, specialty craft beers, signature drinks and a deep list of wine offerings. Natural woods accented with electric blue, yellow and black, frame a 161" x 91" wall matrix of video screens. An array of smaller flat panel TVs surround the bar, and multi-zoned audio brings to life the full-on action experiences. The viewer feels placed in the middle of every huddle, scrum, face off, and jump ball.

Guests can kick off game day with dishes like *Curve Ball* Shrimp and the *Formula* 500 Walla Walla Onion Tower. Signature plates include *Grand Slam* Chili; *The Hook* Crispy Mahi Mahi Filets and Fries; *TKO* Mac and Cheese Skillets; and a juicy BBQ Hog *Handwich*. No sports bar would be complete without a juicy *Hall of Fame* Cheeseburger, where guests design their own. When both the finish line and the finish of the meal are in sight, fans can cruise the "Sweet Victory" dessert menu of *Fried Seasonal Pie* served in an iron skillet with a big scoop of vanilla ice cream; or the *Overkill Sundae* with peanut butter ice cream, sliced banana, milk chocolate magic shell, rice crispy treat nuggets and toasted peanuts. Also available is a "Quick Picks" menu which will offer nine signature items from The Draft, for take-out.

The Draft is open Sunday - Saturday from 4pm - 2am, serving the full menu from 4pm - 10pm, and a late night menu from 10pm - 1am. Quick Picks take-out will be offered daily from 11am - 11pm, starting October 7th. For more information, visit <u>www.tulalipresort.com</u>. To make reservations, call The Draft at 360-716-6333, or for Quick Picks to go option call 360-716-633.

Destination Lounge

Candle light and fire inspired the Resort's new hotel lobby bar "Destination Lounge". The atmosphere plays on light through motion and

reflection. Small niches are filled with antique mirrors, clustered candles and sconces — which illuminate through gold petals. A large peninsula three sided fireplace adds movement and echoes a layer of warmth throughout the space. Large comfortable, high-back banquettes, which line the wall, are adorned with sexy, shimmery gold upholstery and flame red lounge chairs bring the space to life. Behind the glow of the knife-edged stone bar, is a custom etched antique mirror with a red Salish graphic. Rich espresso stained wood walls and the herringbone patterned floor wrap the space, while jazz musicians hold center stage on the four high definition televisions.

Resort guests can relax over handcrafted cocktails like the *Spicy Cucumber*, *Moonshine Special*, *Geo-Mandarin Strawberry*, *Polka Dot* or a new twist on the classic *Sazerac*. The appetizer menu features dishes such as *Shrimp Thai Basil Pesto Spring Rolls*, *Cedar Wrapped Salmon Bites* and *Herb Polenta French Fries*.

Destination Lounge is open seven days a week from 4pm - 10pm, offering seasonal appetizers, handcrafted cocktails, and an extensive wine selection by the glass or bottle. For more information, visit <u>www.tulalipresort.</u> <u>com</u>, or call (360) 716-6000.

A healthy frybread option



Article by Monica Brown; photo by Brandi N. Montreuil

There's something about frybread, maybe it's that you can smell it a mile away and that scent brings back so many memories. This recipe was received as a request to test and it was surprisingly good. Since it contains mostly whole wheat flour it offers more filling fiber, which also helps to lower the net carbs of this tasty snack. The recipe indicates that it will make eight small frybread but I was able to make just over ten.

Since it is important to

having slightly fluffy frybread, be sure that your baking powder is fresh. Test it by placing a teaspoon into a small cup of warm or hot water, if it bubbles up immediately then it is still fresh. If not you will either need to buy more or make your own by combining, 1 teaspoon baking soda, 2 teaspoons cream of tartar and 1 teaspoon of corn starch (optional). Baking soda can be tested for freshness in the same manner but by placing a teaspoon in a small amount of vinegar.

This recipe can be found at www.diabetes.ihs.gov in the printed materials section. If you have a recipe that you would like to share please send it in to mbrown@tulaliptribesnsn.gov. Recipe adapted from *What's cooking, Healthy in Warm Springs,* Sara Lee Thomas, MS, RD and Edison Yazzie

Whole wheat Frybread

Ingredients:

- 2 cups whole wheat flour
- 1 cup white flour
- 3 tablespoons powdered milk
- 1 tablespoon baking powder
- 1 teaspoon salt (optional)
- 1 ¹/₂ cups warm water
- Canola oil

Preparation:

Mix dry ingredients in a bowl and gradually add water to make dough. Knead the dough until it forms a ball and comes clean from the edge of bowl. Cover with a cloth and let sit for 30 minutes.

Pour about ³/₄ inch of canola

oil into a deep frying pan and heat on medium. Test the temperature of the oil by putting a small pinch of dough into it. If the oil is ready, the will rise immediately to the top.

Divide the dough and knead into 8 round balls. Pat and stretch or roll dough out into flat circles until the dough is ¼ to ½ inch thick. With a fork, poke a few holes in the flattened circles of dough.

Carefully slide a flattened dough round into the hot oil to avoid splashes. Slightly lift frybread to check the bottom, when it is begins to brown turn it over. When both sides are done remove from oil, drain excess oil and place on baking sheet lined with paper towels.

Makes 8 frybread

Nutrition Information:

240 calories, 10g Total fat, 1g Saturated fat, 220-510mg Sodium, 35g Carbohydrate, 4g fiber, 6g Protein

Diabetes from front page

to the Centers for Disease Control and Prevention, youth between the ages of 15 and 19 saw the highest increase, with 4.5 per 1,000 American Indian youth being diagnosed.

In Tulalip 90 to 95 percent of the population is diagnosed with or at risk of type 2 while only 5 to 10 percent is diagnosed with type 1.

"We used to see type 2 primarily diagnosed in adults," explained Monica Hauser, Diabetes Nurse for the Tulalip Karen I. Fryberg Health Clinic, about the increase of type 2 diabetes among native youth in Indian country. "That is something that we never used to see, and it is because of how and what we eat. By being inactive it is increasing the risk of type 2 in our kids."

Hauser, who was diagnosed with type 1 diabetes when she was 19, understands the risks associated with untreated or unmanaged diabetes. "We need the glucose to have energy; we need the insulin from our pancreas to take the sugar to our cells to use for energy. When you have diabetes the insulin is being produced, the pancreas still works, still makes insulin, but when the insulin is taking the sugar to the cells, the cells won't accept it."

To understand the dangers of the most common chronic diseases you have to understand how it affects your body. Health risks and complications arise when diabetes is not treated or managed. These complications include heart problems, nerve damage, kidney disease, stroke, loss of limbs, and death.

Diabetes is classified as a metabolism disorder, in the way in which our body digests food for energy and growth. Food is broken down into glucose (sugar in the blood), which is turned into fuel for our bodies. For that glucose to make its way into our bloodstream for energy, it needs insulin, which is a hormone produced by our pancreas, it makes it possible for our cells to receive the glucose.

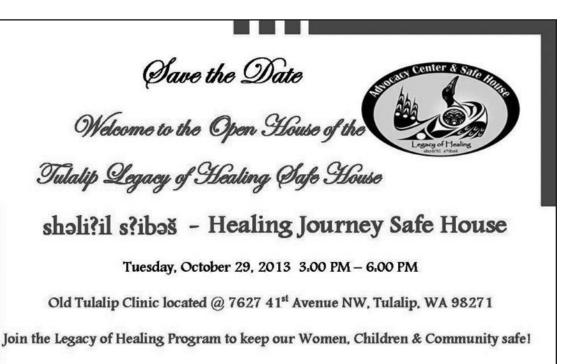
In a nondiabetic person, the pancreas will a u t o m a t i c a l l y release the right

amount of insulin to move the glucose into our blood and finally into our cells. Once there, the bloodsugar levels drop and stabilizes. In a diabetic person, the amount of glucose (sugar) in the blood is higher, because the body does not or cannot produce the insulin needed, resulting in a sugar build up in the blood that is released in the urine.

There are three main types of diabetes.

Gestational diabetes develops around the 24th week of pregnancy in women who have never had diabetes before conception. The mother's body is unable to either make or use all the insulin it needs for pregnancy, resulting in a build up of sugar in the blood levels. If uncontrolled it can harm the baby.

Type 1, commonly referred to as juvenile diabetes, is an autoimmune disease in children and young adults where the body does not produce insulin, and only affects 5 percent of the population. There is no known cure for type 1 and requires a



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lifetime of insulin injections, regular blood tests and following a special diet.

Type 2 the most common form of diabetes, results when your body does not use insulin properly, making it insulin resistant. Commonly referred to as adult onset and is not an autoimmune disease. It is common in African Americans, Latinos, Native Americans and Asian American/ Pacific Islanders.

"Some risks for type 2 are technically preventable, but there are risk factors we have to look at," Hauser explained about decreasing the level of type 2 diabetes in Indian country. "We would have to look at family history, because we do know there is a genetic predisposition to type 2. If you are overweight; we have seen the weight increase in our country, and we have seen diabetes increase right along with it. If you are sedentary. Inactivity will increase your risk. And age. If you are over the age of 40 that will increase your risk."

Hauser states one of the biggest changes people can make to decrease their risk level of developing type 2 diabetes is knowing what you are putting into your body. The number one misconception is that removing sugar from your diet will save you.

"You don't have to remove sugar from your diet entirely. Any food considered a carbohydrate will turn into sugar in your body. Most people think about candies, sweets, and pasta, but they don't know that bread, potatoes, corn and fruit also turn into sugar when we eat them. You don't want to cut those out of your diet, you can still have them, but you have to think about how much you are taking in."

For more information on diabetes please visit www.diabetes. org. If you have questions about the risks associated with diabetes in your life, please contact your physician or make an appointment to see a diabetes nurse at the Tulalip Karen I. Fryberg Health Clinic.

One stop diabetes shop

Diabetes day at the Tulalip Health Clinic

Article and photos by Andrew Gobin

"Rather than making multiple appointments throughout the week, today we have made available every service for diabetes testing all at once," said Bryan Cooper about the October 15th diabetes day at the Tulalip Karen I. Fryberg Health Clinic. A day meant to inform about the disease also offers tips on diabetes prevention, healthy living, and general nutrition.

Cooper, the medical director at the clinic,

made key points as to why diabetes day is a success, such as explaining the ease of diabetes testing, both for patients and staff.

"Our labs are nationally accredited. Here at the clinic, lab results are ready in 15 minutes, which is unheard of at larger clinics and hospitals."

Although Cooper is one of the lead organizers, he emphasized the importance of the team of specialists that make diabetes day possible.

"The team made themselves available, making it possible to have integrated services to streamline diabetes testing. That was one concern we kept hearing from patients, that testing was too time consuming, spanning multiple days and appointments," said Cooper. "Today, patients can come in and get everything done at once, and it doesn't take long to make it through each necessary station."

Diabetes day is one aspect of a five-year plan developed last summer to create programs at the clinic geared towards community needs. Diabetes day began January of this year, and it happens four times a year, to allow for convenient one-day service for new patients, as well as those diabetic patients that need to be seen every three months. The staff would really like to see the clinic become a community wellness center, where people could come and relax and visit, not just for medical needs.

"In addition to dental and medical, we offer alternative medicine such as acupuncture, reiki, bowen, massage, chiropractor, and traditional healing. We have a garden of traditional foods available to patients as well," said Cooper.

Visit the clinic to learn more about upcoming events and programs, or to learn more about any of these services provided.



Ron Anchetta takes home the broccoli he grew in the community garden.



Joe Alexander cooked salmon skewers over a fire for lunch.



Volunteering her time, Sandy Evans prepares some kale to be given out to diabetes attendees.



The clinic set a table of traditional foods as well as other healthy food choices for anyone who wanted to learn about nutrition.

Juvinel from front page

By Brandi N. Montreuil; photos submitted by Ty Juvenil

Tulalip tribal member Ty Juvinel is already an established artist in Tulalip, and recently he sat down with See-Yaht-Sub to discuss his new skateboard line and the art that led him to be part of the Hibulb Cultural Center's exhibit, *Ramp it Up!- Skateboard Culture in Native America* this summer.

Joining other Native artists, he is expressing his love of heritage in art. Refusing to be stereotyped, Juvinel says his use of mixed media art with traditional Coast Salish designs shows the world his heritage is alive, vibrant, and not pigeonholed to popular stereotypes about Native Americans.

His skateboarding line, featuring Coast Salish designs, tells a story on each board and shows the evolution of his own story as an artist, as a Native American looking for representation, and his dedication to live outside the box.

How do you define yourself as an artist? For as long as I can remember I have been driven to express myself artistically. I always have this thing vibrating in my mind that true artists can express themselves in every medium. So I have always been curious towards any medium of art, music, dance, sculpting; whatever you can do to express yourself.



When people think of a Native American artist, they often think about basket weaving, carving, and beading. How do you express yourself as an artist when you're not a weaver or carver? The way I like to deal with that is using the available technology we have. Some people think we should be limited to the tools that we've traditionally used, but there is a saying in the art shack [Tulalip Design Shack] that if we had chainsaws back then, we would have been using them. We as a people have always been overly expressive with our art and our environment.

Lately I have pushed the envelope with mixed media and photography, using different scenes. Tribal art is a big expression of our environment and our environment has changed from pleasant scenery and plentiful times, to hard times and bad things. Do you carve that? I don't know. For me I use photography to capture those moments and really connect to it. What inspires you? I get ideas from anywhere. My inspiration comes from all around me. One of my first drawings I did was an otter. My inspiration for that was my son. He was just playing around swimming in the bath, and my family is part of the Bear clan on my grandmother Grace Goedel's side, and I thought what better to draw than an otter, because it is the bear of the sea.

Tell us about your photography. We got a glimpse of your use of different elements at the Ramp it Up!- Skateboarding Culture in Native America. Lately I have been doing black and white, because it is like life to me. There is right and wrong, and then there is that gray area where you don't know what is the right or the wrong. Take the drug epidemic out here. Do you cut people off services or do you handle the problem with post-help or pre-emptive help? That is why I do black and white; it expresses my life.

You have a new skateboard line coming out. This takes you away from what you are known for, can you tell us about it? I use Coastal Salish designs and paint them on a skateboard to give a traditional feel. I look at our stories and see what other elements I can use on the boards to tell a story.

Do you design your skateboards to be utilitarian? Yeah of course I want them to be used! Our ancestors made ladles and spoons that were decorative but also meant for use. We like flashy things; it's the Indian way I guess. We like to look good. Some people think it is too much, too much to look at, too many patterns, but that's just the way we do things. Look at a tree, yeah there might be too many leaves on it, but when you get closer there is a lot to look at, there is a story.

How long have you worked on this project?

It isn't one of those things that I just thought up. I had been working on a board for a while. The idea started back when I was a kid. My friends, Greg Moses and Steven Brown, we would always be skating. When we would go get boards there would never be any for us, no designs that connected to us. The same goes for snowboarding. We always thought it would be cool to have our own line that represented our people.

How many pieces are in the collection? Right now I am limiting it to just five different designs. I have to limit myself right now, because if I don't, it will never get finished. I'll keep working on it, changing this and changing that. Sometimes I will give up on a design, it's frustrating, but sometimes you just have to give it up for awhile and let it be, and come back to it. At the time you just weren't ready for it, like my grandmother always told me, it is always better to listen to than to speak. If you are speaking too much then you may not hear your answers. Sometimes you have to let your project go and come back to it later.

Do you have a favorite piece in the collection? I have a few I like, but the frog one and the sun design, usually if I finish it I like it. They all have different qualities.

Where do you hope to take your art in the next few years? My big picture is clothing. Apparel is the big dream. I will always be doing art.

To contact Ty about his pieces, check out his Facebook profile; Ty Juvinel. He also will be appearing at the Christmas Native Bazaar this year, where you can purchase one of his skateboards.



Community

Boys & Girls Club receives visitors

By Diane Prouty

On October 11, Tulalip Boys & Girls Club had the pleasure of a visit from Brian Yazzie, the National Director of Native American Services, Specialized & Organizational Development Services, and Jeff Amy, Vice president of Integration and Alignment for BGCA.

They toured our facility and had lunch with our youth. The kids were very respectful and we all had a great time showing off some of our programs. It is always a great honor to have visitors come to see what we have been up to, and we had some of the best salmon for lunch.



Bill Tsoukalas, Chuck Thacker, Leon Enick, Don Hatch Jr., Brian Yazzie, Jeff Amy and Mike Tulee.

Limited Nooksack permit yields large prize



By Andrew Gobin; photo courtesy Shawn Sanchey

Drawn to receive one of two of the Nooksack Elk Herd permits, Shawn Sanchey skipped Columbus Day to go hunting with his dad. In the late morning hours they found the herd. Shawn took a shot, killing his first elk. The first kill is an important rite of passage in our culture, and his parents, Dale Sanchey and Jolene Fryberg, could not be more proud. Congratulations on a good hunt, Shawn.

CEDAR and the Providence Foundation Presents

INSIDE OUT: THE ORIGINAL ORGAN SHOW



Providence Regional Medical Center is excited to share this innovative health education program with the community. **Inside Out: The Original Organ Show** provides audiences with compelling health information—presented in a truly unique way—that empowers them to make informed decisions about behaviors and lifestyle choices that impact their longterm well-being.

Inside Out: The Original Organ Show takes viewers on a fantastic voyage through the human body. Actual human organs, such as hearts, lungs, brains, livers, kidneys and aortas are shown. Some are healthy; others have been damaged by substance abuse, poor eating habits and unsafe behaviors. Through the presentation, viewers can see first-hand what really happens to their bodies when they choose harmful habits and lifestyles.

Please Join Us on November 7, 2013 5 pm to 7 pm Tulalip Admin. Building Room #162

For More Information Contact: Bonnie Juneau, Office Manager Tulalip Tribes' Natural & Cultural Resources 360-716-4004



Hawks shutout during game against Neah Bay, 0-52

Article and photo by Brandi N. Montreuil

Tulalip Heritage Hawks hosted the Neah Bay Red Devils in their first home game of the varsity football season at the Quil Ceda stadium on October 12.

In a brutal slap to the Hawks offense the Red Devils held an incredible defense to prevent the Hawks from scoring in the first ever shutout in the Hawks history. Hawks struggled to complete a play and were vexed with fumbles throughout the game, which ended in a final game score of 0-52.

Although Heritage Hawk Ayrik Miranda caught an interception for the Hawks, they were unable



Ayrik Miranda

to make a successful play and lost possession of the ball in two plays due to a fumble.

You can watch the entire Hawks game against Neah Bay at www.kanutv.com, or on channel 99.

Education 100% Attendance for September at Quil Ceda and Tulalip Elementary

Submitted by Eliza Davis

Alexis Alexander Asher Alexander Henry Anderson Manaia Apodaca-Cultee Mario Armajo-Diaz Jeremiah Armajo-Diaz Jamora Arroyo-Reeves Wasco Billy-James Malia Carlson Lei-Lani Cheer-Emmsley Dezdemona Cheer-Gomez Minerva Cheer-Gomez Victoria Clark Evalynn Cleveland Kamaya Craig Cole Cultee Grace Davis Joseph Davis Katina DeGreave Ardena Diaz Diego Diaz Summer Dobbs Sheyn Dupris Marina Edelman **Kvliah Elliott** Angelita Espitia Dakota Fisher Kayleena Follestad Angelique Fryberg

Gary Fryberg Ladwena Fryberg-Williams Meislan Gobin Wakiza Gobin-Reeves Charles **Guss-Goshorn** Ethan Hatch Ilivia Hatch Davineyahl Henry Yolanda Hernandez Malachi Horne Noa Horne Jacoby James Kaleese James Dylan Jones-Moses Tamiah Joseph Sajali Keeline Ladainian Kicking Woman Kasidi King Tairence LaPointe Apollo Lewis Jr **Raylee** Lewis Cole Longstreet Milo Longstreet Michael Madrid **Daniel Maltos** Tobias Maltos Jr Kendra McLean Claudia Moses De'Sean Moses Isiaha Moses Jazzmen Moses

Kaliea Moses Taysha Napeahi Damon Pablo Ethan Pablo Kerrigyn Parks Andrea Parrish Farrah Parrish Logan Paul Preston Phillips Savannah Primeau Benita Ramon Georgetta Reeves **Georgette Reeves** Irista Reeves Gabriella Rogers Serenity Scarborough Dexter Smith William Thomas Keyana Thomas-Wayne Isaiah Tillequots Jeremiah Tillequots **Phoenix Tillequots** Sarah Tom Michael Tracy Darien Truong Juan Vega-Hernandez Angelica Vega-Hillaire Ignacio Vega-Hillaire Emilee Williams-Bales Davian Williams- Calkins Jalyssa Zackuse

Jayliah Zackuse Roger Bare Melissa Carpenter-Hammons **Emmamarie** Davis Alieja Elliott Antonio Flores-Howlett Juan Gomez Gaylan Gray Nevaeh Gray Jesse Hatch Duane Henry II Steven Howlett **Devaney Jones** Heaven Jones Joseph Jones III Yvette Jones Abraham Leal **Trinity Lucas** Image Morris-Enick Mary Moses Robert Moses **Krislyn** Parks Hazel Primeau Tokala Primeau Anthony Renecker Trinity Rodriguez Lillyanna Salinas-Bazan Alaqua Spencer Kavan Taylor Saige Williams Aubre Zackuse

Youth Services Student Support Tutoring Program

Youth Services Tutorial Program will begin on Monday September 23, 2013

Grades K-5 in Portable 2, behind Boys and Girls Club Grades 6-12 in Portable 3

Sessions:

- Monday Thursday After School until 6 p.m.
- K-5 on Wednesday: 2:00-5:00 p.m. (early release)
- 6-12 on Friday: 2:00-5:00 p.m. (early release)

Tutoring is open to Tulalip Tribal members, Natives attending the Marysville School District and family members of tribal members.

Teachers/Tutors:

- Deborah Walther and Amanda Ford in Portable 3
- Dawn Simpson and Norma Comenote in Portable 2
- Margarita Huston at Heritage High School, after school until 4:00 p.m.

Submitted by Dawn Simpson



Want Information on **Diving Classes?**

(with Edmonds Technical Diving Service)

- Systems & techniques for safely utilizing Surface Supplied Air for the Commercial Diver
- Funding
 DINNER provided

DATE: Wednesday, November 13, 2013 ROOM: 263, Administration Bldg.

* RSVP: 360-716-4888, Higher ED or highered@tulaliptribes-nsn.gov

Obituaries

Patricia Ann "Patty" Baker



Patty was born December 30, 1973 to Marge Baker and Carl Rehder Jr. She entered into rest September 25, 2013.

Patty graduated Marysville-Pilchuck from

High School. She loved crocheting, knitting, embroidering, bowling

and her little wiener dogs. She loved her nieces and nephews, and her favorite sister, Christy.

Visitation was held Sunday, September 29, 2013 at 1:00 p.m. at Schaefer-Shipman Funeral Home with an Interfaith service following at 6:00 p.m. at the Tulalip Tribal Gym. Funeral Services were held Monday, September 30, 2013 at 10:00 a.m. at the Tulalip Tribal Gym with burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman Funeral Home

Anna M. Hatch

On Sept. 30, 2013, Anna M. Hatch left to be with the good Lord and her loving husband. She was a homemaker for the first twenty years of her marriage, then worked for twenty years at the Tulalip Smoke Shop.

Anna leaves behind a brother, Earl (Moxy) Renecker (Bernice-D); a sister, Isabelle Legg (James); three daughters, Karen Bayne (Hatch), Vicki Hatch-Jablonski (Steve), Gloria Hatch (Steve); a grandson, Punkies (Buck-Jones-Hatch), who lived with her since he was born; Isabelle Cervantes and Anna Leigh Hatch who lived with her too; her other grandchildren, Tressa Anderson (Kenneth M.), Jamen Anderson, Tever Anderson, Jessica Anderson (Luther), Anthony "Tony" Reese (Sarah) and Linzee Jablonski; and 10 greatgrandchildren; Anna was preceded in death by her husband, Verle Hatch, of 60 years who passed away in April; brother, Henry (Hank) Gobin who passed in April; her mother, Isabelle Walker Brown; father, Henry Gobin Sr.; and siblings, Shirley, Emery, Daryl, Frank and John.

A visitation was held Wednesday, October 2, 2013 at 1:00 p.m. at



Schaefer-Shipman Funeral Home with a service following at the home at 6 p.m. Funeral services were held Thursday, October 3, 2013 at 10 a.m. at the Tulalip Gym with a burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman Funeral Home

Ella Fay Sanchez Memorial

Kathy Monger will be having a memorial for her daughter, Ella Fay Sanchez, on November 2, 2013 at 12:00 p.m. It will be held at the Tulalip Tribes tribal gym and anyone who knew her daughter is welcome to attend. For questions, please contact Kathy at 425-905-9083.

Desmond Paul Memorial

To all Desmond Paul Pablo's Friends & Family, there will be a memorial giveaway Saturday November 16 2013, at 2:00 p.m. at the Arlee Community Center in Arlee, Montana. There will be a taco feed & drinks and please feel free to bring your favorite desert or dishes. Any donations contact Roger Pablo Sr (406)833-1961 or William Pablo Sr (406)830-6010 or Maxine Pablo at (406)833-1962. life of Dez. He may be gone but Come & help us celebrate the never forgotten!







Notices_

Tulalip Tribal Court Notices

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2013-0456 Summons by Publication and & Notice of Petition for Exclusion

THE TULALIP TRIBES, Petitioner vs. Brandy Delbrouck, Respondent

On August 7, 2013, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. 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 temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than (30 days from the date of the last publication of the summons) and serve a copy on the Office of the Reservation Attorney 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.

Lisa Marie Koop, WSBA #37115 Office of the Reservation Attorney

6406 Marine Drive, Tulalip WA 98271 360-716-4530 ph, 360-716-0634 fax

TUL-CV-GU-2013-0427. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of C.W. T0: Jessiqua Matyas and James White: YOU ARE HEREBY NOTIFIED that on 7/18/2013, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding C.W. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on 1/29/2014 at 1:30 p.m. 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 23, 2013.

TUL-CV-GU-2013-0426. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of J.W.TO: Jessiqua Matyas and James White: YOU ARE HEREBY NOTIFIED that on 7/18/2013, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding J.W. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on 1/29/2014 at 1:30 p.m. 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 23, 2013.

TUL-CV-YI-2013-0194. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re M.K.T0: Ricardo Kiner Jr.: YOU ARE HEREBY NOTIFIED that on April 16, 2013 a Petition was filed in the above-entitled Court pursuant to TTC § 4.05 for Tulalip Tribal Court to hold a Preliminary Hearing to begin the above named case, and on April 18, 2013, a Preliminary Inquiry Hearing was held in the above-entitled Court pursuant TTC § 4.05. A Status Review Hearing is set and paternity is at issue. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on November 26, 2013 at 9:00 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 23, 2013

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA

No. TUL-CV-EX-2013-0455 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Armando Cavazos, Respondent

On August 7, 2013, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. 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 temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than (30 days from the date of the last publication of the summons) and serve a copy on the Office of the Reservation Attorney 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.

Lisa Marie Koop, WSBA #37115 Office of the Reservation Attorney 6406 Marine Drive, Tulalip WA 98271 360-716-4530 ph, 360-716-0634 fax

TUL-CV-GU-2013-0549. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Welfare of A.W. TO: Tah-Sheena Williams and Kanum Cultee: YOU ARE HEREBY NOTIFIED that on 10/3/2013, a Petition for Guardianship was filed in the above-entitled Court pursuant to TTC 4.05 regarding A.W. You are hereby summoned to appear and defend the above entitled action in the above entitled court and answer on 12/4/2013 at 2:00 p.m. 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 23, 2013. **TUL-CV-GU-2013-0416. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re A.P.B. TO: Princess A. Paul and Anthony L. Bennett:** YOU ARE HEREBY NOTIFIED that on July 16, 2013 a Petition for Guardianship was filed in the aboveentitled Court pursuant to TTC 4.05 regarding A.P.B. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on November 6, 2013 at 2:00 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: September 25, 2013.

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2013-0454

Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Amber Ridley, Respondent

On August 7, 2013, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. 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 temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than (30 days from the date of the last publication of the summons) and serve a copy on the Office of the Reservation Attorney 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.

Lisa Marie Koop, WSBA #37115 Office of the Reservation Attorney 6406 Marine Drive, Tulalip WA 98271 360-716-4530 ph, 360-716-0634 fax

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA

No. TUL-CV-EX-2013-0457 Summons by Publication and & Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. Anthony Collister, Respondent

On August 7, 2013, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. 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 temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than (30 days from the date of the last publication of the summons) and serve a copy on the Office of the Reservation Attorney 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.

Lisa Marie Koop, WSBA #37115 Office of the Reservation Attorney 6406 Marine Drive, Tulalip WA 98271 360-716-4530 ph, 360-716-0634 fax

TUL-CV-GU-2013-0461 and TUL-CV-GU-2013-0462. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re M.C.G. and D.C.G. TO: Jorge Gomez: YOU ARE HEREBY NOTIFIED that on August 8, 2013, Petitions for Guardianship were filed in the above-entitled Court pursuant to TTC 4.05 regarding M.C.G. and D.C.G. You are hereby summoned to appear and defend the above entitled action in the above entitled Court and answer on October 31, 2013 at 3:00 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: September 25, 2013.

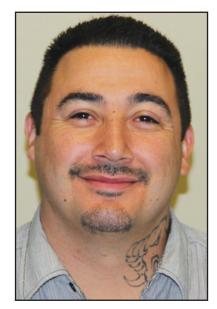


- If you were a trucker and had a CB, what would your handle be? –



"The Dench."

Mary Jane Topash Tribal member



"Big Poppa Pump!"

Robert Watson Tribal member



"C-Momma."

Celum Hatch Tribal member



"What's a CB?"

Delia Morales Tribal member



Fees for all events are the cost of admission.

FILM SERIES Thursday, October 24 • 6:00 pm - 7:00 pm Hibulb Longhouse Room Jeff Boice - Videographer, Editor To Screen - "William Shelton and the

Sklaletut Pole", "Ray Moses Walking Tour", & "History Minutes" *Jeff Boice returns to screen his award-winning*

William Shelton film which has just been accepted into the American Indian Film Institute Festival. He will also show another of his Tulalip History Series featuring Tulalip elder and historian, "Ray Moses Walking Tour," and "History Minutes".

KIDS CRAFTS ACTIVITIES Saturdays 2:00 pm - 3:00 pm



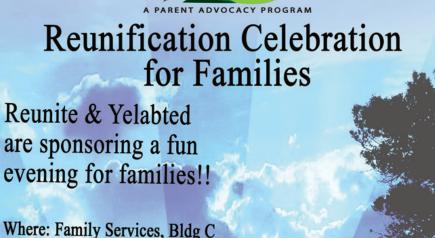
HALLOWEEN PARTYI Sunday, October 27 • 1 pm - 3 pm CRAFTS, MOVIE & STORY TIME with Keith Egawa author of 'Tani's Search for the Heart Wear a Costume, Get a Discount!

VETERANS DAY Monday, November 11 • 12 pm - 5 pm Color Guard, Lecture, Demonstration, Workshop, & Refreshments FREE TO VETERANS & THEIR FAMILIES!

Fees for all events are the cost of admission.Call or go online for more events at Hibulb.Lena Jones at 360-716-2640
lejones@tulaliptribes-nsn.govMary Jane Topash at 360-716-2657
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!



When: Thursday, October 24th - 5 pm to 7 pm Who: YOU! All are invited to Celebrate our

Families who have been reunited!

Dinner & Dessert Games Surprises

Kay Feather MA,LMHC,ATR (360) 716-4311