



Quil Ceda Elementary introduces new leadership



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Nationwide Black Lives Matter rallies continue to demand real change



By Micheal Rios

In the days since video evidence surfaced clearly showing a white police officer kneeling on the neck of George Floyd, an unarmed black man, for 8 minutes and 46 seconds that resulted in Floyd's death, protests have erupted across the United States. From Minneapolis to New York and from Atlanta to Seattle, thousands upon thousands of concerned citizens have taken to the streets in a show of solidarity. Their message: Black Lives Matter.

These peaceful protests are part of fifteen consecutive days and counting of nationwide demonstrations in direct response to the death of George Floyd on May 25. In memory

of both him and countless other people of color who have died while in police custody, the people of this country are forcing the media, corporate elites, and anyone with a TV or internet connection to reexamine America's deep-seated notions of racial equality and justice for all.

Over the weekend of June 5, the Black Lives Matter movement united hundreds of people across the racial spectrum in the city of Everett. Armed with only eye-catching signs and their bold presence, the peaceful rally began at the always busy intersection of Everett Avenue and Broadway, just four blocks from Snohomish County Jail and Everett Municipal Court.

"We're out here because our lives mat-

See BLM, page 3

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



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BLM from front page

ter. Police brutality is just tremendous right now. We want them to stop killing us,” explained Alana Wilson as she stood proudly with her daughters. “My kids are here with me because they need to understand this is the world we live in and, unfortunately, we have to have these conversations with our kids. It’s a lot for them to grasp, but it’s important they know.”

Her 9-year-old daughter Laylah held a handmade sign in honor of George Floyd’s final words, ‘I can’t breathe!’ At such a young age, Laylah recounted watching the horrifying video of Floyd’s final minutes and said it was important everyone remember him. “I want people to know that we are all the same,” she said. “We all matter.”

As demonstrators stretched a block in every direction, holding up their signs and clenched fists in protest against systemic racial injustice and police brutality, they received an outpouring of support from commuters who continuously honked, yelled out ‘Black Lives Matter’ or held their own signs from their vehicle’s open window.

“We’re here in support of the city for showing support for us and this Black Lives Matter movement,” shared Rafael Harris. “We appreciate the solidarity and all the love we are getting out here. This is a networking opportunity. By being out here we all are putting our thoughts and minds into action. What can we do? How can we assist? These are opportunities for us to be the change that makes a real difference for our future and our children’s future.”

Among the hundreds of demonstrators was a group of local teachers from North Middle School. “We are standing together to support our students and our community,” explained 6th grade math teacher Shauna Harris. “Enough is enough. We can’t keep letting this happen and to continue to watch it happen and nothing be done is unacceptable.”

Protesters nationwide are demanding police reforms and a reckoning with institutional racism in response to George Floyd’s death. Calls to ‘defund the police’ have become rallying cries for many. A heavy-handed response to demonstrations in several major cities has highlighted what some critics have maintained: law enforcement has become militarized and too often defaults to using excessive force.

In the wake of George Floyd’s homicide and his preceding pleas for help catching wildfire in the eyes and minds of millions, his memory lives on in the countless peaceful protests already held and the many more to come. Their accomplishments are too many to list outright, with the most significant being Minneapolis police officer Derek Chauvin arrested and charged with second-degree murder, and for the three other officers who failed to intervene also being arrested and charged with aiding and abetting.

“Nothing can be done to bring back our brother George Floyd, but these are steps in the right direction,” shared demonstrator Rick Nelson. “By being together, showing love and unity, and being positive examples to our families and community as black folk, we are showing the world this is our moment. It’s our time.

“Getting everyone to come together like this is how real change happens,” he continued. “This is not a problem only one race can solve. It’s a problem everyone has to solve. It’s not just about unlawful cops. It’s about equality. It’s about reforming the justice system. It’s about being better for our community and our planet.”



Quil Ceda Elementary introduces new leadership



Assistant principal J.J. Jensen, incoming principal Sarah-Marie Boerner, outgoing principal Mrs. Landi and assistant principal Yolanda Gallegos-Winnier.

By Micheal Rios

To say it's been a tumultuous school year for the staff of Quil Ceda Tulalip Elementary would be an understatement. Typically the definition of creatures of habit, the devoted educators of our young children are accustomed to routine, structure and, most of all, building upon daily connections with their eager to learn, high spirited students.

The 2020 academic year was anything but routine as COVID-19 entered suddenly, stripping away all semblance of normalcy. Little did anyone know that while rushing their children onto school busses during the afternoon of Friday, March 13, it would be the last time teachers and students would see one another. Governor Inslee would officially announce schools closed

for the remainder of the year just hours later.

For Interim Principal Joan Robertson-Landi, memories of that day still cause a stir of emotions as she prepares to pack up her belongings and move on to Marshall Elementary.

"I wish there was a better way to say goodbye because it's truly been an honor and a privilege to work with your students," said Mrs. Landi. "As a collective, they are resilient, empathetic, and certainly do their ancestors well.

"It's difficult not having closure. There weren't those final smiles and hugs that come with the last day of school, nor all the excitement and pride from our Kindergarten and 5th grader's moving up ceremonies," she added

while wiping tears from her eyes. "As I leave, I'd like you to know that I carry every student with me in my heart."

Her single year as principal of QCT was always the plan, as designated by her interim title. Her remaining staff and coworkers wish her the best with all future endeavors.

"On this day of transition, I raise my hands to Mrs. Landi. She really was the right person in the right place at the right time, given all that occurred this school year," explained assistant principal J.J. Jensen. "She entrusted her veteran staff members and allowed us to do a lot of strong work in social-emotional learning and culturally responsive teaching. We look forward to continuing this partnership with our community

under the leadership of our new principal."

The paddle of leadership is turned over to Sarah-Marie Boerner. She brings nearly 20 years of educational experience from the Northshore School District, including serving the last four years as assistant principal. Over the last couple weeks she has been a main stay at QCT getting familiar with the layout and acquainted with staff.

"I am an experienced administrator with a real passion for education, our children and family partnership," said incoming principal, Mrs. Boerner. "My hope and dream for this upcoming school year is to have lots of opportunities to build relationships with each student and their family. Together we will strive for authentic partnerships

that make the learning experience here at Quil Ceda Tulalip spectacular for everyone.”

Principal Boerner fully understands QCT has undergone sporadic change in leadership as of late. In fact, there have been five different principals in only six short years. That kind of turnover makes it difficult for teachers and students to build a lasting teaching style that significantly impacts QCT’s five-hundred younglings.

“I want to be clear about my commitment to our families and their children - I’m unequivocally all in and dedicated to the long haul,” added Mrs. Boerner. “We’ll be implementing community roundtables to reflect on where we are meeting that mark as a school and identifying our areas for growth. From administration, parents, teachers, current and former students, we want all perspectives represented to get a clear picture of

specifically what needs improving to better our children’s learning experience.”

QCT’s transition of leadership becomes official on July 1. Opportunities to engage in community roundtables focused on improving student outcomes will be detailed in the coming months.

Letter from Sarah-Marie Boerner, Principal, Quil Ceda Tulalip Elementary

Dear Quil Ceda Tulalip Elementary families,

First and foremost, I want to share with you my excitement and joy in becoming the principal of Quil Ceda Tulalip Elementary beginning in the 2020-2021 school year. I’m so looking forward to partnering with and learning alongside this community of compassionate, capable, and deserving students, families, and staff.

I’d also like to take a moment to give my most sincere thanks to Interim Principal, Joan Robertson-Landi. She has led with grace, calm, humility, and heart. I honor her hard work and all the good she has done for our students. We wish her the very best in leading her next school.

Next, I’d like to address head on what I suspect may feel like “the elephant in the room” for many of you. I believe strong leaders recognize the importance of being direct and transparent with the people they work alongside and serve. It’s one way we can show our respect to those around us. To that end, I’d like to share that I recognize that Quil Ceda Tulalip has had several principals in the last few years and this instability of building leadership has undoubtedly left some in the community feeling unsure and anxious. Knowing this, I also want to be clear about my commitment to you and your children -- I’m unequivocally all in and for the long haul. Please know I reflected deeply before accepting this position and that I don’t make this statement of commitment lightly.

In January, when the Quil Ceda Tulalip principal position first posted and I began learning more about your school, Tulalip Tribes, and Marysville School District I felt a strong heart pull towards this school. Perhaps some of you already know what I mean when I say a heart pull, that feeling when something bigger than yourself is willing you in a particular direction for a reason that is about to inspire and challenge you beyond your wildest dreams. Those moments that bring you your most sincere feelings of curiosity, compassion, and desire. My grandmother, someone I greatly admired and continue to admire even after her passing, would sometimes talk about heart pulls and the

importance of pausing to consider them when they come into your life. I’ve learned to take that good advice and when I felt that strong pull and connection to Quil Ceda Tulalip Elementary, I knew I needed to click the “Apply” button.

Through the interview process, I’ve been able to share with various Quil Ceda Tulalip Elementary and Marysville School District staff and families the values that drive my leadership. Those values shape who I am and what I do, so I believe it is critical I share this bit of myself with you right from the start. I am an equity and justice-focused leader who strives to put students at the heart of her work. I believe in raising voices, particularly those who historically have been silenced, and working towards solutions to the very real problems our children, society, and educational system faces. I also know this must be a collective endeavor and it is through collaboration, compassion, and integrity that we arrive at real positive change. I recognize the power of relationships and know that it is through our connectedness that we better understand each other and work towards creating a welcoming space where people feel valued.

In the coming months there will be various new opportunities for partnership between families and school. I want to hear from you to better understand the strengths of our Quil Ceda Tulalip Elementary community and the areas we can continue to grow and develop to best support our students. There will be occasions for collective problem-solving and solution-making moving forward. I hope as these opportunities arise you will hear our call for collaboration and will join us.

In closing, I am reminded of this quote by human rights activist and Buddhist monk Thich Nhat Hanh, “Nothing exists by itself alone. We all belong to each other; we cannot cut that reality into pieces. My happiness is your happiness; my suffering is your suffering. We heal and transform together”.

I am grateful to be on this journey with you. Together, we can do remarkable things!

Sincerely,
Sarah-Marie Boerner
Principal, Quil Ceda Tulalip Elementary
Email: sarah_boerner@msd25.org

EDUCATION FUND

Higher ED FUNDING: Tuition & Books ONLY

Due to the Covid-19 pandemic, Higher Ed is funding Tuition & Books ONLY, until further notice.

COVID-19 UPDATE

- For tuition & books (returning students) - provide schedule & grades
- New student? Contact Higher ED for required documents

Contact us: highered@tulaliptribes-nsn.gov

Eating healthy on a budget

Submitted by SNAP-Ed Program Coordinator, AnneCherise Jensen

Times are hard, families are struggling, and finances are getting tight for a lot of families. A trip to the grocery store may cost you a bit more these days. With rising prices, falling budgets and the kids home from school, it's becoming more challenging than ever to bring home the fixings for balanced meals. But saving money at the supermarket doesn't mean giving up nutritious foods. With a little know-how and advance planning, you can enjoy nutritious foods while sticking to a tight budget. Now is the perfect time to learn how to save money, while also eating healthy. Here are some tips to save you money while nourishing your family.

- **Be healthier to be wealthier.** Consider the money you'll save down the road by eating well today and teaching your family to make wise food choices.
- **Create a Shopping List:** Use your weekly eating plan to create a master grocery list and stick to it. Prioritize your food dollars for nutrient-rich vegetables, fruits, low-fat dairy, lean protein and whole grains. To keep your grocery list from growing too long, prepare meals that include similar ingredients throughout the week.
- **Plan around Sales:** Check store sale flyers and available coupons on the same items for additional savings. Compare national brands and private store labels for the lowest price.
- **At the Produce Section:** When it comes to vegetables and fruits, shop seasonally. Local, seasonal produce is at its peak flavor and is generally more abundant, so it's sold at a lower price. Search for options that have a long shelf life, like carrots, potatoes, broccoli and celery that will keep longer when stored properly.
- **Frozen or Canned Alternatives:** If the produce item you want isn't in season or doesn't fit in your budget, consider purchasing it frozen or canned. The Academy of Nutrition and Dietetics says fresh, frozen, canned or dried fruits and vegetables are good for you, too!
- **At the Meat Counter:** Consider purchasing a larger quantity of meat that is on sale and preparing enough for two or more meals. Enjoy leftovers later in the week or freeze for future use. Because meat is often the highest dollar ingredient in a recipe, consider planning meatless meals several times each week, or try replacing half the meat in dishes such as chili, meatloaf or burger patties with beans, finely minced mushrooms, or chopped vegetables.
- **Grains and Dry Goods:** Whole grains and

dried beans are generally inexpensive and are an easy way to get more nutrition for your buck. Dried beans, peas and lentils are great options to keep on hand, for both long term and short term options.

- **Start a Love Affair with Your Freezer.** When you prepare a recipe, double it and put the extra portions in the freezer. You'll be glad it's there on that night when nothing goes as planned. When freezing, add a date to the outside package and eat the items with the earlier dates first.
- **Reduce Waste:** Once you've done your shopping, make the most of your food spending by cutting down on waste. Plan to use highly perishable items — such as fish and seafood, salad greens, berries and fresh herbs — early in the week, and save more hearty items for later in the week.
- **Grow your own food:** If you want to eat local, know where your food comes from, save money and enjoy healthy rewards, try starting a home garden. Gardening is a fun physical activity, providing you with great tasting produce and, ultimately, saves you trips to the store. For more information about this, check out our article, *Grow Your Own Food*, published a few weeks ago.
- **Serve appropriate portions, especially with higher-priced items like meats and cheeses.** Save money and take care of your waist by not overeating. Stretch chicken breast by cutting them into thin cutlets. Add lentils, beans, vegetables, or other canned goods to extend ground meat.
- **Do a 5-minute inventory of your refrigerator at least twice a week.** Find a use for everything before it goes bad. Toss wilting vegetables into a pot of soup or spaghetti sauce. Freeze leftovers for another day and ripe bananas for banana bread. Freeze smoothie ingredients like spinach and berries into Ziploc bags, preparing smoothies for a breakfast option throughout the week.
- **Stock up.** Buy extra canned and frozen goods, cereals and even meats and fish when they're on sale.
- **Buy generic brands:** Store brands often are as good or better than the pricier name brand. Compare ingredients lists and Nutrition Facts panels. Many times, there are little to no differences between store brand and generic brand names.
- **Check unit prices or prices per serving.** Search high and low because often the least expensive items are on the top and bottom shelves. Sometimes foods packed in the "giant" or "family" size may seem like the best buy. You may think that buying one large container will not cost as much as two or three smaller packages. But larger containers

do not always end up costing you less than smaller ones. It is important to look at the cost per unit and compare this cost. The "unit price" tells you the cost per pound, quart, or other unit of weight or volume of a food package. It is usually posted on the shelf below the food. The shelf tag shows the total price (item price) and price per unit (unit price) for the food item.

- **Limit Processed Foods:** Limit the use of pre-packaged foods, chips, cookies, candy, and soft drinks or sugary beverages. These foods can increase your total spending and fill your cart with not-so-healthy items.

Recipe for Zesty Black Bean Salad



Serves: 6

Ingredients:

1 can (15 oz) Black Beans, drained and rinsed
 1 can (15oz) Canned Corn, drained and rinsed
 4 green onions, chopped
 2 small tomatoes, diced
 1 jalapeno, seeded and diced
 1 avocado (optional)
 ½ cup diced cilantro
 1 lime, squeezed
 1 lemon, squeezed
 ¼ tsp. Garlic powder
 ½ tsp. Chili powder
 ½ tsp. Ground Cumin
 ½ tsp. Pepper
 2 Tbsp. Olive Oil

Directions:

Combine ingredients in a large bowl. Chill for an hour, if possible, before serving.

***This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Sources: <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>*

Court Notices

TUL-CV-YI-2020-0357. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: K.C. TO: Kerri Deen and Jonathan Christensen: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care action was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on June 23, 2020 at 3:30 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-224-501-3412, access code: 212-638-629. 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: May 9, 2020.

TUL-CV-YI-2020-0240 and TUL-CV-YI-2020-0241. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J.Z. and J.Z. TO: Gregory Zmuda: YOU ARE HEREBY NOTIFIED that a Petition for Youth in Need of Care was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on July 14, 2020 at 9:30 am in Tulalip Tribal Court, 6332 31st Ave NE Suite B, 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: May 30, 2020.

TUL-CV-YI-2019-0434, TUL-CV-YI-2019-0435, and TUL-CV-YI-2019-0436. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: L.M.F.-W., J.K.W.Jr., and L.L.F.-W. TO: Loris Fryberg: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care action was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on July 14, 2020 at 3:30 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-224-501-3412, access code: 212-638-629. 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: June 13, 2020.

TUL-CV-YG-2019-0412. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: I.M.M. TO: Arletia Paul and Kameron Miller: YOU ARE HEREBY NOTIFIED that a Youth Guardianship action was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on July 23, 2020 at 2:00 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-571-317-3112, access code: 286-262-589. 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: June 13, 2020.

TUL-CV-YI-2020-0189. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: B.R.P.-W. TO: Raymond W. Paul Jr.: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care action was filed in the above-entitled Court pursuant to TTC 4.05 regarding the above mentioned youth. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on July 21, 2020 at 3:30 PM in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. Should the Court rooms be closed due to covid-19 you should call in to your hearing via GoToMeeting, phone number: 1-224-501-3412, access code: 212-638-629. 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: June 13, 2020.

Tulalip Tribal Court Warrant Quash Calendar

Dates:

- **Wednesday, June 3, 10, 17, 2020 at 9:00 AM**
- **Friday, June 5, 12, 19, 2020 at 10:00 AM**

Please call in at the times listed above.

**Call the conference line # (224) 501-3412,
then enter Access Code 460-893-421**

The Tulalip Tribal Court is resuming the Warrant Quash Calendar. Clients can appear by telephone and not in person. The Court utilizes Go To Meeting software to hold video and telephonic hearings. To request warrant quash conference information, please contact Stephanie Ancheta, Court Administrator at 360-722-1697 or Alicia Horne, Court Director at 360-926-4538.



Tulalip Tribal Court

6332 31st AVE | Suite B
Tulalip, WA 98271

360-722-1697 or 360-926-4538

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IMPORTANT NOTICE

FACE MASKS REQUIRED

To help prevent the
spread of **COVID-19**

All patients and visitors to any
Tulalip Health System building
**must bring and wear their own
face mask or face covering** as we
will not be able to provide one.



TulalipHealthSystem.com