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syəcəb

Saturday June 27, 2020

(Tulalip See-Yaht-Sub)

## Tulalip weight loss challenge: Determined to lose that “quarantine 15”

By Micheal Rios

**\*Trigger Warning\*** The following combination of letters and punctuation depicts a factual desire to make healthier choices, lose body fat, and become better role models for children. In the era of #AllFeelingsMatter, some readers may find this kind of content offensive.

Heard of the *quarantine 15*? The phrase started popping up on social media back in March, as people considered how quarantining at home would affect their eating and exercise habits. Like most things on social media, it started mostly as a joke, but three

months of shelter-in-place orders later many can attest to gaining a few inches around the waist line. For these folks, the intent to steer clear of coronavirus resulted in an unintended consequence of catching the quarantine 15.

“Wonder why we crave pizza, potato chips, and chocolate during the coronavirus quarantine? When we’re worried or frightened, we’re more likely to seek out sugars, fats, and carbs for a quick energy boost,” explained *Psychology Today*’s Bryan Robinson, Ph.D. “These comfort foods act like a natural tranquilizer that calms us down in times of peril.

See **Challenge**, page 4



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## Quil Ceda Creek Casino is giving guests more to love as construction of new casino makes major progress



*More than twice the size of the current property, the new Quil Ceda Creek Casino is slated to open in early 2021.*

**TULALIP, WA** - Quil Ceda Creek Casino announced significant progress on its highly anticipated, new and improved casino which is being built across the street from the

See **Casino**, page 3

## 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](http://TulalipHealthSystem.com)

TDS-35427

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

syəcəb, the weekly newspaper of the Tulalip Tribes

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



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## Casino from front page



existing casino. Set to open in early 2021, the new Quil Ceda Creek Casino is situated on 15 acres of Tulalip Tribal land located directly off I-5 exit 199. The casino will be more than twice the size of the current property. Totalling 126,700 square feet, it will feature a beautifully designed and greatly expanded main casino, new and enhanced food and beverage experiences, and a multi-story parking garage.

“The construction of the new Quil Ceda Creek Casino is on track and making considerable progress. We love having our guests back at our current property, but can’t wait to show them what we mean when we say there will be ‘More to Love’ in their gaming, dining and entertainment experience at the new Quil Ceda Creek Casino,” said President and COO of Tulalip Gaming Organization, Ken Kettler.

The new Quil Ceda Creek Casino will offer guests more to love with 1,500 gaming machines (an increase of 500 machines), 16 table games (with three new tables added), an expanded entertainment lounge, three full-service bars, a full-service restaurant, a food hall with multiple cooked-to-order food venues and a state-of-the-art smoke management system.

The new six-story parking garage will include more than 1,000 parking stalls, elevators and enhanced accessibility for guests with disabilities. Additional surface parking and charging stations for electric vehicles will be conveniently located near the multiple casino entrances. The new Quil Ceda Creek Casino will have approximately 700 more parking spaces than the current location.

“We know our loyal guests have come to love and enjoy the casual, comfortable and fun environment at Quil Ceda Creek Casino. We are excited to give our guests that same friendly and familiar experience at the new property

with larger, updated facilities,” said Kettler.

Construction began in early 2019 and major in-progress construction highlights include:

#### Casino Milestones

- The building structure is complete with final exterior finishes in progress.
- Interior finishes are in progress.
- Heating and air conditioning systems are in place and ready to be tested.
- The surface parking lots are being graded in preparation for paving.

#### Parking Garage Milestones

- The six-story concrete structure is complete.
- Lighting is complete and the parking stalls have been striped.
- Final exterior painting is in progress.
- Electrical and low-voltage systems installations are being finalized.

The Tulalip Tribe has already invested in new street improvements to enhance ease of access to the new facility.

Seattle-based Andersen Construction is the Design/Builder for the project based on a design by Thalden Boyd Emery (TBE) Architects of St. Louis, MO. TBE has designed more than 200 casinos in its 45-year history. Eric Guion & Associates, LLC, Seattle, is the Owner’s Representative, and has been heavily involved in the Washington state and Pacific Northwest region’s tribal community for more than 25 years. Eric is providing leadership in all phases of the project’s design and construction.

The current Quil Ceda Creek Casino facility will remain fully operational until the new casino opens to the public. More information on the new Quil Ceda Creek Casino and a livestream look at construction can be found at [quilcedacreekcasino.com/NewQCCCasino](http://quilcedacreekcasino.com/NewQCCCasino).

## New Quil Ceda Creek Casino Fact Sheet

### Scheduled to open in first quarter 2021

#### Casino

- 126,700 square feet
- 1,500 gaming machines (increase of 500 machines)
- 16 table games (increase of 3 tables)
- Entertainment Lounge (189 seats)
- Private party / meeting room (30 seats)
- Three full-service bars
- Food Hall with multiple cooked-to-order food venues (212 seats)
- Full-service restaurant (137 seats) “The Landing”

#### Parking Garage

- Six floors of concrete construction
- 1,068 parking stalls

#### Site Development

- Multiple site entrances
- Surface parking for 684 vehicles
- Total parking stalls (surface and garage): 1,752
- Available parking at current location: 1,039

#### Schedule Milestones

- June 2019 – September 2019
- Erect the structural steel and framing for the casino
- October 2019 – March 2020
- Roofing, exterior wall framing and sheathing
- September 2020
- Interior finishes complete
- September 2020 – January 2021
- Gaming, food service and operational installation
- Building commissioning

#### Design/Build Contractor:

Andersen Construction 5601 6<sup>th</sup> Ave. S., Suite 550, Seattle, WA 98108

Andersen has offices in Seattle, Portland, Boise and Eugene. Founded in Portland in 1950, they have opened full-service offices in Boise, ID, Seattle, WA and Eugene, OR. Each office is led by a Regional Manager and professional staff with roots and vast experience in their region.

#### Architect:

TBE Architects 1133 Olivette Executive Parkway, St. Louis, MO 63132

TBE Architects (Thalden Boyd Emery) has been providing design and architectural services for more than 45 years. They specialize in the design and architecture of hotels, casinos and related hospitality projects. Their extensive background includes work on more than 400 hotels and 200 casinos.

During the past seven years, the firm has been the architects for more than \$2 billion in casino projects in the United States and Canada, and has been ranked as the one of the largest hospitality design firms in the country.

Their services include architecture, master planning, engineering and interior design. The staff is comprised of inventive designers/architects, accomplished planners, and imaginative interior designers who are extremely knowledgeable in the development of hospitality properties. TBE Architect’s entire approach is based on creating unique and exciting visions, and bringing those visions to life.

#### Owner’s Representative:

Eric Guion & Associates, LLC 1455 NW Leary Way, Suite 400, Seattle, WA 98107

Much of Eric Guion’s career has involved working on Native American projects with a considerable focus on gaming, entertainment and hotels. The services his company provides include Owner’s Representation, Architectural Design and Master Planning.

While his work extends nationally, he has been heavily involved in Washington state and the Pacific Northwest region’s tribal community for more than 25 years.

As the Owner’s Representative, Guion focuses on creating a successful project and is the advocate throughout the development process. He uses his experience and expertise in both design and construction to provide leadership in all phases of the project.

### Challenge from front page



“But what feels like a satisfying solution in the short term grows into a bigger problem in the long run. Comfort eating traps us in a hard-to-break eating cycle that adds to stress levels, resulting in serious health problems, such as heart disease, diabetes, and obesity, as well as emotional problems, such as depression and anxiety.”

Over the past several weeks, states and cities all across the United States have gradually loosened their shelter-in-place orders. Locally, Snohomish County is in phase two and will be entering phase three in a matter of days, which means more and more businesses and outdoor recreation activities are available to the public. A group of local mothers look forward to returning to some semblance of normalcy and together they share a desire to make healthier choices, which means shedding that unwelcomed quarantine 15.

Knowing that weight loss alone can be difficult, they are pooling their emotional and physical support in a way that is fun, constructive, and gets the competitive juices flowing. Enter Tulalip’s own weight loss challenge – the mommas gotta get it done edition. The inspired group consists of ten Tulalip tribal members, all women and all mothers.

“We’ve created a Facebook group to motivate each other, share recipes, and support one another through this process,” said Malory Simpson. “We’ve set this up to be a challenge, hoping the competitive nature comes out to help us stay motivated, but at the same time we’ll be

able to rely on the group for support when it’s needed.”

The group met in person on Monday, June 22, near the stunning overlook of Tulalip Bay to both officially weigh-in and pay the buy-in that ultimately adds a competitive wrinkle to further incentivize living a healthier lifestyle.

“I need all the motivation I can get. Having money on the line just helps to jump start the process for everybody,” shared Michelle Martin. “It’s been rough being stuck at home during this whole quarantine. Especially being a mom of three young boys who never seem to be full. I’m constantly feeding them or giving them snacks, and it’s so easy to snack along with them. Participating in this weight bet

will help me hold myself accountable and knowing there are nine other ladies watching me gives me even more drive.”

A change in lifestyle is never easy. Making wholesale changes to your typical grocery list, creating brand new go-to meals, and cutting out sugar-filled beverages like sodas, energy drinks, and those tasty caffeinated drinks from your favorite coffee stand sounds daunting, there’s no doubt about it. But for an entire nation that went into a 3-month long quarantine over fear of catching what some refer to as a largely overhyped virus\*, the goal to live a healthy and more active lifestyle is even more substantial.

Countless reports show overwhelming evidence clearly showing that not only is eating nutritious foods and regular exercise good for you holistically, together they will also mitigate underlying health conditions which are the most emphatic precursors to COVID-19 related deaths. Heart disease, cancer, and diabetes are the leading serial killers in modern day Native communities and remain pervasive threats to our culture. So much so that they are attributed to an estimated 50% of all Native American deaths.

For the ten moms participating in a weight loss challenge, their courage to go outside their comfort zone and engage in a healthier lifestyle can have tremendous effects not just in the short term, but in the long term as well. By holding themselves accountable, channeling stress in proactive ways, and staying active, each mother will be promoting immeasurable health benefits to not only each other, but their easily influenced children, too.

“It can only be a huge positive for our kids to see us choosing to make good changes and live healthier,” added Malory. “As moms, realizing that what we cook is what our kids will eat only adds a layer of importance. Of course our kids have their own snacks, but by focusing on adding more fruits and vegetables to our daily meals, and cutting out the unhealthy stuff, our entire households will become healthier.”



An opportunity for parents to teach their kids how to be healthy, shutting off the TV, computer and phone screens more often to go outside and enjoy the outdoors, while working together as a family is a win-win-win. Plus, there are huge bragging rights to whoever comes out the victor of Tulalip's own weight loss challenge and puts a little extra coin in their pocket.

The group is set to reconvene on July 22 for another weigh-in. Regardless of what the scale shows, by choosing to be healthier with food selection and engaging in more exercise each determined

woman is a winner.

"It's so important to acknowledge everybody has a different body that will react uniquely to different weight loss methods," said Courtney Jefferson. "Sharing this information lets us know its ok when a particular type of diet doesn't work. For example, we hear a lot of talk about the Keto Diet, but it doesn't work for everyone. Same applies to Paleo, Atkins, and even going vegan. We each have our own nutritional requirements and need to, most of all, be in tune with our body and how it reacts to different foods.

"There are sure to

be some difficulties on this journey, but that's why we're doing it together," she added. "Our support for one another will make it easier to keep moving forward."

*\*Snohomish County health department reports 3,814 confirmed cases, with 3,209 of those individuals recovered and 164 deceased (4% mortality rate), as of 6/23/2020.*



## Hiking the Pacific Northwest + 12 local trails to try this summer

By SNAP-Ed Program Coordinator,  
AnneCherise Jensen

It's that special time of year, hiking season is finally here! After months of snow and rain, mountain conditions are beginning to look more inviting by the day. Forest roads are open, much of the snow has melted, and long warm sunny days lie ahead. With all of the conflict happening around the world, taking a hike is a great escape to refresh the mind, body and soul. Fresh air, nature, plants, trees, exercise, flowing rivers, epic views and good company is just what the doctor ordered. Here are some hiking tips to ensure you have a safe and successful trip in the great outdoors.

Going into the mountains can be unpredictable, you never know what's going to happen or who/what you may run into. Though most of my trips in the outdoors have been generally safe, I've always been prepared and informed before heading into the wilderness. Knowledge is key for a fun, safe and successful trip in the Great Outdoors. Before heading out, be sure to

bring the hiking essentials.

### What to bring? "Hiking Essentials"

- Navigation: Either a map, compass, or GPS device is one of the 10 basic essentials. This can even be saved images on your phone that you download / screenshot from an online source. Check out WTA.org for mapping info.
- Headlamp: Depending on what time of day you decide to go on a hike, it's always a good idea to bring a headlamp just in case it gets dark while you're still out. To be even more prepared, bring an extra set of batteries just in case. You can find these at Cabela's, REI, Dicks Sporting Goods, Walmart or Amazon.
- Sun protection: In the warm summer's heat, it's important to bring sunglasses, and sunscreen for sun protection.
- First aid: A simple first aid kit with Band-Aids, Tylenol, foot care and insect repellent is extremely important to have in

case anyone gets hurt or sick on the trail.

- Knife: A knife is important to bring for a wide variety of reasons, keep in a safe place in case of an emergency.
- Fire: In most cases, you won't need to use fire for day hike purposes, but it's important to bring in case of a worst case scenario. This includes either matches, a lighter and/or stove.
- Extra food: You know what they say, food tastes better in the mountains. Make sure to bring enough food, and snacks to help keep you fueled on the trail. Check out some of my favorite healthy hiking snacks down below.
- Extra water: I recommend bringing at least 1 Liter of water for each individual on the trail. The harder the hike, the more water you will need.
- Extra clothes: In the mountains, the weather can be unpredictable and you never know when it could unexpectedly rain. Be sure to bring a waterproof Jack-

et and sweatshirt in case the weather goes bad.

- Backpack: You'll need a small backpack to carry food, water and other essentials!
- Waterproof Hiking Shoes: This time of year, many if not most of the hiking trails will be very muddy and wet. It's important to find a comfortable pair of hiking shoes that are either waterproof or water resistant.
- Camera /phone: What's a memory without a picture or two? Bring a camera or your phone to take some pictures to share with friends and family! Maybe your trip will inspire someone you know to get out and get some exercise, too!

### 12 Local Hikes Near You (listing by easiest to most difficult)

Drive time is determined by starting location at Marysville Albertsons

*Continued on next page*

**Franklin Falls**  
Miles: 2.0 miles roundtrip  
Elevation: 400 ft. elevation gain  
Location: Snoqualmie Pass  
Drive: 81 miles, 1 hr. 30 minutes

**Big Four Ice Caves**  
Miles: 2.2 miles  
Elevation: 200 ft. elevation gain  
Location: Mountain Loop Highway  
Drive: 38 miles, 1 hr. 5 min

**Boulder Creek Falls**  
Miles: 3.0 miles  
Elevation: 700 feet  
Location: Highway 530, French Creek Road  
Drive: 38 miles, 1 hr. 10 min

**Heybrook Lookout**  
Miles: 2.6 miles  
Elevation: 850 ft. elevation gain  
Location: Stevens Pass, Highway 2  
Drive: 43 miles, 1 hour 5 min drive

**Heather Lake**  
Miles: 4.6 miles roundtrip  
Elevation: 1034 ft. elevation gain  
Location: Mountain Loop Highway, Pilchuck Road  
Drive: 25 miles, 45 minutes

**Oyster Dome**  
Miles: 5.0 miles roundtrip  
Elevation: 1050 ft. elevation gain

Location: Samish Overlook, Puget Sound  
Drive: 48 miles, 1 hr.

**Wallace Falls**  
Miles: 5.6 miles roundtrip  
Elevation: 1300 ft elevation gain  
Location: Gold Bar, Highway 2  
Drive: 35 miles, 55 minutes

**Lake Twenty Two**  
Miles: 5.4 miles Roundtrip  
Elevation: 1350 elevation gain  
Location: Mountain Loop Highway  
Drive: 46 miles, 1 ½ hours

**Goat Lake**  
Miles: 10.4 miles roundtrip  
Elevation: 1400 gain  
Location: Mountain Loop Highway Forest Road 4080  
Drive: 46 miles, 1 ½ hours

**Sauk Mountain**  
Miles: 4.2 miles round trip  
Elevation: 1200 elevation gain  
Location: North Cascades Highway  
Drive: 70 miles, 1 hr. 45 min

**Lake Serene**  
Miles: 8.2 miles roundtrip  
Elevation: 2,000 ft. elevation gain  
Location: Highway 2, Mt.Index Rd.  
Drive: 41 miles, 1 hr. 10 min.

**Mt Pilchuck**  
Miles: 5.4 miles roundtrip  
Elevation: 2,300 ft. elevation gain  
Location: Mountain Loop Highway, Mt.Pilchuck Rd.  
Drive: Approx. 30 miles / 1 hour 10 minute drive

Caution! Before heading out on a hike, please do your own research before heading into the wilderness. Check online for recent trip reports and trail conditions for safety purposes. Trails may be under construction or may be temporarily closed due to unfavorable weather conditions. Be sure to print or make copies of specific driving directions to exact locations. Since there is often little to no service on forest service roads, it's good to have a hard copy of both a map and driving directions before leaving the house. This information can be found at WTA.ORG

Remember to leave the outdoors looking cleaner than you found it. Always pack out what you pack in and be responsible with your trash. Let's keep the outdoors looking pristine and beautiful, just as Mother Nature deserves.

Tropical fruit & nut snack mix:

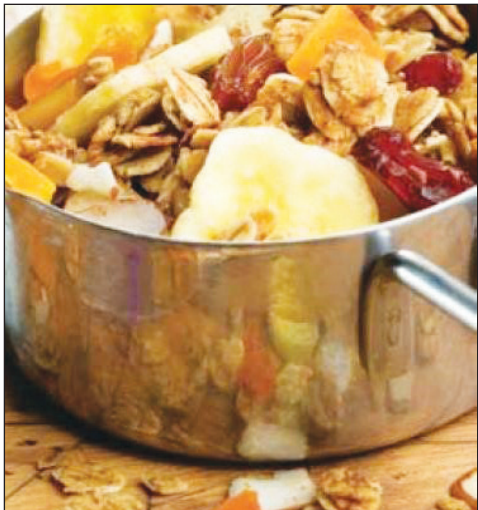
- Ingredients
- 1 tablespoon Butter
  - ¼cup Honey\*
  - 1teaspoon Almond extract or Coconut extract
  - 1teaspoon Ground cinnamon
  - 2 cups Old fashioned oats
  - Nonstick cooking spray
  - ½cup Almonds sliced
  - ¾cup Dried tropical fruit bits
  - ½cup Banana chips
  - ¼cup Raisins

- Directions:
- Preheat oven to 350°F.
  - Melt butter in a medium saucepan. Add honey, almond or coconut extract, and cinnamon; mix well.
  - Stir in oats and transfer to a baking sheet coated with non-stick cooking spray. Spread into a 1-inch thick layer.
  - Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
  - Remove from the oven and toss with dried fruit. Let cool completely and serve.
  - Enjoy! This is a great healthy snack to have on hand when you and your family are on the go.

*\*\*This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.*



Hiking Sauk Lake, Sauk Mountain.



## Court Notices

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.

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 6, 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.

### Superior Court of the State of Washington for Snohomish County

**JUDGES**  
ANITA L. FARRIS  
ERIC Z. LUCAS  
DAVID A. KURTZ  
BRUCE I. WEISS  
GEORGE F.B. APPEL  
JOSEPH P. WILSON  
RICHARD T. OKRENT  
JANICE E. ELLIS  
MARYBETH DINGLEBY  
MILLIE M. JUDGE  
CINDY A. LARSEN  
JENNIFER R. LANGBEHN  
PAUL W. THOMPSON  
ANNA G. ALEXANDER  
EDIRIN O. OKOLOKO

**SNOHOMISH COUNTY COURTHOUSE**  
M/S #502  
3000 Rockefeller Avenue  
Everett, WA 98201-4060  
(425) 388-3421

**PRESIDING JUDGE**  
BRUCE I. WEISS

**COURT COMMISSIONERS**  
JACALYN D. BRUDVIK  
TRACY G. WAGGONER  
PATRICK M. MORIARTY  
SUSAN E. HARNES  
PATRICIA J. NELSON

**SUPERIOR COURT ADMINISTRATOR**  
SHANE A. NYBO

June 17, 2020

#### Letter to the Editor from Snohomish County Superior Court

One of the most important rights under our State and Federal Constitutions is the right to a jury trial. Because of the COVID-19 emergency, we have been unable to have jurors safely come to court. Effective July 6, Snohomish County Superior Court will begin resumption of jury trials. We are modifying our operations to help prevent the risk of infection from coronavirus. Some Courts throughout the Country have resumed jury trials with success, and we are adopting many of those same procedures. We take public health and the safety of jurors seriously. Snohomish County was actually one of the first Counties in the State to postpone jury trials due to the risks associated with the virus.

Our policies prohibit anyone who has been ill to enter our courtrooms. We will use spaces and locations that will allow for 6 feet of social distancing throughout your jury service. Generally, everyone in the courtroom will be required to wear masks. We will have hand sanitizer readily available and gloves available on request. Our courtrooms will be cleaned daily using enhanced cleaning methods. Dr. Chris Spitters from the Snohomish Health District has reviewed our plans, and our courtrooms and agrees that are plans are appropriate.

If you are in the high-risk category for coronavirus or are uncomfortable servicing as a juror when you are summoned to appear for jury duty, you can request that your jury service be deferred to a later time.

Civic-minded jurors are essential to assure fairness to all parties in a case. Due to changes in operations, the length of jury trials and jury service might be increased. On behalf of the 15 Superior Court Judges, I thank you for your dedication, understanding, and service during these extraordinary times.

Judge Bruce I. Weiss  
Snohomish County Superior Court Presiding Judge

### Tulalip Tribal Court contact information



	ACTION	POINT OF CONTACT	PHONE	EMAIL
<b>TRIAL COURT</b>	Providing telephonic support, hearings will be held telephonically and accepting filings via email or regular mail	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>APPELLATE COURT</b>	Providing telephonic support, hearings held telephonically and accepting filings via email or regular mail	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>TRIALS</b>	Continued for twenty-one (21) days or through April 16, 2020. No Jury trials until May	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>HEARINGS</b>	Telephonic or continued thirty (30) days at request of the parties or through April 16, 2020	Court Administrator	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>CRIMINAL HEARINGS</b>	Any essential criminal in custody hearings, including first appearances on mandatory arrest charges, shall be conducted telephonically.	Court Clerks	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>WELLNESS COURTS</b>	Staff off-site – providing telephonic support	Wellness Coordinator	360-913-0018	autzcook@tulaliptribes-nsn.gov
<b>VICTIMS SERVICES</b>	Staff off-site – providing telephonic support	TOCLA	360-716-4513 360-913-3433	jkerney@tulaliptribes-nsn.gov
<b>YOUTH IN NEED OF CARE</b>	Staff off-site – providing telephonic support— All hearings continued past April 18, 2020	Court Clerks	360-722-1697	CourtClerkStaff@tulaliptribes-nsn.gov
<b>PROBATION</b>	Staff off-site – providing telephonic support	Probation	360-716-4800	ProbationStaff@tulaliptribes-nsn.gov

**PROTECTIVE ORDERS:** If you need to file an emergency protective order please contact the Clerk of the Court at CourtClerkStaff@tulaliptribes-nsn.gov or TOCLA 360-716-4513; 360-913-3433 so that we can determine how best we can assist you. The court shall be alerted by email and will accept all court filings either via email at Court Clerk Staff CourtClerkStaff@tulaliptribes-nsn.gov, or via US mail sent to: Tulalip Tribal Court, 6332-31st Ave Ne, Suite B, attn.: Clerk's Office, Tulalip, WA 98271.

**Child Protection Safety Concerns:** If a person believes there is a concern about the health, safety and welfare of a minor child, they should contact the Region 3 Washington State Child Protection Services hotline at 1-866-829-2153.

## Headstone Blessing & Reveal "Al Gunny Jones Sr."

**July 8th, 2020**  
**Mission Beach**  
**Cemetery, Tulalip**  
**11:00 am**



\*\*\*Possible potluck following if  
Allowed (due to COVID19)  
More info following as we get  
Closer to date 7-8-2020



**20/20**  
Our Vision *for* the Future.

It's for the  
**Kids**  
22nd Annual  
VIRTUAL EVENT

**Benefitting the Tulalip  
Boys & Girls Club**

Out of an abundance of caution, this year's in-person auction has been re-imagined into an online virtual event September 8-12. Although we can't get together in person, our club kids still need your support!

Look for details in the next few months about how you can be part of this unique way to contribute to the club.

**100% of this year's sponsorships and donations will go directly to feeding the kids.**



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