Liven up your meals with fruits and vegetables

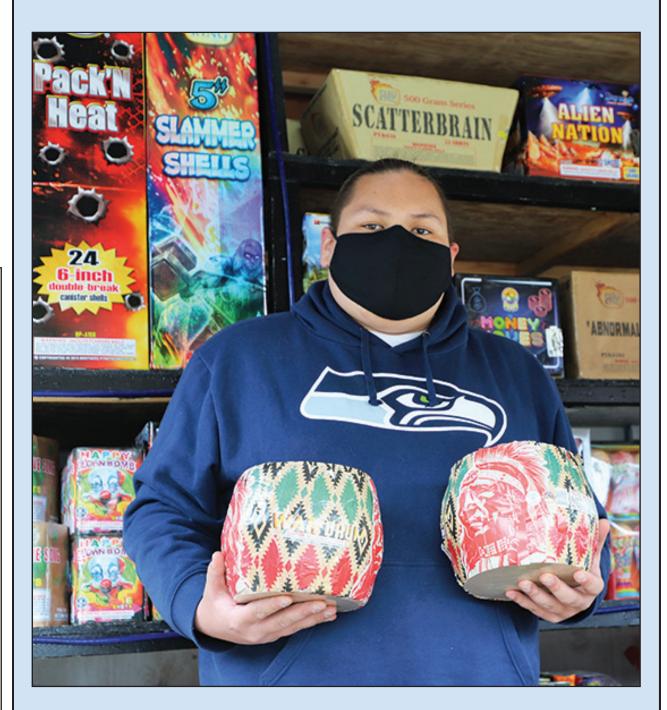


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More than fireworks, Boom City represents Tulalip culture



See Boom City, page 3



TULALIP BAY AFFORDABLE WORK FORCE RENTAL















Tulalip Tribal Members Only!

Tenant will be selected through a lottery selection on July 24th, 2020 at Noon at the admin building. Applications must be turned in to the Asset & Real Estate Department by July 23rd, 2020 by 1:00 pm. The drawing will be aired over Facebook live. Applicant cannot be delinquent on any debt to the Tribe and must provide income verification to qualify. Selected applicant must pass background check, UA screening, and pay \$34 application fee after lottery selection. A security deposit of \$1,100.00 and first months rent of \$1,100.00 are due before move in.

Applications are online at https://www.tulaliphousing.org/Leasing/Forms You can also pick up an application at the front desk of the Admin Building

3410 Reuben Shelton Dr., Tulalip WA 98271

3 Bedroom, 1 Bath Silver Village Rambler featuring New Appliances, Vinyl Laminate Floors, 1,152 sq. ft., Front and Back Yard



Tulalip Tribes Asset & Real Estate 360-716-4451 dmichael@TulalipTribes-nsn.gov



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 masks or face covering as we will not be able to provide one

TulalipHealthSystem.com



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

Reporter: Micheal Rios, 360.716.4198, mrios@tulaliptribes-nsn.gov Reporter: Kalvin Valdillez, 360.716.4189, kvaldillez@tulaliptribes-nsn.gov Tulalip News Manager: Kim Kalliber, 360.716.4192 kkalliber@tulaliptribes-nsn.gov Media & Marketing Manager: Sara "Niki" Cleary, 360.716.4202 ncleary@tulaliptribes-nsn.gov

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Deadline for contribution is Monday, with publication on the following Saturday.

In memoriam:

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



www.tulaliptv.com

For program scheduling, visit: http://www.tulaliptv.com/ tulaliptv-schedule/

Not getting your syacab?

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

Boom City from front page



By Micheal Rios

"Boom City is much more than a business or money making venture. It's part of my culture, my history, and really represents what it means to be Tulalip," declared Rocky Harrison while peering out from his stand as potential customers walk into Snohomish County's firework epicenter. "Most advocate for hunting, fishing, or gathering Cedar and berries as what it means to

be Tulalip, but to me Boom City is just as strong and just as much a part of our culture."

For nearly 40 years now, the Tulalip Tribes have turned a vacant lot on their reservation into an excitement-filled marketplace for those looking to satisfy the celebration demands of Independence Day.

Thousands of customers from all over the Pacific Northwest journey to Boom City ev-



"Boom City is much more than a business or money making venture. It's part of my culture, my history, and really represents what it means to be Tulalip."

- Rocky Harrison

ery year seeking the perfect purchase consisting of child friendly sparklers and snap poppers and, of course, the thrilling sights and sounds of more advanced explosives, such as artillery shells and 500 gram, multi-shot cakes.

Largely illegal in the State of Washington, the sale of fireworks is permitted on Tulalip lands as a direct result of tribal sovereignty. Embracing that sovereignty is some 80 or so stand owners, each a Tulalip entrepreneur looking to cash-in on 4th of July festivities. Together they form a powerful voice in the community that personifies self-determination and tradition.

"Seeing old friends from school, church, and every job I've ever had is the best part to me," shared Terry Parker, Jr. He's been selling at Boom City for 39 years now. "We all have our repeat customers and through those relationships we've seen kids become adults and eventually parents themselves bringing their kids out here. I've witnessed three generations of families grow up via their annual trips to buy fireworks. That's three generations worth of laughter and priceless stories."

For Dan Pablo, Jr. and wife Kelsea, they've factored prominently in the firework marketplace for years, too. So much so they created custom branded products to go with their towering stand, JR Cadillac, that always captivates the attention of first time patrons.

"We got lucky with a distributor we've known for a long time, and he made us some custom rapid-fire cakes with our name on them," explained Dan. "It's a lot of hard work, a lot of hours and long days go into being successful, but it's worth it in order to pay off bills and afford things for our family that we wouldn't be able to otherwise."

The financial incentives for those willing to embrace the Boom City life are tried and true. In recent years there's been a trend by Negative Nancy's to try and diminish the hard work and sacrifice made by those willing to put their marketability and people skills to the annual test.

From nearby cities instituting zero-tolerance policies on fireworks, to recent dry spells causing worry about fire hazards, to even COVID-19 creating concern for some, yet Boom City persists and prevails. Like culture and tribal sovereignty, it remains stronger than anything attempting to tear it down.

"For me and multiple stand owners, this was the best opening weekend of Boom City we've ever had...and we almost didn't have it," reflected Rocky. For the past 13 years he's co-managed a stand with his brother, Josh Fryberg.

Tensions ran high as Tulalip leadership and the

Boom City committee negotiated this year's regulations. There were strong indications it would be cancelled altogether before finally getting the green light just two weeks ago.

"All this revenue and income was nearly taken away from us and the many families who depend on Boom City to supply the atmosphere for their 4th of July celebrations," added Rocky. "The community we have here every single year brings people together in a way few things can. I'm just thankful to be a part of it and look forward to teaching my kids how to continue on this tradition in the future."











Liven up your meals with fruits and vegetables

By SNAP-Ed Program Coordinator, AnneCherise Jensen

Sadly, fruits and vegetables often get a bad rap. For some, they aren't the most popular foods on the menu. However they contain extremely high amounts of vitamins and minerals that are essential for good health and immunity. They are low in fat and calories, and contain lots of fiber and other key nutrients.

Most Americans should eat more than 3 cups — and for some, up to 6 cups — of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals, they also add color, flavor, and texture, bringing the meal to life. When cooked and paired together properly, fruits and veggies create unique and exquisite flavor combinations. Here are some fun and creative ways to bring healthy foods to your table.

- Fire up the Grill. Summertime is finally here! Now is the perfect time to fire up the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or onions on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangoes add great flavor to a cookout.
- Expand Flavor of Casseroles. Mix vegetables such as sautéed onions, peas, garlic, broccoli, spinach, or tomatoes into your favorite dish for that extra flavor. If you dice them up small enough, you can even get away with sneaking them into the dish without anyone knowing.
- Planning something Italian? Add extra vegetables to your pasta dish. Slip some peppers, spinach, onions, mushrooms, zucchini, garlic or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.
- Get Creative with Salad. Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad. With the summer heat upon us, a crisp and refreshing salad is both healthy and satisfying! One of my favorite



summer salads is an 'Apple Walnut Salad with Balsamic Vinaigrette'. Check out the recipe provided below!

- Substitute Fruit for Dessert. Try a fruit based dessert instead of processed or overly sweetened dessert. Fruit based dessert will provide you with more nutrients while also preventing you from consuming excess calories throughout the day. Options could include a fruit smoothie, berry parfait, fresh whole fruit, or fruit based popsicles. These are great options to satisfy the sweet tooth in the summer heat!
- Get in on the Stir-Frying Fun. Try something new! Stir-fry your veggies — like broccoli, carrots, sugar snap peas, bok choy, peppers, mushrooms, onions or green beans — for a quick-and-easy addition to any meal. Add a lean source of protein and some whole grain rice to make the meal complete!
- Add to Sandwiches. Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, spinach, or avocado on your everyday sandwich or wrap for extra flavor. These are great to bring to lunches for work, hiking, or any other outdoor activity.
- Be Creative with Baked Goods. Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat. Doing so gives some extra flavor and nutrients, all while being creative in the kitchen!
- Veggie and Fruit Trays: I've learned the best way to get kids to eat fruits and vegetables, is to prepare it in a fun and eye appealing manner. Make some fruit and veggie trays that have a wide variety of options. This is a great way to get individuals to try new foods they may not have originally tried on their own. Some of my favorite summer

- choices include watermelon, honeydew, cucumbers, carrots, broccoli, cherries, grapes, celery and cherry tomatoes. Add a few healthy dipping options like low fat ranch, hummus or Greek yogurt to compliment the assortment.
- Liven up Breakfast. Boost the color and flavor of your morning omelet or egg scramble with a variety of vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers. This is the perfect way to fuel for the day!

Want local, organic fresh produce delivered to your front door? Check out Klesick farms online produce department at www.klesick.com. They have a wide variety of produce you and your family would love.

With Covid-19 on the rise, it is comforting knowing healthy produce can be delivered to your door without having to leave the house. You can create your own assortment of goods, or you can sign up for specific box packages/sizes that include, "Family on the Go" "Harvest Box" "Fruits" or "Veg /Salad" options. If interested, you may also purchase local meats, eggs and grain products. Check out the following steps to get your family signed up for your own Klesick Box of fresh produce!

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



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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— INSPIRE Sponsors —

— DREAM Sponsors —













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Notices

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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 HERE-BY 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-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 PUBLI-CATION 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-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 JUDG-MENT WILL BE RENDERED AGAINST YOU. Date first published: June 13, 2020.



2020 Tutorial Homework Support Program Summer School

Classes will start on August 10 and end on August 27

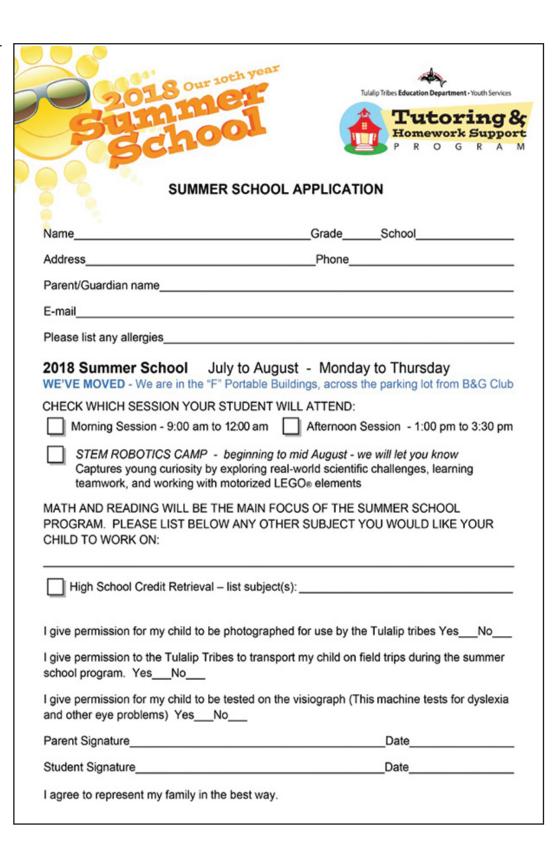
There will be two sessions: 9am-Noon and 1-3:30 PM K-2 – Building F

3-5 – Building F-2

6-12 – Building F-3

- There will be a Language component to the program this year.
- No Stem Robotics classes this year.
- Application can be e-mailed to dsimpson@tulaliptribes-nsn.gov or have your student bring them on the first day of classes.
- We won't be having field trips, but will do some outdoor activities with students.
- Because of the limited number of students in each classroom, the first twelve to sign-up for each class will get their choice of morning or afternoon classes

Contact: Valda Gobin, 360-716-4905 or Dawn Simpson, 360-716-4646 if you need more information





Why should you be counted in the 2020 census?

It's important.

Census data affects funding for our tribe, our tribal community's representation in Congress and our tribal leader's planning decision. Tribes do not share enrollment numbers with the government, so it is important for us to participate in the 2020 Census.

It's easy.

This is the first time ever that you will be able to respond to the census online. By April 1, 2020, all Tulalip households will receive an invitation to participate in the census. You will then have three ways to respond: online, by phone, or by mail.

It's confidential.

Your responses are protected by law and all Census Bureau employees have taken an oath to protect confidentiality. Personal information is never shared with any other government agencies or law enforcement, including federal, local, and tribal authorities.

Complete your Census form by mid-July 2020 to avoid a follow-up visit from a Census Worker.

For more information, visit https://www.census.gov

Ways to complete your Census:

- To complete your Census online, visit: www.my2020census.gov from your computer, tablet, or cellphone
- To complete your Census by phone call 844.330.2020
- If you have received a Census form by mail and would like to respond by mail, please fill it out and mail it back in the envelope provided



Late July 2020
Census enumerators visit homes that did not complete a questionnaire and collect information at the door.

