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syəcəb

Saturday April 24, 2021

(Tulalip See-Yaht-Sub)



UFC legend Ken Shamrock connects with signature style at Tulalip Remedy

By Micheal Rios

In collaboration with The Dab Roast and Tulalip entrepreneur Rocky Harrison, Ultimate Fighting Championships (UFC) hall of famer Ken Shamrock made a special guest appearance at the reservation's retail cannabis establishment on Monday, April 19. His highly anticipated arrival during National Cannabis Awareness Month was well-received by professional

See **Shamrock**, page 3

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Tulalip Tribes
6406 Marine Drive
Tulalip, WA 98271

Boom City vax site halted amid Johnson & Johnson setback

By Calvin Valdillez

A partnership between the Tulalip Tribes and the Snohomish County Health District was showcased and executed with the opening of the mass vaccination site at Boom City.

"We were approached by the county, our partners, to see if we'd be able to provide a site for mass vaccination for our whole community. We can't do this alone. Everyone needs to be involved. Everyone needs to get their vaccine for this pandemic to slow down,



See **Vaccine Site**, page 5



Paycheck Protection Program (PPP) Loans for Fishermen

WEDNESDAY, APRIL 21 | 8 AM - 12 PM
THURSDAY, APRIL 22 | 1:00 PM - 5:00 PM
TULALIP MARINA, 7411 TULALIP BAY DR.

Washington Trust Bank will be at the Tulalip Marina to offer assistance to tribal fishermen.

PPP Loans can be used to help fund payroll costs, including benefits. Funds can also be used to pay for worker protection costs related to COVID-19 and certain supplier costs and expenses for operations.

To schedule an appointment contact
Amanda Shelton at 360-716-4625

Must bring Tribal ID, driver's license/state ID and fishing license, along with income statements for 2019 and 2020.

CONTRACT HEALTH SERVICES (CHS) PROCESSES

ELIGIBILITY

1. Tribal members living in Snohomish County.
2. Other Natives living on the reservation.
3. A non-Native woman pregnant with an eligible Native baby. Must live in Snohomish County during pregnancy and up to six weeks postpartum.
4. Services must be delivered within the United States.
5. All patients must verify their eligibility prior to appointments.

PO REQUESTS

For PO requests you must call 360-716-5630 prior to your appointment, leave a voicemail with your name, DOB (date of birth), date of appointment, clinic where your appointment is scheduled and a number to reach you at.

NON EMERGENCY SERVICES

1. Patients must be CHS eligible.
2. Patients must sign up for insurance prior to appointment.
3. Patients have the option to opt out of insurance but must reapply every 6 months.
4. Patients must have a current referral from the Tulalip Health/Dental clinic (referrals are good for 6 months, visits should not exceed amount listed on the referral).
5. Other Natives must obtain a PO prior to each visit.

EMERGENCY ROOM VISITS

You have 72 hours to notify CHS of an ER visit, you must call 360-716-5630 and leave a voicemail with your name, DOB, hospital and a number to reach you at.

All patients must be listed as CHS eligible prior to appointments and emergency visits.



For the complete policy visit,
tulaliphealthsystem.com/ContractHealthServices

For questions contact, LAURA JIMENEZ, Tulalip
CHS Manager at 360-716-5630

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



TULALIP TV
www.tulaliptv.com

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

Not
getting
your
syəcəb?

Contact Rosie
Topaum at
360.716.4298
or
rtopaum@tulalip-tribes-nsn.gov

QCC from front page



wrestling followers, UFC fans, and, of course, cannabis enthusiasts

“Shamrock is here today to promote The Dab Roast, a new high quality vendor we recently got in for cannabis concentrates and who tribal member Rocky Harrison hooked us up with,” explained Remedy manager Jenn Bontempo. “This is significant because it marks our first celebrity appearance at our store. Having celebrities promote Remedy and the products we sell broadens our customer base and brings in more potential tax revenue for the Tribe. As a staff, we’re very excited to see what opportunities this creates for us going forward.”

The fittingly nicknamed World’s Most Dangerous Man’s arrival to Tulalip was confirmed only days prior. Yet it built enough buzz for a platoon of adoring fans to descend on Remedy with childhood memories of his WWF wrestling, vintage ankle lock days, or more recent recollections of his dominance as a mixed martial artist during the UFC’s foundational years.

One such super fan was 34-year-

old Jason Willden of Arlington. A regular consumer of Remedy’s diverse cartridge selection, he was ecstatic when he got word that Shamrock would be doing a meet and greet. He arrived nearly three-hours early, was first in line, and waited patiently for an autograph on his replica WWF Intercontinental Championship belt.

“Shamrock was my whole childhood!” exclaimed Willden. “I remember being a little kid and watching TV when he became Intercontinental Champion in 1998. His wrestling persona was to always be the aggressor and just kick-ass.”

As anticipation continued to build, the line began to wrap around Remedy. The early Summer-like weather of high 70s and radiating sunshine was perfect for the occasion. When doors opened and the event began, eager fans scurried inside Remedy where they had ample opportunity to purchase cannabis products, like the Dab Roast concentrate or some simple pre-rolled joints to elevate their mood.

Unable to contain her excitement



Continued on next page



while waiting in line, proud auntie Emerlinda Sanchez stood out as she spoke to her MMA fighter nephew Calob Ramirez (Chickasaw) via video chat on her cell phone. Calob was unable to attend in person because he's currently training in New Mexico, but thanks to mobile technology was still able to exchange a heartfelt message with one of his heroes.

"Shamrock is a tremendous wrestler, grappler, striker...put simply, if it weren't for guys like him, I wouldn't have the opportunity to do what I'm doing," said Ramirez. "I'm so grateful to praise a living legend and express my gratitude for his inspiration on me and so many others who have pursued a career in mixed martial arts."

While many of the Remedy visitors came from off reservation to see the now 57-year-old former UFC Superfight Champion, there were a share of Tulalip citizens who turned out for the occasion as well. Super heavyweight David Enick, known for a thunderous punch in his kickboxing days, admitted he was a little nervous to meet Shamrock, but couldn't pass up the opportunity shake his hand and get a picture.

"For me, I don't know Shamrock too well from his UFC days, but have lots of memories watching him perform in WWE," said David. "It was shocking to meet him and really cool to

exchange my experience as a fighter with one of the legends."

After two excitement filled hours of exchanges with fans, signing autographs, and providing photo opportunities there was one moment that stood out from the rest. One wrestling superfan was absolutely overcome with emotion as the WWF icon signed his authentic 1997 Ken Shamrock action figure he's owned since childhood. If that ain't love, we don't know what is.

An expression of pure joy radiated from one fan to another, which Shamrock later described as "So cool. Those kinds of fan interactions really show the impact and inspiration that we as professional athletes and entertainers have. The fans are the main ingredient to our success, so being able to talk to them, hear their thoughts, and share in experiences about what I meant to them growing up is awesome. Events like this really allows me to show my appreciation for their support."

Fans came from near and far to have the WWF and UFC legend sign a beloved piece of memorabilia, say 'thank you for all the memories', and have a pic snapped with the World's Most Dangerous Man. Tulalip Remedy anticipates this being just the beginning. Stay on the lookout for more celebrity appearances in the near future.





Vaccine Site from front page



so we can really curve that and get back to normal,” expressed Tulalip Emergency Preparedness Manager, Ashlynn Danielson, prior to the site’s opening.

After weeks of planning, the partnership’s shared vision of providing vaccinations to the greater community came to fruition on April 6, when the Health District administered the first round of vax shots to the public. The shots were administered by appointment only and one receiving the vaccine had to meet a number of qualifications to be considered eligible for the COVID defense serum.

The large lot located behind

the Tulalip Resort Casino, home to many firework stands during the summertime, is divided into sections by small orange cones, strategically placed throughout the gravel lot to create multiple driving lanes. The site features four checkpoints, designed to keep the patient on-track and the flow of appointments running smooth. During the first week of the site’s opening, patients were in-and-out of the drive-thru style site in under an hour.

On the second day of operations, the Boom City Site Pod Manager, Peyton Plucker, explained the layout of the site. “We’re just kind of bringing people through,

getting them where they need to go,” he said. “Through the security to make sure they have an appointment, where we write a number on the windshield - how many people in the car are eligible and have an appointment to get their vaccine. We bring them over to the screening station and we give them their vaccine record cards, so they have proof that they got their vaccine. And they head to the vaccination tent and they get asked a couple more questions there and then get their vaccine. And then lastly, they go to either their 15-minute or 30-minute observation time, and then they exit the property.”

The Boom City location is Snohomish County’s sixth mass vax site and was projected to serve upwards of 2,000 patients a day, depending on vaccine allocation. The planning committee of the site believed the location could easily administer 50,000 doses per week, if and when the vaccine was made readily available.

After receiving her vaccine, Snohomish County citizen, Dynae Ingle, shared her experience at the Boom City site expressing, “It was a really easy process and no wait. It was all on-time and everything went great. At first, I was against getting

the vaccine, because of nerves. But I work with the public and I didn’t want to take a chance on infecting other people.”

Unfortunately, due to unforeseen circumstances, the health district is currently not taking appointments at the Boom City site, after only one week of operations. When the FDA and CDC issued a temporary halt on the Johnson & Johnson vaccine due to reported blood clots, that also put a pause on vax distributions at Boom City, as that site was prepared to primarily provide the Johnson & Johnson brand, though they did initially administer Moderna on the first day of appointments.

There are no reported updates about when the on-the-reservation site will re-open, however, other mass vaccination sites are still in operation, where Moderna and Pfizer are offered, including the Boeing Everett Activity Center, Edmonds College as well as drive-thru locations stationed in Arlington and Monroe. To find out more information, such as eligibility, availability and how to schedule an appointment, please visit the Snohomish County Health District website, <https://www.snohd.org>.

MCHC: Building healthy eating habits for future generations

By Kalvin Valdillez

“Kids eat frequently because they have small stomachs, they digest food quickly and then they need a refill,” said Erika Queen, Child Health Educator at Tulalip Community Health. “Kids, and adults really, should be eating every 2-3 hours, that helps their bodies realize that they’re going to get fed routinely and helps curb huge cravings”

At the beginning of the year, four Tulalip programs combined forces to bring teachings, provide resources and instill a sense of community for first time mothers and young families of Tulalip. The collective is known as the Maternal Child Health Committee (MCHC) and consists of Family Haven, Tulalip Community Health, the Betty J. Taylor Early Learning Academy and beda?chel.

The MCHC’s goal is to bring once-a-month trainings, via Zoom, to the families while also providing a space for parents to discuss, relate, share and learn from

each other’s personal experience with parenthood. The committee’s classes have already garnered much attention over the months, with Family Haven and TELA hosting the first of the online classes that focused on topics such infant care and early childhood brain development.

For MCHC’s third Zoom get-together, Erika Queen lent her expertise to those who logged onto the virtual open-discussion seminar, which highlighted the eating habits of the future generation.

Said Erika, “We focused on ages birth to kindergarten specifically but it definitely works for most kids. The broad topic was why kids want to eat all the time.”

Erika is a certified lactation educator and stated she is willing to share any information to mothers about infant feeding during their baby’s first journey around the sun. She also shared the Satter Division of Responsibility in Feeding (sDOR) with the group. This is a set of tested and proven guidelines that helps develop healthy eating habits

in young children, that can actually be practiced all the way through adolescence.

“The bottom line is, adults are responsible for what, when and where the kids eat and the kiddos are responsible for how much and if,” explained Erika. “Kids ask for snacks all the time because they see us snacking and want what we have. They are learning about how this world works and they see their parents and family grabbing a snack and they’re like, ‘hey, how come I don’t get one?’.”

She continued, “Generally, feed your kids what you’re eating. Kids learn to eat what you cook. Pretty much all you need is a little extra time to let the food cool-off and kids can eat pretty much anything as long as they’re not allergic to it and as long as it’s cut appropriately so they can’t choke on it.”

The MCHC is excited to continue offering trainings each month throughout the year. Stay tuned to Tulalip News to find out what the MCHC has in store for

May.

“Our long-term goal is to improve health outcome for children and families,” expressed Erika. “We are putting these on as a way to connect with parents, to engage with families who might have questions and who might be stuck home with kids and don’t have normal access to groups and friends since the pandemic. We are here to provide information, support and resources to those families so they can make the best decision for the situation that they are in. If any parents want us to focus on a specific topic, please reach out to any of our programs and let us know.”

For those who were unable to attend this month’s training, more information about the Satter Division of Responsibility in Feeding can be found at <https://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/>

The Tulalip Tribes Planning Commission Notice of Public Hearing

April 28, 2021 6:00 PM

This will be an online Zoom hearing

The Tulalip Tribes Planning Commission will review the Conditional Use permit application for Five (5) Transitional Housing Units located at 7811 Waterworks Road.



For more info and Zoom link, contact Tulalip Tribes Planning Department at: Permits@tulaliptribes-nsn.gov or 360-716-4214

Sexual assault safety, prevention and resources

Submitted by Sydney Gilbert, Children's Advocacy Center and Legacy of Healing Coordinator

April is Sexual Assault awareness month and Legacy of Healing wants to share some information about sexual assault safety, prevention and resources. Every 73 seconds, an American is sexually assaulted. Sexual violence effects hundreds of thousands of American's each year and unfortunately only 5 out of every 1,000 rapists will end up in prison¹. We also know national statistics do not reflect the disproportionately higher rate that native women are sexually assaulted. The Justice Department reports that 1 in 3 Native women is raped over her lifetime and that American Indians are 2.5 times more likely to experience sexual assault crimes compared to all other races².

While it is never the fault of the victim and always the fault of the perpetrator, unfortunately we have to take our safety and education into our own hands. There are several tips you can follow to stay safe in many types of situations outlined on the Rape, Abuse & Incest National Network's website:

Safety Tips for Traveling

- Before you leave, share your travel plans and schedule with someone you trust. Include the address and phone number for where you will be staying as well as transportation information like flight number.
- Research transportation at your destination and go with a provider that is reputable in the area. Is there a number for them you can call if you have a bad experience?
- Familiarize yourself with the destination by using tools like google maps to scout it out. Is there a police station or hospital near where you're staying?
- When you get there, beware of "vacation brain". We want to

relax when we travel but listen to your intuition and try not to let your guard down with people you don't know.

- Alcohol Safety
- Keep an eye on your friends. If you're out in a group, plan to arrive and leave together. If you decide to leave early, let your friends know. Check in with them throughout the night to see how they're doing and if something doesn't look right, step in.
- Know what you're drinking. Consider avoiding large-batch drinks like punches that may have a deceptively high alcohol content and avoid leaving your drink unattended. Also don't accept drinks from people you don't know or trust. Be aware of sudden changes in how your body feels. Some drugs are odorless and tasteless and can be added to your drink without you noticing.
- Remember that even if you were consuming alcohol when a sexual assault occurs, it's not your fault!
- How you can respond if someone is pressuring you
- Trust your gut! Don't feel obligated to do anything you don't want to.
- Have a code word or phrase with friends or family that indicates to them that you need help.
- Plan an escape route; figure out how you would leave quickly if you needed to do so and identify who might be able to help you.

One more thing you can do to prevent sexual assault is to talk about consent and what that means with your friends, family and children. Consent means a wholehearted "yes" and agreement to whatever it is that is being propositioned. Never feel pressured to say yes to anything that you don't want to do; sexual in nature or otherwise. Practice building those boundaries in everyday situations to learn to recognize consent and become empowered to use it.

If you've been sexually assaulted, know that you are not alone and it was not your fault. Know that you can call the police and make a report, even if considerable time has passed since the assault. If the assault was recent (within 96 hours)

it's important to go the emergency room for a Sexual Assault Nurse Exam (SANE). This is important for evidence collection, emergency contraception, and to make sure you're healthy. While it makes sense that the first thing you would want to do after a sexual assault would be to shower, change your clothes, brush your teeth; avoid doing these activities to aid in the evidence collection process. If you did change your clothes, bring the ones you were wearing before/during the assault without washing them to the SANE. Even if you don't want to pursue criminal charges, SANE's are extremely important for your health. Our Legacy of Healing advocates can accompany you to this exam and support you during this process. And if it's been more than 96 hours since the assault, we encourage you to schedule and exam to make sure you're healthy. It's important to know that if you live in or near Tulalip and you need a SANE to go to the Providence Hospital ER in Everett; Cascade Hospital in Arlington is not equipped or trained in SANE exams.

If you or someone you know has been sexually assaulted, encour-

age them to contact Legacy of Healing at 360-716-4100 if they are an adult. If you or someone you know was sexually assaulted and they are under the age of 18, contact the police as well as the Tulalip Children's Advocacy Center at 360-716-5437 for services. If you are a Tulalip Tribes employee, you are a mandated reporter and you MUST report concerns of sexual abuse/assault to 1-866-END-HARM. Have as much detail as possible ready when you make the report such as the child's name, address, date of birth, and the family's contact information. If you don't have all of that information that's okay; proceed with what you do have.

References

About sexual assault. (n.d.). Retrieved April 06, 2021, from <https://www.rainn.org/about-sexual-assault>
 Erdrich, L. (n.d.). Sexual assault. Retrieved April 06, 2021, from <https://vawnet.org/sc/gender-based-violence-and-intersecting-challenges-impacting-native-american-alaskan-village-1#:~:text=American%20Indians%20are%202.5%20times,are%20raped%20in%20their%20lifetimes.>

Child Abuse Prevention Sexual Assault Awareness Month

UPCOMING EVENTS

APRIL 1 Pledge to wear blue to show your commitment to keep kids safe! Spread the word to friends and family and post a pic to social media using the hashtag #WearBlueDay2021. To further show your support, wear blue every Friday in April to keep the conversation going.

APRIL 27 Come to our Child Abuse Prevention Drive-Up Raffle! Come to TELA to collect your free goodie bag full of promo items and free educational items and enter your name in our raffle to win prizes such as gift cards, cultural items, and gift baskets! Look for event specifics in mid-April via email or scan our QR code above to follow us on social media to learn when and where to enter the raffle.

APRIL 28 Wear Denim Day to show your support for survivors of sexual assault. Follow us on Facebook by scanning the QR code or searching for "Tulalip Children's Advocacy Center and Legacy of Healing" to learn the backstory of why we wear denim to show our support for sexual assault survivors.

Follow us on Facebook for updates!

Springtime Foraging: Edible Weeds Edition



Article, recipe and photos by SNAP-Ed Program Coordinator, AnneCherise Jensen

Did you know many early springtime weeds are edible and contain both nutritional and medical health benefits? Many plants that some considered weeds, are actually an herbalist treasure! “One of the characteristics that sets wild edibles apart from cultivated foods is their nutrient density; they tend to contain more beneficial nutrients like vitamins and minerals on a per-weight basis than cultivated foods” (Herbal Academy). If you’re looking to get an extra boost of free nutrition in your diet, go on a walk, bring with you a bag or basket and keep an eye out for these plants to take home with you! Before you mow your lawn or spray it with weed killer, look for these three easy to identify herbs that can be used in everyday recipes like salads, teas, smoothies and soups. Below are foraging, identification, nutrition and recipe tips to help utilize these beneficial plants into your diet.

Wild Edible Foraging Tips

- Harvest in areas that are chemical and pesticide free. When consuming a wild edible, you want to make sure its organic properties are free from any harmful compounds.
- Avoid harvesting by popular trails or parks. Don’t forage in areas where dogs and other animals frequently visit. You don’t want to consume any plants that may have been urinated or defecated on by an animal.
- Be sure to bring a basket, pair of gloves, hand shovel and scissors. Bring your phone to take some pictures and share your experience to friends and family online as well.
- Only harvest what you will use and resist taking more than you need.

Dandelion (*Taraxacum officinale*)



Identification:

Dandelions are Eurasian native plants, but are now found throughout the United States and every continent in the world. Their bright yellow flowers are some of the first to show in spring. The leaves circle around the base of the flowers, and are deeply lobed with pronounced teeth. Plants range from a few inches high to over a foot tall, depending on growing conditions. The stems are hollow and produce a milk-like, sticky sap. At maturity, the flower heads turn to a white puff ball, and release seeds that resemble tiny parachutes.

Uses & Health Benefits:

One of the most amazing properties about Dandelions, is the fact all parts of the plant can be used. The flowers are edible, having a semi sweet yet bitter taste. The leaves are also edible, and can be thrown into salads, smoothies and soups. The roots are also frequently used. Often they are dehydrated and used into a tea, vegetable broth or a tincture. Roasted dandelion roots can also be used as a coffee substitute, tasting very similar to regular coffee beans.

Dandelions are a great source of vitamins, minerals and antioxidants. The leaves and root contain high amounts of Vitamins A, C, K and B Vitamins, as well as many minerals including magnesium, zinc, potassium, iron calcium and choline. Dandelions have a long history of use for problems of the liver, gallbladder, and bile ducts. Today, dandelion as a dietary supplement is used as a blood “tonic,” as a diuretic, for minor digestive problems, and for other purposes. Other recorded, but not well studied, uses of dandelion include blood sugar and hormone regulation (Krohn).

Dead Purple Nettle (*Lamium purpureum*)



Identification:

One of the earliest spring greens available in the

season is the Dead Purple Nettle, *Lamium purpureum*. It is named for its leaves, which are similar in shape to the stinging nettle (*Urtica dioica*), but are “dead” due to their lack of sting. The Dead Purple Nettle is part of the mint family, having square stems and opposite leaves. Dead nettle grows up to a foot tall, and has dark green to purplish ovate leaves. The top of the plant leaves are the darkest in purple color, while the lower leaves tend to have a green color - with an ombre color effect. Each flower whorl has 6-10 pink or purple flowers that stem beneath the top of the purple leaves. The plant has an earthy odor that may be disagreeable to some but; the taste is fairly mild with slightly bitter undertones (Herbal Academy).

Uses & Health Benefits:

Dead Purple Nettle has a very earthy and unique flavor. The flowering tops can be finely chopped for inclusion in salads, smoothies, or cooked dishes like soups, sauces, egg dishes, and stir-fries. “Dead Purple nettle contains polyphenols— plant compounds with antioxidant properties that are associated with a broad range of health benefits, especially for the heart, cardiovascular system and the gut microbiome. It is also a source of quercetin, a flavonoid (also a plant compound) with immuno-stimulating and anti-inflammatory properties that is used to ease allergies and chronic inflammatory issues” (Herbal Academy).

Cleavers (*Galium aparine*)



Identification:

Cleavers are one of the first springtime herbs that pop up every year and are packed with nutrition. They are one of the easiest springtime herbs to identify, as their texture is their most unique feature. Cleavers tend to stick with an adhesive like texture and are characterized by their clingy nature. Thousands of tiny barbs cover the leaf and stem making the herbs almost feel sticky to the touch and they will certainly adhere to practically anything it touches. Sets of 6-9 narrow lance-shaped leaves in a whorl around a central stem and inconspicuous white flowers appear in spring and summer. They often grow in large patches alongside dandelions, nettles and dead purple nettles, using other nearby plants as support. They grow anywhere between 1-6 feet long depending on the location of the cleaver patch.

Uses & Health Benefits:

Cleavers have a very earthy, bold and fun flavor- slightly bitter, salty with a spinach and snap pea like flavor. They can be eaten in raw form fresh out of the soil, and are personally one of my favorite springtime plants. “Cleavers begin to sprout when our immune systems may be tired and sluggish from a long winter. This little garden weed can be used whenever we feel the need for a little extra immune system support, and has the perfect timing to help us as a spring tonic and cleanse” (Herbal Academy). Cleavers are one of the best cleansing plants known to help purify the blood, the lymphatic system, including spleen, thymus, throat and mammary glands and kidneys. Cleavers contain a high quantity of Vitamin C (as ascorbic acid), and are rich in minerals especially silica, needed for strong nails, hair and teeth. Cleavers can be pressed into a juice, used in salads or sautéed. They can also be dehydrated and made into tea or tincture as a preservation method (Herbal Academy).

Wild Springtime Herbal Salad

Ingredients:

½ cup fresh dead purple nettle
½ cup fresh dandelion greens
Handful of Dandelion Flowers
1 cup cleavers
2 cup romaine lettuce
½ apple diced into bite sized pieces
½ cut and sliced avocado
5-6 large strawberries diced
Handful of shredded almonds

Directions:

- Rinse off foraged materials in warm water, you want to make sure all dirt is rinsed off. Take a towel and pat dry. Chop up foraged materials and add to salad bowl.
- Chop up romaine, apple, strawberries, lettuce and avocado. Add to salad bowl.
- Mix all ingredients together. Sprinkle some sliced almond slices on the top of salad for texture.
- Chef Note: Dead purple nettle, dandelion greens and cleavers have a somewhat bitter and earthy flavor. To balance this out, some crunchy and sweet fruits were added to balance out flavor and texture.

Honey Dijon Vinaigrette Dressing:

Ingredients

¼ cup Olive Oil
2 TBSP Honey
¼ cup Balsamic Vinegar
2 TBSP Dijon Mustard
1-2 lemon wedges, squeezed.
1 Tsp. Salt
1 Tsp. Pepper

- Mix together ingredients in a bowl. Whisk together with a fork to allow consistency.
- Add to salad and mix together. Allow to sit for 5 minute to allow flavors and textures to combine with salad ingredients.
- ENJOY!

Chef Note: This dressing includes both sweet, salty and tangy flavors to balance out the bitter flavors of the foraged herbs above.

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

Sources:

Elise Krohn:
<http://wildfoodsandmedicines.com/dandelion/>
Herbal Academy:
<https://theherbalacademy.com/purple-dead-nettle/>
<https://theherbalacademy.com/cleavers-for-spring-cleansing/>

2021

Tulalip Senior

Student of the Year Scholarship

Criteria Overview



Academic Course Work



Grade Point Average (GPA)



Community Service Extracurricular Activities



Leadership Activities

How to Apply

Each applicant must submit digitally via email to: courtneysheldon@tulaliptribes-nsn.gov
Deadline for all submissions is Friday, May 7, 2021, no later than 4:00 PM.
All documents will be accepted via email attachment from graduate, school officials and community members.

- Each applicant must show proof of their 3.0 grade point average (GPA) or better
- A copy of high school academic history and/or unofficial transcript*
- A minimum of 2 letters of recommendation from the applicant's school (letters will be accepted via email attachment from school official)
- A minimum of 1 letter of recommendation from a community member (letter will be accepted via email attachment)
- Each applicant's own personal statement, which is to include:
 - The student's high school experience
 - A lesson the student has learned from their experiences
 - The student's future plans

* Marysville School District students can contact Matt Remle or Courtney Jefferson for assistance in printing academic history:
matthew_remle@msvl.k12.wa.us or courtneysheldon@tulaliptribes-nsn.gov

Selection Team

Selection committee comprised of Tulalip leadership.

All enrolled 2021 graduating Tulalip Tribal students qualify to be awarded. One boy and one girl will be selected to receive a scholarship each.

For more information, please contact:
Courtney Jefferson at courtneysheldon@tulaliptribes-nsn.gov



NOTE: A Tulalip student may apply for both the Tulalip Senior of the Year and the IEPC Indigenous Student scholarships but the same student cannot win both.

2021

Indigenous Student

IEPC Johnson O'Malley Scholarship

Applicant must be an enrolled Native student in the Marysville School District with a 506 Form file with the Marysville School District Indigenous Education Department.

Criteria Overview



Academic Course Work



Grade Point Average (GPA)



Community Service Extracurricular Activities



Leadership Activities

How to Apply

Each applicant must submit digitally via email to: courtneysheldon@tulaliptribes-nsn.gov
Deadline for all submissions is Friday, May 7, 2021, no later than 4:00 PM.
All documents will be accepted via email attachment from graduate, school officials and community members.


- Each applicant must show proof of their 3.0 grade point average (GPA) or better
- A copy of high school academic history and/or unofficial transcript*
- A minimum of 2 letters of recommendation from the applicant's school (letters will be accepted via email attachment from school official)
- A minimum of 1 letter of recommendation from a community member (letter will be accepted via email attachment)
- Each applicant's own personal statement, which is to include:
 - The student's high school experience
 - A lesson the student has learned from their experiences
 - The student's future plans

* Marysville School District students can contact Matt Remle or Courtney Jefferson for assistance in printing academic history:
matthew_remle@msvl.k12.wa.us or courtneysheldon@tulaliptribes-nsn.gov

Selection Team

Selection committee will be the Indian Education Parent Committee (IEPC).

For more information, please contact:
Courtney Jefferson at courtneysheldon@tulaliptribes-nsn.gov



Georgina Mae (Taylor) Eastman February 7, 1967 - April 9, 2021



A Tulalip Tribal Member Gina Taylor left us unexpectedly and too soon on Friday April 9th, 2021 with family around her at Astria Sunnyside Hospital to send her on her journey. Gina was born Tuesday Feb. 7th 1967 in Everett, WA. To Dallas Taylor Jr. and Edna (Sam) Taylor. Many will remember Gina as that one to call if you needed any help with anything. She never called you a friend she called you her family no matter who you were. Gina enjoyed helping various people beading earrings & necklaces, playing pool, traveling to Casinos, couldn't go a day without her scratch tickets also babysitting her grandbabies when she could. Fond memories of trail riding their horses with her 3 siblings up to Cooke

Canyon in Ellensburg, WA.

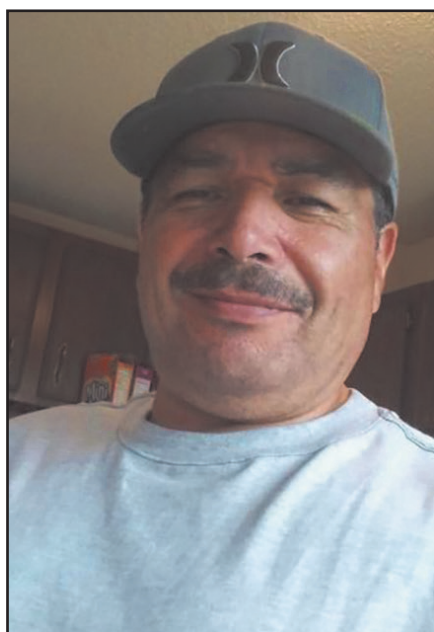
She is survived by her life partner Chris Robledo, beloved sisters Elizabeth Taylor (Billie Boling) Sally Taylor Tilley (caretaker/Son Travis Leroy Tilley Jr.) only brother left Harold Taylor. Children (Angela Eastman) Aiden Alek, JJ Aleck, Aspen Aleck, Josey Thompson, (Sheena Eastman), Messiah Salway, Walter Wyman, Madison Wyman, (Jack Dallas Taylor), Nathan Peterson, (Tyler Jones), Loran Short, Quinton short, Ryker Jones-Short, (Chochise Taylor Herrod), Dawsyn Herrod, (William 'Shane' Herrod), (Tanika A. Taylor), Emerson W. Taylor. Lots of Nieces and Nephews that she loved dearly. Many friends from many places including her lifelong friends Kathy, Allen, Rena, Jack, Penny La-

Follette, Jonathan Herrod and Ex-Spouse Russell Eastman.

Precede in death by mother Edna (Sam) Taylor, father Dallas Taylor Jr. brother Walter Taylor, brother and sister Virgil and Virginia, Brother-in-law Travis Tilley Sr. nephew Sidney Taylor, Dad Keith Weeks, Mom Virginia (Taylor) Weeks her best friend of many years 'Choochi' Susan Spino.

A celebration of Gina's life was held Friday, April 16, 2021 at 10:00 AM the Tulalip Gathering Hall with burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman Funeral Home.

Merle Allen Hayes III 1964 - 2021



He is survived by his children Vanessa Hayes, Daniel McLean, Merle Hayes IV (Selenia), Christina Hayes(Dennis), Shyanne Hayes, Dakota Hayes(Savannah), Alice Abuan-Hayes, Jose Rocha jr., Mother of his Children Carrie(Lonnie)Enick, grandkids Aaliyah McLean, Shaneah McLean, Noah McLean, Layla Hayes, Merle Hayes 5th, Jacob Hayes, Mckenzy Hayes, Lexi Hayes, Josiah Hayes, Bentley Hayes, Olivia Reeves, mother April (Marvin), father Merle, sisters Bernadette"Bernie" Abuan, Holiday Hayes, Bonita (Jacob) Palafox, Mia (Alex) Bennington, Elaina (Poo) Hayes, Paulette Smith, several aunts., uncles cousins and friends.

He is preceded in death by baby Hayes, brothers Wade Abuan, Carnegie Hayes, sisters Tamara "Tammy" Hayes, Carol Hayes, cousins Mark Moses and Victor Moses, Nieces Sophia Solomon, Victoria Russell, grand babies Julian McLean and Logan McLean.

Now he can soar with the Eagles like he told his children he wanted too, fly high Dad...

He was truly loved and will be missed by many...

A Celebration of Merle's live was held Wednesday, April 21, 2021 at 10:30 AM at Tulalip Gathering Hall with burial following at Mission Beach Cemetery. Arrangements entrusted to Schaefer-Shipman Funeral Home.

Merle Allen Hayes III was born May 18, 1964 in Everett, WA. To April (Moses) Smith and Merle Hayes Jr. and passed away unexpectedly April 7, 2021.

He was a special man that loved Commercial fishing and being out on the water, hunting and the outdoors. His children were blessed that they were able to work beside him and will cherish the teachings he passed down to them. His children and grandchildren were his pride and joy, he loved being their "Papa"

PACIFIC COAST MEMORIALS

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TODD Napeahi
August 10, 1953
March 26, 2005

RONALD HUSTON WILFORD
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"Lighting the Way Home"

JOSEPH WILLIAMS
April 5, 1944
Oct. 14, 2007

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TULALIP TRIBES
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BOYS & GIRLS CLUBS OF SNOHOMISH COUNTY

SUMMER 2021 BASKETBALL

REGISTRATION:
Ends June 11th, 2021

PRACTICES:
Start the week of June 21st

COST:
FREE for Club members

GAMES:
Starts the week of July 10th

For more information contact JP Miranda at pmlranda@bgcsc.org

Tulip Boys & Girls Club
7707 36th Ave NW, Tulalip, WA 98271 | 360-716-3400 | www.bgcsc.org

BOYS & GIRLS CLUBS OF SNOHOMISH COUNTY

BATTLE CREEK GOLF COURSE

BATTLE CREEK JUNIOR GOLF SERIES

The Battle Creek Junior Golf Series is geared towards all playing abilities. Designed for all kids ages 5 through 17, with an emphasis on personal progress, not competing against other kids but programmed to achieve measurable skill-based improvements.

Junior golfers can play in a half season program or the full season of eight weeks.

Half Season: \$150
Full Season: \$275*
*Includes a Junior punch card pass for the driving range.

Starting on June 22nd practices will be taking place on Tuesdays and Thursdays, from 1pm to 3 pm.

- Week 1: June 22 & 24 – Drive, Chip, Putt Practice
- Week 2: June 29 & 30 – Drive, Chip, Putt Practice
- Week 3: July 6 & 8 – Personal Par Achievement
- Week 4: July 13 & 15 – Personal Par Achievement
- Week 5: July 20 & 22 – Skills Series
- Week 6: July 27 & 29 – Par 3 Scramble
- Week 7: August 3 & 5 – Par 3 Challenge
- Week 8: August 10 & 12 – 5-Hole Loop from Jr. Tees

Registration is available in the Battle Creek Pro Shop or through the Boys and Girls Club of Tulalip.

Court Notices

TUL-CV-YG-2021-0017. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: G. C. R. TO: NICHOLAS GEORGE REEVES: 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 May 20, 2021 at 9:30 AM 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: April 3, 20201.

TUL-CV-YI-2010-0484 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: R. M. C. TO: MARIA CHRISTINA CHAPMAN and BONIKUSS CHARLES LEE GONZALES: YOU ARE HEREBY NOTIFIED that a Motion to Suspend Parental Rights 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 Tuesday, June 01, 2021 at 2:30 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: April 3, 2021.

TUL-CV-SP-2020-0763. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. Regarding a Sexual Assault Protection Order for MP. TO: MATEO ANDRES HERNANDEZ: YOU ARE HEREBY NOTIFIED SEXUAL ASSAULT PROTECTION ORDER PETITION was filed in the above-entitled Court pursuant to TTC 4.25. You are hereby summoned to appear and defend regarding the above entitled action within 60 days of the date first published. 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: March 20, 2021.

NOTICE BY PUBLICATION TUL-CV-SP-2021-0037, TULALIP TRIBAL COURT, Tulalip, WA, J.S, Plaintiff, vs. Donald R. Jones Defendant: You are hereby summoned to appear within sixty days of the date of the first publication of this summons and defend the above entitled action of Order of Protection in the above entitled court and answer the complaint of the plaintiff and serve a copy of your answer to the Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. In case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.

TUL-CV-YI-2020-0560. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of H. R. H. TO: JOSHUAH ANTHONY LLOYD, SR., YOU ARE HEREBY NOTIFIED that a Motion to Establish Paternity 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 TUESDAY, JUNE 29, 2021 at 10:30 A.M., 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: April 10, 2021.

TUL-CV-YI-2021-0110. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: N. C. TO: TYLER VERNON WILLIAM CULTEE: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care action was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at an Adjudicatory hearing on May 04, 2021 at 09:00 a.m. 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: March 20, 2021.

TUL-CV-CU-2021-0086. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Custody of: S.G. TO: SAMANTHA GOSHORN: YOU ARE HEREBY NOTIFIED that a Custody Proceeding was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action 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:



2021 ART



Marysville
School District

walk

for Native American students

Thu, May 13, 2021 • 3PM–7PM
Fri, May 14, 2021 • 2PM–6PM

Don Hatch Youth Center

Eligibility

All Tulalip natives in any school district and other natives in the Marysville School District.

Deadline

Artwork must be labeled and submitted by **Thu, May 6**. Late entries will NOT be accepted!

Submit To

Don Hatch Youth Center (Education Office) or your school liaison/advocate.

Guidelines

- Kindergarten–12th grades.
- Students can enter one item per category (must specify).
- Name, grade, school, category, and phone number must be on the back of art.
- Artwork must be original piece created by only the student submitting.
- Art cannot be previously used in the Art Festival.
- The artwork cannot have explicit or inappropriate content.
- The student or guardian is responsible to submit artwork by the deadline.
- Artwork must be completed (i.e., dry) and secured.

Categories

- Drawing
- Painting
- Writing
- Culture
- Sculpture
- Mixed Media
- Digital Art & New Media
- Pure Heart ♥

♥ For Native students with disabilities

Students **must** pick up their art from their Advocate/Liaison **or** the Youth Center between May 10–14.

For more information, contact **Courtney Jefferson** || 360-716-4882 || courtneysheldon@tulaliptribes-nsn.gov
6700 Totem Beach Road, Tulalip, WA 98271