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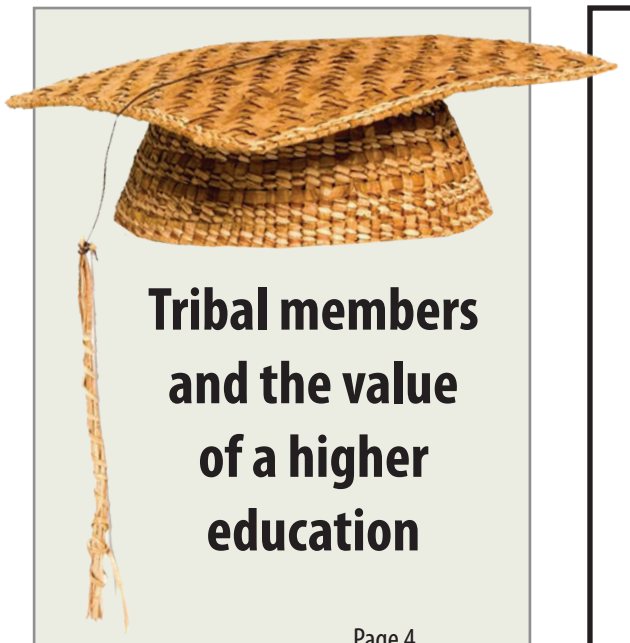
Volume 41 No. 42 Saturday October 23, 2021 (Tulalip See-Yaht-Sub)



Tribal members and the value of a higher education

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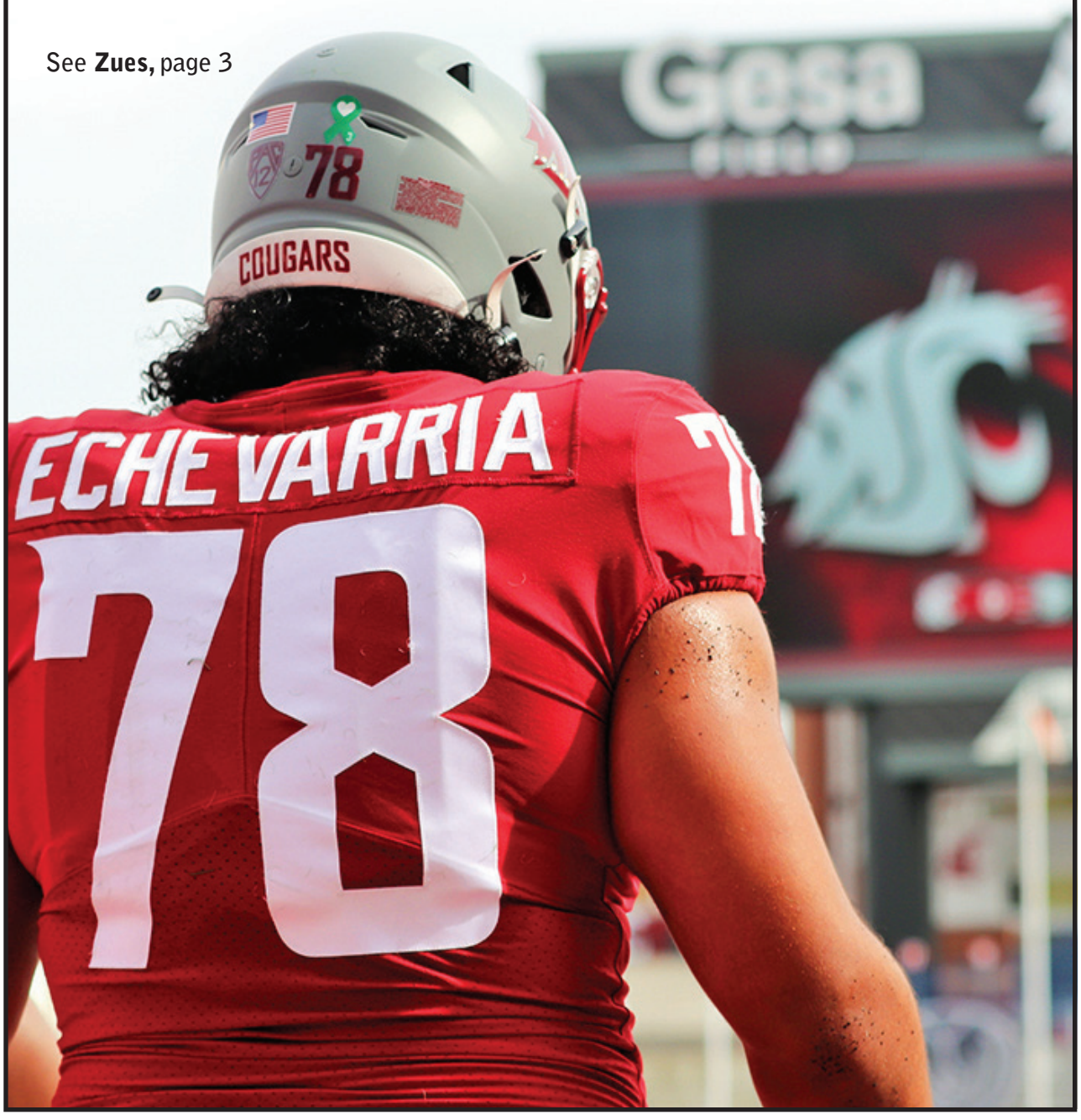
From walk-on to scholarship recipient, Zues Echevarria latest Tulalip athlete to compete on collegiate level

By Micheal Rios

Tulalip history is filled with stories of athletic achievement. Ranging from grandiose tales told by elders reminiscing about their glory days, to standout high schoolers showcasing their skills in front of adoring families, to proud parents posting on social media about how amazing their child's latest bitty ball performance was.

Sports have become as valuable to passing on traditional teachings as any other element of Tulalip culture. Think about it. Passing down knowledge and insight from one generation to the next, check. Learning invaluable lessons about patience, determination and hard work, check. Teaching the importance of mind/body connection with an emphasis on balancing nutritious foods with physical activity, check. Each generation of Tulalip youth being able to connect and participate regardless of family ties, check. An entire community being able to unite and root for the success of an inspiring tribal member, check.

See **Zues,** page 3



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Expansion of Tulalip-Owned Business Assistance Grants

The Tulalip Owned Business Assistance Grant funds were not all expended. Therefore we are making grants available for businesses, fishermen, or fireworks stand owners that had permits or licenses in 2020 but didn't renew them for 2021 due to COVID.

You will need to complete the application, submit your business license/permit from 2020 and your tribal identification by October 29, 2021. Tribal members are still only allowed ONE grant per category (Fireworks, Fishing, and Business).

The application is available at www.tulaliptribes-nsn.gov/Dept/COVID-19Assistance

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

Zues from front page

One of Zues' biggest fans, his grandma, Judy Gobin.

It should be no surprise then as to why recent success stories of homegrown athletes like Tysen and Bradley Fryberg (Salish Kootenai College basketball), Adiya Jones (Skagit Valley Community College basketball), Collin Montez (Washington State University baseball), RaeQuan Battle (University of Washington basketball), and Mikail Montez (Everett Community College basketball) have spread like wildfire on the Tulalip Reservation. Their stories stretch the imagination of what's possible for a rez kid with a sports dream, while also giving parents a clear cut example that all the long practices, tournament-filled weekends, and substantial financial investment is worth it.

Enter 6-foot-2, 290 pound Jesus "Zues" Echevarria Jr. The latest Tulalip athlete to compete on the coveted D1 collegiate level. A former team captain of the 2016 state championship winning Archbishop Murphy, Zues made the bold decision to attend Washington State University the following fall and endeavored to make their football team as a true walk-on. His prowess on the grid iron, focus during film study and tenacity in the training room earned him a spot as a redshirt freshman.

"The key is to be patient because every athlete that goes to the college level learns that you have to start all over. No matter how big of a high school star you were or how many programs were recruiting, once you get to college you have to earn your spot every day and work for every opportunity," said Zues. "Gotta keep your head down and keep working, knowing that the patience will pay off when given the opportunity. A lot of times it comes down to the simple things like eating the right foods, getting enough sleep so your body can recover, and having the discipline to do the little things every single day knowing that you gotta stay ready for whenever opportunity presents itself."

Unfortunately, injuries derailed his college career before he had opportunity to shine under the bright lights. He suffered a gruesome leg injury that forced him to miss most of the 2019 season and made it difficult to regain a top position on the depth chart in 2020. Instead, of taking the easy road and quitting on his football dream, the headstrong defenseman shifted his focus on rehabbing his body and conditioning in a way to minimize future injuries.

"Injuries are always gonna be a part of sports, especially at the higher competition levels, and I'll admit the recovery process is more a mental challenge than anything else, but at no point did I think of giving up," reflected Zues of his near 15-month recovery and rehab from a devastating leg injury. "I've worked way too hard to get to this point. My dream of playing football at the highest level is something I've had since being a little guy. My support system of my mom, my grandparents, and my teammates kept me up when I was down. The whole process just fueled me to want to get back on the field even more."

The determination that fuels him as a defensive tackle combined with the mental strength to preserve over injury, to not give up, and to keep on working at his craft was something his coaches took notice of.

"Even when he was unable to practice with the team because of injury, Zues was coming out of the training room just as sweaty as our players who had gone through a two-and-a-half-hour practice," explained WSU D-line coach Ricky Logo. "That's how he showed us his commitment to coming back and getting healthy. When he finally got his chance to step back on the field and see game action, it was like he didn't miss a beat. That's what I love about him most. His will to fight through adversity and overcome separates him on and off the field."

All the countless hours of rehabbing through injury, conditioning to keep his body at peak performance, and film study to ensure when his opportunity presented itself he'd be ready came to fruition on Saturday, October 9. It was WSU's homecoming game and the stakes couldn't have been higher as the Cougars hosted the Pac-12 North's leading team, Oregon State.

On the field pre-game, the now 5th year senior and recent scholarship recipient warmed up with the same tenacity and vigor that his coaches had anxiously been waiting to unleash on their opponents. With a near packed house cheering on their home team at Martin Stadium, Zues got his chance to seize a meaningful role in the Cougar defense. He was on the field for twenty defensive snaps and came up with two crucial solo tackles that were met with a thunderous roar from the WSU faithful. His impactful play helped his team secure a huge 31-24 upset win over a Pac-12 rival.

In what may have been his most extensive playing time in any game of his collegiate career thus far, his head coach offered praise for the 22-year-old Tulalip tribal member.

"It's good to see [success from] young peo-

Continued on next page

ple who have gone through some adversity and worked hard to get something," said WSU head coach Nick Rolovich postgame. "[Zues] was really productive before getting hurt. He's a hard worker and attacked rehab the same way, and we knew he was going to add to our defensive-tackle play as he got healthier. If he didn't get hurt, I think he would have had a big part in all of our games this year."

Zues intends to climb the depth chart further and become a fulltime defensive stalwart for the Cougars, whether that happens this year or next is of no concern because he understands the process is part of a much larger picture.

When asked if he still dreams of playing in the NFL, Zues responded without hesitation, "Absolutely! That's my number one dream. Everything I do in practice, film study, and in games is geared towards continuing to get better, developing my skills to dominate on the college level. Then maybe NFL scouts will take notice. That's the dream anyway."

In the meantime, the student-athlete understands that he has to prepare for a career outside of football. Zues is close to earning a Bachelor's Degree in Digital Tenchology that will allow him to continue his family's longline of tribal artistry in the digital realm.

Zues's grandmother Judy Gobin is his self-described #1 fan. She and her husband Tony make the five-hour drive from Tulalip to Pullman every home game to cheer on their grandson. Their support has proved to be instrumental, as has the support Zues receives from his Tribe in assisting with college related expenses.

"We are so fortunate as Tulalip because our kids have the opportunity to go to any school in the nation and excel," said Judy at a postgame dinner, where her grandson was approached by random WSU fans applauding him for his efforts. "They can study to become whatever they want knowing our Tribe will pay for the vast majority of costs. We have so many great success stories because of the resources our tribal gaming allows us to access. Yet, so many of our children don't do it. Stories like Zues show them what's possible and can incentivize the next generation to take their education seriously. When they see Tulalips succeeding at college it breaks the stereotypes and lets them know they can accomplish great things in academics and sports."

Because of the pandemic, Zues has gained two extra years of eligibility to play college football. The WSU football program hopes to see him accomplish great things with the extra years and awarded him with a scholarship as a sign of further commitment in his potential. Two extra years is plenty of time for him to become a Cougar legend. To this point, he's already a Tulalip legend.

Tribal members and the value of a higher education

By Shaelyn Hood

Many tribal members hear elders and community leaders speak of the importance of earning your degree and receiving a form of higher education. It is important to learn the significance behind this advice, the values of earning your degree, and the steps to getting there.

One key advantage to receiving your higher education, is an increased access to job opportunities. College graduates will typically see 57% more job opportunities that non-graduates in their area. It also opens the gate for more specialized careers. Higher education offers a substantial platform for someone to build their expertise. Those seeking additional education while continue to work can gain necessary training, and the opportunity for promotions within their field.

Another more sought-after reason as to why people earn their degrees, is the potential to earn a higher income. According to the Bureau of Labor Statistics, on average, someone who earns their bachelor's degree will earn $17,500 more a year than someone with an associate degree, and $25,000 more than a high school graduate.

Additionally, being able to give back to your community. As we know, there are positions that do not require a degree, however, there are very specialized positions that our tribe occasionally needs and are at risk of needing in the future. As we often hear from our elders, and community leaders, they are looking for tribal members to eventually replace them in their positions.

Chelsea Orr felt that same passion to give back. She is currently a senior at Washington State University and earned both her high school degree and associates degree in June this year. Her passion for Human Development began at the tribe, and she decided that she would eventually use her skills to help her people.

"I was doing Summer Youth at Tulalip Early Learning Academy, and a lot of kids there needed a little bit of extra help," said Chelsea. "Eventually, I wanted to be the kind of person to help them."

Once graduating with a 3.95 GPA from Lakewood High School, Orr found out that she had also won Tulalip Senior Girl of the Year. She spoke about her heritage and how it has helped her academically, "I feel like it's made me more strong-willed and has helped me persevere. Knowing that our people have been through so much, I want to be able to come back and work for the tribe to help our people. We need to stay together".

Unfortunately, a trend that some universities are seeing, is an overall attendance decrease from

Chelsea Orr.

Native youth. According to the Postsecondary National Policy Institute, currently only 16% of Native Americans attain a bachelor's degree or higher, and only 9% attain an associate's degree. Other studies show that undergraduate enrollment among Native Americans, ages 18-24, have gradually decreased since 2016-2017. But as this is continuing, there is hope in knowing that non-traditional students' attendance is growing.

Non-traditional students are those who did not seek higher education right out of high school. Lena Hammons, tribal elder, was such a student for many years. At the time, she had a family and children to focus on and decided that she would pursue a higher education later in life. Since then, she has earned her associates, bachelor's, master's, and doctoral degree.

Hammons said, "I tell everybody, I didn't get my degree to become better than anybody else. I got it to become a better me, so that I could be a better mom, grandma, community member, tribal member, employee, to gain better insight to behaviors, and how the various federal laws impacted our behaviors". She talked about how it's not everyone's path to start right out of high school, "it's about knowing when it's the right time and place. Don't stress because you're not ready. Detours aren't necessarily a bad thing".

Many non-traditional students worry about the balance of schoolwork and life's responsibilities, "I tell the students all the time, I never missed family time to do homework. I take my homework with me. If I could go to a family event and read a chapter, then that is what I did. Balancing family life and schoolwork is very important," Hammons said.

Currently, the Tulalip Tribes Higher Education Department has accounted for 362, 18+ year students enrolled throughout the 2020-2021 school year. Their goals to help these students are to increase enrollment, increase graduation rate, reach out to younger students, and offer support and guidance, and expand with internships with college students and graduates.

The Higher Education Department offers a variety of support to help tribal members seeking their degree. They currently offer a substantial amount of funding towards tuition, books/supplies, a stipend, and room/board and transportation allowance for those that qualify.

Outside of financial support, they recognize graduates or completion of certificates, train staff to assist students with their educational needs, assist with the Native American Career & Technical Education Program (NACTEP) and provide information and guidance to college planning.

For anyone that is interested in pursuing their academics further, please contact the Higher Education Department at: 360-716-4888 or highered@tulaliptribes-nsn.gov.


Lena Hammons.

Traveling mural: Tulalip Healing Lodge residents utilize creative energy to thrive while on the road to recovery

By Kalvin Valdillez

Laughter accompanied by feel-good beats filled up the workspace of about ten local tribal artists on a Saturday afternoon. Exchanging stories, positive energy and even some dance moves, the group happily worked on the traveling mural, a special piece of art that will be featured around the Tulalip reservation in the very near future.

The artists, who are currently residents of the Tulalip Healing Lodge, are learning how to use their creativity as a healthy outlet while on the road to recovery. The Healing Lodge was first established in 2015 and has helped both Tulalip tribal members and those enrolled with other tribal nations attain and maintain a healthy and sober lifestyle. By providing a safe space to reside, away from bad habits and negative influence, the Healing Lodge also offers their residents group therapy, meetings and activities, giving their participants the opportunity to build community with others who are striving for the same goal.

The Tulalip Problem Gambling program originally hosted an art therapy class at the Healing Lodge last spring, asking the participants to 'paint from the soul rather than the brain'. The program enlisted Tulalip creative, Monie Ordonia, to instruct the class and the residents immediately fell in love with her teachings and good vibes. The group showed such incredible interest in the class that the Problem

Gambling program decided to take their art therapy lessons a step further and asked Monie to lead the residents in the mural project.

Over the past few months, the residents have gathered several times to work on the mural. Monie took the original artwork created by the residents, from the first art therapy class, and transferred them to one side of the four-panel mural. That side of the mural consists of a shark-whale in traditional formline, a star-eyed mask, a portrait of one of the residents, and a Salish woman wearing a cedar-woven hat. The opposite side of the mural features a Tulalip Canoe family coming ashore, with their paddles up, as an eagle soars high above them on the Salish Sea.

Last time we checked in on the project, at the end of summer, the group of artists just began outlining each of the pieces on the mural. At the time, the group also expressed a great appreciation for the project, which allows them the opportunity to zone-in on the task at-hand and escape to a creative space.

"This side is about 75% done," said Monie of the side featuring the canoe family. "The other side, I would say is about 60-65% complete. This project is about letting them know that using their creative energy is empowering, so that they can let go of their attachment to addiction and get into the thrive mode; to know that this is something they can do to help them in the healing process. When you're doing something creative, you're letting go of that feeling of 'I'm not enough'."

The amount of time that each resident spends at the Healing Lodge varies as each person's journey to recovery is unique. That means that since the project originally started, several residents have come and gone throughout the months. Therefore, many recovering addicts had a hand in creating the mural, and also experienced all the benefits art therapy has to offer first-hand. Multiple studies show that art therapy assists greatly in addiction recovery, boosting self-esteem and reducing anxiety and stress levels, while also allowing the artist the space to go inward and address and resolve any personal conflicts they may be facing. The gathering on October 16, had the largest attendance and participation to date.

"There was a lot of amazing energy today," exclaimed Problem Gambling Counselor, Robin Johnson. "When we first started this afternoon, there wasn't enough room for everybody to paint. Everybody was excited to participate and when they came up here, they really put their hearts into it. We originally hoped to get it done with the people who started it, but this way, it gives more people a chance to put their energy into the canvas."

Monie echoed Robin's sentiments stating, "Today was really a huge boost for everybody. I think that's the most artists that we've ever had, and it was a joy to see them jump right in rather than be hesitant. They all did a great job and we got the most done today than we have in the previous sessions."

In the coming weeks, as the residents put their finishing touches on the mural, the group will also discuss where they would like to see their work displayed. They already have a few places in mind including the Tulalip Administration Building, the tribal courthouse and the Tulalip Health Clinic. Once the four-paneled canvas is completely painted, Monie will varnish the mural before it is made available to the public, in order to protect the hard work of all the Healing Lodge residents.

"I feel really proud," said Monie. "For this to be their idea of what thriving looks like and can feel like, I'm excited to see it complete. I'm also excited that the mural will go out into our community and hopefully will inspire others. This is a piece of artwork that can help our people heal. People will look at this and not only see a beautiful mural, but feel the energy of it, feel the love that went into it and feel it's healing presence."

Though the artists are excited to wrap-up the project, several people shared that they are happy to have at least a few more painting sessions left, so they can continue to express their creative energy while sharing good times with Monie and Robin, as well as with each other.

"It's soothing to my soul," expressed Tulalip Healing Lodge resident and tribal artist, Jeanie Skerbeck. "Art keeps our minds occupied with good and positive thoughts, there's no negativity in painting. I'm glad to be a part of this because every time I come here, I leave with a positive attitude."

Tulalip News will keep you updated as the Healing Lodge artists complete the mural and take the art project out on the road. For further information about the Healing Lodge, please visit https://www.tulaliphealthsystem.com/BehavioralHealth/HealingLodge

Kyle Williams

Kyle was born into this world to Janice & Keith at the University of Washington Hospital, Kyle passed peacefully in the care of Queens Hospital in Honolulu, Hawaii where Kyle, like his beloved mother always enjoyed to travel together. It was their second home, and Kyle enjoyed living his life there.

Kyle was charming, beautiful in kindness, in helping others, in bonding friendships and was a joy to all that knew him. From birth, Kyle was a 'Brave Warrior', in fighting many challenges of Life. Being born with Spina Bifida, he had many health challenges he faced in life, but that didn't deter him for who he was and what he believed in. In his youth, along with his Big-Brother Bruce, we enjoyed many special memories of representing Marysville Special Olympics. Kyle loved swimming in which he won State Gold Medal.

As a graduate, class of 2005 Marysville-Pilchuck. Kyle, along with fellow classmates, friends, honored, protected the true essence of Native cultural beliefs and shared his culture to anyone that was willing. Kyle, along with his brother Bruce, always enjoyed being at and helping out at the Tulalip Boys & Girls Club, and working and helping out at the family owned Carr's Hardware and with his beloved mother at Orca Travel.

Kyles other passion was his love of the sea where he loved to commercial fish with his father when plenty of Sockeye & Chum, Salmon caught. Season's that were once were and beautiful memories of the Canoe Journey's he participated.

On behalf of the Scott/Williams Family we wish to thank all the Doctors, Nurses, Social Workers, Native Liaisons, Teachers, Staff that were a big part of his life and his care.

We also want to specially thank the Tulalip Tribes for making it possible for some of us to travel to see Kyle in some of his last days. For That We Are Grateful. A Celebration of Life was held at the Tulalip Gathering Hall Sunday, October 17, 2021.

Amias Lionheart Calloway

Amias Lionheart Calloway, 3 months 19 days passed away peacefully on October 11th, 2021 in Everett, WA. He was born on June 21st, 2021 in Mount Vernon, WA.

He is survived by his mother; Shyla Lynne Calloway, father; Aaron Justin Calloway, sister; Shahayla Waffle(20), brothers; Carmine Cultee (7), Eyani Calloway (3), Cedar Calloway (2), maternal grandmother; Yvonne Dziubak, paternal grandfather; Max McGee, maternal great grandmother; Tina Meeker, maternal great grandfather; Randall Isaksson, Mammy; Becky Reaves, Aunt; Stephine Woodward, Uncle; Jeremiah Isakasson, Uncle; Jacob Cultee, Uncle; Jonathan Cultee Imholt, Aunt; Rachay Imholt, Aunt; Ashley Imholt, Uncle; Skyler Imholt, Aunt; Megan McGee, Aunt; Courtney Banks, Uncle; Steven McMahon, Aunt; Angie Ancheta, Aunt; Rachel Shepard, Aunt; Laura Reyes, Aunt; Isabelle Brennan. Many many cousins and other loved ones.

He is preceded in death by his paternal grandmother; Heidi Calloway, maternal grandfather Joe Imholt, Aunt; Brittany McGee, Aunt; Trease Calloway, Uncle; Jonathan McClellan, Uncle; Anthony McMahon, Aunt; Alexandria Cole.

A visitation was held Monday, October 18, 2021 at Schaefer-Shipman Funeral Home.

Court Notices

TUL-CV-YI-2021-0545. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: L. L. K.-L. TO: JAMACIA FAYE KEELINE and BRANDON ANTHONY LLOYD: 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 TUESDAY, NOVEMBER 23, 2021, at 9:00 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: October 9, 2021.

TUL-CV-YI-2021-0434. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: T. D. E. TO: CHRISTOPHER RAY ENICK and SAMANTHA BIRD GOSHORN: YOU ARE HEREBY NOTIFIED that a Youth in Need of Care dependency 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 Tuesday, October 26, 2021 at 11:00 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: September 18, 2021.

TUL-CV-YG-2021-0431. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In re the Guardianship of: L. K. S. M. TO: GINA TEDDY ELIZABETH BLATCHFORD: 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 Thursday, January 27, 2022 at 10:00 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: 1-571-317-3112, 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: October 16, 2021.

TUL-CV-YG-2021-0431. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: L.M. Naomi Lynn Moses vs Ryan Delbert Moses; Gona Teddy Elizabeth Blatchford. TO: Ryan Delbert Moses; Gona Teddy Elizabeth Blatchford: 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. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: September 18, 2021.

Family Haven

Fire Hawks Womens Support Group

A safe place for women ages 18 to 24 to find assistance and support while having real honest exchanges about their growth and challenges being a woman in today's world.

Open to Tulalip tribal members and any other natives.

Every Monday and Thursday
5:30pm to 6:30pm

Old Tulalip Elementary School
7730 36th Ave NW, Tulalip, WA 98271

Facilitated by ***Odessa Flores***
Teen Advocate Outreach Worker & Life Skills Specialist at Family Haven
All participants will need to be pre-registered to participate in the support group.

- *Transportation is offered*
- *Snacks and beverages will be provided*

To sign up, or if you have any questions or would like to know more information please contact Odessa:
(360) 716-4899 Desk
(360) 913-7592 Work Cell
OdessaFlores@tulaliptribes-nsn.gov

Learn a Little about the Nutrition Label

Many people don't look at the nutrition labels of their food. Usually because they've never been taught how to read it and it can be confusing. Below is a quick explanation of how to read how much calories are in a bag of chips. Chips is a common food where people eat half a bag or the whole bag without thinking about how many calories they are eating. Keep in mind most people only need 2000 calories in a day. Having more calories than you need can lead to unwanted weight gain. The bag of chips might look like it only has 160 calories in the bag but that's just one serving. There are usually multiple servings of food per container. So you'll need to do a little math to know exactly how much calories are in this whole bag.

Nutrition Facts
Serving Size 1 oz (28g/About 15 chips)
Servings Per Container 10

Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Potassium 350mg	**10%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**5%**
Sugars less than 1g	
Protein 2g	
Vitamin A 0% •	Vitamin C 10%
Calcium 0% •	Iron 2%
Vitamin E 6% •	Thiamin 4%
Niacin 6% •	Vitamin B_6 10%
Magnesium 4% •	Zinc 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

Multiply **"Servings Per Container" (10 servings)** by **"Calories" (160 calories per serving)** to know how many calories are in this whole bag of chips!

160 x 10 =1600 calories

160 calories for a **handful of chips**

1600 calories if you eat the **whole bag**

800 calories if you eat **half the bag of chips**

As you can see eating a bag or half a bag of chips can be most of the calories you would need in a day with very little nutrients in it. Reading the labels of foods might make you rethink what foods and how much of those foods you eat.

There is a lot more to consider with the nutrition label than just calories. If you are interested in learning more about nutrition label reading or want other nutrition education you can call the Tulalip Health clinic (360) 716-4511 and schedule an appointment with a Dietitian. You must be registered with the clinic.

Family Haven

Ravens Girls Support Group

A safe place for girls ages 12 to18 to find assistance and support while having real honest exchanges about their growth and challenges being a girl growing up in today's world.

Open to Tulalip tribal members and any other natives.

Every Tuesday, 5:30pm to 6:30pm

Old Tulalip Elementary School
7730 36th Ave NW, Tulalip, WA 98271

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- *Transportation is offered*
- *Snacks and beverages will be provided*

To sign up, or if you have any questions or would like to know more information please contact Odessa:
(360) 716-4899 Desk
(360) 913-7592 Work Cell
OdessaFlores@tulaliptribes-nsn.gov

WEEKLY SWIMMING

Wednesday evenings from 5:30pm to 6:30pm

MPHS Swimming Pool

We will be leaving the teen center at 5:00 pm and return back to the teen center at 7:15 pm.

Masks are required, social distancing will be enforced. Limited space is available for participation. First come first served on sign ups.

For more information contact:
Angel Cortez at 360-631-3101 or
angelcortez@tulaliptribes-nsn.gov