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Saturday December 18, 2021

(Tulalip See-Yaht-Sub)

Hip hop legend Redman visits Tulalip Remedy

Page 8



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Tulalip, WA 98271

Youth Summit uplifts, inspires and empowers



By Micheal Rios

On a frigid December morning, close to one hundred Tulalip community members rose at the crack of dawn in order to attend a brilliantly designed event held in the Tulalip Resort's Orca Ballroom. Created in collaboration by the

tribe's Problem Gambling Program and Youth Council, the 2021 Youth Summit created memories galore through a variety of team building workshops and a series of inspirational Native influencers offering a unique blend of

See **Summit**, page 4

Atlas Genomics donates \$50,000 to Tulalip Boys & Girls Club

By Micheal Rios

We've officially entered the season of giving and holiday cheer. In that spirit, the Tulalip Boys & Girls Club is thrilled to announce a whopping \$50,000 donation received from Atlas Genomics, a diagnostic molecular laboratory based in Seattle. It's the largest single

See **Atlas**, page 10



BAGS-TO-BENCHES PROGRAM

Help us reach our goal to recycle 500lbs
of plastic bags for a new bench at the
Stan Jones Retirement Home

Drop bags off before February 2, 2022!
2nd floor of the Admin Building
or the Senior Center
Monday-Friday, 6:00AM-4:30PM

This will save thousands of pounds of plastic
from reaching our oceans and landfills.
So save your shopping bags, bread bags,
wrapping around your bottled water and drinks,
used (dry and clean) Ziploc bags, shrink wrap,
and other soft plastics. You would be surprised
how much you have around your home.



The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

syəcəb, the weekly newspaper of the Tulalip Tribes

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



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2022 Board of Directors' Calendar

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ICON LOOKUP KEY						
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\$ Membership Financial Meeting						

Summit from front page

unforgettable entertainment mixed with words of wisdom.

Envisioning Our Indigenized Future was the theme of this year's Youth Summit, held on December 11.

"We are happy to provide the momentum to do this and co-host a gathering with you all here today," said youth council chairman Kaiser Moses during the early bird breakfast. "We chose the theme 'envisioning our indigenized future' because essentially the youth are the future and today we want to envision what we are capable of with all the opportunities available to us by our tribe. A lot of these opportunities are only possible by educating ourselves in order to avoid the pitfalls that effect so many of our people. We want to help each other develop the tools necessary to stay on a good path and realize those opportunities."

The "pitfalls" Kaiser spoke of include substance abuse, gambling addiction, and a general lack of responsibility for one's own actions when repeatedly choosing short-term pleasures over long-term success. Academics, physicians, and all other manners of wellbeing experts have written and lectured at length over these pitfalls and most recently have come to refer to them as 'diseases of despair'.

Instead of dwelling on these negative concepts and bringing everyone down emotionally, Youth Summit coordinator Sarah Sense-Wilson went with a more effective strategy to showcase endless possibility through groundbreaking Native role models whose stories emphasize sobriety, self-respect, and conviction of culture. This star-studded lineup of all-Native entertainers shared a common belief that as Native people we are not bound by despair, but by resiliency and the ability to overcome any obstacle, real or imagined.

Innovative hip hop artist Supaman stunned the crowd with his one-of-a-kind presentation combining Native culture, comedy and urban music. He dazzled onlookers with his vibrant fancy dance regalia before captivating them with his uplifting words full of compassion and encouragement.

Supaman's uncanny ability to connect with his audience was exemplified by his message, "Yes, this country was founded on the attempted genocide of our people. Yes, they employed all kinds of violent means and federal policies to eradicate us from the face of the Earth... But you know what this means don't you? This means that you all come from families who defied the odds. As beautiful, young Native people in 2021, each breath you take is in defiance to a system that didn't want you to exist. Each one of you is a blessing that our ancestor's prayed for.

"That's why it's so important for us to embrace who we are," he continued. "We must uphold our culture and pass it on like our ancestors did long before us. I challenge you to learn as much as you can, participate as often as you can, and share everything you know because one day you will be an elder. And when you're an elder the younger people will look to you for traditional teachings and protocols for ceremony. They will look to you for that knowledge and you'll want to be able to give them the knowledge and guidance they're searching for. That is how we pass on our culture in a good way. I believe in you. Your ancestors believe in you."



After Supaman's riveting performance and many good words shared, high schooler and Tulalip tribal member Image Enick shared his appreciation by gifting him a handmade drum. Many in attendance then waited their turn to take photos with the Native hip hop icon.

The full day's Youth Summit was filled with uplifting messages echoing the sentiments shared by Supaman, exercises in compassion building and benefits of team work, and informative presentations regarding the energy drain that social media and unchecked video gaming can have on youth's social and emotional development. There was also an informative breakout session with Tulalip's own podcaster Dominick Joseph. He shared his educational journey and gave listeners a glimpse into his podcast world, while receiving a number of topic requests for future episodes.

Performances by DJ Element on the turntables and Swil Kanim with his serenading classical violin both received a huge round of applause. However, it may have been a pair of brothers standing a whopping 4 feet and 7 inches tall that made the biggest impression. Known for their roles in the Emmy nominated TV show Reservation Dogs, Lil Mike and Funny Bone captivated their multi-generational audience through comedy, hip hop lyrics, and motivational stories about not letting haters get in your way

of excellence. They shared that they've been overlooked their whole lives. If they let what others think of them matter, then they'd have never made it to primetime actors on a hit TV series.

In between performances and leadership sessions, Summit participants had many opportunities to fill up on event swag designed by Native artists and businesses. From t-shirts and backpacks to hoodies and essential school supplies, many could be seen leaving the Resort with their hands, bags, and hearts full of newly acquired swag and renewed confidence for their Indigenized future.

After the exhilarating eight-hour Youth Summit, event coordinator Sarah Sense-Wilson shared, "We are thrilled with amount of participation and engagement we had today by such a special group of Indigenous youth. Our goal was to provide valuable and meaningful workshops that centered on our youth, while promoting health, well-being and resilience. Our workshops and presentations ranged from QPR (Suicide Prevention Certification), to a wide range of motivational speakers, to teambuilding and ropes course activities. We hope all the local Native youth who joined us for a full day of energizing, fun-filled edutainment will remember the messages shared today and use them as fuel for empowerment whenever needed. Their future is our future."



Continued on next page



“As Native people we are not bound by despair, but by resiliency and the ability to overcome any obstacle, real or imagined.”



Hip hop legend, Redman, visits Tulalip Remedy



By *Kalvin Valdillez*

"Next," rang out the unmistakable, highly recognizable voice of a hip hop legend, whose work spans across the past three decades. A steady line of fans, the majority of whom did their best impression of the famous lyricist and actor while they waited, extended out of the doors of the Tulalip Remedy retail cannabis boutique. The 2x Grammy nominated artist shared conversation and posed for photos with each of his fans on the morning of December 11. However, this wasn't your typical meet-and-greet, once fans received their photos and autographs, the rapper then asked, "now what type of bud you smoking today?"

"I come here all the time, I am a regular," shared starstruck fan, Jordan Brown. "But when I heard about Redman, I had to come down and check him out. From 'How High' to 'Power', I've watched him in all that."

It was a dream come true for many lifelong fans of Redman when they learned that he would be assisting them with their purchases, and that they would receive top-tier strain recommendations from a living icon in the cannabis culture. If you aren't familiar with Redman (also known as Funk Doctor Spock), he is not only Grammy nominated, but he also has multiple platinum, gold, and silver albums under his belt including 'Muddy

Waters', 'Whut Thee Album', 'Doc's Da Name' and 'Blackout!'. And that's not to mention his work as an actor. His voice could be heard as both cartoon and video game characters in numerous projects throughout the years, and of course he is known by many for his role as Jamal King in the stoner cult classic movie, 'How High'.

After the experience of meeting one of her heroes, Mara Brown excitedly exclaimed, "It is cool to see that he is really just one of us. He likes a lot of the same stuff as us and shares a lot of our opinions. It shows that he cares about us and enjoys making all of us feel good through his art and music. It makes you want to keep supporting him. Redman is a real person, someone you can look up to and support his message."

Throughout the day, Redman signed a variety of memorabilia that his fans held close to their heart, including a VHS copy of 'How High', which prompted him to ask the fan, "Do you still got a VCR?" His comedic personality that he is famously known for did not disappoint during the appearance, and his presence uplifted the spirits of both the fans and employees during the two-and-a-half-hour event.

One fan dressed in a nun's habit and sunglasses, because Redman's character in 'How High' also dressed in the religious get-up when he attended a Halloween costume party as Deloris from the movie Sister Act. Another fan and local community member, Alex Jimenez, did not wish to purchase anything from the store (and would've forgone the photo as well if Redman didn't insist on flicking-it-up together), but simply attended to meet the rapper and gift him with t-shirts and hoodies that he designed himself through his business.

Alex stated, "I just came to meet Redman and give him some clothing that we made at Picture That Printing. We gifted him with an Every Child Matters shirt and an MMIW shirt and our 'Tradish' sweater. I felt like it would be nice to give him something that represented our culture."

As one of the very first tribal owned cannabis retail shops, Tulalip Remedy has flourished since first opening its doors three years ago. The shop is known for their great customer service, and the friendly and knowledgeable staff at Remedy have helped change the overall perception of marijuana in the community. More and more people are learning

about the benefits the plant has to offer while simultaneously becoming loyal Tulalip Remedy customers.

For many, marijuana serves as an actual remedy, helping individuals manage diabetes, Alzheimer's disease, anxiety, depression, insomnia, PTSD, multiple sclerosis, fibromyalgia, arthritis, epilepsy, cancer, among many other diagnoses. The medicinal aspect is something that caught the attention of Redman over a decade ago. Learning how the plant, which he has such an affinity for, is helping people in their everyday lives has strengthened his love for cannabis all the more.

"It's a blessing to see how far the cannabis culture has come since I first entered the game in '92," Redman shared. "The part I like most about it is that it's not just for recreational use, it's also medicinal. It helps save the lives of kids, and of many people - any kind of person with a disorder, internal or external. I actually did a crash course on cannabis at Oaksterdam University out in Oakland. After I did that course, in maybe 2005 or '06, I was like wow I didn't know about all these components involved in the cannabis plant. There are over 400 components that haven't been discovered yet, we won't even be here in this lifetime by the time 30 of them are explored. I find that very interesting."

He continued, "When I look back at how people used to look at cannabis, like we were just smoking for fun, and seeing what it is doing now, what it's doing today, it has come a long way tremendously. I gotta thank the people and the scientists for bringing this awareness medically. Let's keep going with it."

Redman is the third celebrity cannabis connoisseur to make an appearance at Tulalip's recreational shop this year thanks to a partnership between Tulalip Remedy and local YouTube show, The Dab Roast. Whenever the show brings celebrity guests to the Pacific Northwest, they make sure to line up an appearance at Tulalip Remedy. Previously, The Dab Roast and Tulalip Remedy brought out both Tommy Chong and Ken Shamrock to the reservation to meet the people of the community.

"Our show, The Dab Roast, is ten dabs and ten questions with celebrities," explained Jimmy Bako, Sales and Marketing Manager for



The Dab Roast. "Obviously there's a great tie between cannabis and music, so when we bring these stars in, Tulalip Remedy benefits greatly for bringing the name into the store and amplifying their imagery. It's turned into quite a great marketing partnership. We have our cannabis line out during the events, but our main goal is to amplify the show. Getting the opportunity to come out here and participate in the cannabis industry and really be about the culture is a huge lesson. What Tulalip does for us is amazing."

Although he was nothing short of astonished when reflecting on the progress the cannabis culture has made over the years, Redman was also quick to note that there is still a lot of progress to be made going forward. As more states around the country are beginning to decriminalize marijuana, he feels that what is needed most amongst the culture is organization, access to resources and empowerment, and he also stresses the importance of working together. For this reason, Redman co-founded the National Cannabis Party, the first-of-its-kind non-partisan political party.

He said, "I wanted to be behind the responsibility of the cannabis industry, that's why you've never seen a Redman grow, a Redman vape pen, a Redman anything up to this point. I was saving my brand for the bigger picture. Now I'm the co-founder of the first FEC National Cannabis Party. Meaning, you have the Democratic Party, you have the Republican Party, and now you have the first FEC approved National Cannabis Party. We're about the stability and structure of the cannabis industry. The Democratic Party has people as a unit to state their claims and issues to better their community, in order to create change and opportunity. So does the Republican Party. The cannabis industry is a billion-dollar industry,

moving up to a trillion; do we have an umbrella where we can state claims and issues about this cannabis industry? No.

"The cannabis industry is going to make the profit regardless, but we need more purpose. We need to unite more. We need to get involved with expungements and getting everybody out that's been incarcerated because of cannabis. We need to worry about those areas and communities that have been affected by WOD, the war on drugs. We're the guys that's getting our hands dirty to implement these programs and help other dispensaries and

other cannabis brands implement more programs for their communities. We were just founded this year, so hopefully we're on the right track. If you want to find out more and do research please hit us up at www.NationalCannabisParty.org and find out what we're doing."

Redman's Remedy appearance was a fun experience for everyone involved and his larger than life personality brought laughter and smiles to all of the local cannabis enthusiasts and hip hop heads alike. In fact, the event was such a success that both parties expressed a desire to build upon this newfound relationship and continue collaborating in the future.

"This was my first time hearing about Tulalip and Remedy, I loved the energy," Redman said. "I loved the attitude of the people. I like helping people and I got the chance to do something different today and service some cannabis to the people, talk to the people and take some pictures and meet the people of the Tribe and community. I want to thank the Tulalip Remedy spot for showing me love. I am going through a transformation with myself and needed to surround myself with good energy and good people, so I am so happy I came here today, it fed my soul."

Tulalip Remedy Manager Jennifer Ashman added, "Redman was an amazing addition to our staff that day. I definitely look forward to working with him on some upcoming projects at our store and in the community. Remedy definitely considers him a part of our family now."

Atlas from front page

donation from outside the Tribe the Club has ever received.

“This money will be used for necessary upgrades to the building, expanding programs, and continuing our ability to offer a variety of sports and after school activities for our kids,” said Club Director, Shawn Sanchez. “This donation by Atlas creates even more opportunities for our kids to grow in all aspects.

“One way to look at is not all our kids play sports, so being able to purchase new kitchen supplies, upgrade playground equipment, or develop new education programs are all pivotal to us helping them grow as young individuals,” Shawn continued. “I grew up here in the Club, so it means so much to be able to continue creating partnerships outside the Tribe that continue to provide opportunities for our kids that I had growing up. Grandma Diane was here when I was a kid, and now that I’m Director of the Club I’m able to create a lasting impact on our kids just like she does. We have kids who come here daily that say they want to work at the Club when they’re grownups. That’s a great feeling knowing we are setting that positive example.”

‘The Club’, as it’s affectionately been nicknamed by hundreds of regularly attending children, is a safe place where kids can just be kids. While there, children are routinely exposed to healthy food choices, create an abundance of happy memories, and make relationships that last a lifetime.

The Club is the first of its kind to be built on tribal land in Washington State. Established in 1995, 2021 marks twenty-six years of commitment to the community. Through before and after school programs, it aims to help young people improve their lives by building self-esteem, developing values, and teaching skills during critical periods of growth.

Serving as a model for those working to improve the lives of young people in the surrounding communities, the Club is the primary beneficiary of an annual fundraising auction. With each auction building off the success of previous years, the Club has not only been able to sustain services, but to complete much needed campus expansions that add additional learning and activity space.

It was actually at the auction earlier this year that the seeds were planted for Atlas Genomic to become the title sponsor for next year’s 24th annual auction. Teri Nelson, executive director of tribal services, hosted a table and one of her invitees had an amazing experience. So much so that when Teri’s friend came across a company looking to make a large financial donation to a local organization, she recommended the Tulalip Boys & Girls club for all the great work they

do. The rest, as they say, is history.

“I think giving back to our kids is so important because they have to recover from this pandemic, too,” said Teri. “If we can continue to offer them after school programs and extracurricular activities and all the things that make it so much fun to be a kid, then what a true difference that makes for all kids who attend the Club every day. I’m just thankful that a friendship could evolve into making something as impactful as this being able to happen and truly



benefit the Tulalip community.”

On December 10, representatives from Atlas Genomics arrived in Tulalip to meet with tribal leadership before getting an in-person tour of the Club. They marveled at all there was to offer on a reservation bound boys and girls club. They were warmly welcomed

by Club kids in the gymnasium prior to writing the \$50,000 check.

Shawn and Grandma Diane blanketed the group for their donation and commitment to helping Tulalip’s kids, while Natosha Gobin and her partner Thomas Williams offered a song and prayer of gratitude.

“It’s an honor and a privilege to be here today to meet such a tremendous group of people working to support the Boys and Girls Club organization,” said Chris Destro, President of Atlas Genomics. “When this opportunity to give back was presented to us, there was zero hesitation; it was an immediate

yes. A huge shout-out to Diane and Shawn for what they are doing here. As a company, we’re humbled for being given the opportunity to help out and add to what’s already been built here.”

Why is Philosophy useful today?

Submitted by Jeanne Steffener, Higher ED

You are probably wondering, “what is the point of studying philosophy in this modern era”? The importance is probably more imperative today than ever. Philosophy is here to help us answer some of those basic questions that are at the heart of the human condition, i.e. reality, human existence and God. “Philosophy encourages and empowers you to discover what really is true and good, and to be able to distinguish it from what merely appears so. As Plato explained long ago, this is liberating.”¹

Studying philosophy helps us to develop strong critical and logical thinking skills which impacts how we learn to think about ourselves and the world. Studying philosophy provides us with the intellectual tools to evaluate different life choices and choose a meaningful direction for our life.

In majoring in Philosophy, students begin a life long pursuit to understand and live a good life. Many philosophers claim that by studying philosophy is in itself, as an activity, part of the good life. If you love ideas and value wisdom, Philosophy will play a prominent role in your life. Central to Philosophy are concepts, such as, the nature of value, right conduct, knowledge,

truth, language, ethics, and mind and reality.

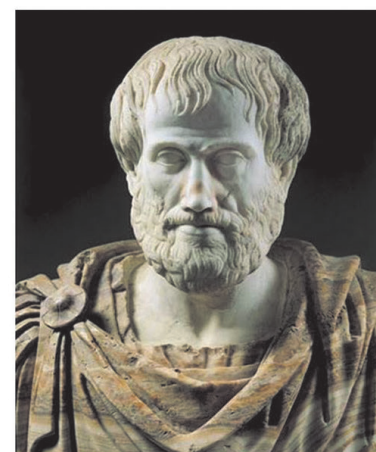
A degree in philosophy can be useful for professions beyond an academic career. Philosophy improves reasoning and critical skills, assists in promoting logical thinking, helps with analyzing and solving problems, accessing proposed solutions, assisting with the ability to write and speak clearly with an attention to detail.

Degrees such as this can help in the world of business, where a background in philosophy can pave the way for change. Philosophy has proved itself to be not only relevant but also the basis of great innovation in business. Some of the most successful technology innovators today have paired their background in philosophy and critical thinking with innovating and developing new digital services now used in various areas of society. Leaders in industry have used their creative thought processes, sharpened with studying philosophy, to envision unique perspectives while taking the necessary steps to put their perspectives out in the public domain and shape a new business world.

Advances in physics, technology and neuroscience pose an ever-evolving set of questions about the nature of the world and man’s place in it. These are questions that we do not yet have the answers to but philosophers are persistently exploring theories and arguments. Morality and meaning also pose more questions which ancient thinkers earlier dwelled upon but continue to resurface as humanity evolves. These are questions like: How should we treat one another? What does it mean to live a good life? Who should have that good

What is philosophy?

Ancient Greek philosopher Aristotle said that philosophy is ‘the science which considers truth’



life? Does everyone deserve good, inexpensive healthcare?

Philosophy explores the deepest, broadest questions of life --- why we exist, how society should organize, how institutions should relate to society and the purpose of human striving. With globalization, many businesses are beginning to take social responsibility to heart. Those with philosophy at their core who care and are able to think critically about global and humanitarian issues will be the ones who are poised to create change. As you begin to challenge your own point of view, become a citizen of the world, recognize your responsibilities to the world and have the ability to grapple with moral choices, you increase your humanity and empathy. As you struggle to come to grips with these challenges, you end up embracing a global-mindedness and humanistic perspective, as well as becoming a more desirable job candidate.

Practically speaking, there is plenty of evidence that philosophy is very useful as an undergraduate degree. It not only prepares students for a graduate work in philosophy but for a variety of fields as well. Philosophy majors are

top performers on both the LSAT (Law School Admission Test) and the GRE (Graduate Record Exam). The LSAT is an integral part of the law school admission process in the United States, Canada, and a growing number of other countries. It provides a standard measure of acquired reading and verbal reasoning skills that law schools can use as one of several factors in assessing applicants. The GRE is commonly used by many graduate schools. GRE tests measure one’s aptitude for abstract thinking in the areas of analytical writing, mathematics and vocabulary. Philosophy can also be a catalyst to medicine.

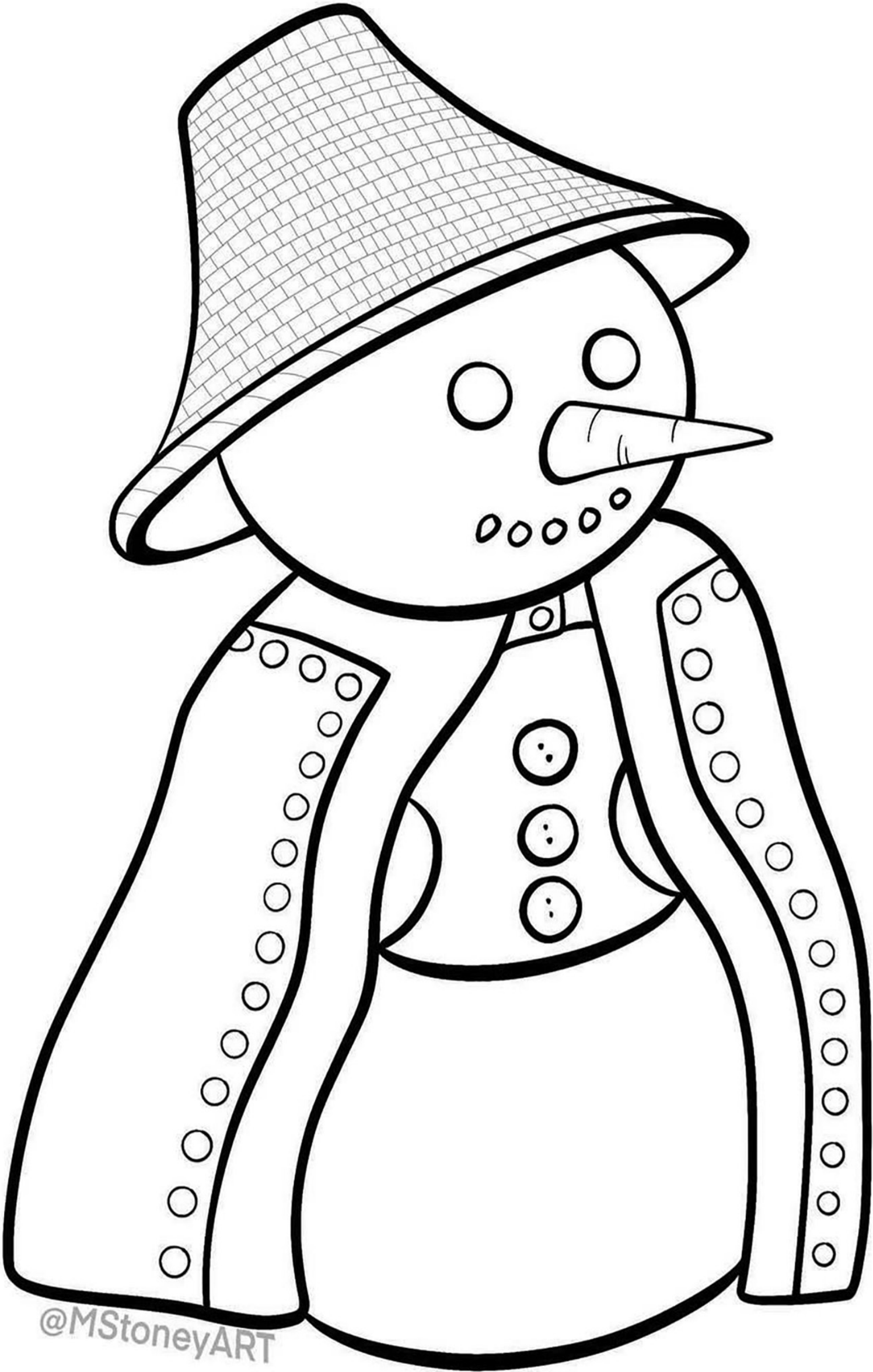
If you are looking for a challenge in life, philosophy can give you a competitive edge in life and business. Please call Higher ED staff at 360-716-4888 or email us at highered@tulaliptribes-nsn.gov to find out more information.

¹ *The Most Important Reason to Study Philosophy...*; <http://blogs.lmu.edu/philosophy/the-most-important-reason-to-study-philosophy/the-most-important-reason-to-study-philosophy/>

Michelle Stoney colouring art

Designed by Michelle Stoney, Gitxsan artist.
Follow her on Facebook and Instagram
@mstoneyard for more colouring pages.
She also has a colouring book for sale on Etsy.





ǰpay? Cedar Christmas Tea



Submitted by AnneCherise Jensen

It's officially Holiday season and Christmas is just around the corner. Now is the perfect time to bundle up with your favorite holiday beverage while getting cozy by the fire. If you're looking for a warm, soothing cup of tea to get into the Christmas spirit, give this healing holiday ǰpay? cedar tea recipe a try! This Christmas Cedar Tea encompasses all of the warming, citrus, fruity, and earthy seasonal flavors that make you feel all the holiday feels. Not to mention, each ingredient is rich in vitamins, minerals and antioxidants that are beneficial to our overall health and wellness. This is a delightful holiday beverage for friends and family, even kids will enjoy it!

Ingredients:

- 1 Large ǰpay? Cedar Leaf or 1/2 cup diced cedar leaves
- ½ Cup fresh cranberries
- 3 Orange wedges
- 1 Small cinnamon stick
- 6 tsp honey (1 tsp for each cup of water)
- 6 cups filtered water

Instructions:

- Ethically/ traditionally harvest a small cedar leaf from your local community. This time of year, many cedar trees drop branches off due to the high winds. Foraging cedar leaves that are already on the forest floor is a great way to utilize the cedar.
- Once you have all ingredients, find a kettle, or pan that you can add all of the ingredients into. Add 6 cups of filtered water and bring to a boil.
- Rinse off the fresh cranberries, cedar, and orange with warm water. Add the ½ cup cranberries, cedar leaf, and cinnamon stick into the pot.
- With the orange, squeeze 3 large orange wedges into the kettle. Then, add those orange peels into the pot.
- Allow all ingredients to boil in water for approx. 5 minutes. Then steep on low heat for another 15-20 minutes. The longer the steep,

the more vibrant and flavorful the tea will become.

- Strain ingredients. Add 4 tsp. of honey to the warm tea for sweetness. Garnish with ingredients if desirable.
- Serve and enjoy!

A special note on each ingredient, including their potential health benefits & traditional uses.

ǰpay? Western Red Cedar: Cedar Trees are one of the Coast Salish peoples most sacred, traditional plants with a wide variety of traditional uses. In Coast Salish culture, all parts of the Cedar are useful and highly valued including the wood, bark, roots, branches, and leaves. Cedar tree bark and leaves are used for food, medicine, weaving, basket making, and ceremonial purposes. In this recipe, we will be using Cedar leaves as the main ingredient in this holiday Christmas Cedar tea. Cedar leaves have a very earthy, bold, vibrant flavor that makes for a delicious, healing tea all in its own. It has been used as a staple in coast salish healing practices for thousands of years.

Coastal native peoples use cedar leaf and bark for a wide array of illnesses. Cedar contains antifungal, antimicrobial, and ant-viral properties, and has been traditionally used to help boost vitality & the immune system. The leaves were a popular internal and external medicine for rheumatism. They have also been infused for cough medicine, tuberculosis, and fevers. And the leaves make wonderful incense and are used in smudging for purification. (Krohn)

Cranberries: Cranberries are tangy, tart and delicious. They are harvested from the cranberry bogs in the fall and are in the peak of their season during the holidays. Typically, cranberries are known for their cranberry sauce. However, they can also be boiled into water, making a beautiful, vibrant red, tangy beverage that can be served hot or cold. Cranberries' bold juicy flavors pair well with the traditional woody flavors of the cedar, creating a rich holiday flavor.

Cranberries are very high in Vitamin C and other antioxidants, which prevent damage to all of our bodies cells. Cranberries are the perfect, healthy ingredient to add to your cup of tea!

Orange: Oranges are a citrus fruit with a sweet-tart flavor and a rich aroma when freshly peeled. Oranges are typically peeled and eaten fresh, and are the perfect healthy snack for both kids and adults. In this recipe, we will use both freshly squeezed orange juice and orange peels to make our Christmas tea. The citrus adds a bright, cheerful flavor tone to the cranberry cedar tea, and brings all of the ingredients together!

Not only are oranges rich in Vitamin C, but are also high in fiber, potassium, folate and a wide variety of antioxidants. A diet high in citrus fruits like oranges and grapefruits can help pre-

vent certain chronic diseases like heart disease, cardiovascular disease and hypertension.

Fun fact, orange peels can be used in a wide variety of recipes, including beverages and baked goods, and even homemade cleaning products. So instead of throwing orange peels away, keep them and save them for another use!



Cinnamon: Cinnamon is one of the oldest and most well known spices throughout the world. It's a warming herb with an earthy spice, bringing comfort and rich flavor to fall and winter recipes. Note that a little bit of cinnamon goes a long way. In this Christmas cedar tea, we use just a hint of cinnamon to provide the warm spicy notes that make this the perfect Christmas cup of tea. If you don't have cinnamon sticks, powdered cinnamon works just as well! Add as much or as little to your liking.

Cinnamon can act as an antimicrobial and is very high in antioxidants, making it a healthy addition to your holiday beverages and treats!

Honey: Honey is one of the most appreciated and valued natural products in the world. It has been used in ancient cultures for thousands of years. To this day, honey is a common household staple used in cultures all throughout the world. Honey is a natural sweetener, formed by the nectar of flowers from honeybees. It has a very sweet, unique, floral flavor that makes it a one of a kind food. In this recipe, we will use honey as the natural sweetener to add a bit of sweetness in our cup of cedar tea. With the combination of cedar, cranberries, oranges, cinnamon and honey, you will be feeling right at home this Christmas season.

Infants younger than 12 months should avoid all sources of honey

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

Sources:

- <http://wildfoodsandmedicines.com/cedar/> (Cedar)
- <https://www.fao.org/3/x2650t/x2650t03.htm> (Oranges)
- <https://theherbalacademy.com/health-benefits-of-cinnamon/> (Cinnamon)

Randy Lee Rodgers




Randy, 53, was born on October 9, 1968, in Vancouver, WA, and passed away December 3, 2021, in Tulalip, WA.

He was the only child of Clara and Stanley Abbott, of Vancouver, WA. Randy married Anita Pacheco, October 15, 1999, in Everett, WA. They have been married for 22 years. Randy was a father-figure to Anita's 3 sons, Joseph Lee Henry, Vincent Gene Henry, and Richard Lee Henry II, and a grandfather-figure to Joseph Hatch, Brandon Hatch, Jerry Jones, Dustin Henry, Taylor Henry, Anthony Henry, and Jasmin

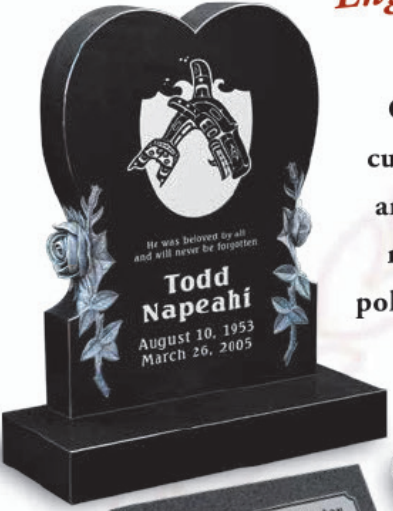
Henry, as well as numerous great-grandchildren, nieces and nephews, great nieces and nephews, and great-great nieces and nephews.

Randy worked in an iron foundry in Portland, OR, and his work contributed to parts for airplanes and trains. He also worked in construction during the building of the Tulalip Resort Casino in 2002. Randy was a very laid-back, easy-going guy, who loved tinkering with things. He shared his tinkering skills with his grandchildren by putting bikes together, fixing and painting them. He loved to problem solve/invent/create/innovate new ways to use everyday items, in attempts to make life simpler in some way. He loved to go on outings with his wife & sons, doing a variety of things, such as singing karaoke and playing pool together; visiting nearby casinos; searching for vintage treasures at local thrift stores and garage sales; taking road trips; camping and fishing with the family; and caring for their family pets throughout their years together. He loved playing guitar, listening and singing to classic rock-n-roll and country music. He will be greatly missed.





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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 a Paternity Hearing and Status Review Hearing on TUESDAY, January 25, 2022, at 9:30 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: December 4, 2021.

TUL-CV-YI-2021-0647. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: M. J. C. M. TO: FEATHER KIA MEDINA and ROY EARNESTO MANSON, 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. You are hereby summoned to appear and defend at an Adjudicatory Hearing regarding the above entitled action on FEBRUARY 22, 2022, at 2:30 P.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: December 18, 2021.

TUL-CV-YG-2021-0383. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: E. X. F. TO: DANIELLE D.D.K. FRYBERG and MATTHEW EDDY PABLO : 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 Tuesday, February 8, 2022 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: 1-571-317-3112, 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: December 18, 2021.

TUL-CV-YG-2021-0349 and TUL-CV-YG-2021-0350 and TUL-CV-YG-2021-0351; SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: M. N. P. P. and In re the Guardianship of A. M. N. P. and In re the Guardianship of K. N-A. P. TO: MELINDA LOUISE K. K. NAPEAHI: YOU ARE HEREBY NOTIFIED that three Youth Guardianship actions were filed in the above-entitled Court pursuant to TTC 4.05 regarding the three above mentioned youths. You are hereby summoned to appear and defend regarding the above entitled actions at a hearing on Tuesday, February 8, 2022 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: 1-571-317-3112, 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: December 18, 2021.

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