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syəcəb

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(Tulalip See-Yaht-Sub)

# Enduring the virus:

## Inside one Tulalip family's corona experience



*By Micheal Rios*

The 2019 novel coronavirus (COVID-19) is a worldwide crisis. Its rapid spread has reached Earth's far corners and no end to the infectious pandemic is in sight. On the global level, at the time this article was written, there are 184,976 confirmed cases and 7,529 deaths reported in 159 countries, according to the World Health Organization (WHO).

Because of a general lack of testing or lack of sufficient supplies to even perform accurate testing amongst the global health community, the number of people who have contracted the virus is presumed to be much higher than the confirmed cases. The good news is that the infected mortality rate is estimated between 1% - 3.4%, and fewer than 5% of all confirmed cases

are deemed critical.

People of all ages can be infected by the coronavirus. However, older people and people with pre-existing medical conditions (such as asthma, diabetes, and heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Typical symptoms, which develop quickly, include a high fever, dry cough, headaches, muscle aches and fatigue. In the most severe cases, breathing difficulties arise that require intensive medical care.

With the endless supply of fear and panic-inducing content produced from most mainstream 24/7 news cycles, it's increasingly difficult to remain calm in the wake of corona chaos. Yet, it's in these trying times that being mindful is of utmost importance. Being properly pre-

pared and knowing what to expect can make all the difference.

One Tulalip family who recently contracted, endured and overcame the infamous virus shared their experience with Tulalip News under the condition their identities remain anonymous. We will refer to them as the Doe family; husband John, wife Jane, and their child Jaimie.

On Sunday, March 8, the family felt great. They were living out their normal weekend routines and preparing for the week ahead. Little did they know their sense of normalcy would come to a screeching halt just hours later.

Their Monday morning routine went as usual with John going to work. But as the day went along he started to feel a little warmer than normal. Around noon he received a phone call

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See **Virus** page 5

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If you live in the HUD or tax credit units and have the following Health and safety concerns:

- Heating system failures
- Plumbing system issues
- Electrical issues
- Home security (exterior doors, door knobs, locks, and windows)
- Structural Damage
- Broken/Damaged household appliances

Please contact 425-622-4855 for maintenance assistance.

## Tulalip Pharmacy Changes:

For the Health and Safety of the community and to ensure continued service, the Tulalip Pharmacy will start “white gloves” service. The doors will be closed and a staff member will be stationed at the door, that staff member will bring in your prescription, then deliver meds to the patients’ car. No one will be allowed to wait in the pharmacy.



# TULALIP TV

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Contact Rosie Topaum at 360.716.4298  
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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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The Tulalip Tribes are federally recognized successors in interest to the Snohomish, Snoqualmie, Skykomish, and other allied tribes and bands signatory to the Treaty of Point Elliott.

March 16, 2020

We want to take the time to assure our membership and community that the Tulalip Tribes, including all of our entities, Tribal Government, Quil Ceda Village, TGO and tribal businesses are responding to the COVID-19 pandemic. Our Emergency Management is working actively with County and State response teams as well.

For many, if not all of us, this is our first time dealing with a pandemic. We live in a time of uncertainty. Our focus is on the well-being and care of our families, friends and of course the most vulnerable, our elders and those at most risk. It is not an easy decision that we make, but it is necessary to protect the health and wellbeing of our people and our community.

In order to protect the health, safety and welfare of our community we will be postponing the Annual General Council and General Election until further notice. We will be providing notice next week of how we will proceed with the General Election.

We are also going to be closing all gaming operations through March 31<sup>st</sup>. Effective immediately both Tribal Government and Quil Ceda Village will be reducing to essential staff, and work from home as much as possible.

We certainly hope this will pass quickly and we can get back to normal, but this is a new issue for us and there is no certainty as we go forward. We need to continue to follow all safety recommendations including washing hands and keeping safe distancing from one another. We will continue to update as things change. Be safe and take this time to stay home with your families.

Sincerely,

Teri Gobin,  
Tulalip Tribes Chairwoman

## Investment Options

Submitted by Rosalie Topaum,  
Enrollment Director

Tulalip Tribal Member Parents,

The Tulalip Tribes has reopened up the investment option for parents because of the COVID-19 outbreak and the effects it has had on the stock market. If you would like to update your child's account and change the investment option to conservative vs. balanced please do so or vice versa by April 30, 2020. Most for the accounts are in the Balanced.

### A. Pool #1 – Conservative Investment:

The Conservative Investment Pool option is an investment option with the primary objective of preserving capital (deposited per capita funds), while providing a competitive rate of return that is intended to keep up with inflation plus a little additional return.

### Default - B. Pool #2 – Balanced Portfolio:

The Balanced Portfolio option is an age based investment strategy with diversified portfolios (a mix of stocks and bonds) becoming increasingly more conservative as the age group nears the distribution age of 18, subject to Trust provisions. There will be three age groups:

- Balanced #1 (Ages 15 and Older) (10% Stocks, 90% Bonds & Money Market)
- Balanced #2 (Ages 10 - 14) (50% Stocks, 50% Bonds & Money Market)
- Balanced #3 (Ages 0 - 9) (65% Stocks, 35% Bonds & Money Market)

If you elect Pool #2, the age of your child will determine which of the three portfolios their funds will be invested in. (Example: an 11 year old will be in the #2 Age Group, until the child reaches 15, when it will automatically shift to the # 1 Age group).

Please return the form to:

Enrollment Office  
6406 Marine Drive  
Tulalip, WA 9827  
Fax 360-716-0209  
Email: [rtopaum@tulaliptribes-nsn.gov](mailto:rtopaum@tulaliptribes-nsn.gov) or [enrollment@tulaliptribes-nsn.gov](mailto:enrollment@tulaliptribes-nsn.gov).

You can do this by even filling out the form and taking a picture of the form and attaching to an email.



### MINOR'S PER CAPITA TRUST

#### Opt Out In Form For Investments Transfer

Minor's Full Name: \_\_\_\_\_ Roll#: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_

Normally, you may change your election once per year, during the enrollment period in February. However due to the Covid 19 pandemic, you may make changes to your preferred investment strategy through the end of April. For example, you may elect to change your child's account to be more conservative or more aggressive. If you wish your child/ward to have their account transferred from the Balanced Portfolio Age Based Plan to Conservative Portfolio now or vice versa, you must complete the rest of this form and return to Enrollment by April 30, 2020. Going forward, the NEW funds contributed on behalf of the Minors will continue to be invested into the age-appropriate default Balanced portfolio. The investment options are listed below.

**Balanced Portfolios:** Age based strategy investing in a mix of stocks and bonds, becoming more conservative as the age group nears age 18.

**Conservative Portfolio:** Primary objective is to preserve capital, keeping up with inflation and perhaps an additional return.

**If you wish your child/ward's account transferred, check one of the boxes below.**

Please transfer my child/ward's current per capita account balance from the Aged Based Portfolio to the Conservative Portfolio.

Please transfer my child/ward's per capita funds from the Conservative Portfolio to the Age Based Portfolio.

**If you do not make a positive election by April 30, 2020, your child's account will remain invested as it is today with no change. Please return a completed form by April 30, 2020 to the Enrollment Office, to guide Enrollment and the record keeper on the investment choice of your child/ward's per capita funds .**

Enrollment Office  
6406 Marine Drive  
Tulalip, WA 98271  
Fax 360-716-0209  
Email: [RTopaum@tulaliptribes-nsn.gov](mailto:RTopaum@tulaliptribes-nsn.gov)

**LEGAL Custodial Parent or Guardian must sign:**

**Mother:**  
Print Name: \_\_\_\_\_ Sign Name: \_\_\_\_\_ Date: \_\_\_\_\_ (Authorized Parent or Guardian)

**Father:**  
Print Name: \_\_\_\_\_ Sign Name: \_\_\_\_\_ Date: \_\_\_\_\_ (Authorized Parent or Guardian)

**Guardian:**  
Print Name: \_\_\_\_\_ Sign Name: \_\_\_\_\_ Date: \_\_\_\_\_ (Authorized Parent or Guardian)

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# Notice of Cancellation

for the

2020 Board of Director's  
Elections on March 21<sup>st</sup>

until further notice

This decision was made to keep our membership safe and healthy from the Coronavirus (COVID-19) pandemic.

Announcements will be made at a later date when General Council elections will be scheduled.

The Board of Directors will be monitoring the situation on a day-to-day, week-to-week basis.

## Virus from front page

from his wife Jane who said she had a fever. Finding the timing odd, he called their child Jaimie who also admitted to running a temperature. So John went home and checked his temperature with a thermometer. It showed 101. He knew then the situation was worrisome.

“I called my primary doctor and answered a series of questions over the phone,” said John. “He recommended we call Snohomish County Health District and notify them first, then go to Everett Clinic in Smokey Pt. because they were doing COVID-19 testing.”

The family unit went to the Everett Clinic facility at 6:00p.m. where they were triaged in a large medical tent with medical personal masked up, just like a scene out of a movie. By that point, each member of the family were experiencing fever, sinus pressure and headache. They underwent testing for nearly an hour, including being tested for two of the most common strains of influenza or the flu.

“At that time, we were told they were only administering the COVID-19 test to first responders and people who’ve come into confirmed contact with the virus,” explained John. “You could say we were never officially diagnosed with it because they refused to give us the COVID test, but we tested negative for the flu and everything else. Multiple members of the medical staff told us that our symptoms lined up exactly with

coronavirus and there was no need to test us because the results were obvious.

“We were told then to contact our local health precincts and let them know of our status and that we’d be self-quarantining until our fever was gone for at least 72-hours,” continued John. “Of course we wanted the confirmation test so we’d have peace of mind. But we were literally told by members of Snohomish County Health District and Everett Clinic, ‘From your symptoms it’s obvious what the results will be. There’s no need for a confirmation test. If any member of the family begins to experience breathing problem, then go to the hospital.’”

They returned home, reached out to each person’s job, Tulalip Community Health, the Board of Directors, and Tulalip Bay Fire Department to make them all aware they’d be self-quarantining. They even posted a sign in the window letting their neighbors and anyone else know of their status.

Over the next few days their symptoms continued to worsen. The fever would continually spike at 104, while a persistent dry cough made the muscle ache and headache worsen.

“The worst part by far is the fever, followed by the constant head pressure that feels like someone is literally squeezing your head,” shared the family via telephone on Day 5 of their self-quarantine.

Fortunately, the Doe family

had been taking precautionary measures as early as January when the first confirmed case of COVID-19 struck Washington State. That case was in Snohomish County. It was shortly after hearing that news, John and Jane began slowly stockpiling necessities. They were pretty much set on the essentials, but found out they hadn’t exactly prepared for conditions when they came down with the sickness.

“So many people are buying supplies now to remain indoors and avoid getting COVID, but what you’ve also got to prepare for is the scenario where you and your family actually catch the virus,” advised the recovering family from their firsthand experience. “What worked best for us was Gatorade and Ibuprofen. A lot of both.”

Gatorade to replenish the body’s fluids and provide essential electrolytes being lost from a 104 degree fever, and Ibuprofen to help reduce the non-stop muscle aches and head pressure. Any kind of electrolyte beverage or on-the-shelf anti-inflammatory may be just as effective to help alleviate the signature symptoms of coronavirus. A thermometer to occasionally check on body temperature and immune boosters, like Airborne or Emergen-C, are also highly recommended.

Being in self-quarantine, they relied on a family member to complete resupply runs and door drops when needed. When they were

running low on Gatorade, Ibuprofen, and any other essential items they’d simply call or text their designated support member and he’d fill their order and drop it outside their door. This system fulfilled the intended results of a self-quarantine, which is to minimize the risk of passing on an infection to anyone else.

The Doe family reported not really having much of an appetite nor any digestive issues. They went as far as finding the current toilet paper crisis pretty amusing. “We don’t understand why everyone wants to horde all the toilet paper. Or food for that matter. The priority should definitely be to have enough adequate medicine and fluids on hand,” shared the family.

By Day 7 of their self-quarantine, the family reported being fever-free. Their cough had all but subsided and only mentioned some slight chest pressure. On Day 8 they said their spirits have returned fully, the fever remains gone, and they were looking forward to resuming some semblance of normalcy. With so many businesses shut down, entire school districts closed, and large public gatherings outright prohibited for the foreseeable future, what their new normal will be is a mystery. For now, they are simply relieved to have endured a pandemic sweeping the globe and intend to share their experience to help others be prepared.



Products that the “Doe” family relied upon during their illness. Prices reflect availability at Tulalip Walmart

# Tulalip TVTC constructs 13 tiny homes for Low Income Housing Institute

By Calvin Valdillez

Beep. Beep. Beep. The high-pitched sound of a truck backing up echoed throughout the Tulalip TERO Vocational Training Center (TVTC) property on the morning of Thursday, March 12. The current group of enrolled TVTC students watched, with bright smiles on their faces and coffees in hand, while the first of thirteen tiny homes were lifted effortlessly onto the back of a flat-bed truck, simply by the command of a few controls that were located on the side of the vehicle.

A longtime partnership between the Tulalip Tribes, TVTC and the Low Income Housing Institute (LIHI), a non-profit based out of Seattle, led to the distribution of the thirteen, 120-square foot homes, which will be set up in various tiny home communities throughout the greater Seattle area. Originally making local headlines two years ago, LIHI and Tribal representatives celebrated a momentous occasion when three TVTC tiny homes were established in the Georgetown Tiny House Village to provide shelter to people without a place to call home.

But the partnership was intact years prior to the 2017 Georgetown celebration when LIHI originally commissioned tiny homes from the training center in 2015, which in turn supplied TVTC students with lumber, tools and resources to complete the 16-week hands-on construction course. TVTC is offered to tribal members from all nations and their spouses. In addition to building the tiny homes, the students earn a number of certifications by learning skills that can be applied in various well-paying fields of the construction trade including carpentry, cementing, plumbing, and electrical and mechanical work.

“Three groups of students built these,” explained TVTC Instructor Mark Newland about the thirteen tiny homes. “Typically you build four a term. It’s really gratifying, especially after you go to meetings and talk to the people, many times it’s females with young children, who have gone from living in tents to moving into one of these tiny houses where you can lock the door, have privacy, get ready for job interviews, have some security, and be able



to sleep at night out of the wind, out of the cold.”

Constructing a tiny home has easily become a main attraction of the TVTC course. Seeing the fruits of their hard, manual labor put to use in a good way shows the students the real life impact their two hands can create.

Although this group of students did not construct this particular set of tiny houses, they showed a sense of pride as the first tiny home was expedited away to its new homeowners. The students exchanged sentiments along the lines of ‘that was pretty cool’, knowing that the work of previous TVTC craftsmen are aiding people in need of shelter and/or security, especially at a time when social distancing and seclusion is being stressed upon the citizens of Washington State, which includes over 20,000 people without a place

of residence.

“The best thing, and the thing I am most excited about, is that these homes are going to be used right away,” Mark said. “All of the students are very proud of the tiny homes, it gives them a real sense of understanding in the importance of giving back. There’s a lot of ideas and speculation about people who are on the street, but it’s found that if they have homes first, then they can work on their other issues.”

Finishing their coffee and tightening their tool belts, the current TVTC students followed their teachers indoors for another full day of construction instruction with a refreshed and rejuvenated perspective on the effects of their new trade. Ultimately, the Tribe’s goal is to have a tiny home community at Tulalip to help Tribal individuals and families get back

on their feet, with TVTC students constructing the homes for the entire project.

“This group here is currently working on a bigger model of tiny houses that are going to Sand Point, by Lake Washington,” Mark explained. “These are much larger and sophisticated modules. The next group will be the first to work on nice-sized tiny homes right here for Tulalip - and that’s what we’re really looking forward to. It’s an awesome opportunity for me to work on this project because this is where I live too. I see a lot of people that need shelter, and Tulalip is putting homes first and we’re happy to be a part of it.”

For further details regarding the TVTC program, please contact TERO at (360) 716-4747.

## Keith Pablo, Tulalip's local barber

By Cullen Salinas-Zackuse

The community barbershop has always been an important role to any local neighborhood. It is a place where the community can come in, relax, relieve some stress, talk about what's going on in the world, and feel good after getting a nice, clean cut. This is what attracted local 23-year-old Tulalip tribal member Keith Pablo to the barbering world.

"What inspired me to become a barber is making a person feel good about themselves. To make someone's day better just by a single haircut or even simple conversation," explained Keith. It is more than just a haircut, it is the entire experience. A transformation of a person's self-confidence can do wonders for their life. "Just watching someone who goes from zero self-confidence to all the confidence in the world is the main reason I knew I wanted to pursue this path of hair."

The first person to show him the ropes of barbering was his uncle James Pablo. James was a barber,

and he used to cut Keith's hair when he was younger. Even at an early age Keith knew he had an interest in barbering. "I just had a thing for it but never really explored it," described Keith. When his uncle stopped barbering, Keith started to lose interest until his dad, Roy Pablo, met his wife Ananda, who owns her own hair salon.

At Ananda's Essential Earth Organic Salon in Quil Ceda Village, Keith harnessed some of his abilities. "She let me work for her as a broom boy. Two months of doing that everyday, I asked her if I could do more around the salon. Ananda told me I could wash hair and blow dry. After doing that for four months, Ananda asked me to assist her on a client that had zero confidence," said Keith. While helping this client he knew this is what he wanted to pursue. Right after that he enrolled into the Paroba College of Cosmetology, Esthetics, & Barbering, located in Everett.

It was the stepping stone for Keith to work on his craft and build



the confidence to cut hair. To become a barber you need to be educated in cutting and hairstyling techniques. "When I first started I did not want to screw up anyone's hair, but that's a part of the process. Through trial and error, barber school really helped me learn that," explained Keith.

After graduating vocational barber school, Keith pursued his passion of being a full-time barber. He found a job at a recently-opened, local barbershop called Prime Fades. "What I like about the culture of barbering is that we are always striving to be the best. Helping our fellow barbers to be the best with this atmosphere, it never feels like a job or work," said Keith.

It has been a long road but all that hard work has paid off and Keith is now doing what he aspired to do, build people's confidence, and make them feel good one haircut at a time.

To get a fresh cut from Keith you can visit him at Prime Fades, 8007 State Ave, Ste C Marysville, WA. The barbershop is open Monday-Friday 10am-7pm and Saturday and Sunday from 9am-7pm. Appointments can be scheduled online at [primecutfades.net](http://primecutfades.net). And you can follow Keith's work on Instagram @PabloStyles.

## Health

### National Nutrition Month with Tulalip SNAP-Ed: Quarantine Edition

By AnneCherise Jensen and Calvin Valdillez

In a sudden turn of events the majority of us are currently on lockdown mode in an effort to prevent the spread of the curious and contagious COVID-19 virus. The pandemic that is effecting not only our nation, but the entire world, is now forcing us to slow down and prioritize our overall health and safety above all else. In addition to those who are on self-quarantine, others are now being encouraged to stay at home to avoid the corona virus. And statewide, all schools and most

businesses ceased their daily operations under the directive of the Washington State Governor Jay Inslee as the number of people carrying the virus continues to increase.

As for the Tulalip community, both Tribal Governmental and Gaming Operations have been shut down at least through March 31, but can extend longer as much is still unknown about COVID-19. That means a lot of family time is to be had within most homes, and for this week's column celebrating National Nutrition Month, AnneCherise shares an article put together by the Academy of Nutrition and Dietetics, as well as two delicious recipes to try while you practice the art of social distancing from the comfort of your home.

She explained, "This will give great info to families to help keep their families healthy, safe and active during the next two weeks!"

**Make the Most of Your Time at Home**  
Reviewed by Esther Ellis, MS, RDN, LDN  
Published March 16, 2020

Talk about a full house! If you've suddenly found yourself and your children stuck at home, find productive and healthy ways to fill the time.

#### Unplug and Connect

Children spend on average almost 49 hours per week with media. Many adults spend 11 hours a day with media. Reducing the amount of time your child or teen (and you) spends with media will have a positive lifestyle impact. Take this time to reconnect as a family rather than increasing screen time.

*Continued on next page*

## Here are some ideas to make the most of your family time at home: Family Meals

Gathering around the table to eat as a family has all kinds of benefits. Family meals allow parents to be role models who create a supportive environment that promotes healthy eating.

Family meals don't just mean better nutrition. Children of families who regularly eat together also are more likely to have higher intakes of fruits and vegetables and have a healthy weight and are less likely to have behavior problems or use drugs, cigarettes or alcohol when they get older. Plus, they're closer to their parents.

Keep meals simple and make extra so you can reheat leftovers later in the week for a quick family meal. Ingredients you can use for more than one meal can be a major time saver. Instead of making just three chicken breasts, consider making six. This way, you can use the extras in other dishes such as chicken salad or fajitas.

## Get the Kids Cooking

When you're preparing family meals, get the kids involved!

Here are some ideas depending on your child's age and ability:

- Three to five-year-olds: mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
- Six to seven-year-olds: peel raw fruits and vegetables, shuck corn, use a vegetable peeler, crack eggs, measure ingredients

- Eight to nine-year-olds: use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, beat eggs, pound chicken on a cutting board
- Children ages ten and older: slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove

Start slow and give your child time to master each task.

Make family meals even more fun by letting your child choose nightly themes and menus. Or switch things up by taking it from the table to the floor – put a blanket on the ground to have an indoor picnic!

## Food Safety

When involving your kids in the cooking, keep the family healthy by practicing proper food safety.

Start by washing hands with soapy water for at least 20 seconds (about the time it takes to sing two choruses of "Happy Birthday"). Dry hands with disposable paper towels, clean cloth towels or air dry. If anyone has long hair, be sure to put it back in a ponytail.

Wash surfaces, cutting boards, dishes and cooking utensils with hot soapy water after each use to prevent bacteria from spreading throughout the kitchen. Rinse produce under running tap water, no soap required. Avoid washing seafood, meat, poultry or eggs as this can cause more bacteria to spread.

Teach kids not to lick their fingers when preparing food and not to eat raw ingredients.

## Spring Cleaning

While the kids are at home and helping in the kitchen, lessen your stress by having them help with some much-needed spring cleaning!

Wipe down countertops and all kitchen surfaces such as appliances, cutting boards and utensils. Remember to check the refrigerator and freezer and clean the shelving and drawers where bacteria can hide. Bacteria that can cause foodborne illness aren't always visible so be sure all surfaces including small crevices are cleaned well. Look for unnoticed spills and remove lingering odors. Wipe up spills and clean surfaces with hot, soapy water and rinse well. Be sure to clean under drawers and edges of glass shelves.

Check that the refrigerator temperature is set to below 40°F.

To keep the refrigerator smelling fresh and help eliminate odors, place an opened box of baking soda on a shelf. Avoid using solvent cleaning agents, abrasives and any cleansers that may impart a chemical taste to food or ice cubes, or cause damage to the interior finish of your refrigerator.

Throw away foods that are losing their quality or have spoiled for both refrigerated and non-refrigerated items in the pantry. What's the difference between "use by" and "expiration?" "Use by" or "best if used by" date is not a safety-related date. It's the last date recommended for use of the product at optimal quality. "Expiration" date means don't consume the product after this date.

## Staying Active

Encouraging physical activity can keep spirits up and bodies healthy. Children and teenagers need 60 minutes of moderate to vigorous physical activity every day, or most days – this can accumulate with shorter chunks throughout the day or all at once.

Here are some ideas for keeping the family active:

- If you have a yard, spend time outdoors by playing tag, soccer, or throwing a football or Frisbee.
- Go for a family bike ride or take a walk together. While indoors, play interactive video games that require physical activity such as tennis, bowling or baseball. You also can use dance videos and active video games for some physically active television time.
- Play some music and have a family dance party.
- Encourage your children to participate in active outdoor chores such as pulling weeds, planting and watering plants, sweeping the walks or cleaning the garage. Make the chores feel fun with upbeat music and be sure to join in to get them done as a family.

Although a sudden change in circumstances can be overwhelming, a slight change in outlook can turn it into an opportunity to bond with your kids.

For more information, please contact the Tulalip SNAP-Ed program at (360) 716-5632.

## Caesar Chicken Pasta Salad

<https://eatfresh.org/recipe/salads/caesar-chicken-pasta-salad#.XnFITZNKhQI>

### Ingredients

Serves 6

- 3 cups Grilled chicken breast Roasted chicken breast skinned and shredded
- 6 ounces Penne pasta dry
- 6 cups Romaine lettuce cut into 1 inch wide strips
- 1 1/2 cups Cherry tomatoes halved
- 1/2 cup Fresh basil finely chopped
- 1/2 cup Green onions chopped

- 1/4 cup Fresh parsley chopped
- 4 ounces Feta cheese crumbled
- 2 Garlic cloves minced
- 1/3 cup Caesar dressing

### Directions

- Cook pasta by following package directions, drain and lightly rinse with cold water.
- While pasta cooks, chop the other ingredients.
- In a large bowl: combine all ingredients and toss until all ingredients are coated with dressing.
- Serve.





## Rosemary Lemon Chicken with Vegetables

<https://eatfresh.org/recipe/main-dish/rosemary-lemon-chicken-vegetables#.XnFlz5NKhQI>

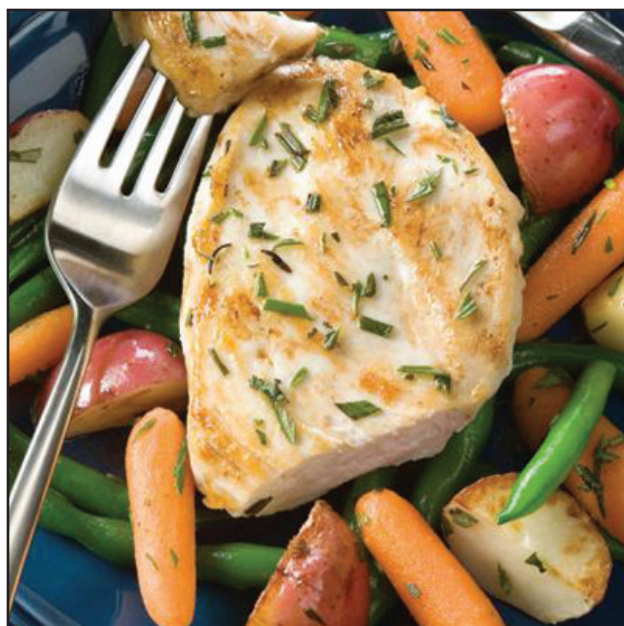
### Ingredients

Serves 4

- ½ pound Small red potatoes (about 3 potatoes) rinsed and cubed
- 1½ cups Baby carrots
- 1 cup Green beans trimmed
- 2 Boneless, skinless chicken breasts halved
- 1 tablespoon Olive oil
- ¼ cup Lemon juice divided
- 2 tablespoons Honey
- 1 tablespoon Fresh rosemary chopped (or 1 teaspoon dried rosemary)
- 1 teaspoon Lemon peel grated
- ¼ teaspoon Ground black pepper

### Directions

- In a medium pot, bring 8 cups of water to a boil.
- Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
- Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
- Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
- Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.



## Four Thieves Room Spray

Submitted by Virginia Jones, Rediscovery Program



### Ingredients

- Clove essential oil
- Lemon essential oil
- Rosemary essential oil
- Eucalyptus radiata essential oil
- Cinnamon essential oil
- Distilled water
- 2 oz Containers with Labels

### Directions

- First you must create a blend of the essential oils listed above. You will need 40 drops clove, 35 drops lemon, 20 drops rosemary, 15 drops eucalyptus, and 10 drops cinnamon. This combined product is what is known as four thieves blend.
- You will need 20 drops of essential oil blend for every 2 oz. bottle. Place drops in first then fill bottle with distilled water. Make sure not to overfill because the essential oils float at the top. Shake your bottle before each use. Make sure you label your product, Enjoy!
- Studies have shown that bacterial cultures have been reduced by as much as 99.9% with the specific use of thieves' essential oils.

### Important things to remember

- Make sure that all essential oils are 100% pure essential oil. There are some aromatherapy oils that are not 100%.
- Rosemary is not recommended for pregnant or breastfeeding women.
- These essential oils can help provide immune support and help support lung function.
- These essential oils can be used as a household cleaner by adding vinegar. They can help clear smells that can accumulate in carpets and dishwashers.
- These essential oils are powerful enough to be incorporated into your homemade hand wash soap or hand sanitizer.
- Store in a cool dark place to preserve the essential oils. It is recommended to use this product within a year.
- It is important to remember how much plant material goes into a bottle of essential oil.
- Remember to shake your room spray before each use. The essential oils tend to separate and float to the top.



# COVID-19 CORONAVIRUS



## FACTS

### ABOUT NOVEL CORONAVIRUS AND HOW TO PREVENT IT:

Coronavirus is generally considered a mild illness in most healthy individuals. However, the elderly, those with underlying health conditions, especially respiratory conditions, and those with suppressed immune systems due to existing health conditions may be severely affected by the virus.

## HOW

### DO I KNOW IF IT IS COVID-19 OR THE FLU?

COVID-19 and the flu have very similar symptoms. The COVID-19 includes cough and fever, particularly a fever that goes away and returns. Most people can overcome the virus without medical intervention. If you suspect you have the COVID-19, please contact your regular medical provider via phone. If you are experiencing life-threatening symptoms, please call 911.

## WHAT

### CAN I DO TO STAY SAFE?

Wash your hands frequently for 20 seconds with soap and water. Cough into elbow rather than hand. Make it a habit to avoid touching your eyes, nose, and mouth. It is easy to transfer germs from surfaces to your body when you touch your face.

## MINIMIZE

### YOU AND YOUR FAMILY'S RISK OF RESPIRATORY ILLNESS BY TAKING THE FOLLOWING PRECAUTIONS:

- Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.
- Wash your hands often with soap and water for at least 20 seconds and avoid touching your eyes, nose, or mouth.
- Stay home and away from others if you are sick.
- Avoid close contact with people who are sick.
- Clean and disinfect objects and surfaces, especially "high-touch" ones like doorknobs, counters, light switches, or remotes.
- Cover your mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash your hands.
- Remain informed, prepared, and calm - stress lowers your immune system response.



The Snohomish County Health District has a hotline where people can talk to a live medical professional for Q&A about COVID-19.

Call 1-800-525-0127 and press #, to speak to a live person from 8am to 6pm

For more information about the coronavirus (COVID-19) or to get updates, please visit the Snohomish County Health District website at <https://www.snohd.org>.

## Court Notices

TUL-CV-YI-2017-0078. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J. E. L. F. TO: GENEVIEVE MARKALEE LOPEZ (AKA HERNANDEZ) and JACK ANTONIO FORD: 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 04/21/2020 at 2:00 p.m. 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: February 29, 2020

TUL-CV-YI-2020-0189. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: B. R. P-W. TO: RAYMOND WALLACE PAUL, 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 APRIL 28, 2020 at 2:30pm. 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: February 29, 2020.

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2020-0141 Summons by Publication and & NOTICE of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. DANIEL MILTON MACKENZIE, Respondent. On January 31, 2020, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than May 18, 2020 and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6332 31st Ave. NE, Tulalip, WA 98271.

TUL-CV-YG-2020-0112 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: G. P. M.: ARLETIA JEAN PAUL, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) 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 hearing on April 30, 2020 at 1:30 p.m. 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 7, 2020.

TUL-CV-CU-2018-0358. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Custody of: C. P. S. II TO: SUMMERLEE BLANKENSHIP (AKA SUMMER LEE BLANKENSHIP), YOU ARE HEREBY NOTIFIED that a Petition for Child Custody, Residential Schedule/Parenting Plan, and/or Child Support was filed in the above-entitled Court pursuant to TTC 4.20 and 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on March 31, 2020 at 9:00 a.m. 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: February 15, 2020.

TUL-CV-YI-2019-0434; TUL-CV-YI-2019-0435; TUL-CV-YI-2019-0436. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: L. M. F.-W., J. K. W. Jr. and L. M. F.-W. TO: LORIS JOSEPHINE FRYBERG, YOU ARE HEREBY NOTIFIED that a Youth in Need of Care action was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action on May 19, 2020 at 11:00 a.m. 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 21, 2020.



## Thu, April 16, 2020

Don Hatch Youth Center  
3PM Doors Open 5PM Dinner 6PM Awards





Event  
Cancelled

NATIVE AMERICAN STUDENT  
ART FESTIVAL

**Eligibility**

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

**Deadline**

Artwork must be labeled and submitted by **April 3**. 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).
- Artist 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 **in** the Marysville School District can pick up their art **from** their Advocate/Liaison between April 20–24.  
Students **outside** of the Marysville School District must pick up their art **at** the Youth Center between April 20–24.

For more information, contact your liaison/advocate or Jessica Bustad || 360-716-4902 || jbustad@tulaliptribes-nsn.gov  
6700 Totem Beach Road, Tulalip, WA 98271

## WHEN REQUESTING EMERGENCY SERVICES

IF YOU HAVE FLU-LIKE SYMPTOMS, ARE QUARANTINED, OR UNDER SELF-QUARANTINE AND NEED EMERGENCY SERVICES, PLEASE LET THE DISPATCHER KNOW.

SHARING THIS INFORMATION WITH 911 DISPATCHERS WILL HELP OUR FIRST RESPONDERS TAKE THE NECESSARY PRECAUTIONS TO AVOID SPREAD OF THE CORONAVIRUS.

WHEN REQUESTING

