



Courtesy photo

Congratulations, Nora and Randy!

Best wishes to you both from family and friends. 12/13/14 – a date you shouldn't forget! ;)

Get your team ready for 28th Annual BAAD Tournament in Pendleton

PENDLETON, Ore. – Coaches and players are invited to the 28th Annual Basketball Against Alcohol and Drugs (BAAD) Tournament, sponsored by the CTUIR (Confederated Tribes of the Umatilla Indian Reservation) Recreation Program, Yellowhawk Prevention program and their sponsors.

The dates for this year's BAAD Tournament are March 20-27 at the CTUIR Recreation Community Gymnasium.

The 2015 Tournament Committee will accept your rosters and entry fees of \$125 to \$275 until the deadline of March 6.

Money orders only (personal checks will not be accepted) can be paid to CTUIR Recreation Program, ATTN: BAAD Tournament, 46411 Timine Way, Pendleton, OR 97801.

Full payment must be received in order to secure your spot. There are absolutely no refunds. Please include all relevant team information with your money order, including the name of your team, address and a contact phone number.

The following proof of age requirements (either one of the these three) must be provided by each coach for their team roster in order to play – 1) birth certificate; 2) Tribal enrollment card; or 3) state driver's license/permit for each player.

No player will be allowed to play in an older age bracket because of the safety of the younger players. There is a 10-player maximum per roster and the 12-14 and 15-18 year olds must provide a current photo ID.

You must be in school or provide proof of pursuing a high school education.

All proof of age verifications **must be submitted annually** by every player and each coach or family must email to lloydcommander@ctuir.org or larrycowapoo@ctuir.org. The Tournament Committee does not store them for safety and security purposes. Proof of age verifications can be faxed to 541-429-7887 as well.

The Tournament Committee asks all local teams to begin fundraising for their tournament expenses. Additionally, local teams only are required to submit the \$100 registration fee to secure their place at the tournament by March 13 and must be paid in full by the first day of the tournament.

For questions, call Lloyd Commander at 541-429-7887 between 8:30 a.m. and 5 p.m., Monday-Friday. Or contact Larry Cowapoo at 541-429-7886 from 4-9 p.m., Monday-Friday.

The CTUIR website has all of the forms for the BAAD Tournament for you to download and then fill out at ctuir.org.

February is Heart Awareness Month!

Show yourself some love this month and learn about your risks for heart disease and stroke. Cardio Vascular Disease (CVD) is the number one killer of men and women in the United States and it is the one of the leading causes of disability that prevents Americans from normal daily activities. Many of CVD related deaths could have been prevented through healthier habits and better management of health conditions, such as high blood pressure and diabetes.

You can control many of the risk factors attributed to CVD by:

- consuming a diet low in sodium and fats and high in fresh fruits, vegetables, and whole grains.
- Exercising regularly: it is recommended to do 150 minutes of exercise per week, this can be in the form of walking, doing yard work, cleaning the house, fitness videos, etc.
- Quitting cigarettes: smoking cigarettes greatly increases your risk of CVD
- Limiting alcohol: the CDC recommends men have no more than two drinks per day and women have no more than one drink per day; too much alcohol can increase your blood pressure.
- Getting a regular check up with your health care team once each year, even if you feel healthy: doing so will help detect health conditions that could otherwise go unnoticed.

Referenced from the Center for Disease Control

For more information, contact the Diabetes Program
Sandra Hahn, RN, Health Educator 541-444-9647
Kayla Engel, Program Assistant 541-444-9661

Smothered Pepper Steak Recipe

Ingredients:

- ♦ 3 tablespoons all-purpose flour
- ♦ Cooking spray
- ♦ 4 (4oz) ground sirloin patties
- ♦ 1/4 teaspoon salt
- ♦ 1/4 teaspoon black pepper
- ♦ 1 tablespoon low-sodium soy sauce
- ♦ 1 (16oz) package frozen bell pepper stir-fry
- ♦ 1 (14.5oz) can diced tomatoes with balsamic vinegar, basil, and olive oil

Directions:

1. Place flour in a shallow dish. Dredge sirloin patties in flour; sprinkle patties evenly with salt and pepper.
2. Heat a large nonstick skillet over med-high; coat pan with spray. Coat patties with spray and add to pan; cook 3 minutes on each side, or until lightly browned.
3. Add stir-fry, tomatoes, and soy sauce to mat in pan: bring to a boil.
4. Reduce heat and simmer for 15 minutes or until meat is done and pepper mixture is slightly thick.
5. Serve over rice.

