

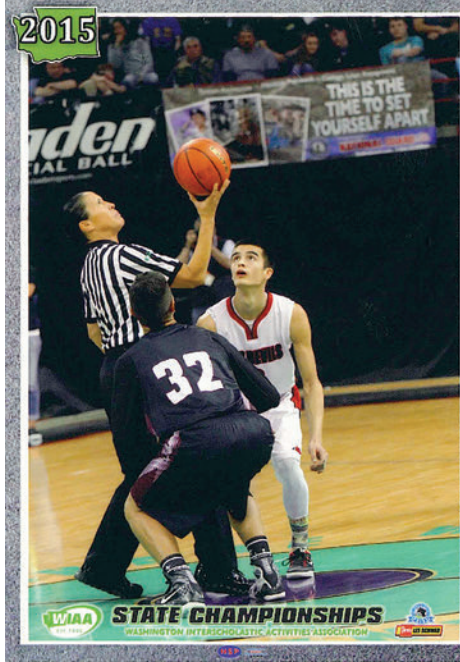
## DePoe referees all-Native championship game

Suzanne DePoe tosses and referees the 1B Boy's WIAA State Championship game on March 7 at the Spokane Arena. This championship game was special – was all-Native with a Native referee tossing to start the game.

Teams were Lummi Nation vs. Neah Bay, both teams from the west side of the mountains, Lummi from the Lummi Indian Reservation just west of Bellingham and Neah Bay from the Makah Indian Reservation in the farthest northwest corner of Washington state.

Great game with a final score of Lummi Nation 54, Neah Bay 33.

I got to share the game with my daughter, Dawn DePoe-Ike; her husband, Matthew Ike; and my three grandchildren, Madelyn, Nathan and Nolan, watching me on TV and many more.



Referee Suzanne DePoe

Courtesy photo



Courtesy photo

From Trish Carey

I want to congratulate these kiddos for playing hard and taking second place in the dodgeball tournament recently. Ebyn (Jackson), Miakoda (Scott), Tre (Jackson) and Lexi (Christensen)– you guys are awesome. I'm proud of each of you! Keep up the good work.

To my daughter Miakoda – you make me proud every day I watch you participate in sports. There isn't a sport out there you won't try, even if it means playing with the boys! You're awesome sauce every day from the minute you wake up to the minute you go to bed. Love you!

I would just like to take the time to thank those who participated in our Siletz Dodgeball Tournament on March 28.

Thanks to the Siletz Behavioral Health Program, Siletz Tribal Housing and the Partnership Against Alcohol and Drug Abuse for sponsoring this event.

There was a lot of support from the community. Dodgeball games were more than fun for everyone who participated and I was happy to see all ages engage.

The bouncy houses kept the little ones occupied. Hot dogs tasted like hot dogs – thanks Chris for cooking. I'd like to thank Rick for helping out and being there at 6:30 a.m. to help us set up shop. Also thank the DeAnda family for providing the tunes. I look forward to future activities for our community.

Rusty Butler

## General Council Meeting

May 2, 2015 • 1 p.m.

Tribal Council Chambers • Administration Building • Siletz, Oregon

Call to Order  
Invocation  
Flag Salute  
Roll Call  
Approval of Agenda  
Approval of Minutes

Internal Audit Department  
Tribal Members' Concerns  
Chairman's Report  
Announcements  
Adjourn

## HOW MUCH SUGAR ARE YOU REALLY CONSUMING?

We all crave something sweet to eat once in a while, which is fine, in moderation. But what about when we drink sugary drinks day in and day out (soda, juice, sports drinks, energy drinks, flavored coffee, etc.) on top of eating something sweet?

- Sugar drinks are the single-largest source of calories in the American diet, or about 7% of total calories per person.
- Sugar drinks account for nearly 50% of all added sugars in the American Diet.
- In 2006, soda, energy drinks, and sports drinks were the top source for calories in teens' diets.
- Drinking one or two sugary drinks per day increases the risk of developing type 2 diabetes by 26%.
- After six months, daily consumption of sugary drinks increases fat deposits in the liver by 150%, which is directly linked to both diabetes and heart disease.

If you are among those that drink one sugary drink per day, and need help thinking of ways to consume less, here are some things you may want to try:

- Drink sparkling water with lemon or fruit infused in it- this will give you that sweetness and carbonation you may be craving from soda
- Water down your fruit juices- this will help cut down the amount of sugar you are consuming
- Make flavored ice cubes- freeze fruit in water, or use 100% juice for the cubes



## SPRING IS HERE!



Spring is upon us, one of the most enjoyable times of year: the sun is shining, the rain is flowing, and the flowers are blooming. If you find yourself stuck inside and not knowing what to do, check out these ideas:

- \* Plant a garden
- \* Ride a bike
- \* go on a hike
- \* Walk on the beach
- \* Have a picnic at the park
- \* go strawberry picking



### POPOVER PIZZA CASSEROLE

Ingredients:

- 1 1/4 pounds ground turkey
- 2 C sliced fresh mushrooms
- 1 1/2 C chopped yellow squash
- 1 C chopped onion
- 1 C chopped green bell pepper
- 1- 14 oz can pizza sauce (low sodium)
- 1 t dried Italian seasoning, crushed
- 1 C fat-free milk
- 2 eggs
- 1 T canola oil
- 1 C all-purpose flour
- 1 C shredded part-skim Mozzarella cheese

Directions:

1. Preheat oven to 400. In a large skillet, cook turkey, mushroom, onion, squash, and bell pepper until meat is brown and vegetables are tender. Then stir in pizza sauce and Italian seasoning. Bring mixture to a boil, then reduce heat and simmer, uncovered, for 5 minutes.
2. While meat mixture is cooking, in a medium bowl, combine milk, eggs, and oil. Beat for 1 minute. Add flour and beat until smooth.
3. Transfer meat mixture into a 11x7 dish, and spread into an even layer. Sprinkle mozzarella cheese over the mixture. Pour popover topping (step #2 mixture) evenly over the meat mixture. Make sure to completely cover the mixture. Then sprinkle with parmesan cheese.
4. Bake uncovered 30-35 minutes, or until topping is puffed and golden brown.