



Photos by Diane Rodriguez

OCCC Opens New Central County Campus in Newport

By Diane Rodriguez

Oregon Coast Community College opened its new Central County Campus on Sept. 11 under sunny skies on a gorgeous fall day.

Tribal Council member Tina Retasket was one of several speakers at the opening ceremonies, reminding those in attendance that the college sits on original Tribal reservation land. She talked about how the Siletz Tribe values education and how it has helped fund many programs and projects at the college.

The Tribe's most recent donations came in July, when the Siletz Tribal Charitable Contribution Fund gave \$4,168 to the college for nursing education supplies and \$4,000 to the aquarium science program.

Overall, the fund has contributed more than \$60,000 to OCCC. It is one of the groups recognized on the college's wall of donors, as is Chinook Winds Casino Resort.

Those who toured the college also felt a Tribal presence at three display cases in the commons area that highlight Siletz Tribal history. Another display case near the community meeting room holds a Tribal Treaty blanket made by Pendleton and the Ahnkuttie Tillicums painting.

October is National Halloween Safety Awareness Month

by Sharon L. Mason, CHAI

Everyone enjoys and even looks forward to Halloween and the fun that comes with it, especially the parties and who can get the most candy at the end of the night. Let's keep the good memories coming by following these guidelines and tips:

Wear safe costumes: Make sure that while wearing a mask, children can see to the side while looking forward. The costume should not be so big that it will get caught in car doors or shrubbery or cause children to trip. Be sure to wear appropriate clothing for the weather conditions.

Let's be bright: Wear bright costumes so children can be easily seen in the dark. If a costume has to be dark (for instance, a witch outfit), use a long piece of tape that reflects in the dark. Make sure it will not come off with movement (i.e., safety pin it on).

Take your children: Do not let children go trick-or-treating alone, even if they are 12 years old. Always go in a group. If this is not possible and your children insist on going, suggest that you follow a distance away but close enough to help if needed. Things can happen quickly.

Check the candy: Do not let children eat any candy until you have had a chance to check it for tampering or suspicious marks (i.e., pinholes or possible re-glued candy wraps). Never let any child eat homemade treats unless you were there in person and know the person who made the treat.

Homes: Do not allow children to go into dark areas. Again, go in groups and stay together. Only approach houses that have a porch light on. If the porch light is off, this usually means people do not want to be disturbed. They could be sick or not have treats available. A lot of people could have been to their home before your children got there and they ran out of candy to hand out.

Name tags: It's an especially good idea to identify small children with their name, address and telephone number on a tag that will not come off of their costumes in case they accidentally get separated from their group.

Parties: Get the telephone number of the home in case of an emergency and the address if you don't know them but a friend has suggested it's a safe home. Have children phone home before leaving a party to come home or go to a friend's home in case they get separated.

With all of these wonderful tips and ideas, have a great Halloween!



Top left: Tina Retasket speaks at the opening ceremonies.

Above: Display cases in the commons area

Right: Display case near the community meeting room



October is National Breast Cancer Awareness Month

By Lindy Taylor, MD

According to the American Cancer Society, there are approximately 200,000 new cases of breast cancer in the United States each year. About 2,000 new cases are in men. Approximately 40,000 people die from breast cancer each year.

Who is at risk for breast cancer?

- Women are 100 times more likely to get breast cancer than men.
- Women over age 60 are particularly at risk.
- Women whose mothers, sisters or daughters have breast cancer
- Women who have had breast cancer that was treated in the past are at greater risk for reoccurrence.
- Women who started their periods before age 12
- Women who do not have children or have their first child after age 30
- Women who were put on hormone therapy after menopause
- People with a high-fat diet
- People with a low-fiber diet
- People who smoke or consume alcohol frequently

Early detection of breast cancer is the key to successful treatment. Women are recommended to do monthly self-breast exams.

Know your body so you will know if there are any changes.

In addition, mammograms are recommended starting at age 40 or earlier, depending on family history or clinical indication. Also, women are encouraged to get annual clinical breast exams by their medical provider.

For more information, visit www.nbcam.org/.