

Scholarships Targeted to Native Youth

The Oregon Community Foundation annually awards \$5 million in scholarships and reaches 2,300 Oregon students through its statewide scholarship program. Two of these scholarship programs are targeted specifically to American Indian students.

Verl and Dorothy Miller Native American Scholarship

Eligible students include American Indian residents of Oregon attending or planning to attend an accredited trade or vocational school in Oregon. The awards are for \$1,500 to \$3,000 per year. Students can apply and compete for the scholarship for up to four years.

Howard Vollum American Indian Scholarship

Eligible students include American Indian residents of Clackamas, Multnomah, Washington and Clark counties seeking post-secondary education or training in science, technology, engineering or mathematics. The awards are for \$3,000 per year for up to five years of undergraduate study and two years of graduate study.

Criteria for Both Scholarships

- Participation in school or community activities
- Personal accomplishments or achievements

National Folic Acid Awareness Week Is Jan. 4-10

Folic Acid and Folate: What Are They?

By Sharon Mason, CHAI

Folate is a water-soluble B vitamin that occurs naturally in food. Folic acid is the synthetic form of folate found in supplements and added to fortified foods.

Folate gets its name from the Latin word "folium" for leaf. A key observation of researcher Lucy Wills nearly 70 years ago led to the identification of folate as the nutrient needed to prevent the anemia of pregnancy. Dr. Wills demonstrated that the anemia could be corrected by a yeast extract.

Folate was identified as the corrective substance in yeast extract in the late 1930s and was extracted from spinach leaves in 1941.

Folate helps produce and maintain new cells. This is especially important during periods of rapid cell division and growth, such as infancy and pregnancy.

Folate is needed to make DNA and RNA, the building blocks of cells. It also helps prevent changes to DNA that can lead to cancer.

Children and adults need folate to make normal red blood cells and prevent anemia. Folate also is essential for the metabolism of homocysteine and helps maintain normal levels of this amino acid.

Leafy green vegetables (spinach and turnip greens), fruits (citrus fruits and

juices) and dried beans and peas are all natural sources of folate. Following are food sources of folate and folic acid:

Beef liver	3 ounces
Cowpeas (blackeyes)	1 cup
Spinach	1 cup
Great Northern Beans	1 cup
Asparagus	4 spears
Vegetarian baked beans	1 cup
Tomato Juice	6 ounces
Turnip Greens	1 cup
Egg	1 large
Papaya	1 cup cubes

Micrograms – %DV

185	45	Green peas	1 cup = 50 - 15
105	25	Broccoli	1 cup = 50 - 15
100	25	Avocado	1 cup sliced = 45 - 10
90	20	Peanuts	1 ounce = 40 - 10
85	20	Lettuce	1 cup = 40 - 10
60	15	Wheat germ, crude	2 T = 40 - 10
35	10	Orange Juice	1 cup = 35 - 10
30	8	Orange	1 medium = 30 - 8
25	6	Cantaloupe, raw	1 medium = 25 - 6
25	6	Banana, raw	1 medium = 20 - 6

Listed as of 1996 by the Food and Drug Administration (FDA) are foods that have folic acid added to them because of high consumption in the United States:

Micrograms

Breakfast cereals	1 cup	400	100% daily value
Breakfast cereals	1 cup	100	25% daily value
Rice, white, long grain	1 cup	65	15% daily value
Egg noodles	1 cup	50	15% daily value
Bread, white	1 slice	25	6% daily value
Bread, brown	1 slice	25	6% daily value

The percentage DV (%DV) listed on the table indicates the percentage of the DV (daily value) provided in one serving. A food listing 5% DV or less is a low source while a food that has 10-19% is a good source. A food with 20% or more is high in that nutrient.

For foods not listed in this table, please visit www.nal.usda.gov/fnic/cgi-bin/nut_search.pl.

Elders enjoy their time visiting at the Elders holiday luncheon in Siletz on Dec. 10.



Photo by Natasha Kavanaugh

Take a Crash Course for College

Title: College Horizons – A Pre-College Workshop for Native American High School Students

Deadline: Feb. 1, 2010 (priority); Feb. 26, 2010 (second round)

Website: www.collegehorizons.org

E-mail: info@collegehorizons.org

Program Dates

June 12-16, 2010 – University of Hawai'i, Hilo (Hilo, Hawaii)

June 26-30, 2010 – Lawrence University (Appleton, Wis.)

June 26-30, 2010 – University of Puget Sound (Tacoma, Wash.)

This is a five-day "crash course" in preparing for college. The individualized program helps students select colleges suitable for them to apply to, get admitted to and receive adequate financial aid.

Students research their top 10 schools; complete essays, résumés, applications and the FAFSA; and receive interviewing skills and test-taking strategies (on the ACT and SAT) and financial aid/scholarship information.

Eligible participants must be American Indian (enrolled members only), Alaska Native (proof of status) or Native Hawaiian; and current sophomores and juniors with a minimum GPA of 3.0 (in academic courses).

Applications will be accepted on a space-available basis until May 1 (after March 1, please contact us to see which site may still have spaces). Complete program cost is \$200 (includes tuition, room, meals, all materials and transportation to campus from the designated airports).

Students are responsible for their own airfare, but substantial funds are available for travel and tuition assistance.