

Student Gathering Honors Students' Efforts to Get Education, Fulfill Dreams

Annual Event Reminds Students of Status as Role Models and Leaders, Setting Example for Others

By Diane Rodriguez

Carlotta Hall may not be your typical college student because she's a 50-something mom who went back to school after her children completed their college journey. But she expressed the thoughts of many in the crowd at the annual Student Gathering held June 15 at the Hee Hee Illahee RV Resort in Salem, Ore.

"I'd like to thank Sonya (Moody-Jurado), the Tribe and the council for providing Tribal members with this opportunity to be able to fulfill personal dreams and better ourselves," said Hall. "I am very proud to be a member of the Siletz Tribe. I want to give back, to be a volunteer or a mentor."

About 50 people enjoyed an evening of honoring mostly college students at an event open to all students, including the 149 in higher education and 43 in adult vocational training. Attendees included Lisa Norton, the Tribe's lone doctoral student, pursuing a degree in social work and social research at Portland State University.

Graduates attending the event included Hall, a graduate of Corban College; Marika Pullam, a graduate of Western



Photo by Diane Rodriguez

Sonya Moody-Jurado (left) and Katy Kaady wrap Carlotta Hall in a Pendleton blanket in honor of her graduation from college at the annual Student Gathering.

Oregon University; and Saul Jurado, a graduate of Chemeketa Community College and future Oregon Duck.

The event is hosted by the Education

Committee, which includes Lillie Butler, Melissa Butler, Caroline Easter, Kelly Lane, Levi Simmons, Kimberly Thomas and Bev Youngman; and the Tribal educa-

tion specialists – Katy Kaady, Alissa Lane, Sonya Moody-Jurado and Nick Sixkiller.

"Education is a program that's not based on where you live, but where the school is," said Moody-Jurado. "We (education specialists) get to meet people from out of the area. We enjoy the opportunity to meet your students and their families."

Several young children – sons, daughters, nieces, nephews and cousins – of students in the audience came to the event.

"I see a lot of young children today. As you're completing your education, it's going to benefit them," Kaady said specifically to the students. "The higher you go, the higher they're going to go."

Sixkiller addressed the parents who came to honor their children.

"Thank you, parents, for the students you have. It's important to support them in post-secondary education. Thank you for pushing our kids to stay in school," he said. "I always like to talk to our kids when they're young. When you become college students, you become role models for younger ones. I encourage you to come back and share your education with your people by working for the Tribe."

Free Health Fairs Coming to Tribal Area Offices, Screenings Available

Eugene: July 27 from 4 p.m. to 7 p.m.

Portland: July 28 from 4 p.m. to 7 p.m.

Salem: July 29 from 3 p.m. to 6 p.m.

Please join us for a community event for all ages. Admission is free and includes lots of great door prizes and raffle gifts.

The events will include multiple health screenings and program booths, including cholesterol, diabetes, body composition and BMI, vision, blood pressure, hearing evaluations, carbon monoxide testing, Healthy Traditions, Tribal enrollment, Elders' Council and Title 6 program, massage by Hands with a Heart and the American Red Cross. Snacks and refreshments will be served.

This is a great way to get to know your area office representatives and staff.

General Council Meeting

Aug. 7, 2010 • 1 p.m.

Siletz Tribal Community Center • Siletz, Oregon

Call to Order

Invocation

Flag Salute

Roll Call

Approval of Agenda

Approval of Minutes

Programs:

- Head Start Program
- USDA Program

Tribal Members' Concerns

Chairman's Report

Announcements

Adjourn

July is UV Safety Month – Practice Skin Cancer Prevention, Early Detection

Did you know that skin cancer is the most common of all cancer types? More than 1 million skin cancers are diagnosed each year in the United States. That's more than cancers of the prostate, breast, lung, colon, uterus, ovaries and pancreas combined.

The good news is that you can do a lot to protect yourself and your family from skin cancer and recognize skin changes early enough to treat it effectively.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Much of this exposure comes from the sun, but also can come from indoor tanning lamps. People with lighter skin are more likely to burn, which is thought to increase your risk of skin cancer, including melanoma.

UV exposure alone can raise skin cancer risk even without causing sunburn. In addition to skin cancer, UV rays from the sun can cause damage to the eyes.

Basal cell and squamous cell cancers are found mainly on parts of the body exposed to the sun, such as the

head and neck. These cancers (especially basal cell cancers) rarely spread elsewhere in the body and are much less likely than melanomas to be fatal. Still, it's important to recognize them and have lesions removed.

Melanomas can occur anywhere on the body, but are more likely to develop on the chest and back in men and on the legs in women. The neck and face are other common sites for both sexes.

Melanoma occurs much less often than basal cell and squamous cell skin cancers, but it can be far more serious. It almost always is curable in its early stages, but if left untreated can spread through the body and to the brain.

You need to be especially careful in the sun if you:

- Were previously treated for skin cancer
- Have a family history of skin cancer
- Have lots of moles, irregular moles or large moles
- Have freckles and burn before tanning
- Have fair skin or blond, red or light brown hair

- Live or vacation at high altitudes or in tropical climates
- Work indoors all week and then get intense sun exposure on weekends
- Have certain autoimmune diseases that affect the skin
- Take medicines that lower your immunity

When you are going to have sun exposure, remember to "Slip! Slop! Slap! ... and Wrap."

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and the sensitive skin around them.

Sunscreen

Check the expiration date on the sunscreen container to be sure it's effective. If your sunscreen product is more than 2 years old, it's time to invest in a new product.

Sunscreen must be reapplied at least every two hours and even more often if

you are swimming or sweating. Products labeled "waterproof" may provide protection for at least 80 minutes even when you are swimming or sweating. Products that are "water resistant" may protect for only 40 minutes.

Skin Cancer Detection

Finding possible skin cancers doesn't require any X-rays or blood tests – just your eyes. Everyone has multiple marks on their bodies – freckles, moles, skin tags, scars and vascular lesions. You will know your skin and your "beauty marks" better than your physician.

Change is great in a lot of realms of life, but in the case of your skin, change can be a warning sign of something dangerous. If a mole changes shape or color or grows, it's a good idea to show your physician so he or she can monitor you.

Lesions larger than 6 cm or ¼ inch should be examined and monitored. Also keep in mind that cancerous lesions often have irregularly shaped borders or color patterns. Moles should never bleed, have dry skin patches or scabs over them, or itch.