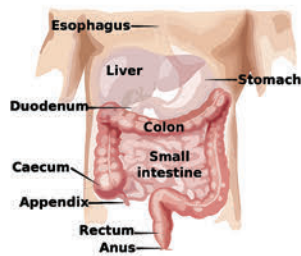


# Colon Cancer in Northern Plains American Indians

## What is Colon Cancer?

Cancer is a disease in which cells in the body grow out of control.

Colon cancer can happen in the lower part of your digestive system: large intestine (colon) and rectum.



## How Does Colon Cancer Start?

Most colon cancer starts as small, noncancerous (benign) clumps of cells called polyps.

Over time some of these polyps may become colon cancer.

Health care providers suggest regular screenings to find polyps or to find cancers early.



THERE ARE OFTEN  
NO SYMPTOMS IN  
ITS EARLY STAGES

## Screening Saves Lives

IF FOUND **EARLY**, 9 OUT OF 10 SURVIVE.



IF FOUND **LATE**, 1 OUT OF 10 SURVIVE.



How Can Colon Cancer Impact Northern Plains American Indians?

COLON CANCER IS 53% HIGHER IN  
NORTHERN PLAINS AMERICAN INDIANS

## Who is at Risk for Colon Cancer?

Everyone ages 50-75,  
especially American Indians.

- People who:
- Have a family history of colon cancer
  - Smoke cigarettes
  - Are not physically active
  - Eat fatty foods
  - Are very overweight or obese

## What Can I Do?

There is more than one way to **get screened**.  
Ask your health care provider for options.

Visit [www.AICAF.org/colon](http://www.AICAF.org/colon) for more information.



## NEWS RELEASE

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FOR IMMEDIATE RELEASE

## Native American sci-fi/thriller opens in Portland Location is first for Holt Hamilton Productions

FLAGSTAFF, Ariz. – *Legends from the Sky*, a new film by Holt Hamilton Productions and featuring an all-star cast, opens Friday at Regal Fox Tower Stadium 10 in Portland.

This is a first for Portland, which has the ninth largest urban Indian population in the U.S., but has never before hosted a Holt Hamilton film.

*Legends from the Sky* follows the saga of Lyle, a Native American veteran (played by Navajo actor Edsel Pete). Burdened by survivor's guilt after a disastrous military tour, Lyle is forced to search for his missing grandfather (played by Thomas H. Begay, a Navajo Code Talker), who disappears when an Unknown Federal Organization takes over his ancestral homeland.



The film was predominantly shot in Tsaile, Ariz., on the Navajo Nation, with additional filming on the Moka Reservation in Neah Bay, Wash. It captures stunning vistas in two states and explores the often complex relationships between Native culture and science fiction.

*Legends from the Sky* showcases an array of talent with a cast roster that includes Mia Sable (Choctaw), Ernest Tsosie III (Navajo), James Bilgaody (Navajo), Wayne Charles Baker (Squamish), Jon Gonzalez (Chircahua Apache), Chris Robinson (*General Hospital*), Derek Solorzano (*2 Guns, Kingdom*) and Cale Epps.

The film is the first sci-fi/thriller produced by Holt Hamilton. Writer/Director Travis Holt Hamilton hopes it opens the door for future science fiction films with Native themes, a genre not yet well established. "I've had the idea to make a science fiction Native thriller for quite some time," Hamilton said. "This story gave me the opportunity to get in and work with a different style of filmmaking."

*Legends from the Sky* will show April 10-16 at:  
Regal Fox Tower Stadium 10  
846 SW Park Ave.  
Portland, Ore. 97205  
844.462.7342 ext. 327

### About Holt Hamilton Productions:

Holt Hamilton Productions, based in Flagstaff, Ariz., specializes in contemporary Native American films that feature a mixture of veteran actors and up-and-coming Native talent. Writer/Director Travis Holt Hamilton is a graduate student at Northern Arizona University. He wrote *Legends from the Sky* while juggling classes and family responsibilities. *Legends from the Sky* is the company's fifth film and first science fiction/thriller. Other films include *Turquoise Rose* (2007), *Blue Gap Boyz* (2008), *Pete & Cleo* (2010) and *More Than Frybread* (2012). For more information, visit [www.HoltHamilton.com](http://www.HoltHamilton.com)

To use the mail order pharmacy at the Siletz Community Health Clinic to order your refills after hours and on weekends: Please call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line. Or call the refill line direct – 541-444-9624.



### Call for photos for 2016 Oregon's Bounty Calendar

For the 2016 *Oregon's Bounty* calendar, Farm Bureau invites the public to submit their own photos of Oregon agriculture: the commodities, the families, the production, the landscape, the events, the enjoyment, anything that depicts the beauty, technology, culture, or tradition of farming and ranching.

### Requirements & photo specs

- Photos must involve farming or ranching in Oregon.
- Photos must be taken in a **\*horizontal format\*** to fit a calendar layout.
- Small, lower-resolution images can be submitted for judging, *however*
- Selected images **MUST be available in high-resolution, 300 dpi format or higher**, otherwise they will be too grainy to enlarge. (But you can email a smaller-res version to start with – our email server has a file size limit of 10mb. You can also submit large files to our dropbox at <https://www.hightail.com/u/OregonFarmBureau> )
- Photos must be submitted in .jpg or .tif formats.
- Photos with people may require a signed photo release. Please don't send photos of people you don't know.
- There is no limit to the number of photos that can be submitted.
- You don't have to be a Farm Bureau member to participate.

See an example of a previous *Oregon's Bounty* calendar at [oregonfb.org/calendar](http://oregonfb.org/calendar).