

Sharing a message of hope and awareness

By Leslie Mitts
Spilyay Tymoo

Local women took time to learn about breast cancer as part of a recent event during Breast Cancer Awareness Month.

Lizzi Katz, a four-year breast cancer survivor, spoke to women at Kah-Nee-Ta High Desert Resort and Casino as part of a Breast Cancer Awareness event last week.

"One of the reasons for coming to Kah-Nee-Ta was a lot of people who work don't get a chance to go to other events," Katz explained. "Kah-Nee-Ta has been very supportive in hosting us."

Katz spoke to a number of women throughout the day—some of them employees of Kah-Nee-Ta and even a few guests.

"I think it has been successful," Katz said.

As a cancer survivor, Katz said, speaking to women who have survived for many years gives her hope for the future.

"It was great to talk to people, to share information," Katz added.

Previously Katz has also spoken to Warm Springs women at the Pi-Ume-Sha health fair as well as the Women of Wellness Group.

There are several key things that women need to know in order about breast cancer, Katz said.

Once a woman turns 40, Katz said, she should have a mammogram every year. For younger women, a clinical breast exam should be done once every three years after age 20.

In addition, Katz said, women should do monthly self-exams and be sure to know their own bodies.

"Anything that seems different for you, have it checked out," Katz said.

One thing that many don't realize, she added, is that men can get breast cancer too. If a



Lizzi Katz releases balloons at breast cancer awareness event at Kah-Nee-Ta. Each balloon was attached with the name of a local woman who has passed away from breast cancer.

man finds a lump or experiences any swelling in the chest area it should be checked out by his doctor, Katz said.

"Because we don't know what causes cancer, early detection is key," Katz added. That way treatment is more likely to be successful, she said.

Katz encourages women to follow through and be screened for breast cancer by scheduling a clinical breast exam or mammogram.

Clinical breast exams can be performed at the Warm Springs Health and Wellness Center by calling 553-2610 to schedule an appointment.

For a mammogram, women can go to Mountain View Hos-

pital and call 475-3882 to schedule an appointment.

Every tribal member woman who has a mammogram at Mt. View Hospital will receive a \$10 Safeway gift card at the appointment to help offset gas costs.

Oregon has one of the highest rates of breast cancer in the county, and one in eight women will develop breast cancer in their lifetime. Eighty five percent of those women have no family history of breast cancer.

Katz educates women about breast cancer as part of the Sara Fisher Breast Cancer Project. The project received a grant from the Susan G. Komen Foundation and aims to educate women throughout Central and

Eastern Oregon.

The Sara Fisher Project is a breast health education effort led by St. Charles, Bend area physicians, community members, breast cancer survivors and friends and family of Sara Fisher, an advocate of women's health who died after a seven-year battle with breast cancer.

For more information, visit www.bendcancer.org.

Mt. Hood Ski-Bowl job fair

A job fair for Mt. Hood Ski-Bowl is scheduled for 9 a.m. to 3 p.m. on Saturday, Oct. 25.

The Warm Springs Workforce Development Department will provide transportation to Government Camp for the job fair.

The van will leave the Workforce Development office, 1134 Paiute Ave., at 8

a.m. Please stop by and pick up an application and sign up to attend. If you have questions, please call 553-3324.

Jobs available include ski instructor, cooks, rental manager, winter adventure park manager, hostel manager, ski school sales agent, ticketing agent and more.

For more information go to www.skibowl.com.

Lower John Day transportation meeting in November at Rufus

The next public meeting of the Lower John Day Area Commission on Transportation is scheduled for Monday, Nov. 3.

The meeting will begin at 10 a.m. at Bob's Texas T-Bone Restaurant, 101 E. Main St. in Rufus.

The Lower John Day Area Commission on Transportation is made up of the Confederated

Tribes of Warm Springs, and Gilliam, Sherman, Wasco and Wheeler Counties.

The agenda will include time to receive public comments on 2010-2013 Statewide Transportation Improvement Program.

For additional information please contact staff member Michelle Colby at 384-3767.

Small acreage, weed management regional workshop at Redmond

Small Acreage and Weed Management Workshop at 6:30 p.m. on Tuesday, Oct. 28 at the Redmond Service Center. Workshop topics include:

Water quality issues, including irrigation water diversions; riparian streamside vegetation; manure and other wastes; and sediment and nutrients in irrigation tail water. Ellen Hammond of the Oregon Department of Agriculture will be the presenter.

Weeds in Central Oregon: problem pasture/hay weeds and their control; noxious weed identification and their programs; cost share program; and hay certification program. Dan Sherwin of the Deschutes

County Soil and Water Conservation District will be the presenter.

Irrigation Water Management: measuring soil moisture and irrigation scheduling; optimizing use of irrigation water; minimizing erosion and runoff; and sprinkler equipment maintenance. Randall Brady will be the presenter.

If you are interested in attending this workshop, please call 923-2204.

The Oregon Department of Agriculture, Deschutes County Soil and Water Conservation District, and Deschutes County Weed Control are the sponsors of this workshop.

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