

Hello Everyone,

My name is Leloo Quenelle and I am your 2021-2022 Little Miss Veterans Queen. My parents are Ramona and Anthony Quenelle. I am Pit River, Chippewa and Sioux on my mother's side and Klamath, Modoc Lower Umpqua and Chinook on my father's side. I'm an enrolled member of the Confederated Tribes of Grand Ronde.

I am 8 years old. I am in the Chinuk Immersion program. I attend Willamina Elementary School and I am entering 4th grade in the fall. Some of the activities that I like to do is play baseball with my family, color, do art, read, do my hair and play Lego. As Little Miss Veterans Queen, I will represent my tribe and my family in a good way.

My mom is a Navy Veteran and that is really special to our family. I look forward to representing Veterans this year. Thank you everyone for all the support. Hayu masi!



Hello everyone, my name is Tasinalutawin Bluehorse and I am the new Sr. Veterans Queen for 2021-2022. I am honored to be serving another year on royalty, it's been a joy.

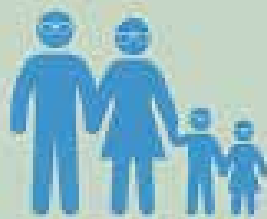
This is my 5th year serving on royalty and I've experienced so much. This year I am hoping we get to do more activities, travel and connect with people.

Thank you to all family and friends for everything over these past years. Hayu Masi



August Is Children's Eye Health and Safety Awareness Month

With the back-to-school process already underway, Prevent Blindness declared August as Children's Eye Health and Safety Awareness Month. The organization encouraged parents and caregivers to take their children for a certified vision screening or eye exam before they go back to school. In keeping with the theme, All About Vision created this infographic, with tips on how parents and caregivers can tell if their child has myopia. ■



Why is my child nearsighted?

HEREDITY IS A FACTOR FOR MYOPIA, but not the only one. If both parents are nearsighted, there is a greater risk that their kids will be nearsighted, too.

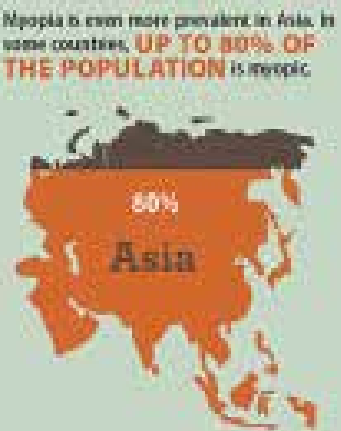


Children who spend a lot of time engaged in near activities (reading, using hand-held electronics, etc.) appear to have a greater risk of becoming nearsighted. Research also shows **SPENDING MORE TIME OUTDOORS LOWERS THE RISK** of childhood myopia. So tell your kids to go outside and play!



More People Are Becoming Nearsighted

In the early 1970s, only 25% of Americans were nearsighted. Today the prevalence of myopia in the U.S. is about 42%.



WHAT YOU SHOULD KNOW IF YOUR CHILD IS NEARSIGHTED

Myopi-what?

Nearsightedness, or myopia, is a very common problem that makes it hard to see things across the room and far away. Usually, myopia occurs because the eyeball grows too long during childhood. But there are other causes, too.



Normal eye



Myopic eye

Complications



CATARACTS: Most cataracts are associated with the aging process, so nearly everyone who lives long is at risk. But cataracts tend to develop sooner in nearsighted eyes.



GLAUCOMA: Nearsighted people have a two to three times greater risk of glaucoma, according to an Australian study. Glaucoma is usually due to high pressure in the eye, which damages the optic nerve and causes vision loss.



DETACHED RETINA: Nearsightedness increases the risk of retinal detachment — and the higher the myopia, the greater the risk. If the retina pulls away from the eye's supportive tissue, permanent vision loss can occur.



For most nearsighted children, **MYOPIA GRADUALLY WORSENS**, so they need stronger glasses with thicker, heavier lenses year after year.

What you can do

Fortunately, new research is showing there may be ways to **SLOW THE PROGRESSION OF MYOPIA** in children. Ask your eye doctor for details — you might be able to keep your child's eyes from getting worse!

Visit AllAboutVision.com/parents/myopia.htm to learn more.

For references, please visit www.allaboutvision.com/parents/myopia-facts-infographic.htm.