

UNITED TRIBES

On-Campus News

VOL. 11, NO. 2

September 25, 2000

Welcome Fall 2000 Semester Students

The United Tribes Technical College (UTTC) Placement Office takes pleasure in welcoming all new and returning students.

The purpose of our placement office is to help students plan their careers; keep records, do career development with Cooperative Education students and students who will be graduating in the fall and spring. We provide career development resources, and help students inquire about various opportunities.

The Placement Office is located on the main floor of the Education Building 31 & 32. On the main floor you will find the placement offices in rooms 120 & 122. Shirley Iron Road, Room 120 and Ext. 226 and I am in Room 122 and Ext 280.

In the entryway of the Education Building's east wing you will find the Bismarck Tribune's "Employment Marketplace Flyer". It has it's own self-contained rack listing state and local job announcements. In the adjacent room to the west you will find job announcements in colored binders sitting on a shelf. They are received by mail and posted in the location just described for your review. These job announcements are from both the public and private sectors (national and local) in the areas of, Indian Programs, Indian Gaming, Federal Programs, North and South Dakota Job Services, and the alike. They are updated weekly and pertains only to United Tribe's Vocations. If there is interest in the remaining job announcements after sorting, they are stored in our offices for a substantial amount of time.

In the west wing there is a rack containing higher education material along with journals, magazines and newspapers on career planning. We have about three bulletin boards in these areas. Two are placement bulletin boards that are used for local job announcements, national job announcements, internships, apprenticeships, fellowships and the alike. Sometimes job announcements are posted in their corresponding areas.

We have "Career Choices" on our computers (room 122), and on the Academic Services Center Computers in (room 119). This software is Internet accessible and helps our vocational students do career exploration for opportunities throughout the nation. This program is upgraded once a year adding new features, graphics and options for our students. If you are using the computers in the Academic Services Center look for the little gold square icons label Choices CT, Choices CT Road Map and System Manager. You should find a guided tour once you are in the program. This will direct you on how to operate the program. If you are going to use this program in the placement office please make an appointment.

Placement news and job announcements will be provided in UTTC's Weekly Newsletter at least once a month.

Late coming students who were not at my orientation presentation are required to come into the placement office to fill out data base forms, Cooperative Education enrollment forms and to receive placement information essential to your future.

Remember that you need work experience before you graduate to make your diploma more valuable. **COOPERATIVE EDUCATION** is a program designed to get the college student out into the work force before



WEEKLY MENU

(Each meal served includes 2% or Skim Milk, Coffee or Tea)

September 25 - 29

DINNER

- Mon.: Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray
- Tues.: Bean Soup, Ham Sandwich, Assorted Fresh Fruit, Assorted Vegetable Tray
- Wed.: Roast Beef, Mashed Potatoes, Gravy, Vegetable, Dinner Roll, Assorted Fresh Fruit
- Thu.: German Style Sausage and Beans or Kraut, Salad Bar, Dinner Bun, Dessert,
- Fri.: Fishwich and Chips, Dessert

SUPPER

- Mon.: Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies
- Tues.: Pork Chops, Rice, Vegetable, Salad Bar, Dessert
- Wed.: Swedish Meatballs over Noodles, Vegetable, Salad Bar, Dessert
- Thu.: Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit
- Fri.: Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert

October 2

- Mon.: Spaghetti w/Meat Sauce, Garlic Toast, Assorted Fresh Fruit, Assorted Vegetable Tray

- Mon.: Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar

Powwow 2000

Once again, the Powwow has come and gone. An annual event that requires a great amount of planning and effort. Planning that takes place with administration, the committee, fund-raising, maintenance, supply, security and printing to name a few. A special thank you goes out to our sponsors and all the staff and faculty who have made this possible. Everyone plays a part in this, and all the help that was there was needed. Throughout the weekend, we have heard good things about the powwow and many compliments, these "thank you's", we pass on to everyone else. (you)

As we've said our "see you again" to our families, we remember the great time we had, the songs we heard, the dances, and the colors we've seen, as well as the new friends we made...oh, and we can't forget the "fighting for position around the drum for a great recording". For those that walked the whole time, it was ring-around-the-ankles.

This type of memory certainly is something to hold us until we see our families again. For some, it may be a semester before you see them again. But remember the real reason you are here, and that is...your education (don't give up on yourself).

Finally, but not at the least, thank you to those that helped with the clean up day. My results? I found 13 cents...

Sincerely,
Powwow Committee Chair

UTTC Student Food and Fitness Program attends Final Meeting for USDA/CDC Project

Audra Wilkinson and Shari Armell, Hospitality Management students, along with Kim Hinnenkamp, Food and Nutrition Program Director, and Marsha Azure, USDA Extension Director, represented United Tribes at the final meeting of the USDA/CDC Nutrition and Physical Activity Project. This group was known as the UTTC Student Food and Fitness Program here on campus. The meeting was held in Sante Fe, New Mexico, May 20-23, 2000.

The Untied Tribes group put together a PowerPoint presentation about the college and the physical activity and nutrition activities done for the project on our campus. Five other colleges from across the country, two Historically Black colleges & universities, two Hispanic serving institutions, and Sisseton-Wahpeton Community College, participated in the project.

The goal for the project was to improve the health and well being of the United Tribes Technical College community through physical activity and nutrition. Last spring, the UTTC Student Food and Fitness Program sponsored a physical activity program and nutrition education tables in the cafeteria. Stay tuned to the campus newsletter for upcoming Food and Fitness activities for this school

Continued from Front Page...

they graduate. Students who have work experience added to their degrees will be hired by employers over students who do not. A certificate and or associate degree aren't enough these days. The employers are looking for **dependable, reliable people with education and work-experience.** Your **COOPERATIVE EDUCATION EXPERIENCE** will make the difference in finding the job you want after graduation.

If you are a new student, you are **not** eligible for cooperative education until your third semester. **However,** if you are a new student and are working in a job that pertains to your vocation, you will be able to **bank** hours that are earned in your first and second semester. They will then become active in your third semester. Come and see me for more info on co-op and banking hours.

Students who are doing work-study, peer tutoring and paid Injury Prevention Internships may also participate in the Cooperative Education program. They must be working in a position that pertains to their vocation and meet all eligibility requirements.

Summer 2000 Cooperative Education students, your work-hours are due in the placement office. Hours not reported will be lost.

Returning students, please come to my office to update your data base cards and to see if you are eligible for Cooperative Education.

December 2000 Graduates are required to interview with the placement office this semester. These series of interviews will be to update your **database card**; review your **resume** and **federal application forms 171 and 612** and to fill out your **exiting form.** Your file will then be activated to do career exploration in creating a profile on your employment or higher education status. Interviews are an on going process until the graduate is placed in either a job or higher education institution of their choosing. You will be expected to submit the above documents by Fall 2000 Mid-term. Please start scheduling your interviews with the placement office ASAP, at extensions 280 and 226. Mid term comes fast; act now.

Your future is important to us.

Thank you, Vince Schanandore, Placement Counselor

NEED A QUIET PLACE TO STUDY? NEED HELP WITH YOUR SCHOOL WORK?

The Academic Services Center is the place to go. The Center is conveniently located in Room 119 of the Education Building and is **open Mondays and Fridays from 8:00 am to 5:00 pm and from 8:00 am to 8:00 pm on Tuesdays, Wednesdays, and Thursdays.**

The center has five study tables and ten computers with printers that are designated for use by the students. In addition to the director and three academic instructors, there are tutors and work study aides who are always willing to help you.

Don't wait until Mid-Term to cram! Get a jump on your studies by using the services provided in the Academic Services Center.

Catholic Mass
every Sunday at 10:00 am

National Buffalo Museum

The National Buffalo Museum desperately needed a new brochure for *White Cloud*. In 1999, the supply of the original brochure published by the North Dakota State Tourism ran out and they did not have the funding to reprint it. With assistance from United Tribes Technical College in Bismarck, North Dakota and The Press Room in Jamestown, a cultural educational brochure was devised, but like everything else funding was needed. AVIKO USA Potato Processing Plant of Jamestown made the printing of this brochure possible. Many thanks to United Tribes Technical College, The Press Room and AVIKO.

Information for the Next Newsletter must be submitted to Arrow Graphics no later than 12:00 NOON! Friday, September 30. PLEASE FOLLOW DEADLINE !



*Carol
Johnson*
Learning Disabilities
Coordinator

Carol Johnson was raised in Steele, North Dakota where she currently resides. Her living in Steele allows her to remain in contact with her mother and brother on an almost daily basis. Besides, Carol finds that the daily commute is a great time for planning her day and for meditation.

Carol graduated from Dickinson State University in 1972 with a major in Elementary Education and a minor in Library Science. In 1989, Carol enrolled at the University of North Dakota and earned a Masters in Education with a major in Special Education with an emphasis on Learning Disabilities and Emotional Disturbances and also a Master of Arts in Counseling.

In addition to a First Grade Professional Teaching Certificate, Carol holds credentials in the areas of remedial reading, learning disabilities, emotional disturbances, library science, and counseling.

First and foremost Carol considers herself an educator, who has dedicated twenty-five plus years teaching the youth of North Dakota. Her first years were spent as a Title I Reading and Math teacher in the public schools. After graduation from UND, Carol has devoted most of her teaching to at-risk youth who were in residential treatment. She has worked at the Child and Adolescent Center of the State Hospital, was the Special Education Coordinator for Southwest Key until its closing, and this past summer worked at the Youth Correction Center in Mandan.

Carol has been widowed twice and has two grown children. Her son, who is a pharmacist, resides in Wishek, ND and her daughter, who is married and lives in Minneapolis, is in desk-top publishing and marketing.

Carol is impressed with the relaxed, caring atmosphere and the friendliness of the students and staff at UTTC. She thinks that she will enjoy her work at UTTC and invites both students and staff to stop in at Room 119 of the Education Building if they have any questions or concerns about the services that she provide.

STUDENT HEALTH NEWS:

Welcome students! The Student Health Center is open Monday-Friday 8:00 am until 4:00 pm and Saturday-Sunday 10:00 am until 2:00 pm. Please utilize the weekend hours as much as possible.

Just a reminder, one of our policies is that we will not examine any child without their parent or legal guardian, unless there is a medical emergency.

For the students who are signed up for transport to Fort Yates, if you are unable to make the appointment, you need to let one of the Student Health Center staff know **24 hours** in advance.

Vision & Dental Screenings will be held for grades K-8 on October 4-6.

Monthly head checks for October will be held beginning at 9:00 am on October 11th.

Immunization clinics will be scheduled for the week of October 23-24th.

Custer Family Planning will be on campus Tuesday, October 3 from 1:00 pm to 6:00 pm. Please call or see the Student Health Center to make an appointment. Services include: PAP tests, Breast Exams, contraceptives, screening for sexually transmitted diseases, pregnancy testing & HIV testing.

A special thank you to the following staff who assisted with First Aid Station during the powwow: Suzanne Cadotte, Charmelle Fuchs, Sue Big Eagle, Rhondeena Hamilton, Harriet Schneider, Allison Hertal, Liz Miller, Sherry Messmer, Anne Heid, and Evelyn Orth,

Injury Prevention Program "Recent Highlights"

Ivan Brown Otter

The Injury Prevention staff and students want to take this opportunity to congratulate Ivan Brown Otter for being named the United Tribes Technical College "**Student of the Year**" for the 1999-2000 school year. Ivan was also the United Tribes "**Student of the Month**" in February 2000. Ivan is an enrolled member of the Standing Rock Sioux Tribe. Ivan has been very active during his college days at UTTC. Some of his activities include: Student Senate Representatives, Math Tutor at TJES, Seat Beat Safety, Red Ribbon Activities, and AIHEC activities on the national scene. Ivan has been very pro-active for the UTTC Injury Prevention program nationally. Upon graduation Ivan plans on returning to Standing Rock Reservation and work in the Diabetes Program and also be very active in Injury Prevention. Keep up the outstanding work Ivan. We're proud of all of your accomplishments.

Continued on page 5.

Kenneth Buckley

The Injury Prevention Program wants to recognize Mr. Kenneth Buckley for being named the United Tribes Technical College "Student of the Month" for April 2000. During the 1999-2000 school year Mr. Buckley did not miss one single class. In addition, he had an overall 3.5 grade point average. During the summer of 2000, Mr. Buckley successfully completed the Washington Institute for Native Americans (WINS) at American University in Washington, DC. Kenneth is an enrolled member of the Standing Rock Sioux Tribe and is a single parent of five children. Keep up the excellent work Ken because you are making a difference.

Minnie Plenty Chief

Minnie Plenty Chief was a presenter at the Annual Intermountain Regional Emergency Medical Services for Children Conference in Tucson, Arizona. The conference was held on September 14-17, 2000. The title of Ms. Plenty Chief's presentation was "Tribal Colleges and EMSC Working Together in Injury Prevention". Ms. Plenty Chief graduated from the UTTC Injury Prevention Program in May and used a mini-grant of \$1,000 from EMSC to assist her during her practicum at Standing Rock for Suicide and Drowning Prevention activities. Minnie Plenty Chief indicated there was a lot of interest in the UTTC Injury Prevention Program after her presentation. Congratulations Minnie! Keep up the good work.

WELCOME

TO THE

CHEMICAL HEALTH CENTER

OPEN

MONDAY - FRIDAY 8:00 AM 5:00 PM

CLOSED AT NOON

In case of an after-hour emergency, contact Security, Ext. 200 for the on call counselor.

Services provided include: Prevention education, Evaluations, Referrals, Individual treatment planning, one-to-one counseling, Intervention, Crisis counseling, Aftercare services, Video library, Transportation for evaluations, and Touchstone Lodge for men.

WEEKLY MEETINGS

- AA Meetings: Tuesdays at 7:00 PM
- AL-ANON Meetings: Thursdays at 3:00 PM
- AIATEEN Meetings: Thursdays at 4:00 PM
- TOUCHSTONE LODGE AA Meetings:
Wednesdays at 9:00 PM
- TOUCHSTONE LODGE DORM Meetings:
Wednesdays at 10:00 PM

National Indian Education Association (NIEA)

Will be held in Sioux Falls, South Dakota
October 28 - November 1, 2000

Registration: Check-in will be held at the Sioux Falls Convention Center, 1211 North West Avenue, Sioux Falls, South Dakota, 8:00 am on October 28, 2000.

Parking: Free public parking is available at the Sioux Falls Convention Center.

Workshops: Forums and workshops will be based on relevant topics impacting Indian education and must appeal to a wide audience.

Volunteers: If you would like to volunteer for committee work while you are attending the convention, please contact American Indian Services at (605) 334-4060 or the volunteer booth in the registration area.

Alcohol and Drug Free Convention: NIEA's policy, since 1989, is that all functions and events sanctioned by NIEA be alcohol and drug free; therefore, all convention attendees are expected to honor this policy.

Travel: Transportation from the airport to the hotel will be available for \$3 per person for those hotels that do not provide shuttle service. This service will be available Saturday, October 28, 2000, and Sunday October 29, 2000. On Thursday, November 1, 2000 transportation will be available again for \$3 per person. An NIEA information booth will be located in the luggage area.

Memorabilia: The attached Order form is for anyone wanting memorabilia items. They may be picked up in the Comprehensive Center.



Watermelon

Welcome



OPEN HOUSE

ORDER FORM
NIEA 2000



The items listed below may be purchased in the Comprehensive Center on Campus. Bldg. 35.

**Make checks payable to:
NIEA**

ITEM	PRICE	QUANTITY	SIZE	TOTAL
Coffee Mug	\$10.00			
Bags	\$20.00			
Insulated Tumbler	\$10.00			
Magnetic Calendars	\$2.00			
Post Cards	.50 each 25 for \$10.00 50 for \$20.00			
Mousepads	\$8.00			
Note Cards	\$8.00			
Tee Shirts				
XXXL	\$18.00			
XXL	\$18.00			
XL	\$15.00			
Lg, Med, Sm	\$15.00			
Youth (L, Med)	\$12.00			
Youth (Small)	\$8.00			

Total: _____

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____

NIEA 2000 • Sioux Falls, SD
 Sheraton Hotel and Convention Center
 October 28-November 1, 2000

TUTOR SCHEDULE FOR THE ACADEMIC SERVICE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Cora		Cora Gerald		Cora
9:00		Ryan	Gerald John		Gerald
10:00	Cora	John	Cora	John	Gerald Cora Amanda
11:00	Ryan	Ryan	Ryan	Ryan	Gerald Amanda
NOON	Academic	Service	Center	Remains	Open
1:00	Amanda Gerald	Amanda Cora	Amanda Gerald	Amanda Cora	
2:00	Amanda Gerald	Amanda	Amanda Gerald	Amanda	
3:00	Gerald Ryan		Ryan	Ryan	
4:00	Ryan		Ryan		
5:00		John			
6:00		John	John	John	
7:00		John	John	John	
8:00	Academic	Service	Center	Closes	

Areas of Tutoring Expertise:

Amanda – Office Technology

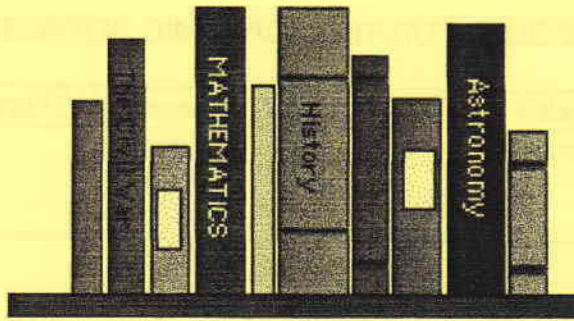
Cora – Accounting and Office Technology

Gerald – Accounting, Algebra, Office Technology, and Writing

John – General Math and English

Ryan – Criminal Justice, English

If you need tutoring in any other area, please see *Kaye Bell

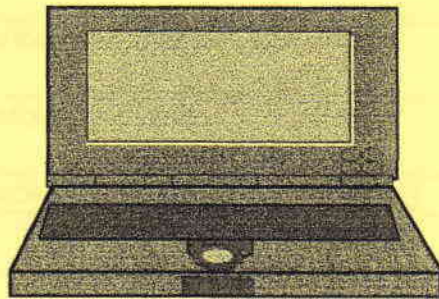


Childrens' Library Books, Resource Books, and Native American Books, are available for check-out on a two-week basis, in the LEAP Library, we are located at the bottom of the stairs on the same side as the UTTC Library. L.E.A.P. is the Lakota/EnglishAcquisition Project, and our program is to work with parents and caregivers from the Infant Toddler Center and Child Development Center (Preschool), to plan for activities for both parent and child. This program has recently ordered **Lap-Top Computers**, and soft-ware, for parents to check-out. During the first Community Literacy Task Force (CLTF) we will decide how long, and what other activities that parents would like to have for their child(ren). Some ideas were a Native Carnival - face painting, cake walk, cake decorating contest, fish pond, etc. Another idea is to get maerials for parents to make pow-wow dance outfits for their child(ren). It is recommended that ECE Students, Parents, extended family member(s) become a part of the task force. Our program **Needs parental support** to make things happen for our young children here on campus. It is very important that as concerned parents for the literacy development of your child(ren) that we use this program to promote literacy.

C.L.T.F. Meeting (Community Literacy Task Force)

Where: CHILD DEVELOPMENT CENTER (Preschool)
When: SEPTEMBER 26, 2000
Time: 4:00 p.m.

Child care and lunch will be provided



Contact: Marie Brown- ext 406
Doris Red Bird-ext. 405

Mark your Calendar!

Where: - University of North Dakota, Grand Forks
- - Memorial Union Lecture Bowl

What: - Walt Disney World College Program Recruiters

When: - October 18, 2000



The Walt Disney World Recruiting Team will be presenting the WDW's College Programs for interested college students. The WDW College Program is open for all college students nationwide and results in an excellent working, learning and living experience in Orlando, Florida for a semester. Successful candidates work in many different areas of all the WDW Theme Parks and hospitality attractions. Living arrangements are included near the facilities with transportation to and from work provided. This is a paid experience and all students must attend several focused seminars through out their employment period. To view the entire WDW college program benefits, check out this web sites: <http://www.wdwcollegeprogram.com/index-flash.html>. Many students from UND and other area schools have had excellent internship/cooperative education experiences with WDW.

To apply, all interested students MUST attend the WDW College Programs Team presentation, complete an application, and be interviewed. Your students will be our guests for this session. Interviews will be conducted immediately following the presentation for interested students. Disney will have 2 or 3 people here to conduct interviews so you might want to plan accordingly. Interviews are about 30 minutes and are often conducted in-groups. I would encourage your students to invite their parents to come with them to attend the information session at 6pm if possible.

You will not need to notify us if you are planning to attend. However, if you are not familiar with UND Campus a campus map is provided. The Lecture Bowl is on the 2nd Floor of the Memorial Union. Parking will be in the Swanson Hall (just East of the Memorial Union) parking lot. If you are planning to bring a van and a group of students, please let us know and we will get a parking pass for you.

Remember! - Attendance at the 6:00pm, October 18, 2000, Memorial Union Lecture Bowl - College Programs information session is mandatory for all students interested in participating in Walt Disney World's internship/co-op opportunities. Please call 701-777-4143 or e-mail don_johnson@mail.und.nodak.edu for further information.

Sincerely,

A handwritten signature in black ink, appearing to read 'Don Johnson'.

Don Johnson
UND Co-op Office



Walt Disney World -----Orlando, Florida

Walt Disney World has exciting co-op opportunities throughout the WDW Orlando complex. Spring 2001 positions are available. Every student is assigned a concentration area and MUST take 3 hours a week of seminar classes. Housing is provided in a very nice security housing complex (complete with RA's) near the park. All interested students MUST attend an informational session that will be held at the Lecture Bowl, 2nd floor Memorial Union, @ 6:00pm, October 18, 2000. Interviews follow immediately after the information session – COME READY TO INTERVIEW. Former Disney Co-op student will be on hand to answer your questions. This IS an opportunity of a lifetime ... don't miss it!!

LEARN MORE :

Contact your Career Service Office

CHECK OUT:

<http://www.wdwcollegeprogram.com/index-flash.html>

AND ATTEND:

Walt Disney World College Program Information Session

Where: - University of North Dakota, Grand Forks
- - Memorial Union, 2nd Floor – Lecture Bowl
When: - October 18, 2000 - - 6:00pm

NORTH DAKOTA INDIAN EDUCATION ASSOCIATION SCHOLARSHIP ANNOUNCEMENT

Dear North Dakota Educators and American Indian College Students:

I am pleased to announce that for the 2000-2001 academic year the North Dakota Indian Education Association (NDIEA) will be awarding four (4) scholarships (one per reservation/tribe) to promising college students. Please feel free to duplicate the application materials and distribute to American Indian college students.

Scholarship eligibility requirements are as follows:

- **Must be an enrolled member of a North Dakota tribe with at least one-fourth (1/4) degree Indian blood quantum.**
- **Must have graduated from high school or completed a General Education Development (G.E.D.) degree in North Dakota during the 1999-2000 school year.**
- **Must now be enrolled as a full-time student for the 2000-2001 school year in the accredited institution of higher learning or vocational school in North Dakota.**

Completed applications include the following:

- **NDIEA Scholarship Application Form**
- **NDIEA Scholarship Activities Form**
- **High School Academic Transcript or GED Scores**
- **Proof of College Enrollment for the 2000-2001 School Year**
- **Proof of Tribal Enrollment**

Application Deadline:

- **All application materials must be received at the following address by OCTOBER 13, 2000**

**Dr. Leigh Jeanotte
Native American Programs/UND
Box 8274
Grand Forks, ND 58202**

Scholarship awards will be announced on October 20, 2000 at the NDIEA Annual Conference Banquet. I thank you in advance for encouraging our future American Indians leaders to apply for these worthy scholarships.

Sincerely,

**Dr. Leigh D. Jeanotte
NDIEA Treasurer**

Enclosure: NDIEA Scholarship Application Form

SEP 5 2000

North Dakota Indian Education Association

Scholarship

Application Form

NAME: _____

ADDRESS: _____

ZIP CODE: _____

PHONE: _____

DATE OF BIRTH: _____ **AGE:** _____

NORTH DAKOTA TRIBAL AFFILIATION: _____

INDIAN BLOOD QUANTUM: _____

COLLEGE/VOCATIONAL SCHOOL MAJOR: _____

**NORTH DAKOTA INDIAN EDUCATION ASSOCIATION
SCHOLARSHIP**

ACTIVITIES FORM

ACADEMIC AWARDS: _____

ATHLETICS: _____

ORGANIZATIONS/CLUBS/MEMBERSHIPS/OFFICES HELD: _____

OTHER HONORS: _____

COMMUNITY INVOLVEMENT: _____

FACTS ON FEET

BREAST CANCER: KNOW THE FACTS ABOUT YOUR RISK

October is National Breast Cancer Awareness Month.

What is cancer?

Cancer is a group of diseases that occur when cells become abnormal and divide without control or order. Each organ in the body is made up of various kinds of cells. Cells normally divide in an orderly way to produce more cells only when they are needed. This process helps keep the body healthy. If cells divide when new cells are not needed, they form too much *tissue*. This extra tissue, called a tumor, can be *benign* or *malignant*. Eighty percent of all breast tumors are benign.

Benign tumors are not cancer.

They can usually be removed, and in most cases, they don't come back. Most important, the cells in benign tumors do not invade other tissues and do not spread to other parts of the body. Benign breast tumors are not a threat to life.

Malignant tumors are cancer.

The cancer cells grow and divide out of control, invading and damaging nearby tissues and organs. Cancer cells can also break away from the original tumor and enter the bloodstream or *lymphatic system*. This is how breast cancer spreads and forms secondary tumors in other parts of the body. This spread of cancer is called *metastasis*.

How common is breast cancer in the United States?

Breast cancer is the most common cancer in women, aside from skin cancer. During 2000, an estimated 182,800 new cases of breast cancer are expected to occur among women in the United States. It is the second leading cause of cancer death, after lung cancer. An estimated 40,800 women are expected to die from breast cancer this year.

What are breast cancer "risk factors"?

To predict when and in whom breast cancer will strike, scientists must often think like detectives, looking for clues to signal which women may be more likely than others to develop the disease. These clues are called "risk factors."

Scientific Detectives

To identify risk factors, scientists continually examine various trends and patterns among women worldwide who are diagnosed with the disease. Age, individual and family medical history, reproductive history, genetic alterations, race, economic status, neighborhood and workplace exposures to pollutants, and lifestyle habits are all examples of the factors that can be evaluated. This information tells a scientific story that helps experts predict with some certainty a woman's odds for developing breast cancer. It's important to note, however, that this is not an exact science and that such predictions are not definite.

Having one or two of these risk factors doesn't mean a woman will develop breast cancer (seven out of ten breast cancers occur in women with none of the important risk factors, other than simply being a woman). But *knowing her personal risk factor profile* and *understanding what it means* will help her and her doctor plan a course of action that may reduce her chances of ever getting the disease or, at least, to detect it in its earliest, most treatable stages.

The most common risk factors.

Age.

The risk of breast cancer increases, as a woman grows older. About 82 percent of breast cancers occur in women age 50 and older. The risk is especially high for women age 60 and older. Breast cancer is uncommon in women younger than age 35.

Personal History.

Women who have had breast cancer and women with a history of breast disease (not cancer, but a condition that may predispose them to cancer) may develop it again.

Family History.

The risk of getting breast cancer increases for a woman whose mother, sister, daughter, or two or more close relatives have had the disease. It is important to know how old they were at the time they were diagnosed.

The Breast Cancer Genes.

Some individuals, both women and men, may be born with an "alteration" (or change) in one of two genes that are important for regulating breast cell growth. Individuals who inherit an alteration in the BRCA1 or BRCA2 gene are at an "inherited" higher risk for breast cancer. They also may pass this alteration on to their children. It is very rare - scientists estimate that only about 5-10 percent of all breast cancers are due to genetic changes. One out of two women with these changes are likely to develop breast cancer. Women with a family history of breast cancer are encouraged to speak to a genetics counselor to determine the pros and cons of genetic testing.