



## **Student Newsletter**

**Fall 2015**

### **CAIR Students Attend “Girl’s Night Out at Hopi”**

By Alexis McKinley

Attending the Girl’s Night Out event at the Hopi reservation was an incredible opportunity to work in and help in a different community. I have gone to school in Flagstaff and thought it was so different from Phoenix, but once I went to the Hopi reservation, it put into perspective how different things are for American Indians. There is so much to learn from one community because they value and embrace their way of life and culture. This group of people are not only friendly and welcoming, but they are resilient because they are moving forward.

Once we got to the reservation, I talked to different women about CAIR and what we have to offer. They really took interest in what we had to offer and it was motivating because it made me want to reach out to more members of the community. During the tabling, I also learned about the different things that are available to the community, like domestic violence prevention. There is so much that people have done, and are still doing, to help this community become better than it already is.

When the event started, I enjoyed every minute of it! We heard different perspectives of women who have experienced breast cancer at some point in their life. For example, we learned about the perspective of the health care giver and we heard the experience of a breast cancer survivor. My favorite part of the event was a traditional dance and song that was performed by a young girl and her uncle. The performance was phenomenal and I was blown away with both her movements and his singing. After all the activities and speakers, we helped clean up and everyone thanked us over and over again. I realized I needed to thank them for allowing us to help in their community and get an insight of their culture.