



#### In this issue...

[Top 40 Under 40](#)

[Law Enforcement Scholarships](#)

[Opportunities](#)

[Tips for Success](#)

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November 21, 2007

## Doyon Foundation Alumna Honored with Top 40 Under 40 Award



*Doyon Foundation alumna and Top 40 Under 40 honoree Angela Gonzalez is congratulated by Anchorage Mayor Mark Begich at an award luncheon held on November 5, 2007.*

Doyon Foundation alumna Angela (Yatlin) Gonzalez was recently selected as a recipient of the 2007 Top 40 Under 40 award. The award, which is sponsored by the Alaska Journal of Commerce and the Anchorage Chamber of Commerce, recognizes 40 individuals under the age of 40 who have used their talents, energy and ambition

to better themselves, their communities and their state.

Gonzalez, who is originally from Huslia and currently lives in Anchorage with her husband and two daughters, just accepted a position as the communications coordinator for RurAL CAP. Previously, she was the membership director for KNBA. In addition to her work, Gonzalez is an active member of her community, serving on numerous boards and committees.

Gonzalez, who obtained a bachelor's in marketing from the University of Tulsa in Oklahoma, said she believes education is a key factor in her success.

"My degree has helped open many doors over the years, and I know it will continue to open many more in the future," she said. "I use the knowledge I learned in college every day in business. I might not have gotten to this point without my education."

Gonzalez, a past Doyon Foundation scholarship recipient, said the financial and moral support she received from the Foundation was helpful in her educational pursuits.

"Education is very expensive and getting more expensive. I felt I had a responsibility when accepting the scholarships to do my best and finish my degree," she said. "The Doyon Foundation was always a resource for me, too. I appreciated the fact that the door was always open, because it is not easy being so far away from home. It was nice to know someone believed in you and was rooting for you to succeed."

Gonzalez also credits the support of her parents, who she said are two of her greatest mentors.

"They really believed in me and instilled in me that I can do anything I set my mind to. I never forget where I came from and what they have both helped me to accomplish," said Gonzalez, who is the daughter of Al and Eleanor Yatlin, and the granddaughter of Alda Frank and the late George Frank and the late Minnie Yatlin, and the late Edwin and Lydia Simon.

Doyon Foundation would also like to highlight other Doyon shareholders who have been honored with a Top 40 Under 40 award in past years. Past recipients include Dawn Dinwoodie (2000), Doyon Foundation board president; Aaron Schutt (2004), senior vice president for Doyon, Limited; and Ethan Schutt (2004), general counsel for CIRI.

## Apply Now for Law Enforcement Academy Scholarships

Doyon Foundation is now accepting applications for \$7,000 scholarships to attend the next Law Enforcement Academy at UAF's Tanana Valley Campus from February 18 - May 15, 2008. The scholarships, which are open to all Alaska Natives, are funded by the Alyeska Pipeline Service Company Alaska Native Program.

To download an application packet, visit [www.doyonfoundation.com](http://www.doyonfoundation.com). Applications are due by Friday, January 4, 2008. For more information, contact Doris Miller, scholarship program manager, at [millerd@doyon.com](mailto:millerd@doyon.com), 907.459.2050 or 1.888.478.4755, ext. 2050.



*Doyon Foundation alumnus Cody Stanley received a \$7,000 scholarship to attend the Law Enforcement Academy at TVC earlier this fall. He successfully graduated from the program on November 16, 2007.*

## Internships, Scholarships and Other Educational Opportunities

Looking for an internship? Need help paying for school? Check out these internships, scholarships and other educational opportunities:

- The class Songs of the First People: The Music of Alaska Natives and Indigenous Peoples of Northern Regions will be offered at the University of Alaska Anchorage during the spring 2008 semester. This three-credit course is both a music course and an Alaska Native studies course, and satisfies a GER fine arts requirement. For more information, call 907.338.8278 or 907.786.6135 or e-mail [chigmit@acsalaska.net](mailto:chigmit@acsalaska.net).
- First Alaskans Institute announces its 2008 Legislative Internship, a program to place two - four Alaska Native/American Indian students in Juneau, Alaska during the 2008 legislative session. These paid internships are 15 weeks in length, from January 7 - April 18, 2008. For more information or an application, visit [www.firstalaskans.org](http://www.firstalaskans.org), call 907.677.1700, or e-mail [info@firstalaskans.org](mailto:info@firstalaskans.org). Applications due November 30, 2007.

- First Alaskans Institute will award up to \$15,000 in scholarships to Alaska Native undergraduate students who are interested in management and policy-making positions in the oil and gas industry. For more information or to apply, visit [www.firstalaskans.org](http://www.firstalaskans.org) or contact [rickmueller@firstalaskans.org](mailto:rickmueller@firstalaskans.org) or 907.677.1712. Applications due December 3, 2007.
- Win a full year of tuition at the University of Alaska (UA) by submitting a video that shows all of the choices that UA has to offer. A total of five one-year scholarships will be awarded. To enter, submit a video to [www.uamyway.net](http://www.uamyway.net) before December 15, 2007.
- The American Indian Graduate Center Fellowships and Financial Assistance is offering monetary awards to American Indian and Alaska Native students. For more information, visit [www.aigcs.org](http://www.aigcs.org) or call 800.628.1920. Applications will be available in January 2008.
- First Alaskans Institute is offering the spring 2008 Leadership Plus Program to provide entry-to-mid-level Alaska Native professionals with networking opportunities and educational seminars. The curriculum is presented in half-day sessions delivered from January - April 2008. For more information or an application, visit [www.firstalaskans.org](http://www.firstalaskans.org), call 907.677.1700, or e-mail [info@firstalaskans.org](mailto:info@firstalaskans.org). Applications due January 4, 2008.
- The Indian Health Service is accepting applications for its externship program. For more information or an application, contact Krista Hepworth at 907.729.1348 or [khepworth@anths.org](mailto:khepworth@anths.org). Applications due February 4, 2008.
- The Alaska Native Tribal Health Consortium will award \$5,000 scholarships to five undergraduate and five graduate full-time students. For more information or an application, contact Krista Hepworth at 907.729.1348 or [khepworth@anths.org](mailto:khepworth@anths.org). Applications due February 8, 2008.
- The Alaska Native Tribal Health Consortium is seeking applicants for its summer 2008 internship program. For more information or an application, contact Krista Hepworth at 907.729.1348 or [khepworth@anths.org](mailto:khepworth@anths.org). Applications due February 8, 2008.
- The Indian Health Service is accepting applications for its scholarship program, which encourages Alaska Natives and American Indians to enter the health profession. For more information or an application, contact Krista Hepworth at 907.729.1348 or [khepworth@anths.org](mailto:khepworth@anths.org). Applications due February 28, 2008.
- First Alaskans Institute announces its 2008 Summer Intern Program, which will place approximately 30 Alaska Native/American Indian and rural students into organizations around Alaska to provide leadership development experiences. These paid internships are 10 weeks in length, from early June to mid-August 2008. For more information or an application, visit [www.firstalaskans.org](http://www.firstalaskans.org), call 907.677.1700, or e-mail [info@firstalaskans.org](mailto:info@firstalaskans.org). Applications due March 7, 2008.
- Applications are currently being accepted for the Stanford Graduate School of Business Summer Institute for General Management, a four-week residential program designed for college juniors, seniors and recent graduates with majors in non-business fields. The program will be held June 22 - July 19, 2008. For more information, visit [www.gsb.stanford.edu/sj](http://www.gsb.stanford.edu/sj) or contact 650.724.7409 or [nq\\_lin@gsb.stanford.edu](mailto:nq_lin@gsb.stanford.edu). Applications due March 10, 2008.

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## Tips for Student Success

The cold temperatures don't just mean winter is here - it also means the return of the annual flu and cold season. Minimize your risk of getting sick by following these simple health tips:

- Wash your hands! Hands should always be washed after using the restroom, after coughing, sneezing or blowing your nose, after handling animals, and before preparing and eating food. While this sounds simple enough, studies show that between 40 - 60 percent of people do not wash their hands after using the restroom.
- Use proper handwashing techniques. Apply antibacterial soap to your hands, then rub them vigorously under hot water for 20 - 25 seconds.

If soap and water is not available, waterless hand sanitizers are an acceptable alternative.

- Eat right, get enough sleep and exercise.
- Stay home from work or school if you don't feel well. Not only is the rest good for you, you'll also avoid spreading germs to others.
- Consider getting an annual flu shot.
- See your doctor, if needed. Colds and the flu usually go away on their own within a week, but if it lasts longer or new symptoms develop, seek medical attention.
- Research the health care services available at your school. Most schools have a student health center where you can get medical care and prescriptions at a reduced cost.

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