The Women’s Center News - June 2015

Can you help?

In the Women’s Center, I am always happy to hear your feedback about our programs, our services we offer and new ideas for how we can better serve the women of our campus and our community. If you have had an experience with our center that others might relate to, please consider sharing it in a brief email. It is so helpful to see that the Women’s Center is meeting your needs. Please email me, if you can share. Diane.K.Blanco@Lonestar.edu

Help victims of human trafficking & others

FamilyTime Crisis and Counseling Center is collecting the following items to give to victims of human trafficking who have been rescued and are in need: tee shirts, flip flops, toiletries, and small blanket throws. If you have any of these items you can donate, you may leave them in The Women’s Center or drop off at FamilyTime, 1203 South Houston Ave., Humble, 281-446-2615.

Another way you can help FamilyTime or your favorite charity is to sign in to Amazon.com by putting Amazon Smile in your browser. Once you select your favorite charity from the approved list, and there are thousands, your choice is automatically registered and any purchases you make entering their site through Amazon Smile, gives your designated charity automatically 5% of your purchase. It is a great way to help others!! Both Kroger’s and Randall’s have loyalty cards that do the same thing—donate a small percentage of your purchases to local charities, and our own Lone Star College scholarship fund. All you have to do is register in the store and when your card is swiped, your donation is made.

Beware that suntan!

We’ve been told that the sun is good for us. Exposure to the sun has been used to combat depression. The sun infuses vitamin D into your body, which is always a good thing. The problem is, you can’t see ultraviolet radiation. The ozone layer of the atmosphere continues to be
compromised. While causing more of the sun’s harmful UV rays to filter down to earth and into our skin. The result can be skin cancer. These are the most common forms:

**Basal cell carcinoma:** A waxy-looking bump on the skin or a lesion that is flat and either brown or flesh-colored and resembles a scar. Common areas include the neck and face.

**Squamous cell carcinoma:** A red, firm nodule or a flat lesion with a surface that appears crusted or scaly. Often on the ears, hands and face.

**Melanoma:** A new large, brown spot, moles that change color and appearance, lesions with oddly shaped borders and coloring such as red, blue, white, blue-black. Melanoma can appear on many parts of the body. Melanoma is by far the most dangerous of the three. All skin cancers, if detected early, can be treated by medical or surgical procedures. Don’t put off talking to a dermatologist if you have these or any other skin irregularities. For actual photos of the various types of skin cancer go to: http://www.healthline.com/health-slideshow/types-of-skin-cancer#10

**News from Career Services**

Visit our Career Center in SCC 205 and don’t forget their great online resources for our students and the community:

Free online resume builder: www.gotresumebuilder.com
Job boards: www.lonestar.edu/Kingwood-Job-Board
Find a major & plan your career: www.lonestar.edu/Kingwood-Career-Exploration
Individual resume assistance: Kingwood.CareerServices@Lonestar.edu

Or contact the director: Jill.Todd@Lonestar.edu, 281-312-1624

**Register Today! Get the classes you want!**

Register today for second summer session and fall classes! Now is the time to get the best class schedule! Don’t forget to complete the FAFSA form online, there is still time! https://fafsa.ed.gov/
Here’s a YouTube video to help you complete the form and set you on a path to receive money for college! https://www.youtube.com/watch?v=VRyXfUStHO0

Visit the Lone Star College-Kingwood Women’s Center in SCC 201, a place where women can find connections, resources, a room for nursing moms, mentoring, and two computers for your use!! Our hours are 8:30 a.m. to 4:30 p.m., Monday, Tuesday and Wednesday, 281-318-4332. You may also contact the director to receive your monthly newsletter by email or for additional information about the Women’s Center. Diane.K.Blanco@Lonestar.edu. Like us on Facebook---LSC-Kingwood Women’s Center!