

# 2008 California Native American Day Essay Contest

Presented by UC San Diego California Native American Day Celebrations Committee and  
Viejas Education Center

**Grand Prize: \$500.00**  
**1<sup>st</sup> Runner Up: \$250.00**  
**2<sup>nd</sup> Runner Up: \$250.00**

## Essay Topic

Many people from tribal communities walk in two worlds because they negotiate two cultures. By adopting a bicultural identity, an identity within each culture, it is possible to participate in more than one culture.

A cultural identity can include medicine and staying healthy. When people in the United States think of medicine, they often think of Western medicine. To learn Western medicine, doctors go to medical school, and specialize in a specific area like pediatrics to treat children or surgery to perform operations. Western medicine focuses on biological explanations of illness and usually treats illness after it becomes a problem.

Traditional medicine can include many different techniques, such as those of traditional Native American healers, Hispanic curanderos, or traditional Chinese practitioners. Knowledge of traditional ways is usually passed down from generation to generation within the community. It is used to prevent and cure both physical and spiritual illnesses. The main goal of traditional medicine is usually to maintain balance of physical, mental, emotional, and spiritual well-being.

## **Essay Question:**

**As we walk in two worlds, we learn about the old and new ways. What is meant by being healthy to you and your culture? In what ways can Western and traditional medicine work together to help a person achieve a healthy life?**

***Guidelines:*** Write a *two-page, typed and double-spaced* essay answering all the questions and ideas presented. Be sure to develop your ideas in a clear and concise manner. Include your name, address, phone number and school name on the first page of the essay, your name on each page of the essay, along with this attached and completed application.

Feel free to draw from your own experiences, resources and interviews to complete this Essay question.

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## **Send Essays to:**

California Native American Day Essay Contest  
Attention: Alyssa Aguilar  
9500 Gilman Drive #0015, La Jolla, Ca 92093-0015  
For more information call (858) 822-5695  
Or e-mail: a4aguilar@ucsd.edu

The winners will be recognized at the Native American Day celebrations. This essay contest is open to students in grades 9-12. All submitted essays will become the property of the Native American Day Essay Contest Committee.

**ENTRIES MUST BE RECEIVED BY OCTOBER 31, 2008**



<http://blink.ucsd.edu/go/nativeamerican>