

# Accident victim tells of recuperation, comeback

The following article is printed at the request of Fire and Safety personnel. Two ambulances and a rescue unit responded to the February, 85, two-vehicle accident which critically injured Sue Price the author. Price's survival has been attributed to her excellent physical condition. Price works in real estate and is co-owner of "The Pulse," an exercise studio in Bend.

Bend, Oregon—I realize that my story is not the kind normally printed in Success Stories, but I'm hoping it will be found worthy of exception.

I've been a fitness-studio owner-instructor in Bend, Oregon for nearly four years. On February 1, 1985 a friend who teaches aerobics and I headed out on an eight-hour drive to Tacoma, Washington to attend and Aerobics and Fitness Association of America (AFAA) Certification Workshop. An hour into our trip, we were involved in a grisly head-on collision. The local hospital became our new home, and the months that followed were both a painful nightmare and a period of significant personal growth.

I spent two weeks in intensive care and another month in a regular hospital room. Both my ankles were broken, my right quadriceps was severed at the knee with a 6-inch gash, my patella was chipped, my right arm was broken and my face was completely crushed from the eye sockets to the neck. I lost several teeth and massive quantities of blood. I was later told repeatedly how lucky I was to be alive with no internal injuries, which my doctors attributed to my strong musculoskeletal structure.

I never would have believed I could have endured such unending pain. But I did—with regular doses of morphine, Percodan and other narcotics. Because I required these drugs for three months to help cope with the pain, I later had to deal with some withdrawal problems.

After the accident, it was a few days before the doctors felt I was out of danger of brain damage. A tracheotomy was performed, and I learned to "mumble" through a little valve in my tube. I gradually stabilized enough to come off the critical list. My facial bones were pieced back together through a series of four operations over ten

months. During the long weeks in the hospital and the following weeks at home in bed, I lost 25 pounds—mostly muscle. My body shriveled to skin and bones; my emotional state became very unstable, and my stamina was nonexistent. It was six weeks before my feet hit the floor to try walking. If I could even sit on the edge of the bed for five minutes, we considered that a victory. Then I slowly began to walk with the aid of a walker. My spine and neck muscles were so traumatized that it was almost six months before I could lift my head without using my hand.

My jaws were wired shut for three months, and I fed myself with a syringe through an opening in my teeth. I had to get all my nutrition from liquid to which I added powdered supplements my husband brought from home. My appetite disappeared, and my family had to force me to eat until my strength came back. We put everything imaginable in the blender, but most of it was pretty hard to swallow. When the wires came off my teeth, it was still another month before I could chew, and then I could only handle soft things such as bread, overcooked pasta, Cream of Wheat, etc.

With the help of a local nutritionist, I planned my nutritional needs and forced myself to sip a 400-calorie drink, four to six times per day. I included fruit, plain natural yogurt, skim milk, an occasional egg, calcium/magnesium/zinc powder, 1,000 mg of vitamin C, juice and protein powder. Every day I took two multiple-vitamin capsules with minerals. It all really paid off in what doctors called an "amazingly fast" healing time.

Back at my studio, my very competent staff of instructors jumped to the rescue and kept the business and classes thriving. As soon as I could walk with air casts on my legs (two-and-a-half months after the accident), I began going to our stretch and tone classes. Many of my students didn't recognize me at first, but they soon got used to seeing me hobble in. I was very conscious of my appearance and felt I was offensive to look at.

The truth was, I found out later, I had been quite an inspiration to many of students. At first I could do very little. Just moving from a standing position to the floor was a

major undertaking. Putting weight on my knees and bad wrist was impossible. My flexibility was completely gone, and at times during my struggle to move my body, tears of frustration and desperation would roll down my face. It was so hard for me to accept the fact that I had lost one of my most valuable tools—my healthy body.

There were times when my predicament seemed so hopeless and I felt so depressed and discouraged that I actually thought of selling my business and giving up. But that never lasted. I'd reach down deep for my determination and keep moving on. I found that exercise was truly the best therapy for depression. I walked or did some form of exercise every day.

Four months into my recovery, I began lifting weights (1 to 3 pounds for my upper body and 5 to 10 pounds for my legs). I could hardly do three or four reps at first. My heart would pound and my muscles would ache in unbearable pain, but gradually I was gaining strength

and endurance. I now do three sets of 12 reps of bicep curls with 12 pounds, tricep presses with 12 pounds, squats with 50 pounds, dead lifts with 45 pounds, leg curls and extensions with 25 pounds.

Soon after my admittance into the hospital, the doctors told my family to expect a two-year recovery period. Luckily, no one told me, and nine months later I received my AFAA certification. One month after that I participated in my first aerobics team competition. Four days after that, I returned to the hospital for an eight-hour operation to rebuild my upper and lower jaws and to have the metal pins removed from my ankle.

It's now one year and eight months since the accident, and I've worked up to teaching ten hours per week, lifting weights and taking some jazz classes. I still have more repair work to do on my teeth and face, and my body creaks like an old rusty gate in the morning, but I'm strong and healthy. My outlook on life is very positive, and I'm forever

grateful that I've been given a second chance in life.

I know I recovered so quickly and completely because of the enormous love and support of my family and friends, the constant effort to keep my body moving, the attention to proper nutrition and my undying will to beat the odds. Our bodies can accomplish almost any goal if we do our part, one day at a

time. I am living proof of how a body can be transformed physically and emotionally through daily exercise and nutrition.

I have learned two very important lessons this past year: First, never take your healthy body for granted, and second, if you're not happy with your body, you most definitely have the power to change it.

## OSU Extension classes

"Quilt In A Day" workshop  
January 17 & 24, 1987  
9 a.m. to 3 p.m.  
4-H Center  
Limited to 12 people  
Instructor: Eraina Palmer

Microwave Cooking  
January 19 & 26, 1987  
6:30 to 8:30 p.m.  
4-H Center  
Instructor: Mollie Marsh

Sewing Class  
January 22 & 29, 1987  
7-8:30 p.m.  
4-H Center  
Instructor: Mollie Marsh  
Any sewing level, work on your favorite project.

## COCC winter schedule given

**Aerobic Conditioning:** Start out the new year with an effective and fun way to lose weight and improve muscle tone. Great music too! Let Dorthea (Smith) Barney teach you new workout routines that will keep you movin' and grovin'. Work at your own pace. Mondays, Wednesdays and Thursdays. 5:45 p.m. to 6:45 p.m. Grade School gym. January 12 through February 19. Cost is \$18.00.

**Beginning Power Volleyball:** Great action in a fun, recreational atmosphere. Practice blocking, passing, hitting and setting. Scrimmage every session. Co-ed teams. Learn new skills under guidance of a great player and teacher, Julie Mitchell. Thursdays 7:00 to 9:00 p.m. Grade school gym. January 15 to February 12. Cost is \$10.00.

**Indian Values:** Appreciate the wisdom in Indian values. Explore the roles of courage, freedom and giving in today's Indian culture. A series of five discussions presented by Warren "Rudy" Clements promises to be stimulating, philosophical and enriching. Thursdays

7:00 to 9:00 p.m. Old Boys Dorm. January 29 to February 26. Cost is \$10.00.

**Running Meetings/taking Minutes:** Do you want your meetings to be more effective? Want to know the secret to better note taking? Then call COCC at 553-1428 and reserve a spot for a series of four workshops taught by Adeline Romero. Learn skill of listening, summarizing, agenda planning, group problem solving and decision making, and more. For supervisors, secretaries and anybody else. Meets Fridays 9:00 a.m. to 12 noon. Mid January to mid February. Exact time to be announced. No cost to individuals. Call 553-1428.

**Job Seeking Skills:** Unemployed or considering a career change? Get on the track to finding the right job for you. Let Tribal Personnel Director, Mayann Gabriel teach you about resume writing, inter-

viewing and job finding trips. Wednesdays 7:00 p.m. to 9:00 p.m. Old Boys Dorm. February 4 to February 25. No cost.

**College Credit-Math class:** If you're planning on college there's a math class just right for you: Pre-algebra, Algebra I, Algebra 2, and Intermediate Algebra. Let Carol Robart help you prepare now to get ahead in math. (4 credits). Mondays and Wednesdays. 5:30 to 7:30 p.m. Old Boys Dorm. January 7 to March 18. Cost is \$86.00 plus books, or see Levi Bobb in Tribal Administration about tuition grants.

**College Credit, Cultural Anthropology:** Study lifeways of past and present peoples in various parts of the world. Examine progress from hunting and gathering societies to explore the future of our race. Dan Mattson, Tribal Archaeologist will discuss how people deal with their natural and supernatural world.

Emphasis will be placed on traditional North American Cultures. (3 credit university transfer course). Tuesdays and Thursdays 7:00 to 8:15 p.m. Old Boys dorm. January 6 to March 19. Cost is \$64.50 plus books, or see Levi Bobb in Tribal Administration about tuition grants.

**Typing:** Thinking of getting a better job, or applying for office work? This class is especially for you if you can't type, or your skills are rusty. Call 553-1428 to reserve a spot. Class begins in February. Exact time to be announced.

**College English Brush-up:** Thinking of college? This English brush-up class will help you to better understand what you read. It will help you to be a better writer, and a better speaker. Especially for students who are getting ready for college.

Registration begins January 29 at the Old Boys Dorm.

## Mini-powwow dance results

Eleven drumming groups, traveling from as far as away as Stando, Alberta Canada and Colorado, attended this year's mini-powwow at the Agency Longhouse November 27, 28 and 29. Sadie Sam was named queen of the powwow, Helen Clements was first runner-up, Joanna Brisbois was second runner-up and Sheryl Telesh was third runner-up.

Following is a list of the winning dancers in each age division.

**November 27 contests**  
**Girls six and under:** Alice Johnson, first; Virginia McKinley, second and Fawn Begay, third.

**Boys six and under:** Shawn Rae Gagriel, first; Jimmy Tohet, Jr., second; and Timothy Kalama, third.

**Boys seven to 12:** Levi Johnson, first; Reggie Heath, second; and Taylor Arthur, third.

Judges for Thursday's dancing were Cynthia Moody, Liz Tewee and Donnie Sampson.

**Friday's Contests**  
**Girls 13 to 17:** Dorothy Kalama, first; Tina Kirk, second; and Renea George, third.

**Boys 13 to 17:** Kurt Jim, first; William Clements, second; and Eric George, third.

**Girls team dance 17 years and under:** Josephine Johnson, Charmain Watts and Christine Johnson, first; Bridgette Scott, Danielle Gabriel and Merle Kirk, second; and Nancy Johnson, Renee George and Julia Johnson, third.

Judges for Friday's contest were Annabelle Clements, Ada Sooksoit, Art Mitchell and Rick George.

**Saturday's contests**

**Senior women 50 and over:** Aurelia Stacona, first; Ada Sooksoit, second; and, Lillie Heath third.

**Senior men 50 and over:** Richard Walsey, first; and Norvel Tufti, second.

**Boys Team Dance 17 and under:** Kurt Jim, Ike Johnson and Grant Clements, first; Shawn Rae Gabriel, William Napper and Kyle Frank, second; and, William Clements, Leno Melsark and Matt Clements, third.

**Women 17 to 49 of age:** Edith Walsey, first; Henrietta McGurk, second; and, Jeannette George, third.

Judges for Saturday's contests were Rick George, John Bevis, Delores George and Lana Shike.

## Lang walks away with WIC hours

Gail Lang, the administrative secretary in Allied Health Services in Warm Springs won top honors during her competition in the WIC Walks Program.

WIC Walks is an individualized exercise program that began October 27 and continued through November 23. Each participant in the Women, Infants and Children Supplemental Nutrition Program Walks, earned activity points for each mile, 10, 15, and 20 minutes in the workout. The more rigorous the workout, the less time you have to put in the workout. Lang earned an average of 68 points per week. The nutritional goal for all participants was

2,292 mile journey or 764 hours.

Lang received a certificate of recognition, a special catered lunch and a Walkman Stereo as well as the benefits that come with good,

healthy living.

Lang's workout consisted of weight training, walking, participated on a co-ed volleyball team and other numerous activities.

## Community Center Calendar

December 22	Community Christmas Play
January 1-4	Annual Holiday tournament
January 9-11	Ol' Duffs tournament
January 17	Kiwanas BB league game
January 24, 25	Co-Ed volleyball tournament
January 31	Kiwanas BB league game

## Tournament to be dedicated to Bill Eyle

The Oregon Travelers will be hosting the 7th Annual Oregon Travelers Invitational Tourney December 19-21. The tournament will be dedicated in memory of Bill Eyle, Sr. and will be at the Warm Springs Community Center. Twelve teams from the northwest and Nevada will be vying for the championship title. The following is a personal invitation from Tony "Big Rat" Suppah.

We'd like to welcome everyone to the tournament. Due to unexpected situations the tournament was delayed until this weekend.

Being an independent organization there aren't any words to express our appreciation to those who sponsored the awards for this 7th annual tournament. Without the help of our sponsors this tournament would not be possible.

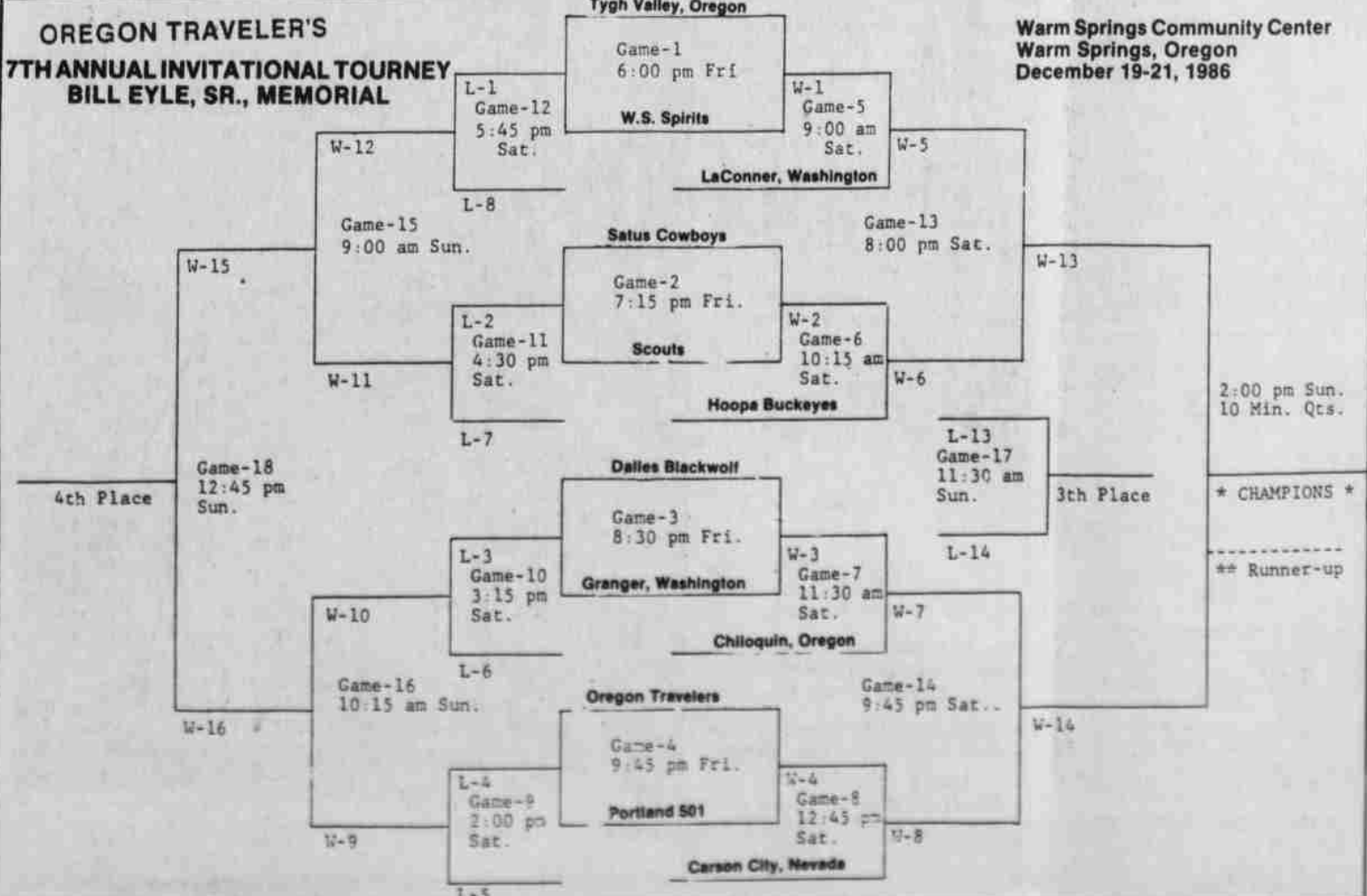
With times being as tough as

they are, we are satisfied to be able to get the response we did on team entries. Also we are going to be honoring one of our senior citizens, Mrs. Mabel Eyle. It was Mabel Eyle and her late husband Mr. Bill Eyle, Sr. whom helped organize, and sponsor the "Oregon Travelers," during their first season ten years ago.

To show our appreciation, we are going to honor Mrs. Mabel

Eyle, as being the founder of the team, December 21, 1986 during the Championship Game and we'd very much appreciate all those who are able to make it for this benefit and the tourney.

Thank you,  
Tony Suppah  
Oregon Travelers/Roadrunners Association



Joanne Bryant—Exerciser of the Month