

# Conference points out many reasons, help for suicides

by Tina Aguilar

Years ago "there was no word

for suicide in any Indian language," said Delores George, an interpreter for the Yakima tribe. George was

one of many speakers at the Northwest Tribes Suicide Prevention Conference II which ran from May

24 through 26 at the Yakima Convention Center in Yakima, Washington. George shared that even now when native Americans refer to suicide when speaking in their native language, they say the English word suicide.

Many causes are cited for suicide and suicide attempts. The adolescent, in particular, has a very difficult time as he or she is changing from a child to an adult. This world we live in today is difficult enough, but "to an adolescent, it is harder to adjust," says Dr. William Abruzzi, professor from St. Joseph's College in West Hartford, Connecticut. The children are taught to be more dependent on others outside the family unit by starting school at a very young age. Head Start begins at the age of three. School systems are providing information that often should come from within the family structure. Students work on to college. Abruzzi expressed that adolescents need a core substance, something to believe in and something to establish their self-worth. They must know that it matters they are alive and here with the family.

Suicide occurs more often after substance abuse and after a recent loss. Helplessness is a big sign that

the person has no control over the events of his or her life. According to statistics, there are many different reasons for suicide such as getting back at someone such as parents, spouse, friends. The most common reason was a feeling of not belonging to a family structure.

In the native American family, there was a time when everyone helped on another. When someone had a problem, that person could go to an aunt, uncle, cousin or another relative. But in today's life, the philosophy seems to be each one for himself.

Dr. Madeline Meuser, clinical psychologist from Victoria, British Columbia, discussed depression and suicide. A person who grieves in silence is in pain. He or she may not act as a normal person might expect them to act. "They are not insane but in pain," says Meuser. Emotional beatings, such as belittling, causes more pain than physical beatings. Emotional beatings make a person feel unworthy. Meuser stressed that the most important healer for those grieving is love. It is not the person doing the unusual, but the pain, that is driving the person. Meuser shared that most people are scared to deal with the issue of suicide, but if you confront

a person and ask if they are thinking of ending their life, the problem can be shared and talked out. When a person closes their eyes to the signs, they are scared of the answer.

"Healing is an important part of those dealing with the suicide of someone close," said Dr. Henry Seiden, psychologist and psychotherapist in Forest Hills, New York. "Especially the death of a child. The wound never completely heals, but with any suicide, a part of the healing process is talking." If an individual is on the listening end, he should listen to the person or offer to listen. Try to find a listening attitude, rather than offer advice. If you don't understand what they are saying, say so, instead of giving bad advice, or just say you don't understand. Relate to the person considering suicide the feelings that are in your heart.

It is very important to let people know you care about them. Being a role model also plays an important part.

The bottom line, says Dr. Jerome Motto, professor of psychiatry at the University of California in San Francisco, is never give up on the person who is considering suicide. "Keep listening to them and loving them."



The Lord's prayer in sign language opens Suicide Conference.

## Parent workshop set for June

In an effort to provide national leadership in racial and ethnic relations in American higher education, the University of Oklahoma will hold a national conference June 4 through 6 in Oklahoma City.

The conference, which will be held at the Sheraton Century Center Hotel and Towers, is sponsored by the U of O's Southwest Center for Human Relations Studies.

"The Second National Conference on Racial and Ethnic Relations in American Higher Education" will feature keynote addresses by noted experts from higher education, research institutes and various fields.

The conference is targeted toward higher education senior administrative officers, faculty, and administrators in the various service areas within universities, such as student housing, student affairs, admissions, recruitment and financial. Last year's meeting, which at-

tracted 500 people from across the country, was the first national conference of its kind, said Margaret Abudu Green, executive director of the Southwest Center for Human Relations Studies.

The conference grew out of concern over the number of incidents of intolerance and racial and ethnic conflict on college and university campuses, she said.

"There is a need for national leadership in the area of racial and ethnic relations to assist leaders at various institutions trying to deal with the realities of cultural pluralism," Green said.

Registration for the conference is \$195, which includes all conference materials and special events. All conference registrations must be prepaid. To register, people may contact Continuing Education and Public Service Central Registration, (405) 325-2248, or toll-free in Oklahoma, 1-800-522-0755.

## Feather winners noted

The Feather of Honor Award was presented to 155 students for good attendance for the third quarter of school. Congratulations to the following students:

**Graham A.M.**—Rodney Estimo, Floyd Frank, Jr., Tony Gilbert, Gerald Tias, Warren Wallullatum;

**Graham P.M.**—Tashna Hicks, Sheena Courtney;

**Henry A.M.**—Matthew Arthur, Jerrold Brunoe, Alex Chaplin, Alfred Estimo, Carl Howe, Karla Kalama, Loren Littlefield, Sarah Ribeiro, Winter Dawn Selam, Bilibie Suppah, Kay Wells, Randy Yahtin;

**Henry P.M.**—Ellison Chavez, Lester Dixon, Adrienne Merrifield, Anthony Mitchell, Mallory Poik, Janell Tailfeathers, Antonia Wahsise, Aaron Wewa, Willard White;

**Rodgers**—Jackie Covers-up, Jonathan Culps, Elizabeth Earl, William Esquiro, Craig Graham, Raymond Jones, Thomas Medina, Dawn Rowland, Chris Sanders, Pamela Saunders, Winter Selam, Elfreda Smith, Tera Wallullatum;

**Fuentes**—Mary Ann Stahi, Vera Smith, Una Johnson, Annie Fuiava, Fred Wallullatum, Grant Waheneka, Ernie Bryant, Hector Gonzalez;

**Cook**—Amy Suppah, Antonia Alonso, Benita Merrifield, Derek Greene, Darreck Palmer, Jerald Foster, Rachel Smith, Tashina Smith;

**Kaiser**—Fawn Begay, Frederic Jack, Oris Made, Alex Martinez, Aimee Poitras, Jessica Sanders.

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## Levy election—

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voters if the Oregon Constitution should be amended to permit the legislative assembly to determine use of proceeds from property forfeited to the State.

The second state measure asks if the Oregon Constitution should be amended to prohibit the sale or export of timber from State lands unless processed in Oregon.

## MOIHS seeks additional artifacts

The Middle Oregon Indian Historical Society has approved its second purchase for 1989.

The Society is requesting historical photographs and educational display kits from the people of Warm Springs. These items will be used in future MOIHS school and hands-on exhibits. Items must be in good condition.

Forms can be picked up at the Museum office and must be completed and returned along with the

item to the office by June 16, 1989. Only those items listed below will be accepted for appraisal and will be limited to one educational kit per applicant or family.

1. Historical photographs from tribal member family collections for purchase or loan; request photographs of past chiefs, Tribal Council and other tribal leaders.

2. Regalia for exhibit mannequin models.

a. Two men's x-large new rib-

bon shirt (cloth)

b. One men's small new rib-

bon shirt (cloth)

c. Two women's new wing

dress set (cloth)

d. One girl's new wing dress

set (cloth)

e. One pair women's Indian

tanned high top moccasins—plain,

size 8 (new)

f. One pair men's Indian tanned

low top moccasins—plain, size 10

(new)

3. Educational kits—For future MOIHS exhibits. These will be used for school exhibits and hands-on exhibits for people to handle, touch and feel.

a. Hunting kit: Should include hand made bow and arrows, arrow quiver, spear, tomahawk, knife with sheath, shield, sample of fur pelts, small assortment of antler horns. In good condition and not too fresh.

b. Baby cradle board: New and cloth, one each newborn and medium.

c. Indian dolls: For handling or display in traditional or contemporary clothing. Or toy horse display for parades.

d. Drums: One each hand drum with drum stick and one each powwow drum with five drumsticks. For handling or drumming.

e. Stickgame kit: With complete set of sticks and bones. Also requested is a tape of stickgame song and story of stickgame.

f. Traditional plant kit: Local Indian teas, fiber, native dyes and medicine plants for display only.

## Scott enjoys fisheries technician position

"Minority women are in demand" in the natural resources field, says Oregon Department of Fish and

Wildlife fisheries technician Carmela Scott. Many options exist and "It's a great field," she adds.

Scott's interest in natural resources was stimulated three years ago when she entered a training

program working with the Warm Springs Natural Resources department. She gained experience in the areas of wildlife and fisheries and particularly enjoyed stream rehabilitation work.

Scott currently holds a job with the ODFW in which she is utilizing her training. As a temporary employee she does creel census, makes surveys of fishermen in the Ochoco District, plants fish and makes fish population surveys.

In June, Scott will begin seasonal work with the Ochoco Forest Service, overseeing planned stream rehabilitation projects.

Eventually, Scott would like to gain enough knowledge to enable her to draft plans for stream projects. She will be taking a drafting course this fall in pursuit of her goal.

Many job options are available off the reservation for minority women interested in natural resources, Scott emphasizes. Scott explains that she misses the crew at the Warm Springs Natural Resources department but she is pleased that she decided to expand her career to include work with the State and soon a position with the U.S. Forest Service. Scott says she is learning much and "meeting many nice people." She encourages others to look off the reservation for experience in their fields.



Carmela Scott, Oregon Department of fish and Wildlife technician, surveys fishermen at the Crooked River as part of her job. She encourages other minority women to look for work in natural resource fields.

## Pacific Power requests price decrease

Pacific Power proposed its third customer price decrease in two years to the Oregon Public Utilities Commission in late May.

While the application was still being put together, Pacific manager Anita Decker said preliminary figures indicated the price decrease would equal at least \$12 million or about 2.5 percent in annual revenues.

"At that level, Oregon customers would be paying less for our electricity than they were in 1985," Decker stated.

Primary factors behind the planned price decrease application

were the benefits from Pacific's merger with Utah Power and Light Company earlier this year, and continuing successful efforts to reduce operating costs.

Decker noted the energy services company publicly committed to stable, competitive customer prices through 1993 as a result of its merger with Utah Power. She also pointed out that the impact of this month's anticipated filing would vary among the different types of customers, as well as how different customers use electric energy.

"Our pricing commitment means two things—one, we're going to do our best to lower our prices to those customer segments where we face the toughest competition from other energy sources and providers. "And two, we're going to limit any changes in price to our other customers to minor fluctuations," she explained.

Pacific's intent is to retain customers who might be lured to other energy sources or providers and, at the same time, to increase other customers' acceptance of its pro-

ducts and services by holding the line on any necessary upward price adjustments.

"While we anticipate an average

price reduction this summer in the vicinity of 2.5 percent, some customers may not experience any price change," Decker said.

## Light repairs costly

Two issues of vital concern to residents on the Warm Springs Indian reservation—safety and money—come to the mind when Pacific Power's Madras District Manager, Anita Decker, tallies the impact of persons on the reservation who use streetlights for target practice.

"We're very concerned about the safety of people on the reservation, because streetlights make the streets safer for both pedestrians and cars, and help prevent crime, too," she pointed out.

At almost \$400 each to repair, the damaged streetlights also mean a significant expense which must be shared by all customers in the area.

"We lose 40 to 50 lights per year to vandalism by gun shot in Warm

Springs alone," Decker explained. "The bullets usually damage the whole lamp head, not just the lamp itself. That means our serviceman can't fix it by himself—we have to send out our entire crew to make the repair."

The \$15,000 to \$20,000 spent annually on streetlight repairs could be put to much better use, Decker said.

"We've been able to cut our prices twice in the past couple of years because we've paid extra-close attention to cutting our costs," Decker concluded. "Besides increasing the safety of our customers on the reservation, we could devote even more resources to economic development support or improvements to customer service if we could eliminate this expense."



EMS/Firefighters recognized

Andy James (left) recently received an award for Firefighter of the Year for 1988 and Rick Ribeiro received an award for Emergency Medical Services Provider of the year for 1988. The awards were presented by Warm Springs Fire and Safety for exceptional service.

## Spilyay Tymoo

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