

## Why women stay in abusive relationships



by Erin Sweeden

The battered woman stays because she's learned from experience that although everything looks black today, tomorrow will be better and she'll be back in love again. It's only a little bruise, and it hasn't happened in a long time. She doesn't want the relationship to end; she just wants the abuse to stop. They promised to stay together "for better or worse until death do us part," and she believes it's the wife's responsibility to keep the family together. Besides, the children need their father. What would people say if there's a divorce? She could even lose custody of her children. The minister, police, and parents keep urging them to try to work it out. Next time, she won't make the same mistake again and she'll finally get it right. He promised he'd go into treatment and it would never happen again.

If the woman did leave, where would she go anyway. She let go of supportive family and friends because he didn't like them. Educational and career goals were discouraged, so it's difficult to imagine supporting the family alone. After years of being called ugly, stupid and worthless, she lacks the self-esteem to seek either a job or another partner. She may even have lost all sense of self and self-preservation. Many women are terrified of being alone. A miserable present can be easier to cope with than an unknown future. In some cases, men threaten to kill their partners or harm their families if they leave, and in fact, the risk of severe violence does increase after reporting or separation.

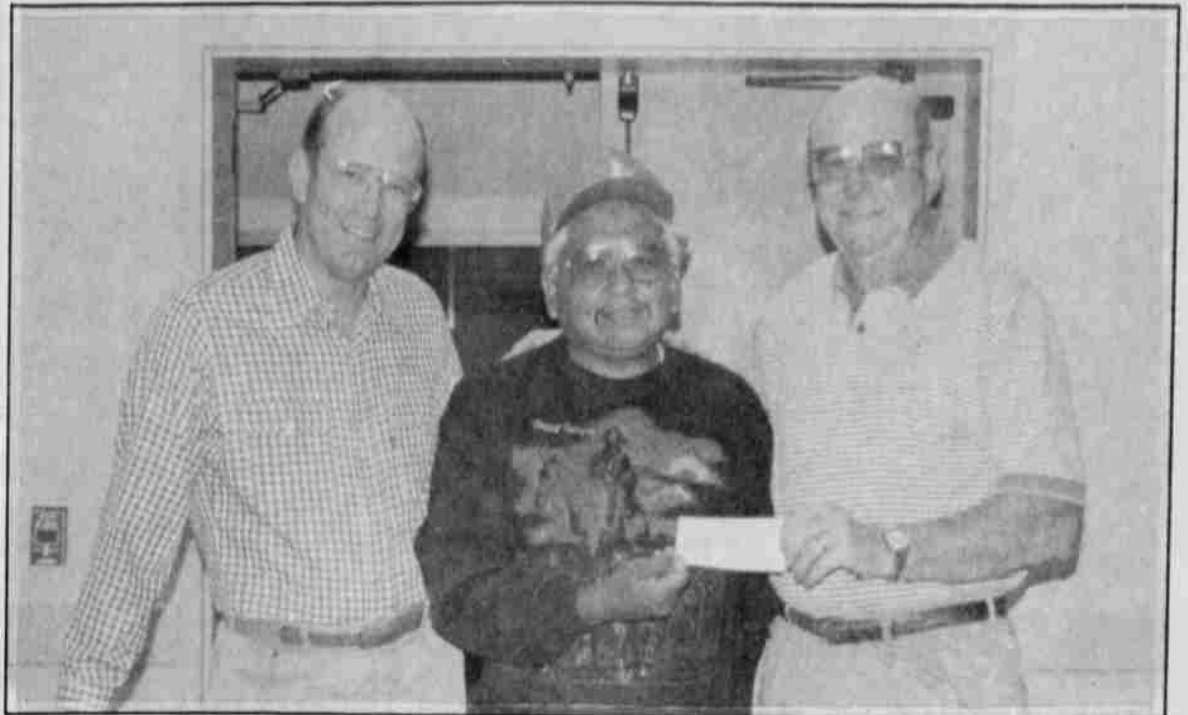
After a period of time, deeper psychological changes take place which make it even more difficult for battered women to leave. They develop "learned helplessness." When dogs are put in cages and given electric shocks when they press the wrong bar and then receive shocks no matter what they do, they learn to lie down and stay there even when the cage doors are opened and they could easily escape.

Another explanation is that trauma bonds form between the victim and the victimizer when violence is followed by a honeymoon when all is forgiven. The romance of the honeymoon and the excitement of such an intense relationship are rewards

which are not nurturing. The longer the trauma continues and the greater the increase in fear, the stronger the trauma bond becomes. It is even stronger if the trauma is similar to an earlier victimization such as child abuse or a previous violent relationship. Victims are often attracted to the same traumatic situations again and again in an effort to get it resolved somehow, and this just leads to more victimization.

Despite all the reasons for staying, there are certain things which tend to finally push women over the edge into leaving. Some will tolerate unspeakable abuse to themselves, but when the abuse spreads to their children, they take them to safety. Some go when their children get a little older. Others leave when the violence gets so bad and so often that home no longer feels like a safe place and the risk of staying seems greater than the risk of leaving. The last straw for some is when they get arrested for defending themselves against their abusers and court mandated into counseling or anger management training. All traces of love are usually long gone by this time.

Support and encouragement from outside the marriage can be helpful at any point. However, all the help in the world won't be enough until a woman decides she's ready. If you are ready to ask for support or look at some options, please call Erin at 553-3205.



Ron Leland (left), and Bunny Mason (right) presented Benson Heath with a check to be used for youth activities. Heath says it will be used for Huckleberry Feast cowdeo and powwow in August 1995.

## Hackle Hackers donate money for ninth year

An organization called Hackle Hackers donated money to the Warm Springs tribe October 2 to be used for youth activities in the community. The Hackle Hackers have been donating money to the tribes for the past nine years totaling \$6,000. They also donate money to the city kids of Portland. Each year a group of participants meet at Kah-Nee-Ta and enjoy themselves playing both golf and fly fishing.

The founders of the group are Bunny Mason and Ron Leland out of Portland. Golfers and fly fisherman

travel from Seattle, Portland, and once as far as Boston Massachusetts to golf and fly fish at Kah-Nee-Ta.

Hackle Hackers hold a contest each year by taking the net golf score (which is actual golf score plus the handicap) and deducting one stroke for each inch of legal fish (from fly fishing). A three man team with the lowest score wins. They use drift boats entering the river from the park across from Rainbow Market and end their fishing trip at the mouth of the Warm Springs river. They never kill any fish, each catch is let go.

Bunny Mason is familiar with the golf course because he was asked to design the last nine holes by Vernon Jackson in 1974. They enjoy coming to Kah-Nee-Ta because it offers a unique environment for both fly fishing and golfing.

The check was presented to Benson Heath at Kah-Nee-Ta Lodge October 2. The Hackle Hackers are grateful to Heath for all he has done for them these past nine years. This year the donated money is going to be used for activities at the Huckleberry Feast 1995.

## Lotus classes rescheduled

In the Fall Community Education schedule we had Introduction to Lotus and Lotus 2.4 Version. We have canceled both of these classes because of lack of enrollment. After canceling the Introduction class, a number of calls came in so we will try again and offer the Introduction to Lotus on November 7, 1994. The class will run from the 7th through the 28th of November, starting at 6:30 to 9:00 p.m. The cost is \$32 and you need to bring a 3 1/2 inch disk to class. Mike Lofting will be the instructor.

Please call immediately and get registered. If we do not have 10 people by October 24th, we will again cancel the class. REMEMBER TO REGISTER EARLY.

Please call your Warm Springs COCC Center at 553-1428 with questions and come by to register at the Center in the Education Building.

## Listen for alarm on October 30

To the editor,

Each year, thousands of people needlessly die or are injured in home fires. Tragically, many of them would be alive or unharmed today had their home been equipped with a working smoke detector.

A working smoke detector cuts the risk of dying in a home fire by nearly half by providing an early warning and critical extra seconds to escape. The problem is that, although 82 percent of American homes have smoke detectors,

nearly one-third don't work because of worn or missing batteries.

To reduce and prevent home fire tragedies in our community, Warm Springs Fire & Safety has joined forces with the International Association of Fire Chiefs and Energizer batteries for a compelling and effective national home fire safety campaign called "Change Your Clock, Change Your Battery." Our message is simple and potentially lifesaving: change the batteries in your smoke detector when you change your clock back from daylight-saving time.

To help you remember, at 6:00 p.m. on Saturday, October 30th, we will activate emergency sirens of all kinds throughout our community. As we sound the alarm on smoke detector neglect, we will be among thousands of other fire departments nationwide participating in the country's first national fire safety drill, "Operation Check and Change."

When you hear the sirens, check and change the batteries in your smoke detectors and take a few other fire safety prevention measures, such as checking your smoke detector itself by pushing the test button, planning "two ways out" and practicing these escape routes with your family.

Remember, "Change Your Clock, Change Your Battery." It could save your life.

Bob D. Sjolund (Fireman Bob) Prevention Officer

## Insure family safety: Check batteries

During Fire Prevention Week, Warm Springs Fire & Safety targeted a pressing, tragic problem that affects at least one-third of the homes in America, smoke detectors that don't work due to old or missing batteries.

There has been countless cases where people perish in fires in homes that had smoke detectors, but the smoke detectors didn't work. It's unimaginable the pain a family must feel when they had simply replaced the battery in their smoke detector?

As a part of Fire Prevention Week, which runs from Oct. 6 through Oct. 12, Warm Springs Fire & Safety is issuing a challenge to Warm Springs residents to help ensure that every home has a working smoke detector.

Fire prevention officials say

many Americans have a false and dangerous sense of security about smoke detectors. While more than 85 percent of American homes have at least one smoke detector installed, as many as one-third of them would not work in an emergency because of old or missing batteries. Inoperable smoke detectors contribute to many of the 6,000 deaths and 230,000 injuries that occur each year in fires.

It has been found that one of the most common reasons for residential fire deaths is the failure to have a working smoke detector. Warm Springs Fire & Safety encourages all residents to replace their smoke detector batteries annually and to check the operation of the detector monthly.

To help fight the problem, Warm Springs Fire & Safety will be par-

ticipating in an annual national public education program called "Change Your Clock, Change Your Battery." The program encourages people to make a habit of changing the batteries in their smoke detectors every fall when they change their clock back to standard time. For 1994, the date of the time change is October 30. The program is sponsored nationally by the International Association of Fire Chiefs and Energizer batteries.

The percentage of American homes that have working smoke detectors remains less than 60 percent. "We have found many of homes with non-working smoke detectors," stated Bob Sjolund, Prevention Officer. "Yet the problem is simply remedied by replacing the battery in a smoke detector. This inexpensive, untimely act can double a person's chances of surviving a fire."

## Program promotes athletic activities

DUNKS NOT DRUNKS was a gift given to the Warm Springs Healthy Nation by the Salish & Kootnai Reservation Healthy Nations Project. The theme behind DUNKS NOT DRUNKS is to promote athletic activities for youth and adults to discourage alcohol and drug abuse.

This year we are asking you, "What can we do to reduce alcohol and drug abuse in Warm Springs." The Council on Alcohol and Drug and the Warm Springs Healthy Nations are looking for a few constructive ideas, and want to hear from you. In 1996, we will receive some funding from the Robert Wood Johnson Foundation to

implement some of those ideas. Talk and action. Join us in collecting your ideas, and letting them be known. Only the people of Warm Springs can say what will heal our community.

Just a note of thanks to: Sylvia Wallulatum, Nettie Shawaway, Ellen Johnson, Nancy Kirk, Ron Suppah, Pinky Beymer, Vio Vaeth, Jameson Mitchell, Floyd Gibson, Andy Leonard, Marcella Brunoe, Susan Moody, Sheila Wahnetah, Urbana Manion, Raneva Dowty and KWSO for their assistance in making the radio program a success. We have heard many positive comments regarding the radio shows and are

looking forward to the next series. We are looking for community members who would like to volunteer for the next series which we will be putting together soon. Call us at (503) 553-4914.

## Chamema transferred

Sergeant William O. Chamema, Jr., son of Shirley A. Smith was chosen to attend Sergeants Courses for six seeks at MCAGCC (Marine Corp Air Ground Combat Center)



at 29 Palms, CA. Sergeant Chamema's unit is: 7th ESBN, 1st FSSG; Box 555677; Camp Pendleton, CA.

Their major subjects were: 1) day/night land navigation 2) offense & defense of squad operations 3) repelling-fast rope 4) obstacle courses 5) squad inspection 6) sword's manual-drill 7) troupe leadership-counseling 8) weapons firing (M-203, M-249, M-50, M-60, MK-19) 9) desert survival 10) law of land warfare.

A lot more courses were taken, the above were the main major subjects. At the end of graduation, the class score as a group was a passing 95% points average. The class broke the record from 8 years back. That was when the last record was broken.

Sergeant Chamema will be assigned to the base in Tulsa, OK for three years. He is to report on the 2nd week of October. His family will join him at a later date.

## Tribal Council Agenda

### MONDAY, OCTOBER 17

9 a.m.--Business  
9:30 a.m.--COO update with Ed Henderson  
10:30 a.m.--Gaming Update with Charles Jackson  
1:30 p.m.--Legislative update with Mark Phillips  
2 p.m.--Overall Economic Development Plan with Charles Jackson

### TUESDAY & WEDNESDAY, OCTOBER 18 AND 19

Formal Water Negotiation session at Kah-Nee-Ta

### MONDAY, OCTOBER 24

9 a.m.--Business  
9:30 a.m.--COO update with Ed Henderson  
10:30 a.m.--IHS Monthly Report with Russ Alger  
1:30 p.m.--Legislative update with Mark Phillips  
2 p.m.--BIA Superintendent Monthly report with Gordon Cannon  
3:30 p.m.--BIA forestry monthly report with Bill Donaghy

### TUESDAY, OCTOBER 25

9 a.m.--Business  
9:30 a.m.--Tribal Council November agenda with Doris Miller  
10:30 a.m.--Realty with Everett Patt  
1:30 p.m.--Enrollments with Madeline Queahpama  
3:30 p.m.--Tribal Attorney update with Dennis Karnopp

### WEDNESDAY, OCTOBER 26

9 a.m.--Business  
9:30 a.m.--Deschutes USFS with Jim Coburn  
1:30 p.m.--Investment workshop with Jeff Frank

### FRIDAY, OCTOBER 28

9 a.m.--Bonneville Power with John Smith

### MONDAY, OCTOBER 31

9 a.m.--Business  
9:30 a.m.--COO update with Ed Henderson  
10 a.m.--Financial Monthly Report with Miles King  
1:30 p.m.--Legislative Update with Mark Phillips  
2 p.m.--Tribal Court Monthly report with Lola Sohappay  
3:30 p.m.--Museum Update with Michael Hammond

Also to be scheduled are Affirmative Action, gaming recommendation and comprehensive plan status report

## Halloween activities scheduled

Well, Halloween is just about here and if you're looking for a way to have some fun, come check out the Halloween Dance on October 29th at 9:00 p.m. at the Social Hall \$5 per couple, \$3 single and if you're in FULL COSTUME, it's \$1. Or, the Haunted House at the Fire & Safety Annex on Halloween night, starting about 5:30 p.m.

Both events sponsored by RSVP the Fire & Safety Volunteers. All proceeds go toward training and equipment. So come on, let's have some fun!!!

## No impact found in proposed Boulder/Shitike sale

The Bureau of Indian Affairs, Warm Springs Agency, proposes a timber harvest in the Shitike and Mill Creek watersheds of the Warm Springs Indian Reservation. The primary objectives of this sale are to produce income for the Confederated Tribes of Warm Springs, to improve forest health through various silvicultural treatments and to salvage dead and dying timber from recent insect/drought impacts. Approximately six million board feet of timber will be harvested from 646 acres; of which 613 acres will be clearcuts with seed trees left, 17 acres shelterwood cuts, and 16 acres of commercial thinning. There will also be 346 acres of pre-commercial thinning.

Based on the Project Assessment, Boulder/Shitike Timber Sale and public comments gathered during the period of December 8, 1993 through July 15, 1994, we have determined that the proposed action does not pose a significant impact upon the human environment. Preparation of an Environmental Impact Statement as cited under Section 102 (2) (c) of

the National Environmental Policy Act of 1969-42 USC 4223 (2) (c) is therefore not required.

Factors Supporting a Finding of No Significant:

To protect soil resources: Retain as much organic matter on the surface as possible. Where slash must be burned, broadcast burning will be used rather than "pile and burn" methods. Where possible seed exposed mineral soils with grasses. On high production sites deep ripping of compact areas will be employed to improve timber growth.

The water quality will be protected by: Placing rocks and boulders at stream crossings and waterholes; removing a portion of the P-650 road (from intersection of the P-600 road) to the intersection of the P-600 road; stabilizing and repairing the P-630 road and redesigning the drainage features for long-term use.

To minimize wildlife harassment: Restrict all harvest activities and close roads from December 1 to May 1. Seasonal road closures will be proposed based on tribal member and Natural Resources Department staff

input.

All BMP's (Best Management Practices) and Standards included in the Integrated Resources Management Plan will be complied with during this project.

Logging equipment will be washed prior to entering and exiting the project area to control noxious weed spread.

To provide soil stabilization and improve forage for wildlife and livestock use, 18.5 miles of eradicated

roads will be reseeded.

To protect cultural plan areas, barriers will be placed on the P-620 road at the P-650 junction. To protect a sensitive area, the P-511 road will be rocked from the P-510 junction.

To minimize visual impacts from logging, three to four trees per acre were left on blocks where there were healthy, dominant trees available.

This decision was implemented October 13, 1994, seven calendar days from the signing of this document.

## BIA proposes Mt. Wilson timber sale

On behalf of the Confederated Tribes of Warm Springs, the Bureau of Indian Affairs proposes a 1995 timber harvest in the Mt. Wilson Sub-Forest Planning Unit. The proposed sale is located within the Beaver Creek Watershed on the Warm Springs Reservation. Approximately 1,200 acres are proposed for harvest utilizing a variety of logging methods. The sale would yield approximately 39 million board feet of timber.

The Confederated Tribes and the BIA encourage tribal members to submit comments and concerns to this draft project assessment to the Project Interdisciplinary Team Leader at the branch of forestry office no later than October 16, 1994.

For further information, contact Matthew Jimenez, team leader at 553-2416. To obtain a copy of the draft project assessment, contact Branch of Forestry, Warm Springs Agency, at 553-2416.