

## Disabled people must be dealt with respectfully

by Lucy Linker, executive director of The Arc of Umatilla County and Norma L. Simpson, OSU Warm Springs Extension Service

During the Chatcolab Recreation and Leadership training attended by Tina Aguilar and Valarie Aguilar and Norma Simpson, several presentations were given about working with disabled people. Lucy Linker included several pages in the *Chatcolab Notebook* which I think might help us all to interact with people with disabilities. Part 1 has to do with writing about disabilities. And part 2 deals with appropriate terminology for specific disabilities.

For many of us it means accepting the right of this group to determine the choices for writing and speaking about them, even if it means that we have to learn new ways of behaving. Perhaps Lucy's opening page will explain why.

Lucy started with a question: "What Do You Say? Is language important? Should people with disabilities be concerned about the words used to describe disability and the people who have disabilities? Look at the civil rights efforts in America. One of the most important steps is for any minority group to proudly take control of the language used to define the group. Thus Negroes became Blacks and now African-Americans and girls became women.

"Now it is our turn. We must claim our language. We must use it appropriately so others become familiar with it. We must inform those who write about us what we will accept. How many times have you seen a child with Muscular Dystrophy portrayed as 'suffering'?

How many times have you seen stories with people portrayed as 'special'? How about stories about people who are doing important things in the communities, who are described as 'confined to a wheelchair'? The media will never change the way they talk about us until we first set a good example, then tell them what we expect.

**PORTRAYAL ISSUES**  
Please consider the following when writing about people with disabilities.

1. Do not focus on a disability unless it is crucial to a story.
2. Do not portray people with disabilities who succeed as superhuman. Even though the public tends to admire superachievers, portraying people with disabilities as superstars raises false expectations that all people with disabilities should achieve at this level.
3. Do not sensationalize a disability by saying affected with, crippled with, suffers from, victim of, and so on. Instead, say person who has multiple sclerosis, man who had (or contracted) polio.
4. Do not label people as part of a disability group, such as the retarded. Instead, say person with mental retardation.
5. Put people first, not their disability. Say woman with arthritis, children who are deaf, people with disabilities. This puts the focus on the individual, not on a particular

functional limitation. Because of editorial pressures to be succinct, we know it is not always possible to use preferred style (e.g. to put people first). Consider the following alternatives. These suggestions are not necessarily sanctioned by the disability groups who have endorsed the Guidelines. However, if the portrayal is positive and accurate, the following variations may be used: disabled citizens, nondisabled people, wheelchair user, deaf girl, brain-damaged woman, paralyzed child, and so on. Crippled, deformed, suffers from, victim of, the retarded, etc. are never acceptable under any circumstances.

6. Emphasize abilities not limitations. Consider: *uses a wheelchair/braces, walks with crutches rather than confined to a wheelchair, wheelchair-bound, or is crippled*. Similarly, do not use descriptors such as unfortunate, pitiful and so forth.

Disability groups also strongly object to using euphemisms to describe disabilities. Blind advocates dislike "partially sighted," because it implies avoiding acceptance of blindness. Terms such as "handicapped, mentally different," and "physically challenged" are considered to be condescending and reinforce the idea that disabilities cannot be dealt with up front.

7. Do not imply disease when discussing disabilities that result from a prior disease episode. People who have had polio and experience after-effects years later have a postpolio disability. They do not currently experience the disease. Do not imply disease with people whose disability has resulted from anatomical or physiological damage (e.g., person with spina bifida or cerebral palsy).

Reference to disease associated with a disability is acceptable only with chronic diseases, such as arthritis, Parkinson's disease or multiple sclerosis. People with disabilities should not be referred to as patients or cases unless their relationship with their doctor is under discussion.

8. Show persons with disabilities as active members of society. Portraying persons with disabilities interacting with nondisabled people in social and work environments, i.e. putting them "in the landscape," helps to break down barriers and open lines of communications.

9. People is preferred over persons when referring to a large segment of a population, i.e., people with mental retardation. *Persons* is appropriate for a specific number under 25, i.e., 12 persons with disabilities hold management positions in the company." (emphasis added)

As I typed each of these considerations, I could see changes that I need to make, or steps that I have already made. Several years ago I remember the first time I saw the television ads about a vivacious smiling young girl, who later was shown in her job in a supermarket performed in her wheelchair. Great! I mentally said to myself. The American media is making progress. And since that time many more disabled people are in TV

sitcoms and TV, newspaper and magazine ads and in professional journalism roles.

In Part 2 of this series in the next Splyay, we will include the section about "Appropriate Terminology for Specific Disabilities." The movement by the disabled to decide what they wanted to be called and how their disabilities should be understood by others began in 1987.

The *Chatcolab Notebook* contains a brochure "Beyond the (Associated Press) AP Stylebook" and another brochure "A Guide for Restaurants-People with Developmental Disabilities as Part of the Community" and another publication also by ARC of Oregon called "10 Steps to Independence: Promoting Self-Determination in the Home" in English and Spanish. And two other single-paged handouts "Self-Determination: A Means to an End" and "Supporting Self-Determination - for Young Children, Adolescents and Teens, and Adults." If you would like copies of these two publications, call the OSU/Warm Springs Extension Service at 553-3238 and we'll make copies for you.



Information provided by:  
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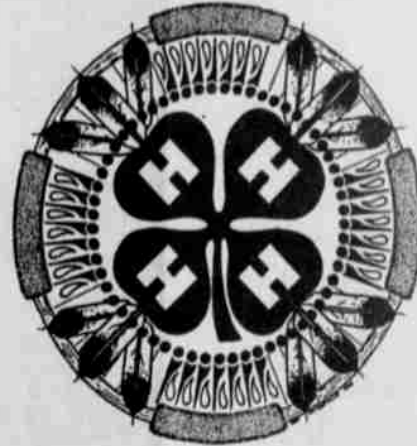
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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

## Wilderness Enrichment Camp work rolling along



cause Arlene knows this familiar countdown as from years past. Right Arlene? Have you signed your kids up yet? The deadline to sign up and pay is the end of July. Remember, we'll be taking the first 40 kids to sign up, who have completed the second grade on up to the eighth grade. It's gonna be a good time for all little campers!

Parents of campers! Please don't miss the traditional meal on the last day of camp. Make time in your busy schedule to come join your children and fellowship with other folks! It's good to spend time away from life's trials and tribulations and enjoy nature, some good food and your children.

Is this a profound statement or what? Thank You! Thank You! But it is genuine, and it came from my own reflective thinking! After all, you have to come pick them up anyway, I SAID, "HAVE TO".

4-H is about kids and their families, volunteers who give the best of themselves to the programs. It's getting together, learning new things, and having fun while doing it. Why don't you all think about becoming involved with 4-H somehow. Whether it be because of your kids, grandkids, nieces, nephews, or whatever! If you have something, anything to offer to this community that could benefit our children, by all means, get busy and just do it! Won't hurt to try!

\* I just remembered, I do have one bit of information on clubs, that is on the Rainbow

Dancers Club. The club has picked itself up off the dance floor and decided to give it another try. Talk about some leadership! These people rallied together and took the bull by the horns, or was it roped the bull by the horns? (oh no, that's team roping) I really must admire this club, they do have staying power. So let it be known: The Rainbow Dancers are back once again, they are strong, and ready to exhibit their dances to the fullest. They will be attending the State Fair in Salem, Oregon again this year.

ANOTHER NOTE TO ALL YOU 4-H LEADERS REGARDING 4-H HEALTH REGISTRATION FORMS—get them in for 1995. I believe I spoke to some of you about these, even gave you the forms to fill out and bring back. I won't use any names but here are some leaders that need to get the 4-H health forms into the OSU Extension Office for 1995: Raneva Dowty - Search and Rescue Cadets, Foster Kalama - CRB Girls Basketball Team, Violetta Vaeth - Cultural Club, ALL RAINBOW DANCER CLUB MEMBERS AND LEADERS, Keith Baker - 4-H Search and Rescue, Laura Fuentes - WS Livestock Club, Andy Leonard - Club Running Eagles.

I hope I've covered everything I need to, probably not, but hey, at least I gave it a shot. See you down the 4-H Trail...later. C.R.

Hey, hello again! I guess I told an untruth when I said the last article would be my last as the program aide. Oh well! Anyway, here I am once again. Although it seems like we just did the other article, here we are again! Have had no news on the clubs since I last commented on them. I know that really distresses the people who read the Extension Corner faithfully.

Things are really beginning to get rolling for 4-H Wilderness Enrichment Camp at Trout Lake. It's only two short weeks away. (I could tell you the exact amount of days, hours, minutes and seconds if you like, be-

Warm Springs children will be chattering this week about the upcoming 4-H Wilderness Camp, August 9-13 at Trout Lake. Let this be a reminder that parents of the children will make their own arrangements to get the children and their gear to camp.

In fact this is also a reminder to the parents to attend the Sunday Traditional Dinner at noon and to pick up the children and their suitcases and sleeping bags. The bags will be in the on the flat bed truck at the entrance to the campground by Trout Lake. Once you have reloaded the children's belongings to your vehicle, you can park your in that camp ground by the lake while at the dinner.

At Wilderness camp, the children learn about using a compass from National Guard volunteers. This experience prepares the children for a more challenging survival experiences next year.

Two hikes are held Friday August 11. One

hike is for more experienced hikers to the top of Ollalie Butte and the other to Ollalie Lake, gathering huckleberries as they go.

The campers learn about the woods and its animals from Ken and Heidi Smith; and draw and identify animal tracks. They make traditional baskets with Rosemary Charlie; learn ways to make new friends and develop better relationships with other children and adults. They learn about maps with counties, rivers, volcanoes, and reservations in the Northwest with Norma Simpson.

The children and advisors will enjoy the benefits of the sweat lodge; learn about the flag ceremonies; swim in the lake; serve on KP; and paint clown faces with Carol Allison.

In the next Splyay we'll report more about the camp activities complete with pictures. We

will also have more information about the Day Camps on Monday and Tuesday for the Latch Key children.

## What's in the ground beef?

by Norma L. Simpson  
What's the difference between Regular, Lean and Extra Lean Beef? That's a question often asked at the meat counter. Well the answer is the amount of FAT in the package.

Standards have been set for various categories of ground beef. Regular ground beef has a maximum fat content of 30%. Lean Ground Beef has a maximum of 22% fat. Extra Lean Ground Beef has a maximum of 16% fat. Anything exceeding those specific levels is a violation of the standard.

Oregonians are much more sure that the amount of fat in ground beef is within the limits of the standard for the label on the package. Recently the Oregon Department of Agriculture Food Safety Division (ODAFSD) reported that the meat products industry is paying much more attention to the fat levels in ground beef. The Department tested nearly 200 packages of ground beef purchased at random from retailers around the state.

Only about 9% of the (18 samples of the 195 tested) violated the labeling.

Retailers are required to be sure that the meat matches the label on the package. When the ODAFSD takes a sample to test, the lab notifies the retailer of the results. If a mislabeling occurs, the Food Safety specialists will meet directly with the store manager. Then several weeks later, another package will be tested. If a second violation is found, the ODA can turn the matter over to the local district attorney for consumer fraud. Thankfully, that step has not been necessary. It's an indication that the industry takes the matter seriously.

## Setting up housekeeping can be costly

by Norma L. Simpson  
During the Career Day held June 22, 1995, I prepared some guidelines for young people who are getting ready for living in a Dormitory or in a new apartment when they go away to college. These two sheets are good guides to the things that you need to have in either setting. In addition, the lists will give you the cost and serve as a reference for an insurance policy. To set up a "Cozy Dorm Pad" with new purchases including a word processor would cost about \$850 in contrast to a \$400 a month unfurnished apartment which would cost about \$4,000.

The Happy Cozy Apartment list would also be helpful for a new couple. Items could also be purchased at garage sales or be "Ancient Attic" furniture from Grandma's house.

If you would like copies of the list, call OSU Extension 553-3238 or pick up the list outside my office on the Main Floor of the Education Center.

## Use fresh or canned fruit in recipe

by Norma L. Simpson  
The month of July the emphasis was on frozen desserts. Here is one recipe that can either be frozen and warmed for later or eaten while it is cool from thawing. It can be made from home canned apples or fresh apples.

The other emphasis was on canning fruits without sugar, so that you could adapt the fruit for pies or jams later as you prefer. Cherries and apricots were water bathed for 30 minutes, while Marion berries, raspberries and blueberries were removed from the water bath at 20 minutes. If you remove jars, be sure to replace them with boiling water, so the temperatures and quantity of the water is not lower, nor that the other jars do not break in colder water.

- Aunt Norma's Favorite Apple-Cheese Dessert
- 5 cups apple pared and sliced\*
  - 1 tablespoon bottled lemon juice
  - 3/4 cup sugar
  - 1/4 teaspoon cinnamon
  - 1/4 teaspoon nutmeg
  - 1/2 cup sifted flour
  - 1/4 teaspoon salt
  - 1/4 cup butter or margarine
  - 2/3 cup grated cheese (cheddar or low fat cheese)

\* If you are slow or interrupted with the preparation process, cut slices into cold water or fruit freeze mixture to keep apples from

turning dark. Drain well before putting into the baking dish.

Fill pie pan or shallow baking dish with apples; sprinkle it with lemon juice and 1/4 cup of the sugar.

Mix cinnamon, flour, salt and the other 1/2 cup sugar. Cut in butter or margarine until mixture is granular. Stir in cheese. Spread over the apples.

Bake at 350° F (moderate oven) until apples are tender or about 40 minutes. Cool slightly and mark for serving sizes. Freeze in air tight package until ready to serve. Thaw about 30 minutes to serve (or thaw and warm in microwave by the piece as you want to eat it). Serve with plain cream or ice cream if desired.

Makes six servings.

## Tongue-twister challenges the most articulate

by Norma L. Simpson  
While attending the Orff Music class at Chatcolab, I had an unusual experience with a 32-year-old man with mental retardation. He, too, liked the music we learned on the xylophone and percussion instruments. He especially wanted to join the session when our group learned to exchange the words in a tongue-twister for musical instruments. Knowing that I have trouble with tongue-

twisters, I presumed that he would as well. It was a mistake. He did better with the twister than most of us. The tongue-twister goes like this:

Betty Botter bought some butter.  
But she said "This butter's bitter.  
If I put it in my batter,  
It will make my batter bitter.  
But a bit of better butter  
Will make my batter better.

So she bought some better butter  
And it made her batter better.  
So 'twas better Betty Botter  
Bought a bit of better butter.  
In the next Splyay, I will share more of the information from the *Chatcolab Notebook* Part I about how they want people to write about people with disabilities. In the following issue we'll have Part 2 about appropriate terminology for specific disabilities.

## Stockman's Roundup: Agent has much to learn about local culture



by Bob Pawelek OSU Livestock Agent  
Back in December, I got a call from Bobby Brunoe who asked me to attend a meeting in his stead at the Soil Conservation Service office at The Dalles.

The weather was cool yet cooperative, and I enjoyed the drive up to the river, although I had no hint as to what the meeting was about. When I arrived, I was greeted by my friend, Dusty Eddy, who is a range conservation for what was the SCS. Now they're called the NRCS, for "Natural Resources"

instead of just "Soil."

"All that talk about USDA reorganization and all they did was change the name," I asked. Dusty replied that no, the NRCS has been restructured, and now the agency is responsible for watershed basins instead of just counties. It seems to be working out pretty well.

That bit of information made the trip worthwhile already, and that wasn't even why I was called to attend.

Dusty handed me a cup of coffee and introduced me to some very interesting folks. Louie Dick, of the Umatilla Tribe's Natural Resources Department was on hand, as was a very tall and intimidating white man by the name of Alan Epps.

"As you've heard, Bob, the NRCS has been implementing training for USDA personnel to work more effectively in Indian Country," Mr. Epps remarked. I was particularly careful in emphasizing the "Mr." part in addressing this man. "We would like your help in developing a workshop for these folks here in Oregon."

There is no doubt these people need a cultural exchange. Very few agency people understand how tribal government works, and even fewer know how to work with tribes and tribal members.

There had been nine previous workshops of this sort across the American West and

now it was our turn. The biggest problem, it seemed, was where to have it. Louie suggested that Warm Springs serve as the host, as our reservation is more centrally located.

"Well there's Kah-Ne-Ta," I proposed. "We have many workshops there."

"Kah-Ne-Ta is fine, Bob, but what we're looking for is a rustic setting, someplace these technical people can develop a relationship with the tribal members and get in touch with the land," Mr. Epps said.

"Rustic," I thought to myself. "Well, there's Bear Springs Ranger Station. It's sort of on the reservation and it is clearly not a resort." It was agreed that we meet there the next day and visit with the rangers about the possibility of 75 people camping there for a week in July.

Fire crews. No room. Well I had a couple other places for them to visit. Trout Lake was my next suggestive choice. "This is a beautiful place, Bob, but it's quite rustic."

I took my dilemma to Range & Ag, and immediately Dave Smith suggested the Eyerly property. Perfect. Now all we needed was permission. And a cook. And showers and speakers and tables and firewood....

Bernice Mitchell was gracious in agreeing to speak the first day about Warm Springs, its people and traditions. Jerry Lunak, a Blackfoot Indian spoke of his personal tribulations in working in the white man's world.

Louie Dick compared Indian values vs. non-Indian views. An OSU professor spoke of history and the subjugation that American Indians have faced since the 19th Century. Jody Calica offered his own sense of history, pointing out the fact that this land has been inhabited for at least 12,000 years (many hundreds of generations) and that the native peoples of this land agreed to a treaty with an entity called the United States of America less than four generations ago.

Halfway through the workshop, it occurred to me that even I still have much to learn about Indian ways.

Bobby Brunoe and Dave Smith gave talks on IRMP, Range & Ag projects, and the role of the Bureau of Indian Affairs. They offered advice on how USDA personnel can help tribes work to achieve common goals. Alan Epps extended his own experience when asked how to behave in front of elders. By the time the workshop was nearing an end, the participants were absorbed with an awareness that they had not brought with them.

We got rained on once or twice. And I will concede that Bobby Brunoe outfished me. And yes, I forgot to request a fire permit for Irene Towse's salmon bake.

We accomplished our objectives. The agency people now have a working knowledge of tribal government and Indian values. And I have a newfound respect for Warm Springs and the people I work with.