

# News from ECE

## July 1996 Events:

**Tuesday, July 16, 1996:** Positive Guidance & Discipline, Series #7 Issues in Parenting, location ECE Conference Room 2E, 5:30 to 7:00 p.m. Child Care Provided!

**Thursday, July 25, 1996** Jefferson County Fair "KIDS DAY"

**Every Tuesday & Thursday** morning from 10:00 to 11:00 a.m., School Age Sahaptin Language Classes, Room A5. Throughout the summer.

*Keep our children safe this summer—Watch and beware*

## It's easy to get "burned" out during summer—Use care in the sun

### SUN PROTECTION IS FOR EVERYONE!

To most of us, summer means spending lots of time outdoors, which typically means being out in the sun for many hours a day. Unfortunately, prolonged sun exposure can lead to serious skin damage and other health hazards, such as skin cancer. Melanoma and other kinds of skin cancer are fortunately rare in children, but it is now clear that intense sun exposure in childhood increases the risk of skin cancer in adult life.

As a result, doctors and other public health experts have been educating adults and children about the importance of avoiding prolonged and intense sun exposure (it is particularly important to avoid this kind

of exposure for babies under six months old). What follows is a number of recommendations that may be helpful:

- \* Choose and use a good sunscreen. That means using one with an "SPF" (sun protection factor) of 15 or greater for white children; an SPF of 15 means that it allows only 1/15 of the sun's rays to get through, so a child can spend longer in the sun without risking a sunburn.
- \* Be sure to apply enough sunscreen. Most people apply too little, and most products need to be applied every 3 to 4 hours and after swimming or sweating a great deal.
- \* Pay particular attention to areas that tend to burn. In most cases, these are the nose, ears, cheeks, and

### TELEVISION AND THE CHILD

Dear Parents:  
 \* Children watch an average of 27 hours of TV each week or almost four hours each day.  
 \* By the time they are eighteen, most children will have spent more time watching TV than in school.  
 \* Over half of the TV ads directed to children are for highly sugared foods, but none of these ads tell children that sugar can cause cavities.  
 \* Children see about 20,000 thirty second commercials each year/or about three hours of TV advertising each week.

- shoulders.
- \* Increase sun exposure gradually. If your child tans, try to limit time in the sun so a tan can build up slowly. If a child doesn't tan, always use a sunscreen.
- \* Avoid exposure between 10 AM and 3 PM, the time when the sun's rays are strongest.
- \* Remember that most of the sun's rays get through clouds, and that reflections off water, sand, and snow increase sun exposure.
- \* Wear a hat with a brim and clothing that is tightly woven.
- \* Wear sunglasses that meet "ANSI" UV requirements or that have a label with the words "UV absorption up to 400 nm", maximum or 99% UV protection or blockage",

Many parents worry about what heavy television watching may do to their young children. Researchers have been studying the effects of television viewing on young children for more than 20 years. So far, the study results have been complex and controversial.

**TV - Good or Bad.** Finding to date strongly suggest that the effects of heavy television watching are neither straight forward nor simple. Apparently, some children are affected more than others by the content of television shows, or by some aspects of programming, such as the

- or "special purpose".
- \* As you would for other health habits, set a good example: Wear sunscreens, sunglasses, and protective clothing yourself.
- TREATING A SUNBURN**  
 The above recommendations should help prevent one of the more immediate effects of too much sun—sunburn. However, if a child gets a sunburn, there are certain things to do and not to do:
- THINGS TO DO:**
- \* Ibuprofen products (such as Children's Motrin or Children's Advil) can reduce discomfort.
- \* Nonprescription 1% hydrocortisone cream or moisturizing creams can reduce swelling and pain. These

pace, music, the intensity and level of action or special visual effects. Elements of fantasy are interwoven into almost all TV programming and advertising. Because preschoolers are often unable to distinguish between fact and fiction, they are especially likely to believe that everything they see on television is "true". Preschoolers often cannot tell the difference between regular programming and commercials.

**TV's Here to Stay.** Since the chances of going backwards in time to living without the magic box are certainly small, the best approach for

- only work if they are applied when the burn first appears, but they may be effective in later stages if the burn becomes itchy.
- \* For broken blisters, trim off the dead skin and apply an antibiotic ointment, washing it off and reapplying it twice each day for three days.
- \* Take cool baths or apply cool, wet compresses several times a day. Adding two ounces of baking soda to a tubful of water may also help.
- \* Encourage the child to drink lots of fluids to replace the fluid lost into the swollen skin.
- \* When peeling begins in about a week, apply a moisturizing cream. Encourage your child not to peel off the dried skin before the skin underneath is completely healed.
- THINGS NOT TO DO:**
- \* Don't apply petroleum jelly or butter to the burn. They will prevent heat and sweat from escaping and they can be painful to remove.
- \* Don't use first-aid creams or sprays that contain benzocaine or burns because they can cause an allergic rash.

parents seems to be to make the best possible use of TV and to work toward improving it.

**Parents and TV**  
**Monitor Programs.** Children model "good" or desirable behavior as well as aggressive behavior from watching television. In order to increase the learning of desirable behavior, the programs being watched have to be monitored by an adult.

**Check Child's Understanding.** Take opportunities occasionally to probe you child's understanding of what he or she has been watching. In this way you can help to clarify mistaken ideas and interpretations of what has been seen.

**Watch Television with Your Child.** This will give you a good chance to observe how he or she reacts to the pace, the speed and intensity of the action and other elements in the program she watched regularly.

**Turn the Set Off.** If your child seems to be anxious or uneasy but remains glued to the set, don't hesitate to turn it off. You won't harm a child by turning the program off!

You might be wrong in your analysis of what is upsetting the child, but make the mistake of being too careful. There are distressing situations children have to confront which cannot simply be "turned off" as easily.

**Talk with Other Parents.** If a program is being aired regularly in your community which you find objectionable in terms of your own values and preferences, try to locate other parents among those of your children's friends and agree to ban the program among the children who are friends. This may be hard to do, but is an important part of valuing your own values.

## Korean youth choir perform at the Warm Springs Baptist Church

Korean Youth Choir, "Radically Saved Group 2," came to Warm Springs to perform at the Baptist Church, July 11, 1996. Their performance represented strong messages of receiving Jesus as a Savior. They sang beautiful songs, some in their own language, performed skits and gave testimonials.

Their name, Radically Saved Group 2, comes from the old testament, "The Second Thessalonians." This is a group of youth from Tacoma, who are either Korean or American-Korean touring the Northwest. According to one of the elders their fathers are in one of the Army bases in Washington. From Warm Springs the choir traveled to Washington, then to Idaho and back to Washington, toward home.

Radically Saved Group 2 began 16 years ago and has been touring during the summer every year. They have traveled to California and Mexico in years past, but like to stay closer to home and travel for one day between performances.

One of the elders of the group was asked by Willie Quinn to come here for a Bible School. They preferred to do a performance and thought that would be nice for the community.

They used sign language to many beautiful songs and skits that gave a strong message. They were encouraged by Arlita Rhoan, from the Baptist Church congregation, to continue the beautiful job of showing people that the "Lord is our Savior."

The ladies of the church cooked Indian tacos for the youth before their performance. Although their performance was in the evening, it was hot! A speaker from the group said that the name Warm Springs was an "understatement."



Korean youth performed skits.



Korean youth sang as a choir beautiful songs.

**National Night Out**  
**America's Night Out Against Crime**  
**Tuesday, August 6th, 1996**  
**7 p.m. to 10 p.m.**  
**Behind the Community Center**

## Member says sorry to family

### To the editor,

To my friends and family, mostly to my daughter, mother and father. My name is Bethany Amberlyn Sohappy, A.K.A. Renee Carmen Sohappy. I changed my name back in September, 1995.

As Renee C. Sohappy I felt like I couldn't fit or belong in this community. I had lived a hard life since I was sixteen. Because at sixteen I felt insecure and unwanted from my loved ones. But, now I reflect back, it was just me. I was stubborn, bossy at my parents, just down right spoiled. They thought I was old enough to just talk to without a "spanking". So, they'd talk to me. I didn't listen, I became more and more hurtful to my parents. Hurting them by not listening to them. I started drugs, drinking, running away from home.

I married at sixteen, I was young, I had gotten married thinking the man I married would take me away from

### Gathering of Men conference scheduled for August

Hey Man! Are you due for a break? Where will you be in August?

This is your notice to reserve the dates of August 18-21, 1996 for the 2nd Annual Gathering of Men at Kah-Nee-Ta Lodge, "Return of the Warriors, bringing messages for the path of learning."

It's time for a change. It's time to share a few days with others, talking, thinking, figuring out how to walk our way through this world as Indian men.

Becoming healthier. What does it mean? This gathering will help participants share, learn and strengthen each other for the changing times.

Mark your calendars. Come and join others build a strong healing bond, as our people begin the walk of change, sobriety and wellness.

For more information call Anson Begay at 553-3424, or Carolyn Wewa at 553-2542.

my parents. Like, "alright nno parents, no problems." But, with marriage it was more complicated, more responsibility, more listening, more everything! Especially when I became pregnant at seventeen, I had felt fear, lonesome, but happiness that I was going to have a little person I could love, care for.

After my daughter was born I felt happy, but, as a new mom I was scared then. I felt I wasn't doing right for her and that I could never give her enough material things. The marriage I had began to fall apart, so did I. I left one day feeling hurt, self-pity. I got on a bus and left. I went away feeling I could never give my child enough materially. I didn't know then that my daughter only needed and wanted me to hold her and love her, be with her always.

I carried a quilt for a long, long time for leaving my daughter and if she is reading this I want to say, Baby, I'm sorry you had a hard childhood for the things I had put you through, the nights you had cried to have a mother to love, hold and comfort you when you needed it. I'm sorry for thinking that my mother could take over and be there for you at that time. Now as you are nearing the age of sixteen, I want to say I love you, I care for you, I always have. I will be there for you, always! I made mistakes in my life. The worst was to had abandoned you when you were growing up.

I would like to also say to my mother, "I'm sorry for hurting you, as your child. I wasn't obedient to you, nor was I respectful to you and my father. Mom you have come a long way, I'm proud of you, you had always shown me love and understanding, you have given my daughter (which now bondingly "your daughter") all the love you and dad could give. You are always there for us.

You are a special mother, grandmother, aunt, etc... I thank God for a mother like you. I'm proud of you both for my daughter's accomplishments, for your support.

As for the name change, I changed my outlook on my life and heal the pain I carried. I'm not sixteen anymore but, I'm releasing the pain I carried since then. I feel now, I can continue on with raising all my daughters and continue to let them

feel my love for them.

I would like to encourage young teens to allow your parents to love you, their best-know-how towards you.

Because, no matter what you do or say, that endless love will be there for you, as parents they make mistakes but, hey who doesn't? If alcohol is what you are using to escape then find help cause that only makes things worse.

I think back and my thoughts of words to my parents should've been—"okay, I will listen I'm sorry. I will finish school, I'll respect you by obeying your house rules."

To you teens, it isn't too late, I live on welfare, it's hard to make ends meet! I have only one test to complete on my GED, that is math. I wish I was a high school graduate instead. I hope all that are in Jr. High and high school etc. complete and receive their diploma's because life living now cost's are too high, education is more demanding on job's careers.

Once school is done, you will be proud of yourself, as well as others who care and love you.

The mistakes I had made were ones I cannot erase now, so, I'm now named and called Bethany. Maybe it doesn't change all the pain but, it's a new name, new beginning for me I chose for myself. I have goals still although I'm 34 years old, my goal is to be a truck driver, I'm still striving to achieve these goals. But, I'm going to make that happen after I get my GED (so this is why I encourage all young people to stay in school). Take the fourteen years of pre-school, head start, elementary, jr. high and high school and go beyond to college to reach your hearts desires.

All your dreams of careers, owning homes, cars, etc. Take these years of your life to get what you want! Complete that schooling. No matter what!

To end I'll say, "All my love and respect to you that helped me, even now!" Thank you Dad and Mom, thank you my daughter for all the love and patience. And thank all that read this, and understand.

Sincerely yours, Bethany Sohappy  
 "Jesus is the answer"

P.S. To those who still know me as Renee, please call me by Bethany or Renee.