

Words of Wisdom

Treating diabetes requires lifetime commitment

By Sally Whiz Suppah

I did not know what diabetes was till I came to this reservation 30 years ago.

My husband's mom had it.

It was rough on her going through all those years. I found out a lot of people have it.

If people with diabetes really watch their diet and weight, they are good to go.



Sally (right) and friend Alexandria Henry.

Diabetes is a long-term, lifetime treatment.

I see a change in the diet and food that is being served at the Longhouse and at the Senior Center. The food is more healthy with less salt and sugar.

(Article submitted by Jeri Kollen, RN, Certified Diabetes Educator, Warm Springs Model Diabetes Program.)

Show Opening

Visitors enjoyed an evening of traditional dances performed by the Wasqu Dance Group last week at the opening of the Museum at Warm Springs' Tribal Member Art Show.

Anita Davis entertained the audience with a Thank You song before accepting her Judge's Choice Award in the Contemporary Category (see page 1).

"The Bear Dance was the highlight of the evening," said Sandra Danzuka, who won the Judge's Choice Award in the Traditional Category.



Join the WIC program

A Message from WIC

What is all the talk about joining WIC?

What is WIC and what is it in for me?

Do I even qualify?

Well, we have all the answers to your questions at the Warm Springs Health and Wellness Center.

WIC stands for "Women Infant and Children."

This is a supplemental program to help your family eat healthy nutritious foods, receive early prenatal care and have healthier babies.

We provide vouchers to

you so you can purchase extra staples such as:

Cereals, peanut butter, bread, fresh vegetables, milk, cheese, eggs and juices.

To qualify you have to meet a minimum income requirement, live in Oregon, must be pregnant, postpartum, or breast-feeding woman, an infant or a child under 5 years old.

Call us today at 541-553-2460. Our staff will tell you what to bring to get on WIC.

We are open on Tuesdays from 8 a.m.-4 p.m.; Wednesdays from 9 a.m.-6 p.m.; and Thursdays, 8 a.m.-4 p.m.

Eastern Oregon advisor in W.S.

Everyone is welcome to visit with the local Eastern Oregon University advisor from 2:30-3:30 p.m. on Monday, Oct. 24 at the Education building, 110 Wasco St.

Appointments can be scheduled by calling Brenda McDonald at 541-385-1137; or email:

bmcDonald@eou.edu

Please make appointments at least 48 hours in advance.

Information will be available on Eastern Oregon's online degree programs, scholarships and admission requirements.

Many students in Central

Oregon are already working toward degrees with majors in anthropology/sociology, business administration or economics; English, fire services administration, history, physical activity and health; philosophy, politics and economics; psychology, public administration, and liberal studies—degrees that focus on two areas of study.

The deadline to submit items for publication in the next Spilyay Tymoo is Friday, Oct. 28. Thank you!

The thirty-one faces of domestic violence

(The following article is from Warm Springs Victims of Crime Services.)

Day 1. Janelle: "I never thought of myself as a victim of domestic violence. My husband did not hit me. His abuse did not leave the kind of marks that you could see on the outside." Fact: Of all women killed with a firearm, nearly two-thirds were killed by intimate partners.

Day 2. Camilla: At the time he was drinking a lot. And he would carry his guns around the house. I knew I needed to leave, but my older kids were at school and I couldn't figure out just how to get them and me out of the house and into the shelter. Fact: Each day in the U.S., three women are killed by a current or former partner.

Day 3. Andy: "I don't even remember my first visits to Mary's Place. At the time my son was only 2 years old. I had never been part of his life before... I was a meth addict. I was homeless." Fact: About 15.5 million children are exposed to domestic violence every year.

Day 4. Rebecca: "Mark stood over me and yelled at me for five hours, but wouldn't let me answer him. He wouldn't let me leave the room to go to the bathroom, or even to take care of the baby. Every time I tried to leave, he screamed, 'You can leave when I tell you to leave.' Fact: Survivors leave their abusers seven to 11 times before ending the relationship permanently.

Day 5. Rachel: "It is embarrassing to tell my friends at school that my dad is in jail. So I tell them he is at a sleepover." Fact: Witnessing violence between one's parents or caretakers

is the strongest risk factor of transmitting violent behavior from one generation to the next.

Day 6. Amelia, 8 years old: "When my mom and dad separated, my dad changed my name when I was with him. He wouldn't let anyone call me Amelia. He said it was a stupid name my mom liked and if I kept it I'd grow up to be a (bad word) just like her. So he made me go by a different name than what my mom called me. Fact: Approximately 3.3 million children witness domestic violence occurrences in their homes each year.

Day 7. Jacob, 13 years old: "I see my dad at Mary's Place because he was really mean to my mom. She had to go to the hospital several times when we were growing up. I think that's wrong. Kids should be proud of their dads." FACT: 63% of all boys, age 11-20, who commit murder, kill the man who was abusing their mother.

Day 8. Sally: "When the victim's immediate crisis is over we sometimes miss out on the outcomes. It is similar to a patient returning to the Emergency Room after being stitched up following a car accident. No one wants to revisit the trauma; so you don't go back to report on how you are doing." Fact: Less than one-fifth of victims reporting an injury from intimate partner violence sought medical treatment following injury.

Day 9. Lauren: "I was worried because all the time we were together he managed to isolate me from my family and friends by convincing them I was crazy. They wouldn't talk to me any-

more; they would only talk to him. I didn't have anyone. So when I came to Mary's Place, I couldn't get over it, they actually believed me! He is so very charming; everyone always believes he is this great guy." Fact: 92 percent of survivors said the assistance they got from domestic violence shelters was very helpful.

Day 10. Judy: "Sean keeps watch over me day and night. He checks the odometer on my car. He follows me, has his friends follow me, and drives by the house. He knows what I'm doing on the computer. He even records my phone conversations." Fact: One in four victims of stalking report being stalked through the use of some form of technology such as email.

Day 11. Tammy: "Jason was driving 90 miles an hour, weaving in and out of traffic, threatening to kill us both." Fact: Recent numbers show that intimate partner homicides accounted for 34 percent of the murders of women.

Day 12. Bethany, 6 years old: "I love going to Mary's Place. I really like the toys. I love my dad too. Last week I told him, 'Daddy, you can't hit people here. But that is ok, I still love you. Let's just play.'" Fact: Children in homes where violence occurs are physically abused or neglected at a rate 1500 percent higher than the national average.

Day 13. Bobby-5years old: "Mary's Place makes me feel like superman. I'm not afraid. I like it there, they don't yell at me. I told my dad, 'You have to learn to be a better daddy and be nicer to mommy before you can come home.'" FACT: 90 percent of children from violent homes witness their fathers beating their mothers.

Day 14. Amy: "I told the staff at Saving Grace, 'I want to thank you for the never ending support during this emotional roller coaster. You make a huge difference in a short time. I will take this experience and grow from it. I will never forget this

place, we were so lucky to be here.'" Fact: In one day alone, domestic violence programs answered 21,683 emergency hotline calls: 14 calls a minute.

Day 15. Lisa: "After he hit me, he would be so tender. John would insist I stay in bed and rest and tell the kids not to bother me." Fact: About 2.3 million Americans each year are raped and/or physically assaulted by a current/former intimate partner.

Day 16. Pat: "I was terrified to go to court. He would give 'the look' and I knew what that meant. I didn't feel safe even with all the people around and security outside. When the two Saving Grace staff members I worked with came into the courtroom I felt calmness come over the entire place." Fact: Moderate physical abuse drops from 76 to 15 percent after the victim gets a protective order.

Day 17. Cheryl: "He wouldn't have to say anything—just give me 'the look' and I would know what he meant. No one else saw threat. After all, he was an elder in the church." Fact: One in four adult women are beaten or raped by an intimate partner in her lifetime.

Day 18. Bella: "A client once told me that she had started working with a personal trainer and her muscles were really sore. She told me this was the kind of pain she deserved because she was doing it to make herself feel better." Fact: Saving Grace served over 5,000 women and children facing domestic violence in Central Oregon.

Day 19. Gail: "One dad used to sit in a chair with the newspaper and tell his daughter, 'Look here Kara, it says right here in the paper that mommy doesn't love you.'" Fact: Daughters of abused women are 6 times more likely to be sexually abused as girls from non-abusive families.

Day 20. Jennifer: "When Brandon found out I was pregnant with his child, he raged at me and chased me into the bathroom, beating his fists on my

abdomen." Fact: Each year about 124,000 pregnant women are abused by their intimate partners.

Day 21. Helen: "The relentlessness of what these women are fighting is what scares me. That is what worried me, that we will open the newspaper to see that one of our clients was killed." Fact: In one study, 82 percent of men who killed their partners had histories of domestic violence known to authorities.

Day 22. Daphne: "I was the one with all the money; he was just a horse trainer when we met. But he would brag about how he took out terrorists in Iraq and he could do the same to me without anyone finding my remains. I believed him." Fact: Intimate partner homicides make up 40-50 percent of all murders of women in the U.S.

Day 23. Kelly: "My doctor told me I had to get a mastectomy. My husband said, 'You have to stay with me, no one would want to be with you after that.'" Fact: One in every four women will experience domestic violence in her lifetime.

Day 24. Sandra: "If I came home from work late we'd get into an argument and that led to a beating." Fact: In 70-80 percent of intimate partner homicides, no matter which partner was killed, the man physically abused the woman.

Day 25. Barbara: "One time he found a sock one of the kids had stuffed between the sofa cushions, he was so angry he smashed his fist into the wall, leaving a big hole. He wouldn't let me fix it. I think he wanted me and the kids to see it, to remind us of what he could do to us. Fact: Nationally, 75 percent of battered women say their children are physically or sexually abused as well.

Day 26. Dean: "I was so ashamed; I didn't know what to do. Then my sister encouraged me to call the hotline. I told them about how I was being sexually assaulted by a male co-worker and my boss wasn't doing anything to stop it. They

helped me legally and emotionally." Fact: Approximately 1.7 million incidents of workplace violence occur in the U.S. every year.

Day 27. Dee: "Leaving is a process for some clients. But if they get a little stronger and gain a little more independence each time they leave and come back to the shelter, that is success in our eyes." Fact: On one recent day, 8,927 requests for services were unmet, mostly due to lack of resources.

Day 28. Tricia: "Brandon was in jail but had my 9-year-old reporting to him who I talked to on the phone, what time I came home at night." Fact: Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.

Day 29. Sara: "I was 72 years old when I left my husband who had been abusive to me for 43 years. At first all I could feel was immense sadness about my wasted life. But I have reclaimed myself. I'm learning yoga and watercolors. You are never too old to start over." Fact: 71 percent of people know someone who is the victim of domestic violence.

Day 30. Faith: "I met my ex-husband at 17. He was the undefeated boxer and football player, and I was his girl. I was young and too in love to recognize any signs of abuse. We eventually got married and settled down. But almost every day, he still reminded me of how popular he was and how strong he used to be. He began saying things like 'I'm king of the castle and you'd do what I tell you to.'" Fact: 71 percent of people know someone who is the victim of domestic violence.

Day 31. "I am safe." Courageous words from survivors.

Special thanks to Lilli Ann Linford-Foreman, COCC Professor of Speech and Drama. Todd Hanson of Redband Studios, talented COCC students and community leaders who donated their generous time and talent to help Saving Grace promote life free from domestic violence by coming together for a video. To reach Warm Springs Victims of Crime Services call 541-553-2293.

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