

## Tribe's Youth Prevention Program Sponsors "Nurturing Parent" Class At Spirit Mountain Casino

■ Parents need to learn to take care of themselves if they are to take care of others.

By Peta Tinda

About 14 Tribal parents and employees attended a "Nurturing Parent" training held at Spirit Mountain Casino on Thursday and Friday, October 7 and 8.

The training was sponsored by the Tribe's Youth Social Services Prevention Program.

On the first day they learned the basics, philosophy and values associated with the training.

The participants did experimental exercises, learned about the fundamentals of the nurturing communication and non-punitive behavior management.

Tribal member Carmen Pearsall, who took the training last year, thought that it would be good for parents here in Grand Ronde.

She worked with Youth Social

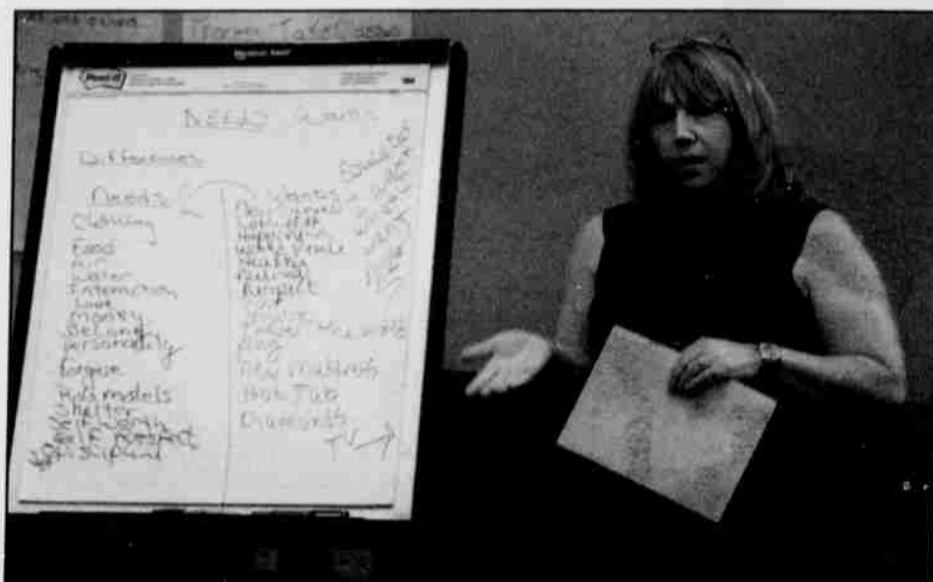
Service Prevention Program Specialist Lisa Leno to help coordinate the training and bring the presenters.

"The goal is to teach the whole family the skills we are learning here today," Pearsall said.

"We make sure that the parents and children all share the same information. Our goal is to have a holistic, nurturing parent program."

Presenter Karen Cady, a marriage and family therapist and clinical supervisor, said "we're training participants to become facilitators to develop their own nurturing parent programs."

"The whole process is that families come together as a system and learn how to become nurturing



**Needs vs. Wants** — Nurturing Parent presenter Karen Cady, a family and marriage therapist, gives a presentation during the free, two day training.

Photos by Peta Tinda



parents by nurturing themselves."

This is one of the key concepts of the workshop, Pearsall explained.

"In order for us to become nurturing parents, we must nurture ourselves. We went around and asked: 'Do you feel like you nurture yourself?' and the answer was invariably, 'no.' There's a social stigma that nur-

**Following Along** — Tribal member Carmen Mercier (right) studies her notes during the Nurturing Parent Training. Mercier was instrumental in organizing the training, with the help of the Tribal Youth Social Services Prevention Program.

turing equals being selfish."

The class learned that in order to be a positive, healthy individual, the parents must first learn to take care of themselves.

The parents task is to define what nurturing is, whether it's exercise, sports or time with one's family.

Tribal member Andrea Verduzco attended the class and said that she thought it would be helpful.

"They taught us to be consistent and say what you mean."

Tribal member Kim Contreras said, "I think it will help us to be better parents and help us hold our own parenting classes." ■

## A Step Into The Shoe Giant

■ Nike Intern Azure Swan studied at the crossroads of business and culture.

By Ron Karten

Azure Swan (Arrow Lakes Band of the Colville Confederated Tribes), 22, is right in the middle of a two-year program at Haskell Indian Nations University in Lawrence, Kansas. With an eye on the future, she also has just completed a summer internship at Nike, Inc.

"Right now I'm (majoring) in Media Arts," she said during an interview from her office in Beaverton, but, "this is like the third change of degree."

Ultimately, she aims to combine her artsy side (photography) with her business side (working with computers) to develop some kind of career, maybe in television.

Behind the camera or in front of it?

"Probably both," she said. "I was born to be a star," she laughed.

At Nike, Swan put her time into the Native American Diabetes program, "making sure all the information is current...so we can provide quality products at



Azure Swan

Photo courtesy of Azure Swan

wholesale prices."

"My goal," said Sam McCracken, who as Nike's Native American Business Manager established the internship with Haskell Indian Nations University, "is to get her a

good taste of corporate America.

"Azure hasn't been off the reservation. To give her that exposure to a whole nother world. Initially, what really stuck out about her was her personality. You can't be in a shell if you want to succeed."

"I'm learning a lot more about diabetes and how it can be prevented," said Swan. "How it's really good for the Native American community to be part of something."

"I'll learn the business of how to be professional, too, I guess."

"Every thing is a surprise from when I first got here," she said. "It's really great. I enjoy all my team members and all the tasks that I'm doing."

"I've been working my best at it."

Swan comes from a family that is into "hunting, camping, stuff like that. I learned a lot about who I am through my family," she said.

"I love to bead, attend pow-wows." She has made her own pow-wow regalia and intends to get back into dancing. Her dance is the fancy shawl.

"Probably one of my other favorite interests is creative writing. I kind of started off with simple poems and touched on short stories. I try to go with life experience also, so I can put it on paper and remember it."

"What keeps me motivated in writing is music. Influential authors would have to (include) Sherman Alexi. I did a Young Writers Conference. I was ASB (Associated Student Body) president, so I got to have a lot of involvement. (Alexi) was one of the authors at the conference. I've seen him throughout the years."

"Our styles are different. I enjoy reading his stuff, but it's real inspirational seeing a Native American author out there."

With the end of summer, the internship also now is over, but something sticks with Swan as she heads back to college: "I'm really glad to (have been) involved with the diabetes program because it is benefiting the community greatly." ■