

AMERICAN INDIAN Living

Indian Women with

SPIRIT

Overcoming
Professional Difficulties
as a Native Woman

Native Culture
& Spirituality

Miracle
Medicine

LEARNING THE QUALITIES OF A VIRTUOUS WOMAN

AMERICAN INDIAN Living

PUBLISHED BY
Native Education & Health Initiative
17109 Polo Fields Lane
Louisville, KY 40245-4463

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Printed in the USA

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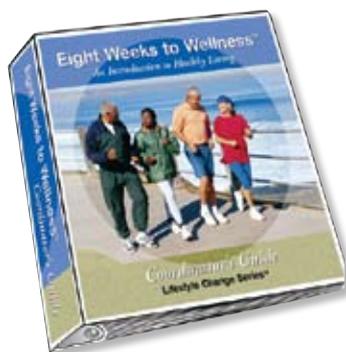
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Broiling the prickly pear cactus stems – which are loaded with fiber – helps increase their health benefits.

Prickly Pear Cactus

Ancient medicinal plant helping treat modern health problems

by WINSTON J. CRAIG

Parts of the prickly pear cactus have been used in various ways throughout the world. The Aztecs extracted the milky juice from the plant and mixed it with honey and egg yolk to provide an ointment to treat burns. The Chinese dressed abscesses with the fleshy pad of the plant. Indians used the fruit for food and also made syrup from it to treat whooping cough and asthma. In Italy, the flowers have served as a diuretic. A tea made from the blossoms has treated colitis. In Israel, researchers found that the dried flowers may be used to battle an enlarged prostate.

In California, during the 1700s and 1800s, prickly pear cactus plants stood guard near the Spanish missions and on the large Spanish ranchos. In addition to the cooked stems and sweet fruits savored by diners, the cactus pads provided a source of sticky binding material for adobe bricks during construction. More recently, the Mexicans have used the plant to treat diabetes and obesity, as well as elevated blood cholesterol levels. They prepare the medicine by slicing cactus pads into strips and boiling them like string green beans.

Prickly pear cactus belongs to the genus *Opuntia*, a large group of cacti that contains over 300 varieties—some with spines, some without. A common type of prickly pear cactus, also known as Indian fig (*Opuntia ficus-indica*), grows in large thickets. Originally native to Mexico, it's now cultivated in Mediterranean regions of Europe, the western United States, and throughout Latin America. Today the cactus is commercially grown in California.

The many-seeded, fleshy, and sweet fruit known as cactus apple or tuna can be eaten raw or made into a drink. Some people use the juice of prickly pear to make jellies and candies. The cactus fruits have long been highly prized, and were traded by Native Americans in Central America.

NORMALIZES BLOOD SUGAR LEVELS

In Mexican traditional medicine, prickly pear cactus (nopal) is used for the treatment of diabetes and high cholesterol. Today nopal is a commonly called upon herbal agent for the treatment of Type 2 Diabetes by Mexican Americans as well as American Indians. The blood sugar- lowering action of

nopal has been documented in a number of studies.

Extracts of prickly pear cactus have hypoglycemic effects when fed to animals with experimentally induced diabetes, as well as to healthy animals with elevated blood glucose levels. Researchers in Mexico found that patients with non-insulin-dependent diabetes mellitus who were given

Cactus fruits have long been prized and were traded by Native Americans in Central America

broiled nopal stems experienced a significant drop in blood glucose levels, while their insulin showed improved effectiveness. Furthermore, the regular use of sap from prickly pear cactus has been shown to improve the general symptoms of a diabetic patient.

LOWER LIPID LEVELS

The use of prickly pear cactus may also lower blood lipid levels. In a recent study, the daily consumption of 250 grams of broiled prickly pear cactus

lowered total cholesterol and LDL cholesterol levels (but not HDL cholesterol or triglyceride levels) in 15 young patients with familial hypercholesterolemia. Although there are many species of *Opuntia*, few varieties have been positively shown to be effective in normalizing blood sugar or blood lipid levels.

The stems of prickly pear cactus

contain substantial levels of pectin and other soluble fibers. It's the fiber content that is believed to be responsible for the ability of the cactus to lower blood sugar and blood lipid levels. Broiling the cactus stems apparently increases its ability to lower blood glucose levels. About 400-500 grams (one half pound) of broiled cactus stems is the typical dose needed for the effect. The high content of pectin also provides the consumer with a sense of abdominal fullness. This property may play a role in the use of prickly pear cactus for weight reduction.

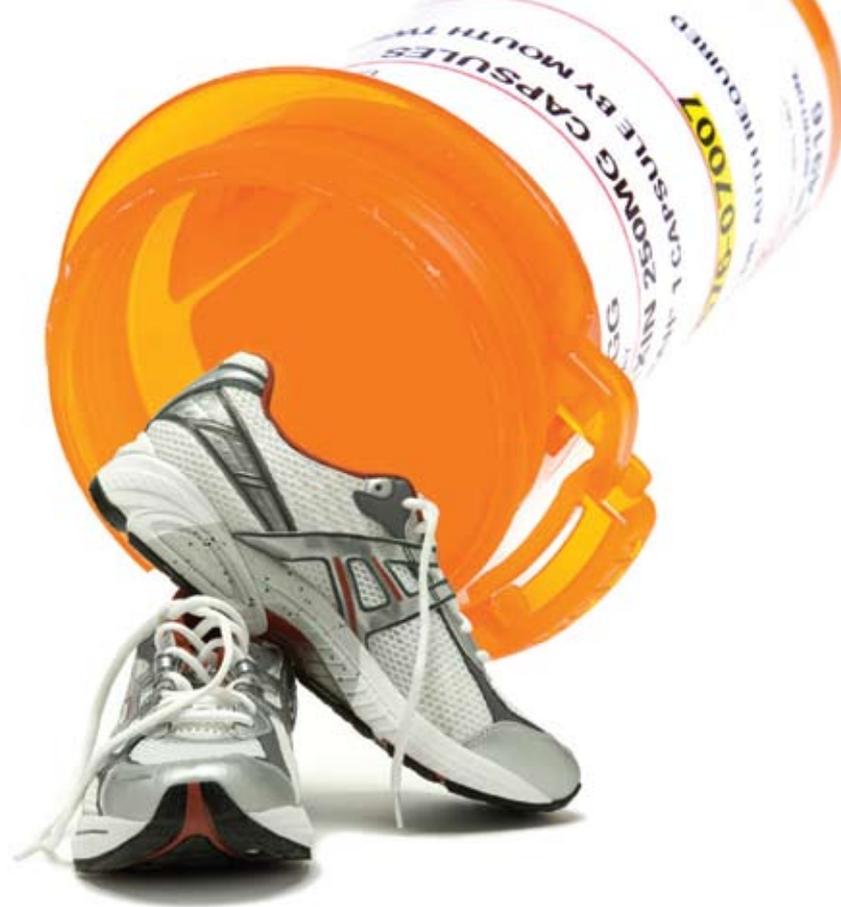
SAFETY ISSUES

Prickly pear cactus appears to be safe when consumed as food. When used medicinally to lower blood sugar levels, it has proven itself to be trustworthy and effective for individuals with diabetes while not triggering hypoglycemia. There is insufficient data to validate its effectiveness for other uses or to support its use during pregnancy or breast-feeding.



Winston Craig, Ph.D., R.D., is a professor of nutrition at Andrews University, Berrien Springs, Michigan.





Miracle Medicine

Looking for a way to prevent diabetes, heart disease, and cancer? Hit the road!

by ZENO L. CHARLES-MARCEL, MD

What if someone discovered a fantastic medicine that treats and prevents diabetes, heart disease, strokes, high blood pressure, and even cancer? Would you go to your doctor to get a prescription? What if you didn't have to go to the doctor to get the medicine, and didn't ever need to drop by the pharmacy to pick it up? How much would it be worth to you, and how much would you pay? Wouldn't you make sure you took it and insist that your children and loved ones take it too? I surely would!

Well, that "medicine" has been discovered, and what's more, it has been shown to prolong life, improve mental ability, combat depression, and allow you to experience deeper emotional and spiritual connection when used in the appropriate doses. It is, however, not free, even though you don't have to shell out big bucks to get it. The currency that you pay is time ... and the medical miracle is walking. Surprised? Probably not.

It seems that most of us know deep down that we should be

more active ... and what's a more natural activity than walking? What may be new to you is the extent of the benefits that even short bouts of walking (10 minutes, three times per day for 3 to 6 days per week) can bring. So let's look at a few.

Among Native Americans, diabetes is growing at epidemic rates. It's becoming hard to find somebody who doesn't know somebody with diabetes or doesn't have diabetes themselves. Evidence among American Indians (and other populations)

strongly indicates that walking reduces your risk of getting diabetes; and if you already have it, walking helps keep it under control. In October 1999 research showed that one hour per day of walking (even doing physically active housework) can give similar results as seen with more vigorous exercise, such as swimming or jogging. According to the Harvard researchers, what is important is the total amount of energy used in the activity, not necessarily how it is accomplished. Walking reduces your risk of diabetes by helping your body to use the natural anti-diabetes hormone, insulin, more efficiently and effectively.

Walking also helps you keep extra flab and pounds off. While it is unlikely that you will lose a great deal of weight by just walking a few minutes per day, the combination of a prudent adjustment to your food intake and food choices along with a walking plan can literally do wonders. Losing weight itself will bring with it multiple health benefits as well as a greater sense of accomplishment, especially as you see the dress sizes decrease and the belt notches increase!

Women who walk during pregnancy are less likely to have miscarriages and are more likely to have easier labor than those who are inactive. Walking also helps pregnant women keep from gaining too much weight, while improving their stamina. This allows for a much more pleasant and enjoyable pregnancy, as well as a smoother and safer delivery.

Walking, however, does not have just physical benefits. Many people walk for social, mental, and spiritual well being, as well as

functioning better, you are able to commune better with yourself and with the Creator.

Walking allows you time to ponder and consider deep and fundamental questions that every human being will face sometime or another. What is the meaning of life? Is there any purpose for my living? Am I fulfilling that purpose? Am I just occupying space, or making the world a better place? What is the best choice that I can have for the rest of my life? Have I been forgiven

Walking does not just have physical benefits ... many find that it leads to a deeper spiritual life

for fitness. Many find that walking can lead to a deeper spiritual and religious life, and allows time for play and socializing that can be fun and healthy.

Walking increases the flow of the blood to the brain. Can you spend 45 minutes a day walking at a brisk pace (16 minutes per mile)? Research has shown that this time spent walking increases the thinking skills of people over age 60. With the brain

for the things that I have done, and do I have the calm spirit of forgiveness for those who have offended me? What am I supposed to do? At some time in our lives we ask these questions, but to get the answers requires time ... time to think. Walking allows you to clear the line and clear your mind, then allows you to see yourself as a whole person. This is important since most of us long to be complete, to connect with one another, and to commune with the nature about us.

Walking can also be a tool to connect you with the God of nature. One author has suggested that as she walks, she takes the time to see the beauty about her in people she sees passing by or with whom she walks. She also appreciates the things you and I may take for granted, such as the trees, flowers, small and not-so-small animals, or even the blue sky and the rain. It is said that on a clear day while you walk you may feel like breaking out in song and being thankful can come easily. It is known that the rhythm



Walking may reduce your risk of getting diabetes.

of walking helps integrate the body and mind and may facilitate your being more open to more spiritual things. The ancestors knew this and so would often walk to be alone.

Doctors and psychologists recognize that walking and other exercises can lead to the release of the “happy” chemicals called endorphins and enkephalins. Even people who walk at a slow rate can notice the change in mood. Regular walking can be used as therapy and has been recommended by physicians and therapists to relieve the pressure of life, since the experience of pressure is related to brain chemistry. The release of endorphins when you walk can help you to achieve naturally what many prescription drugs and herbs try to do ... without side effects, except, of course, you might become fit!

As a stress reliever, walking is close to the top of the list. One experiment with college students showed that those who were walkers had lower stress levels than those “couch potatoes” and “sofa pumpkins.” They were also less stressed than even those who engaged in strenuous physical exercise! Feeling your body move and getting in tune with the rhythm of your body is a stress reliever. There is an added bonus, too, when you couple walking with being outdoors and breathing fresh air ... you will be a triple winner!

Walking has social aspects as well. I walk with my patients whenever it's appropriate. When I have business appointments, I'm much more likely to be walking and talking than “lazing and



glazing.” Try it sometime! As you walk with your spouse, loved ones, and children, you can obtain lasting memories and tight family values, and you will have the opportunity to play and connect in ways that are not possible sitting in front of the television. Taking a stroll after dinner and holding hands with the one you love can strengthen a strained relationship and enhance the social life.

Also, walking with a committed partner or friend can help you keep yourself motivated and reduce the habit of skipping out or overdoing. Today we have so many gadgets and gizmos that help to give us extra “free” time, but in our free time to become closer, we often overwork and entertain ourselves, much to our detriment. Developing a walking habit can cut through some of the clutter of the modern life. It is almost

impossible to walk together with someone for a half hour without sharing a conversation. To remain silent and to keep your heart hard is a struggle during a good walk with a companion.

While women seem to gravitate more naturally to social walking, men benefit too. A research study from Boston University published in August 2000 showed that men who walked briskly for two miles a day reduced their risk for sexual dysfunction. This was true whether men kept on exercising from their youth or took up exercising at middle age. The take-home message: it is never too late to start. So let your walking replace other habits that are known to decrease sexual function, such as cigarette smoking and alcohol use. You'll feel better, look better, and have a much more fulfilled and enjoyable life.

There it is ... and it's all yours! Miracle medicine! You don't need a prescription. You don't even need the latest expensive or amazing exercise gadget that fills the airwaves on infomercials! All you need are two limbs to walk on, a good pair of walking shoes, and a safe place to walk. You can walk up stairs, at home, or at work. You can walk around the house, apartment yard, or parking lot. You can walk on a school track, at the Y, or in the mall. But nobody can do it for you! You can do it; you can make the time if you take the time! What are you waiting for?

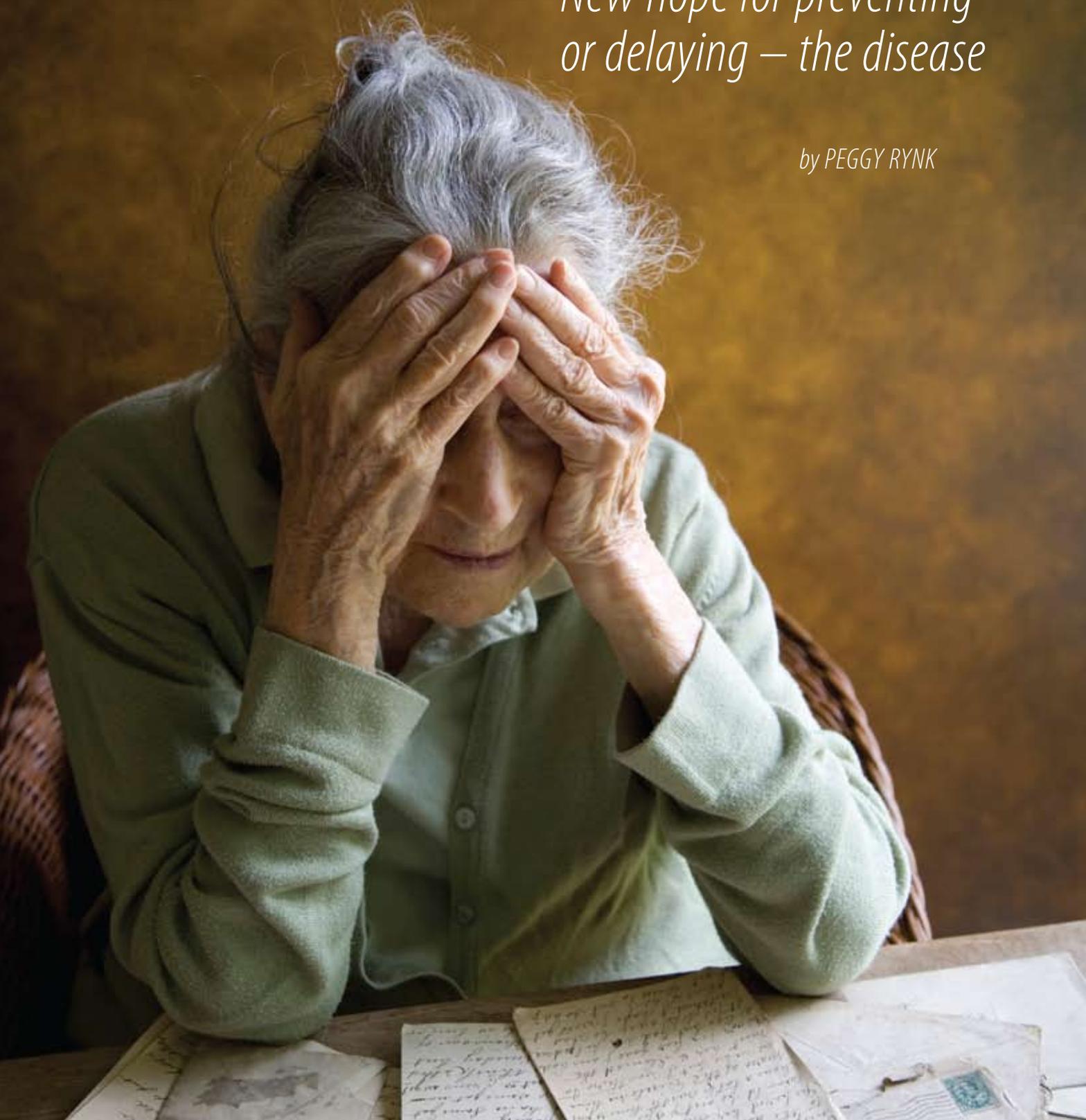
Zeno L. Charles-Marcel, M.D., is medical director at Lifestyle Center of America. He is board-certified in internal medicine and geriatrics.

Developing a walking habit can cut through some of modern life's clutter

Alzheimer's

*New hope for preventing —
or delaying — the disease*

by PEGGY RYNK



Many years ago my father set out one evening for a men's club supper at church, but he never arrived. Our family spent a sleepless night trying to find him or anyone who might know where he was. It wasn't until the following day that my mother received a phone call from the police in a city several hours away saying that my father was safe and that the family could come for him.

The reason we got him back at all was because of a caring service station owner. When my father pulled in for gas, the owner saw he was in distress, took his keys away, and escorted him to the police station. On the seat of dad's car we found a ticket he'd gotten that night for driving the wrong way on the Interstate.

A few years later my mother's link with reality began to slip as well. She could no longer remember ordinary things such as the day of the week or why she was living in a retirement community—even though she'd chosen to move there.

As you can see, I have a personal interest in learning all I can about Alzheimer's disease and finding out if there's hope of preventing or treating it.

Unfortunately, there's still no sure way to predict who will or won't become a victim of the disease. Even family history is not a true forecaster. But there is hope for delaying, treating, and perhaps even escaping it.

RELATIVE RISK

"What I always tell families is this," says Richard Powers, M.D., chief of the Bureau of Geriatric Psychiatry, Department of Mental Health,

Tuscaloosa, Alabama. "Your relative risk is related to the number of family members who've had it, the proximity in the bloodline, and the age of onset. Let's say you had an aunt who got it when she was 82 years old. Well, your risk is slightly higher than that of the general population, but not appreciably so. On the other hand, let's say that your father got it when he was 49, and his brother got it when he was 52. That history does actually increase your risk, but it does not necessarily mean you'll get it."

There are ways we can better our chances of avoiding Alzheimer's even if our family

"So the first thing you can do to spare your brain is spare your blood vessels ..."

history is discouraging. The first is maintaining a healthy lifestyle. It's now believed that what's good for the heart—regular exercise, a healthy diet, stress management, and keeping blood pressure and cholesterol at recommended levels—may indeed make a difference in whether we get Alzheimer's or one of the diseases that mimics it (see sidebar on page 13).

"There are a few things you'd probably be well advised to do as you grow older," says Dr. Powers. "First, every study that has looked at high blood pressure has demonstrated a relationship between poor treatment or no treatment for hypertension, and dementia. It probably stems from the fact that tiny blood vessels in the brain take a beating when you have untreated hypertension.

"So the first thing you can do to spare your brain is spare your blood vessels," he says. "You can do that by doing what's necessary to control your high blood pressure. Same thing for heart disease and cardiovascular disease, which is oftentimes tied to hypertension. You gotta take good care of your heart."

MIND AND BODY

Exercise is important, too. "Studies show, for instance, that walking 30 minutes per day substantially reduces your risk of hospitalization

from heart disease if you're over age 65. So exercise regularly and control your hypertension. If your doctor tells you that you've got irregular heartbeats (atrial fibrillation) and advises you to take medicine, take the medicine."

Dr. Powers adds, "As people get older, their intellectual repertoire seems to be simplified, and that's not a good thing. What you really

need to do is keep your brain toned up by exercising it. Do new things. Take up a new hobby. Learn a language.”

He advises seniors to buy a computer. “It’s like a new language. It opens a whole new world. If you become a shut-in, you’re never shut in if you’re online.”

Working crossword puzzles may also be useful, he says. “It’s not an insurance policy, but I think it’s a form of novel intellectual stimulation. I know my 90-year-old mother works a crossword puzzle every day. And she’s pretty sharp.”

Reading may help, too. “I think

whether they’re with family members, friends, or others whose company we enjoy.

SLOW BUT STEADY

Physical activity matters, but it doesn’t have to be strenuous. “Walking regularly at age 70 and beyond can help keep the mind sharp and ward off Alzheimer’s disease, according to research suggesting that what’s good for the heart is also good for the brain,” writes Lindsey Tanner in an article for the Associated Press, published in September 2004. “One study, involving 2,257 retired men ages 71

and a half hours a week did better on tests of mental function than less active women.”

Although memory loss is associated with Alzheimer’s, it can also simply be a by-product of age, not necessarily an indication of Alzheimer’s. In the Los Angeles Times, Benedict Carey writes, “Starting around age 28, our scores on memory tests decline steadily, researchers say; by 55, our ability to associate names with faces or memorize new phone numbers has slipped by 20 percent.”

On the other hand, he continues – and this is encouraging – “when stimulated in the right way, brains of almost any age can give birth to cells and forge fresh pathways to file away new information.”

If you’re concerned that you might have Alzheimer’s, get a memory screening, even if it’s only for your own peace of mind. The Alzheimer’s Foundation of America (AFA) offers an annual memory screening. “It’s always the third Tuesday of November,” reports Eric J. Hall, CEO of AFA.

“They go to this comfortable setting where there’s no pressure and there’s anonymity. They’re able to ask questions and get information.” And, if need be, he says, “they will be referred back to their primary care physician for further diagnosis.” Or, if patients prefer, they can go to their own physician for an evaluation. “It’s all done on paper,” he says, “will take only 7 to 10 minutes, and is an indicator of whether there’s a concern or an issue.” For more information, call AFA at 1-866-232-8484 or visit www.nationalmemoryscreening.org.

SIGNS AND SYMPTOMS

Some of the symptoms of Alzheimer’s, besides forgetfulness, says Hall, includes “getting

“When stimulated in the right way, brains of almost any age can forge fresh pathways.”

that the more you stimulate your brain the better, and reading stimulates it.” He goes on to say that newer studies suggest that people with ongoing lifetime intellectual stimulation probably have diminished risk of dementia.

Close personal relationships also keep us mentally stimulated

to 93, found that those who walked less than a quarter mile a day were almost twice as likely to develop Alzheimer’s or other forms of dementia as men who walked more than two miles daily.

“A study of 16,466 female nurses ages 70 to 81 found that even women who walked a leisurely one



Beware of Illnesses That Mimic Alzheimer's

MULTI-INFARCT DEMENTIA: This can be a series of strokes within the brain that are so small that the person who has them may be unaware of any change. Yet they destroy brain tissue and impair memory and intellectual function.

DEPRESSION sometimes resembles Alzheimer's by causing memory loss, impaired mental function, and confusion.

PICK'S DISEASE causes personality changes and is relatively rare.

HUNTINGTON'S DISEASE is a genetic disease that usually develops between the ages of 30 and 50, although it may begin later. Symptoms include short-term memory lapses, depression, uncontrollable muscular movements, stumbling, and clumsiness.



confused about time and place — for example, maybe getting lost trying to find one's own home. Another is experiencing erratic changes in mood or behavior, becoming angry or depressed, maybe becoming agitated.

"Another sign might be having trouble with routine tasks — buttoning a shirt or other daily activities — having difficulty communicating, forgetting common words, or using the wrong words, experiencing changes in personality like feeling afraid or suspicious, and lack of sound judgment like wearing inappropriate clothes for the season.

"The interesting thing is when we talk to families about this and we mention these symptoms, they'll say, 'You know, I didn't know what was going on, but that's true.'

"The treatments that are available for Alzheimer's," he says, "seem to be effective at staving off the progression of the symptoms for a number of years." But, he adds, people are often unaware that there is treatment and hope.

One of the problems with Alzheimer's, Hall adds, is that it doesn't follow a set pattern.

"Some people have agitation, while others are docile. Some become hyperactive, and some wander."

Those who are caring for Alzheimer's patients need to know that there is assistance available.

"Families or individuals can't do this alone," says Hall. "There are local resources and professionals who are experts in this field,

"Studies show that caregivers who are well cared for themselves do a better job and give a better quality of care to their loved one."

who've lived this 24/7." Knowing what's going on, he adds, makes it less frustrating.

CARING FOR CAREGIVERS

Caregivers need to be trained in how to give proper care, and support groups fill a vital role. In a support group you can learn from

others who are experiencing — and handling — the same situations you face. Sometimes just knowing you're not alone is enough to make you weep with relief.

Hall stresses that caregivers need to take good care of themselves. "Studies show that caregivers who are well cared for themselves do a better job and give a better quality of care to their loved one. So it's important to get out, have mental space. It's important to bring in a home-health aide so you can get a couple hours to go to the beauty shop or take the car to get washed or whatever. If there's one thing about this disease that actually leaves me awestruck," he adds, "it's the depth and length that people will go to provide care for their loved one."

Time for yourself is not a luxury; it's a necessity. If we take time for ourselves, our loved one will benefit from it as much as we will.

There are many victims of Alzheimer's disease. With proper understanding and training, the illness's impact on everyone involved can be minimized.

Peggy Rynk writes on health topics from Charlotte, North Carolina.

Qualities of a Virtuous Woman

“Mirror, mirror on the wall, who’s the fairest of them all?”

by DIANE BURNETT, MD

In every corner of our lives we find mirrors telling us who this fairest woman is. While waiting in the check-out lines, the magazine covers display the beautiful and famous. While driving across town, the billboards reflect that perfect woman. Music, movies, and media constantly flood our minds to convince us what we should do to be beautiful, fulfilled, independent, and happy.

In a column designed to address women’s health issues, why would I want to talk about the qualities of a virtuous woman? The reason is simple. The image of women most often reflected from today’s mirrors presents conflicts within the body, mind, and spirit of humanity. It has affected the well-being of women, men, and children. It has moved us away from achieving the true purpose we were designed to fulfill.

As exaggerated as this may seem, let me try to explain. The image presented is often one of a sensual, superficial quality. The pressure on women is to prioritize career life, while demeaning the value of home-making qualities. Higher moral standards are the object of ridicule. More and more time is spent away from the needs of the home, both by financial demands, desire for success, and the disdain of seemingly menial work. Energy is spent in the fast-lane in order to “keep up,” leaving nothing for the nurturing of family. The search

becomes endless to fill the brain’s happiness box.

Reflecting on our condition, I sense a stress that is placed on women as they struggle with the pressures of the world around them. Stress-related illnesses such as high blood pressure, heart disease, ulcers, and cancer have increased. Eating disorders, addictions, depression, and



suicide result from the buried pains of abuse, frustrations, and low self-value. We have lost the physical, mental, and emotional tools for survival.

In a search for answers, I find solutions by reflecting on the image of the ideal woman in the mirror of Truth, the Bible. Here within its pages are lessons that strengthen our courage to face the battles of today’s problems. When things seem overwhelming and nearly hopeless, we can be inspired to know that through us, the female gender, God has a design to bring true health and happiness to the world.

In the first few chapters of Genesis, we see that it was the Creator Himself that specifically designed the first woman. We can know that as the eyes of God looks upon us, His love and opinion of our value is greater than anything we can measure on earth, more than a ruby costing ten times more than a diamond (Proverbs 31:10). The powers of heaven stand behind the woman as she reflects the character of Heaven here on earth.

God made her to complement man, with strength and goodness being multiplied between them. They were not independent of each other, but each had their own individuality. They were clothed in a total garment of pure light. There was no nakedness upon them.



We can take steps to return health and happiness to our home ...

The reasoning powers of the brain put the principles of goodness in priority over the pleasures of the body. Eating and drinking and the sexual relationship was for strength and health, not merely for selfish satisfaction.

In this first couple, we see that Eve held a tremendous influence over man. It was God's intention that the tender heart and spiritual strength of the woman would keep the family tightly bound to the family in Heaven. In the woman, the spiritual tenor of the world resonates.

Eve's first step in independent thinking from God and man had its beginnings in putting priority in outer beauty. As Satan successfully allured Eve through both the serpent's beauty and wisdom, and that of her own, he continues to allure women to believe that happiness will come from superficial sources. Realizing this, woman can regain her strength by putting inward beauty first. "Favor

is deceitful, and beauty is vain: but a woman that fears the LORD, she shall be praised." (Proverbs 31:30)

In the chemistry of the brain, certain activities and substances over-stimulate the pleasure center, causing a sense of euphoria and excitement. This is the nature of addictions. Nicotine, caffeine, and alcohol are well-known addictive substances creating this "good" feeling. Other more common things will also stimulate the pleasure center un-healthfully, such as sugars, fats, and meats. But, did you know that the simple act of disobedience stimulates this center? This action is happening to the rich girl who finds shoplifting a thrill. When Eve ate of the forbidden food, she actually sensed a higher state of being, just as Satan promised.

Upon choosing the food from an unhealthy source, Eve had a change of mission. Instead of influencing Adam toward the Creator and His Word, she

inspired him to take a course that promised ecstasy, according to the word of a talking snake. And the woe of misery settled in upon the world, as the fleeting nature of the "high" left, and the world was left in its depression.

But, God's love for us did not end; it intensified. He did not remove from woman her responsibilities, but their importance increased. However, something had to change in the environment due to the change in the brain's chemistry as a result of over-stimulation of the pleasure center. Pain and hardship now entered, not to inflict needless sorrow, but to protect the weakened brain from further sinful addiction.

For reasons greater than we can understand, the pain and sorrow in pregnancy and child-rearing came for a blessing in our restoration. The work of cleaning, providing healthy food and clothing, of educating and guiding the growing brain and body of children, of supporting the needs of a man require strength, wisdom, and tenacity that God knew women could handle. This work may seem so insignificant, but without it we see the decline of the family as we do today.

Thousands of years have past since man has left the Garden bliss. Jesus is longing to return again to bring His family home, just as Satan is working with heightened focus to confuse and undermine true femininity. It is now that we need to arise with awareness of his devices and return to the high calling of God. There are some basic steps we can take to return health and happiness to our home.



1. Begin with a spiritual foundation found in God and through His Bible. Teach your children to love spiritual things. Have a time for family reflection and prayer. Learn to love and forgive. Jesus, who was born of a woman and knows her burdens, bends over every praying woman, supplying every need.

2. We need to change the mirrors that our family views. Consider the television, the music, and the magazines and books that are in the home and car. Consider the influence of friends and outside family.

3. Consider the effect of your fashion, and choose what will uphold purity of mind and body. The naturally lustful eye of the human cannot resist the bare or accentuated form of a woman. The greater beauty of a meek and quiet spirit shines through brighter when the exterior isn't speaking so loudly.

4. Learn about a healthy lifestyle with nutritious food, plenty of water, exercise, and adequate sleep.

5. Bring some wholesome activities and outings into your family weekly. Grow a garden together. Take up a new hobby or collection that is inexpensive but challenging.

6. Take time to play, giggle, relax, and learn about each other.

7. Find some community outreach to do with your family. Not only does the service bring self-value to those involved, but you can be the source of hope for someone else. For the child surrounded with drugs, alcohol, and abuse, you could be the factor that gives hope for something better.

8. Treat each day as a gift from



God. Realize that our days are numbered and the priority is now.

When I was in the middle of medical residency, I was faced with divorce and a three-year-old daughter. My already restricted time with her was cut in half. I chose my priority, my daughter. I discovered the struggles of single parenthood, but I learned the greater blessing of teaching your child about life and eternity. Little did I know when I made that difficult decision to leave a career that promised financial security and prestige, that three years later my daughter would face a terminal illness of cancer.

Because I put being her mother as the most important job in my life, I was able to give her the support and love and care she needed. I was able to teach her the important things of life and eternal life. I wouldn't trade winning a Nobel Prize for the privilege I had to clean up after

her when she couldn't make it to the bathroom fast enough because of the disease in her bowels. I wouldn't trade the Woman of the Year award for the privilege of having my daughter lay on my chest all night for comfort. I wouldn't trade anything for the privilege I had to see my daughter buried in the waters of baptism to tell the world she loved Jesus and wanted to live with Him forever.

Samantha died in August, 2006, at 12 years old. I traded 12 years of medicine for 12 years of Samantha. No, I traded medicine for an eternity with Sam.

What a challenge to be a virtuous woman! What eternal rewards! So...“don't let the world around you squeeze you into its own mold, but let God re-mold your minds from within, so that you may prove in practice that the plan of God for you is good.” (Romans 12:2, J.B. Phillips New Testament)

... Begin with a spiritual foundation found in God and through His Bible

Indian Women with SPIRIT

by DEBRA CLAYMORE



Overcoming professional difficulties as a Native woman

I am an enrolled member of the Cheyenne Sioux (Lakota) Tribe located in the middle of South Dakota. My dad was born at what is called the “Old Agency” which was flooded when the dams were built on the Missouri River. Much of the prime reservation land was wiped out with the rising water. Since my dad worked for the Bureau of Indian Affairs we moved to different reservations. Most of my childhood was spent on the Rosebud reservation located approximately on the southern part of South Dakota. I learned many things about being Indian and being an Indian woman. Most of them negative, but that was during the days when being Indian meant being dirty, a thief, lazy and a drunkard to name a few.

It was not until my early twenties that I felt better about myself as an Indian woman.

I guess I never thought when I was young that I would have a business of my own. Actually, I didn't think much of what I would be doing when I was older. Both my parents were educators. For me that was the natural road to take, so I did. But somehow, being a classroom teacher didn't seem to be a right fit. Now I realize that God had different plans for my life. And, thus began my journey to working as a Native woman in the professional world.

I graduated from Black Hills State University (BHSU) located in Spearfish, SD in 1974 through the Teacher Corps program with a degree in Elementary Education. I began my career as a teacher on my own reservation, Cheyenne River. I began "partying" a lot. Although I had become a Christian at an early age, my Christianity didn't influence me.

There were many things that I did that I regret today especially when I think of the children who were learning from me in my classroom. Many came from rough homes. When the second graders came in on Mondays and talked about their weekends, I would hurt for them. Many came from homes where family violence and abuse took place. Many would be left alone for the weekend to take care of their younger brothers and sisters while their parents would party. Many didn't have food and would come to school hungry. We always had snacks for those who needed a breakfast.

I soon went on to graduate from the University of South Dakota with a Master of Arts degree in Elementary Administration and quickly got a job as principal at an elementary school on the

Pine Ridge Reservation in South Dakota. By the end of that year I had gone through substance abuse treatment. Leaving the principal position I went to work at Black Hills State University (BHSU) as Assistant Director for Teacher Corps Here was the first of many times where I experienced sexual harassment. Because I followed my personal values, I was ostracized. After that experience I didn't have enough confidence in myself to feel that I was doing a good enough job at anything that I attempted.



DEBRA CLAYMORE
(above and on facing page)

I was in awe of both my husband and my dad for their ability to set goals and achieve those goals. I often looked to them for advice and support. As I considered my role models and what they accomplished, I was inspired to go on with my job. My husband and dad continued to encourage me. With God and my role models I was able to continue on the road that God had in mind for me.

One position that helped direct me on my path was working as the employee assistance director for Little Wound School in Kyle,

South Dakota. I developed the program with encouragement from several school leaders. It was there that I learned to facilitate workshops and meetings. But I also felt disrespect from some other school leaders. I often felt that being a woman in my position made me the brunt of many jokes.

My next position was at the local community college as prevention director and instructor for substance abuse. Again, I felt disrespect, not only from some of the college leaders, but also from other male instructors in the form of sexual harassment. I soon left that position and went on to assist in developing a non-profit organization where we obtained a grant to operate a Native substance abuse treatment center. But again, I felt disrespect this time from some Tribal leaders and some people in the Indian Health Service Substance Abuse Program.

As I look back over the path of my professional journey, there were many obstacles and rough spots, but I now see how God helped me through the difficult times and, prepared me for work to come. I now own my own corporation where I work with numerous tribes across America, including Alaska.

It has been a long journey. But I can see now that God knew what I needed to make me into the person I am today. The respect that I receive in my work has come as I've learned to be dependent upon Him and not my own abilities. I learned the lesson taught in Alcoholics Anonymous that I needed to turn my life and will over to God. It was then that I began to see God working in my life to serve others. I only give Him the praise for overcoming the many difficulties that I faced on my life road.



Indian Culture and Spirituality

by FRED L. ROGERS

“Indian Culture and Spirituality” is part one of a series of articles that will appear in American Indian Living, dealing with the myths promoted over the years about the American Indian people. Any comments or questions may be directed to fllcrogers@msn.com.

I was born and reared on my grandmother's Cherokee allotted land, which was granted to her after the federal government reclaimed Indian Territory. You probably remember the history of the land rush for Oklahoma land that had been given to the Cherokees after their removal from ancestral lands in 1838. My grandfather had also received an allotment, but had to sell the land due to needing money for medical treatment of skin cancer he had developed.

Grandfather did not teach his children about their Indian culture, as he felt it was better not to be Indian during that period of our history. You see, after the land rush more non-Indians lived in Indian Territory than did Indians. As a result of my grandfather's reluctance to pass on his native culture, we grandchildren were deprived of Cherokee culture.

Many stereotypes that are prevalent today were the things that influenced my upbringing. I am very thankful that there has been a renewed interest, over the past few decades, in reviving or recapturing Native Culture. As I have studied about our ancient relatives, I have discovered the ideas I embraced as a youth were based almost solely on myth. What a pleasure it has been to see and understand the beautiful culture, wonderful wisdom, and unbelievable technological advancement of the Indian people of old. What a shame the myths told during the arrival of the Europeans took root and grew to last for generations to come. Thus, the reason for these continued articles — to help set the record straight.

We will begin with a quote from Francis Jennings' book, "The Invasion of America." This is a

tremendous book if you wish to discover the myths developed about Indians and learn why these myths were promoted. In the following quote Jennings gives a brief synopsis of the European perception of the Indian people.

"The basic conquest myth postulates that America was a virgin land, or wilderness, inhabited by non-people called savages; that these savages were creatures sometimes defined as demons, sometimes as beast "in the shape of men"; that their

Myths told during the arrival of the Europeans took root and grew to last for generations

mode of existence and cast of mind were such as to make them incapable of civilization and therefore of full humanity; that civilization was required by divine sanction or the imperative of progress to conquer the wilderness and make it a garden; that the savage creatures of the wilderness, being unable to adapt to any environment other than the wild, stubbornly and viciously resisted God or fate, and thereby incurred their suicidal extermination." ("The Invasion of America," Francis Jennings, page 15)

This quote begs for answers of why would the early visitors, or as Jennings would call them, invaders, say or believe the above statement. We will cover the answers to this question in future articles, but in this article we will discover if the above statement is true. We are going to list and elaborate on just a few early American Indian accomplishments, and you can judge if colonial thought, as sited by Jennings, holds to be true. As a popular cable news network says,

"We report. You decide."

Let's begin with just a few of the Native American medical accomplishments. If you desire to learn more about Indian medicine, I recommend Virgil Vogel's book, "American Indian Medicine." We will start with simple remedies and then move to the more complex.

Sunscreen: The Zuni of what is now New Mexico used the Western Wallflower (*Erysimum Capitatum*) as a sunscreen. After they ground the Wallflower, it was mixed with water and applied

to the skin for prevention or treatment of sunburn. Southwest tribes used Aloe Vera taken from the Agave plant. Does this sound familiar? Other American Indians used fat from animals or oils from plants or fish. Some used oil obtained from sunflower seed or from petroleum deposits at certain locations. These were used not only for sun protection, but also for protection during winter months from frost bite.

Hemostats: The Aztec were the first known to use many different plants, Quahzapotl (*Annona Cherimolia*) to name one, to stem the flow of blood. Tannin is the ingredient found, in all the plants the Aztec used, with hemostatic properties. The authors of "Encyclopedia of American Indian Contributions to the World" makes the following statement: "Their [American Indians'] system of medicine was comprehensive, resembling the field of medicine in America today." Indians of the Pacific Northwest used spider webs to treat flowing wounds. The blood would thicken and clot as the



As early as 1700-1000 B.C., rubber balls were being made by Indian people. Some, no doubt, were used with this Indian basketball goal.

webs were packed into the wound. The Plains Indians used puffballs. The Chickasaws used alum. The first time Europeans witnessed the use of alum in the new world was in 1588. In the 1600's and early 1700's it was reported that the Catawba Indians used a powder made from dried corn smut to stem the flow of blood. Taken from these people that were supposed to be less than human, American medicine during the 20th century finally admitted corn smut into the official American Pharmacopoeia as a vasoconstrictor and a hemostat.

Now we will look at some of

modern medicine would treat infection with this antibiotic. You may find a complicated explanation as to how this drug works in "Encyclopedia of American Indian Contributions" under the section "Antibiotic Medication." Other tribes used a number of different plants to treat infection, such as Yarrow (*Achillea Millefolium*) and Sage (*Asteraceae*). Eastern Indians used cranberries or blueberries.

Arthritis medication: In North America the Pottawatomie tribe used Spikenard (*Aralia Racemosa*). A poultice was made from the plant and used on joints

Brain surgery was being performed by Indians of South American as early as 1000 B.C.

the more complicated medical techniques employed by those which, according to myth, were not suppose to be very intelligent.

Antibiotic medication: The Aztec collected sap from the Maguey varieties of *Agava* to prevent and cure infection. Penicillin was discovered in 1927, but it would be 1941 before

to reduce inflammation in painful joints. The Cherokee made tea from the roots of this plant to be used as a pain killer. In the Southwest, prickly pear cactus pads were heated to be used as heating pads to be applied to painful joints.

Surgery: Surgery had a long history among Native Americans

long before the arrival of the Europeans. Surgery performed by Indian doctors was known to be far more sophisticated than that of their European counterparts.

"By the end of the Middle Ages the most complicated documented operations that European surgeons performed were a limited number of cesarean sections and the removal of diseased breasts. In contrast, indigenous surgeons in South America, Mesoamerica, and North America were executing delicate and complex operations and using anesthetics and antibiotics medications—two practices that were not used in Europe at the time. They also practice Asepsis, creating what is known today as a "sterile field" for surgeries." ("Encyclopedia of American Indian Contributions," page 254)

Brain surgery was being performed by Indians of South America as early as 1000 B.C. It is believed by medical anthropologist that 85 to 90 percent of these patients survived these procedures. In contrast, during the late 19th and early 20th centuries, only 50 percent of non-Indian surgeon's patients survived.

Other procedures: Amputations were performed by Aztec, and the patient fitted with prosthetic limbs. Indians of North America were also performing amputations using flint blades, sharp enough to reduce bleeding, and cauterizing blood vessels with heated stones. They were using herbal hemostats and making use of tourniquets. Indian doctors practiced thoracentesis, puncturing the chest wall to drain fluid build up, and they could draw fluid from the knee. They used needlelike implements to drain fluid from the spleen. They used human

hair to close wounds, and were the first to use surgical staples, in the form of leaf-cutter ants, to close wounds. They were able to perform much more than the few things that I have listed long before the non-Indian physicians, but where is the recognition from the medical world? It is documented that, after coming to this land, the European people would seek out the Indian doctors and their medical prowess for treatment before using the European doctors.

In conclusion we will turn from the medical field to other useful inventions of the Indian people.

Rubber manufacturing: Let's consider the manufacturing of rubber balls by the Olmec people, and later taken up by the Aztec and the Maya people. As early as 1700-1000 B.C., rubber balls and other objects were being made by Indian people. A rubber ball dated 1000 B.C. was found

in the Olmec site of La Venta. The Codex Mendoza, an Aztec book of accounts, records the Aztec purchase of 16,000 rubber balls, presumably from the Olmec people. Most of the balls were of the solid variety, but they developed the hollow ball that was lighter and bounced higher than the solid balls. Figurines have been found of ball players with a large ball under their arm. Basketball courts have been discovered from Honduras to Arizona, with about 200 found in Arizona alone. Balls have been discovered, both solid and hollow, near these ball courts. It is believed by some that they may have had professional ball teams. The balls were durable because Indians had developed the process of vulcanization by adding chemicals to the latex, and then curing them by a firing process using palm nuts. The smoke contained acetic acid

and phenols which caused the curing process. It took ten years of experimentation by Charles Goodyear before he accidentally discovered the process in 1844—something the Indians had been doing for thousands of years.

We could continue almost forever with the technological advancements of Indian people. We could list such things as freeze drying of food, cure for scurvy, metal casting, metallurgy, electricity, and the ability to work platinum, which was said to be impossible due to needing extreme heat, but they were able to accomplish the impossible. It is wonderful to look back in time and see what our ancestors were able to accomplish, and most of all, to realize that the myths promoted over the years are far from the truth. In the next article we will consider the reasons the myths were so unjustly published to the world.



Indian basketball courts, such as the one shown above, have been discovered from Honduras to Arizona.

Dispelling Depression Myths

MYTH 1: DEPRESSION IS NOT THAT COMMON

According to the “Depression Sourcebook” edited by Karen Bellenir, “In any given one-year period, 9.5 percent of the population — or about 18.8 million American adults — suffer from a depressive illness.”

Therefore, depression can hardly be considered a rarity.

“I see it all the time. It’s probably the most undertreated illness in the U.S.” says Miggie L. Greenberg, M.D., the Assistant Professor of Psychiatry at St. Louis University School of Medicine.

MYTH 2: PEOPLE WHO ARE DEPRESSED ARE LAZY

“This is explained by low energy, lack of motivation, an ‘I don’t care’ attitude,” insists Mihaela Petersen, M.D., who has worked with people suffering from depression since 1993.

Julia (not her real name), a real estate agent in her early 50s, has suffered from depression for the past 30 years. She says she has learned some important things from her struggle with

How many times
have you heard that just
“cheering someone up”
can treat depression,
or that a depressed person
needs only to “snap out
of it?” Before you try
to combat this illness,
know the facts.

by PENNY ZELLER

this illness and hopes to help others with what she has learned. Her own personal experience with depression has led her to find that people struggling with depression “spend a tremendous amount of energy trying to control their moods which leaves them depleted and without energy to do the simplest tasks.” This can make them appear to be lazy.

MYTH 3: IF YOU HAVE DEPRESSION, YOU ARE HOPELESS

Greenberg says that recognizing that you have depression is a very important step. She tells clients who come into her office, “I see a lot of people in your shoes and they do feel better [after treatment]. I don’t see anything so different about you to see that you’re a basket case or hopeless.”

There are many treatments for depression from natural to conventional. Greenberg says there are three she recommends and are most effective when blended together. The first is exercise, of which people are fairly neutral in their opinion. The



second is professional therapy, which a lot of people reject as “not for me,” although it’s extremely helpful. The third is medication.

MYTH 4: DEPRESSION IS A SIGN OF WEAKNESS

“Women come for treatment more often,” notes Greenberg. “Stereotypes make it harder for men to get treatment.” True depression is not something a person on his or her own can help, and is therefore not a sign of weakness.

MYTH 5: DEPRESSION WILL JUST GO AWAY ON ITS OWN

“It does go away,” says Greenberg, “but it can take two years.” According to the Depression Sourcebook, depression “is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. Without treatment, symptoms can last for weeks, months, or years.”

MYTH 6: DEPRESSION IS NATURAL

According to Petersen, “Some people would say it is natural following certain traumatic events, such as the loss of a spouse or loved one (in fact, the loss of a spouse is the stressor most often associated with the onset of severe depression).” She treated three persons with severe depression a year after they lost their spouses. “These persons thought it was ‘natural’ to feel depressed in this situation. It is natural to grieve the loss of a loved one, but severe depression is never normal.”

MYTH 7: TALKING ABOUT DEPRESSION ONLY MAKES IT WORSE

Petersen has heard this myth and disputes it. “Not true,” she

says. “Talking about it can bring some relief and at the same time, somebody else can recognize the need for professional help.” Help is widely available through clergy, medical facilities, and psychiatrists.

MYTH 8: “HE’S OLD ... WHAT DO YOU EXPECT?”

Petersen has heard this myth many times. “In reality,” she notes, “healthy elderly [people] are not depressed and they are able to enjoy life fully.” In truth, depression can affect any age, from the very young to the very old and everyone in between.

MYTH 9: DEPRESSED PEOPLE NEVER REALLY COMMIT SUICIDE

“People who talk about suicide don’t commit suicide” is a myth Petersen has also heard. “Most of the depressed people who complete suicide expressed suicidal thoughts prior to their death.” She adds that if a person is suicidal, they need to see a doctor immediately.

MYTH 10: A CHEMICAL IMBALANCE CAUSES DEPRESSION

“This is partially true,” notes Petersen. “At times depression is situational, triggered by certain external events.” Some of these events can include death of a spouse or loved one, financial problems, marital or health problems.

Sometimes, just our hectic lifestyles can contribute to a depressive disorder. Julia has found from her own experience, “We are truly seen as human beings rather than human beings,” she says. “There never seems to be a time that we are able to let ourselves go and just be at peace without a

schedule and to-do list.”

According to Greenberg, there are specific symptoms used to identify someone fighting the illness. They are:

- » Sleep disturbances — can’t get to sleep, or stay asleep, or want to sleep all the time
- » Exhaustion
- » Maintain a “who cares?” attitude and lose motivation
- » Lack of concentration—read something three times and still don’t comprehend the meaning
- » Indecisive or overwhelmed even by minor things
- » Wrapped in a “cloud of hopelessness”
- » Anxious—never feel at peace
- » Feel sad with feelings that “are turned off like a faucet”
- » Act as though you live in a cocoon—want to get in bed and hibernate
- » Have a “short fuse” emotionally
- » Have extreme guilt; and/or:
- » Are very critical of themselves: “I’m fat, stupid, incompetent, etc.”

If you or someone you know experiences at least five of the above symptoms for at least two weeks, professional help is needed immediately.

Depression is not a myth. It exists, and millions of people face it every day. But rest assured that if you or a loved one is suffering from depression, there’s help available. The battle can be won.



Child-Size Sadness

How to help children manage their grief after the loss of a loved one

by TAMMY RUGGLES

As parents, we want to shield our children from the harsh realities of life, but it's an impossible dream. Losses come, tears fall, and hearts break not only as the result of death, but also divorce, disability, or separation.

Even though we can't keep grief from touching our children, there are some things we can do to make it easier for them to handle. When your child grieves, consider the following guidelines and suggestions:

- » Explain that losses happen to everyone at one time or another; that grief is a normal reaction to change, and that he isn't alone.

- » Remind her that grief is painful, and that you feel the pain too; but it does get easier to manage in time.

- » Remind him of what God says about death and grief. Find soothing, spiritual psalms to read aloud to him, or play music that ministers to his young, bruised soul.

- » Tell her it's OK to feel sadness, anger, loneliness, and fear. Encourage her to talk about it whenever she wants.

- » Don't expect a child to show certain feelings. Children, like adults, grieve in their own way. It isn't unusual for grieving children to show little emotion, want to play, or to act as if nothing is wrong.

- » Remind the child that he or she can live a happy life again.

- » Help him say goodbye to the loved one by making a scrapbook or a photo album, or by encouraging him to draw pictures or write stories about how he feels.

- » Allow her to attend the funeral of a loved one only if she expresses an interest. Don't force her against her will.

- » Be aware of your own expressions of grief, and don't feel that you have to hide them from your children. Children are intuitive and often reflect how we ourselves cope with grief.

Don't expect a child to show certain feelings ... Children, like adults, grieve in their own way

- » Know that grief has stages (denial, anger, bargaining, depression, acceptance), but they don't always manifest themselves on a particular timetable.

- » Help your child look ahead to a future without his loved one. Set goals. Plan activities. Be an example for him to follow.

- » There's no time frame for grief. But generally, if your child doesn't seem to be rebounding in six months or so following the loss, you may want to consider taking her to a grief counselor, or arrange for her to join a children's support group, or enter

family counseling with her.

- » Encourage your child to ask for and accept help if he needs it.

- » Help your child get plenty of rest and proper nutrition. Watch for drastic changes in appetite or play and try to ease him or her out of any health-damaging conditions.

- » Let her know you're near, ready to listen when she talks.

- » Be patient.

It's a myth that children should be sheltered from grief. They suffer loss too, and need to come to terms with what has happened. Honesty and openness are the

best ways to deal with a child's grief.

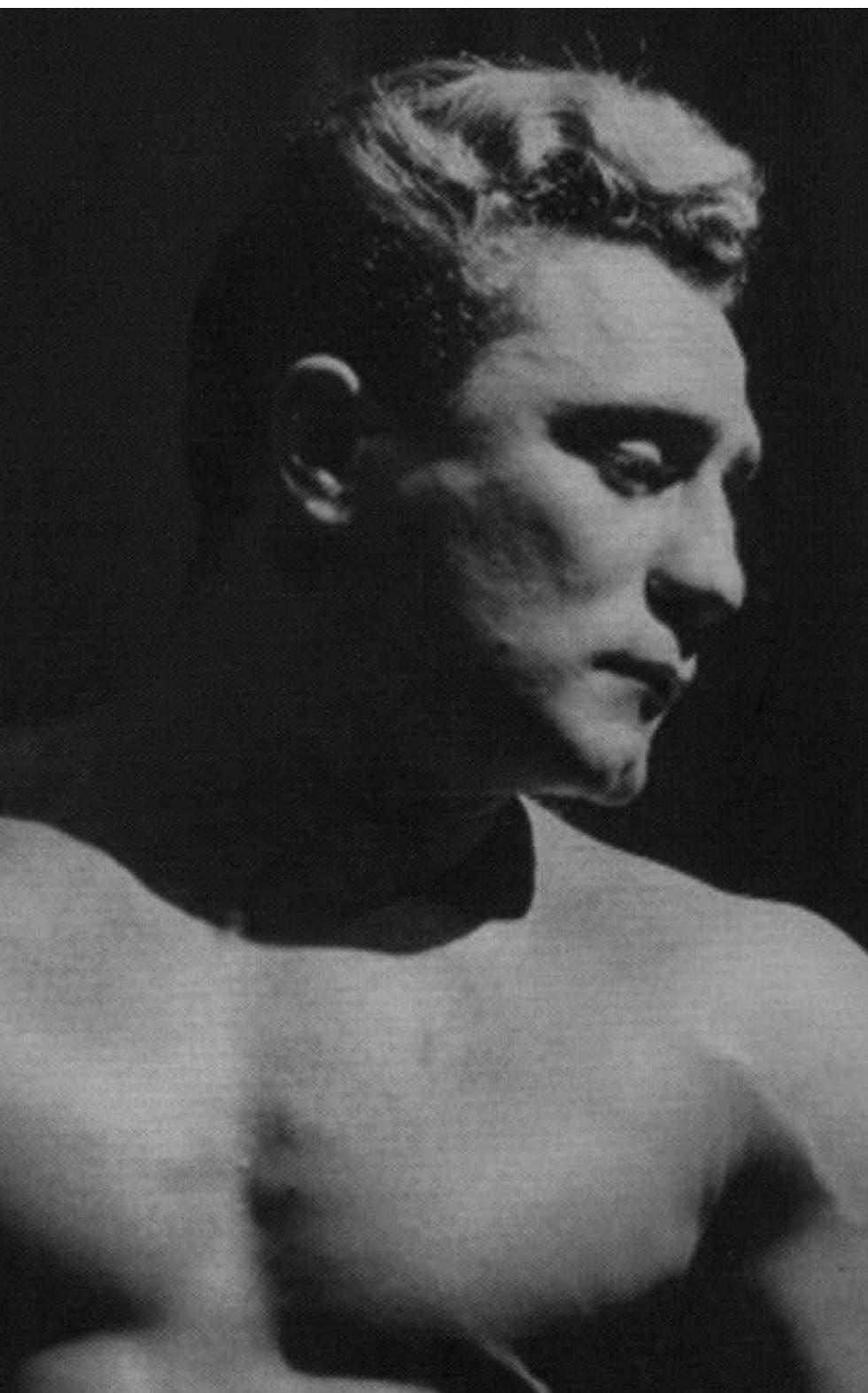
Children need to understand that it's ok to laugh and play again, and that the end of grief doesn't mean the end of love for the deceased. Show them by your example that love endures grief, and the best way to honor their lost loved one is by living a full and happy life.

Tammy Ruggles, B.S.W., M.A., has experience in mental health, hospice, and child/adult protection social work. She writes from Tollesboro, Kentucky.

MUSCLE HEADS

Fitness legend Terry Robinson shares his secrets for healthy longevity

by MICHAEL LEVIN



Terry Robinson rises every weekday morning at 3:00, puts on his Sports Club L.A. trainer's uniform, and goes to work. At 4:30, he checks to make sure that the club is clean, all the machines are in working order, and that towels, facial tissues, hair dryers, etc., are at the ready. Then at 5:00 a.m., Terry opens the massive, luxurious health club located in the center of trendy West Los Angeles and begins greeting guests, sharing jokes and family stories, and trading books he's recently read.

Around 6:30, Terry will begin lifting weights for an hour — four sets of twenty-five reps on machine after machine. He'll cool down with a half-hour swim to stretch out his muscles.

Terry Robinson ... is 90.

After his early-morning workout, he'll return home to care for his wheelchair-bound partner in life. Terry met Sylvia 31 years ago. She'd been paralyzed from the waist down after being struck by a drunk driver, and her sister had taken her to the facility for rehabilitation. Sylvia wasn't sure she could live the life of a crippled person until she met Mr. Robinson who turned out to be Mr. Right. "You're not crippled," he told her. "You're just sitting down." He made her laugh. He still does.

PHYSICAL TRAINER

Terry has been working as a

trainer since 1935 when he served as a professional instructor in a gym in New York. During World War II, he attended the Army's physical training school where he learned to prepare troops who were headed for combat in the Pacific. After the war, he won bodybuilding titles such as "Mr. New York City" and accepted a job training Hollywood's brightest stars for Louis B. Mayer at MGM Studios. "Back then," Terry laughs, "they called us 'muscleheads.'"

Mr. Robinson has outlived all of his critics.

"Today everybody goes to a gymnasium," he says with a chuckle.

Terry represents an affront to every actuarial table ever invented. However he doesn't see himself as some sort of genetic fluke who beat the odds for no particular reason. Instead Robinson credits his lifetime love of training, eating right, and using his brain — an organ not commonly identified with bodybuilders — as the secrets of his longevity. He believes that we can all add years to our lives simply by getting into an intelligent program of weight training and aerobic exercise, no matter how old we are.

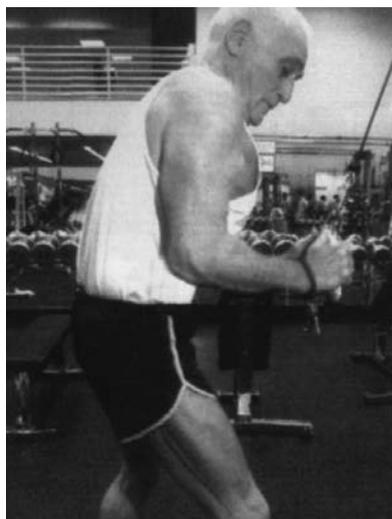
"Older people absolutely need weight training," Terry emphasizes. "They don't need to lift heavy weights — that's for the kids. Instead, older people benefit most from lifting relatively low amounts of weight, but doing so with many repetitions. This is what builds endurance. When you get up there in age, endurance is your best friend."

"My best advice to anyone of any age who wants to start working out is to find a trainer," Terry states. "You can get a great

trainer at any gym, and they can show you how to maximize the use of your time, get great results, and avoid injury. It's the best way to go, especially for older people."

MIND EXERCISES

Robinson exercises his mind as much as his pecs and glutes. He reads an average of four books a month, trading recommendations with Sports



"Low amounts of weight with many repetitions ... this is what builds endurance. When you get up there in age, endurance is your best friend."

Club L.A. members, many of whom have written the books they recommend. Robinson reads widely in the classics and lectures to new classes of Sports Club L.A. trainers on the ancient wisdom of Hippocrates, Maimonides, Galen,

and other great thinkers.

"Inactivity saps the vigor of the mind and the body," Robinson says.

"Terry's a legend," says friend and longtime Sports Club L.A. member Larry Field, a 70-year-old Beverly Hills real-estate developer. "I look forward to my breakfast every morning with him and our friends. It keeps us all young."

Robinson's health ministry does not extend solely to gym members and trainers. While at MGM, he grew close to the legendary opera star Mario Lanza. When Lanza passed away at an extremely young age, Robinson adopted the singer's four children and raised them as his own. "I was never looking for medals," he says. "It was the right thing to do."

Today Terry is as much a fixture in West Los Angeles as is the region's dreaded rush hour traffic. It's almost impossible to imagine L.A. without either of them. He continues to train himself, teach other trainers, paint, read, meditate, care for his partner, and share fitness tips with other members (many of whom are a third his age and can't keep up with him on the weight machines).

How much time does Robinson spend looking back on his bodybuilding days of yore, his years at MGM, or his military service? No time at all. "The future," Robinson says. "That's what interests me the most. The future."

At 90, after his daily workouts and swims, the future shines bright for Terry Robinson.

Irvine, California-based businessman and triathlete Michael Levin owns and www.Writer2Author.com and www.BusinessGhost.com.



Hi Kids!

Today we will talk about the B-R-A-I-N!

Your BRAIN is the most wonderful computer in the world. Your BRAIN talks to the rest of your body and tells it what to do.

DID YOU KNOW?

1. During your life, your BRAIN may store up to 100 million bits of information?
2. The left side of your BRAIN controls the right side of your body?
3. The right side of your BRAIN controls the left side of your body?

TEST YOUR SKILLS!

Let's see which side of your BRAIN is dominant by taking this simple test. Ask someone in your family to read the test to you, and you do what it says.

BRAIN DOMINANCE TEST

Try This:

| | Right | Left |
|--|--------------------------|--------------------------|
| Clasp your hands together. Which is on top? | <input type="checkbox"/> | <input type="checkbox"/> |
| Pick up a pencil to write. Which hand do you use? | <input type="checkbox"/> | <input type="checkbox"/> |
| Hop five times on one foot. Which foot did you use? | <input type="checkbox"/> | <input type="checkbox"/> |
| Take three steps. Which foot did you start with? | <input type="checkbox"/> | <input type="checkbox"/> |
| Try to do the splits. Which leg is in front? | <input type="checkbox"/> | <input type="checkbox"/> |
| Throw a ball. Which arm did you use? | <input type="checkbox"/> | <input type="checkbox"/> |
| Pick up a spoon. Which hand do you eat with? | <input type="checkbox"/> | <input type="checkbox"/> |

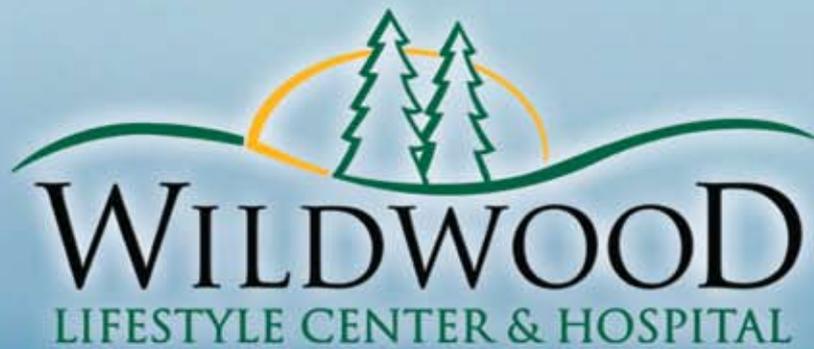


YOUR SCORE:

How many times did you use your right side? _____
 How many times did you use your left side? _____
 Which side of your BRAIN is more dominant? _____
 Did you use both sides equally? _____

Most people are either left-handed or right-handed, but some use both hands equally. They are called ambidextrous (am-bih-DECK-struss).

Write the word above.



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American Indian Living
Published by Native Education & Health Initiative
17109 Polo Fields Lane
Louisville, KY 40245-4463

NON-PROFIT ORGANIZATION
US POSTAGE
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PERMIT #984
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