

Eagle High's David Trompke helping to foster abuse awareness

By Philip A. Janquart

Depending on who you are, it may come as a shock to learn that 1 in 3 teens in a dating relationship has been verbally, emotionally, sexually or physically abused. Yet, those are the numbers provided by The Idaho Teen Dating Violence Awareness & Prevention Project.

David Trompke is aware of the many statistics, but it is his life as an Eagle high school freshman that has given him a closer and more personal perspective to what is really going on — and he doesn't like what he hears or sees.

"Oh yeah," said Trompke, when asked if he hears stories about abuse by other students. "It's definitely a major problem." The stories are, in part, the reason he decided to become involved in the Project, whose motto is "No Means Know." The Project is described as a collaborative effort with the Idaho Coalition Against Sexual & Domestic Violence, as well as many other organizations such as St. Luke's Health Care Systems, the Idaho Department of Education and the Treasure Valley YMCA. The problem of relationship abuse gar-

nered worldwide attention in early February when a fight between singers Chris Brown and Rihanna resulted in physical injury, public scandal and arraignment. "This whole (Chris Brown/Rihanna) thing really kind of bothered me," Trompke said. "And how most teens think it's OK, and that she deserved it."

The personal and public outcry that followed in the wake of the Brown/Rihanna abuse case included a special segment on the Oprah Winfrey show that featured a panel of high school students from all over the country. Trompke, who is part of the Start Strong Program, which is focused on educating middle school students on abuse, was one of only 10 students picked from Idaho to take part in the segment, long distance.

"We were on air, but they did it over Skype," he explained. "We could hear them and see them on the screen live as the show was going on. And Tyra Banks was on the show, too."

In terms of physical abuse, like the Brown/Rihanna case, Idaho Coalition Against Sexual & Domestic Violence attorney Annie Pelletier, who is also project manager for the Start Strong Idaho project, said that between 13 and 14 percent of

high school students report being hit, slapped or punched. About 11 percent say they have been forced to have sex. According to Pelletier, verbal and emotional abuse is harder to nail down. "It's sometimes hard to identify as an abusive relationship," she said. "In high school, there is lots of abusive behavior anyway."

A big part of the goal is helping kids who are dating to recognize this type of abuse, to be educated and prevent it from happening in the first place.

"There is verbal and emotional abuse, controlling behavior, humiliation and isolation. Not letting them hang out with friends, participate in sports, those are the real big warning signs," Pelletier added. Aside from the physical and emotional outcomes, abusive relationships are often correlated with teen pregnancy, drug abuse, suicide and generally unhealthy sexual behavior in teens.

For Pelletier and the Coalition, having guys like Trompke, who are willing to get involved, is a critical step toward identification and prevention.

"Boys are instrumental in being in the position of leaders in their school to speak out on this issue," she said, referring to

Trompke, who is a member of the Start Strong Idaho Teen Advisory Council. "The council is our voice on the street. Our hope is to get the high school leaders into the middle schools where they can promote and help foster healthy relationships. They do that by holding community events, manning a table at community fairs and hosting parent nights, where parents and teens talk about healthy teen relationships."

For more information on The Idaho Teen Dating Violence Awareness & Prevention Project, log on to www.nomeansknow.com.



David Trompke

EAGLE QUICK REFERENCE GUIDE

Eagle City Hall

660 E Civic Drive, Eagle, ID 83616
www.cityofeagle.org • 939-6813
Office Hours: 8:00am - 5:00pm
Monday - Friday

Departments:

Arts Commission 489-8788
Clerks Office 939-6813
Mayors Office 489-8790
Planning Department 939-0227
Public Works 489-8777

Eagle Library

100 N Stierman Way, Eagle, Idaho 83616
Hours:
Mon - Wed 9:00 a.m. to 8:00 p.m.
Thur: 11:00 a.m. to 8:00 p.m.
Fri - Sat: 9:00 a.m. to 5:00 p.m.
Sunday: Closed
939-6814

Eagle Senior Center

312 E. State Street, Eagle
939-0475

Eagle Historical Museum

67 E State Street
Contact: Laurie Baker (208) 939-2669
eaglemuseum@cityofeagle.org
<http://www.cityofeagle.org>

Eagle Fire Department

Station 1
966 E. Iron Eagle Dr. Eagle, ID 83616
(208) 939-6463
Station 2

3180 E. Floating Feather Rd. Eagle, ID 83616 (208) 939-2726

Eagle Police Department

Non-Emergency-The Eagle Police can be reached at 938-2260
1121 E State St., Ste. 101, Eagle, ID 83616

Eagle Water

188 W State St, Eagle, ID 83616
(208) 939-0242

Eagle Sewer District

939-0132
44 North Palmetto, Eagle, ID 83616

Eagle Chamber of Commerce

597 E State St, Eagle, ID 83616 • 939-4222

Landing Community Center

Phone: 208-939-4850
175 E. Mission, Eagle, ID 83616
(across from lower Eagle Elementary)

Saint Alphonsus Eagle Health Plaza

323 E. Riverside Drive, Eagle, Idaho 83616
Main Phone Number: (208) 367-5300
24 Hour Emergency Department:
(208) 367-5355

St. Lukes Urgent Care

3101 W State St, Eagle, ID 83616
Monday- Friday 7am -10pm
Weekends 9am-10pm
(208) 473-3100

HEALTH MATTERS

BIKE RIDING SAFETY

By Dr. Stacey Townsend, Pediatrician
Saint Alphonsus Medical Group

Q: With this nice weather my daughter is anxious to ride her new bike. What tips should we be aware of to help her learn to ride safely?

A: Safe bicycling starts early. The weather is finally warming up and we are all longing to spend more time in the beautiful outdoors. One of the great activities of spring and summertime is bicycling. However, riding a bicycle does carry some risks of injury.

A bike is not just a toy, but a means of transportation and is subject to vehicle motor laws. Our children develop life-long habits of vehicle usage from the first time they ride a bicycle. It is our responsibility as parents and guardians to make sure they are developing safe habits.

Here are some helpful tips on bicycle safety:

1. Adults should set limits on where children ride based on their maturity and skill levels. Most serious injuries occur when a bicyclist is hit by a motor vehicle. Young children should ride only with adult supervision and off the street. Older children should be allowed to ride in the street only if their skill and maturity levels indicate an adequate knowledge and ability to follow traffic laws.

2. Children must wear properly fitted helmets and be taught how to wear them correctly as soon as they get their first bike or tricycle. Parents, you should be a role model and wear your helmet too.

3. Most important traffic laws to know and follow are:

- Ride with traffic.
- Stop and look both ways before entering the street.
- Stop at all intersections, marked and unmarked.
- Before turning, use hand signals and look all ways.

4. Children should never ride at dusk or in the dark. This is extremely risky for children and adults. Night riding requires special skills and special equipment. Few kids

Dr. Stacey Townsend,
Pediatrician



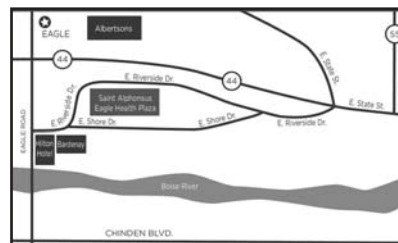
are equipped with either.

5. Children should learn how to keep their bikes in good repair, with parents checking the tires, brakes, and seat and handlebar height at least annually.

With proper instruction and care, bicycles are a great form of entertainment, exercise, and transportation. So, get out there and enjoy the sunshine, but remember to follow the rules of the road.

Source: TIPP 8-years Safety Sheet
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Saint Alphonsus Medical Group
— Primary Care Physicians
Located in Saint Alphonsus
Eagle Health Plaza
323 E. Riverside Drive
Eagle, ID 83616
(208) 367-5750



Saint Alphonsus Medical Group is accepting new patients at the Saint Alphonsus Eagle Health Plaza and we offer a complimentary Meet & Greet visit to introduce ourselves to new patients and their families. We also have free first aid kits for new families, while they last, so call to schedule your same-day appointment today!
(208) 367-5750.

EAGLE SENIOR CENTER

Mondays, Wednesdays, Fridays:
Exercises 9 am – 9:30 am
Every Tuesday :
Lunch 12 pm & Pinochle- 1pm
Every Thursday :
Lunch 12 pm • Bingo 1pm.
Saturdays: Pinochle 1:30 pm

'FIT & FALL PROOF'
Prevents Injury Promotes
Senior Fitness
COST: Free! Join in any class.
9:00 a.m. - 9:45 a.m.
Mondays, Wednesdays and
Fridays each week.

EAGLE CLUBS

American Legion Post 127
& Auxiliary of Eagle
Meetings: 2nd Wed
at Eagle Sewer District,
44 N. Palmetto Avenue.
Contact: James R. Prescott
at 939-8745

The MOMS Club of Eagle
The MOMS Club of Eagle, Idaho, is for Eagle area MOMS only.
info@momsclubofeagle.org
The Eagle Lions Club
Meets at Mia Casa the 1st and 3rd
Wednesday of each month at noon.
Contact Joan Peterson, President 859-2711.

Eagle Kiwanis Club
Meetings: Monday for lunch and speakers
at Bella Aquila in North Channel.
Meeting starts at 12:00.
Contact Joann Grether 559-7303 to RSVP.

Idaho Walleye Unlimited
Round Table Pizza
395 W. State St. Eagle, ID 83616
Treasure Valley Chapter.
7 p.m. second Tuesday of each month
286-7819

Eagle/Garden City Rotary Club
Meets every Thursday at noon at the
Plantation Golf and Country Club, 6515 W
State St, for lunch and a meeting, for more
info please call Robin Dodson at 373-1705.