



*Marilyn Pete is undergoing therapy at Our Lady of Compassion Care Center.*

# Recovery from overdose calls for patience

by Marilyn Pete  
for the Tundra Times

It has been almost eight years since I took that overdose of antabuse. Everyday I am reminded of that stupid time!!!

I do recall that I was very depressed about my drinking problem. And I figured that my son's life would be much better without my being around. I thought if I took an overdose of antabuse I would die. That was the biggest mistake in my life.

Goals: I didn't have any. I figured that my occupation as a secretary was good enough.

I also was a commercial fisherman. My dad and older brother taught me how and where to fish on the Kuskokwim River. It is very hard work pulling in the 50-fathoms gillnet!

I guess that I was an ambitious, outgoing person. In July 1974 I was crowned queen of the World Eskimo-Indian Olympics in Fairbanks. I believe I won it for my personality.

I also won first place in the fish cutting contest. Although it was 15 years ago it is as clear in my mind as if it happened yesterday! At home I have

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photo by Chris Cushman

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pictures and a newspaper with an interview of me and that event.

I will be going back to Bethel. There is where I expect to be going to Adult Basic Education for more computer training.

My relationship with my son has practically disappeared. He has been living with my parents for the past six years because I couldn't verbally discipline him. It hurts me to be an observer, but I guess that is the punish-

ment I get for trying to kill myself.

Since I can't verbalize my thoughts and feelings, I have become more passive than aggressive! I don't like being silent at all. I do thank God for saving my life, even though it is a silent life.

To alcoholics: I do take my life one day at a time. I don't go where there are any alcoholic beverages. I do say no to any offers I get by shaking my head no.

I don't allow anyone in my apartment who has been drinking! That is

how I remain dry for these past eight years.

To the non-verbal: There are ways to communicate with other people. Not only is there the typewriter which I am using now, there is also Canon Communicator. The Canon Communicator is approximately 13 inches by 5 inches. You press the letters to spell out anything you want to say.

I am now so attached to the Canon Communicator, I would rather give up my right hand than give up the Canon Communicator. With this ingenious

device, I can say whatever to whomever, whenever I please!

Thank you very much!

*Marilyn Pete, 33, is currently undergoing therapy at Our Lady of Compassion Care Center in Anchorage. She plans to return home to Bethel later this summer. Pete, who remains unable to speak as a result of her overdose, wrote this article to encourage others to work on their problems in a positive manner.*