

Today in History

Abraham Lincoln is elected the 16th president of the United States over a deeply divided Democratic Party, becoming the first Republican to win the presidency.

— November 6, 1860

Food 4 Thought

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."

- Abraham Lincoln

The Month Ahead

Friday, November 6

Holiday craft bazaar sponsored by Salem Hospital Auxiliary in Building D on Oak Street. Free parking in hospital garage. Twenty-five vendors. 9 a.m.-4 p.m. 503-364-7785.

Dare to Believe! at the Historic Elsinore Theatre, 7:30 p.m. Jay Owenhouse: The Authentic Illusionist performs amazing feats. Visit elsinoretheatre.com for tickets.

Oregon Symphony Association in Salem presents Rachmanioff's Rhapsody. Conductor Carlos Kalmar and pianist Kirill Gerstein. Smith Auditorium, Willamette University, 8 p.m. Tickets \$35 to \$50. orsymphonysalem.org.

Saturday, November 7

Artist reception and awards ceremony for Black, White and Gray art show, one of the most popular exhibits of the Keizer Art Association in the Enid Joy Mount Gallery at the Keizer Heritage Center, 980 Chemawa Road NE. Open to the public, free. 6-8 p.m. keizerarts.com

Willamette Master Chorus presents Veteran's Concert, Rogers Music Center, Willamette University. Performances are 7:30 p.m. today and 3 p.m. tomorrow, Sunday, Nov. 8. Ticket information at www.willamettemasterchorus.org.

Sunday, November 8

Thomas Lauderdale plays Gershwin with the Salem Concert Band, 3 p.m. at the Elsinore Theatre. Tickets range from \$25 -\$35. www.elsinoretheatre.com

Monday, November 9

Golden Dragon Acrobats, 7:30 p.m. at the Elsinore Theatre. Tickets range from \$20-\$35. www.elsinoretheatre.com

Tuesday, November 10

Keizer Parks and Recreation Advisory Board meeting, 6 p.m. in council chambers at Keizer Civic Center, 930 Chemawa Road NE.

Wednesday, November 11

Veterans Day. Government offices and banks closed.

Thursday, November 12

Keizer Traffic Safety/Bikeways/Pedestrian meeting, 6 p.m. in council chambers at Keizer Civic Center, 930 Chemawa Road

West Keizer Neighborhood Association meeting, 7 p.m. at Keizer Civic Center.

Friday, November 13

Horton Foote's *The Trip to Bountiful* opens tonight at Pentacle Theatre. The show runs through Dec. 5. Visit pentacletheatre. org for show times and tickets.

Monday, November 16

Keizer City Council meeting, 7 p.m. in council chambers at Keizer Civic Center, 930 Chemawa Road NE.

Tuesday, November 17

Keizer Points of Interest Committee meeting, 5:30 p.m. in council chambers at Keizer Civic Center, 930 Chemawa Road

Thursday, November 19

Volunteer Coordinating Committee meeting, 6 p.m. at Keizer Civic Center, 930 Chemawa Road NE.

Greater Gubser Neighborhood Association meeting, 7 p.m. at Gubser Elementary School.

Saturday, November 21 – Sunday, November 22

Old Fashion Christmas, Jackman-Long Building at Oregon State Fairgrounds. A nostalgic celebration of the holidays. Arts, crafts, antiques, food, live entertainment Admission is \$4. Hours are 10 a.m.-6 p.m. Saturday and 10 a.m.- 5p.m. Sunday. www.centraloregonshows.com.

Sunday, November 22

The Creation, considered Joseph Haydn's greatest work, will be presented by Festival Chorale Oregon, 4 p.m. at the Historic Elsinore Theatre. Tickets are \$20, \$15 for seniors, \$5 for students. festivalchorale.org.

Reports: heroin usage on the rise, increasingly deadly

By ERIC A. HOWALD Of the Keizertimes

Centers for Disease Control and Prevention officials say usage of heroin and other drugs have reached "epidemic" levels.

In a briefing published in July, researchers found that heroin use more than doubled in adults ages 18 to 25 in the past deacde.

Those findings coincide with trends that Keizer Police Det. Chris Nelson saw in a recent stint as part of a Drug Enforcement Agency task force looking into the problem regionally.

"In the last five to six years,

the heroin market has increased this region. More traffickers are coming in and setting up shop," said Nelson. "We Nelson. deterimined that the heroin is coming from Nerea, Mexico. They grow and manufacture

and bring it into the U.S. Mexican trafficking groups establish cells in the different areas and distribute to mid-level dealers. Those midlevel dealers are well-established in this area.'

Nelson said the local dealers the Keizer Police Department arrests for selling heroin and other illicit drugs are most often addicts themselves.

"They're selling to support their own habits," Nelson said. "For anyone who is mid-level or higher up the chain, selling is usually just a business model, a way to make money."

How it works

Heroin is synthesized from morphine, which is extracted from the seed pod of the Asian opium poppy plant, and often appears as a white or brown powder or a black, tacky substance commonly know as "black tar." It is most often injected, but it can also be smoked or snorted. After intravenous use, according to a report by the National Institute on Drug Abuse, the drug enters the brain and binds to opiod receptors that control perception of pain and reward. Users most commonly reported "a surge of euphoria accompanied by dry mouth, a warm flushing of the skin, heaviness of the extremities, and clouded mental functioning.'

While those sensations are what the addicted are chasing, the drug comes with a boatload of risks. Opiod receptors in the brain stem control automatic life processes like respiration, arousal and respiration. If an addict overdoses, the euphoria can lead them to the

looking back in the KT

5 YEARS AGO

Voters will answer big box question A local ballot measure restricting buildings more than 65,000 square feet to Keizer Station's Area A has qualified for a special election next year.

10 YEARS AGO

Parking changes would restrict trailers to 8 hours on the streets

Long-term parking for trailers on Keizer streets would be outlawed if revisions to a city ordinance are approved by the Keizer City Council.

15 YEARS AGO

Chemawa bowlers have a blast

Chemawa Indian School students were guests of the Keizer Exchange Club and were invited to bowl at Town and Country Lanes.

20 YEARS AGO

Keizer youths charged

in opossum case Seven McNary High School students face Class C felony charges filed by the District Attorney's office in connection with the Oct. 7 killing of an opossum.

brink of life. An overdose of heroin can cause suppression of breathing that can result in depriving the brain of oxygen - hypoxia - which can lead to coma and possible permanent brain damage.

The human body also rapidly develops a tolerance for and dependency on the drug. A \$20-a-day habit can quickly become a \$100-a-day habit as the user needs more and more to achieve the same effects. The high generated by heroin becomes the new normal for the user and withdrawal symptoms can set in within 12 hours.

As one local user, Spencer,

put it, "I've

never had a "Mid-level drug that made me physically dealers need it. When you wake up are wellin the morning your first established in thought this area." 'How can I get a bag? How can I feel bet-Det. Chris Nelson, ter?' I will lay Keizer Police Dept.

in bed until I figure something out. I feel

like I'm going to die if I can't Spencer, whose name has been changed to protect his privacy, was profiled in an earlier segment of Keizertimes' Chasing Dark series.

Who is at risk

Some of those most at risk of heroin addiction, according to the CDC report, are: those who are addicted to prescription opiod painkillers; people who are addicted to cocaine; people without insurance or enrolled in Medicaid; non-Hispanic whites; males; and those addicted to marijuana and alcohol. A household income of less than \$20,000 was also a major factor, according to the CDC report.

The CDC report also found that most addicted to heroin used at least three other drugs, but heroin use is outpacing most other types of narcotics according to a Drug Enforcement Agency report released earlier this year.

The types of heroin entering the market recently are also more pure than their predeccors as little as a decade ago. That could account for an increase in the number of heroin-related deaths the CDC reported.

In 2013, the year of the most recent CDC data, more than 8,200 people in the U.S. died from heroin-related overdoses. That's nearly quadruple the number of deaths from the same type of overdose as there were in 2002. Overdoses were

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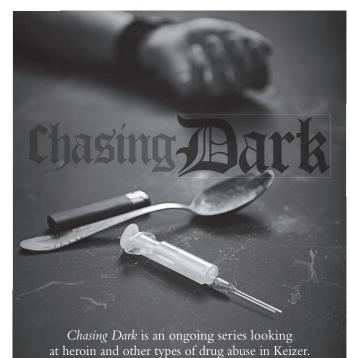
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Be sure to pick up next week's paper for the next installment.

"I've never

had a drug

that makes

need it. I will

I can figure

something

out."

you physically

lay in bed until

most common among men and women aged 25 to 44.

Usage on the rise The Midwest and Northeast led the country in inclining heroin usage, but Western and Southern

regions have also seen steep rises.

"Methamphetamine is just as prevalent. The two major ones we see abused are meth and heroin," said Nelson of local trends.

One of the more common paths to heroin addiction in recent years has been through increased prescriptions of

painkillers. Oregon has one of the higher levels of painkiller presciptions in the U.S. It's estimated that there are between 82 and 95 painkiller prescrip-

tions for every 100 residents in the state, according to a 2014 CDC report.

Once the prescriptions dry up, those addicted turn to heroin as a cheaper, easier-

to-obtain alternative. The drug averages about \$80 per gram on the West Coast and specifically in the Portland metropolitan area. "After the 2010 re-

formulation of the commonly abused prescription opioid OxyContin, which made it difficult to inhale or inject, some people who abused OxyContin

migrated to heroin for access to a potent injectable drug," stated the DEA report.

local

weather

Spencer,

heroin addict

public hearings

Keizer City Council will hold a hearing on Monday, Nov. 16 to consider proposed text amendments to sections 2.108, 2.109, 2.110, 2.112, 2.113, 2.114, 2.115, 2.119 and 2.433 of the Keizer Development Code and to add a defi-

nition of marijuana retailer to Section 1.200. The hearing takes place at 7 p.m. in council chambers at Keizer Civic

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Fri

Partly cloudy. Highs in the low 60s and lows in the low 40s.

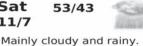
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Sun

low 40s

Tue

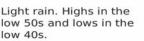
Sat 11/7



Highs in the low 50s and lows in the low 40s.

53/40

11/8



Mon 53/37 11/9

Chance of showers.

Highs in the low 50s and lows in the upper 30s.

53/36 11/10

Mix of sun and clouds. Highs in the low 50s and lows in the mid 30s.



THIS WEEK'S Jurassic World (PG-13)

Fri 1:40, 3:55, 6:00, 8:55, Sat 3:50, 6:15, Sun 2:10, 6:00 Mission Impossible:

Rogue Nation (PG-13

Ant Man (PG-13)

The Perfect Guy (PG-13)

Black Mass (R) Fri 8:30, Sat 8:45, Sun 6:20, 8:20

Rock The Kasbah (R) Fri 8:40, Sat 8:30, Sun 6:45

American Ultra (R) Fri 6:45, Sun 8:45

Minions (PG) Fri 12:10, 4:55, Sat 12:10, 2:50, Sun 12:00, 4:30

Inside Out (PG) Fri 11:40, 2:00, 4:00, Sat 12:50. 2:00, 4:45, Sun 12:20, 1:50, 4:00

FOR ALL SHOWTIMES GO TO NORTHERNLIGHTSTHEATREPUB.COM

KEIZERTIMES.COM Web Poll

sudoku

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Are you paying attention to the 2016 presidential campaigns?

> **74% -** Yes **26% -** No

Vote in a new poll every Thursday!

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