

Preview: The most economical and most fun things to see at Chief Joseph Days



Ellen Morris Bishop

A saddle bronc rider gets almost more than he bargained for at the 2018 CJD.

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can watch floats created by kids, kazoo bands, the 4-H fair queens, and a variety of dogs, chickens, and other things take their turn on Main Street. And of course kids.

• Saturday: Friendship Feast and Indian Dance Competition. Noon to about 4 p.m. at the Indian Pavilion just east of Harley Tucker Arena. To honor Chief Joseph and the Wallowa Band Nez Perce who are native to this landscape, descendants of Chief Joseph's people combine with local residents to host a feast of salmon and potluck dishes that is free and welcome to all. You'll learn and participate in Nez Perce blessings and traditions, and also have a wonderful meal; the meal is followed by competitive dancing, including Men's traditional and fancy dance.

The Rodeo specialty act: Every year Chief Joseph Days Rodeo presents a thrilling specialty act at the Friday and Saturday evening rodeo. This year's act is unusual in that it doesn't really involve horses, or

even dogs. This year, Troy Lerwill will present a Wrangler National Finals' Rodeo award-winning favorite: His Wild Child motorcycle specialty act.

Lerwill has won multiple rodeo honors for his motorcycle-riding, laugh-generating, and death-defying act, which includes jumping a truck and very long horse trailer in the air. (Flames are also involved...). He works as many as 170 performances in a year, including the majority of the largest rodeos in the United States and Canada.

A native of Utah, Lerwill comes from a family that was thoroughly involved in rodeo. His father was a team roper. His mother was a rodeo queen. But as a youngster, Lerwill was more interested in pestering the clowns, watching the bullfighters and riding motorcycles instead of horses. He began racing motorcycles in his early teens. He won the Utah state motocross championship at the age of 16, and also successfully raced mountain bikes for several years.

Lerwill has combined

his extraordinary motorcycle riding talent with his career as a rodeo entertainer to develop an act that is considered both outstanding and unique.

"I told myself that, somehow, it had to be possible to jump a Dodge pickup truck and a Bloomer trailer with my dirt bike," he said.

Lerwill names, as his mentor, pro rodeo's master comedian Lecile Harris — four-time PRCA Clown of the year who has also performed at CJD in the past.

But Lerwill's rodeo DNA shows through in his other jobs at Chief Joseph Days. He will be the official "rodeo clown" which also means being the man in the barrel when the bulls come out to play. He's won awards for his talents here too. He has been named Professional Rodeo Cowboy Association entertainer of the year — as well as clown of the year and Coors-Man-in the Can of the year.

So be ready to be thoroughly entertained at the rodeo-equivalent of a half-time show. And keep your eyes on the barrel when the bulls come out, too.

Opioids: New pharmaceuticals, treatments help address abuse, addiction in county

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Whichever path the heroin user takes to treatment, they have to be in withdrawal so that a new drug can replace heroin to be accepted into the program. "We are fortunate to have medication—a much safer version of methadone—to replace heroin use," Farley said.

That drug is Buprenorphine, a pharmaceutical that binds to the same nerve receptors that suck up heroin. And while Buprenorphine satisfies the craving for a drug that will fit into those nerve sites, it does not produce the euphoria that heroin does. "So it allows a person to begin to live a more normal life," Farley said. "In some cases, we also prescribe Naloxone, which prevents abuse of the Buprenorphine. To the addictive mindset, more of something always seems good."

Presently there are about 70 patients in Wallowa County involved in the Buprenorphine program. It can be pricey, with monthly costs of around \$400. But it also allows participants to live normal lives, hold jobs, and be responsible members of the community. Treatment often begins with weekly meetings and check-ins, and then extends to a 3-month interval. Some remain in therapy for an extended period. Others are able to move off of drugs entirely. "There are two ways of thinking about Buprenorphine ther-

apy for heroin use," Farley said. "One is that as long as the person feels they need it, they should remain on the drug. The other is that it's an excellent tool to hold the demons at bay until the patient feel as though their life has turned a corner and they can be on their own and drug free."

The other population—those who have been trapped into opioid abuse by over-zealous pain management—includes all ages, but especially seniors in the population. "There's no age limit for addiction," said Keli Dennis, of Winding Waters Clinic.

Winding Waters began working with issues related to prescribed opioids about two years ago, Christman explained. "The Center for Disease Control (CDC) set a threshold for opioid use as 90 morphine equivalents or less as "safe". Then we looked at our patient base and began to work with those who were at or above the threshold."

That meant helping patients accept that a certain amount of pain might be part of their lives. In many cases it also meant tapering down the pharmaceutical, opioid-related pain medications and replacing them with other treatments. "Those include acupuncture, massage, and physical therapy to reduce pain and help people be more mobile," Dennis said. "It also included strategies on how to cope with pain, and helping people

understand that the expectation that there is a pill out there that will make all pain go away is unrealistic." Steve Kliewers, Center for Optimal Living, the Holistic Health and Healing Clinic, Wallowa Valley Center for Wellness, and other providers are essential components of this program.

Today, many patients who were above the 90 morphine equivalent levels are living with pain medications of about half what they were

prescribed two years ago. Some new medications help. Gabapentin treats nerve pain. Duloxetine is effective for other things. "We've also used Tylenol and ibuprofen to help manage pain issues," Farley said.

Patients who have reduced their opioid dependence have several benefits, Farley noted. "Most of them just feel better, especially with the addition of acupuncture, massage, and even yoga," he said. "And

there's the added benefit that your bowels work a lot better when they're not on opioids, too."

Wallowa County's treatment programs seem to work well because there is excellent coordination among care providers, including law enforcement, physicians, mental health therapists and alternative medicine providers. "A lot of physicians here have really stepped up to provide care for both the patients recov-

ering from illicit use, and those who were trapped by over-prescribed pain medications," Dennis said. "In bigger places, there can be an attitude of just not wanting to deal with "those" people. We don't have that here. Instead, we have people from La Grande, Lewiston and other places coming here for treatment. It's really a tribute to the dedication and responsibility of the providers here in the county and the community as a whole."

There is a lot of bad and incorrect information out there -
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 before signing up for Medicare supplements

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Chief Joseph Days RODEO

July 23-28, 2019

Four nights of PRCA rodeo plus six days of western entertainment in scenic Joseph, Oregon!

TUESDAY	1:30pm	Bucking Horse Stampede — Main Street
WEDNESDAY	9:00am	Little Buckaroo Special Needs Rodeo
	2:00pm	Slack — Arena
	6:00pm	Rodeo Gates Open — Harley Tucker Memorial Arena
	7:00pm	PRCA RODEO — Harley Tucker Memorial Arena
	9:00pm	Family Fun at the Thunder Room — DJ
THURSDAY	9:00am	Tough Enough to Wear Pink Walk
	9:00am	Steer Tripping, Three Rounds
	2:00pm	Slack — Arena
	6:00pm	Rodeo Gates Open — Harley Tucker Memorial Arena
	7:00pm	PRCA RODEO — Harley Tucker Memorial Arena
		Tough Enough to Wear Pink — Wear Pink
	9:00pm	Music and Dancing at Thunder Room — DJ — No Cover Charge
FRIDAY	8:00am	Golf Tournament — Alpine Meadows Golf Course
	10:00am	Chief Joseph Junior Parade — Main Street
	2:00pm	Slack — Arena
	6:00pm	Rodeo Gates Open — Harley Tucker Memorial Arena
	7:00pm	PRCA RODEO — Harley Tucker Memorial Arena
	9:00pm	All Teen Dance — Joseph Community Center
	9:30pm	Music and Dancing at Thunder Room — FrogHollow Band
SATURDAY	6:00am	Shrine Breakfast begins
	10:00am	Grand Parade — Main Street
	12:00pm	Nez Perce Friendship Feast — Encampment Pavilion
	2:30pm	Slack — Arena
	3:00pm	Traditional Indian Dance Contest — Encampment Pavilion
	6:00pm	Rodeo Gates Open — Harley Tucker Memorial Arena
	7:00pm	PRCA RODEO — Harley Tucker Memorial Arena
	9:00pm	All Teen Dance — Joseph Community Center
	9:30pm	Music and Dancing at Thunder Room — FrogHollow Band
		After Rodeo — Cowboy Breakfast — Rodeo Grounds — til 3:00am
SUNDAY	6:00am	Cowboy Breakfast — Rodeo Grounds — til 10:00am
	9:00am	Cowboy Church Service

To purchase tickets and for more information call 541-432-1015 or go to www.chiefjosephdays.com