

Warm Springs News

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Expert speaks out on substance abuse

by Donna Behrend

Prevention is the name of the game these days, whether it be preventive health care or alcohol and drug abuse prevention through education. To prevent health and substance abuse problems, professionals must inform the public on a regular and consistent basis to increase awareness. Ignorance, in this case, is not bliss.

The third annual Oregon Conference on Preventing Alcohol and Drug Abuse Among Youth, held September 28, 29 and 30 in Sunriver, Oregon, featured numerous facilitators with expertise in the field of substance abuse and its effects. In a nut shell, said the experts, prevention and education are the keys that will open the doors to drug free communities in Oregon.

In his keynote address, titled "Nobody Ought To Do Nothing," Jim Schaefer, of the University of Minnesota, stated that "we need to be doing something... alcohol and drug abuse affects us everyday. It's not that we're not aware" of the

problem, it's the immensity of the problem.

Schaefer advised participants to develop a workable action plan. "There are cries for action," he said. "But we, too many times, don't do what we do best."

As with past conferences, participating alcohol and drug prevention teams were required to formulate action plans, an important factor in identifying problems, setting goals, activities or resources needed to implement strategy and what specific action is to be taken to achieve stated goals. Schaefer stated that the "action plans you develop here may be the only blueprint you have to work with."

Schaefer advised conferees to try to get people involved. "Don't think just about school kids," he said. He also prompted participants to "think big and then pare it down when formulating plans. "By thinking big, you get many, many more things done." And, he advised not to be afraid to ask for help. "All people can say is no."

Schaefer also stated that "it has

become apparent that alcohol is the gateway drug for nearly all other drugs." He commented also that professionals need to establish "norms" in the areas of drug use, drug abuse and when abuse is actually dependency. By doing so would help make identifying the problems of use, abuse and dependency more accurate.

A recent study in New York showed that among Americans there is a definite use pattern that often leads to abuse and dependency. Among the general population, the sequence of use was alcohol first, followed by marijuana, pills, of which are used in conjunction with cigarettes and then followed by hard drugs. Among women, particularly young women, the sequence was similar.

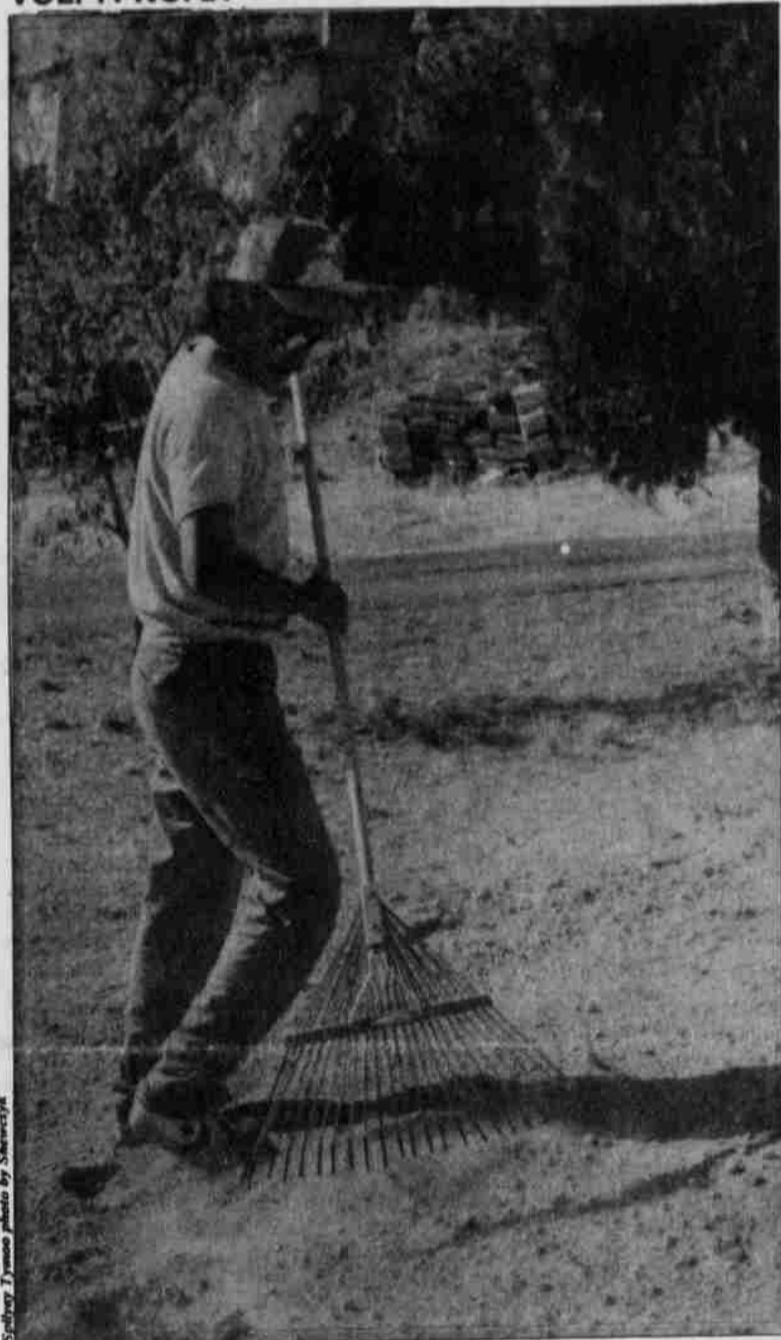
But among ethnic minorities, such as native Americans, the stepping stone pattern is shorter. Use and abuse starts with alcohol, followed by marijuana and then hard drugs. Pills and cigarettes are not usually part of the sequence for minorities. Schaefer cited statistics discovered through research and interviews

with high school school-aged youth. Ninety-percent of 1985 high school seniors are drinking with friends outside the home, he said. And, sometimes a child's first experience with illegal drugs is cocaine because of its availability.

Schaefer said the risk of alcoholism is high if a person drinks six or more drinks a day, while on the other end of the scale, there is a very low risk, if no risk at all, if a person has one drink a day. The risk of mouth and throat cancer increase sharply in an alcoholic.

Approximately 1.3 million people are arrested annually for "driving while intoxicated," said Schaefer. But, "DWI is the tip of the iceberg—the bigger problems lie beneath the surface." Starting in the 1920s, Americans' drinking was governmentally controlled through prohibition. "Now there's another type of prohibition—it's self-induced."

Schaefer advised conference participants not to advocate "do not drink" but to advocate "do not buy... enjoy yourself while you're drinking, don't drink to enjoy."



Fall Chore

One of Jimmy Sanders fall chores is preparing his front yard for seeding. Even with the sunshine and high temperatures winter is on its way and the chores must get done.

Branching Out...

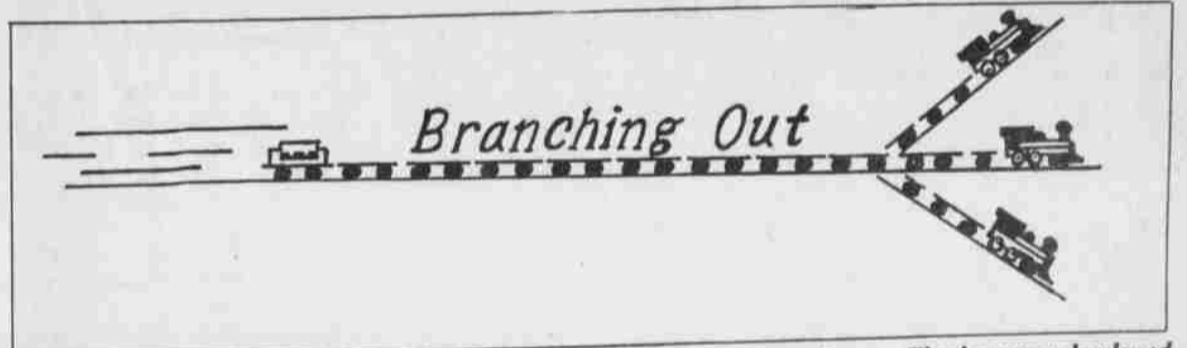
Prevention team attends annual conference

by Donna Behrend

Eight members of the Warm Springs Drug Prevention team attended the third annual Oregon Conference on Preventing Alcohol and Drug Abuse Among Youth held September 28, 29 and 30 in Sunriver. The eight were among approximately 200 participants from throughout Oregon.

The purpose of the Conference was to share information and ideas on alcohol and drug prevention techniques and programs. At the conclusion of the conference drug prevention teams were required to develop and report their plans of action for the future.

The Warm Springs identified community problems which will be addressed in the future as communication, networking and the "silent ones." Their goals are to update the curriculum, implement new curriculum and target the Head Start aged youth of Warm Springs. Activities planned include coordinating with the Jefferson County Prevention team in workshops for



"Branching Out" was chosen as the theme for the third annual prevention conference. The theme was developed by Caroline Cruz of Warm Springs.

community groups and disseminating information through local media.

Specific actions planned are: two drug awareness workshops on the reservation; promotion of the "No on #5" campaign (the marijuana initiative); implement the BABES program in the Early Childhood Education program; introduce a smoke cessation program and update the "Here's Looking at You II" program and incorporate the "Here's Looking at You 2000" into the 509-J school district curriculum.

Also included in the specific action plan is the use of elders in cross teaching first and second graders; the "Project Adventure" outdoor recreation program through the Community Center; promote the "Be Smart. Don't Start!" campaign; communicate that all Warm Springs activities will be alcohol and drug-free; a community action plan with the tenant organization; start a "Just Say No!" club at the Warm Springs Elementary and present an alcohol and drug awareness part II program to employees.

The conference, as well as the specific action plans, will be discussed Wednesday, October 15 at the monthly meeting of the Warm Springs Alcohol and Drug Council.

The Council and the Warm Springs Prevention team conduct meetings the third Wednesday of each month. All interested community members are welcome to attend the meeting. Bring a sack lunch at 11:30 a.m., then plan to stay for the meeting.

Land Code meetings set

Within the past two years the Planning Office, Realty, Land Use Planning Committee and tribal attorney have been directed by the Tribal Council to work on, and complete, a new Zoning and Land Use Code. The purpose of the Land Code is to make available lands for a variety of land use needs, such as housing.

The draft Land Code consists of zoning the reservations land for several land uses, including Forest, Range, Agriculture, Wilderness, Communities, Special Protection areas, Recreation and Scenic, Rural Housing, Fish and Wildlife, Water.

Traditional-Culture-Historical, and Mineral and Energy resources.

The two community meetings are scheduled to review the draft Land Code and proposed Agency Road Plans. The first meeting has been set for October 13, 1986 at the Agency Longhouse with dinner at 6:00 p.m. and the meeting at 7:00 p.m. The second meeting will be held at the Simnasho Longhouse on October 16, 1986, with dinner also at 6:00 p.m. and the meeting at 7:00 p.m. Tribal members are all welcome, as public input is vital to the purpose of the meetings.

Fire destroys trailer

An early morning fire destroyed the trailer home of Olsen and Lenora Meanus at 2326 Oitz Loop on Friday, October 3. The Warm Springs Fire and safety department responded to the fire within three minutes of getting the initial call only to find the trailer nearly fully engulfed in flames.

According to Tribal investigator Chuck McKay there were no occu-

pants in the trailer at the time of the fire. The fire was called in at 2:15 a.m. by neighbors.

The cause of the fire is under investigation and the police do have a suspect at this time. According to Tribal investigator Oliver Kirk evidence has been sent to the Bend Crime Lab. Results of the tests should be available later this week.

Ceded area elk hunting draws near

The State Elk Hunting opportunities have changed substantially this year. The first change is an earlier opener for the Cascades, beginning October 18th. This hunt will take place west of Highway 26 and 97. Tribal members are urged to pick up a copy of the 1986 Big Game Regulations which can be found at all licensing agents and will be available at the Natural

Resources office. Tribal members interested in participating in the Cascade hunt may pick up ceded area tags at the Natural Resources office on October 15th, 16th, and 17th. The Natural Resources office will issue tags until 7:30 p.m. on Friday evening October 17th.

The remaining elk seasons will start on October 29th (1st Season Rocky Mtn.) and November 8th (2nd Season Rocky Mtn.) The Natural Resources Department will issue tags for these hunts on October 27th, 28th and 29th for the 1st hunt and November 5th, 6th and 7th for the 2nd hunt.

Another change for this year will be that certain units within the ceded area have been placed on a limited entry drawing. The limited entry does not include enrolled Tribal Members of the Confederated Tribes of Warm Springs, but will include non-members.

Requirements for ceded area tags are:

1. Must be an enrolled member of the Confederated Tribes of Warm Springs.
2. Must possess and show a Columbia River Hunting and Fishing license.
3. Must be at least 14 years of age.
4. Those individuals between 14

Continued on Page 2

Gopher treatment to begin

by Marsha Shewczyk
Approximately 4,000 acres on the reservation have become heavily infested with pocket gophers. The gophers have been destroying young conifer seedlings and, if left unchecked, may cause an estimated loss to the tribe between \$6-700.00 per acre for acreage under intensive management, according to Warm Springs forestry officials.

Treatment will begin next week on the most critically affected areas with the depositing of strychnine-coated oats in the burrow system of the gophers. This method of treatment has been determined to be the most effective and most cost effective says forestry development officer Larry Hanson. The treatment will reduce pocket gopher populations to a level where tree plantations will not be impacted.

The pocket gophers are small rodents which build an intricate underground burrow system and seldom emerge from the system except at night to forage for food which consists of roots and stems of forbs and grasses. Roots and bark of young conifer seedlings are often included in their diet.

Gopher populations rise and fall in response to ecological factors such as food supply, predation and environmental conditions. When these conditions are favorable gopher

populations increase. The increase, according to the environmental assessment completed September 1, 1986 "has produced an impact on many plantations, particularly on those planted to pine within the past 10-12 years or planted to fir within the past five years."

Treatment units are clear-cut blocks, burned over areas or rehabilitation areas which have been or will be planted to Douglas fir, noble fir and/or ponderosa pine.

Because of various factors, Hanson explains, "we can't physically treat as many acres as we would like." In the fall of 1984 and spring of 1985, 1,200 acres were treated. Treatment of 500 to 800 acres in the fall of 1986 and 1,700 acres in spring 1987 is scheduled. The best treatment time is in the fall, Hanson says, when "the moist soil prevents the burrows from collapsing." However, if poor weather conditions occur, treatment must cease.

Critical areas scheduled for treatment extend from the McQuinn strip to Jefferson Creek, consisting primarily of commercial timber stands. Wildlife in the areas include mule deer, elk and black bear with some small game animals including hare, grouse and turkey. Human

Continued on Page 3

WEATHER

SEPT.	HI	LOW
24	58	50
25		
26	56	40
27	60	34
28	59	39
29	59	44
30		
OCT.		
1	62	40
2		
3		
4	80	40
5	82	42
6	83	43
7	84	42

IHS awards contract

The Indian Health Service has awarded a three-year \$4.2 million contract to New Mexico Blue Cross and Blue Shield to process and pay claims from physicians and hospitals contracted to provide medical care for American Indians and Alaska Natives.

"This contract was initiated to contain costs and better manage the IHS contract health services program," said Dr. Everett R. Rhoades, IHS director. The Albuquerque-based organization will process about 300,000 claims annually from patients residing in 26 states.

Specialized medical care unavailable from IHS and tribal facilities is acquired from private providers on a contractual basis, and it is the claims for payment for these servi-

ces that New Mexico Blue Cross and Blue Shield will be processing.

Additionally, the firm will provide assistance to the IHS in utilization review and statistical reporting. It will assume responsibility for payment of claims starting with services rendered October 1.

Claims generated from tribally operated contract health service programs will not be processed by the New Mexico firm. Tribes generally process their own claims.

Comprehensive health care is provided to nearly 1 million American Indians and Alaska Native through 45 hospitals, 71 health centers and several hundred smaller health stations operated by IHS and six hospitals and 250 health clinics operated by Indian tribes and Alaska Native corporations.