

# Editorial E Coosh EEWA:

(The way it is)  
Letters to the Editor—



## "Spilyay Speaks"



Once upon a time we had seasons to follow. In the spring we observed the Easter season, later on Mother's Day, Memorial Day, the fourth of July, Labor Day, Halloween, Veterans Day, Thanksgiving and the big one, "Christmas."

Here lately, these past few years we seem to see Christmas decorations coming out earlier than ever before. We haven't seen the Halloween events pass, or the Thanksgiving day come and there is Christmas advertisements on TV. Of course there is only 75 more days until Christmas, what the heck. With all the early advertisement out, by the time Christmas finally does roll



around there won't be any meaning to it. Christmas ads shouldn't come out until after Thanksgiving like in the old days.

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Trespass is something people seem to ignore around here on different occasions. People who are destructive and careless on how they treat peoples property.

There are people here on the reservation who own property out in the country, some very pretty places and they would like to keep it that way. Nice trees, streams and land. Why is it that people who don't give a hoot about anything, come along and litter the countryside, cut trees or dig top soil from private property?

Just because the property is out in the country does not mean people have the right to do as they please around there. Trespassers come in all walks of life. Hunters bust down the fences or open gates and never close them. There are the ones who take their trash out there and dump it. It takes time and money to maintain a fence line and time to pick up trash.

How would they like if someone dumped trash in their front yard, damaged their fences. They sure as heck would raise the roof if something happened to their property. Mother nature done wonders to give us such a pretty place to live, so why do these people have to do things like this. Does it make people feel superior or big or tough when they do these things?

People should be well aware of property lines before going out to do their thing. Use the land fill in Dry Creek to dump their rubbish.

## Risk factors contribute

by Donna Behrend

"You must know the risk factors before starting a coordinated drug abuse program," stated David Hawkins, a leading epidemiologist in the United States, at the third annual Oregon Conference on Preventing Alcohol and Drug Abuse Among Youth.

Those risk factors that contribute most to alcoholism are:

- Family history of alcoholism
  - Family history of criminality
  - Family management problems
  - Early antisocial behavior and hyperactivity
  - Parental drug use and positive attitude toward use
  - Academic failures
  - Little commitment to school
  - Alienation or lack of social bonding to society
  - Antisocial behavior in early adolescence
  - Friends who use drugs
  - Favorable attitudes towards drug use
  - Early first use
- Hawkins also stated that envi-

ronment and genetics both play important roles in the use and abuse of drugs.

Family management problems often arise, said Hawkins, when there is "inconsistent behavior, excessive punishment" and when "behavior expectations are non-existent." In addition, aggressive antisocial behavior, when exhibited at a young age, "leads to heightened risk factors five to seven years later."

Parental use of alcohol and drugs causes children to perceive themselves as users in the future, Hawkins said. For example, if a child is active in a parent's use, such as getting a beer or lighting a cigarette, the child sees himself as a user in the future.

Academic failures, said Hawkins, are an independent predictor of subsequent alcohol and drug use. However, the earlier the first use, the greater the risk. If a child uses drugs before age 15, the risk increases dramatically. If the first use is after age 15, the risk "flattens." And, if the first use is after age 19, the risk is dramatically decreased.

## Justice, regeneration ahead for natives

To the Editor,

I have been reading about the "salmon scam" convictions of 13 Native Americans until I can no longer stand the injustice of it. I think there are perspectives that desperately need to be brought to this subject. For many years white people have dammed and polluted the Columbia River, drastically reducing the salmon runs. While white men made millions selling power and manufactured goods from these developments, Indian fishermen all but lost their means of subsistence. As if that weren't enough, white people have taken the lion's share of what fish remain, turning over more millions of dollars, by catching them in the ocean before they enter the rivers to spawn, and before the Indians ever have a chance at them. The 800 Indian fishing families along the river get only half of what is left. Can that be equitable?

What's more, the dams destroyed Indian villages, fishing sites, burial grounds and many other sites important to their culture. In doing all of this, our government has incurred a debt that has never been paid in any but a shallow and insufficient way, with more than a trace of condescension, begrudgement and trickery. As part of our own cultural legacy, we non-Indians have handed down to us a rag-bag of justifications for this which we would do well to discard. Chief among them is the historic sophistry that we don't owe the Indians for what we took because they never "owned" it. Then there were cases where token payments were made to the Indians, which never went very far toward the real value

of what was taken, but which bound them forever to the fact that they themselves, had sold out—therefore they couldn't complain. However, what this often meant was that some few individuals had been induced to sell out the rights of whole tribes.

Various tribes have found some wealth in oil and other resources that were, fortunately, hidden from the eyes of greed when the reservations were established. But the problems created by what was taken from them, and how it was taken, just won't go away. There is a huge deficit, not only in the Indians' quality of life and their capacity to maintain their culture, but also in our moral development as a nation, and this is how we have financed our "progress." A case in point is the "salmon scam".

Consider that a new report by the state fisheries department shows that pollution from pulp mills has destroyed \$1 million worth of fish a year on the Chehalis River alone. Consider that the Hanford Reactor next to the Yakima Indian Nation has leaked radioactivity into the air and the Columbia River, making its surroundings perhaps the most radioactively contaminated spot on earth. Yet the government is currently entertaining the idea of making it an international nuclear waste dump, further threatening the entire fishery and all the people who live around it. Consider, too, that an aluminum plant spilled fluoride pollutants into the river, causing 40,000 salmon to lose their homing ability and spawn prematurely. All of this gets by.

Yet, when the 40,000 fish were missed from their usual spawning grounds, what did the government

do? It hired agents who spent two years entrapping Indians into poaching in order to blame them for the lost fish, and then spent \$350,000 prosecuting them. (Hood River News, April 18, 1984). The fish were found but the convictions stood.

Protecting the fishery from the Indians (wry joke that it is) is apparently something for which the authorities have an endless zeal. The federal government has something called the Lacey Act, which allows it to prosecute in federal court persons who break tribal laws against poaching. Reliable sources contend that the law was written to cover situations where non-Indians poach on tribal land, since neither the tribe nor the state has jurisdiction in such cases. Yet this law was used to prosecute Indians breaking tribal laws. A request by the Yakima Nation that it be solely responsible for prosecuting the defendants was turned down by the authorities because they wanted to get the tougher sentences provided by the Lacey Act (Seattle Times, August, 28, 1986.) I'm all for rigorous law enforcement, but in dealing with the Indians, there needs to be a broader perspective when one is working for the all-time supreme poacher of Indian lands, the U.S. Government. Nevertheless, the harsher sentences were obtained.

Three men got five years in prison, and others shorter terms, whereas non-Indians convicted under state law for doing the same thing only got fined. If convicted under their own tribal laws, they would have gotten no more than six months, which seems very reasonable, under the circumstances. This

use of the Lacey Act seems to be a pre-emption of tribal law all too reminiscent of the arrogant and domineering way their lands were pre-empted. It used to be that white people looked down on Indians for having no laws or courts. Now that they have these things, our government renders them meaningless by actions such as these, giving further provocation for frustration and outrage.

It is jolting to remember that several Watergate defendants were convicted on charges of obstruction of justice, multiple counts of perjury and fraud. Yet they were sentenced to only two to eight years, and were let off before they served the minimum sentence. You can defraud the whole nation and serve less than two years, and yet a 62-year-old Indian and his son got five years for poaching.

This makes me ashamed to be a white person, ashamed of my own country. Yet I believe there is justice and regeneration up ahead for the native people, and that there are many white people who would rush to be part of the solution. What we have to do is demand that President Reagan pardon these fishermen; until he does so, he shouldn't speak one word about democracy in the U.S. These injustices can be stopped, these inequities can be brought to a better balance, but not until we, as a people, in one voice, tell the government that we believe there must be a better America than the one which has cheated the Native Americans for so long.

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## Diet and exercise necessary in handling stress

by Donna Behrend

"Stress is non-specific response to any demand put upon the body... it is the reaction to any change, said Barbara Rivin-Dukehart in her "Stress Management for Youth" presentation at the 1986 Oregon Prevention Conference.

The outward response to stress in children and adults alike, said Rivin-Dukehart, is shown through indifference, rage or anger, depression, loss of productivity, withdrawal, substance abuse and/or inability to get along with others.

The immediate response to stress includes increased heartbeat, pupil dilation and the tensing of muscles. In resistance, the body attempts to return to normal. But, in many cases, the body is unable to cope any longer, and exhaustion sets in. Headaches and backaches and intestinal problems, such as colitis, are experienced in times of distress. This exhaustion is also referred to as "burnout."

Some people have "stress resistant" characteristics. Stress resistant people are motivated by challenge and commitment; have a feeling of involvement in whatever they do; feel in control of their lives; see viable solutions to problems and

obstacles at an early age; have strong support groups; have a positive attitude and possess a psychological hardiness (they are doers and are not victims).

Stress prone people are excessive users or abusers of alcohol and other drugs; they are excessive TV watchers; have a lack of regular physical exercise; have a low self-image; feel at loss of control over their environment, lack of social support group and see tranquilizers as a coping mechanism.

The six main issues responsible for stress in youth today, said Rivin-Dukehart, are the abundance of choices, societal emphasis on self-fulfillment, the necessity of satisfying physiological and psychological needs, lack of love, lack of sense of worth and/or self-esteem and the lack of security and sense of belonging.

The first step in stress management is to identify the stressor. And, Rivin-Dukehart stressed that the goal is to help youngsters see life from a positive point of view, develop skills to understand themselves, learn to relate to others in a positive way, develop confidence and to become aware of how they contribute to their own lives.

Rivin-Dukehart stressed the importance of diet in managing stress.

The diet, she said, has been scientifically related to stress. Fifty-percent of the average American diet consists of processed food and there are over 4,000 additives in the typical food supply. Three, well-balanced meals per day are required. In relating dietary needs, Rivin-Dukehart stated that the average 150-pound male requires 45 grams of protein per day. The average American consumes 106 grams of protein per day.

Exercise is the key to stress management, she said. It is mandatory.

She advised aerobic exercise at least three days per week, with the ideal exercise program being seven day per week. Exercise must be a priority with no excuses for not working out.

"Youth," said the high school teacher, "have been denied because of the extra pressures on them and their families. Kids are constantly bombarded, not only with their personal problems, but with teevee, news "and other outside sources. "Innocence of youth is erased when the teevee comes on."



Murray Kalama right, was the recipient of a family Bible through a drawing at the Deschutes County Fair. Presenting Kalama with the Bible was Delwin Brower, representative for Home Health Education Services and the Bible Story books.

## BABES program to be introduced

Hopefully, by early 1987, the four-year-old students in the Warm Springs Early Childhood Education program will be hearing messages from the likes of Buttons and Bows McKitty, Myth Merry and Recovering Reggie. Just who are these characters and what is their message?

These puppet characters, as well as Early Bird, Donovan Dignity, and Rhonda Rabbit in some cases, are all part of the Beginning Alcohol and Addictions Basic Education Studies (BABES) program to be introduced to the four-year old students in Head Start, Head Start/Day Care and Tribal Pre-School sometime next year. The puppets will assist young people to

develop positive living skills and provide children with accurate, non-judgmental information about the use and abuse of alcohol and other drugs.

Many psychologists believe that health-related attitudes, beliefs and behaviors are formed at a very young age, often before age five. The BABES program has proven itself invaluable in reaching Head Start-aged children. They believe the stories and can often identify with the characters.

The lessons are in story form and include lessons that address self-image and feelings; decision making and peer pressures; coping skills; alcohol and drug information; getting help and review and certification. Each is presented in an entertaining, believable, interesting and understandable fashion.

Three women from the Warm Springs office of Early Childhood Education, Julie Mitchell, Nancy Cochran and Barbara Poncho, will be attending a three-day workshop November 5, 6 and 7 in Vancouver, Washington on the BABES program. Upon completion, the three will be certified presenters and will return to Warm Springs fully in-tune with the program and its philosophies.

## Community Center Calendar

- October 22 7:00 p.m. Great pumpkin party, everyone is invited, bring a pumpkin and a carving knife
- October 29 7:00 p.m. Halloween movie
- October 31 6:30 p.m. Halloween Carnival, Costume parade; people need to sign up for booth space by October 22

### EDITOR'S NOTE

Spilyay Tymoo welcomes articles and letters from its readers. All letters, preferably 300 words or less, must include the writer's signature and address. Thank you letters and poetry will be published at the editor's discretion.

All letters are the opinion of the writer and do not reflect in any way the opinion of Spilyay Tymoo. Spilyay Tymoo reserves the right to edit all copy OR refuse publication of any material that may contain libelous statements.

## Tribal Council Agenda

- Monday October 13 Tribal Council Meeting
  - 1. 9:00 a.m. Business
- Tuesday October 14 Tribal Council Meeting
  - 1. 9:00 a.m. Business
  - 2. 9:30 a.m. Minutes
  - Management Monthly Reports
- Wednesday October 15 Tribal Council Meeting
  - 1. 9:00 a.m. Business
  - 2. 9:30 a.m. Warm Springs Apparel Industries
  - 3. 1:30 p.m. Drug Awareness Workshop
- Thursday October 16 Tribal Council/Committee Workshop
  - 1. 9:00 a.m. Major Documents
- Monday October 20 Tribal Council Meeting
  - 1. 9:00 a.m. Business
  - 2. 10:00 a.m. Gas Tax
- Tuesday October 21 Tribal Council Meeting
  - 1. 9:00 a.m. Business
  - 2. 9:30 a.m. Executive Secretary
  - 3. 1:30 p.m. State Highway Division U.S. 26 Fence
- Wednesday October 22 Tribal Council Meeting
  - 1. 9:00 a.m. Business
  - 2. 3:00 p.m. Bob Smith Visitation