

## BPA guidelines—Continued from page 2

Fort Hall Business Council said he is encouraged more water may flow through dams under the pact, but he said the Shoshone-Bannock Tribes are not yet completely satisfied with the document.

The guidelines, which went into effect immediately, are part of an agreement signed in July by BPA and British Columbia Hydro and Power Authority, giving BPA access to more water stored in Mica Reservoir in southeast British Columbia.

"We deeply appreciate the positive efforts of the 20 members of the Columbia Basin Fish and Wildlife Authority in negotiating these guidelines," said Jim Jura, BPA administrator. "We are particularly thankful to the Shoshone-Bannock

and Nez Perce tribes, given their concerns for salmon in Idaho's Snake and Clearwater rivers."

In March, the Shoshone-Bannock submitted a petition to place Snake River sockeye salmon on the threatened and endangered species list. Osborne said tribal officials want to make sure other fish are protected under the new BPOA agreement.

"One of our primary concerns is that there are adequate fish flows, having enough water to flush the fish down, so we're very positive about this," he said. "The Shoshone-Bannock Tribes filed a petition on the sockeye salmon. That's a good example of what could happen to steelhead and chinook species that come into Idaho."

According to Osborne, the Shoshone-Bannock Tribes withdrew a petition submitted earlier this year questioning the operating guidelines of the agreement, which tribal officials believed were unclear. He said the tribes reserved the right, however, to have the agreement reviewed later.

The new agreement more than doubles the amount of water stored in Mica Reservoir from two million acre-feet to 4.5 million acre-feet, according to BPA officials.

"By increasing storage in Canada, we've increased our river system's flexibility," Jura said.

In its environmental impact statement on the agreement, the U.S. Department of Energy found it posed no significant impacts to the environment.

Specifically, the BPA will: Monitor use of the storage agreement water and review impacts of its use annually with the northwest's fish agencies and tribes; maintain flows to move young fish down the Columbia River more quickly in spring; fund a study of fish migration during summer; protect fall chinook fish nests in the Hanford Reach of the Columbia River; create an agreement with Idaho Power Company that seeks to secure 180,000 acre-feet of water from Brownlee Reservoir in western Idaho for improving spring flows for young salmon migrating down the Snake River; fund an \$80,000 study of renting water from Idaho irrigators to further improve flows on the Snake River. If renting proves feasible, BPA will fund a \$1 million pilot water rental project in 1991 and will extend the project if fish migration improves.

## Agencies must consider ethnic minority

Over-representation of ethnic minority youth in the juvenile justice system has been discussed at various meetings around the state recently. In February 1989 a statewide Ethnic Minority Caucus was held: 1. to involve representatives of Oregon's African American, Hispanic, Native American and Southeast Asian communities in identifying the most critical problems faced by youth in their respective populations; and, 2. to develop recommendations regarding problems, policies, and strategies to address identified problems and unmet needs.

"The most obvious problem is over-representation of ethnic minority youth in Oregon's juvenile justice system, and the lack of culturally appropriate services for ethnic minority youth," according to a report issued in June 1990 by the Committee on Ethnic and Cultural Diversity Juvenile Justice Advisory Committee and Oregon Community Children and Youth Services Commission.

The report suggests that the problems of ethnic minority families must be approached from a new perspective. Recognition must be given to community values that

require a holistic approach.

The report also states that "cultural consciousness and cultural self-esteem are prerequisites to positive change." Public agencies and organizations must acknowledge cultural differences and see how these differences affect the process.

The report also points out that the commonly accepted term "culture" may be defined differently by various people. One preferred definition, however, shows that culture is inclusive of thought processes and behavior patterns. Based on this concept, "diverse culturally based groups within American society function, react and respond differently to the same set of stimuli," the report contends.

The myth of the Euro-American cultural system shows that the white male in the "white male dominated" society actually comprises only 42 percent of the national population. "Minority" is traditionally viewed, on the other hand, as meaning inferiority. The Committee issuing the report feels the term "minority" should be reevaluated for relevancy and truth.

Planning by county and community Children and Youth Servi-

ces Agencies must take into account the needs of ethnic minority children, youth and families in planning and program development. All children and youth in the county must have the "opportunity to grow up to reach their full potential, free from the effects of youth problems," the report concludes.

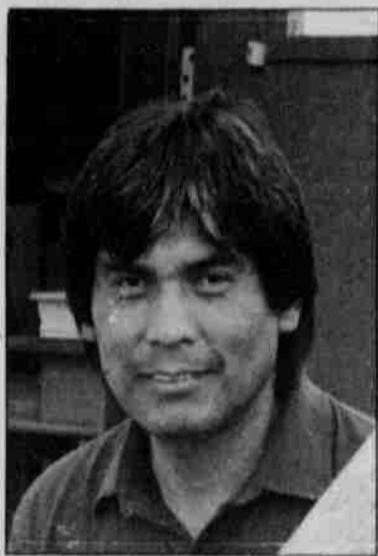
## 509-J enrollment listed

The ethnic composition of the 2,519 students enrolled at Jefferson County 509-J schools is: White—1,301; Black—3; Hispanic—273; Asian—9; Other—1; American Indians—932.

## Wright continues visits

School superintendent Darrell Wright visits Warm Springs each Wednesday from 10:00 a.m. to 12:00 noon. Drop by for a visit at Conference Room 3 in the Administration building.

## Ochoa selected by AISES



Art Ochoa

methods should be provided which allow students to achieve academic, social and personal success...By providing an environment which encourages success, I feel that many of the students who participate in the program leave with a feeling of accomplishing a task, self direction and self respect."

In addition, Ochoa has another professional goal. "I believe it is essential that Native American students have available to them positive role models. With this in mind, I try to provide positive direction for the students to follow, on a consistent basis...I try to gain the trust of the students by being honest and open with them, and asking the same in return."

Beyond school-related activities, Ochoa has shown dedication and drive in the Indian community. He believes that "it is imperative that we continue to do what we can in order to provide all students an opportunity to succeed. Success breeds success; and as a teacher, I believe the more I can do to provide for the building of successful students, the better chance our youth will have to survive and build on the present and future. By taking the opportunity to be on various committees, local and statewide, I feel that I am contributing to the overall development of Native American youth by being an advocate for students."

In accordance with his beliefs, Ochoa has been a member of the Klamath Alcohol and Abuse Council Advisory Board, the Klamath Child Welfare Act at Warm Springs and the Title V Part A Parent Committee and Johnson O'Malley Indian Education Committee.

Currently he serves on the Textbook Minority Bias Committee for the Oregon State Department of Education. Further, in March of 1990, he was a planner for the Youth Leadership Workshop sponsored by the Warm Springs Mental Health Department.

The American Indian Science and Engineering Society (AISES) announced recently the selection of Art E. Ochoa, a Klamath Indian and Warm Springs Alternative Education program instructor, as a 1990 AISES Outstanding teacher. He received the award through "superior achievements in the classroom and a life-long commitment to American Indian educational programs."

Within school systems, Ochoa has provided leadership for American Indian students throughout the state of Oregon. He has taught and coached in schools with racially, culturally and economically diverse students. He has served as advisor to the Indian clubs at both Madras and Mazama high schools and has taught social studies and English and coached football, basketball and baseball. He is currently studying toward Oregon teacher certification in special education.

Notably, Ochoa's teaching philosophy is culturally relevant. He says, "Realizing that traditional methods of education are not conducive to many Native American youth, I feel that alternative

term demands. Some areas with high potential for geothermal energy would be available for leasing. Alternative C emphasizes commodities and other resources which contribute to the local and regional economy. A significant portion of the Forest would be intensively managed for timber production. Intensive recreation would be favored with access and facilities for large number of people. Much of the Forest would be available for motorized recreation. Geothermal leasing would be permitted in Newberry Crater. Stands of old growth timber would be protected only on lands which harvest is not scheduled.

## COCC enrollment increases

Central Oregon Community College Board members received the fourth week enrollment report at an afternoon work session October 24, 1990.

Full-time head count is up slightly with 29 more students than last year at this time. While this is not a huge gain, it is a bigger gain compared to the fall of 1988, according to Bill Lindemann, vice-president for student affairs.

Part-time head count is up fairly significantly by 267 students. Overall, the head count is up 296 for a gain of 10.8 percent.

Credit enrollment is up 3 percent, showing a 17.2 FTE gain. Transfer classes are up 5.5 percent with career programs holding steady.

First-time freshmen show a significant increase this year as compared to last year. Last year COCC saw 796 first time students; this year we have 944.

Returning full-time students in 1990 and in 1989 is exactly 540 for both years.

## This is home—Please don't litter



Streamside areas are often used as recreational areas. Leaving litter at these sites detracts from the beauty of the area and the pleasure of others who visit afterwards. Help keep Warm Springs beautiful by picking up litter.

## Deschutes National Forest plan emphasizes multiple-use

The Land and Resource Management Plan for the 1.6 million acre Deschutes National Forest has been completed. The plan establishes the general direction for 10 to 15 years. It replaces all previous land and resource management plans.

The Forest Plan "emphasizes application of various management practices to achieve multiple use goals and objectives in an environmentally sound and economically efficient manner," according to the Record of Decision published in August 1990 by the U.S. Forest Service.

The plan discusses forest-wide goals and objectives; standards and guidelines; future conditions; area goals and location; monitoring program and evaluation process; incorporation of wilderness and recreation area plans; identification of lands suitable and selected for timber harvesting; and, forest-wide allowable sale quantity.

An Environmental Impact Statement was prepared to help in selecting a preferred alternative and as required by the National Environmental Policy Act of 1969. The EIS, include costs and environmental effects of implementation of various alternative activities in the forest.

Public meetings introduced citizen concerns for the various alternative plans. Each alternative emphasizes different activities. Three alternatives, D, F and H did not receive public support.

Alternative A, current direction, is the existing management direction of the Forest with an attempt to balance timber management, dispersed recreation, visual quality, and wildlife habitat management. Less emphasis is given to intensive recreation, old growth, and sensitive wildlife species. Alternative A does not directly provide for geothermal leasing or firewood for personal use.

The Resources Planning Act, Alternative B, accelerates timber harvest to meet Renewable Resources Planning Act (1974) goals. Intensive and dispersed recreation would be managed to meet long-

## Middle East crises doesn't affect electricity

The crisis in the Middle East should have no impact on local prices for electricity, according to Pacific Power interim manager Phil Boyle.

Some national media reports have speculated that possible shortages of oil will affect the price and availability of electricity.

"Although that's a possibility for utilities that rely on oil to fuel power plants, or suppliers of gas, it's not a concern for Pacific or customers," Boyle said.

Nearly 80 percent of Pacific's electricity is generated at coal-fired plants in Washington, Wyoming and Utah. The remaining 20 percent comes from hydroelectric facilities in the Pacific Northwest and Rocky Mountains.

"Thanks to those low-cost sources of electricity -- plus our commitment to efficiency and strict cost controls -- our prices will remain competitive," he explained.

In a recent survey released by the National Association of Utility Regulators, Pacific's residential prices ranked among the least expensive of 187 utilities surveyed nationwide.

The Forest Service preferred alternative, E, calls for a significant portion of the Forest to be intensively managed for timber production. The amount would be determined by long-term supply and demand. Both intensive and dispersed recreation would be emphasized. Both motorized and non-motorized recreation would be accommodated. Geothermal leasing would be permitted. Habitat for threatened and endangered wildlife would be increased. A small stand of old growth would be retained.

Alternative G stresses the preservation of natural ecosystems. Land available for timber man-

agement would be reduced. Portions of the roadless areas would remain undeveloped. Geothermal leasing would be permitted in only a few areas around Newberry Crater and other sites. Recreation management would favor dispersed activities. Threatened and endangered plant and animal species and habitat would be maintained at high levels. Scenic quality would be maintained. A considerable amount of old growth forest would be retained.

For copies of the Forest Plan or for more information contact the Deschutes National Forest Service office in Bend, Oregon.

## Improvements can save money

Home improvement projects this fall will not only cut your upcoming winter electric bills, but help keep you comfortable next summer, as well.

"There are several things to check around the home," Pacific Power Manager Phil Boyle said.

"First look at your attic insulation. If you can see the wood rafters you probably need more insulation. We recommend that you insulate to a value up to R-38. The higher the R-value the better, to keep out the cold in the winter and the heat next summer--and you'll save on your heating and cooling bills," as well he added.

While you're in the attic, check the ventilation. Proper attic ventilation helps prevent moisture build

"While we continue to encourage our customers to use all forms of energy wisely, we want to make it clear that we have an ample supply of electricity to serve their needs -- and at stable prices," he concluded.

up in the winter that can damage insulation. And during the summer, attic vents give heat a way to escape.

Weatherstripping around doors and windows cuts air and dust infiltration year around. Boyle also suggested weatherstripping near unheated spaces such as attic doors, garage doors and doors leading to a porch.

"Also, we recommend you check the condition of caulking," Boyle continued. "It works the same as weatherstripping in areas where the stripping can't be used."

More information on energy efficiency and do-it-yourself guides to making your home warmer this winter and cooler next summer is available by contacting the nearest Pacific Power office.

## Wellness Office facts offered

Do you take the word of celebrities who endorse products? Michael Jackson, spokesman for Pepsi, revealed to the press that he doesn't touch soft drinks; James Garner, spokesman for the Beef Industry Council, had to have coronary artery bypass surgery; Cybill Shepherd, spokeswoman for the Beef Industry Council, was quoted as saying she doesn't eat meat for health reasons; Eric Clapton, spokesman for Michelob, is a recovering drug addict; Ringo Starr, spokesman for Sun Country wine coolers, recently sought treatment for alcohol abuse; and Bruce Willis, spokesman for Seagram's wine coolers, was quoted as saying he had to give up alcohol because of a drinking problem.

One out of every 60 babies born today will die in a fatal car accident in his or her lifetime.

The next time you get a canker sore, try this remedy: Press a wet tea bag on the ulcer. The tannin in the tea acts as an astringent that can help shrink the sore and relieve the pain.

Speed up your exercise walking by bending your arms. A long, extended arm can actually impede your speed. Instead, walk briskly with your arms bent at a right angle at the elbow.

In a recent survey of runners, it was reported 80% had more energy; 75% felt more in control of their lives; 70% were more optimistic; and 50% slept better.

Wondering which cantaloupe to buy? Here is a tip -- pass on any that still have a part of their stem attached. They aren't ripe yet.

After you complete your warm-up, don't wait to work out. Resting more than a minute after your warm-up allows your heart rate to settle down to normal, leaving your heart unprepared for vigorous exercise.

"Physical fitness is the basis for all other forms of excellence."

Old, worn athletic shoes can actually induce injuries. When your shoes lose their ability to support your feet, get a new pair.

To help prevent your child from suffering a sports injury, be sure that any athletic team he or she joins is managed by a trained coach who is certified by either the National Youth Sports Coaches Association or the American Coaching Effectiveness Program. At the very least, your child's coach should have training in first aid and CPR.

"Growing pains" are an actual ailment for about 10% of school-age children. They're really just mild muscle pains in the thigh or lower leg, caused not so much by growth spurts as by sudden increases in physical activity. To help: Have your child stretch his or her muscles and exercise about 30 minutes a day.

If your only exercise comes from participating in team sports, you're probably not getting a proper workout. Most of these sports only require bursts of energy, rather than steady exertion. So, supplement team sports with a solid aerobic program.

You can revive cold popcorn by reheating it in the microwave for 15 to 20 seconds on high. (Weight Watchers) A great low-cal snack.

For minor health problems, you might try curing yourself without using pills. If you have a headache, for example, try a cold or warm shower instead of an aspirin. If you can't sleep, try warm milk or a not-too-excitng book. If you're depressed, try exercise or talking with a friend.

Each day, on the average, Americans eat only 11 grams of fiber, which is well below the 20 to 30 grams that is recommended. Good sources include whole grains, beans, vegetables and fruit.

Women account for 92% of the people who do aerobics; 65% of all fitness walkers; 59% of stationary bikers; and 55% of treadmills.