

Public hearing dates announced

Public hearings on the draft Deschutes River Management Plan have been rescheduled. This announcement supersedes all previous schedules. Each hearing will begin at 7:00 p.m. Members of the Policy Group and agency staff will be available to answer questions about the draft plan for one hour immediately preceding the hearing. Due to the number of people expected to testify at these hearings, questions about the draft plan cannot be answered after 7:00 p.m.

The public comment period has been extended to October 15, 1991.

Public input will be analyzed by an independent consultant, and the analysis used as the Policy Group develops the final plan. The draft preferred alternative is based on the best information presently available. The final plan may incorporate parts of the other alternatives on a "mix and match" basis. To help us in developing the final plan, please tell us specifically what you like and dislike about the preferred alternative, why you like or dislike it, and how you would change it. The more specific your comments are the more helpful they will be.

The split hearing schedule is intended to accommodate the needs of those whose summer schedules have already been set as well as to meet the Policy Group's need to have the comment analysis complete this fall in order to finalize the plan in time for the 1992 summer season.

Revised Public Hearing schedule

July 23	Bend	Riverhouse Motor Inn 3075 N. Highway 97
July 24	Eugene	Harris Hall 125 E. 8th (corner of 8th and Oak)
July 25	Medford	Windmill Inn 1950 Biddle Rd.
July 30	Portland	Hearings Room Portland Building 1120 SW Fifth
July 31	Warm Springs	Gymnasium Warm Springs Elem. School
August 1	Maupin	Cafeteria Maupin High School
Sept. 9	Pendleton	Vert Little Theater Vert Memorial Building SW 4th & Dorion
Sept. 10	The Dalles	Auditorium The Dalles High School 220 E. 10th
Sept. 11	Madras	Maccie Conroy Building Jefferson County Fairgrounds 458 SW Fairgrounds Rd.
Sept. 12	Salem	Auditorium, Employment Division 875 Union Street NE

If you would like a copy of the draft plan, or have any other questions, call or write: Jacque Greenleaf, Oregon State Parks & Recreation Department, 525 Trade St. SE, Salem, Oregon 97310; (503) 378-6821.

Tailfeathers becomes Juvenile Asst.

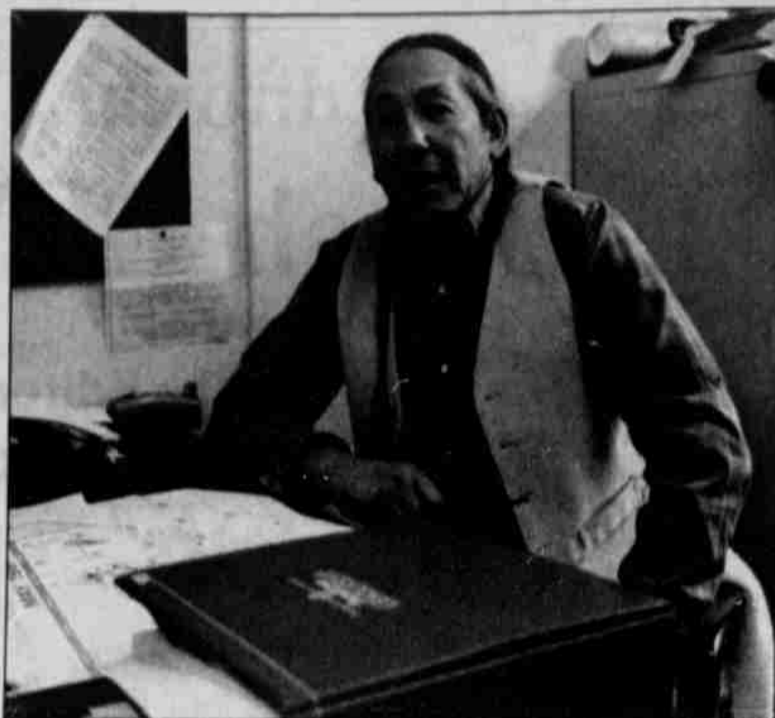
Thirty people attended the first meeting of the new "Indian Club" June 12 at the Warm Springs Senior Citizens Center. The club is the brainchild of juvenile coordinator Daisy Ike and her new assistant Charles Tailfeathers, who was hired about a month ago.

Club members and leaders meet at the senior building Monday, Wednesday and Thursday evenings from 5:30 to 7:30. Members are learning how to dance, Indian language from all three tribes, tribal arts and crafts, sewing and Indian sign language. All adult assistance is on a volunteer basis.

Future plans include a possible trip to Japan under the direction of Rudy Clements, an August performance for the Judge's Conference at Kah-Nee-Ta and a Christmas program.

Need for the Indian club is emphasized, says Tailfeathers, because there are few positive juvenile activities anywhere in the United States. "This is something positive" for reservation youth, he says. The program is designed "not only for problem children, but all children in the community," Tailfeathers adds. Children between the ages of six and 10 will be in one group while those 10 to 17 years of age will be in another group.

Tailfeathers has vast powwow



Charles Tailfeathers was recently hired as assistant juvenile coordinator. Tailfeathers is involved with the new Indian Club.

experience as well as past law experience; both will be invaluable in his new job as assistant coordinator. Returning to the cultural basics appears to be in the plans for the future.

Tailfeathers, a Blackfeet/Cree Indian, received training through the Indian Law Center and worked with the tribal law and order system in Browning, Montana and he helped establish the Blackfeet tribal juvenile center. He worked on both sides of the court, serving as prosecutor and public defender. He

also worked for the Outreach programs at Ft. Peck and Ft. Berthold and he freelanced as a legal aide. "It's good to get back into the court system again," commented Tailfeathers.

Ike stated that she selected Tailfeathers as her assistant because she's "related to everyone...Charles will help the department, while at the same time be working with juveniles."

For further information on the Indian Club, call the juvenile coordinator's office at 553-3335.

New director selected for MOIHS



Michael Hammond

Michael Hammond was recently selected as Executive Director of the Middle Oregon Indian Historical Society by the society's board of directors.

archaeological excavations in Lebanon, Israel, England and numerous sites in the United States. The Governor of North Carolina appointed Hammond as chairman. Hammond was born in Galveston, Texas but grew up in all parts of the United States, having lived in California and New York before graduating from high school in Illinois.

Hammond attained a Bachelor of Arts degree in History in 1965 from Northwestern University. He taught social studies in Chicago area high schools and in Greece, where he also taught English as a second language.

In 1970, Hammond entered Columbia University where he received a M. Phil. in anthropology in 1973 and a PhD in 1977, also in anthropology with emphasis in archaeology.

Dr. Hammond has conducted of the governor's Archaeological Advisory committee which drafted legislation pertaining to Native American burials in that state. This model legislation established legal

rights for Native Americans regarding their cultural heritage.

Dr. Hammond has taught at Columbia University, SUNY at Stony Brook, Duke University and at Salem College. Most recently, Hammond has been the director of Historical Old Salem, a restored colonial community in the Piedmont region of North Carolina.

Hammond, his wife Rebecca, and their twin daughters are expected to arrive in Warm Springs in mid-August.

Yaw earns honors

Nicole Yaw was among a total of 153 students who were named to the spring term honor roll at Central Oregon Community College. To be listed on the honor roll a student must complete 12 or more credits and earn a grade-point average (GPA) of at least 3.60.

Sixty-two students received highest honors, with GPAs ranging from 3.9 to 4.0. High honors went to 50 students, including Yaw, who had GPAs of 3.75 to 3.89.

U.S. rates high in fire death rates

Americans proudly lead the world in many areas. However, there's one area where we can't pride ourselves for coming in first. The United States has one of the highest fire death rates in the industrialized world. And older Americans are the highest risk of fire-related deaths, double that of the rest of the population.

Every year, over 1,300 Americans 65 and older die in fires. If these statistics are news to you, that's part of the problem. Many Americans are unfamiliar with the range and severity of fire-related hazards and older Americans, in particular, suffer from lack of information about how to prevent fires.

Fire-associated deaths, injuries and property losses are tragic. However, the real tragedy is that these injuries and losses are preventable. The leading causes of fire injuries and death to senior—unsafe use of smoking materials, fires caused by alternate heaters, fires in

the kitchen and electrical related problems—can be reduced by taking precautionary measures as easy as installing smoke detectors.

Simple as this may sound, many older Americans still live in homes without smoke detectors or do not maintain the detectors they have. Eighty percent of elderly people who die in fires do not have a working smoke detector, and in 75 percent of the cases, no detector was even present. When properly installed and maintained, smoke detectors can give senior citizens time to escape a fire without injury or death.

The people of Warm Springs have successfully collaborated in the past to combat threats to the community. Warm Springs Fire and Safety is asking the community to mobilize our resources and

create a partnership for seniors fire safety.

What can you do to encourage fire safety?

□ Lend a helping hand to seniors who may need help installing and maintaining smoke detectors.

□ Advise Fire and Safety of those homes in your neighborhood that need fire safety checks.

□ Receive handouts from the Prevention Officer to help distribute to all seniors you know.

Together, we can prevent the homes and lives of seniors from going up in smoke.

The Warm Springs Fire and Safety exists to serve and protect the people of this community. If you have any questions on helping seniors with home fire safety, we would like to hear from you.

Digest article tells tragic addiction story

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By Per Ola and Emily D' Aulibe

Kerri Miller had it all. The pretty, popular, five-foot-nine teenager came from a happy family. She was a first-rate student and athlete at her high school outside Portland, Oregon. When she entered college in 1980, she majored in political science—the first step toward law school. But something went wrong.

While in college, Kerri fell in love with a man who came from a wealthy European family and was almost 20 years older than Kerri, and she married him; with Toby came two young children by a previous marriage. Soon after the wedding, Toby offered Kerri some cocaine. She went along, eager to be accepted into her husband's trendy, sophisticated world. Using a straw, Kerri inhaled the fine powder into her nose, and a glow came over her. She was suddenly brimming with confidence and energy. She had never felt so good.

When Kerri inhaled the powder, the moist membranes lining her nasal passages quickly dissolved it. Swarms of cocaine molecules slipped across the membranes like sand through a sieve and, within 15 minutes, flooded her circulatory system.

At the brain they encountered a barrier designed to block harmful compounds. But a number of "psychoactive" drugs can pierce this shield by floating through the molecules of fat that make up the barrier. Alcohol, nicotine—and cocaine—are among the ones that can.

Kerri's high lasted only 20 minutes, but already cocaine—in just one exposure—was forging a lock on her mind. When offered more a few days later, she eagerly accepted. Again she felt awash in

physical pleasure.

That night, Kerri snorted a second line of cocaine. When she and Toby then made love, the drug seemed to heighten the event beyond anything else Kerri had ever experienced.

Deep within Kerri's brain lay her limbic system—the primitive "animal brain" that regulates the emotions and such raw instincts essential for survival as eating and avoiding danger. The limbic system also is intimately related to brain areas that generate feelings of pleasure.

Cocaine short-circuits these biologically significant activities by providing immediate gratification. The drug so ignites the brain's reward centers that laboratory animals, given unlimited access to cocaine, will totally ignore food and sex to gorge on the drug until their overloaded brain circuits go haywire, triggering death. But Kerri knew none of this.

Within a few months, Kerri was no longer taking cocaine for fun. She had to have it. Soon she was snorting the drug every morning to get going, during the day to keep on an even keel and in the evening to unwind.

What's wrong with feeling good? She rationalized. She assured herself she wasn't addicted and could quit any time. Addicts were street people who used needles, not women like herself.

Inside Kerri's brain, some ten billion cells, called neurons, maintain her life-support systems and regulate her thoughts and emotions. When a neuron picks up signals from one of the five senses, it "fires," sending a tiny electrical signal down its branches toward other receiving neurons.

A microscopic opening called a synapse separates neurons, like the gap of a spark plug. The electrical signal cannot leap the gap. Instead, it jolts chemicals, or neurotransmitters, loose so they can carry the message across.

One of the hundreds of neurotransmitter in the brain is dopamine. Disturbances in the dopamine supply are involved in serious men-

tal illness such as schizophrenia and in movement disorders such as Parkinson's disease, which results from abnormally low levels of the neurotransmitter.

In a normal brain a molecular "pump" channels excess dopamine safely back into the sending neurons for future use. Some experts believe cocaine jams the pump, preventing dopamine from returning home. Others think cocaine accelerates the pump, making more dopamine available. Either way, the neurochemical stays in the synapses, repeatedly stimulating the neurons. It was actually an overabundance of her brain's own chemicals that made Kerri feel so good.

By the end of her first year of cocaine use, Kerri was snorting a gram a day—about \$140 worth. She had developed delusions of invincibility, along with bouts of hyperactivity and severe insomnia. She also began squabbling with Toby, convinced he was squirming away more than his share of the drug. She took a modeling job and bought her own supply. When her income fell short, she dipped into money set aside for law school.

No one, not even Kerri, suspected how hooked she was. She earned passing grades at college while taking care of the household and Toby's children. Although everything seemed normal and Kerri told herself life had never been better, she was becoming psychotic. She imagined sirens and hid in a closet, convinced police were coming to bust her.

As Kerri entered her second year of drug use, she began losing weight. She also noticed, aghast, that her pillow was stained red in the mornings. Her nose had begun to ooze blood.

Cocaine shrinks blood vessels on contact, drastically impeding circulation. Lacking nourishment, the mucous membranes in Kerri's nose were withering. As the tissue died, it sloughed off, leaving stains on her pillow.

For some cocaine users, so much tissue dies that it creates holes in the cartilage dividing the nostrils. Abscesses may burrow into the

bone of the sinuses. While using cocaine, however, the addict may feel little pain because the drug is a strong local anesthetic as well.

Kerri's desire for cocaine even became more important than her desire for food. Cocaine is also a potent appetite suppressant.

To solve Kerri's nosebleeds, Toby taught her to freebase. This removes impurities—sugar, kerosene, acidic salts—that dealers add to street cocaine to swell their profits. By extracting cocaine "base" with volatile solvents, Toby could produce a drug almost 100-percent pure and five times more potent than "cut" cocaine. Freebase makes cocaine smokable, so Kerri could give her damaged nose a rest.

After putting the rocklike extract in a pipe, Toby handed it to Kerri. She took a deep pull. Within seconds the reward circuits in her brain went wild, taking her higher than she had ever been.

That night, however, Kerri had difficulty breathing. Her chest felt as though an elephant were standing on it. The next morning, the sensation was still there, but Toby assured her this was "normal" for beginners—and that after a few hours the viselike feeling would go away.

Freebase did more, however, than take Kerri to new heights. Cocaine acts directly on heart muscle, causing the heart to beat inefficiently and its vessels to narrow, restricting the oxygen needed for peak performance. Meanwhile, the heart works harder to keep up with restricted blood flow in the rest of the body. It's a vicious circle: soon blood entering the oxygen-starved heart is not pumped out fast enough and backs up into the lungs. Breathing grows labored and painful as the addict starts to drown in his own fluids.

There is a strong risk of sudden heart attack or stroke. For now, Kerri was lucky. She had only chest pains.

Kerri's story of cocaine addiction will continue in the next edition of Spilyay Tymoo.

The Old Days

Section 8.

Religious and Moral Training:

There are two Presbyterian Churches on the Warm Springs reservation; one is located at the agency and the other at Simnasho, 20 miles north of the agency. Sunday services are held in both of these Churches. The children at the Warm Springs Boarding School attend Church at the agency on Sunday and prayer meeting on Wednesday night of each week. There is a missionary located at the agency and another, an Indian, at Simnasho.

Very respectfully,
Supervisor.

Section 9.

Buildings:

The Warm Springs Boarding School is located at the Warm Springs Agency, 3 miles west of Mecca, Oregon. All of the buildings at this school need repainting and considerable carpenter repair work needs to be done. I recommend that the following labor be allowed the Superintendent July 1, 1913:

\$350.00	100 days Painter at \$3.50	
200.00	100 * Carpenter (Indian) at \$2.00	200.00
	100 * Laborer (Indian) at \$2.00	

The painter and carpenter will be needed for painting and repairing the buildings. The laborer will be needed to assist in preparing the lumber and in hauling the lumber from the agency saw mill which is located 20 miles away.

A new cottage for employees is needed at this school and I recommend that a cottage be built according to plans approved by your Office. The cottage should not cost over \$1500.00.

The buildings are all heated by wood stoves. This is very expensive and not very safe. I think it would be better to have a central steam heating plant or individual steam heaters in each building. I am satisfied that this plan would be much cheaper and more satisfactory.

The water supply at this school is very good. The water is taken from a spring near the school and pumped by water power.

The average from the school empties into Shitike Creek. There are Indians living below the school using water in the Creek. A septic tank should be provided as soon as possible for this sewerage. I understand that this matter has already been under consideration. New fire escapes are needed in the dormitory buildings. The Superintendent now has this under consideration.

Fire drills are given at irregular intervals.
Very respectfully,
Supervisor.