

## Museum to host book signing

The Museum at Warm Springs will be hosting a book signing for Jane Kirkpatrick on Friday, March 9 between 5:30 and 7:00 pm. *All Together in One Place* is her most recent release, however she will have her other novels available at the signing as well. Her first work *Sweetness to the Soul* was awarded both the National Cowboy Hall of Fame's "Wrangler Award" and the Western Heritage Center's "Outstanding Western Novel of 1995".

Kirkpatrick, a clinical social worker, works as a consultant for the Warm Springs Early Childhood Education Center.

## Regional conference set on suicide

A regional conference of the American Indian/Alaska Native Community Suicide Prevention Center and Network will be held April 8 to 10, 2001, in Vancouver, Wash. Indian and non-Indian mental health care workers, substance abuse care workers, counselors, teachers, CHR's, community members, youth and tribal leaders are invited to attend.

Fifty conference participants can train to become certified in QPR (Question, Persuade, Refer) suicide prevention techniques and QPR Chemical Dependency. Certified individuals can then go back to their communities and train other people in basic suicide prevention. The conference offers other workshops as well.

Cost, which does not include transportation or accommodations, is \$150 for adults and \$50 for youth and elders. Contact Charlotte Herkshan at 553-3205 for more information.

# Arrigon Starr perseveres to win acclaim

Native American contemporary singer Arrigon Starr included Warm Springs on her recent tour of the northwest. In route from Eureka, California to Seattle, Starr's detour to Warm Springs provided an unexpected opportunity for residents who were able to attend her concert at the Community Center on the evening of Monday, Feb. 26.

Starr regularly speaks with personnel at radio stations around the country as part of her promotional efforts. Conversations with KWSO staff led to the stop-over in Warm Springs. In addition to her concert, Starr did a live interview with morning radio personality Will Robbins and talked to *Spilyay* about her career.

Starr, who makes her home in Los Angeles, is a member of Oklahoma's Kickapoo Tribe. Her father, however, decided to raise his family off the reservation. He chose the Navy as a career and, as a result, Starr has lived in locations around the world. She thinks of Oklahoma, where her family returned for holidays and San Diego, where she completed high school and where her parents now reside, as "home".

A determined woman, Starr has persevered to achieve the level of success she now enjoys in the music world. She worked as a Hollywood publicist and Disney designer by day and navigated the coffee house circuit by night. "It was there that I honed my trade."

Discouraging comments about success in the music world or remarks such as, "You're Indian, you can't do that," were met with her standard reply, "You just watch me!" She enjoys encouraging young artists frustrated by similar negativity. "When you try to step out of the mold," she advises, "you are told, 'it'll never work.'" Her attitude is, "I will bear a million 'no's' because I will eventually get the one 'yes' I



need."

She produced her first recording, a cassette, at home. By 1996, she felt sufficiently comfortable to leave her corporate job. "That's when my life began!" Within two years she had saved enough to have her first CD, *Meet the Diva*, recorded in a "real" studio. Her public relations experience began to pay dividends as she utilized her skills to publicize her own work.

The same year she toured Great Britain where she found much interest in Native American history,

art and music as well as many misconceptions which she strove to dispel.

At the 1999 Native American Music Awards, *Meet the Diva* garnered the "Best Independent Recording" award as well as a nomination for "Best Female Artist."

Her rising career is due not only to her musical talents but her tireless publicity efforts.

As a result, cuts from *Meet the Diva* as well as her latest release *Wind Up* are played on Native American Radio, Public Radio and

college stations around the country.

KWSO's Robbins describes her music as "Awesome! When it comes to Native American contemporary music, you won't find any that digs deeper or hits harder to the heart of the soul." According to a July 2000 *Billboard* review of Native American music, Starr's "powerful, rocking compositions stretch the envelope of the genre's expressive possibilities."

Starr finds universal inspiration for her lyrics, but does add that she loves to read.

"I'm a geek about books. I love to read about Indian history — or anyone's history!" She has rediscovered Indian roots and traditions absent from her childhood off the reservation.

Although her lyrics stress Indian themes and political issues, she describes herself as a contemporary artist who "happens to be Native American."

KWSO reports that Starr hopes to return to Warm Springs this summer with her full band.

## Culture fair held at school



The Jefferson County Middle School sixth graders held their Project REACH on Thursday, March 8, 2001 at the gymnasium. According to coordinator Sue Harrison, there were approximately 250 displays. This year was the most student participation in the 15 years it has been featured.

Project REACH which stands for Respect Ethnic Culture And Heritage is helping students and teachers understand the different diversities that are meshed into the 509-J school district. There are 10 sixth grade classes with a least 25 students in each classroom; out of all these students only 12 did not have a display.

The gym had little room to walk through to see each display but it was a great turn out for the children and the parent turnout was tremendous.



## Author speaks at museum gathering

The Museum at Warm Springs hosted a book signing for Charles Wilkinson, author of *Messages from Frank's Landing*, on March 2. After an introduction by Chief Nelson Wallulatum, Wilkinson read excerpts from his work to approximately 40 guests. Described as "an entertaining speaker and legendary in his knowledge of Indian law," Wilkinson then answered questions well past the scheduled 7:30 pm conclusion to the event. Following the signing, Wilkinson was honored at a Kah-Nee-ta dinner, sponsored by Tribal Council.

which is available for sale at the Museum, describes the struggle of Nisqually tribal leader Billy Frank Jr. to insure fishing rights for his people.

Wilkinson, a lawyer who has devoted much of his career to Indian issues, includes the historical, legal and social context of this battle. Over 50 photos illustrate



the book. They include images by photographer Hank Adams as well as archival photos.

## Pharmacy tips passed along

This guide will tell you what happens to your chart once it is received in the pharmacy.

**\*\*WE MUST HAVE YOUR CHART BEFORE WE CAN FILL OR GIVE OUT YOUR PRESCRIPTIONS\*\***

1. The pharmacist checks your chart and medication to make sure that all these things are correct:

- The correct medication is being used for the condition being treated.
- The correct dose or strength of medication is being used.
- The correct directions for taking the medication are noted.
- The correct time interval for dosing is observed.
- Any possible drug problems are evaluated. This is to make sure that the medication you are given today will not affect or be affected by medications you are already taking.
- Any possible allergic reactions are evaluated. The pharmacist needs to make sure that you do not have an allergy to the medication ordered.

2. Prescriptions are typed into our computer and labels are printed.



- Your prescriptions are then filled.
- The pharmacist will make the final check to be sure everything is right before you receive your medication.
- When you come in to pick up your prescriptions, the pharmacist will call you into a counseling room to discuss your medication.

**\*\*Prescriptions are filled first for waiting patients. Refills by telephone request are prepared as time permits. Therefore, please telephone your prescription order at least 24 hours in advance\*\***

**Things that affect how fast your prescriptions are filled:**

**Work in the Pharmacy:**

Our busiest times are Mondays, Fridays, Wednesday afternoons, and the day after Holidays. This could mean a longer waiting time.

**Questions from Providers:** Often the pharmacist must take the time to look up an answer to a provider's question.

**Problems with Prescription Orders:** More time may be needed to

receive an answer from a doctor before the pharmacy can complete the prescription.

**Time Pharmacy Receives your Chart:**

Sometimes your chart misses being sent to the pharmacy or a doctor has not completed the chart. Your chart must be located before any prescriptions can be filled.

**No Refills Available on Prescription:**

Pharmacy must sometimes wait until a doctor authorizes a refill. **\*\*Strong pain medications, such as Percocet, Vicodin, Darvocet, and Tylenol #3 usually can't be refilled. If your prescription label on your medicine vial does not say refills are available, you must then contact your doctor.\*\***