

## Stacona: seen as future leader

(Continued from page 6)

The Buffs found a way to pick it back up in time, beating Estacada in their season finale, and coming from behind to beat Sherwood in league playoff and at North Marion in their first state-tournament game. Their season then saw its end with a loss at then No. 1 Tillamook.

Stacona said her favorite part of the game is not so much scoring or any particular aspect of the game, but the game itself.

"My favorite part is the intensity," she said. "We're up by three, and the other team has the ball, and maybe they could score, and you've got foul trouble, and the crowd's roaring, and it's really exciting. Then it just happens and we win, and all that hard work pays off."

With five seniors graduating, the Buffs will be young again next season, with only Stacona and Ahern, a junior, returning as starters. Stacona said she thinks the Buffs' posts, led by classmate Kristen Haugen, will be solid.

"We have other people coming up, and their skills are different," Stacona said. "I have a lot of friends who are going to play, and we've played together over the years and we know how each other plays."

Stacona says she plays bas-

ketball just for the sake of playing basketball and winning games, and doesn't feel pressure to perform as a new marquee player or even as a representative of the Warm Springs tribes.

"I don't really feel pressure, but I know that people are watching me because they've watched me before and they say, 'Oh yeah, she ought to have a good game,'" she said. "I'm not trying to impress anybody when I play. I try not to think, 'I better not miss this.' It's not really pressure. I have to play. It's why I'm on varsity. They expect me to do good."

While Stacona's play during the season may have been the buzz around the Tri-Valley League, word got around the state, too. She was rewarded by being designated an Honorable Mention selection on the Class 3A All-State teams, the only freshman chosen among the list of 26 players selected to first, second, or third teams or honorable mention.

When the all-state selections were announced, Stacona was in Southern California on spring break and had to find out second-hand. "My grandfather called me up, and he just said, 'Congratulations. I said, 'Oh, on what,' because I was in California."

"Oh, you made Honorable Mention."

She said her selection was the culmination mostly of a lot of

hard work during the season.

"When I thought about it, we didn't even make it to state, all the way to the main (final eight) bracket," she said. "I guess all the hard work paid off. And to hear I was the only freshman, it just kind of gives you a little more confidence about next year."

Still, she said, she has a long way to go as a player and has made it her goal to become faster and stronger over the off-season.

"This summer, the coaches are going to work with me physically, and (varsity assistant coach Ed) McDaniel is going to help me work on my shot, so I get the right form," she said.

The weight training will be important because "just that last rebound you can get could win you the game."

She and Shirelle Adams are going to a specialized camp for point guards next August.

"It's a week long, it costs \$500 to go," Stacona said. "They say it's like 100 years of basketball in one week, from 8 in the morning to about 9 at night."

She will be part of a representative group from Madras playing at the University of Oregon team camp again, and she, along with Suppah and Thomas, are playing in a tournament in Arizona during the summer. But Stacona isn't waiting until then to play ball.

She'll play soccer again next

fall, but she's given up softball this spring in favor of getting ready for next basketball season.

Before she left for her spring break trip, she was playing at the Warm Springs Community Center against boys 18 and 19 years old, and she plays ball at the Madras City Park.

Stacona has lived in Madras most of her life. She has also lived in Warm Springs and even spent a couple months in Mexico with her mother and grandmother.

It's possible other Staconas could follow Briana in playing for the White Buffalos. Her little sister Mariah is 8 years old, and her stepsister Monica, at 3 years old, is already dribbling a mini-basketball. That's about how old Briana was when she started playing. Her brother Andrew, 5, she says is "a little boxer."

As a student of the game, Stacona said her favorite players are Phoenix Mercury and former University of Connecticut star Diana Taurasi, the legendary Michael Jordan and new legend LeBron James.

Reece said that even though Stacona is not a particularly vocal person, "she can be," and that she has the right mettle to be the Buffalos' leader the next three seasons. "Between her, Jaylyn and Raylene, they did a really good job keeping everything going in the right direction, not only on court, but off the court."

## Addiction: treatment offers hope

(Continued from page 3)

He said that methamphetamine lasts longer and metabolizes far slower than does cocaine.

"We talk about the half-life of a drug, which means after a certain time, half of it's gone. For cocaine it's about 30 minutes. For methamphetamine, it's about 10 or 12 hours. That's really important because that means the cell is just getting pushed on constantly, without any release, without any break."

Not everyone becomes an addict, Williams said, because they may not have the genetic pre-wiring.

"But some of us do," he said. "And what happens, and why that happens is the whole crux of addiction."

The drug, and the chemical reaction in the brain it causes, helps change the genetic makeup of brain cells.

"What that means is the cells that are getting the dopamine want the dopamine, and they start to make changes and change the wiring of the brain," he said. "You get new wiring, going up into the frontal lobe (affecting behavior and judgment) and the memory part of your brain."

Yet, he said, this change only happens in people with the genetic risk towards addiction.

He said users who inject or smoke methamphetamine get addicted more quickly because more of the drug is brought into the system quicker.

"And that seems to cause the genetic change faster," he said. "And the high is more intense."

Methamphetamine can kill brain cells, as well as damage the heart and cause liver failure and even muscle death. Methamphetamine users are also known for losing their teeth because the mouth dries up.

"Methamphetamine also affects the motor part of your brain," Williams said. "Methamphetamine addicts, when they're using, are really fidgety, and they're always moving all the time, and they can't stop moving because this unconscious part of your brain is making you move all the time."

Methamphetamine use, over time, also causes psychosis and paranoia, and it causes addicts to imagine things on their skin they think they have to pick off, so they mar their skin.

He said it takes about a month of meth use to create the notoriously gaunt and aged look chronic users take on.

"But the remarkable thing is that when people do come to treatment, in three months, they can come right back," he said. "That, to me, is magic because these people come in looking awful."

Mental capabilities may not come all the way back, he said, even after recovery. Even after they stop, recovering addicts are proven to comprehend words only half as well as those who've never used methamphetamine, though they do almost as well in recalling pictures.

In recovery, Williams said there is nothing, in terms of drugs, that can make methamphetamine withdrawal easy.

"There's nothing we can give to them," he said. "They just have to ride it out, and it's pretty miserable. We try to get them into an environment where they feel safe, and we start educating them, and just let them take it easy for a few days."

Children who live around meth labs get the drug in their

system, as do babies whose mothers have used it while pregnant.

"They have respiratory problems, rashes, burns, and tend to develop asthma-type symptoms and learning disabilities," he said. "The learning disability stuff isn't well understood, as far as the long-term effects."

"I would anticipate that the learning disabilities may be as much from all the other stuff, the malnourishment, sleeping problems, the other abuse that happens in that unstructured environment."

There is more fetal death due to methamphetamine, and babies that are born tend to be small.

"They tend to be more irritable, harder to calm down, and have difficulty nursing," he said.

There haven't been studies on learning disabilities of children affected by methamphetamine use, or how well they adapt socially, but there will be in coming years because of this emerging problem, Williams said.

He said that Oregon's measures to control over-the-counter sales of ephedrine products will help curb local methamphetamine production "for a while."

"But the reality is, most of this stuff is made in huge factories in Mexico," he said.

## Howlak Tichum

Edith Renee Kalama

Edith Renee Kalama passed away March 22, 2005. She was 71.

Mrs. Kalama was born March 14, 1934 at Good No Hills, Wash., to parents Meeklin Albert and Susie Haney. She married Roland Kalama, who preceded her in death.

Mrs. Kalama was a lifetime resident of Warm Springs. She was self-employed in bead work. She was an enrolled member of the Yakama Nation.

She is survived by her chil-

dren: Melvin Tewee Sr., Foster Kalama, Patrick Kalama, Angeline Kalama, Patricia Kalama, Roland Kalama Jr., Sterling Kalama, Judith Kalama and Albert Kalama Sr., all of Warm Springs. Mrs. Kalama is survived by brothers Wallace Albert of Toppenish, and Gibson Albert of White Swan; sisters Shirley Patrick of Pendleton, and Mavis Spencer of Goldendale; and 38 grandchildren and 37 great grandchildren.

## MEMORIES IN STONE

Custom Designed Memorials  
Hand Engraved In Goldendale

For Over 18 Years

Pioneer Rock  
& Monument

509-773-4702 201 Crafton Road

PO Box 348 Goldendale, WA 98620

www.pioneerrock.com

**MADRAS FEED & SUPPLY**

(Just North of Cocon  
went to Light Technics)



Mon-Fri 9-5:30  
Sat 9-3  
Closed Sundays

1527 NW Harris - Madras Industrial Park

541-475-7900

Ivercare Horsewormer \$5.95  
Safeguard Horsewormer \$6.95

36% Cattle Protein Block  
33 lbs \$5.50  
Dog and Cat Vaccines

Bluegrass Big Bales \$25

Alfalfa orchard grass mix \$5.50  
Orchard Grass Mix \$6.00  
Alfalfa \$6.50

## JUNIPER AUTO

1994 Ford F250, V8, auto, long bed  
with liner, nice condition \$3,998

1996 Ford F250, ex-cab, PU, low  
miles, automatic, extras \$5,998

1997 Ford Taurus, 4-door sedan, \$2,498

1994 Toyota Tercel DX, fully equipped,  
nice car \$2,998

**JUNIPER AUTO SALES  
in Madras**

1-800-626-0572

## 97 Mart

Cold  
Beverages,  
Ice, Soda,  
Groceries  
& more



**Welcome Warm Springs**

Open 7 days a week, on HWY 97  
in the old Outpost building, 475-9776

Open 7 a.m. til midnight, Mon-Thurs. Weekends 7 a.m. til 2 a.m.