

OPIOID

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200,000 overdoses a year. An estimated 2.1 million people abuse opioids, according to the National Institute on Drug Abuse. The Centers for Disease Control and Prevention recently reported a drop in life expectancy for white women — one possible reason is the abuse of prescription painkillers.

The group assembled in Good Shepherd's board room gave Walden an unfiltered look at the struggle to subdue the opioid beast.

La Grande psychiatrist Joel Rice said he helps opioid addicts to break away by prescribing buprenorphine (sold as Suboxone). Critics say using Suboxone, which is also addictive, is simply exchanging one drug for another. But Rice considers the drug a critical tool to help people break free from painkillers.

"It's easier to get off of," he said. "You feel normal on it. You can rebuild your life so you have something to live for."

Rice said he isn't able to accommodate every patient who needs medication-assisted treatment — prescribers are limited to 30 patients initially and a maximum of 100 after a year. Holton is one of only six Suboxone prescribers east of The Dalles, Holton said.

Pending legislation would lift the cap after a year for substance abuse specialists. With this in the works, Rice is considering starting a new clinic in



EO Media Group/E.J. Harris

Dr. Joel Rice of La Grande holds up an automated Suboxone dispenser used to treat opioid addicts. Suboxone is a drug that is used to wean addicts off of opioids.

Pendleton in order to fill a gap in Umatilla County.

Rice said he sees patients from every walk of life, from millionaires to people who are homeless.

Michelle Frizzell, a therapist who works with Rice, also sat at the table. Frizzell knows the struggles their patients face because she went through them herself. She broke her foot and was prescribed painkillers.

"That was the beginning of a 10-year addiction to opioids," she said.

When she became determined to break free, she couldn't find a doctor nearby to help her. She regularly traveled more than five hours from her Milton-Freewater home to Marysville, Washington.

"The detox is so bad — so uncomfortable emotionally and physically," Frizzell said. "I was driven to travel long distances for Suboxone."

By the end of an hour and a half, most around the table had commented. Walden asked

questions and described pending legislation. He distributed a list of a dozen opioid-related bills. The legislation increases access to treatment, reduces overprescribing, seeks best practices, requires more stringent review of opioids and makes opioid reversal drugs more accessible. One bill educates teens and adolescents injured in sports about the dangers of addiction. Another funds the improvement of electronic prescription drug monitoring to help prescribers know if their patients are already getting prescriptions from other sources. The Reducing Unused Medications Act would allow pharmacists to fill only part of a prescription. If pain persists, the patient could go back and get more pills.

Getting a handle on opioid prescriptions is only one aspect of this murky mess. The tendency for opioid users to eventually switch to heroin, which is cheaper and easier to procure, is another.

Holton said he is optimistic about subduing the opioid monster, but he knows heroin will bring additional trials.

"I'm convinced we're going to fix this," he said, regarding opioid addiction. "But we'll have to meet again down the road about the heroin crisis."



Eagle photos/Angel Carpenter

Luke Claughton of John Day crosses the finish line in the "straddle" portion of the event.



Volunteer Donna Baughman offers some refreshment at the water station along Highway 26 to Tom Bridges, left, and Madelyn Bailey.

STRUT

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Creek Road on Highway 26 (6 miles), "strutters" at the pull-out east of Dog Creek Road on Highway 26 (4.5 miles) and "strollers" walked around the Seventh Street Complex path (1.5 miles).

All crossed the finish line at the hospital parking lot.

Times were recorded, but the races were noncompetitive.

Drawings for prizes were handed out, with many local businesses donating to the cause.

The Large Team prize winner was Blue Mountain Hospital, and the Small Team winner

Prize winners

Virginia Miller	Len's \$25 gift card
Jade Grant	King's bike
Thomas Wunz	John Day True Value planter
Russ Comer	Log Cabin Espresso gift card
Sheila Comer	Log Cabin Espresso gift card
Shawna Clark	Java Jungle gift card
Barb Oliver	Station 62 gift card
Kaylee Lemcke	Dairy Queen gift card
Brianna Proctor	Dairy Queen gift card
Nathan Wunz	Dairy Queen gift card
Jay Terramasso	Dairy Queen gift card
Dave Hall	Dairy Queen gift card
Sam Bailey	Oregon Zoo tickets

was Chester's Thriftway.

The oldest participant was 78 years old, and the youngest was 3 months old.

"I'm really glad that people can come out and run in memory of someone," Ross said. "It's also about being outside and

having fun, and with the four races, there is something for everyone."

Ross said she is especially pleased that because of the support of their fundraisers, "none of our hospice patients owe us a dime."

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SQUAW

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The letter points out "squaw" is not listed in the board's policy manual as a derogatory name. The county agrees the name is "generic, over-used and not very de-

scriptive of geographic sites." The letter states the court does not believe the name is derogatory, however, and that any name can be offensive depending on how it is used.

"We ask you to move your perspective on Squaw Meadow as 'derogatory' to how local citizens see the meadow,"

the letter states. "When our citizens are at Squaw Meadow they are drawn back to early times when the meadow was a 'garden' where Native American women were seen digging roots and gathering seeds, nuts and berries. We see the Squaw Meadow as a place of the appreciation of our history and culture."

However, convincing the board "squaw" is acceptable may be difficult. In 2001, the Oregon Legislature passed a law prohibiting governments from using "squaw" in names of public property.

Although the law did not apply to geographic features, which are named by the federal board, the Legislative Assembly passed a resolution later in 2001 urging the term to

be removed at the federal level: "Whereas the term 'squaw,' originating from an Algonquin word for female anatomy, is derogatory, a racial slur, and as such, offensive to Oregonians, Indian and non-Indian alike ... we call upon the ... United States Board on Geographic Names and Oregon Geographic Names Board to remove the term 'squaw' from names of geographic places in the State of Oregon."

Oregon law also requires a government to consider a term or phrase in the language of an Indian tribe when replacing the term "squaw."

The county's letter to the board states the Umatilla Tribes' proposals are "hot authentic ... a mélange of Umatilla and Nez Percé words." Neither group lived in the county, the letter states.

The docket for the April meeting of the federal board's Domestic Names Committee, however, cites the Umatilla Tribes' Cultural Resources Protection Program, which states "the features are located within the ceded lands, boundaries and traditional use areas of the" Cayuse, Umatilla and Walla Walla tribes.

In the letter to the board, the county also requested the board reconsider the county's proposed names for the other three features that were named based on the Umatilla Tribes' proposals: "Hawthorn Creek" instead of "Kúckuk Creek," 3.7 miles northwest of Granite; "Elder Creek" instead of "Škáypiya Creek," 15 miles north of Hamilton; and "Little Elder Creek" instead of "Little Škáypiya Creek," 13 miles north of Hamilton.

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SUNDAY (3:30) 6:30
MON-THURS 6:30

MOTHER'S DAY PG-13
Jennifer Aniston, Julia Roberts. Three generations come together in the week leading up to Mother's Day.
FRI & SAT (4:00) 7:00 9:35
SUNDAY (4:00) 7:00
MON-THURS 7:00

THE JUNGLE BOOK PG
Guided by Bagheera and Baloo, the man-cub Mowgli embarks on a journey of self-discovery.
FRI & SAT (4:10) 7:10 9:40
SUNDAY (4:10) 7:10
MON-THURS 7:10

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