

Dental myths need revision

by Sandy Boers
IHS Hygienist

Most of us have heard a lot of advice on how to take care of our mouths. Relatives and friends tell us about things they've heard that will help us keep our mouths healthy. While some of these ideas are of value, some of them aren't. Many of the ones that aren't of value can even hurt you. Here are some of the common ones:

1. "To get teeth really clean, you have to brush hard and often."

Sometimes people who really want to clean their mouths well, will take the hardest, stiffest toothbrush they can find and brush their teeth as hard as they can. Over the years, a lot of this type of brushing can actually start to wear their teeth down. It can also make their gums recede away from the crowns of their teeth. If either of these things happen, tooth sensitivity can be a problem.

The best way to clean your

teeth is to brush gently around your gums with a soft toothbrush. It may not feel like you're getting your teeth clean at first, but you may be cleaning your teeth better. Also, the key to a healthy mouth is not necessarily brushing three or four times a day, but brushing (and flossing) at least once a day thoroughly. Brushing thoroughly means brushing all teeth on all of their different surfaces, front, back top and in-between. Don't forget to brush your tongue.

2. "Baby teeth aren't important because they just fall out anyway."

Thank goodness this attitude is changing. People are finally realizing the importance of keeping their children's mouths healthy. Aside from decayed and infected teeth making the baby physically sick, early loss of teeth can cause real problems in the child's bite later on in life. Healthy baby teeth are necessary for the child to eat a good diet and to guide the permanent teeth into place.

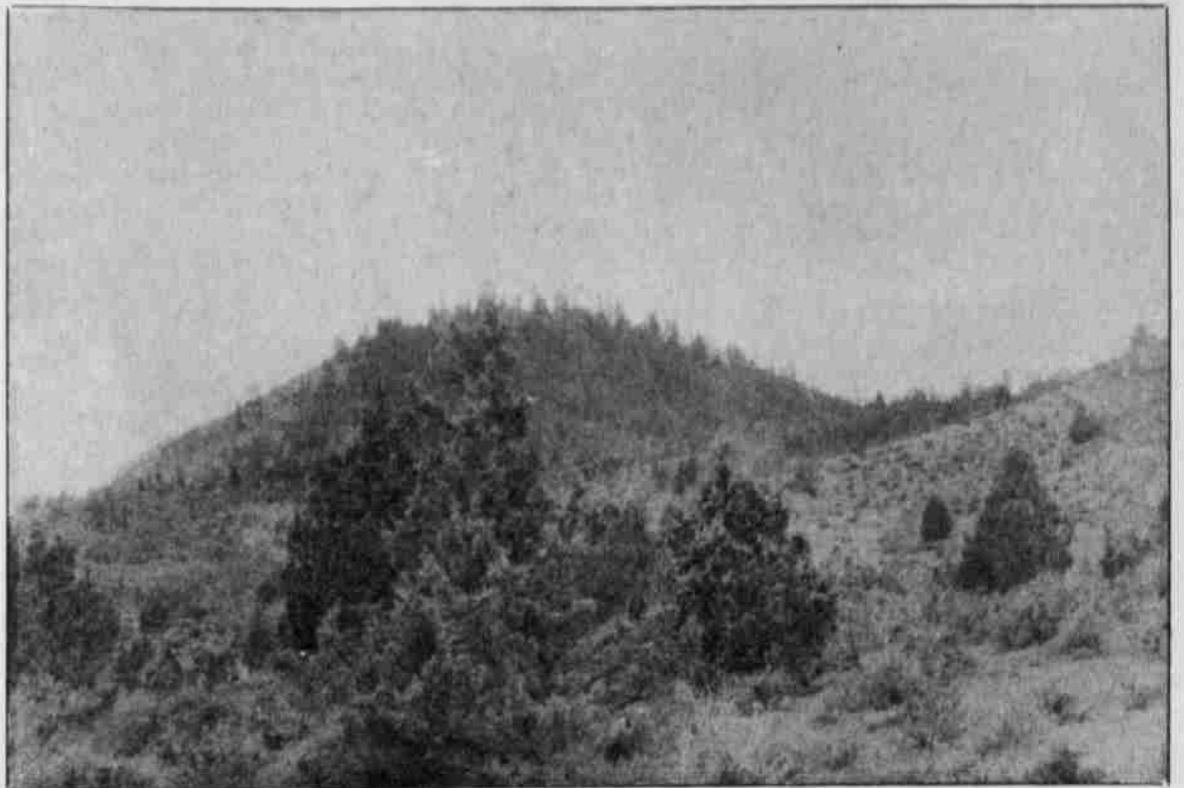
3. "Teeth, in general, aren't

very important. Besides, I can always get dentures."

Here's an attitude that needs to be changed. Teeth are easily overlooked, but just ask anyone who has lost theirs. Almost every denture patient I talk to says that they wished they had taken care of their teeth when they were younger. Dentures are not as sharp as natural teeth so many foods can't be chewed well. Also, having dentures does not end your visits to the dentist. Dentures need to be relined every so often to keep them from falling out or causing sore spots every time you use them. Dentures are not the answer. Taking the time to maintain your natural teeth is the answer.

Attention graduates

If anyone—parents or relatives know of any high school or college students who will be graduating at the end of May or early June, 1986. Please contact: Education Committee Secretary—Jewell VanPelt or Myrna Courtney in Training Services/Education as soon as possible.



Spilyay Tymoo photo by Miller

Geo Quiz

Identify the location of this geologic formation and win a year's subscription to Spilyay Tymoo for yourself or a friend. Call 553-1161, ext. 274 with your answer.

Impact statement available

Notice of Availability of: 1) Findings of no significant impact's; 2) Environmental Assessments for Longhouse, Muddy

Run, Butte Creek, and Dry Creek Logging Units on the Warm Springs Indian Reservation.

Agency: Bureau of Indian Affairs.

Action: Notice.

Summary: This notice advises the public that: 1) A finding of no significant impact (FONSI); and 2) and Environmental Assessment are available for public review on each of the above units.

Address: Comments and questions should be addressed: William L. Apgar, Environmental Coordinator, Warm Springs Agency, P.O. Box B, Warm Springs, Oregon 97761.

Individuals wishing copies of

the Environmental Assessments or the FONSI should contact the above individual. The Environmental Assessment and Forest Management Plan is also available for review at the Warm Springs Forestry office in Warm Springs, Oregon.

Birthday dinner planned

A birthday dinner, Sunday, April 27 at the Simnasho Longhouse, at 1:30 p.m., will be held for Olney Patt, Sr.

All family, friends and fellow tribal employees are welcome to attend.

Confederated Tribes/Esther Stewart
Petitioner

vs.

Laura Crowe
Respondent

Summons Case no(s). D0234-85

To: Laura Crowe

You are hereby notified that a Petition for Court Supervision has been filed with the Warm Springs Tribal Court.

By this notice you are summoned to appear in this matter at a hearing scheduled for 10:00 a.m., on the 9th day of May, 1986, at the Warm Springs Tribal Court. All of the facts of the case will be heard at this hearing, including evidence you wish to present.

You must appear to present your argument or the other side will automatically win. The Petitioner, N/A, may then be given all that is asked for in the Petition for Court Supervision.

The Petitioner will be present at the hearing. If you desire to personally argue your side of the case, you may have a legal aide, spokesperson or attorney appear on your behalf at your expense.

If you have any questions, you should seek legal advice immediately.

Dated at Warm Springs, Oregon this 11th day of April, 1986.

Lola Sohappo
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs
Reservation of Oregon

vs.

Alex Lamere, Sr.
Defendant

Notice of Trial/Hearing
Case no(s). D16-66-259

To: Alex Lamere, Sr.

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 9:00 a.m., on the 15th day of May, 1986.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, Oregon on this 15th day of April, 1986.

Anita Jackson
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs
Reservation of Oregon

vs.

William Begay
Defendant

Notice of Trial/Hearing
Case no(s). D49-70-421

To: William Begay

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 9:00 a.m., on the 16th day of May, 1986.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, Oregon on this 15th day of April, 1986.

Anita Jackson
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs
Reservation of Oregon

vs.

Amos Arquette, Jr.
Defendant

Notice of Trial/Hearing
Case no(s). D75-75-606

To: Amos Arquette, Jr.

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 10:00 a.m., on the 16th day of May, 1986.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue warrant for your arrest.

Dated at Warm Springs, Oregon on this 15th day of April, 1986.

Anita Jackson
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs
Reservation of Oregon

vs.

Virgil Orange
Defendant

Notice of Trial/Hearing
Case no(s). D71-79

To: Virgil Orange

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 9:30 a.m., on the 15th day of May, 1986.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, Oregon on this 15th day of April, 1986.

Anita Jackson
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs
Reservation of Oregon

vs.

Willie Boyd
Defendant

Notice of Trial/Hearing
Case no(s). D44-67-536

To: Willie Boyd

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 9:30 a.m., on the 16th day of May, 1986.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, Oregon on this 15th day of April, 1986.

Anita Jackson
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs
Reservation of Oregon

vs.

Wallace Albert, Sr.
Defendant

Notice of Trial/Hearing
Case no(s). D63-69-863

To: Wallace Albert, Sr.

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 10:30 a.m., on the 16th day of May, 1986.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, Oregon on this 15th day of April, 1986.

Anita Jackson
Judge, Warm Springs Tribal Court

MJH Culture week calendar

Culture week calendar of events at Madras Jr. High include:

April 28—Andy Lucas will present a talk on the Phillipines and his experience there and at Kah-Nee-Ta, Carrie Jo Vincent's dance group will perform; April 29—Hispanic day-students will dance. There will be a display of Hispanic items; April 30—Indian Fashion Show; May 1—Indian dancing, singing and drumming; May 2—Students will sample salmon and fry bread prepared in the traditional manner, and Howard Rainer will speak to students.

Alcohol education planned

The Community Counseling Center will be presenting Alcohol Program Education on the following presentations in our building from 4:00-5:00 p.m. on the dates listed below:

Weed I—May 7, 1986 Social Aspects, Drinking and Driving, Anita Davis. Introduction to Blood Alcohol Level. Awareness of Alcohol or any other altering drugs and how it can affect mental and physical skills.

Week II—May 14, 1986 Medical Aspects and Disease Concept-Charlotte Herkshan Awareness of the Disease of "Alcoholism."

Week III—May 21, 1986 Drug Awareness, Ramona Tanewasha, Introduction to the different types of drugs that people are in contact on a daily basis and the consequences of their use.

Week IV—May 28, 1986 Psychological Aspects of Alcoholism, James Quaid, M.A. The

psychological of substance abuse disorders and method to cope with the problems.

Week V—June 4, 1986 Introduction of Step 1 of A.A. and film—Urbana Manion Importance of Step 1 in Sobriety and Obstacles of Treatment "We admit we are powerless over alcohol and that our lives had become unmanageable."



Spilyay Tymoo photo by Shewczyk

An announcement marquis was recently erected on the campus at Madras Jr. High. Students from the classes of 1984 and 1985 sold magazines to raise the \$35.00 needed for the project.

Church Services

Blessed Kateri Tekakwitha
Warm Springs
Reverend Leo F. Weckerle
Confession prior to Mass
Sunday Mass begins at 8:30 a.m.

Warm Springs Presbyterian Church
Rick Ribeiro, Pastor
Telephone: 553-1237
Sunday School and Sunday Worship 10 a.m.
Bible Study Wednesdays 7 p.m.

Warm Springs Full Gospel Church
Orin Johnson, Pastor
Sunday School—10:00 a.m.
Worship Services—11:00 a.m.
Sunday Evening Service—7:30 p.m.
Bible Study—Wednesday—7:30 p.m.

Reorganized Church of
Jesus Christ of Latterday Saints
Elder, Clint Jacks
Tel: 475-6616
Worship—10:00 a.m.

Warm Springs Baptist Church
Allen Elston, Pastor
Tel: 553-1267
Sunday School—10:00 a.m.
Morning Worship—10:00 a.m.
Bible Study: Wednesday . 8:00 p.m.