



Photos by Natasha Kavanaugh

Children in Siletz take to heart the recommendation of being physically active by participating in soccer and baseball games this spring and summer.

All Tribal programs encourage youth to be active by playing games with the neighbor kids, participating in organized sports, or riding their bikes and skateboards (with their helmets on, of course).



Council Approves 2009 Health Benefits

The Tribal Council has approved the following plan for using the 2009 Out-of-Area Health Benefits. To qualify, Tribal members must be registered for health care with the Siletz Tribal Health Department and reside outside of the Tribe's 11-county service area.

These funds are intended for Tribal members who are not eligible for Contract Health Services. One of the following benefits is available per person per year:

- \$400 Vision
- \$1,400 Hearing
- \$1,200 Dental
- \$1,000 Medical
- Plus \$500 maximum pharmacy through Pequot Rx

Prior authorization by CHS is required and benefits must be used within 90 days. The claims must be into CHS by the end of the 90-day funding period. Any funds not used within 90 days or for claims not received will be returned to the pool for redistribution.

An individual can only access benefits one time per year. When called for pre-authorization, CHS will authorize for household members only. Authorization will not be granted for anyone not residing in your household.

Voicemail messages do not hold funds, must be live contact.

Call CHS starting at 8 a.m. on July 1 – 800-628-5720 or 541-444-1236. If you are not already registered for health services, please call anytime to request an application.

Authorization schedule is as follows:

- July 1, 2009
- Jan. 4, 2010
- Oct. 1, 2009
- April 1, 2010

Distribution of Nike N7 Shoes Comes to a Successful Conclusion

It has been about a year since the beginning of the Nike N7 shoe project. We have fitted approximately 1,900 Tribal members throughout the United States with shoes.

For some, it's unfortunate that Nike discontinued making specific sizes of shoes and we were unable to fill some application orders, but we hope those who did receive a pair of shoes have enjoyed them and are keeping up their physical activity levels.

Each of the area offices has some shoes left that have not been picked up by their applicants and as we bring this project to an end, we have set a deadline for those shoes to be picked up.

If you have not picked up your pair of Nike N7 shoes by July 31, 2009, they will be returned. If you cannot pick up your pair of shoes, please designate someone to pick them up for you.

If you have any questions, please contact your area office contact listed below:

Siletz: Wendi Schamp, 541-444-9670
 Eugene: Adrienne Crookes, 541-484-4234
 Portland: Lori Johnson, 503-238-1512
 Salem: Norma Jimenez, 503-390-9494

Tooth Talk

Tongue-in-Cheek and Other Dental Phrases

By Mary Ellen Volansky, RDH, MS

Sometimes I have not been able to speak a word clearly. Other times, I cannot find the word I know exists. Does any of this "ring a bell" for you?

Remember that phrase – ring a bell? Whether you remember or not, I have a few other pithy phrases that utilize oral anatomy like teeth, cheeks, etc. They are brief if not necessarily meaningful phrases. Try them for yourself.

Back to finding that perfect or not-so-perfect word. After struggling for that sought-after word, it comes out garbled. Maybe you find yourself speaking parts of two words as one word (i.e., Tooth Talk might come out as "too-alk"). When this happens, I am the only one who knows what I'm talking about. Someone listening might think I'm "tongue-tied."

Plainly, tongue-tied means, "You can't seem to find words and are unable to speak, as if your tongue is tied in knots."¹ Ouch, not a pretty picture.

Shakespeare, back in late-1500s, might be voicing a political stand on censorship with his use of tongue-tied: "Art made tongue-tied by authority."² Maybe

he was referring to critics or unappreciative audiences. He should be around today with tweeters.

Tongue-tied as a phrase has a long history. Mark Twain used it in his lifetime (1835-1910) to stress the importance of being a good listener: "A good memory and a tongue tied in the middle is a combination which gives immortality to conversations."³ It seems he wanted to be heard and remembered for what he had to say.

Wouldn't we all "give our eyeteeth" for such a good listener or friend? Use of eyeteeth as a measure of value goes back to Somerset Maugham's *Cakes and Ale*, published in 1930. If Maugham's work has to do with teeth, maybe I should read it.

Before Maugham's reference to eyeteeth as value, eyeteeth were used as a measure of acquired wisdom. This reference was based on the idea that, "A permanent set of (canines) is acquired when a child is passing into young adulthood. It is usually said in the negative, as in, 'He hasn't cut his eyeteeth yet.'"⁴

So we can cut our eyeteeth and not yet "cut our eyeteeth." Or we can cut

our eyeteeth more than once. Do you need to cut your eyeteeth on regular dental care? Again?

You also can "draw one's eyeteeth" or "have one's eyeteeth." Chew this over. One phrase means to "take (draw) the conceit out of one" and the other suggests one is "to be wide awake."

How did canines become a unit of value? Try swallowing this. "A carnivorous animal to lose its eyeteeth would be a disaster. You could say, for non-human mammals at least, these meat-ripping teeth are a matter of life and death. So, applying this metaphorically to humans, to give them away is a very great sacrifice indeed."⁵

It all might seem very "long in the tooth," you know, phrases past their prime. If you're a horse or its prospective owner, you won't agree. And I suspect horse traders were akin to our onetime used car dealers, today's more reputable previously owned vehicle dealers.

"As horses age, their gums recess (sound humanly familiar?), which is the origin of the practice of examining a horse's teeth to determine its age (and therefore value, a sort of early version of

kicking the tires). An old horse's gums will have recessed so much that roots of the teeth are visible, thus making the teeth appear longer – hence 'long in the tooth' to mean 'old' ... or 'past one's prime.'"⁶

So with "tongue-in-cheek" I bring this oral trip through history to a close. I hope you enjoyed. As far as "tongue-in-cheek" goes, the Oxford English Dictionary defines "tongue-in-cheek" as "ironic, slyly humorous; not meant to be taken seriously."⁷

Well, as far as dentistry is concerned, all is serious except when it is not ... oops, my tongue must be tied around my eyeteeth so I cannot see what I am saying.

- 1 http://wiki.answer.com/Q/What_is_the-Meaning_of_'tongue_tied'
- 2 http://thinkexit.com/quotes/with/keyword/tongue_tied/
- 3 http://thinkexit.com/quotes/with/keyword/tongue_tied/
- 4 www.randomhouse.com/wotd/index.pperl?date=20010412
- 5 www.randomhouse.com/wotd/index.pperl?date=19961217
- 6 www.randomhouse.com/wotd/index.pperl?date=19961217
- 7 <http://en.wikipedia.org/wiki/Tongue-in-cheek>