



Courtesy photo by Tenas Illahee Child Care staff

GRANDPARENTS VISIT – Kristy Steenkolk, Halli Skauge, Cheryl Lane and Bud Lane enjoy breakfast at the Tenas Illahee Child Care Center. Several grandparents joined their grandchildren for a meal and activities at the Tribally funded day care center in Siletz.

Tooth Talk: Try to Practice Responsible Sugar Consumption

By Mary Ellen Volansky, RDH, MS

Isn't putting "responsible" and "sugar" in the same sentence irresponsible?

Everyone eats sugar, soda and candy. Teriyaki chicken? Sweet-and-sour pork? OK, for the sake of full disclosure, my personal favorites are ginger ale, walnut strudel and anything with dark chocolate (with or without almonds).

From a dental perspective, "responsible" and "sugar" do belong in the same sentence. What about for someone with diabetes? This question prompted me to check with Darcy de la Rosa, manager of the Siletz Diabetes Program.

She said the issue is "carbohydrates." Sugar is a carbohydrate and so is starch. Someone with diabetes who is working to keep their diabetes blood glucose under control needs to consider: 1) the sugar added to foods; and 2) the sugar and other carbohydrate content in the foods themselves.

They need to count the amount of carbohydrates in their diet. Sugar is one of many carbohydrates (pasta, flour, potatoes, etc.) that must be "counted" in one's diet.

Darcy suggests "moderation" for sugar/carbohydrates in one's diet. So yes, there is such a thing or concept as "responsible sugar consumption" from a diabetes perspective.

OK, what might "responsible sugar consumption" look like from a dental perspective? Moderation is good. You knew that, didn't you? OK, let's get to flavorful mouth-watering morsels of responsible sugar eating.

One more digression, though, to explain how holes in our teeth happen. As we eat sugar, the cavity bugs, or bacteria, that live on our teeth eat the very same sugar. They eat the sugar if it's chocolate, caramel, milk/cream or pork-covered.

If we eat less sugar, the cavity bugs eat less sugar. If they eat less sugar, they make less acid. Less acid means fewer holes in our teeth. You now have enough information to help you decide what might be responsible sugar eating.

Nearly all of us agree we are not going to keep sugar out of your mouths. Well

then, I recommend we all do one or both of the following: 1) Wash the sugar/acid off our teeth soon after eating; 2) Limit the time cavity bugs are on our teeth. I recommend both steps when possible.

Limit eating sugar to meals. Why? Let your saliva do the washing. Meals are when saliva is flowing more than any other time, unless you're one of Pavlov's dogs. Remember those dogs that were taught to salivate at the sound of a bell ... gosh, my mouth's watering.

Then there is swishing. Once many years ago, I read in a dental textbook that "swishing two mouthfuls of water would significantly reduce the risk of decay" after eating. Rinsing is easy enough to do anywhere. What to do with the rinse water? Spit it out or swallow the water.

Products sweetened with Xylitol are helpful to reduce cavities. Those cavity bugs can eat Xylitol (roughly pronounced si-la-tall). But – and this is a big but – the critters cannot digest Xylitol. No digestion means no acids.

Also, chewing any sugarless gum, with or without Xylitol, stimulates the glands in our mouth to let saliva wash over our teeth. Saliva washes the sugars away. Plus, saliva reduces (neutralizes/buffers) acids inside our mouth.

Probably the hardest responsible sugar consumption is for those of us who get sugar via soda. Here the trick is to not sip the soda throughout the morning or day. The same goes for coffee mocha, my personal favorite. The saliva buffering never gets time to take hold before the next swig. Instead, drink the soda/mocha down. Rinse afterward ... easy to do at work or school.

Of course; there is always the old standard, brushing and flossing after eating. Boring, I know, but rather helpful though.

If you think of any other suggestions, let me know. I can be reached at Tooth-talk@ctsi.nsn.us. Share your suggestions and you will get credit in the Tooth Talk article in the January issue.

Happy responsible sugar consumption ... oh, and Happy Holidays!

2010 Tribal Council Application

Application for names to be placed on the 2010 ballot for candidates in the Siletz Tribal Council election

Name: _____ Roll# _____

Mailing Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____

E-mail Address: _____

I understand I must be an enrolled member of the Confederated Tribes of Siletz Indians of Oregon and 18 years of age or older. This application must be filed with the Election Board by 4 p.m. on Dec. 23, 2009. I also understand that if for any reason I decide to withdraw my application for Siletz Tribal Council, I must withdraw in writing by Dec. 28, 2009. Otherwise, my name will appear in the voter's pamphlet and on the ballot.

Signature: _____ Date: _____

Mail your application to: CTSI, Election Board, P.O. Box 549, Siletz, OR 97380-0549.

Voter's Pamphlet and Statement

If you would like your candidate's statement and photo to appear in the voter's pamphlet, please submit your statement and a recent 3x5 photograph of yourself along with your application.

Deadline for statements and photos is Dec 23, 2009, at 4 p.m. Statements and photos will appear in the voter's pamphlet. Photos will be included on the ballot. Mail your statement and photo to:

CTSI Election Board
P.O. Box 549
Siletz, OR 97380-0549

(Call 800-922-1399, ext. 1256, Election Office to confirm receipt of your candidate's statement. The candidate is responsible to ensure receipt by the deadline.)

Election Deadlines

4 p.m., Dec. 23, 2009	Deadline to file for candidacy
4 p.m., Dec. 23, 2009	Deadline to submit a photo and/or candidate's statement for inclusion in the Tribal Voter's Pamphlet
4 p.m., Dec. 28, 2009	Deadline to withdraw name from candidacy and not have your name appear on the ballot
Week of Jan 4-8, 2010	Absentee ballots mailed out
4 p.m., Jan. 29, 2010	Deadline to request a mail-in ballot
10 a.m.-4 p.m., Feb. 6, 2010	In-person voting – Tribal Elections, Tribal Community Center, Siletz
4 p.m., Feb. 6, 2010	Deadline for returning absentee ballots

Thanksgiving Dinner: How to Eat Sensibly and Still Get Stuffed

First of all, if you want to indulge on this day – go ahead. Just remember that Thanksgiving is only one day, even if you have a four-day weekend and the holidays are on the horizon.

For those of you trying not to lose too much ground over this holiday, here are some tips to keep in mind so you can enjoy Thanksgiving guilt-free:

- Choose mashed potatoes (220 cal) over candied sweet potatoes (450 cal).
- Choose two buttermilk biscuits (190 cal) over homemade stuffing (400 cal).
- Choose honey-glazed carrots (194 cal) over green bean casserole (240 cal).
- Choose white meat (260 cal) over dark meat (319 cal).
- Choose cranberry sauce (350 cal) over fruit-nut Jello (428 cal).
- Choose pumpkin pie (340 cal) over pecan pie (816 cal).

With these simple choices, you can cut 1,500 calories off your dinner – a half-pound off your waist. Save your calories for those foods you love the most and only get around the holidays. Drink a large glass of water before eating to help curb your appetite.

Eat slowly and savor the flavors in each bite. It takes 20 minutes for your brain to register fullness in your stomach. You will eat less food and probably enjoy it more if you take your time. And don't forget, the Tillicum Fitness Center is open bright and early.