

## See what candidates have to say at Candidates Forum at Chinook Winds

LINCOLN CITY, Ore. – Chinook Winds Casino Resort, the Confederated Tribes of Siletz Indians, the Kiwanis Club of Lincoln City and *The News Guard* will co-host a Candidates Forum in the casino's hotel ballroom on Oct. 21, at 2 p.m.

All candidates who will appear on the Lincoln City ballot will be invited to participate in this event, including

those running for city, county, state and federal offices.

Roger Robertson will moderate the Candidates Forum and monitor the live remote that will be broadcast on radio stations KBCH in Lincoln City, KNPT in Newport and KWDP in Waldport, reaching listeners in all of Lincoln County as well as south Tillamook County.

In addition, *The News Guard* will live-stream the event to its website and maintain the video online to allow for viewing at the reader's convenience.

Each candidate will have three minutes to present his or her platform, followed by questions from the audience that will be submitted in writing and read by the monitor. Candidates will have two

minutes to answer each question and then a three-minute summation at the end of their time period.

The public is encouraged to attend this free event. Refreshments will be provided and tables will be available for candidate and ballot measure information.

The casino hotel is located at 1501 NW 40<sup>th</sup> Place in Lincoln City.

### Last Day to Register to Vote in Oregon is Oct. 16

In Oregon, you can register to vote at:

- [oregonvotes.org](http://oregonvotes.org)
- Any county elections office
- The secretary of state's office and website - [sos.state.or.us](http://sos.state.or.us)
- Any DMV office

In other states, check with your county elections offices and secretary of state offices for voter registration requirements.

Additionally, [nativevote.org](http://nativevote.org) can help you register to vote.



Courtesy photo

Siletz Tribal members Ricky Bayya, Tacey Casey, Reggie Butler Jr., Perry Johnson and Devonte' Casey attend the 2012 Nike Native Fitness event, hosted by the Northwest Portland Area Indian Health Board.

### Siletz represents well at Nike event

My name is Tacey Casey and I've worked for the Northwest Portland Area Indian Health Board (NPAIHB) for nearly eight years. My son, Devonte' Casey (15), was hired as a Siletz summer youth worker by NPAIHB.

We both worked at the annual Nike Native Fitness event held in Beaverton, Ore., on the Nike campus. This year's focus was working with Native youth and the campus was filled with more than 160 participants from Tribes all over the United States.

Reggie Butler Jr., Ricky Bayya and Perry Johnson came from Siletz and did a wonderful job representing our Tribe. The audience was asked who is working with their Native youth in a number of different sports categories and Siletz stood up the most!

I was very proud to see how much our Tribe is doing with our youth and hope it continues. Good job, Ricky, Reggie and Perry, and keep up the good work! I hope to continue to see Siletz represented at this annual conference and hope more people can attend.

Elizabeth Viles, who is also a Siletz Tribal member but could not be pictured, helps coordinate this event. For more information on this annual conference, please contact her at 503-228-4185. Our website is at [npaihb.org](http://npaihb.org).

## Tooth Talk: Answering questions about teeth and other open-rooted ideas

By Mary Ellen Volansky, EPDH, MS

Aug. 30, 2012, was the most fun I have had on the job in a long time. The occasion for my good fortune was Siletz Valley School's Back to School Night and Resource Fair.

These are not high-stress events and usually are pleasant. I wasn't expecting any surprises, nor was I anticipating the enjoyment a simple task could generate.

What simple task? Asking questions.

These questions were not of my asking. No one waited anxiously, trying to think of the correct answer. No one walked away, eyes averted for lack of an answer.

On this warm late-summer evening, with the start of the school year just a long weekend away, I was the person on the hot spot. All of the questions came from the students and a parent or two.

The questions were informative and surprisingly technical, surprising based on my experience, or lack thereof, with elementary school students. Why would a child or anyone ask a question, you ask? Each question earned the person asking it a chance to win a Sonicare toothbrush, another bright new tool to add to the bundle of crisp new school supplies waiting for the first day of school.

There I sat in the long Siletz Valley School (SVS) hallway, opposite the second-grade classroom. This made me

the first person with whom parents and students from Head Start could visit.

Of interest was a bulletin board by the second-grade doorway that was planted with supersized paper flowers. Each brightly colored flower playfully displayed its unique beauty, as any flower would, reminding everyone of the bounty available at SVS.

The first question was, "What causes teeth to yellow?" The things we eat cause our teeth to yellow, for example, coffee, tea, grapes/wine, blueberries, sodas, cigarettes, cigars and chewing tobacco. Other things we put into our mouths, like lemons and bleaching agents, cause our teeth to be porous and porous surfaces trap stains more easily.

Few of us are actually born with "white" teeth; most of us have either a grayish or yellowish tendency in our teeth.

A 5-year-old eager for a tooth fairy visit asked, "How do I make my tooth loose?" Upon further exploration, I learned he had one tooth that was slightly loose. So the answer was, wiggle it daily and it will come out sooner.

This instruction is only for baby teeth; adult teeth we can expect to keep our whole life with good home care and regular dental visits.

"Is soda going to rot my teeth? The simple answer is – yes! Soda has acid

in it that dissolves our teeth. The sugar levels in sodas range from 9-13 teaspoons in 12 ounces of soda. Cavity bugs love sugar; they eat it and make acids all over our teeth.

Another related question was, "What is a cavity bug?" They are the germs or bacteria that grow inside our mouth and collect on our teeth (we call it plaque or biofilm). So cavity bugs eat the foods we eat and then poop acids all over our teeth. Isn't that a delightful thought?

One last question I'd like to share. "Are rabbits' and rats' teeth open-rooted?" This question took me by surprise. The asker of that question ended up educating me on – you guessed it – teeth. She then encouraged me to check this out on the Web. I said I would.

Early the next morning, I excitedly called the mother of the two children who had won the two Sonicare toothbrushes. Once I had delivered the good news, the woman asked if I had looked up open-rooted. I had not done my homework – yet. I hung up the phone and began my Google search.

Specifically, open-rooted means a tooth that continues to grow once it erupts into the mouth. Broadly, it refers to any "body" that has more than one set of teeth (i.e., sharks have up to 3,500 teeth in their lifetime).

The answer to her questions was yes. The teeth of a rabbit all continue to grow for the rabbit's lifetime. Any rabbit could be in danger if it did not have access to things to gnaw on because its teeth could grow so long it could not close its mouth to chew. Gnawing on things wears the teeth down to a manageable length.

Rodents' (rats) incisor teeth are the only ones that grow continuously throughout their lives. A couple of rodents have molars that continue to grow along with the incisors – sibling voles and guinea pigs.

Walrus tusks are canine teeth that grow continuously in life. Horse teeth don't continuously grow, they continuously erupt from the jaw, erupting about 1/8 inch each year.

All of these animals need to gnaw on things to keep their teeth a workable healthy length. A horse's teeth will eventually be worn all the way down to a nubbin. A horse with nubbins for teeth needs help to eat, someone to soak food in water to create a soft mush.

No one I asked at work or outside of work had ever heard of open-rooted teeth. Google had, thankfully. Oh, and the winners of those two Sonicare toothbrushes? Alisa Johnson and Nick Jacobson.

Thank you all for your great questions and a fun evening at SVS! I'll see you next year.