

Distribution schedule set for 2013-2014 hunting and fishing tags

The Natural Resources Committee has set the following schedule and methods for distributing this year’s hunting and fishing tags to Tribal members.

New this year

- Many of the elk antlerless hunts have been changed. Several old hunts have been dropped and new ones added. Some hunt unit boundaries also have changed. Most of the antlerless hunts now occur in January and February.
- Antlerless or spike deer tags will be issued by lottery to Elders only.
- Deer archery tags are now for forked horn or better bucks (no does or spikes).
- Disabled deer hunters no longer can harvest a doe, fawn or spike.

Type of Tag		Estimated Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery	50	8/24-9/22	8/5/13 at 8 a.m. at NR office	First come, first served*
	General Rifle	375	9/28-11/1**	8/19	First come, first served
	Antlerless or Spike – Adult	8	9/28-11/3	Lottery applications due 8/2; drawing 8/5; tags issued 8/12	Lottery – open to Elders only
	Antlerless or Spike – Youth	5	9/28-11/3	Lottery applications due 8/2; drawing 8/5; tags issued 8/12	Lottery – open to youth age 12-17 only
	Late Archery	50***	11/16-12/8	First Distribution: 10/21 at 8 a.m. at NR office Second Distribution: 11/4 at 8 a.m. at NR office (see Note 2 below)	First come, first served*
Elk	Antlerless – Youth	2	8/1-12/31	Lottery applications due 7/5; drawing 7/8; tags issued 7/15	Lottery – open to youth age 12-17 only
	Early Archery	25	8/24-9/22	8/5/13 at 8 a.m. at NR office	First come, first served*
	1 st Season Rifle	25	11/9-11/12	Lottery applications due 9/27; drawing 10/7; tags issued 10/14	Lottery
	2 nd Season Rifle	25	11/16-11/22		
	Antlerless	14	Various seasons	Lottery applications due 9/27; drawing 10/7; tags issued one month prior to season opening	Lottery
	Late Archery Antlerless	56	11/23-12/8	First Distribution: 10/21 at 8 a.m. at NR office Second Distribution: 11/4 at 8 a.m. at NR office (see Note 2 below)	First come, first served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/19	First come, first served

* No early calls to “save” a tag for someone. Must physically show up to obtain tag on first day of distribution. May call to have a tag mailed beginning on the second day of distribution.

** Season for youth age 12-17 is Sept. 28 to Nov. 3 (two days extra at end of season)

*** Minus number of tags filled in Early Bow Season

NOTE 1: A Tribal member can obtain only ONE elk tag in their name during the 2013-2014 hunting season (bow, bull and cow tags all count toward the one tag), except as noted below.

NOTE 2: First Distribution: For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags). Second Distribution: For any eligible hunter, regardless of what other tags they have received.

Tooth Talk: Sodas, acids, pH, bacteria – so just what is eating your teeth?

By Mary Ellen Volansky, EPDH, MS

In the years, uh, decades I have been in this profession, since the ’70s (back in the old days), the dental profession saw cavities as holes eaten into our teeth by tiny critters call bacteria. The image this brings to mind is a mouse nibbling on a wedge of cheese. Not a pretty picture.

Now, the profession knows better. It knows what it knows until the next major breakthrough in dental science comes along. So today we know that those bacteria growing on our teeth don’t actually eat our teeth. Instead, those tiny critters eat the foods we put into our mouths.

Then these bacteria digest those foods. When they are done digesting those foods, they excrete or poop onto our teeth. The poop is made up of acids that eat at or into our teeth.

The acids do the nibbling and draw or suck the minerals out of our teeth. Once the minerals, which are hard, are gone, the tooth area that remains is soft.

Sometimes the softer area is also whiter. Sometimes the soft white areas soak up stains, turning them brown or

black. Foods, beverages and other things we put into our mouths can cause this coloration, such as sodas, cigarettes, coffee, tea, red wine and berries.

So when a dental professional tells you that you have a demineralized area, there is still hope that the soft area will soak up fluoride and actually re-harden the softened area of a tooth.

Where the acids drew away the hard minerals of a tooth, fluoride can bond into the tooth and re-harden it. The tooth or teeth will stay re-hardened as long as you keep the area clean. Brushing, flossing and using fluoride toothpaste or mouth rinse can be very helpful in keeping healthy teeth healthy.

We also call demineralized areas incipient decay or early decay. Finding these areas early is very important. We want to find these demineralized areas before they grow big enough to need to be drilled and filled. This is why we ask you to come in for an exam and cleaning regularly. We want to find these small areas and keep them, with your help, small.

Back to the mouse nibbling that wedge of cheese. The mouse in this story is really a gazillion bacteria. The nibbling is done to foods located on our teeth. The poop or acids from those gazillion bacteria living on our teeth are what draw the minerals from our teeth and make them soft. Now the clincher – any acid in the foods we eat can do this to our teeth.

The food that causes the most problems in our fast food world is soda, including energy drinks and caffeinated beverages. These “foods” are more acidic than acid rain. I use the word “food” loosely as many of these beverages lack much in the way of nutrition. They are nearly as acidic or caustic as battery acid.

The measure of something’s acidity is called its pH. The lower the pH, the more acidic something is. Neutral on the pH scale is 7. Water has a pH of 7. Battery acid has a pH of 1.00. Teeth begin to demineralize at a pH of 5.5.

Space prevents me from listing all the sodas/beverages and their acid levels, but here are a few common examples:

Battery Acid	pH = 1.00
Gatorade	pH = 3.08
Powerade White	pH = 2.76
Red Bull	pH = 3.37
Coke	pH = 2.53
Dr. Pepper	pH = 2.92
Mug Root Beer	pH = 4.038
Water	pH = 7.0

All of the beverages listed above are acidic enough to cause our teeth to demineralize or decay. If you would like more information, come into the clinic and ask me or the dentists about your beverage of choice. We have a longer list in the Siletz Dental Clinic or you can Google your favorite beverage/pH.

There are responsible ways of consuming foods like sodas and candy. Eat them with meals, when saliva rinses and neutralizes the acids. Rinse with two mouthfuls of water afterwards; spit out or swallow the water you swish. Don’t sip or nibble the sodas or sugars through the day or morning or afternoon. Enjoy.