



Diamond
Wedding Anniversary

Donna and Warren Woods will celebrate their 60th Wedding Anniversary on March 2nd. They were married in 1954 in Stevenson, Washington. They married at a time when it wasn't legal for a native and a white person to marry in Oregon. Warren served in the Marines while Donna worked. Their next adventure was owning Chemawa Store. After a few years they moved to California and started a new chapter in their lives. Donna and Warren raised their family in San Diego. After retiring they returned to Oregon. They lived in Salem for a bit and then decided to move closer to the ocean.....so they settled in Otis. Donna took a WEX position (parttime) at STBC. (That was several years ago.) Donna says every year she is retiring....Donna and Warren have 2 daughters, 4 grandchildren and 5 great grandchildren.

Congratulations on your 60th Anniverary!

Metcalf competes in national semi-finals of Elks Hoop Shoot contest



Maddy Metcalf will represent Oregon when she participates in the national semi-finals of the Elks Hoop Shoot contest in Vancouver, Wash., on March 1.

Maddy already has won three contests to reach this point. In the bracket for girls age 10-11, Maddy won the local competition in Toledo, Ore., by making 14 of 25 free throws.

She moved on to the district competition in Tillamook, Ore., where she made 16 of 25 shots. She became an Oregon state champion by making 20 of 25 shots in outshooting six other girls during the state contest in Salem, Ore.

Maddy's mom, Chuvonne Metcalf, says an Elks representative mentioned that Maddy is the first youth from the coast to win the state competition.

If Maddy wins the semi-final contest, which includes competitors from Oregon, Washington, Idaho and Alaska, she will move on to the national finals in Springfield, Mass., on April 10-13.

Courtesy photo

Maddy Metcalf

Siletz Tribal Head Start

If you have not sent in an application for your child to attend Siletz Tribal Head Start, it's not too late. Siletz Tribal Head Start always accepts applications.

Please call us today at 541-444-2532 or 800-922-1399 to request that an application be sent to you. Applications also are available online on the Tribal website (ctsi.nsn.us) and at the Siletz, Salem and Portland area offices.

Pow-wow style dance classes

Pow-wow style dance classes will be held at the Siletz Tribal Community Center at 11 a.m. on March 29.

Instructors are Tony Whitehead and Sara Bell-Tellez.

Tooth Talk: Side effect of braces is great smile when teeth fit together well

By Mary Ellen Volansky, EPDH, MS

Braces have a bad rap, a cosmetic one. Maybe that is the only reason for walking around with wire cages around all of one's teeth for a couple of years.

The real reasons take last place. As I see it, the real reasons are much more important to our overall health.

When teeth don't fit together well, the dental profession calls that malocclusion. Is it important that teeth fit together? Yes.

The upper jaw and its teeth are set slightly wider than the lower jaw. This offset of our teeth allows for the cusps (points on the grinding portion of a tooth) of the upper teeth to fit into the grooves of the lower teeth and vice versa. When this doesn't happen, it is called a crossbite, which can occur with anterior or posterior teeth.¹

If cusps fit end-to-end, chewing would not be efficient. Our mouths wouldn't close. Our molars would provide a cutting or puncturing motion, like our teeth in the front of our mouth, rather than the chewing or pounding motion we use to mash our food and mix it with saliva for swallowing and digestion.²

With our two jaws offset, this placement allows for the protection of our cheek and tongue during chewing or mastication. The upper arch is offset above the lower jaw toward our cheeks. This keeps our cheeks from getting bitten when we chew.

The lower jaw is set narrower than the upper jaw. The lower jaw is set toward the tongue. This helps keep our tongue from

the biting surfaces of our teeth. We still do bite our cheek and/or tongue, but for other reasons.

Sometimes this biting really hurts. People can develop calluses from frequently biting the same area. Calluses also can develop when we chew our cheek as a habit. Good occlusion keeps these painful experiences from happening every time we eat.³

Braces can correct many types of malocclusion – crowded teeth, misaligned teeth, crossbite, overbite, underbite or open bite.⁴

Speech depends on our having teeth, which we learn early in life. Whether front teeth are missing because of decay or trauma, people without their front teeth tend to lisp. This is true for anyone without their front teeth.

The letters or sounds that are difficult to pronounce without front teeth are S, Z, SH, CH, and J.^{5,6} Sometimes lisp happen when front teeth are not placed correctly for these sounds to be made. Braces can correct this particular cause of a lisp.

Another risk with malocclusion is psychosocial stress. This stress arises when malocclusion causes facial changes, changes from what is expected.

Things that can cause facial changes include teeth that don't come together when the jaws are closed, open bite, sometimes the lips don't come together, overjet, crossbite, cleft lip, crowding, wide spaces between teeth and teeth turned or overlapping each other. People with any of these malocclusion(s) have been known

to experience teasing, harassment and low self-esteem.⁷

Malocclusion also makes brushing and flossing more difficult. Will floss fit easily between tight or overlapping teeth? Will the person brush around the twisted, overlapped or recessed teeth?

We once called some foods nature's toothbrushes. These foods are able to rub against teeth and act almost as toothbrushes. In malocclusion, those foods don't get to scrub against the teeth as we eat. Nature's toothbrushes are hard foods like carrots, apples and celery.

With malocclusion, any chewing of food could face interference. If teeth don't fit together, then chewing and even biting doesn't happen as efficiently, if at all.

If one's teeth don't come together in front, an open bite, this may prevent the person from biting through an apple. If the back teeth don't come together, then chewing that apple isn't happening or it takes longer to chew.

Sometimes our cheek or tongue can get pinched. Chewing sufficiently is necessary to mix our food with saliva and make the food we eat into small enough chunks that our digestive system can do its work in our stomach and intestines.

All these symptoms of malocclusion are sufficient to have braces. But there are two more reasons – cavities and periodontal disease.

If our teeth are not cleaned efficiently by our home care and the natural action of our teeth in eating, we are at greater risk for cavities and gum disease.

Home care with malocclusion takes more thought and skill, more time to be efficient. The toothbrush and floss must be worked around the overlapping teeth and into the space caused by recessed teeth. The gum tissue can become red and bleed at these areas and both are signs of early gum disease or gingivitis.

If you have questions about your teeth or a loved one's teeth, schedule an appointment for an exam. If you have questions about malocclusion, you can ask your dentist what can be done during this appointment.

So once a person has the courage to wear braces and the determination to struggle through the discomfort and awkwardness of those wire cages, isn't it nice that the reward is more visible than improved overall health. The reward (side effect) is a wonderful smile.

1 mylifemysmile.org/glossary. Glossary of Orthodontic Terms, American Association of Orthodontists

2 MedlinePlus, U.S. National Library of Medicine NID National Institutes of Health, Malocclusion of Teeth, Causes, p.1

3 Ibid, p. 1

4 Darla Burke, medically reviewed by George Krucik, MD, Aug. 20, 2012, p. 1.

5 pammarshalla.com/blog/2012/05/lateral-lisp-missing-teeth-and-malocclusion/Lateral Lisp, Missing Teeth and Malocclusion

6 British Orthodontic Society, The Justification for Orthodontic Treatment, p. 7.

7 Malocclusion Traits, Symptoms and Signs of Temporomandibular Disorders in Children with Severe Malocclusion, Liselotte Sonnesen, Merete Bakke and Beni Slolow, European Journal of Orthodontics 20 (1998), 553-559