

Graduates!

Gabrielle Susee St. Helens HS

Congratulations to Gabrielle Susee, St. Helens High School Class of 2014 Valedictorian.

Gabby is the daughter of Tribal member Stephanie Susee and husband Aaron. She is the granddaughter of the late Richard Rilatos and wife Sharon.

Gabby will attend Oregon State University in the fall where she has received early admission to the Doctor of Pharmacy Program.



Courtesy photo

Mindy Blomstrom and Mason Chamberlin participate in the Loyalty Days Fun Run in Newport, Ore., on May 3 with other students in their school (Toledo Elementary). They ran/walked from Walmart to Dutch Bros Coffee right before the parade.



Jeremy Smith Oregon State

With love from Mom, Lonnie and Grandma

Jeremy Smith will graduate from Oregon State University in June with a Bachelor of Science degree in pre-therapy/allied health.

He plans to do an internship for the next year and return to complete his studies toward his doctorate in physical therapy.

His loving family is very proud of this milestone and looks forward to supporting him through the completion of this program.

Congratulations, Jeremy!



USDA distribution dates for June

Siletz

Monday	June 2	9 a.m. – 3 p.m.
Tuesday	June 3	9 a.m. – 3 p.m.
Wednesday	June 4	9 a.m. – 3 p.m.
Thursday	June 5	9 a.m. – 3 p.m.
Friday	June 6	9 a.m. – 3 p.m.

Salem

Monday	June 23	1:30 – 6:30 p.m.
Tuesday	June 24	9 a.m. – 6:30 p.m.
Wednesday	June 25	9 a.m. – 6:30 p.m.
Thursday	June 26	9 – 11 a.m.

Commodity Cheese Pizza Makes 2 large pizzas

Baking Mix/Crust

- 4 cups all-purpose flour
- 4 cups whole wheat flour
- 1-1/3 cups instant non-fat dry milk
- 1/4 cup baking powder
- 1 teaspoon salt
- 2-3 cups water

Sauce and Toppings

- 1 1/2 cans (15.5 oz) spaghetti sauce
- 6 cups grated cheese
- Optional – cooked ground beef (add taco seasoning), cooked sausage, ham, onion, green pepper, mushrooms

1. Mix all dry ingredients together.
2. Combine dry ingredients and 2-3 cups water. Pat dough mixture with greased hands onto a greased pizza pan or cookie sheet.

1. Pour sauce over crust. Sprinkle with cheese and optional toppings.
2. Bake at 450°F until golden brown.

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Elders Council Meeting

June 14 • 1-4 p.m. • Chinook Winds Casino Resort

Siletz Elder potlucks are held monthly at 6 p.m. on the Monday before the regularly scheduled Elders meeting. Please bring a potluck dish you would like to share.

For more information, contact Dee Navarro at 800-922-1399, ext. 1261; 541-444-8261; or deen@ctsi.nsn.us.

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

Tooth Talk – Volansky set to retire, new hygienist joins Siletz dental team

By Mary Ellen Volansky, EPDH, MS

You may have come to understand that I like dental hygiene, I really like my profession. Prevention is the key word for me as to why I have a passion for dental hygiene.

What you may not know is that I really have enjoyed working at the Siletz Dental Clinic.

As June 17 and my retirement “speeds slowly” toward me, there is much I want to be sure you do know.

There are the many challenging jobs to do here – visit preschoolers in four Head Start classrooms; coordinate the annual Siletz Valley School Sealant Clinic each February; screen young children at the Tenas Illahee Childcare Center, some with only a tooth or two; grant writing and winning – twice; provide education on plants and botanicals used historically by Indians for great oral health; share this ethnobotany history with children at Culture Camp; write this article each month; and more.

These tasks are not the usual work of a dental hygienist, at least not in any job I

had as a dental hygienist prior to coming here – and I began working in this field in 1975. I was a dental assistant for three years before that.

Over these years, I worked in New York state, Ontario/Canada and Oregon. I like Oregon best because as a hygienist I can do more – sealants, local anesthesia, nitrous oxide sedation, screenings and independent practice if I want. This also means I have to learn more and that is what I like to do.

Speaking of learning, writing *Tooth Talk* has been a huge learning experience. Together we learned about mouth guards and repetitive head injuries, stem cell research in oral health, humor in dentistry (yes, there really is some), plants used to treat oral health concerns and much more.

Cleaning teeth is a pleasure. Yes, I like scaling calculus/tartar off of teeth. In professional terms, this satisfaction is called closure. With the removal of calculus, gum tissues respond almost immediately.

When you return for the next step in treatment, I can see even greater changes.

Hopefully, you noticed these changes too. There are changes in the color and shape of your gums, the amount of bleeding, the puffiness and shininess is gone. Gum tissue should look like a small version of an orange peel – stippled.

Sometimes there is a difference in the teeth themselves when stain can be removed. When you returned 3-6 months later (OK, I know some of you came back 3-6 years later), we got to build closer to the goal of good oral health and keeping your teeth. That was satisfying beyond words for me.

Retirement is bittersweet. Sure, I am looking forward to the coming changes – time to myself, maybe exercising more, playing more, relaxing and reading a bunch. Over the last couple of years, I even learned peyote stitch and right angle weave, maybe I’ll learn crochet beading next.

But the bitter aspect to my leaving is that I will miss you.

Yes, each of you – the patients who came regularly, those who only came every few years and those who wondered

why they had to come at all. I hope my answers to your questions were helpful or if I wasn’t helpful, I referred you to someone who was.

Kids/students – you are amazing. The Head Star students and I brush our teeth together when I visit. One of you may even become a dental hygienist someday soon.

Please know it has been an honor to meet all of you and an honor that you allowed me to be a small part of your building a healthful life.

Please welcome Teresa Carpenter when you next come into the dental clinic. She is your new dental hygienist.

Teresa and I first met when she was at Lane Community College for hygiene a few years ago. I respect and care about Teresa and I know she will provide you with great professional oral health care and a few laughs for good measure. I sure wish Teresa and I could have worked together longer.

(Sigh) Please take care and know you will always have a place in my heart.