

Teens Get Teeth Checked

Teenagers are being invited to open their mouths for a change. This opportunity is provided by the Indian Health Service dentist Dr. Eric Rehorst, who is on the lookout for villains like tooth decay and gum disease.

In its effort to reach teenage kids the Dental Program

has notified families by letter, stating when their kids were last seen by the dentist and providing an appointment request slip to be returned to the clinic. Response has been about 30 percent so far and Dr. Rehorst encourages those who haven't responded to take advantage of this free and convenient service.

Dr. Rehorst points out that adolescents are a high risk group in terms of dental disease because unlike younger kids their teeth are permanent and they require the protection of regular preventative care. Warm Springs teens in particular face the problem of not

having dental care regularly available because they spend so much of their time in Madras attending school. Therefore summer is the time for teenagers to take preventative measures to halt dental disease before it builds up and requires costly and painful treatment.

Of course the Dental Clinic is always open to people of all ages on an appointment basis. The receptionist Theda Whalawitsa is happy to set up a time for you and your family and will send a reminder a couple of days in advance of the appointment. Dr. Rehorst stresses the importance of keeping appointments or at least notifying the clinic of a cancellation so that another patient can be scheduled.

Broken appointments are quite a problem at the clinic as they represent a waste of resources and valuable clinic time, as well as the denial of service to the rest of the community. Dr. Rehorst believes that if people will begin to feel responsible for their own health then the Dental Program will be able to operate up to its full capacity and provide the most effective care possible. Presently only 21 percent of the need identified is being treated for these reasons.

The Dental Clinic offers most kinds of routine treatment, including prophylaxis (cleaning and other preventative measures), restorations, root canals, extractions and prosthetics. Most oral surgery is referred out to specialists. All work in the clinic is free except when lab work is done; then the patient pays a lab fee. Outside work is paid for by the

Indian Health Service.

In addition to serving Warm Springs the IHS Dental Program authorizes private treatment on the Burns Paiute Reservation and at Celilo on a contractual basis.

Dr. Rehorst does not paint a rosy dental picture of Warm Springs. Despite educational efforts in the grade school, free advice on prevention, and the BIA's well-managed water fluoridation program, tooth decay and gum disease are rampant. In fact dental disease is the most prevalent ailment in the nation, affecting about 99.5 percent of the population. In Warm Springs, decay can be traced back to diet - the large consumption of carbohydrates such as pop and candy is responsible for dental problems. Dr. Rehorst points to the older people who stick to more traditional and natural diets and come to the clinic with beautiful teeth. Improper diet in combination with insufficient preventative care produce painful and expensive results.

Good brushing techniques, with attention given to teeth and gums, can serve to keep bacteria-producing plaque from building up, says Dr. Rehorst. Flossing between the teeth is also advocated by Dr. Rehorst as a way of discouraging decay.

While inviting people to utilize available dental services fully, Dr. Rehorst and the rest of the staff encourage people to consider what they themselves can do to ensure attractive and healthy mouths before it's too late.



ONE OF THE Y.C.C. crews falling a tree for material to build a bridge across the creek on

the west end of Trout Lake.

Photo by Sandy Rangila

YCC Provides Summer Jobs For Kids

If one is willing to brave the mosquitos and traipse through the woods in the Boulder and Trout Lake area, members of the hard working Youth Conservation Corp can be observed blazing trails, building bridges, and cleaning up campgrounds.

Actually, the 24 kids between 15 and 18 do much more than blaze trails. The YCC program differs from other programs of its kind in that of the 40 hours a week, 30 hours are spent on the job, and 10 hours a week are devoted to recreation and education.

Charlene Bruno, environmental education instructor and coordinator, seems impressed with the enthusiasm of the youths. "They don't want to just sit around and waste time," said Charlene.

Presently there is a crew of six blazing a trail from Trout Lake to Island Lake. The old trail was too steep so the lakes have not been fished. Lack of fishing in the lakes has caused small fish since their population is too large for the amount of food available.

Environmentalists feel that opening the lakes will help the fish cycle, improving their size. The group is also in the

process of building a trail around Trout Lake so the entire lake can be utilized by fishermen instead of just the one open area by the campground.

Another crew has already brushed out the Boulder Lake Trail and is now hard at work building a bridge over the creek that crosses the trail. The bridge will be quite a project as it is a large bridge, about ten or twelve feet long.

One crew is particularly proud of a fence they built around Indian Park. The purpose of the fence is to designate the camping area, to keep outsiders from trespassing, for fire protection, and livestock protection.

Another project will be to build a boat ramp at Indian Park. The workers are putting in concrete cement slabs (5' x 20") so people won't get stuck in the mud when launching their boats. The kids are making their own molds and pouring the cement themselves.

Also, at Indian Park, the group is fixing up a special swimming area. They will use wooden bouys and cable off the area so swimmers and boaters will be separated.

One crew has completed

mortar repair of fireplaces at Indian Park and even made their own camp site there.

In the future, crews will clear out about two acres of sagebrush for the Forestry Department. The crew take old buildings apart at Dahl Pine Camp whenever they need

lumber for bridges, etc. This is an on-going project where good use is made of structures that needed to come down anyway.

Wherever the groups go, they carry garbage bags and make a point of picking up trash and litter. They do this, not only at their job site, but

along the road to Kah-Nee-Ta, as well.

The Youth Conservation Corp is federally funded and pays \$2.20 per hour. Pay includes travel time out to the job site and back. By the end of the summer reports must be sent in on all projects.



CUTTING UNDERBRUSH from the foot path to Boulder Lake is the crew leader Debbie

Nelson (foreground), Clinton Bruno, Randy Furguson, Joni Hatfield and Wendy Appar.

Photo by Sandy Rangila