

More letters to the editor—

Looking for a penpal

To the editor,

I am writing you in hopes that you will place this ad for penpals in your newspaper. I enjoy writing and making new friends from different parts of the United States. I was given your address by my sister.

My name is Shirley Anne Wishteyah, 34 years old, 5' 2" tall and 104 pounds. I have shoulder length black hair and turquoise eyes. I am a Native American as my tribe is

Cherokee. I'm also divorced and have three boys.

I will answer any and all who would wish to correspond with me, both men and women ages 31 to 46.

Thank you for your time and trouble.

Sincerely,

Shirley Wishteyah
308 E. Walnut St.
West Union, Ohio 45693

Keeping teeth healthy

QUESTION: Along with brushing and flossing, are there any other things that I can do to keep my teeth healthy?

ANSWER: Yes, there are several other preventive measures you can undertake to assure good dental health for your entire life, including the use of fluorides, a well balanced diet, regular checkups by a dentist and the use of sealants.

Fluoride, which does not occur naturally in our water in significant amounts here in Warm Springs, is an effective element in preventing tooth decay. Studies show that fluoridation of community water supplies can reduce tooth decay by as much as 65% percent.

Where fluoridated water is not available such as in homes using wells, you can have fluoride supplements pre-

scribed by the dentist. The use of toothpastes, mouth rinses and gels containing fluorides are good preventive measures also.

A well balanced diet that contains a minimum of sugar is another important factor to

good dental health. Poor nutrition can foster susceptibility to gum disease and weaken bones that support teeth. It's wise to limit your sugar consumption because sugar combines with bacteria in your mouth to form acids that cause tooth decay.

Regular dental checkups are basic to good dental health. A person who delays seeing a dentist until a serious problem develops may find that the treatment necessary is more extensive, more costly and perhaps more painful, in the long run.

A new and promising preventive measure is the use of resin sealants on the chewing surfaces of the teeth. Dentists apply resin liquid to the decay-susceptible areas of the teeth to create a barrier that resists decay-producing bacteria and acids.

Sealants should not be regarded as a panacea, but rather as a part of an overall program of prevention that includes all of the other techniques at our disposal including good oral hygiene habits, regular checkups, fluoridation and a sensible diet.

Toe Ness

Jesse James was robbing a train. "Stick' em up," he said, "I'm gonna rob all the women and rape all the men!"

"Oh, Jesse, surely you've made a mistake....You mean rob all the men and rape all the women," said the lady passenger. A gay passenger spoke up, "Shut up, lady...Let Jesse rob the train the way he wants to." YIKES

SS SS SS

A top executive had just interviewed the perfect secretary. "Your Perfect. I'll pay you whatever you want," I'll pay you \$200 a week." "I'll pay you \$250, with pleasure." "Oh, no you won't!" she said. "With pleasure it will be \$300." YIKES

SS SS SS

A young man on a crowded bus put his hand on the shoulder of an attractive girl sitting next to him. "Couldn't you find a more suitable place for your hand?" The girl asked sharply. "I'm sure I could," he replied, "but you wouldn't have liked that either." YIKES

SS SS SS

A girl talking to her friend said, "I didn't get much of a kick out of eloping." "How come?" "My parents helped Tom take my luggage down the ladder." YIKES

SS SS SS

There was this man at his medicine cabinet struggling to open the pill bottle. His little son standing watching him when he said, "Want me to open the safety cap for you dad." YIKES

SS SS SS

Governor commends Trudeau

Dear Trudeau,

Congratulations on being selected first runner-up in the 27th annual Miss Indian America pageant in Sheridan, Wyoming.

I know that you worked very hard to prepare yourself for the competition. You are to be

commended for your extra effort and abilities which were rewarded with the first runner-up title.

As Governor, and on behalf of all Oregon citizens, I sent you our very best wishes. Oregonians are proud of your outstanding representation of your family, friends, Warm

Springs and our state in the 1981 Miss Indian America Pageant.

Sincerely,
Vic Atiyeh
Governor of Oregon

(Trudeau also received a letter of congratulations from the Governor of Wyoming.)

Giardiasis on the increase

Giardiasis, an acute illness caused by a microscopic parasite, is being reported with increasing frequency in the Northwestern states of Oregon and Washington. Persons with the illness may experience periods of diarrhea, stomach cramps, nausea, odorous gas and stools or weight loss. Frequently, individuals do not show symptoms when infected—and can spread the illness.

A number of Warm Springs residents have experienced Giardiasis, and have received medical care through the Clinic, according to the IHS Sanitarian. This is not considered a serious or chronic disease, and prompt medica-

tion with rest can hold the discomforts to a minimum. Persons experiencing prolonged or recurring diarrhea should visit the doctor for examination. Greasy or odorous stools are also characteristic.

Anyone exhibiting any of the above symptoms should contact a physician, according to Jerry Shipps, IHS Sanitarian. Shipps added that a specific medication is required to get rid of Giardiasis. The medication must be used for the prescribed amount of time.

Giardiasis is most commonly spread by wild animal contamination of surface water used for drinking. However, it can also be spread by infected

persons who fail to wash hands after visiting the toilet—and later carry the parasite to another person by direct contact or by handling food, milk, or water.

Outbreaks reported at Zig Zag, Government Camp and other cities in Oregon recently were related to contaminated drinking water.

The IHS Sanitarian advised that all surface water in the field must be boiled for at least one minute to destroy Giardia agents. The importance of sanitizing toilet facilities and children's toys, and frequent handwashing cannot be over-emphasized in preventing any contagious illness.

Civil Rights Commission reports poor health care for minorities

Enforcement of civil rights requirements in health care programs was almost nonexistent throughout the 1970's, according to a statement released in late 1981 by the U.S. Commission on Civil Rights.

Because of high costs, poor distribution of doctors and outright discrimination, minorities, women, and the elderly do not have equal opportunity for adequate health care, said the Commission.

The Commission's statement is included in **Civil Rights in Health Care Delivery**, the proceedings of a two-day consultation held by the Commission in Washington, D.C. last April to examine the Federal role in assuring both adequate care and equal treatment for all Americans in the delivery of physical health care services.

In its statement, the Commission recommended that the Office for Civil Rights in the Department of Health and Human Services (HHS)

issue regulations defining discrimination in health care and describing procedures it will use to comply with civil rights laws. "When administrative proceedings do not result in compliance within the prescribed period of time, federal funds to the noncomplying division or institution should be terminated," said the Commission.

The statement further recommended that the HHS Office for Civil Rights, along with the Health Resources Administrative, develop procedures for examining hospital closures to determine their impact on the health care of minorities, older persons and other low-income persons and to establish adequate alternative health care provisions before a hospital is closed or relocated.

The Commission urged all Federal agencies dispensing health care funds in include civil rights concerns in their operations as required by memoranda of understanding

between the HHS Office for Civil Rights and the U.S. Public Health Service and the Health Care Financing Administration.

Programs and funding aimed at increasing the numbers of minorities and women enrolling in and completing medical schools, were also recommended by the Commission.

Consultation participants included Federal Health Officials, health care researchers and representatives of health advocacy groups.

A limited number of copies of **Civil Rights in Health Care Delivery** are available from the Commission's Publications Warehouse, 621 N. Payne Street, Alexandria, Virginia 22314.

President for women's affairs, Washington; and Murray Saltzman, Rabbi, Baltimore Hebrew Congregation, Baltimore.

John Hope, III, is acting staff director.

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