

No lifetime guarantee on teeth

by Sandy Boers



No one believes me when I tell them that nature meant for teeth to last a lifetime. "Not my teeth!" they tell me. Their smiles usually are a testimony to what they say. With missing and broken teeth, fillings and bleeding gums, their mouths just seem to want to self-destruct.

I can see how most people would have trouble believing this, but it's true. Teeth, in almost all cases, come with a lifetime guarantee. However, like

most guarantees these days, there is a catch. It's a catch that most people don't want to hear about, but there's no way around it: People need to take care of their own mouths!

Taking care of a mouth is not as difficult as people make it out to be. By following the steps below, a person can greatly improve their dental health.

1. Brushing teeth thoroughly—Brushing will help remove bacterial PLAQUE (the sticky film that is constantly forming on your teeth). Brushing thoroughly is more important than how many times a day you brush. Brushing after meals does get rid of food that still may be present in your mouth. However, it's especially important to brush your teeth at bedtime and do a good job.

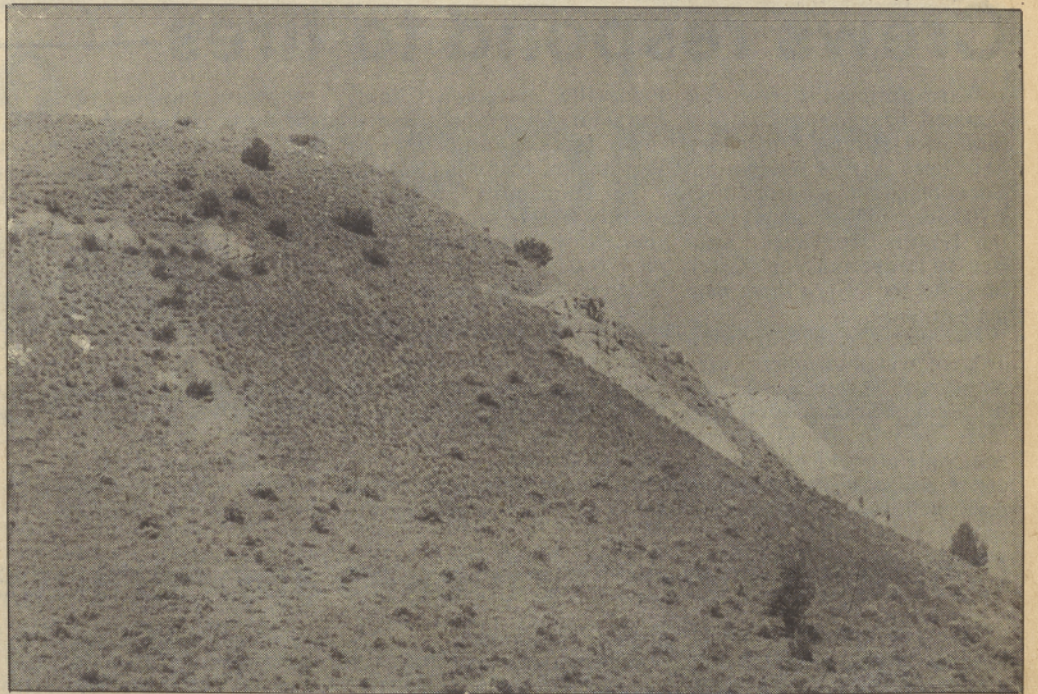
2. Flossing all teeth once a

day—Floss is the only thing that can clean in between your teeth safely and effectively.

3. Watching the intake of sugar in your diet—Sugar causes cavities. In a dirty mouth, sugar causes a lot of damage very, very quickly.

4. Visiting your dentist for regular check-ups and cleanings—Regular check-ups catch small problems before they turn into large problems. Regular cleanings help prevent gum (Periodontal) disease.

These steps are the basis for all successful dental care. A dentist can spend many hours drilling, patching, filling and replacing, but without your own good home care, it's like putting new windows in a burning building. The work will go to waste and your guarantee will no longer be valid!



Geo Quiz

Spilyay Tymoo photo by Shewczyk

Identify the location of this Geo-Quiz and win a year's subscription to Spilyay Tymoo for yourself or a friend. Call 553-1644 or 553-1161, ext. 274 with your answer.

Arts society plans festival

All Central Oregon performing artists, and all visual artists and craftsmen, both amateur and professional, are invited to participate in the Ninth Annual Central Oregon Summer Festival of the Arts on July 20 in Drake Park in Bend. The annual one-day event is co-sponsored by the Central Oregon Arts Society and Bend Metro Parks and Recreation district. It will again be held on the weekend of performances by the popular Pickle Family Circus, which will also be located in the park.

The Festival is intended as a showcase for the works of Central Oregon artists and original craftsmen, and provides them with an opportunity to display their creation to vacationers as well as year round residents of the area.

In addition to exhibits and demonstrations of arts and crafts, the celebration will feature special children's activities, food booths, and other events. There will be continuous performances by Central Oregon musicians, dancers, and other entertainers at the park pavilion throughout the day.

Entry forms and rules governing the Festival are available from Central Oregon Arts Society. For arts or crafts entries call Virginia Fuller (389-5655) or Clyde Keller (388-3058) in Bend, Susanne Cleis (548-2389) in Redmond, Dorothy Norris (447-5279) in Prineville, and Ross Kari (475-6752) in Madras. Performing artist who wish to share their talents should contact Carrie Whitaker at Bend Metro Parks and Recreation (389-PARK).

SS marks 50th anniversary August 14

August 14 marks the 50th anniversary of the enactment of the Social Security Act. President Franklin referred to the legislation as the "cornerstone in a structure which is being built but is by no means complete." The events of the past 50 years confirm this description.

An important feature of Social Security is its ability to adapt to society's changing needs. Circumstances today are very different from what they were 50 years ago, but the program is just as responsive now as it was then.

In 1930, 5.4 percent of the population was age 65 or older, compared with 11 percent today. By the year 2030, 55 million Americans—18 percent of the population—will be at least 65.

The average life expectancy at 65 for men is 13 years, and 17

for women. Men and women now 75 can expect to live another 9 to 12 years, respectively.

The past 50 years have also witnessed a marked change in the role of women in society. When the Social Security Act first became law, the typical family unit was composed of a working husband, a homemaker wife, and one or more children. Today, half of all the women work, and they account for 43 percent of the labor force. During the last decade alone, the number of women in professional jobs has increased by two-thirds, and the number in managerial jobs has doubled.

The longer lifespan enjoyed by Americans has been accompanied by lower birthrates. Today, women have an average of 1.7 children, compared with 3.7 in the late 1950's. If the trend

continues, it is estimated that by 2035, there will be only two workers paying Social Security taxes for each person getting benefits.

As these and other changes over the past half century took place, the Social Security Act was amended to keep up to date with the times. The first significant amendments, enacted in 1939 even before the first monthly benefits were paid in 1940, provided benefits to certain dependents and survivors of insured workers. In the 1950's, Social Security coverage was extended to include most types of jobs, as well as self-employment.

Disability insurance was added in the late 1950's, and Medicare was enacted in 1965. There were also changes in eligibility requirements, and automatic cost-of-living benefit increases were

first paid in 1975.

More recently, the Social Security Amendments of 1983 greatly strengthened the program financing. This flexibility to cope with and solve emerging problems has been matched by a stability that has kept the program true to its basic principles.

Social Security has lifted millions of people out of poverty and has enabled beneficiaries to live their lives in modest comfort. The program is as relevant for the 1980's and beyond as it was when it was first enacted. Social Security: Partnership With Tomorrow!

For more information on Social Security's 50th Anniversary, call the Bend Social Security Office, 388-6712.

In pursuit of reservation trivia

1. When did the Tribe purchase the Sherars Bridge property?
2. When was the Middle Oregon Indian Treaty signed?
3. When was Oregon admitted into the Union?
4. When was Chemawa Boarding School established?
5. When was the first boarding school built in Warm Springs?
6. When was the bridge built across the Deschutes?
7. When was the "Big Fire"?
8. When was Celilo flooded?
9. Who was the first tribal member to graduate from college?
10. When was the "Big Flood"?

Answers:

1) March, 1980; 2) June, 1855; 3) February 14, 1859; 4) 1880; 5) 1897; 6) 1934; 7) 1938; 8) 1957; 9) Vern Jackson and 10) 1964.

Prevention program shows success

Determining that most schools responded ineffectively to the needs to students regarding drug education, Drug Education Coordinator of a Seattle school district Clay Roberts designed the "Here's Looking at You" program. His idea was to develop a comprehensive approach to a school curriculum that would assist teachers wanting to teach students about social problems along with promoting healthful living.

The program eventually received a grant extending over a three year period and consisting of three phases: development of an alcohol education curriculum with resource material; development of an alcohol education curriculum with resource material; development and presentation of teacher training workshops; and, assistance to trained teachers in program implementation.

Through modification the original project expanded addressing the following areas: knowledge of the subject at all grade levels; decision making; coping; and, dealing with problems and positive self-concept.

In 1977 the extent of the drug problem among juveniles on the

Warm Springs Drug Program found it necessary to activate drug prevention efforts targeted at children enrolled in Warm Springs Elementary.

Material used in the school included Katy the Kangaroo drug abuse coloring books and a kangaroo costume.

In 1979 Warm Springs was awarded funds to design a prevention program. An outside consultant designed a program modeled to Warm Springs. This program proved to be ineffective.

The original "Here's Looking at You" program was then implemented with teachers being trained on a volunteer basis. Thirteen of the 18 teachers at Warm Springs Elementary in the school year 1981-82 implemented the program. Fifteen out of 18 teachers were using it the following school year.

Madras Jr. High included the program in 1983 with a program concerned with both drugs and alcohol. The curriculum was purchased with Johnson O'Malley funds. All classrooms at Warm Springs Elementary except for one fourth grade class implemented the program that same year. A prevention

educator was hired in 1984.

After three years in use an evaluation of the program was conducted using pre-testing and post-testing on fourth, fifth and sixth graders at Warm Springs Elementary who had been exposed to the curriculum. A group who did not receive exposure was also tested. Knowledge, decision making, self concept and coping skills were the variables the program.

Self-esteem increased with exposure to the prevention program.

It was found that decision making abilities in both exposed group and the control group showed a decline but the experimental group stayed ahead showing that peer influences may be counteracting the curriculum but not so much in students exposed to the prevention program.

Coping skills were much higher for the experimental group than the control group.

It was concluded, also, that early curriculum exposure, before Jr. High, produces more favorable results. It was felt, however, that the program should be enhanced with parent workshops, teacher consultation and refusal skills. The program will not prevent alcohol and drug abuse but may well inhibit or blunt such tendencies by students.

It was determined through the evaluation that knowledge of drugs and alcohol and prevention increased for all three

grade levels for students using

New #s at college

Direct inward dial service began July 5 at Central Oregon Community College. In addition to the regular switchboard number, 382-6112, certain College offices may be reached by dialing new numbers.

Direct dial service includes: Admissions, 385-5500; Applied Science, 385-5501; Bookstore, 385-5502; Community Education, 385-5503; Business Office, 385-5504; College Relations, 385-5505; Computer Center, 385-5506; Computer and Math Lab, 385-5507; Counseling, 385-5508; Dean of Business Affairs, 385-5523; Dean of Instruction, 385-5509; Dean of Students, 385-5510; Humanities, Social Science and Fine Arts, 385-5511; Library, 385-5512; Personnel, 385-5513; P.E., 385-5514; Physical Plant, 385-5515; Pioneer Hall, 385-5516; President's Office, 385-5517; Safety and Security, 385-5518; Science and Mathematics, 385-5519; Student Activities, 385-5520; Student Financial Aid, 385-5521; and Student Records, 385-5522.

Persons may either call directly to specific offices or go

through the switchboard operator, 382-6112, who can connect the caller with individual offices.

For more information, call the Public Information Office at 385-5505, or 382-6112, ext. 505.

Watch found

Found: Lady's watch. Call and identify. 553-1246 or stop at Elliott Heights #2221.

Van for sale

For Sale: 1984 Toyota customized van with TV and hide-a-bed. Maroon over gray. 9,000 miles. \$13,000. Call Russell Smith at 553-1030.

Restaurant for sale

Business Opportunity: Restaurant for sale to qualified Tribal Member. Contact Richard Macy at 553-1300.



Sparkling Magic...

Spilyay Tymoo photo by Leno-Baker

Filling the evening skies with the sparkling fingers of fireworks ended the Fourth of July celebration at Warm Springs. Each year the Tribes sponsor an "old fashion" Fourth and part of the gala ceremonies is the fireworks display.

Church Services

Blessed Kateri Tekakwitha
Warm Springs
Reverend Leo F. Weckerle
Confession prior to Mass
Sunday Mass begins at 8:30 a.m.

Warm Springs Presbyterian Church
James P. McGugin, Interim Pastor
Tel.: 553-1237
Sunday Worship and Church School 10:00 a.m.
(Lord's Supper—First Sunday)

Warm Springs Full Gospel Church
Orin Johnson, Pastor
Sunday School—10:00 a.m.
Worship Services—11:00 a.m.
Sunday Evening Service—7:30 p.m.
Bible Study—Wednesday—7:30 p.m.

Reorganized Church of Jesus Christ of Latterday Saints
Elder, Clint Jacks
Tel: 475-6616
Worship—10:00 a.m.

Warm Springs Baptist Church
Allen Elston, Pastor
Tel: 553-1267
Sunday School—10:00 a.m.
Morning Worship—10:00 a.m.
Bible Study: Wednesday, 8:00 p.m.