

From the dentist. . .

When should kids first visit?



PMT delivered and picked up by Miller
by Sandy Boers
Dental hygienist

One of the most common questions we hear at our office is "When should I take my child for his first dental visit?" The best time for a child's first visit is when he or she is about two years old. Over half of all children have one or more decayed teeth by this age. It's very important that problems are found early so that larger problems can be prevented from happening later on.

Unfortunately, there are a lot of parent around who think that a child doesn't need to be seen until he or she is quite a bit older. Their reasoning is that because "baby" teeth are going to fall out anyway, it doesn't make sense to put a lot of time or effort into their care. This way of thinking is not only WRONG, but it can be dangerous. An infected tooth can harm your child's health, allowing decay and infection to spread in the jaws. Primary teeth are needed...

—for appearance. A healthy smile and well-shaped face help promote a child's self-esteem.

—for eating. Healthy teeth are necessary for biting and chewing food.

—for speaking. Primary teeth are necessary to help your child learn to speak clearly.

—to hold the space for the incoming permanent teeth.

If a primary tooth is lost too

early, the adjoining teeth will drift into the open space. If this happens, the permanent teeth may:

- 1) grow out of position. This creates a need for orthodontic treatment (braces).
- 2) become impacted (locked within the gums and jaw bone) and not come in at all.

If you spot a cavity on your child's teeth or if the child receives an injury to the mouth, he or she should be taken to the dentist right away no matter

what the child's age. Remember, the earlier you begin, the better chance your dentist has to prevent problems.

Special note to parents from Dr. Bell: Please be aware that young children (age five and below) are a high priority at our clinic and that we will appoint them for a check-up upon request. Children enrolled in Head Start this fall will receive dental screenings several weeks into school year.

Sr. Citizens menus for August

TUESDAYS

8/6
Shortribs & Dumplings
Carrots
Tater Tots
Coleslaw
Juice
Biscuits

8/13
Roast Pork
Potatoes
Spinach
Relish Dish
Fruit
Lemonade
Wheat Bread

8/20
Soup & Sandwich
Tater Tots
Fruit Salad
Fruit
Orange Juice

8/27
Tripe & Hominy
Green Salad
Brussels Sprouts
Fruit
Punch
Wheat Bread

THURSDAYS

8/8
Salmon Luckameen
Baked Potatoes
Corn
Tossed Salad
Fruit
Orange Juice
Fried Bread

8/5
Baked Ham
Yams
Mixed Vegetables
Fruit
Pineapple Juice
French Bread

8/22
Chicken & Noodles
Carrots
Coleslaw & Pineapple
Fruit
Fruit Punch
Biscuits

8/29
Meatloaf
Potatoes & Gravy
Relish Dish
Corn
Fresh Fruit
Orange Juice
Wheat Bread



Spilyay Tymoo photo by Miller

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.

Diabetes an old disease

Diabetes is a disease which was known during ancient times by (East) Indian physicians although it was evidently rare. The physicians wrote in their journals that patients passed sweet, sugary urine (diabetes mellitus). This attracted flies, ants and other insects and even dogs licked the urine. About the same time sculptors began depicting people as overweight and middle aged instead of thin as previously depicted.

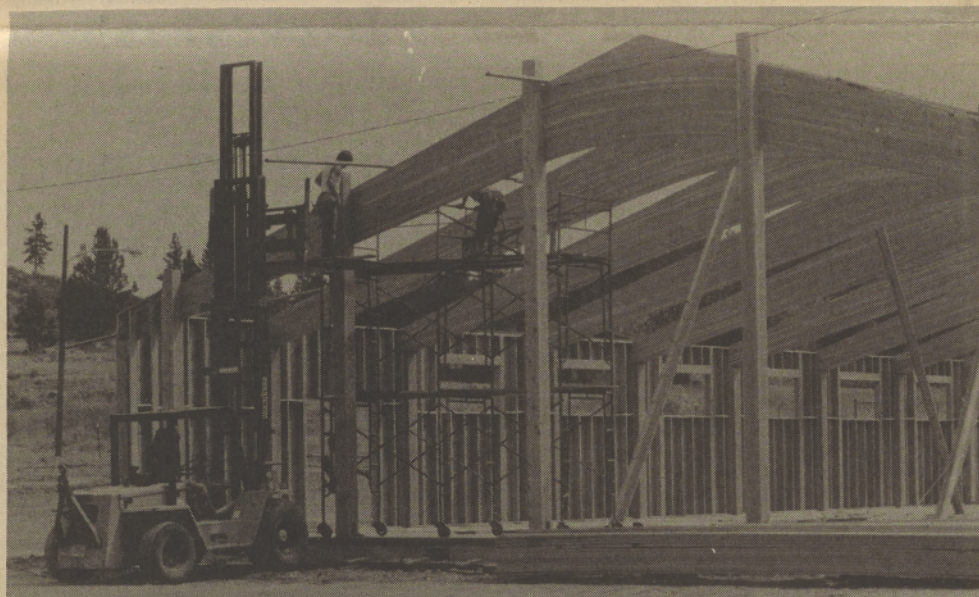
Historic accounts suggest that diabetes became more prevalent as a result of changes in the environment, most probably in the food. It is apparently more common in certain families than in others. There seems to be a hereditary element too. The disease seems to be triggered by specific environmental and hereditary factors operating together.

French physicians as late as 1870 taught that diabetes was rarely observed in poor patients, seeming to afflict the wealthy instead. Today, in America, physicians are becoming more and more interested in the development and nature of diabetes as this disorder becomes more common. A special interest has grown on several Indian reservations, including Warm Springs, among medical providers.

Tribal leaders here, working through Indian Health Service and the wellness program, are in the process of planning an awareness activity this fall. The Warm Springs reservation is the only northwest reservation where diabetes studies have been conducted over past years. Some researchers feel that a pattern is developing here which resem-

bles the development of diabetes at several Southwest reservations.

There are two varieties of diabetes, the common one being that which develops in middle age. A less common variety starts most often in young preteens. Most scientists believe that heredity and obesity together cause adult-onset diabetes. The way they express this is "heredity loads the gun but obesity pulls the trigger." Individual practices apparently have harsh outcomes. The awareness activity which is being planned will feature some of the knowledgeable experts and specialists. These people include diabetic Indian professionals who will address various aspects of the disease during a one day workshop in September or October.



Spilyay Tymoo photo by Shewczyk

Work progresses...

The construction of the Simnasho Longhouse renovation progresses as workmen work on getting the framework up as the project is right on schedule.

News from Tribal Court

Confederated Tribes

vs.

Stephanie Burke

Order to Show Cause

Case No. DO69-84

To: Stephanie Burke

You are hereby ordered: To be and appear before the Warm Springs Tribal Court on the 3rd day of September 1985, at the hour of 2:00 p.m.

In answer to: Show Cause: Why the suspended sentence of 4/5/85; 30 days jail should not be imposed for failure to pay \$125.00 fine WSTC200.615.

If you fail to appear as so ordered, you will be charged with contempt of court and a warrant will be issued for your arrest. Dated July 19, 1985.

Richard G. Frederick
Tribal Judge

-00-

Confederated Tribes

vs.

Thane Colwash

Order to Show Cause

Case No. CR416-83

To: Thane Colwash

You are hereby ordered: To be and appear before the Warm Springs Tribal Court on the 21st day of August 1985, at the hour of 2:00 p.m.

In answer to: Show Cause: Why the suspended sentence of 2/8/85; 15 days jail should not be imposed for failure to pay \$25 fine due 2/18/85 WSTC200.615.

If you fail to appear as so ordered, you will be charged with contempt of

court and a warrant will be issued for your arrest. Dated: July 18, 1985

Anita Jackson
Tribal Judge

-00-

Confederated Tribes

vs.

Bonny H. Charley

Order to Show Cause

Case No. TR351-84

To: Bonny H. Charley

You are hereby ordered: To be and appear before the Warm Springs Tribal Court on the 29th day of August 1985, at the hour of 2:00 p.m.

In answer to: Show Cause: Why the suspended sentence of 5/8/84; \$125.00 fine and 30 days should not be imposed for failure to comply with 3 months probation and counseling WSTC200.615.

If you fail to appear as so ordered, you will be charged with contempt of court and a warrant will be issued for your arrest. Dated: July 25, 1985

Anita Jackson
Tribal Judge

Confederated Tribes

vs.

Stephanie Burke

Order to Show Cause

Case No. TR1138-84

To: Stephanie Burke

You are hereby ordered: To be and appear before the Warm Springs Tribal Court on the 29th day of August, 1985, at the hour of 2:00 p.m.

In answer to: Show Cause: Why the suspended sentence of 6/6/85; 60 days jail should not be imposed for failure to comply with six months probation and counseling WSTC200.615.

If you fail to appear as so ordered, you will be charged with contempt of court and a warrant will be issued for your arrest. Dated: July 25, 1985

Anita Jackson
Tribal Judge

-00-

Confederated Tribes

vs.

Carolyn Johnson, Lawrence Renfro

Summons

Case No. DO 49-84

To: Lawrence Renfro

You are hereby notified that a petition for the Custody Review has been filed with the Warm Springs Tribal Court. By this notice, you are summoned to appear in this matter at a hearing scheduled for August 23, 1985 at 11:00 a.m., at the Warm Springs Tribal Court. All of the facts of the case will be heard at this hearing, including evidence you wish to present.

The petitioner will be present at the hearing. If you desire to personally argue your side of the case, you may have a legal aide, spokesperson, or attorney with you. If you cannot be present, but want to be represented, you may have a legal aide, spokesperson or attorney appear on your behalf at your expense.

If you have any questions, you should seek legal aid immediately.

Dated this 24th day of July, 1985.

Anita L. Jackson
Associate Judge

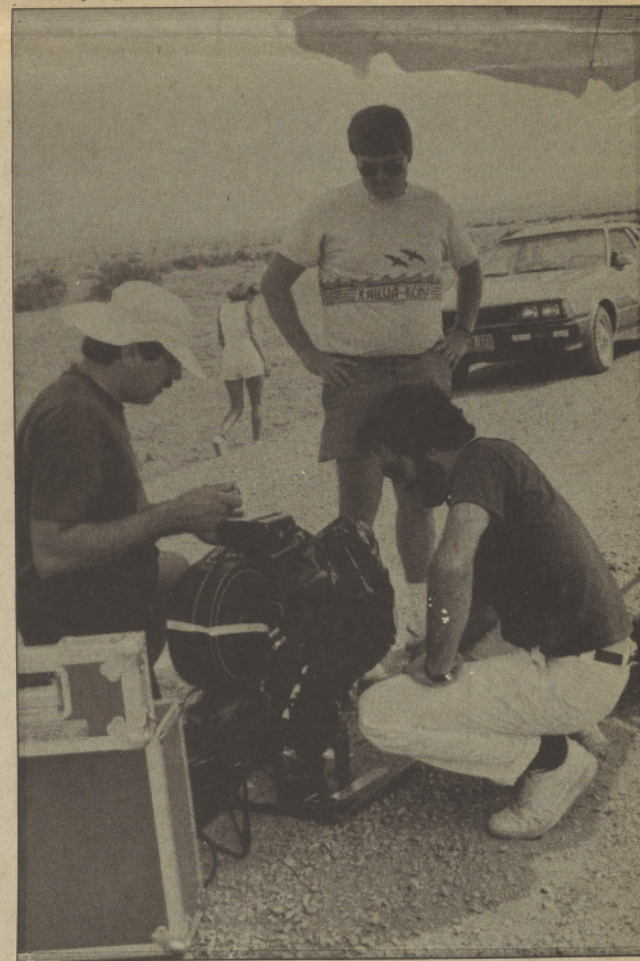
Rodeo planned for Aug. 10, 11

The first annual Andy Phillips All-Indian rodeo will be held at the Let'em Buck arena in Wapato, Washington August 10 and 11. The rodeo is Western States Indian Rodeo Association (WSIRA) sanctioned.

Events featured will be bareback, saddle bronc, bull riding, calf roping, team roping, steer wrestling, cow milking and barrel racing. Entry fee for those events is \$40 and in team roping \$40 per man. Events will feature an added purse of \$150. Two jackpot events added to the program will be wild cow race, entry fee \$15 per man, three man teams; and the red and white roping, entry fee of \$25 per man, Indian and non-Indian team, enter twice during show and slack.

Rodeo books will open August 6 from 9 a.m. to 8 p.m. and remain open August 7-9 a.m. to 8 p.m. There will be no mail-in entries accepted. Central entry will be with Jeanetta Herrera phone (509) 874-2290. Call back will be August 9 from 9 a.m. to 7 p.m. Cash and money orders will be accepted for entry fees, no checks.

The rodeo will start at 1 p.m. on both days with a \$3 gate admission charge.



Nike Productions Spilyay Tymoo photo by Shewczyk

Chosen for its desert scenery, Sidwater Flat was the site for the filming of a new advertisement for Nike shoes, Monday, July 29. The Tribes were given a five-hundred dollar stipend for the use of the site.

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.

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.

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