

Cavities...why so many?



by Sandy Boers
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Did you ever wonder what our ancient ancestors did when they had a cavity? One would think that they certainly had a lot of cavities because there were no dentists around to take care of them. Maybe they went to their village healer for help or pulled out their own teeth. Well, the fact of the matter is that ancient people just didn't get cavities. When these people had toothaches, it was because they had either broken teeth or teeth that were worn down. What happened? Why do we get so many cavities now?

The answer is diet? Our ancestors just didn't eat like we do today. All their foods were natural and they only ate as much as their bodies needed. Their diets did not include processed foods that contained large amounts of sugar or salt like our diets do today. Many of us have developed health problems that are unrelated to diet. One of these problems has been dental cavities.

Cavities can be traced to one element of our diet. That's sugar. Most people know that sugar causes cavities but either don't want to reduce the sugar in their diet or don't know how to reduce it. I'm going to give you a few suggestions that work for me.

At the grocery store: Let's say that you are at Safeway doing your weekly shopping. You've gotten all the things you know your family likes and you're ready to go to the check-out stand. Stop a minute and look at your cart and think. Does your family really need three cases of Classic Coke, two cans of Hi-C, a bag of caramel candy and that big box of Super Sugar Crisp? What can you get instead? How about substituting the cans of Hi-C for a couple of bottles of fruit juice? Trade in a couple of cases of soda pop for sugar-free soda or lemonade. Maybe you could really go crazy and give your family water to drink? Get rid of the caramels and pick up some fresh fruit, cheese or a big bag of popcorn. Put back the sweetened cereal and pick up something with little or no sugar. Even if you break down and add a little sugar to the unsweetened cereal, you're still getting a lot less sugar that way. (Cheaper too.) Remember, if the sugary stuff doesn't get into the house to begin with, it won't be eaten there. Now you're ready for the check-out. On the way out, you might want to stop and pick up

a free copy of "Eat Right and Smile Bright" at Safeway's nutrition display.

At home or at work: Are you one of these people that has to add about half a cup of sugar to their tea or coffee to make it taste good? Try some sugarless flavored coffee or herbal tea. If you have a snack during break, make it fruit or popcorn. Does your group raid the refrigerator the minute they walk through the door? Keep a plate of apples, carrot and celery sticks, grapes, bananas, cheese and crackers, or anything that's naturally sweet and good in the refrigerator. It really satisfies. If you must eat sugary things, eat them at mealtime. (Remember to brush afterwards!)

At school: This really is a problem. I guess there's no way to keep kids from sneaking off after school to buy a candy bar or soda. The only answer to this is to teach our kids the importance of cutting down on sweets. What's learned in school needs to be reinforced at home. Only then will our kids be able to make intelligent decisions about their diets.

All of this suggests that cavities can be controlled by diet alone. Believe it or not, it's true. But, if you're not willing to cut out all the sugar in your diet, at least cut down. Less sugar means fewer cavities. In addition, if you keep up good brushing and flossing habits, who knows? You may not get any cavities in spite of what you eat!

Reservation cone harvest completed

Cone harvest completed on the Warm Springs reservation was reported by Forestry De-

velopment officer Bill Donaghu. Crews were in the woods gathering cones throughout the

reservation concentrating mostly on ponderosa pine. The noble fir cones come from the Mt. Wilson area. Doug fir cones were gathered in a limited amount because of the bud worm infestation throughout the Northwest.

All cone harvesting was done under the direction of Kurt Wiedenmann who is the tree improvement officer here for the past two years. He was assisted by Ray Moody, a tribal forestry trainee. The cone crews have been gathering cones since August 21 up until last Friday, September 6. At the present time the cones are being sorted out at the forestry development center on the north side of the industrial park and they will remain there for a short time to rid all moisture before being shipped to Cottage Grove, Oregon for further process which they will eventually become seedlings for replanting.

There will be some planting done here in designated areas under the direction of Wiedenmann and Moody.



In the Mt. Wilson area, noble fir cones perched high toward the tops of the trees on a bright sunny day. The Mt. Wilson area is where all the noble fir cones were harvested.

Blend baby's food

New parents: Baby's food need not break your budget—If you have a baby and buy jars of ready-to-eat baby food, you know they're not cheap. And some contain sugars, salt and starches your baby doesn't need. You can save 50 percent or more on the cost of baby food by preparing the baby's meals when you prepare your own. All you do is take what's left

over, put it in a blender, food processor or food mill. Pop the trays in the freezer, then transfer cubes to freezer bags and use as needed. Foods will keep for about two months. Savings? Here's an example: A small jar of ready-to-eat string beans cost about 50c. Cooked, pureed and frozen, you'd have enough for six or more meals. And most important, you control the ingredients.

Child sexual abuse not limited

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shows great interest in genitals, shows sexual knowledge beyond their years, are not willing to dress down for P.E., exhibits bruises or irritations in the genital areas, shows seductive sexual behavior, acts out sexually aggressive behavior or is promiscuous.

When a child makes any statement that they have been sexually abused, the charge should be investigated immediately and

carefully. "It is better to be safe than sorry."

Abuse has become a major issue in the United States. It can no longer be ignored. Recent studies show at least one out of every four girls and one out of every six to eight boys are sexually molested by the age of 18.

One of the ways to prevent and intervene sexual abuse of children is to increase awareness and provide some understanding of the problem.

In the following edition of Spilyay the impact of sexual abuse on the child; what can be

done if a child says they are being abused; what happens once the child's abuse is known; the impact of sexual abuse on a

Abuse conference slated

Holding their second annual conference, Oregon Conference on Preventing Alcohol and Drug Abuse Among Youth will be held in Sunriver starting September 22 and going through September 24.

Goals for the conference are directed at helping counties develop prevention activities for youth.

community; what steps a community can take to stop abuse; and a summary will conclude this two-part series.

Registration is \$45 per person until September 15 and thereafter will be \$55.

First session will begin at 1:30 p.m. and will end at 3 p.m. on Tuesday.

For more information contact Retha Stewart, 475-2214 or Betty Deepers, 475-6575 during the days or 475-6062 in the evenings.



Geo-Quiz

Where was this geo-quiz photograph taken? Correctly identify the location and win a year's subscription to Spilyay Tymoo for yourself or a friend. Call 553-1644 or 553-1161, ext. 285 with your answer.

Group discusses proposed sales

The Timber Committee and the forestry technicians guided a tour on future timber sales here on the Warm Springs Reservation on August 29 and 30 with a group of nearly 50 participants.

The areas set for discussion were the Bunch Grass/Big Springs area, Dry Creek Timber Sale, Muddy Run Logging unit, the Antoken Logging Unit and the Butte Creek Logging Unit.

The purpose and need for action: the Bureau of Indian Affairs proposes to harvest timber from these logging units all located on the north and northwestern part of the reservation. The proposed actions primary purpose is to provide income and employment for the Confederated Tribes and tribal member and to bring portions of the timber areas under management.

Along with timber land management there were other concerns expressed such as the protection of the fish and wildlife within the boundaries of the reservation. Natural Resources expressed their main concern in certain areas for the protection of the big game animals. Some proposed sale areas would destroy the natural habitat and expose the big game to the public by building logging roads into the areas. Big game take shelter in some of these areas because there has been no disturbance by humans. The logging activity would surely disturb the big game and cause them to leave, especially the elk.

Studies show a large area covered by big game migration includes all parts of the timberlands of the reservation.

Buffer zones are needed along the waterways for the protection of fish that are migrating back to their spawning grounds.

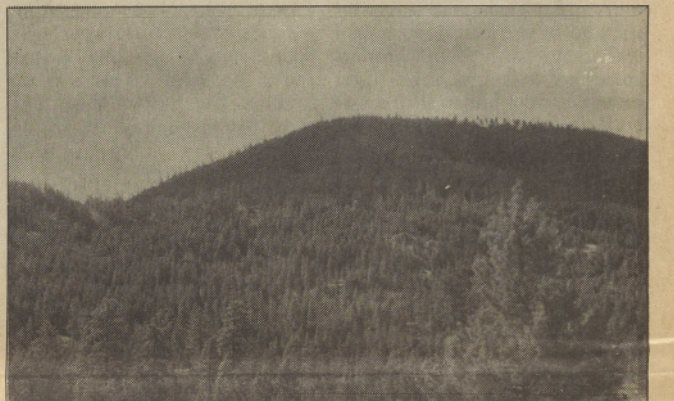
Heavy equipment operation along river and stream banks could be very destructive if precautions are not taken for the protection of spawning beds for the fish.

There were no livestock representatives along to voice their concerns for grazing in these areas.

Each logging unit needs certain types and methods of logging. Steep and rough terrain would require cable logging in

most cases, where as some areas would require cat and rubber tire skidders for select logging. Clearcuts, slash piling, burning and reseeded. Selective logging, logging by leaving overstory for natural seedlings. Each method used in each area there is some sort of timber management plan.

The two-day tour was quite a success for the group especially those who made the tour and expressed their opinions.



Timberstands of fine ponderosa pine and Douglas fir on the north side of Mutton Mountain were viewed by timber tour participants where they expressed their opinions concerning logging and wildlife.

Locals in first place

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points they have thus far totaled up for the season. The goal of the team was to earn a berth in the national finals for WHRAA and to win it. In past years, the finals have been held in Montana with the top teams from the seven regional competing for the top honor. This year there will not be a finals held but the team has earned more points than any other in the association and unofficially they are the top team. They have sewed up the championship title

for the Timber division (the Northwest) and with Pendleton being the last show at this time there is not any way any other team could catch them, according to Yazzie.

Yazzie went on to state with Jason, as known as the Boss, in school and playing football the team will not start the 1986 season this fall. They will probably start in the spring. They were able to "pull it out of the bag" this season and it is possible again.



Work has begun on East Tenino road. Eventually the road should extend further down Shitike Creek and enter Highway 26. For the present it will give a new access to the tribal utilities and construction departments.

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.