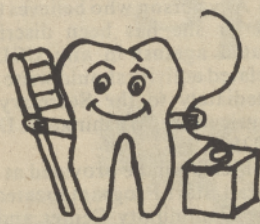


Is it time for dentures?



by Sandy Boers
IHS Dental Hygienist

Several years ago, when I was working for a dentist in Illinois, a 50-year-old man came into our office. He hadn't been to a dentist since he was 13 because his teeth never gave him any problems. Sure enough, he didn't have one cavity in his whole mouth. His teeth were in relatively good, condition. Unfortunately, they were all loose and had to be pulled. The man didn't complain. He just figured that he was getting old and, after all, it was "just about time for dentures." I remember thinking at the time how sad it was that this man couldn't keep his teeth. He had teeth that looked better

than my own. It was even sadder to think how easily dentures could have been avoided.

This man lost his teeth to Gum (Periodontal) Disease. Gum disease is a slow, painless process in the beginning. Most people aren't even aware they have it. The fact is, 90 percent of people in this country over the age of 35 have some stage of gum disease. There are many more people under the age of 35 who have it. Gum disease can strike anyone at any age.

How can gum disease be prevented? Brushing, flossing and regular cleanings at the dental office will usually keep gums healthy. A good diet is also important. It might be interesting to note that professional cleanings on an adult are done strictly to maintain healthy gum tissues. Even if you feel that there is nothing wrong with your teeth, it still is a good idea to come to the office for regular cleanings.

Even though gum disease is painless, there are still some signs that you can look for:

1. Inflamed gums: Swollen and red gum tissue is one of the first

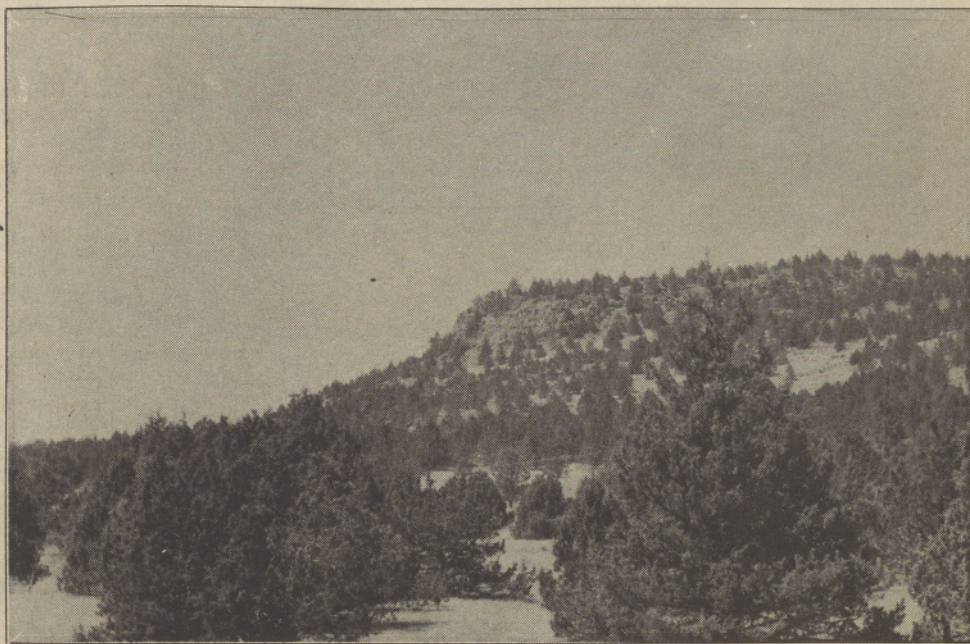
signs of gum disease.

2. Bleeding gums: Healthy gums never bleed while brushing or flossing. If your gums are bleeding, something is wrong.

3. Bad breath: If you have a bad taste in your mouth, especially one that hangs on even after brushing and flossing, it may be due to gum problems.

4. Receding gums: If you notice that your gums seem to be "riding up" along your teeth or that your teeth are beginning to look longer, gum disease may be the problem. Gum recession can be caused by other things, but gum disease may be the problem especially in the presence of the first three symptoms.

More people have lost their teeth as a result of this disease than for any other reason. I can honestly say that if that patient back in Illinois had taken care of his teeth and had gotten them cleaned once or twice a year, he would still have his own teeth today. He probably would have kept them for the rest of his life. Don't let gum disease happen to you.



Geo-Quiz

Spilyay Tymoo photo by Miller

Here is a scene from one of the well-traveled roads on the reservation. Correctly identify its location and win a year's subscription to the Spilyay Tymoo for yourself or have it mailed to a friend. Call 553-1644 after 8 a.m. Tuesday with your answer.



Some winter roosts of blackbird flocks had more than a million birds.

Tribal Court News

Confederated Tribes of the Warm Springs Reservation of Oregon
vs
Ricky Sampson

Case No. CR273-85

To Ricky Sampson

You are hereby notified: That the above cited case, as filed in the Warm Springs Tribal Court, has been scheduled for a show cause hearing at 2 p.m., on the 21st day of October, 1985.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown, to show cause why the suspended sentence of June 26, 1985, should not be imposed for your failure to comply with the sentence imposed against you. This hearing will not be a full hearing on the merits of the case; you must appear and defend against a complaint that you failed to obey the Order of the Court.

If you fail to appear as so ordered, the tribal court shall enter a complaint for contempt of court and issue a warrant for your arrest. If you have any questions, you should seek legal assistance immediately.

Dated at Warm Springs, Oregon on this 18th day of September, 1985.

Richard Frederick
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon
vs
Wanda Moses

Case No. TR404-85

To Wanda Moses

You are hereby notified: That the above cited case, as filed in the Warm Springs Tribal Court, has been scheduled for a show cause hearing at 2 p.m., on the 21st day of October, 1985.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown, to show cause why the suspended sentence of June 26, 1985, should not be imposed for your failure to comply with the sentence imposed against you. This hearing will not be a full hearing on the merits of the case; you must appear and defend against a complaint that you failed to obey the Order of the Court.

Richard Frederick
Judge, Warm Springs Tribal Court

Evaline Patt
vs
Gloria Warner, B&G Towing

Case No. CV142-85

To Gloria Warner

You are hereby notified that a Complaint in Civil Action 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 3 p.m., on the 21st day of October, 1985, 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.

You must appear to present your argument or the other side will automatically win. The Petitioner, Evaline

Richard Frederick
Judge, Warm Springs Tribal Court

Evaline Patt
vs
Gloria Warner, B&G Towing

Case No. CV142-85

To Gloria Warner

You are hereby notified that a Complaint in Civil Action 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 3 p.m., on the 21st day of October, 1985, 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.

You must appear to present your argument or the other side will automatically win. The Petitioner, Evaline

Patt, may then be given all that is asked for in the Complaint in Civil Action.

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 appear on your behalf at your expense.

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

Dated at Warm Springs, Oregon, this 18th day of September, 1985.

Richard Frederick
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon
vs
Shelby Smith

Case No. CR254-85

To Shelby Smith

You are hereby notified: That the above cited case, as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 9 a.m., on the 14th day of October, 1985.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge. You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately. If you fail to appear as so ordered,

the tribal court shall enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, Oregon on this 18th day of September, 1985.

Richard Frederick
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon
vs
Laura Crowe

Case No. DO179-85

To Laura Crowe

You are hereby notified that a Petition for Neglected/In Need of Supervision juvenile 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 9 a.m., on the 16th day of October, 1985, 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.

You must appear to present your argument or the other side will automatically win. The Petitioner, N/A, may then be given all that is asked for in the Petition for N/A.

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 appear on your behalf at your expense.

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

Dated at Warm Springs, Oregon this 18th day of September, 1985.

Lola Sohappy
Judge, Warm Springs Tribal Court

Congratulations! Alcoholics Anonymous

founded in 1935

on your 50th anniversary

"One Day At A Time"

Listed below are the 12 steps and 12 traditions upon which Alcoholics Anonymous bases its program of recovery.

The Twelve Steps of A.A.

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our short-comings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understand Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Twelve Traditions of A.A.

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Sewing workshop offered

The Warm Springs Extension office is offering a sewing workshop each Wednesday evening in October.

Interested persons are encouraged to bring their sewing projects to the 4-H Center from 7 to 9 p.m. beginning Wednesday, October 2.

According to home economist Mollie Driscoll, "any level sewer is welcome," from beginner to advanced.

Sewing machines will be available but participants are welcome to bring their own. The class will be informal and instruction will be individualized.

Howlak Tichum

Delford "Gunner" Johnson

Delford "Gunner" Johnson, Jr., 19, died Sunday, September 22 when his car went into the Deschutes River about two miles upstream from the bridge. He was born February 25, 1966 in Prineville to Delford and Ginger (Smith) Johnson.

Gunner was a lifelong resident of Warm Springs and was a member of the Confederated Tribes of Warm Springs. He was a 1984 graduate of Madras High School and he was interested in football, wrestling and rodeo. At the time of his death, he was employed as a skidder

operator by Sylvester Smith Logging.

Survivors include his parents, a brother Cody Johnson; four sisters, Shana, Jodel and Una Johnson and Vesta Miller and his grandmother Lucinda Smith. Other survivors include his aunts, uncles, cousins and a niece.

Dressing ceremonies, conducted by Nelson Wallulatum, were held Tuesday, September 24 at Madras Evergreen Chapel. Overnight ceremonies were held at the Agency Longhouse. Burial was Wednesday, September 25 at the Agency Cemetery.

Church Services

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

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