

Dental procedures explained



by IHS Hygienist
Sandy Boers

All too often, many of us undergo different types of dental treatment without really knowing what's involved with that treatment. The dentist and his staff try to explain the procedures to everyone, but sometimes they forget or they assume the patient already knows what's going to happen. A lot of people don't want to know what's going on, but for those who do, here are some descriptions of the more common procedures.

Root Canal: Each tooth has its own blood and nerve supply that is located deep inside the tooth. It starts at the center of the tooth and winds its way down through the roots. Sometimes, for one reason or another, these blood and nerve vessels become infected and begin to die. Years ago, this would have automatically led to the loss of the tooth. Today, many of these teeth can be saved by performing a root canal. To do this, the dentist starts by cleaning the sick pulp out of the tooth and refilling the space that left (the

canals) with medication. After two weeks or so, the tooth is well enough to have the canals filled with a permanent plastic filling. From there, the dentist can fill the rest of the tooth with a regular filling. As you can see, root canals take several appointments. Warning: Some people feel so good after the first appointment that they never come back to get the tooth finished. Leaving a root canal unfinished will lead to a worse infection in a short period of time. This second infection almost always leads to the loss of the tooth.

Scaling and Prophylaxis (Cleaning): Plaque is a soft, white, sticky mass of germs that forms on everyone's teeth everyday. If plaque is allowed to stay on the teeth for any amount of time, usually through lack of brushing and flossing, it hardens up into a rock-like deposit. This deposit is called Calculus (tartar) and can be removed only by scaling the teeth. This procedure involves scraping the calculus off with special dental instruments. Soft plaque is removed by polishing with a small rubber cup (prophylaxis). Many people think that "cleaning" are unimportant and a waste of time. This way of thinking is wrong. Professional scaling and prophylaxis, along with good patient home care, are the only ways in which to prevent gum disease.

Crowns: Crowns (sometimes called "caps") are used to restore teeth that are cracked or otherwise have much of their tooth structure missing. In chil-

dren, crowns are made out of stainless steel since they will be needed only until the child's permanent teeth come in. In adults, crowns are usually made out of gold or gold covered with material that matches natural teeth. To place a crown, the tooth is prepared by carving it down until it looks almost like a peg. In adults, an impression of all the teeth is taken and sent to a lab where the crown is custom made to the dentist's order. While the crown is being made, a temporary crown is placed in the patient's mouth. Crowns take up to several weeks to be made. Children's crowns are not custom made but are fitted much like shoes or clothing would be. The dentist chooses the correct size for the child's tooth.

Alloy and Composite Fillings: All fillings, whether they are alloys (silver) or composite (white), are placed in much the same manner as crowns. The soft, decayed part of the tooth is removed and the healthy part prepared in such a way that the filling will remain in place for many years. A metal band may be placed around the tooth to mold the filling material to the sides of the tooth. The filling material is then packed in tightly carved to resemble the original surface of the tooth. The filling is then allowed to harden.

These four things are among our most common procedures. If you are unsure of what it is that the dentist says you need, all you have to do is ask. Any dentist or staff member will be happy to explain.

Educational toys are available

With Christmas approaching the question of an appropriate toy for a youngster may be in mind. A toy which combines

enjoyment with learning would be the ideal choice.

Toys have been developed which assist children in the various

stages of their development. Educational toys have been researched and tested. They benefit children in their job of playing and learning.

Children are curious and enjoy discovery and exploration. They apply themselves in an open-minded way to completing tasks which give them the feeling of control over their environment.

In various stages of development children need toys which lead them into discovery. A one-year-old makes use of touch toys and toys easily distinguished in shape and color. Verbal skills are being developed along with cause and effect relationships. Sensory and motor skills are important. A one-year-old is also trying to develop ways to express himself and relate to others.

Through the three-year-old stage a child is looking for new experiences. Thinking, language and imagination are developed. Categorizing along with developing symbolic relationships occurs. A number takes on meaning, for example. Visual discrimination through se-

quencing, puzzles and spelling is important at this stage.

Problem solving abilities and preparing for "real life" situations is developed through the age of five years. Creative play toys, logical and problem-solving games and vivid books assist the child at this level of development.

More complex and abstract thinking processes require more advanced toys. A child at the eight-year-old stage is able to consider events occurring past, present and in the future. He is also able to plan, execute and produce and he enjoys the completion of projects. Board games, collections and gathering activities are important.

Educational toys, often difficult to locate in stores are available. Contact Caroline Cruz, 475-6886, with questions about educational toys for children in their various stages of development.

A selection of educational toys will be on display at Cruz's home at 268 North 7th Street on November 26 and December 3 beginning at 7:00 p.m.

leaves, stars, and practice decorative writing. Other projects may include soups and thickenings, sautees, ice carvings, and fruit garnish and decorating.

The class will meet every Monday night beginning at 6:30 p.m. at Kah-Nee-Ta Lodge kitchen.

Registration will take place at the first class session. Cost is \$8.00. The course will run until December 16th. For more information call the COCC/Warm Springs Center at 553-1161.

Confederated Tribes of the Warm Springs Reservation of Oregon

Todd Richards
Defendant

Order to Show Cause
Case no(s). TR301-85

To: Todd Richards

You are hereby notified: That the above cited case (s), as filed in the Warm Springs Tribal Court, has been scheduled for a show cause hearing at 9:00 a.m., on the 26th day of November, 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 7 3 85, should not be imposed for your failure to comply with the sentence imposed against you. This hearing will not be a full hearing

Geo-Quiz

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

Job Opening

Controller

Knowledge/Skills Required: Public relations orientation; prior experience which qualifies as teacher of all skills required by subordinates; formal education in accounting and finance; superior administration abilities; thorough knowledge of business law, federal, state and local regulations knowledge of insurance, employee benefits, claims and liability.

Salary negotiable. Closing Date: December 31, 1985.

Submit Resume to: Personnel Department, Kah-Nee-Ta Resort, P.O. Box K, Warm Springs, Oregon 97761

Horses seek

greener pastures

"The grass is greener on the other side of the fence," goes the saying and for at least 18 locally owned horses that greener grass has cost them their freedom. The horses were rounded up and taken to the Natural Resources department corral at the Industrial Park and there they will remain until their owners bail them out or go to court.

The owners of the horses have been charged with animal trespass and are scheduled to appear in Tribal Court. The animals are alleged to have caused \$515 damage to the landscaping and sod area south of the Community Center.

Seven individuals have been identified as owning the various horses.

Under the Warm Springs

Tribal Code, Chapter 345, Livestock control in populated areas, the Warm Springs community is closed to livestock and any found in the area are subject to seizure. The owners can be fined not more than \$25 per head plus the cost of feed for the animal while being held in custody. The owners can, also, be held responsible for any damage to property and could be required to pay restitution.

The enforcement of Chapter 345 in tribal court has been assigned to Associate Judge Anita Jackson.

If people are having problems with livestock in the closed areas (Warm Springs community and Kah-Nee-Ta) they should contact the Natural Resources department and identify the animals by description (color, brand, etc.).



Spilyay Tymoo photo by Shewczyk

PLAYING AND LEARNING—Vanessa Cruz plays with educational toy designed for children at her age level.

Chef to share culinary secrets

Ed Slough, celebrated Kah-Nee-Ta chef, will be teaching a four-week "Holiday Cooking" class for Central Oregon Community College starting Monday, November 25.

Slough's background in culinary cooking began with an

apprenticeship in Nuremberg, Germany. He has worked at Resorts throughout the United States including New Hampshire, Rhode Island, Wisconsin, Colorado. Slough taught table top French Cuisine to students at Colorado Mountain College.

He has also taught for Boise State University.

This four-week course will include demonstrations and hands-on learning in making icings and decorating cakes. Students will have a chance to make decorative flowers, rosettes,



Spilyay Tymoo photo by Shewczyk

Closing down

Inclement weather is bringing to end logging operations around Warm Springs for another year.



Spilyay Tymoo photo by Leno Baker

These horses are being held at the Natural Resources corral until their owners go to court or post \$25 per head. The owners are being charged with animal trespass. The horses were rounded up in the Warm Springs community area.

Tribal Court Notices

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 17th day of October, 1985.

Richard G. Frederick
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon

vs.
Romaine D. Miller
Defendant

Order to Show Cause
Case no(s). CR341-84
To: Romaine D. Miller

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for a show cause hearing at 9:00 a.m., on the 26th day of November, 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 6 10 85, 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 17th day of October, 1985.

Richard G. Frederick
Judge, Warm Springs Tribal Court