

## Sealants help protect molars



Often, when a child comes into our clinic for a routine exam, we will suggest that certain teeth be treated with Pit and Fissure Sealants. Usually, these teeth have either nothing wrong with them or they are beginning to decay. What, then, are pit and fissure sealants? Why is it necessary to treat healthy teeth with them?

Pit and fissure sealants are thin plastic coatings that cover and protect the chewing surfaces of back teeth. These are the surfaces most likely to decay because they contain small pits and narrow grooves (fissures). Food and germs get into the grooves and cannot be completely removed by brushing, flossing or other oral hygiene measures. As a result, the pits and grooves become breeding grounds for decay-causing germs. Sealants close off these areas so that food particles and germs are unable to settle in.

Ideally, sealants are applied to the permanent molars just after they've erupted, before they have gotten a chance to decay. Because of this, children between the ages of five and fourteen

benefit most from sealants. Applying sealants is a very easy procedure. Total treatment time is about twenty minutes and does not require any numbing or drilling. Once in place, sealants can be seen if the back teeth are examined closely. However, they will not be seen when your child talks or smiles.

Sealants should be checked once a year to make sure that they haven't worn off. While sealants aren't permanent, they should remain in place long enough to get your child through their cavity-prone years. Remember, sealants are good, but they're better when they are made a part of a total preventive dental program that includes: Brushing and flossing; regular dental check-ups and good nutrition.

## Be a careful consumer in 1986

Since 1985 has rolled to close, let us take stock on how we can become even better consumers.

Here are a few thoughts:  
Will buy only those that fit into my plan and budget.  
Shop for price and value.  
Before buying something I am unfamiliar with or one that costs over \$100, I will check with Consumer Reports, Changing Times and other relevant publications plus asking friends, experts and acquaintances about their experiences and thoughts. Be familiar with trends and features plus the pros and cons of various services and products.  
Along with my family, I will develop a spending plan and use it.

Keep records of spending so that I know where most of my money is going. Keep categories so that you can easily pick out the tax deductible items for next year's income tax.

Don't buy impulsive. Avoid shopping when tired or hungry.  
When grocery shopping, study the weekly sales of retailers and attempt to fit this into my menu where desirable. (Don't buy just because it is cheap. Make certain you will utilize the item.)  
Become aware of alternative sources of supply and their relative costs. Comparison shop.  
Make a list of possible repairs in the next year and figure out who you would get to repair the items. If you don't have a repair man, now is the time to find out

who is good, reasonable and available—not when there is a crisis.

Pay bills on time and avoid interest charges.

Check the wardrobe, attic, etc., and see if there are not some items that you care to throw away. Make somebody happy, get a receipt and take a tax deduction.

Be as careful in shopping for car loans, savings accounts, auto insurance, homeowners insurance, etc., that you are as thorough as you are in buying produce.

As a consumer, think not only of the initial price but the

costs including repair over the life cycle of the product. Think also what the product does to the environment.

Make certain that you have a will and that you have left instructions on what you want done after your transfer.

Expect businessmen to live up to their word and their advertisements; report those deviating to the Better Business Bureau.

Keep your sales slips and warranties.

Informally adopt an older person or a very youthful person and help them with their shopping and other consumer problems.

## Indian News Notes

### ONE-VOLUME VERSION OF ACCLAIMED HISTORY OF U.S. INDIAN POLICY IS PUBLISHED:

The University of Nebraska Press has issued a one-volume abridged edition of "The Great Father", a history of the United States Government and American Indians by Francis Paul Prucha. The original two-volume set, published in 1984, was acclaimed by reviewers as "the definitive work in the subject" and "the point of departure for all those embarking on research projects in the history of government Indian policy." It received the Ray Allen Billington Prize awarded by the Organization of American Historians.

The 432-page abridged version includes all the topics discussed in the original, covering the two centuries from the Revolutionary War to 1980.

The paper-bound abridged version is tentatively priced at \$9.95; the cloth edition is \$25.00. Orders should be sent to the University of Nebraska Press, 901 North 17th Street, Lincoln, Nebraska 68588-0520. Add \$1 for shipping costs.

### REPORT ON AMERICAN INDIAN VETERANS IS NOW AVAILABLE:

Information about Native American veterans is now available through a recently published report by the Veterans Administration in Washington, D.C. Information in the report, based on data obtained from the 1980 census, provided demographic and socioeconomic data on Native American veterans.

To obtain a copy of the report, write to Betty Pasco at the Veterans Administration, 810 Vermont Avenue, N.W., Washington, D.C. 20420 (202/389-2121).

### CONGRESSMAN WILL PROPOSE INDEPENDENT STATUS FOR HASKELL:

Congressman Jim Slattery from Kansas announced December 20 he plans to introduce legislation in 1986 that would remove Haskell Indian Junior College from the jurisdiction of the Interior Department and the BIA.

## Howlak Tichum Sims Holliquilla

Enrolled member of the Confederated Tribes of Warm Springs, Sims Holliquilla, died January 2, 1986 at 1012 S.W. 1st street in Madras. He was 63.

Born March 31, 1922 in Warm Springs to Tillman and Elsie (Simustus) Holliquilla, Sims attended schools in Warm Springs and Madras. He was in the U.S. Navy during World War II from 1942 to 1945. He was a shipfitter 3rd Class. He received the Asiatic-Pacific Area Campaign medal, the American Campaign Medal and the World War II Victory Medal. He worked as a tree faller and for the Warm Springs Police Department. He also worked for Gunderson Brothers Engineering in Portland and as a welder in construction. He

was a member of the Shaker Church and had been a traveling minister. He was also a member of the VFW. A 1954 car accident left him disabled.

Sims is survived by two sons, Ronald Holliquilla, Sr., and Tillman Holliquilla, both of Warm Springs, and Duane Techumusch of Portland. Also surviving is a foster grandson, Willon Youbeta and grandson Ron Holliquilla, Jr., Sunshine Youbeta and Chris Holliday.

Dressing ceremonies were January 3, 1986 at Madras Evergreen Chapel. Overnight ceremonies were held at the Simnasho Longhouse. The VFW conducted flag draping services. He was buried with full military honors at the Dry Creek Cemetery January 4, 1986.

## Court Notices

Merle Barlese  
Petitioner

vs.

Galan Marty Barlese  
Respondent

Summons  
Case no(s). DO241-85

To: Galan Marty Barlese

You are hereby notified that a petition for Dissolution of Marriage 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 9:00 a.m., on the 31st day of January, 1986, 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, Merle Kalama Barlese, may then be given all that is asked for in the Petition for Dissolution of Marriage.

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 30th day of December, 1985.

Lola Sohappay  
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs  
Reservation of Oregon

vs.

Rodney P. Adams  
Defendant

Order to Show Cause  
Case no(s). CR350-85

To: Rodney P. Adams

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 6th day of February, 1986.

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 10/14/85, 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 6th day of January, 1986.

Anita Jackson  
Judge, Warm Springs Tribal Court

## Smithsonian to offer internships

The Smithsonian Institution is offering five-week internships to 40 students who will graduate from high school this year. Seniors may apply for positions in various departments and offices in the Institution, in areas including archaeology, biology, public affairs, photography, history, veterinary science, art, carpentry, library science and computer science.

Students chosen for the program will each receive a living allowance of \$500. In addition to their duties as interns, the students will tour sites that many visitors to Washington, D.C., do not see: such places as the Organization of American States and Embassy Row. As part of the program, the interns will hold seminars to explain to the group both their assignments and the function of the host office.

Acceptance is based not as much on academic achievement as on a demonstrated interest in a particular subject area or career; the program has been

designed to enable students to pursue their special interests while working with museum professionals.

In addition to the living allowances, interns who come from outside the Washington area will receive housing in a nearby dormitory. The Institution will also provide their transportation to and from Washington.

Intern '86 will offer two separate sessions of the program: session one from June 8 through July 11; and session two from July 13 through August 15.

For applications and complete information, high school seniors should telephone (202) 357-3049 (voice) or 357-1696 (Telecommunications Device for the Deaf) or should write to INTERN '86, Office of Elementary and Secondary Education, Arts and Industries Building, Room 1163, Smithsonian Institution, Washington, D.C. 20560.

Applications must be requested by March 17, and completed applications must be post-marked by March 21.

## Type II diabetes have enough insulin

Most people with type II diabetes have more than enough insulin, but not enough receptors.

Because people with type II diabetes have fewer insulin receptors, glucose can't get inside cells and blood glucose levels rise. The condition, called hyperglycemia, can be a problem if not controlled. Being obese or physically inactive are two reasons why the number of insulin receptors is so low in people with type II diabetes. Overeating, or eating foods containing too much added sugar, directly elevates blood glucose levels. Stress and smoking can also lead to hyperglycemia and its symptoms.

### Early Symptoms of Type II Diabetes:

Fatigue is one of the first symptoms of type II diabetes. Body cells that have trouble getting glucose can't make energy quickly. Muscles become weak and tire out easily.

Frequent urination (polyuria) is caused by the release of glucose into the urine. It takes more water to pass the extra glucose that the kidneys are unable to reabsorb.

Increased thirst (polydipsia) is the natural consequence of

polyuria. Because of the loss of water due to increased urination, you are apt to feel more thirsty.

Blurry vision due to abnormalities in the way the lens and fluids in the eye use sugar is another early sign of diabetes. An optometrist or ophthalmologist may be the first to notice it.

Increased infections such as vaginal infections are a consequence of hyperglycemia. Odor and discharge may be noticed by you or a gynecologist.

### Late symptoms of type II diabetes:

When blood glucose levels remain high for many years, a variety of health problems can occur. Among these are hardening of the arteries (atherosclerosis) and progressive nerve dysfunction (neuropathy).

Atherosclerosis is caused by the gradual accumulation of fatty material on the walls of blood vessels throughout the body. The resultant narrowing of the vessels can interrupt blood flow to many parts of the body.

Transient Ischemic Attacks (TIAs), sometimes called mini-strokes, are caused by a brief interruption of blood flow to the brain. Momentary dizziness

or faintness can occur. When the blood flowing to the brain is blocked for a longer period of time, strokes can occur, leading to permanent speech impairment or paralysis.

Partial blockage of heart vessels may cause angina pectoris, a sudden sharp chest, arm, or neck pain usually following exertion. Heart attacks occur when blood flowing to the heart muscle itself is shut off. Heart cells that are deprived of nutrition may be permanently damaged.

Atherosclerosis of the arteries in the lower limbs can cause peripheral vascular disease (PVD). Muscles, skin, and other tissues can become deprived of oxygen and life-sustaining nutrients, resulting in pain, infection, or even death of the affected cells.

Neuropathy caused by hyperglycemia results from the progressive loss of the protective insulation that surrounds most nerves. In time, nerve impulses traveling to and from the brain can be impaired.

Tingling and burning in the feet are among the first signs of neuropathy of the sensory nerves. Pain and discomfort in the lower limbs, especially at night, is

another long-term effect of hyperglycemia due to diabetes. Ultimately, numbness may set in, making it difficult to feel cuts, burns, and other kinds of injury you may do to your feet. Check your feet often if you've had diabetes for several years.

## Church Services

St. Williams Catholic Church  
Warm Springs  
Matthew Crotty, Father  
Confession prior to Mass  
Sunday Mass begins at 8:30 a.m.

Warm Springs  
United Presbyterian Church  
Rick Ribeiro, Pastor  
Tel.: 553-1237  
Sunday Worship - 10:00 a.m.  
Bible Study Wednesdays, 7:00 p.m.

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.  
Young People's Service, Friday - 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.