

Dental care important during pregnancy



by Sandy Boers
IHS Hygienist

Some people don't really think about their teeth very much. As long as they can chew without any pain, they're happy. This is especially true for the mother-to-be, except, in her case, she has so many other things to think about, her teeth are usually the last thing on her mind. Unfortunately, the health of her teeth should be on her mind. This is no time for dental neglect!

About half of all expectant mothers are bothered by what we call pregnancy gingivitis. This is a condition where the gums tend to over-react to the irritants around them by swelling and bleeding. This is due to the hormone changes that accompany pregnancy. These are the same changes that give women

morning sickness and swollen ankles. Sometimes it gets so bad that the expectant mom may wake up in the morning and find blood on her pillow. This condition will usually subside sometime after the baby is delivered, but in the meantime, bleeding gums can be a real bother.

The best way to avoid pregnancy gingivitis is to be very careful about home care. Especially now, brushing and flossing is important because it is the only way to get rid of plaque, food and other irritants that the gums react to. If the teeth haven't had a professional cleaning in awhile, now would be a good time to get one.

Regarding x-rays in the dental office, it's usually recommended that x-rays be taken only in an emergency during pregnancy. If the need arises for an x-ray, the dental team will take a lot of safety precautions. They will be certain to place a lead shield over the patient to protect the mother and the unborn child.

It seems as if every mother-to-be hears stories about how "every baby takes a tooth" or that the baby "takes all the calcium away from the teeth."

This really isn't true. A developing baby has been known to borrow calcium from the mother's baby's calcium needs are met. If a woman has a lot of cavities after her pregnancy, the downfall is usually due to the neglect of her teeth before and after delivery.

The best thing that can be done for the mother-to-be and her unborn child is to follow some general rules for her health.

1. Eat healthy foods! Pick foods from the four basic food groups including milk and cheese, meat, fish and eggs, fruits and vegetables and breads and cereals. Moms-to-be, like everyone, should keep their bodies healthy by eating good food, drinking lots of water and avoiding things it doesn't need, like sugar, tobacco and alcohol.

2. Get regular dental check-ups and be meticulous about brushing and flossing. It will keep the gums healthy and the teeth free of decay.

If you're a mother-to-be, take care of yourself! You owe it to yourself and your baby to be as healthy as you can be.



Correctly identify the location of this rock formation on the Warm Springs reservation and win a year's subscription for yourself or a friend. Call 553-1644 or 553-1161, ext. 274 with your answer.

PCP a "dangerous" drug

PCP is a dangerous, unpredictable drug. Once people know the facts about PCP, they know there's nothing "fun" about the drug. PCP, also called "angel dust" on the street, is a deadly

drug that can cause uncontrollably violent behavior.

PCP is illegally manufactured by underground chemists who often mix the substance with other dangerous substances.

Users can never be sure which drug they're buying or how pure it is. Sometimes a deadly by-product of the drug results when the drug is synthesized. PCP is often sold as mescaline, THC, (the psychoactive ingredient in marijuana) or other drugs.

The drug is available in a number of forms: white powder, or tablet, or crystal. It can be swallowed, smoked, sniffed or injected. Some dealers add PCP to marijuana, unbeknownst to the user.

The physical effects of PCP include increased heart rate and blood pressure, flushing, sweating, dizziness and numbness to pain. Large doses can bring on drowsiness, convulsions and coma. Repeated convulsions, heart and lung failure or ruptured blood vessels in the brain can cause death.

Regular use may affect memory, perception, concentration and judgement. Paranoia, fearfulness, depression and anxiety are common among steady users. PCP users also can lose touch with reality and have psychotic episodes.

Sometimes these effects can last for weeks.

PCP is one of the most dangerous drugs known since it can produce violent or bizarre behavior in people who normally don't act that way. This behavior can lead to injury or death from accidental drowning, burns, falls, and car accidents.

How work affects your Social Security income

Karen Suiter
Field Representative

Did you know that you don't have to retire completely to get Social Security checks?

The basic purpose of Social Security is to provide a continuing income to workers and their families when earnings stop or are reduced because of retirement, disability or death.

Because Social Security checks are intended to replace, in part, those lost earnings, monthly payments generally are reduced if earnings go above a certain level. The measure used to decide whether benefits must be reduced or stopped is called the "earnings test."

The earnings test applies to everyone who gets Social Security retirement checks, except those who are 70 or older. Different rules apply to work performed by people receiving checks because of disability.

In general, you can receive all benefits due you for the year if your earnings do not exceed the annual exempt amount. This limit in 1986 is \$7,800 for people who are 65 to 70 and is \$5,760 for people under 65. (In 1985, the limits were \$7,320 for people 65 to 70 and \$5,400 for people under.)

If your earnings go over the annual amount, we will deduct \$1 from your benefits for each \$2 you earn above the exempt

amount. Even if your earnings are above the exempt amount for this year, some Social Security checks may still be payable. For example, if you are 65 with a monthly benefit of \$400, you could earn \$17,400 in 1986 before all benefits are withheld.

Benefits are payable for all months in which you are 70 or older, regardless of the amount of your earnings in those months or total earnings for the year.

If you expect to earn over the annual exempt amount, you should tell Social Security promptly how much you expect to earn so some or all of your benefits can be withheld. Any benefits which were incorrectly paid may have to be repaid. If

you later find that your earnings will be higher or lower than you expected, you should again tell us. If your earnings were over the exempt amount in 1985, you are required to file an annual report of earnings by April 15th of this year.

There is a special rule that allows people who retire during a year to receive benefits for the remainder of the year regardless of their earnings before retirement.

Under this rule, you can get a full benefit for any month your wages do not exceed the monthly exempt amount and you do not perform substantial services in self employment. The monthly exempt amount in 1986 is \$650 if you're 65 or older and \$480 if you're under 65.

The special monthly test can

apply only for the first year you have little or no earnings for one or more months. In all other years, the amount of benefits payable to you depends on the total annual earnings.

In figuring your total yearly earnings, count any wages you can earn from work as an employee and any net earnings from self employment. Combine your earnings if you're employed and self employed; deduct any net losses from self employment. All earnings from employment and self employment must be included even if some aren't covered by Social Security.

For more information on how work affects your Social Security checks, please contact your local Social Security office or call toll-free 1-800-452-1654.

Horse for sale

For Sale: Registered quarter horse, Super Leo Hug, 11 year-old sorrel chestnut gelding, 15½ hands, finished on barrels, trained and once owned by Lucy Schnable. Proven winner—can give places and monies has won. Breeding—(sire) Leo Hug, (dam) Superlative. Call 553-1469 on weekends only.

Bike for sale

For Sale: 1978 Suzuki, 550-4 cylinder/4 stroke; in good shape; tires excellent; clear title; seat recovered; \$700. Can be seen at 1654A Sherer Lane. For more information call 553-1161, ext. 274 or 285 week days.

Tribal Court Notices

Summons
Case no(s). DO163-84, 37 & 40-83

To: Darrel Foster

You are hereby notified that a Petition for 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 3:00 p.m., on the 31st day of March, 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, N/A, may then be given all that is asked for in the Petition.

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 28th day of February, 1986.

Lola Sohapp
Judge, Warm Springs Tribal Court

Warm Springs Housing Authority

vs.

James W. Thomas, Sr.
Defendant

Notice of Trial/Hearing
Case no(s). CV3-86

To: James W. Thomas, Sr.

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 10:00 a.m., on the 23rd day of April, 1986.

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(s). 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.

Richard G. Frederick
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon

vs.

Barbara Ceja
Defendant

Order to Show Cause
Case no(s). DO128-85

To: Barbara Ceja

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 11:00 a.m., on the 31st day of March, 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 your parental rights should not be terminated. This hearing will not be a full hearing on the merits of the case.

If you fail to appear as so ordered, an order for termination shall be issued. If you have any questions, you should seek legal assistance immediately.

Dated at Warm Springs, Oregon on this 28th day of February, 1986.

Lola Sohapp
Judge, Warm Springs Tribal Court



Spilyay Tymoo photo by Sheweyk

The Warm Springs Indian Health Clinic recently received a citation from the Health Resource Services Administration director for outstanding group performance. The clinic is the only facility under the direction of the Portland Area Office to receive the award. There are currently 27 employees at the clinic.

SUBSCRIPTION TO SPILYAY TYMOO

SEND SUBSCRIPTION TO

SPILYAY TYMOO P.O. Box 735 WARM SPRINGS, OR 97761

NAME _____

ADDRESS _____

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SUBSCRIPTION RATES: ONE YEAR \$6.00

All Warm Springs tribal members will receive the Spilyay Tymoo at no cost. Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.

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

Rick Ribeiro, Pastor
Telephone: 553-1237

Sunday School and Sunday Worship 10 a.m.
Bible Study Wednesdays 7 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.

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.