

Help your child develop good dental habits



by Sandy Boers
IHS Hygienist

In all the years that I've been working in a dental office, I can only think of eight or nine people who genuinely didn't mind going to the dentist. On the other hand, I've lost count of all the people who were utterly terrified. The worn-out armrests on most dental chairs are testimony to the hundreds of gripping, white-knuckled patients who've sat in them. Sometimes the fears

get a little extreme. For example, I've had women tell me that they would rather have babies than have their teeth worked on. Others have flinched at the touch of a cotton roll. What's been going on here? Why is there such a universal fear of the dentist?

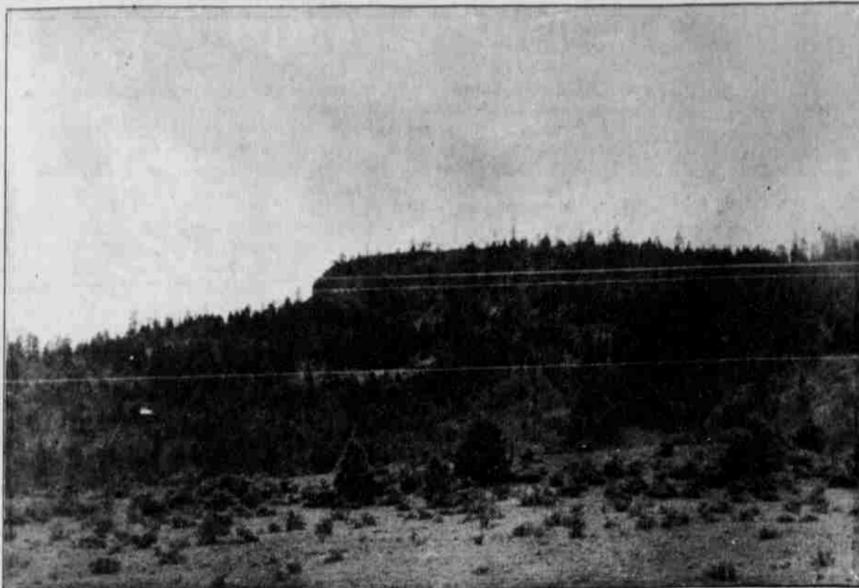
Many, many adults, myself included, have had bad experiences with the dentist. Most of these experiences stem from childhood and a lot of us just haven't gotten over them. Luckily, dentistry has come a long way in the last fifteen years, so really painful experiences aren't very common anymore. There's always the patient who has had a toothache for months and won't go to the dentist because they're afraid. Eventually, the tooth crumbles, infection sets in and then they decide it's time for the dentist. The dentist is faced with a remnant of a tooth that is as soft as a marshmallow plus an infection so bad that the tooth can't get numb. Because the

tooth is so infected, it must be removed and, of course, it is a very difficult extraction. The patient leaves with their fear of dentists reinforced and the dentist has aged a few years trying to get the tooth out. Fortunately, this type of thing doesn't happen very often. Most people will come into the dentist's office at the first sign of trouble.

We adults have to deal with our fear as best we can. But what about our children? Children are not born with a fear of dentists; they learn to fear. If mom moans for a week about her upcoming dental appointment and talks about how much she hates "those shots," her child will pick up on it. Mom's fears become the child's fear. Soon, the child is talking about the evils of the dentist to friends and now, even before the child has even seen the inside of a dental office, the dentist is someone to be feared.

To help your child develop a healthier attitude toward dentists, begin regular dental treatment early, before the child has any serious dental problems. The first appointment for a two-year-old may frighten the child because everything will be new. To prepare them, it's best for parents to talk with the child about what will be seen at the dentist in a positive way. Tell them about the chair that moves up and down and the strange noises all the different special tools make. Tell them the dentist will count their teeth and look at them with a special mirror. They might even get their picture taken.

Hopefully our children will be able to grow up without an unreasonable fear of the dentist. They'll be less likely to put off treatment and because of this, their appointments will be easier and their teeth will be healthier. Fear of the dentist is one tradition that doesn't need to be passed on.



Spilyay Tymoo photo by Miller

Once again this photo is appearing for the Geo Quiz. Call in its location and win a year's subscription of the Spilyay Tymoo. A little clue as to where the picture is... it's along a well traveled road here on the reservation. Call 553-1644 with your answer.

COCOA Annual meeting set

The Central Oregon Council on Aging (COCOA) will hold its public Annual Meeting at the Prineville Senior Center, May 22 1:00 p.m.

The Area Plan will be available for review at all Senior Centers and information and Referrals a week prior to the Annual Meeting.

Anyone wishing to attend the noon meal is requested to make a reservation by calling the Prineville Nutrition Program, 447-1177.

Prior to the Annual Meeting at 10:30 a.m. COCOA Board meeting will be held at the same location. All interested persons are encouraged to attend.

For further information please contact the COCOA office in Bend, 389-3311.

Be sure to vote May 29

Roads will not plow drives

In years past the B.I.A. Roads Department has accepted the responsibility of snow removal from private approaches and driveways. This practice has been in direct violation of Federal Regulation. We provided this service for the benefit of all people living on the reservation.

As of this coming winter (1986-87) the B.I.A. Roads Department will no longer provide this service. Snow removal will be limited to the B.I.A. road system only, including all main traveled roads by the school buses, working people, police, fire and safety, etc.

The upcoming snow winter season,

and henceforth, your personal private approaches or driveways will be your responsibility to clear. You, as a home and land owner, will need to make arrangements to get the snow removed from your driveways/approaches.

People available at this time are listed below, these people will quote their prices for services to be provided. Those to call are Brunoe's, 553-1596, Kelly Beymer, 553-1471, Levi Greene, 553-1763 or Tommy Smith, no phone at this time.

If you have any questions, please direct them to: 553-1121, ext. 425.



Spilyay Tymoo photo by Shewczyk

Pathway of life ministries and the Friendship Corner Cafe is under the directorship of Everett Jackson with Art McConville (pictured on the right) managing the cafe assisted by his wife Billie Jo. The cafe is open from 8 a.m. to 8 p.m. daily. The McConvilles' extend an invitation to stop by if only to say "Hello."

Correction

In an earlier edition of the Spilyay Ray Elkins was named as the journeyman trainer apprentice trainee Waldon Winishut when in fact Cliff Stallings is the trainer for plumbing.

Court Notices

Confederated Tribes of the Warm Springs Reservation of Oregon

Dated at Warm Springs, Oregon on this 8th day of May, 1986.

Lola Sohappay

Judge, Warm Springs Tribal Court

Spencer L. Keo
Defendant
Notice of Trial/Hearing
Case no(s). CR192-85
To: Spencer L. Keo

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 9:00 a.m., on the 12th day of June, 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.

Thomas Stites

Petitioner

vs.

Dennis L. Smith, Sr.

Respondent

Summons

Case no(s) CV47-86

To: Dennis L. Smith, Sr.

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 9:00 a.m., on the 13th day of June, 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, Thomas Stites, 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 5th day of May, 1986.

Anita Jackson

Judge, Warm Springs Tribal Court

Warm Springs Housing

Petitioner

vs.

James Thomas, Sr.

Respondent

Summons

Case no(s). CV3-86

To: James Thomas, Sr.

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 10:00 a.m., on the 10th day of June, 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, Warm Springs Housing, 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 5th day of May, 1986.

Richard G. Frederick

Judge, Warm Springs Tribal Court

Community Church Services

Blessed Kateri Takakwitha
Reverend Leo F. Weckerle
Confession prior to Mass
Sunday Mass: 8:30 a.m.

Reorganized Church of Jesus Christ of Latterday Saints

Clint Jacks, Elder
Worship: 10 a.m.
Telephone: 475-6616

Warm Springs Baptist Church

Allen Elston, Pastor
Sunday School: 10 a.m.
Morning Worship: 10 a.m.
Bible Study:
Wednesdays, 8 p.m.
Telephone: 553-1267

Warm Springs Full Gospel Church

Orin Johnson, Pastor
Sunday School: 10 a.m.
Worship Services: 11 a.m.
Sunday Evening: 7:30 p.m.
Bible Study:
Wednesdays, 7:30 p.m.

Warm Springs Presbyterian Church

Rick Ribeiro, Pastor
Sunday School and
Sunday Worship: 10 a.m.
Bible Study:
Wednesdays, 7 p.m.
Telephone: 553-1237

Training conducted on reservation

The Bureau of Indian Affairs, Warm Springs Agency, is currently sponsoring national training in prescribed fire. Trainees from Reservations in Oregon, Washington, and Montana will receive certification as burn bosses at the completion of this two-week course.

The course includes instruction on fire history, fire effects, fire

behavior, smoke management, and prescribed burning. Trainees are evaluated on writing burning prescriptions and completing an actual broadcast burn. The instructors are from the Bureau of Indian Affairs and Bureau of Land Management.

Broadcast burning on the Warm Springs Reservation will begin May 19 and extend through early June.

The burning will take place in selected areas from Seekseequa Creek to the north boundary, and smoke will be visible from Highway 26. The objectives of broadcast burning are to prepare a seedbed for tree regeneration, slash removal, and brush removal for tree planting. If you have questions, call Fire Management at 553-1146.



Spilyay Tymoo photo by Shewczyk

JTPA workers Charles Tailfeathers presents keys belonging to newly constructed house in Sinnasho to Warm Springs staff analyst Jeff Sanders. Workers built two houses in the community working at minimum wage in an effort to acquire building construction skills. The houses will be sold.

SUBSCRIPTION TO SPILYAY TYMOO

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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.

Howlak Tichum

Victoria Annie Winishut

Victoria Annie Winishut, aged 27, died in a single car accident May 7 on Highway 3. She was born April 5, 1959 to Dallas Winishut, Sr. and Virginia Mitchell in Redmond, Oregon.

She attended Warm Springs Grade School and Madras High School. She was an enrolled member of the Confederated Tribes, was a member of the Washat religion and enjoyed beadwork and war dancing.

She is survived by her parents, one daughter, Emilie Mae Winishut and two sons, Tilden McDonald,

Sr. and Terren McDonald. Also surviving are five brothers, Darrell, Dalles, DeVearl, Joseph and Derek Winishut and one sister, Cecilia Stormbringer. All are residents of Warm Springs. A grandmother, Ida Howtopat, of Yakima, also survives.

Dressing ceremonies were conducted by Caroline Tohet May 10, 1986 at the Sinnasho Longhouse. Overnight Washat ceremonies were conducted May 10 and 11 by Matilda and Pierson Mitchell. Burial was May 12 at the Tenino Cemetery.

Bill Eyle

Enrolled member of the Yakima Nation, Bill Eyle, died May 12, 1986 at Mt. View Nursing Home following an extended illness. He was born January 28, 1912 in Yakima to John and Julia (Pete) Eyle.

He attended Yakima Grade School and Chemawa Indian School. He was a past minister of the Warm Springs Shaker Church. He sponsored many basketball teams, including the Oregon Travelers, over the years. He owned and raced many race horses and often was his own jockey. He farmed and ranched and he owned and operated a commercial fishing boat as well as fishing at Sherars Bridge and Celilo.

On January 19, 1955, he married Mabel Henning, who survives. Also

surviving are a daughter, Kathleen Marlin and stepdaughters Lena Santos and Ruby Torres; and four step-sons, Edward Reed, Charles Reed, Pete Reed and Frederick Reed. Two brothers, Charles and Tom Eyle, also survive. There are 24 grandchildren, 12 great-grandchildren 7 great-great-grandchildren also remaining.

Dressing ceremonies were conducted May 14 by Johnny Howtopat and Leslie Howtopat at the Madras Evergreen Chapel. Overnight ceremonies were held at the Shaker Church. A Garment Service was held at the Shaker Church May 15 followed by burial at the Sinnasho Cemetery.

Pearle Irene Long

Pearle Irene Long, age 91, died May 16, 1986 at Mt. View Nursing Home in Madras. Born March 25, 1895 in White Earth, Minnesota, Mrs. Long came to Warm Springs in 1939 as the advisor of the girl's dorm at the boarding school. She worked there until her retirement in 1960.

Survivors include a son-in-law,

Waldron Lessert, two granddaughters Susan Sun and Lois Mayo and a grandson, Jay Lessert.

A memorial service was held at St. Mark's Episcopal Church May 21 in Madras.

Contributions can be made to the Mt. View Nursing Home at 1270 A Street, Madras, Oregon 97741.