

Cavities... Why so many?



by Sandy Boers
IHS Hygienist

Did you ever wonder what our ancient ancestors did when they had a cavity? One would think that they certainly had a lot of cavities because there were no dentists around to take care of them. Maybe they went to their village healer for help or pulled out their own teeth. Well, the fact of the matter is that ancient people just didn't get cavities. When these people had toothaches, it was because they had either broken teeth or teeth that were worn down. What happened? Why do we get so many cavities now?

The answer is diet! Our ancestors just didn't eat like we do today. All their food were natural and they only ate as much as their bodies needed. Their diets did not include processed foods that contained large amounts of sugar or salt like our diets do today. Many of us have developed health problems related to diet. One of these problems has been dental cavities.

Cavities can be traced to one element of our diet. That's sugar. Most people know that sugar causes cavities but either don't want to reduce the sugar in their diet or don't know how to reduce it. I'm going to give you a few suggestions that work for me.

At the Grocery Store: Let's say that you are at Safeway doing your weekly shopping. You've gotten all the things you know your family likes and you're ready to go to the check-out stand. Stop a minute and look at your cart and think. Does your family really need three cases of Classic Coke, two cans of Hi-C, a bag of caramel candy and that big box of Super Sugar Crisp? What can you get instead? How about substituting the cans of Hi-C for a couple of bottles of fruit juice? Trade in a couple of the cases of soda pop for sugar-free soda or lemonade. Maybe you could really go crazy and give your family water to drink? Get rid of the caramels and pick up some fresh fruit, cheese or a big bag of popcorn. Put back the sweetened cereal and pick up something with little or no sugar. Even if you break down and add a little sugar to the unsweetened cereal, you're still getting a lot less sugar that way. (Cheaper too.) Remember, if the sugary stuff doesn't get into the house to begin with, it won't be eaten there. Now you're ready for the check-out. On the way out, you might want to stop and pick up a free copy of "Eat Right and Smile

Bright" at Safeway's nutrition display.

At home or at work: Are you one of these people that has to add about half cup of sugar to their tea or coffee to make it taste good? try some sugarless flavored coffee or herbal tea. If you have a snack during break, make it fruit or popcorn. Does your group raid the refrigerator the minute they walk through the door? Keep a plate of apples, carrots and celery sticks, grapes, bananas, cheese and crackers; or anything that's naturally sweet and good in the refrigerator. It really satisfies. If you must eat sugar things, eat them at mealtime. (Remember to brush afterwards!)

At School: This really is a problem. I guess there's no way to keep kids from sneaking off after school to buy a candy bar or soda. The only answer to this is to teach our kids the importance of cutting down on sweets. What's learned in school needs to be reinforced at home. Only then will our kids be able to make intelligent decisions about their diets.

All of this suggests that cavities can be controlled by diet alone. Believe it or not, it's true. But, if you're willing to cut out all the sugar in your diet, at least cut down. Less sugar means fewer cavities. In addition, if you keep up good brushing and flossing habits, who knows? You may not get any cavities in spite of what you eat!



Geo Quiz

Spilyay Tymoo photo by Miller

Somewhere on the reservation along a well-traveled road this scene is visible. Call in its location and win a year's subscription to the Spilyay Tymoo. Have it mailed to a friend, relative or whomever. Call 553-1644 with your answer.

Grant funds approved by College board

Nearly \$73,000 in federal and state grant funds were approved by Central Oregon Community College Directors at their regular monthly meeting July 9.

The funds will be used for Adult Basic Education efforts, a vocational regional cooperative planning position and vocational-technical equipment.

In other board business, Max Merrill, Bend, was elected chairman for 1986-87. Bob Eberhard, Redmond, was elected vice-chairman.

Three vacant faculty positions were filled. Carol G. Henderson was hired as Faculty Librarian and Instructor of Library Skills. Her most recent experience has been as the Head of Technical Services at Keene State College in New Hampshire.

Instructor of Nursing Susan Hart comes to COCC from the University of Wyoming where she has served as Assistant Professor of Nursing. Her specialty is maternal-child nursing.

William P. Smith, who taught machine shop of COCC part-time, will become a full-time faculty member. Smith wrote a new machine shop curriculum which increased skill building and added the latest in computer-based machine technology while at the College last year.

The Board also heard reports on College Insurance coverage and the Oregon Community college Association's Governance Proposal.

Saddle club rodeo—Continued from page 6

series. Winners on a single series will receive monetary prizes. Winners of the cow race events will not receive a trophy buckle. Events include; Bareback and bull riding; Saddle bronc; calf and team roping; wild cow and horse racing; wild cow milking and barrel racing. Entries for the rodeo beginning July 18 closed July 16. Books will

open again August 25 and 26 for the rodeo beginning August 30. Everyone is welcome to enter or be a spectator. Gate admission is four dollars for adults, two dollars for children and free for children under

six. All you can eat breakfast and Saturday night dance is also featured. For more information call Carol at 1-206-687-4405.

Court procedures listed

1. Sign in before being seated. You will be called when court is ready to proceed.
2. No smoking, drinking or eating while court is in session.
3. No entering court while under the influence of drugs or alcohol. Person will be removed to Warm Springs Police Department Jail on contempt.
4. Do not speak unless called upon by Judge.
5. No children allowed in court (unless required by the court).
6. No excessive noise.
7. Remove hat and dark glasses in court room.
8. Must be dressed, no cutoffs. Must have shirts and shoes. If not dressed accordingly, person will be removed from court and held in contempt.
9. Juvenile hearings are not open to the public.

and the term "Indian Community" is not defined. To be eligible for contract health services (services purchased from non-IHS hospitals and providers), a person not only must be eligible for direct care from the IHS but also must reside within a designated contract health service delivery area and either be a member of a local tribe, or if not a member, reside on that tribe's reser-

vation or have close social and economic ties with the tribe.

During the four-month comment period, the IHS will hold public meetings in each of its 12 administrative areas so that interested persons may express their views on the proposed rules. The times and places of meetings will be announced locally.

Parade winners told

The Pi-Ume-Sha powwow traditional parade was held Saturday, June 21, 1986. Winners in the parade were:

Floats—Grant Wahenka, first; Julia Wolfe, second; VFW, third and Ike family, fourth.

Men Walker—David Miller, first; Randy Minthorn, second.

Horseback—Wilson Wewa, first; Delvis heath, second and Keith Taylor, third.

Women Walker—Esther George, first; Gladys Sohapp, second and Renee George, third.

Little Boys—Wes Wiltsee, first; AD Wapsheli, III, second and Wayne Wiltsee, third.

Grand Ronde tribe to sponsor second annual powwow

The Second Annual Grand Ronde powwow will be held at the Grand Ronde Elementary school Saturday August 23, 1986.

According to powwow spokesperson Margo George, a nineteen member committee has been raising money throughout the year to sponsor the powwow and dinner. The powwow will begin at 7 p.m. and a dinner will precede the powwow at 2:30 p.m. The dinner will feature

baked salmon. The purpose of the powwow is to celebrate the restoration of the Confederated Tribes of the Grand Ronde and according to George, "to bring together all the new tribal members, to get together and bring out people closer."

There are no competition prizes monies but according to George, there may be prizes for future powwows.

Tygh Pa Ma activities set

The Tygh Pa Ma committees seeking four girls to sell tickets and vie for the Tygh Valley Encampment queen title. The committee is also looking for four boys for the encampment brave title. The powwow will be held August 23 during the Wasco County Fair. The fair will be August 23 and 24.

This year the committee is striving to raise enough funds to serve a light lunch immediately following the powwow.

A memorial horse race will be run on Saturday August 23, further

details are to be announced at a later date. The Son-Son Heath Open Memorial, the Tina Heath Memorial for female jockeys and the Lloyd Woodside Open Memorial will be held Sunday, August 24.

Jackets will be awarded to the leading trainer, outstanding sportsmanship and leading jockey. Jockeys winning will also receive trophies. The winning owners will receive halters and cooling blankets.

Jimmy Wesley, Sr. will be in charge of the horse race and Neda Wesley is in charge of the powwow.



Spilyay Tymoo photo by Pat Leno-Baker

Fireworks filled the Warm Springs skies July 4 as the community joined the rest of the nation in celebrating 210 years of independence.

Court Notices

Confederated Tribes of the Warm Springs Reservation of Oregon

vs.
Gloria Warner
Defendant
Order to Show Cause
Case no(s). CV142-85

To: Gloria Warner

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 29th day of July, 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 11/26/85, 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 23rd day of June, 1986.

Richard G. Frederick
Judge, Warm Springs Tribal Court.

Robert and Patricia Speakthunder
Petitioner

vs.
Marissa and Walter Cooper, Sr.
Respondent

Summons for Publication
Case no. D0115-86

To: Walter Cooper, Sr.

You are hereby notified that a Petition for Name Change 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 12th day of August, 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 for Name Change.

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 8th day of July, 1986.

Richard G. Frederick
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon

vs.
Brenda Goodlance
Defendant

Order to Show Cause
for Public Notice
Case no. CR135-86

To: Brenda Goodlance

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 2:00 p.m., on the 5th day of August, 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 4/23/86, 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 2nd day of July, 1986.

Anita Jackson
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.
Alcoholics Victorious:
Tuesdays, 7 p.m.
Presbyterian Men's Group
2nd and 4th Sunday 7 a.m.
Deschutes Crossing
Telephone: 553-1237

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.

Burning permits required

Fire Management, Bureau of Indian Affairs announces the 1986 Fire Season will be in affect as of June 6, 1986 and will continue until this fall. We urge that all activities such as logging, camping, picnicing, branding, and others be done with fire safety in mind. Please be extra careful and help make the summer of 1986 a fun and safe one.

Burning permits are required for trash barrels, sweat house fires, debris burning and others. Permits are available at Fire Management, 4205 Holliday Lane, seven days 10:00 a.m. to 6:30 p.m.