

Choosing the right brush important



by Sandy Boers, RDH
IHS Hygienist

At least once a month, I receive information through the mail about some new dental product. Most of these ads claim that their toothbrushes are better than the rest because their handles are bent, or the bristles go in three different directions or because of some other gimmick. With so many different types of brushes on the market, it's getting pretty difficult to know which really is the best. Are any of them better than the rest?

Basically, a person should choose the toothbrush that works best for

them. However, there are a few guidelines that should be followed. The best toothbrushes:

1. are **SOFT BRISTLED**. Hard or medium toothbrushes can cause the gums to recede (push up along the root surfaces) and can also wear away tooth structure. If you are using a hard or medium toothbrush, try to switch. It isn't easy. Your first impression of a soft brush will be a feeling that your teeth aren't getting clean. Even though it won't feel like it, your teeth will actually be getting cleaner. Soft bristles will "give" and spread out more to get around gumlines and in between teeth. (You still have to floss!) After a few months of using a soft-bristled toothbrush, you won't be able to switch back to a hard brush. The hard brush will hurt your gums so much, you'll wonder how you ever used it.

2. have **EVEN BRISTLES**. Bristles that are a little longer on the sides or in the middle put too much pressure at the gumline. This will also cause gum recession.

3. have **SMALLER HEADS**. Large toothbrushes cannot clean well around back teeth, especially along the cheek side of the teeth. Unless you have a mouth the size of a hippopotamus, a large head will ram into your cheekbone. With some types of toothbrushes, I'll buy one that is child-size. With that size, it's easy to get as far back as I need to without hurting my mouth.

4. do **NOT** have **"NATURAL" BRISTLES**. Natural-bristled toothbrushes are expensive brushes with bristles made out of boar's hair. Because the bristles are natural, their size and shape cannot be controlled. These toothbrushes really soak up water and water makes the bristles grow and swell to very uneven sizes. These brushes also tend to be very hard.

Even with these guidelines, there's still a tremendous selection of toothbrushes from which to choose. Pick your favorite color and your favorite gimmick, then USE the thing. A toothbrush is only as effective as the person using it.

Deschutes Fair to show growth

The 67th Deschutes County Fair is open to the public July 30 to August 3. The theme given to this year's fair is "Deschutes County—Growth and Harmony."

Saturday's parade will have a special feature this year. The fair board will present three horses with empty saddles to honor three supporters of the Deschutes County Fair who all died in the past year. Those men were Paiute Chief Nick Kalama, Zane "Zeke" Scott who was a horse trainer and race horse owner and Laddie Jordan who was a member of the fair board handling the races and Indian participation at the fair and a friend to many Warm Springs people.

The fairgrounds, located in Redmond, Oregon, open at 9 a.m. Wednesday through Saturday and at 8 a.m. Sunday. Closing time is 10 p.m. Wednesday and Thursday, 11 p.m. Friday and Saturday and 4:30 p.m. Sunday.

Special entertainment during fairtime includes: Thursday, July 31, 6 p.m.—Old Time Fiddlers.

Friday, August 1, 4 p.m.—P-Nut Butter Conspiracy Barber Shop; 5:10 p.m.—Randy Hill, magician; 7 p.m.—P-Nut Butter Conspiracy; 8:10 p.m.—Randy Hill; 9:30 p.m.—Rock Band.

Saturday, August 2, 1 p.m.—Calliope; 1:30 p.m.—Sweet Adelines; 2:10 p.m.—Randy Hill; 3 p.m.—Rick and Sidney, ventriloquist; 4:10 p.m.—High Desert Tumbleweeds, tumblers; 5:10 p.m.—Dry Canyon Filharmonick; 6:20 p.m.—Randy Hill; 7:10 p.m.—C.O. Gymnastics; 7:50 p.m.—Rick and Sidney; 9:30 p.m.—Loredo, Western Band until 1 a.m.

Daily fairtime activities through Sunday, August 3 are as follows:

THURSDAY, JULY 31

5 p.m.—FFA dairy showmanship, dairy ring.
6 p.m.—4-H dairy showmanship, dairy ring.
7-8:30 p.m.—4-H style review and pre-fair award presentations, entertainment stage.
6:30 p.m.—Open class Angus and Hereford judging, beef ring.
7 p.m.—Tractor Pull

FRIDAY, AUGUST 1

7:45 a.m.—4-H livestock exhibitors, beef ring.
8 a.m.—FFA swine showmanship, swine ring.
8 a.m.—Open class horse halter judging, arena.
8:30 a.m.—4-H sheep showmanship, sheep ring.
9 a.m.—4-H dairy goat judging, dairy ring.
9 a.m.—FFA beef showmanship, beef ring.
9 a.m.—4-H rabbit judging contest, rabbit barn.
9:30 a.m.—4-H swine showmanship, swine ring.
10:30 a.m.—12 noon—4-H beef showmanship, beef ring.
12 noon—Chamber of Commerce

and Handicapped Luncheon, 4-H Food Booth, businessmen's luncheon room.

1 p.m.—4-H beef showmanship continued, beef ring.
2 p.m.—FFA dairy goat showmanship, dairy ring.
2 p.m.—FFA sheep showmanship, sheep ring.
3 p.m.—State fair sign-ups begin.
4 p.m.—4-H special awards interviews. Extension office.
6 p.m.—Open class sheep judging—Dorset, Hampshire, Montadale, Shropshire, Southdown, other wool breeds and other meat breeds, sheep ring.
6 p.m.—4-H dairy goat showmanship, dairy ring.
6:30 p.m.—Open class beef judging, Shorthorns, Angus and Simmental, beef ring.
7 p.m.—Open class dairy goat judging, dairy ring.

SATURDAY, AUGUST 2

7:45 a.m.—4-H Livestock exhibitors meeting, beef ring (State fair information)
8:30 a.m.—Parade participants assemble at John Tuck School grounds, 209 N.W. 10th for parade line-up and judging.
10 a.m.—Street parade, 6th Street
10 a.m.—Open class sheep judging, Suffolks, sheep ring.
12 noon—Visiting Fair Queen and Court luncheon (courtesy of DCFA), 4-H food booth, businessmen's luncheon room.
12 noon—FFA members usher rodeo.
1 p.m.—Rodeo and races, arena.
1 p.m.—Open Class Llama judging, dairy ring.
3 p.m.—4-H Llama showmanship and training followed by 4-H

Llama judging, dairy ring.
3 p.m.—FFA master showmanship contest, beef ring.

4 p.m.—6 p.m.—4-H and FFA Kiwanis Livestock Auction Buyers Barbecue, 4-H food booth area.
5 p.m.—Open class horse performance judging, arena.
7 p.m.—4-H and FFA Kiwanis Livestock Auction, beef and sheep rings.
8 p.m.—Rodeo, arena.

SUNDAY, AUGUST 3

5:30 a.m. to 9:30 a.m.—Buckaroo Breakfast and entertainment, buckaroo breakfast area.
10 a.m.—4-H animal style show, beef and sheep rings.
11 a.m.—State Fair Participants meeting (parents' attendance requested).
12 noon—FFA members usher rodeo.
1 p.m.—4-H master showmanship contest, beef and sheep rings.
1 p.m.—Rodeo and races, arena.
3 p.m.—4-H awards program, beef and sheep rings. FFA awards program, beef and sheep rings.
4:30 p.m.—All 4-H, FFA, open class, community and commercial exhibits released.
4:30 p.m.—All 4-H and FFA market animals released.
8 p.m.—All exhibit buildings closed.

Correction

Myrna Courtney was not the maker of the breast collars which were used at the Art show as stated in the last issue of Spilyay. She did make the quilt. We apologize for the mistake.

Assistance needed in preserving language

by Frederick D. Bobb

A new culture was introduced to a minority owned operation on Thursday, July 17. The group's name is Interface, and they deal in helping minority groups in certain tasks, such as preserving the native tongue among today's Indians.

Nina Rowe, director of the Culture and Heritage department, and bilingualist for the Confederated Tribes Hank Morrison met with an Interface consultant for a lay-out plan of what the Tribe really wanted. The meeting lasted two hours, and Rowe was satisfied with most of the results.

It was agreed upon that the area in which the Tribe needs the most assistance lays in the boundaries of preserving the native language. Morrison stressed that a majority of the elders among the Tribe know enough of the language to begin teaching, but they can also find higher paying jobs elsewhere.

Interface has made a plan that

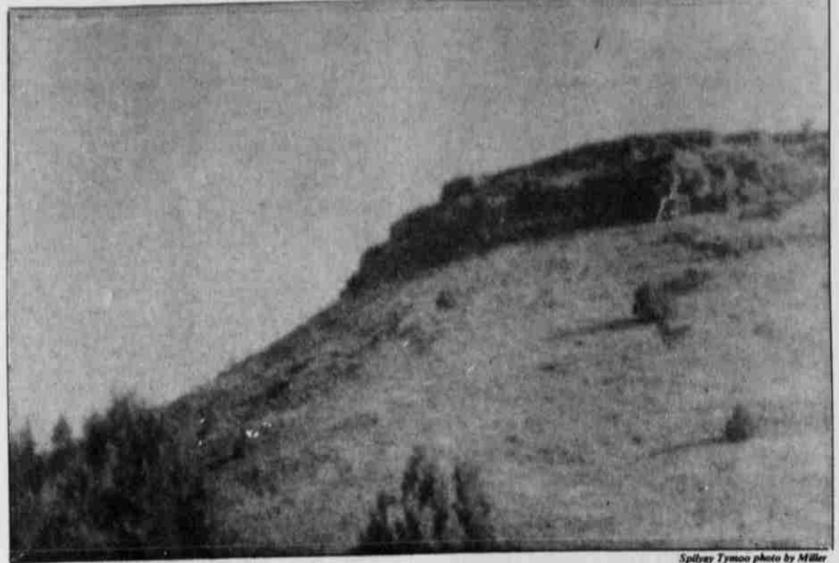
would allow their people to train two people the teaching procedures. These people, selected by Rowe and Morrison, would then be qualified to teach others how to teach.

Also, Warm Springs Indian legends will be used as a learning aid at the pre-school level.

"There's only one thing I'm not satisfied with," said Rowe. "We didn't get an estimate of how much this would cost."

Here are some common phrases and the days of the week to practice:

I'm hungry Anawishaash
We're hungry Anawishaatash
I'm sitting here Chiush aisha
You're sitting here Chinam aisha
Monday Wanaagit
Tuesday Naptkw'i
Wednesday Mtaatkwi
Thursday Pinaptkw'i
Morning Maicgi
Noon Sitkumsaan
Night (darkness) sc'at
Midnight Papachu sc'at



Spilyay Tymoo photo by Miller

This photo was taken by our fearless leader, Spilyay Sid. Call in its location and win a year's subscription to Spilyay Tymoo. Have it mailed to a relative or a friend. Call 553-1644 with your identification.

MOIHS establishes new museum office

We are happy to announce that the MOIHS Board of Directors has established a new museum office and is now in operation. We are located just immediately west of the new justice facility in the yellow building. Our very first visitor was the one and only 'Cussa' Susan Moses.

The present staff employed in the Museum Office is Liz Tewe, acting executive director/curator; Beulah Wahpat, executive secretary/treasurer and Roberta Kirk, summer student trainee. The board and tribal attorney Jim Noteboom are in the process of hiring a full-time executive director, who will be in charge of all operations of the office as well as fundraisings for a museum/cultural center.

Our phones will not be in operation until July 30, and when they are, our extensions will be 331 and 338. We are anticipating an open house the latter part of August, so

Harris ordained to ministry

Donald Lyle Harris, formerly of Chiloquin, Oregon, was ordained to the ministry of New Hope Fellowship Church July 13 in Port Angeles, Washington. Present for the ordination services were four of Harris' former pastors, Dick Baker, Bob Vinson, Louie Lee and Dick Rutledge. Also in attendance were his aunt, Laura Grabner of Warm Springs, who Harris affectionately calls Mom and her daughter, Mary Gentry of Chiloquin, Oregon. Another cousin, Cara Shadley, was also present. Harris' mother and grandmother, Evelyn Evie Miller and Gertrude Pitt Bagley, respectively, now deceased, were members of the Confederated Tribes of Warm Springs.

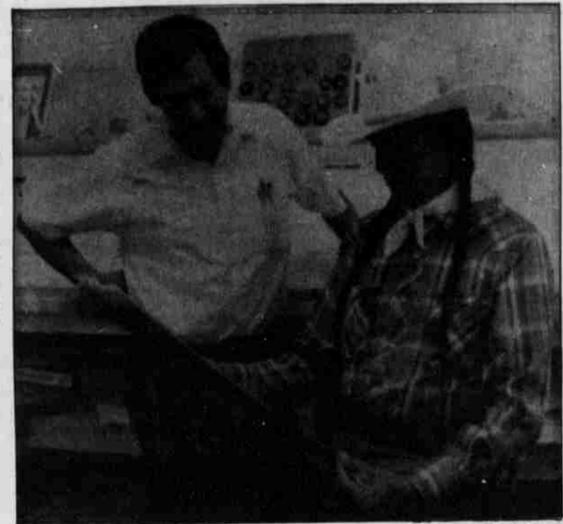
Reverend Harris' ministry focuses on family life and our everyday walk with God.

Pastor Harris lives at 5760 Highway 112 West, Port Angeles, Washington 98362, with his wife Teri and their children Clint, Karlene and Nic.

we are patiently awaiting for more of our furniture to come in.

The Middle Oregon Indian Historical Society Board of Directors would like to express their appreciation to Jim Noteboom for all his assistance, guidance and expertise in the full operations of the board.

Saving the best for last, we are very grateful to our Tribal Council and their secretary/treasurer, Larry Calica, for all their understanding and support in establishing the MOIHS Museum office. All are welcome to drop in and see what we are all about.



Spilyay Tymoo photo by Behrens

John Martin, of the Ute Bulletin in Fort Duchesne, Utah, visited Spilyay recently. Martin is the author of a Coyote Says column in the Bulletin and was passing through Warm Springs while on his way to Eugene.

Howlak Tichum

Harold J. Bushue

Funeral services were held for Harold J. Bushue July 30 at the Pleasant Home United Methodist Church. Bushue, born September 9, 1907, died Saturday, July 26 at his home in Boring, Oregon. Bushue had been a farmer and a berry grower for many years and had been an active member of the Gresham Berry Growers Association. Many from Warm Springs picked strawberries and raspberries during the summer on the Bushue

farm. Surviving Bushue are his wife of 53 years, Anna and two brothers, James of Boring and Lee of Seattle. Bushue was born and raised in eastern Washington and graduated from Washington State University in 1933.

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

Court Notices

Confederated Tribes of Warm Springs
vs
Marvin R. Burke
Case No. D215-78-1438
To: Marvin R. Burke

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 10:30 a.m. on the 18th 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 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.

Dated at Warm Springs, Oregon on this 17th day of July, 1986.

Lola Sohappay, Judge
Warm Springs Tribal Court

Confederated Tribes of Warm Springs
vs
Janice Yocash
Case No. CR425-85
To: Janice Yocash

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 a.m. on the 18th 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 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.

Dated at Warm Springs, Oregon, on this 17th day of July, 1986.

Lola Sohappay, Judge
Warm Springs Tribal Court

Confederated Tribes of Warm Springs
vs
Anthony R. Bryant
Case No. DO156-82
To: Anthony R. Bryant

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 11 a.m. on the 18th 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 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.

Dated at Warm Springs, Oregon, on this 17th day of July 1986.

Lola Sohappay, Judge
Warm Springs Tribal Court

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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.