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WARM SPRINGS, OREGON 97761

SPILYAY TYMOO

What kind of toothpaste is best?



by Sandy Boers, RDH **IHS Hygienist**

In my last article, I discussed some guidelines to use when searching for a good toothbrush. This week. I'll continue on with some ideas that may help clear up some other bits of confusion.

Many, many people ask me what the best kind of toothpaste is. There really is no one kind of toothpaste that is best. However, all the best toothpastes have a few things in common:

1. They all contain Flouride. Flouridated toothpastes are safe, to anyone using them. The fact that Flouride helps to prevent cavities is well-proven and most of us, especially children, need all the protection we can get.

2. They are all mild to the teeth. Toothpastes that promise to brighten, whiten and get you dates are usually very abrasive to your teeth. Harsh toothbrushes can scratch the enamel and wear it down over a long period of time.

If you think your teeth are starting to get stained, try using a little baking soda mixed with water to form a paste. Baking soda tastes pretty bad, but can do a lot to brighten a smile. Baking soda can be harsh to the teeth, so don't use it every day. Yet, brushing with it every week or two can have a lot of nice benefits.

3. They're all accepted by the American Dental Association. When a toothpaste has earned the seal of approval from the American Dental Association, you can be sure that it has been used, tested and retested.

sold everywhere and very beneficial These toothpastes are the ones that actually have been shown to reduce cavities. You can be confident when choosing a toothpaste that has earned the seal.

4. They taste good. No one, especially little ones, is going to use a toothpaste that they don't like. Don't overlook the importance of good taste.

There has also been a lot of questions concerning dental floss. Should we be using waxed or unwaxed? Generally, unwaxed is better. Still, I'll tell people to use whichever they like. If unwaxed floss breaks into pieces between your teeth and frays, try waxed floss before giving up on flossing all together. The flavored flosses are popular with kids and, since they're different colors, the plaque taken off the teeth can actually be seen on the floss.

Now you're set. Just remember what I always say: Your toothbrush, and floss and toothpaste can only fight cavities and gum disease if you use them.

Hay for sale

Hay for Sale-Blue grass straw hay, \$35 a ton; Alfalfa, \$75 a ton and; Oat hay, \$60 a ton. For more information call 475-6986.

Court Notices

Confederated Triber

You are hereby notified that a petition for a custody review has been filed

September, 1986, at the Warm Springs includ-ing 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 custody review.

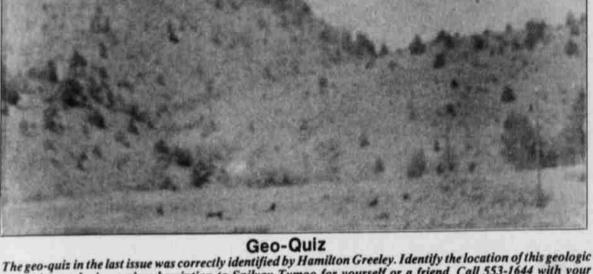
hearing. If you desire to personally argue your side of the case, you may have a legal aide, spokesperson or attorney appear on your behalf at your expense.

Case No. TR464-86 & 465-86 To Sarah Mitchell:

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 p.m. on the 2nd day of September, 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 5/28/86, 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 for contempt of court and issue a the Tribal Court shall enter a complaint warrant for your arrest. If you have any for contempt of court and issue a questions, you should seek legal assiswarrant for your arrest. If you have tance immediately. Dated at Warm Springs, Oregon on this 5th day of August, 1986. any questions, you should seek legal assistance immediately. Dated at Warm Springs, Oregon on this 31st day of July, 1986.



formation and win year's subscription to Spilyay Tymoo for yourself or a friend. Call 553-1644 with your answer.

Low water forces gate closure

Confederated Tribes

Craig W. Charley

Case No. FG10-85

VS

The gate at Mill Creek irrigation closed for the second consecutive year to protect migrating spring ity could be adversely affected. A chinook.

With current flow measured at canal at Sidwalter Flat will be 34 cubic feet per second, chinook salmon passage and spawning activ-

flow of 51 cfs in Mill Creek has been determined necessary for fish migration.

'Adult fish need a certain amount of water to ease their passage," explains Warm Springs fisheries biologist Mark Fritsch. Closure of the gate would be favorable for

Fritsch indicates that 70-100 anadromous fish will be returning to Mill Creek around August 14. To meet the flow reequirements for these fish, water must be curtailed beginning on that date, according to Warm Springs watermaster Deepak Schgal.

Between 9 and 13 cfs of water will be added to the current flow of Mill Creek by closing the canal gate.

Next to domestic use, fish, wildlife and vegetation retain a priority over irrigation and industrial use as is outlined in the Warm Springs Water Code, Ordinance 45, In discussing fish and biotic life the ordinance states.

"The streams and lakes bordering and on the reservation provide the environment for a thriving fish and related biotic resource... This environment must be maintained and enhanced where possible. An enormous contribution is now being made to the slamon fishery of the Pacific Northwest... Maintaining this resource is directly related to water volume and water quality. The volume of stream flow should never be reduced below that required for the maintenance of the biotic environment." The minimum flow for maintainance of that environment in the Mill Creek system is 51 cfs.

required for building Each homeowner or his or her

Permits, inspections are

contractor is responsible for obtaining building permits and inspections prior to new contruction/ remodeling/or moving a mobile home on the reservation.

Inspection requests are available at the building and permits office located at the BIA facility management office in the tribal administration building. For further information call the facilities management branch at 553-1121, ext. 401 or 402. Your cooperation in this process will be appreciated. **Building Code and Building Permits**

400.600 Building Code. In order to ensure that housing constructed or remodeled on tribal lands will be of good quality and give satisfactory service, all tribal housing constructed after the date of enactment of this housing code shall conform to the following standards: 1. Tribal comprehensive plans; 2. Tribal sanitation code; 3. Tribal water code; 4. current edition of the Uniform Building Code: 5. Current edition of the Uniform Housing Code; 6. Current edition of the National Electrical Uniform Plumbing Code; 8. Current edition of the Uniform Fire Code; 9. Current edition of the Life and Safety Code.

or removed or converted without first obtaining a building permit issued by the Inspector's office of the BIA, unless it falls within one of the enumerated exceptions set forth below. Application forms may be obtained from the Inspector's office. No fee shall be charged for the building permit.

2. The following work shall not require a building permit:

a. One-story detached accessory buildings used as tool and storage sheds, playhouses and similar uses, provided the projected roof area does not exceed 120 square feet.

b. Fences not over six feet high. c. Cases, counters and partitions not over five feet high.

d. Retaining walls which are not over four feet in height measured from the bottom of the footing to the top of the wall unless supporting a surchage or impounding flammable liquids.

e. Water tanks supported directly upon grade if the capacity does not exceed 5,000 gallons and the ratio to height to diameter or width does not exceed 2 to 1.

I. Platforms, walks and driveways Code; 7. Current edition of the not more than 30 inches above grade and not over any basement or story below. g. Painting, papering and similar finish work.

ve

Velda Craig

Case No. DO224-84

To: Velda Craig

with the Warm Springs Tribal Court.

By this notice you are summoned to appear in this matter at a hearing scheduled for 2 p.m., on the 2nd day of Tribal Court. All of the facts of the case will be heard at this hearing,

The petitioner will be present at the

Confederated Tribes VS Sarah Mitchell

To: Craig W. Charley

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 p.m. on the 9th day of September, 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 6/6/86 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, tribal court shall enter a complaint

Anita Jackson, Judge

Warm Springs Tribal Court

that migration.

400.605 Building Permits

altered, repaired, moved, improved, gallons.

h. Prefabricated swimming pools in which the pool walls are entirely 1. No housing shall be erected, above the adjacent grade and if the constructed, remodeled, enlarged, capacity does not exceed 5,000

If you have any questions, you should seek legal advice immediately. Dated at Warm Springs, Oregon,

this 30th day of July, 1986.

Lola Sohappy, Judge Warm Springs Tribal Court

Anita Jackson, Judge Warm Springs Tribal Court

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

p.m., on the 2nd day of September,

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 5/23/86 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

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

Dated at Warm Springs, Oregon on this 31st day of July, 1986.

Anita Jackson, Judge Warm Springs Tribal Court

obey the Order of the Court.

assistance immediately.

Confederated Tribes

Case No. TR445-86

To: Vickie Wilson

Vickie Wilson

VS

1986

Confederated Tribes/Mary Ann Meanus, Petitioner

Helene Rubio

VS

Case No. DO64; 65 and 66-86

To: Helene Rubio

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 9 a.m. on the 9th day of September, 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 custody review.

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 August, 1986.

Lola Sohappy, Judge Warm Springs Tribal Court

Howlak Tichum

Martha McKinley

Enrolled member of the Confederated Tribes of Warm Springs and lifelong resident of Warm Springs, Martha (Henning) McKinley, died August 10, 1986 in Duncan, British Columbia, Canada.

She was born on the Warm Springs Reservation December 18, 1913 to George and Hattie (Anderson) Henning. She was a member of the Warm Springs Shaker Church, On February 16, 1976, she married Clarence McKinley in Washington. He preceded her in death on December 16, 1983.

Surviving her are six daughters, Pauline Johnson, Rosalia Howto-

pat, Carol Craig, Patricia Brown, Barbara Jim and Rita Roybal, all of Warm Springs, and a half-sister, Emily Waheneka, also of Warm Springs. She was preceded in death by two sons, Celestian Johnson in 1957 and Wilfred Johns, Jr. in 1977; and a daughter, Shirley John-

son, in 1939. Dressing ceremonies were held at the Warm Springs Shaker Church on Wednesdy, August 13, at 10 a.m. Overnight prayer services were held. The funeral was held at the Shaker Church on Thursday, August 14 at 10 a.m. Burial was at the Simnasho Cemetery.

Chaps found

Found: Bronc riding chaps., Ca!! 553-1644 to identify them to claim.

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

Quiet for testing Those interested in taking their General Eduction Development (GED) tests must pass examinations in

mathematics, English, reading, science and social studies. In the past year, 60 people have taken the tests in Warm Springs, 37 have passed it. For more information contact Geoff Bury at the Warm Springs Central Oregon Community College office at 553-1428.

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

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SUBSCRIPTION RATES: ONE YEAR \$6.00

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

