

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 Fluoride. Fluoridated toothpastes are safe,

sold everywhere and very beneficial to anyone using them. The fact that Fluoride 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.

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.

Permits, inspections are required for building

Each homeowner or his or her contractor is responsible for obtaining building permits and inspections prior to new construction/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 Code; 7. Current edition of the Uniform Plumbing Code; 8. Current edition of the Uniform Fire Code; 9. Current edition of the Life and Safety Code.

400.605 Building Permits

1. No housing shall be erected, constructed, remodeled, enlarged, altered, repaired, moved, improved,

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 surcharge 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.

f. Platforms, walks and driveways not more than 30 inches above grade and not over any basement or story below.

g. Painting, papering and similar finish work.

h. Prefabricated swimming pools in which the pool walls are entirely above the adjacent grade and if the capacity does not exceed 5,000 gallons.

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 Tribes

vs

Velda Craig

Case No. DO224-84

To: Velda Craig

You are hereby notified that a petition for a 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 2 p.m., on the 2nd 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 30th day of July, 1986.

Lola Sohappay, Judge
Warm Springs Tribal Court

Confederated Tribes

VS

Sarah Mitchell

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, 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 31st day of July, 1986.

Anita Jackson, Judge
Warm Springs Tribal Court

Confederated Tribes

VS

Craig W. Charley

Case No. FG10-85

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, 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 5th day of August, 1986.

Anita Jackson, Judge
Warm Springs Tribal Court

Confederated Tribes/Mary Ann Meanus, Petitioner

VS

Helene Rubio

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 Sohappay, Judge
Warm Springs Tribal Court

Confederated Tribes

VS

Vickie Wilson

Case No. TR445-86

To: Vickie Wilson

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 5/23/86 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 31st day of July, 1986.

Anita Jackson, 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 Johnson, in 1939.

Dressing ceremonies were held at the Warm Springs Shaker Church on Wednesday, 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.

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 Johnson, in 1939.

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