

## Swishing—a path for success



During the last year, an ongoing school program provided students with dental health education. It involved oral hygiene, proper home care, nutrition and smokeless tobacco counseling. Children were also selected for more preventive approaches with the use of sealants. Sealants were placed on teeth as a means of preventing tooth decay. This year we hope to continue where we left off with a Fluoride mouthrinse program. The program will be provided and monitored by the Warm Springs Elementary school personnel and Dr. Michael Bell, Warm Springs IHS clinic dentist. You're probably wondering what the children are expected to do. It's

really quite simple, each child is given a pre-mixed, self-sealed dixie cup of fluoridated water, the child takes the water and swishes for a short period of time and spits it back into the cup. The pre-mixed cups are designed to be used once every week. It's simple, easy and there's no mess.

What if my child should swallow some of the solution? The amount of fluoridated water is not enough to result in any harm, especially taken only once a week. We are directing the program towards the grade school children, because they have good swallowing reflexes.

Yes, there is also a community water fluoridation program that has been operating for several years, but because of the high prevalence of tooth decay which still exists, the fluoride mouthrinse program will be a beneficial supplement to the children's needs. It occurs to me that many nutritional habits are compromised at these ages, with very little intake of water but rather a tremendous thirst for soda pop.

If more water was substituted for soda pop, this high decay rate might be much lower.

Parents will be receiving, very shortly, a letter asking for support in allowing us the opportunity to work with your children in preventing tooth decay. It is hoped that all children will have an opportunity to share in this state of the art preventive dental care. It is our expectation that the children of today in this community will have the knowledge for a better understanding of their teeth and dental health needs.

We are looking forward to another successful dental year. It is with your help and support that this will be possible. The principal of Warm Springs Elementary school, Ms. Jane Westergaard-Nimocks invites questions or comments about the program that is beginning. She can be reached at the elementary school at 553-1128. Questions can be also directed to Dr. Michael Bell at 553-1196.



Identify the location of this rock formation and win a year's subscription to Spilyay Tymoo for yourself or a friend.

## Safety campaign stresses accident awareness

The fourth annual American Indian and Alaska Native Safety Campaign will be held during the month of November, 1986. Dr. Everett R. Rhoades, Director of the Indian Health Service (IHS), which sponsor the event, announced today. IHS is part of the Health Resources and Services Administration, an agency of the Public Health Service.

"The campaign is being held to promote increased awareness of the tragically high rate of accidental deaths and injuries among Native Americans," said Dr. Rhoades. "Deaths from injuries among Native Americans are about three times the national average."

A safety poster competition will be held again this year for youngsters living on or near Indian reser-

vations and enrolled in the 1st through 12th grades. Entries must be concerned with some aspect of the problem of motor vehicle injuries.

In 1985 more than 20,000 youngsters living in 26 states entered the poster competition. The winners were honored in Washington, D.C., by the Department of Health and Human Services.

Other events such as essay competitions, health fairs and tribal and community sponsored safety programs also are planned from November 1-30.

Additional information about the campaign may be obtained from IHS Area offices or health facilities or tribal administrative offices.



Homecoming October 24 featured Madras High White Buffaloes team members.



Varsity football cheerleaders emphasize #1 status of White Buffaloes during homecoming parade.

### Foster homes needed

**Wanted:** The Tribal Youth Services office is seeking specialized foster homes for high risk adolescents. Interested people, please call 553-1161, ext. 215. The contact person is Roy Jackson, Treatment Coordinator.

### Writing competition open

A high school student will win \$10,000 in a writing competition now being staged in conjunction with the 200th anniversary celebration of the U.S. Constitution next year. Open to all high school students in grades 9-12 during the 1986-87 school year, and to those aged 14-18 not enrolled in college, the competition will involve students from every state, the District of Columbia and the combined territories. The competition is being co-sponsored by the Association and USA Today/Gannett Co., Inc.

The topic for the competition is: "The Constitution: How Does The

## Prehistoric peoples topic of slide show

A free public lecture and slide show will be given about ancient cave paintings drawn from 12,000 to 20,000 years ago by prehistoric Cro-Magnon peoples living in Europe during the last Ice Age. The lecture and slide show will be held on November 5 at 7:00 p.m. in Room 201 of Pioneer Hall at Central Oregon Community College.

The talk will be given by Dr. James D. Keyser, a Regional Archaeologist with the Forest Service, Portland, and national known expert on prehistoric North American rock art. Keyser was in central France last summer and participated in the exploration of previously unrecorded caves containing Ice Age rock art.

The presentation is being co-sponsored by the Forest Service

and the Cultural Heritage Foundation of Portland, Oregon a non-profit organization devoted to the promotion of archaeological research and protection of archaeological resources.

"This is really an exciting opportunity to see fantastic paintings of Ice Age animals such as mammoths, bison, reindeer, horse, and other animals, said Carl Davis, archaeologist for the Deschutes National Forest. "The lifelike painting are done in living color in the deepest, darkest chambers of immense limestone caverns and give us all an insight into the art, religion, and mysticism of our ancient European ancestors."

For further information, contact Carl Davis at 388-8577.

### Questions answered about COCC

Central Oregon Community College's evening outreach program, "Options for Adults," comes to Warm Springs on Wednesday, November 12.

The 90-minute program answers questions about the educational opportunities COCC offers to adults. Topics covered include career choices and local employment opportunities, financial aid, child care, GED and adult high school diplomas, community education, and other college programs available to Central Oregonians. The presentation is geared towards working adults who are juggling jobs, families, and school.

The program takes place from 7 to 8:30 p.m. November 12 at COCC's Warm Springs Adult Learning Center. Everyone interested is invited to attend. For more information call the Warm Springs Adult Learning Center at 553-1428 or 1-800-422-3041.

### For Sale

**Afghans for sale:** Prices are, one for \$45.00; two for \$40.00 each; and, three or more for \$35.00 each. Use as Christmas gifts, for giveaways and memorials or for your own personal use. Call Lani at 475-2660.



Some people once believed that the magic power of witches resided in their hair and that they would be powerless if shorn.

## Become aware of needs

"Concerns the kids" is a planned workshop to give volunteer leaders, parents, neighbors and other adults awareness and skills in working with today's youth.

The volunteer population is an untapped resource that can be educated and mobilized to help Oregon youth with their special needs. Professional and experienced volunteers will share information and resources, explain signs and symptoms of child and substance abuse and give strategies for working with youth. The purpose of the workshop is to make people aware of the special needs of youth and how to effectively work with youth.

November 8, in Bend, Oregon 10:00 a.m. to 3:00 p.m., Central Oregon Community College, in Pioneer Hall Room 232.

The workshop includes: Child Abuse: Gain skills on identifying signs and symptoms of child

abuse. Learn how to refer youth to agencies who can investigate and help. What your role can be as a volunteer leader, neighbor, friend, relative, etc.

**Substance Abuse:** Gain skills on identifying signs and symptoms of substance abuse. Hear from professionals and other people who have knowledge in the substance abuse field. Learn about community resources.

**Handicapped youth:** Gain knowledge about different kinds of handicaps, including physical and mental. Hear from parents and professionals who are interested in working with "special" youth.

Who will lead these workshops?—Staff from Children's Services Division; Professionals, parents and others experienced in the substance abuse, child abuse and special education fields; Special education teachers; 4-H leaders. Charge is \$6.00 per person.

## Budget meetings—(Continued from page 1)

orientated with more emphasis on the planning process. Forecasting shows that expenditures must be decreased and revenues increased with priority on future economic development to encourage small individual business enterprises which could lead to independence and increase job opportunities. People need to be aware that forecasts and assumptions have changed and will continue to change each year.

Total revenues predicted for 1987 in the proposed budget are \$21,759,743 with 1987 expenses projected at \$15,809,556, leaving a surplus of \$5,950,187.

Thirty-two departments within the tribe with major increases of four percent (4%) or more were listed. Given were the amount of the increase, percentage of the increase and the source of the increase.

The governance, management and supervision portion of the budget packet contains explanations regard-

ing the different levels of direction needed to carry out the tribal policies. The governance deals with committees and positions which help Council to recommend policies and in some cases carry out policies. Management is in charge of the central administration of tribal business. Council appoints people in positions to ensure policies of the tribe are followed and recommendations are made for policy changes. Management ensure the necessary information is provided to make good informed decisions and that resources are used properly for the direction of the governing body in accordance with all tribal policies.

In the program description section of the packet, a number of programs are listed along with a definition of their purpose, primary services provided, selected statistics, accomplishments and plans for 1987.

The appendix shows a brief rest-

atement of Ordinance 67. The tribal appropriation ordinance; general revenues of Federal and State income amounts for 1986 and estimated amounts for 1987. Also listed are the programs supported with these monies.

The packet is a lengthy document of 73 pages. During the first meeting at the Agency Longhouse many people were totally occupied with reading the packet and expressed the opinion that they would need time to read it thoroughly before they would have comments and questions to put to the Council and departments.

The Seekseequa District meeting has been rescheduled from November 4 to November 10 at the Agency Longhouse. Simnasho will hold its district meeting November 13 at the Simnasho Longhouse. The General Council meeting will be held November 18 at the Agency Longhouse.

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