

More dentists, additional staff = Improved services and IHS dental clinic

The Warm Springs Dental Clinic, at the Health and Wellness Center, has undergone great changes since the Center opened last year. Services have improved, with a much wider variety of dental care being offered. More dentists are available to provide care and it is now easier and more comfortable to receive care when needed.

The doctors serving the dental clinic are Matthew Walters, Randy Beemer, and Rick Vaughn. Visiting about twice a month is Dr.



Dentist Dr. Randy Beemer

Dale Barker, an endodontist from Gresham. Short autobiographies on the doctors as well as a short piece about dental hygienist Erica Foster are featured below. Further information about the care offered at the Dental Clinic can be attained by calling the Clinic at 553-1196.

Dr. Randy Beemer is from Long Beach, California. He received his Bachelor's of Science degree from California State University, Long Beach, in 1979 and his Doctor of Dental Surgery degree from the University of Southern California in 1983.

Beemer was in private practice in Long Beach, California for four years prior to joining the Commissioned Corps of the USPHS in 1987. His first assignment with the IHS was in Bethel, Alaska from 1987 to 1989. Traveling by bush planes and using

portable dental equipment, Beemer spent many interesting and enjoyable weeks providing dental services to the Yupik Eskimo residents of the Yukon-Kuskokwim Delta.

In 1989, Beemer was transferred to the Chemawa Indian Health Clinic in Salem, Oregon. He practiced at Chemawa for a year before receiving IHS-sponsored long-term training in the specialty of Pediatric Dentistry at the Oregon Health Sciences University in Portland.

After completing the two years of training, Beemer was transferred to Warm Springs in June 1992. Beemer, in coordination with IHS doctors Creelman and Manning, and the Mountain View Hospital surgical services staff, has established a hospital-based dental program to provide comprehensive dental treatment under general anesthesia to young children with severe dental decay.

Beemer lives in Madras with his wife Lori and their two children, Ryan, eight years of age, and Rosie, three years of age. Beemer enjoys practicing pediatric dentistry in Warm Springs, primarily because the children of the community make his practice so rewarding. He and his family plan to make Central Oregon their home. Beemer

enjoys fishing and hunting, and has been known to sneak in an occasional round of golf.

Beemer, along with dentists Vaughn and Walters, and the entire dental staff truly believe that with education, preventative



Dentist Dr. Matthew Walters

pediatric dental services, and time, the day will come when all the children of the Warm Springs community will be free of the harmful effects of the disease commonly known as tooth decay.

Dr. Rick Vaughn has been the Chief Dental Officer at Warm Springs Health and Wellness Center for two years. He is a native of Pensacola, Florida and received his dental degree from the University of Florida in 1978 (go Gators!). He has since served with the US Navy in San Diego, California, the US Coast Guard in Puerto Rico and Miami Beach, Florida and the Indian Health Service at the San Carlos Apache Reservation in Arizona.

In the past two years, there has been an exciting expansion of the dental clinic from a two-chair to a six-chair facility, and a staff increase from three to 13. Two more dental chairs will be added as part of the commitment to provide more and better dental care

to the community.

Dr. Matthew Walters is from northern Michigan. He attended Michigan State University, where he received a Bachelor's of Science degree in Nutritional Science in 1989. He then attended the University of Michigan, where he received his Doctor of Dental Surgery degree in 1993. Immediately after graduation, he was commissioned as an officer in the public Health Service and moved to Central Oregon to begin working at the Warm Springs dental clinic.

Walters has found working with the people of Warm Springs to be very rewarding and enjoyable. In his spare time, Walters enjoys fishing, hiking and rafting.

Dr. Dale Barker is an endodontist from Gresham. He comes to Warm Springs one or two times a month to see patients. He performs root canals. He teaches at Oregon Health Sciences University in Portland. He enjoys flyfishing and skiing.

Erica Foster is a dental hygienist from Dallas, Texas (go Cowboys!). She earned a Bachelor's of Science degree in Dental Hygiene from Baylor College of Dentistry in 1993. Before coming to Warm Springs, Fos-

ter worked in private practice for five months. She has been working in Warm Springs since January.

She most enjoys interaction with dental clinic patients. The patients are "really fun to talk with. I appreciate their enthusiasm and



Hygienist Erica Foster

questions about their oral health," says Foster. She explained that one day a week is set aside for community work. She has spent time visiting Head Start, the group home, the elementary school, the jail and has done announcements on KWSO. "I especially like working with children. The children at Head Start really listen and want to learn. If in any way I can motivate these future adults to go for their greatest potential in life, my job will truly be rewarding beyond expectations," says Foster. She enjoys working for IHS because "great attention is paid to detail, prevention and education. The people of Warm Springs are truly motivated to improve their oral health, thus moving one step closer to becoming the healthiest community by the year 2000."

Being a city girl, Erica is adjusting to the athletic environment of Oregon. Since moving to Oregon, she has tried hiking, rafting and mountain biking. She admits the malls in Portland are nice and enjoyable.

Satellite system launches—continued from page 2

covery Channel and more, as well as an extensive selection of uncut, commercial-free movies from services like Encore and Turner Classic Movies and pay-per-view features from nearly all of Hollywood's top studios.

"It's all the programming that urban and suburban cable subscribers get, plus extensive pay-per-view se-

lections which offer a video store in your living room, all in digital quality," say Milliken.

DIRECTV-Digital Satellite Sys-

tem and DSS are official trademarks of DIRECTV, Inc., a unit of GM Hughes Electronics.

For more information, please contact: TransOregon Direct Broadcast Satellite, Buck Milliken, Manager (503) 630-4202.

Fuel assistance available

Fuel Assistance Program 1-800-500-7248

Beginning November 14th, the Fuel Assistance Program will be scheduling appointments for the Madras Office for December 5th. If you cannot get into the Madras Office they will be in Warm Springs, December 14, at 9:00 a.m. to 3:00 p.m. at the Commodity warehouse.

Please call on November 14th to schedule your appointment. This number will be very busy, your patience is appreciated.

Happy birthday Daddy-Perry!! Love you lots & miss you too.

Shanell, Colleen & Perry III

Warm Springs Elementary News

What's happenin' and when

November 23 No PM Kindergarten; early dismissal for grade 1-5
November 24 & 25 No school—Thanksgiving Holiday
November 30 Awards Assembly K-2 at 10:40; 3-5 at 11:30
December 2 Newsletter
December 6 Christmas Program grades 1, 3 and 5
December 15 Winter Carnival 6 to 9 p.m. WSE Gym
December 16 Awards Assembly grades 3-5 at 8:50 a.m.; K-2 at 9:30
December 19-30 No school, winter break
January 2 School Resumes
January 6 School Newsletter
January 16 No school; Martin Luther King, Jr. holiday
January 20 School Newsletter
January 31 Awards Assembly K-2 at 1:50 p.m.; 3-5 at 2:40 p.m.
February 2 No AM or PM Kindergarten
February 3 No school; building inservice

Are your numbers current?

It's that time of year again when the cold and flu bugs are hitting. It is very important for the school office to have your current home, work and emergency contact telephone numbers when your child needs a ride home from school or assistance at school (maybe just a change of clothes). Please call the office or send a note with your child if you are unsure that we have current numbers.

Draw the school mascot

Warm Springs Elementary is taking entries to draw the school mascot for use on school stationery, certificates, awards, newsletters, etc. The following is a listing of the contest rules:

Draw or create an eagle using black ink or pencil, etc., on standard paper. Make the eagle the focal point of the drawing.

There is no age limit on the contest; anyone from the community may

Attendance perfect for these students

Those students with perfect attendance at Simnasho School are Tamera Moody, Sara Vaeth and Steven Vaeth.

At Warm Springs Elementary, those with perfect attendance are: Heather Johnson, Taima Smith, Maureen Winishut, Esten Culpus, Manuel Greene, Robert Thomas, Jr., Jayce Wallulatum, Sasha Caldera, Sissley Scott, Teri-Jo Squiemphen-Yazzie, Paul Miller, Clara Arthur, Nancy Charley, Jonathan Culpus, Justin Wallulatum, Joshua Moody, Nicole Herkshan, Della Squiemphen, Anthony Caldera, Armando Ruiz, Kevin Seyler, Jermayne Tuckta, Verna Mitchell, Vern Heath, Keith Jackson, Randall Wallulatum, Martha Alvarez, Cynthia Isadore, Candice Miller, Edna Winishut, Frank Fuiava, Jess Stevens, Devenia Kenyon,

Raylene Thomas, Martin Medina, Wacey Wallulatum, Danni Lawrence, Christina Wolfe, John Howe, Isaiah Teevee, Marjean Alonso, Jayleen Main, George Boise, Juan LameBear, Terron McDonald, Aaron Main, Jacquelyn Moody, Lia Orozco, Jordan Caldera, Myron Northrup, Desirae Boise, Sirena Medina, Johnny Smith, Georgianna Aguilar, Sissaley Graybael, Mary Wolfe, Nicole Main, Jane Stwyer, Lulah Wallulatum, Vernon Tias, Alysia Aguilar, Mayanne Aguilar, Irene Boise, Tianna Greene, Wynter Sky Smith, Marta Cuevas and Maureen Foster.

Also attaining perfect attendance were Armina Moody, Leonard Barnett, Jose Morales, Louis Smith, White Dove Cooper, Rebecca Sampson, Marcus Crowe, Chey Culpus, Arthur Mitchell, Larry Wabaunsee, Louisa Fuentes, Victoria Medina, Pasha Smith, Larisa Wallulatum, Gabriel Greene, Delvis Heath, Robert Heath, Hazel Anderson, Eric Lucero, Dustin Seyler, Lindsey McCovey, Tashayla Palmer, Tommy Joe Alvarez, Dennis Haliday, Aaron Heath, Gerald Tias, Cody Miller, Austin Smith, Jr., Don Wabaunsee, Ashley Aguilar, Miko Cooper, Christina Coronado, Leanne Johnson, Pearl Stwyer, Dominic Davis and August Scott.

Understanding the effects of sexual abuse on children

Survivors of abuse "tend to blame themselves for being victimized because their abusers told them that they caused it..."



by Erin Sweeden

If a child is introduced to sex by an adult or a much older child, what harm is done, anyway?

Children aren't ready biologically for sexual activity because they have many other things to learn before having children of their own. When adults are ready, they have a right to discover the mystery of sexuality with a peer of their choice and at a time and place of their choice. Children are robbed of this potentially beautiful experience when they are forced to grow up too fast by being used to satisfy an older person's needs for sex and power with no concern for the child. Our sexuality

is like our hands which connect us with another person. Sex abuse chops that off.

When a father, mother, step-parent, grandparent, uncle, aunt or older sibling, who is supposed to protect and nurture a child, violates and uses the child instead, the child learns not to trust. This makes it very difficult to form meaningful relationships. Without a connection, sex becomes just a currency which can be bartered to anyone to gain acceptance, attention, favors, money, power, privileges, control, etc. Many survivors of sex abuse either go from partner to partner or try to avoid sex as much as possible. They see their bodies as dirty or "damaged goods" and have low self-esteem in general. They tend to blame themselves for being victimized because their abusers told them that they caused it in some way. Sexually abused teenagers have a much greater knowledge of sex than their non-sexualized friends, and that separates them at a time in their lives when they need peers the most.

Since their "no" meant nothing during childhood, many survivors find it very difficult to say "no" or assert themselves as adults, and as a

result, they continue to be victimized through domestic violence, rape, or being taken advantage of by others. Alcohol and drugs are frequently used from an early age to escape and numb the intense feelings. Recovery is particularly difficult for survivors because when they stop using substances, they're often flooded with memories and feelings about the sex abuse which leads to relapse.

Of all the traumas a human being can experience, I think sexual abuse is one of the most damaging of all. It often starts with children as young as one or two or three years of age and continues for most of their developing years, followed by symptoms which last a lifetime, if untreated. They can't remember a time when they were "normal" before it started. As dependent children, they are captives in a home where they are repeatedly tortured, and they must keep it secret to protect the perpetrator.

We can start healing from the deep wounds, which many of us have lived with for too many years. If you would like to talk to someone, please call Erin at 553-3205.



Harry Phillips informs parent of her students progress at the Warm Springs Elementary, Friday, November 18.