

## How the Fly Saved the River

By Anita Davis

Health Information Specialist

(Note: The following story is submitted as part of the Second National Native HIV/AIDS Awareness Day, March 20, 2008.)

Many, many years ago when the world was new, there was a beautiful river. Fish in great numbers lived in this river, and its water was so pure and sweet that all the animals came there to drink.

A giant moose heard about the river and he too came there to drink. But he was so big, and he drank so much, that soon the water began to sink lower and lower.

The beavers were worried. The water around their lodges was disappearing. Soon their homes would be destroyed.

The muskrats were worried, too. What would they do if the water vanished? How could they live? The fish were very worried. The other animals could live on land if the water dried up, but

they couldn't.

All the animals tried to think of a way to drive the moose from the river, but he was so big that they were too afraid to try. Even the bear was afraid of him. At last the fly said he would try to drive the moose away.

All the animals laughed and jeered. How could a tiny fly frighten a giant moose? The fly said nothing, but that day, as soon as the moose appeared, he went into action.

He landed on the moose's foreleg and bit sharply. The moose stamped his foot, and each time he stamped, the ground sank and the water rushed in to fill it up.

Then the fly jumped about all over the moose, biting and biting and biting until the moose was in a frenzy. He dashed madly about the banks of the river, shaking his head, stamping his feet, snorting and blowing, but he couldn't get rid of the pesky fly.

At last the moose fled from the river, and didn't come back. The fly was very proud of his

achievement, and boasted to the other animals, "Even the small can fight the strong if they use their brains to think."

Throughout history, Native people have encountered and survived much trauma, disease and discrimination. Today, American Indians, Alaska Natives, and Native Hawaiians face a new challenge: Preventing HIV/AIDS from spreading and wiping out whole Native communities.

After two decades of AIDS work, many Native communities now realize that prevention does make a difference. In the story above, the tiny fly drives away the moose despite great doubt from the other animals.

Similarly, Native people — though small in numbers compared to other ethnic groups — must overcome the beast of HIV/AIDS.

For information on HIV/AIDS workshop or education, call Anita Davis at 553-3462. For counseling or testing, contact IHS.

## More Letters to the Editor

### Appreciation

In-Mi Ny-moomah... Our family and dear friends,

The family of Lowell "Nenocken" Spino would like to express our appreciation to everyone for their love, comfort, prayers and songs during the recent loss of our loved one.

To the family, friends, and relatives who traveled to visit our brother during his final days, thank you for your happy memories, laughter, songs, and prayers, you shared with him.

He truly enjoyed his time with you and your presence brightened his day.

A special thank you to the staff at Yellowhawk clinic, and the wonderful doctors and nurses at St. Anthony Hospital for providing our brother with excellent and compassionate care.

We know we will not remember everyone who contributed food for the dinner, but we need to express our heartfelt appreciation to all of our friends and family who brought roots, salmon, deer/elk meat, potatoes, apples, juice and other food items. The cooks and servers who worked so hard preparing the food and feeding the people deserve the biggest thanks. Your thoughtfulness and kindness will not be forgotten.

Thank you Thomas Morning Owl and Willie Totus who dressed our brother for his final journey and all the extras you provided throughout the entire services. Our special thanks to Armand Minthorn for officiating during the washut services and funeral ceremonies. Thank you Confederated Tribes of Umatilla—Education Department for the taco feed fund raiser and Yakama Nation for the financial burial assistance.

Our biggest joy was seeing the longhouse dance floor full during the washut services. We know all the dancers from the oldest to the youngest danced from their heart. The drummers sang beautiful songs. When the floor was open, the kind words and stories shared with the family was a great comfort to each of us. We also extend our grateful thanks to the grave diggers, and pallbearers who carried our brother to his final resting place. We appreciate all your fine efforts and

hard work. Thanks to everyone who came to pay their final respects to our loved one with floral arrangements, statues of deer, elk, horses, candles, cash donations and other items.

Although we will miss our now elder who surpasses us, our loved one is with us in our heart. The fond memories we get to cherish in our hearts, minds, and souls will sustain us in the following months.

It was good to see all the family and friends that came and filled the longhouse to help our loved one on his journey.

He touched so many lives and left many happy memories. Take care, love and God bless.

The Lowell Spino family  
2008.

### Life change

For over 30 years I've stumbled around in a drug and/or alcoholic fog. Not caring what I did or who I hurt. All that mattered was my next drink that hit, to help me cope with life.

2006 was a year spent trying to curb my addictions in and out of jail, hospitals, treatment. June 12, 2006 I even gave my life over to Christ. From that day I tried half-heartedly to follow Christ. I backslid three times between August 2006 and October 2006 and finally December 1, 2006. 12-1-06 will remain with me for the rest of my life.

### Congratulations



To our monkeys,  
Congratulations on earning your All-Star awards at Warm Springs Elementary.

Happy 6th  
Birthday!  
Sophia Mae  
Suppah on  
March 10. From  
Dad, Mom and  
brother.



I could say this or that was the cause of what took place, trying to rationalize how, what or why. Truth of the matter is, in a single car rollover I killed my friend.

The pain and suffering that I caused this man's family is a reality too hard to ignore. In my drunkenness I've taken someone that can't be replaced. I can't begin to convey the remorse I feel, a burden that I'll bear for the rest of my life.

I wish I could go back and change what took place but I can't. I wish I could trade places with my friend but I can't. You know? This is the first time in over 30 years that I've been clean and sober. One year three months sobriety. I'm sad though because of the fact it took my friend's life to let me see the reality of my sickness. To the family of my friend I wish to apologize for taking the life of your beloved one. I just hope and pray that you can find it in your heart to forgive me. This letter has been a long time in coming, and I pray that it reaches you all in a good way. If I can change the destiny of one person and keep them from making the terrible mistake I made, then I'll know that this man's death was not in vain. Please don't drink and drive. It's not worth the pain and heartache. All my relations.

Joseph Craig, no. 6537116,  
Snake River, 777 Stanton Blvd.,  
Ontario, OR 97914.

Nicole Marie Andy received her award on February 4, 2008, Cecilia Raven Andy received her award on December 3, 2007, and Marissa Lynn Andy received her award on March 3, 2008.

We are very proud of all three of you. Thank you for working hard in school and for being respectful to your teachers and classmates.

Love, your Mom and Dad, Vanessa Knight Andy and Travis Andy.

Happy 1st Anniversary!  
Jack and Annie Williams.  
From Rodney, Dece, Sophia and Matthew.

From Rodney, Dece, Sophia and Matthew.

## Dentist explains how to be cavity free

By Jeff Carolla, DDS

Chief of Dental Services  
Health and Wellness Center

Did you know it is possible for most patients to have little or no tooth decay? Nationwide almost half of the high school seniors have almost perfect teeth. There are some "hints" that most dentists know about how to not get cavities, and how to raise kids to be cavity free. Dentists don't always do the best job sharing their knowledge. Take a few moments to hear my story and all of the habits that I picked up along my journey in life.

My wondering about cavities started when I was 15. Mom had dragged me to the dentist twice a year since I could remember. That two-year period between 13 and 15 was unforgettable. For two years straight and twice a year, I had five cavities. That was 20 cavities over two years.

The cavities were not really big and the teeth were filled but I began to wonder — Why?

The hygienist was friendly enough, but she only said, "You don't brush your teeth very much, do you?"

The dentist was somber and quiet. He never said a word about my candy-filled diet. He just filled teeth. Other than a fluoride treatment, prevention was not talked about very much and I did not know enough to ask.

Today we know a lot more about tooth decay and everyone has a lot more control over how many cavities they get. Here are my prescriptions to prevent cavities and the reasons you should try to prevent them:  
**Daily brushing**

Brush three times a day with fluoride toothpaste. Toothpaste has fluoride to harden teeth and toothpaste removes acid from the mouth.

The acids in sodas and food, as well as the acid created by bacteria and sugars, dissolve your teeth very slowly.

Our patients who brush at least twice a day get 730 fluoride treatments per year. They have hard teeth and much less acid in their mouths. The latest research says to brush three times a day, which is over 1,000 fluoride treatments per year.

### Teeth sealants

If you have kids, get their teeth sealed. What a great deal that we have for everyone needing dental sealants. A sealant is nothing much more than a kind of plastic that covers the tops of the teeth. Food, acids and bacteria can't get into the tooth as easily. Our dental staff has been going to local schools to seal teeth for the past five years.

### Fluoride rinse

Have kids age 6 and older use a fluoride mouth rinse such as ACT every day. This mouth rinse removes acid and puts even more fluoride on the teeth to keep them harder. Young children (below age 6) should not use ACT as they might tend to swallow it and this product should not be swallowed.

### Go to dentist

Go to the dentist for an examination and have all work completed. The patients that come to dental here in Warm Springs get dental films and we check patients thoroughly for cavities, mouth cancer and gum

disease. That patients that return to have their teeth filled and fixed are then "cavity free." All children should be seen at our office for a checkup and dental x-rays every year.

### Low sugar diet

Everyone knows that pop is bad for teeth. Few patients make the connection that energy drinks, sports drinks, fruit juices, vitamin drinks, Kool Aid and a number of other drinks are loaded with sugar.

Daily and sometimes hourly sugar intake constantly feeds mouth bacteria, which increases mouth acid and leads to more and much faster tooth decay.

Candy also feeds bacteria that cause tooth decay. My prescription would be to eat less candy (weekly instead of daily), brush three times daily to harden up the teeth and remove acid.

Gum with sugar is just like eating candy. Sugar free gum actually helps prevent cavities because it makes more saliva, which washes away the acids and actually helps harden teeth.

## Engaged to be Married

Merlin D. Tom and Susan C. Wommack

June 7, 2008  
Invitations Only

Parents (Merlin), Marie Tom, the late Fudd Tom  
Parents (Susan) The late Donald L. Wommack, Michelle R. Dow.

Maid of Honor Stacy Marcum; Best Man, Ray Caldera; Officiated by Ronald Palmer.



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