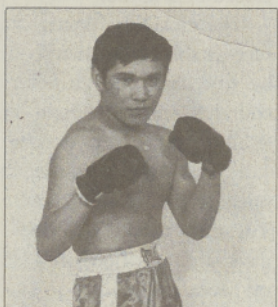




Robert Charley was first to call with the correct answer to the question in the previous Spilyay, regarding the identity of the Warm Springs boxer (pictured at right). Charley correctly identified the boxer as Gerald Smith, who is now the tribes' chief operations officer. Smith began boxing at age 9. His career in the sport took him to the 1996 Olympics, where he was manager of the U.S. Boxing Team (above; Smith at right, back row). The 1996 team included world boxing champions Floyd Mayweather Jr., Eric Morel, Fernando Vargas, David Diaz, Zahir Raheem, David Reid and Antonio Tarver, among others.



Report from I.H.S.

A choice of hard teeth or soft teeth

*By Dr. Corolla
Chief Dental Officer
Health and Wellness Center*

Soft teeth or hard teeth—it's your choice.

At the dental clinic of the Warm Springs Health and Wellness Center, we see thousands of patients every year.

Some of them have very hard teeth and get very few cavities. If they get a cavity, it can be easily fixed.

These patients may not show up again for two or three years, and when they come back to see us they will have no cavities again or maybe a tiny one.

Some patients may have up to fifty cavities. These patients have very soft teeth. Believe it or not you can make choices that will affect whether you and your family will have hard teeth or soft teeth.

Everyone knows that teeth are covered with very hard enamel. It is the hardest substance in the body. It takes a long time for the body to form this very hard substance.

When a baby is born, the baby teeth are half formed and the adult teeth are starting to form. If you have a difficult pregnancy or experience a lot stress, high fevers or a poor diet, your child's teeth can form poorly and be very soft.

After the baby is born, the

teeth continue to form until age eight. If a young child has many high and prolonged fevers, a stressful environment or a poor diet, his or her teeth will form poorly and will be soft.

Part of the solution is make sure you have great prenatal care and form good care habits for your baby early. It really does make a difference.

Kids have thinner enamel than adults so their decay process can go quicker. That is why it is so important for kids to have a mom with healthy pregnancy and a mom that encourages good eating and brushing habits every day.

Most human beings are infected soon after birth with bacteria in the mouth that causes tooth decay. This bacterium makes an acid (lactic acid) every time it is exposed to sugars. Any child or adult that regularly drinks soda pop, Kool-Aid, chews regular gum with sugar, drinks energy drinks or adds sugar to their coffee or tea will feed this bacteria. Acid will then form, making the teeth soft.

If the teeth are exposed to these sugars all day long from a high sugar diet, they will have very soft teeth and many cavities will result. We have some patients that do not brush very much but they also do not have any sugar in their diets and they have very hard teeth with few

cavities.

Fluoride in toothpaste or mouthwashes (ACT fluoride mouthwash) will also harden the teeth. Most toothpaste has acid fighting agents and fluoride, which really hardens teeth. The patients that brush with toothpaste three times daily neutralize a lot of harmful acid and the fluoride hardens their teeth. If you brush three times a day, that is the same as 1,095 tooth hardening treatments per year. You don't have to brush hard, just apply the toothpaste and gently brush.

Our saliva is loaded with acid fighting agents that constantly help to harden teeth. This process can be helped along with frequent brushing. It can be hurt by a lack of brushing, or by eating or drinking lots of high sugar food on a regular basis.

Methamphetamine actually is an acid and contributes to tooth decay also. Unfortunately, we still see some "meth mouth" at the Warm Springs dental clinic. One patient admitted they knew that meth was bad for teeth, but they would brush after using meth. Fortunately they went into recovery and their check-up showed only one small cavity, which was good news.

Hard teeth or soft teeth? The choice is yours for you and your family.

Happy Valentines Day and birthday wishes...

A special happy 8th birthday to our beautiful daughter, Aiyana Flora



Kalama. May all your wishes come true! Love always, Dad, Mom and you Lil' sister Noelani.

Happy Valentines Day to the infamous Kalama/Frank couples... Foster and J'Dean Kalama family, Eldred Frank and Patricia Kalama, Floyd Frank Sr. and Angeline Kalama. Love, Sterling Kalama and Eileen Frank family.

Happy Valentines day to our sisters Flora "Fawn" Frank and family, Sarah Thompson and family, Rachel Frank and family, Judith Kalama and family. Much love, Sterling, Eileen and Galz.

Happy Valentines Day to Bertson Simtustus, from Eileen, Sterling, Aiyana and Noelani.

Happy Valentines Day to our brothers Albert Kalama Sr. and family, Patrick Kalama, Cyril Frank Sr. and family, Roland Kalama Sr. and family, Melvin Teevee and family, from Ster', Eileen and Galz.

To Sterling Kalama, Words cannot express the depth of the love I feel for you. "Deeper than the ocean" and "beyond the moon" just will not do. We've had our share of trials and tears, yet you've found it in your heart to forgive me, erasing all my fears. Each day I feel so blessed to have a man like you holding my hand, which is why I write my love to you in stone, and scribble my past errors in sand. Happy Valentines Day, sweetheart. All my love, today and always... Eileen M. Frank.

A very sweet Valentines Day to our precious angels Aiyana Flora Kalama and Noelani Keandra Kalama. Bear hugs and kisses... Daddy and Mommy.

Happy Valentines Day to all our family and friends. From Sterling, Eileen, Aiyana and Noelani.

Happy Valentines Day to KayLi LeClaire, Joe Greene and family! Eileen and Sterling family.

Happy Valentines Day to Eileen M. Frank. All my love, Sterling S. Kalama.

Happy Valentines Day to Grandpa Elvis "Whool Guy" Frank. Lots of love and kisses, Aiyana and Noelani Kalama.

For my sweet wife Romelle Danzuka, well sweetie, Feb. 14 is your birthday, Valentines Day and our one-year anniversary. So happy birthday, happy Valentines Day and happy anniversary, sweetie. You are my true love, and I feel like a lucky man to have you as my wife. You make me happy every day, and I hope I do the same for you. I will always be there for you, support and comfort you through tough and stressful times. I'm glad that we plan on spending the rest of our lives together. I'll love you forever. I promise to be a good husband, and I'll do whatever it takes to make and keep you happy. I love you Romelle Danzuka. Love, your husband Willie Danzuka.

Eagle Watch Feb. 21-22

Eagle Watch 2009 is scheduled for Saturday and Sunday, Feb. 21-22. Eagle Watch activities will be coordinated at the Round Butte Overlook Park on Lake Billy Chinook.

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Apologies

I would like to apologize to the community of the Confederated Tribes of Warm Springs for standings on the sidewalk drunk and being detoxed and charged with disorderly conduct. I am also apologizing to my family for disgracing our family name. This happened on December 16, 2008. **Nena Boise.**

To the people of the Confederated Tribes of Warm Springs, I am sorry for being disorderly in public on January 3, 2009. I apologize to my family for the shame my actions have brought to our family name. And I will make every effort to follow our laws in the future. **Orlando Doney.**

I am sorry I broke the law. I want to apologize to the tribe and tribal courts for a DUII that I committed last month. I will not make bad decisions like I did. I could have hurt some one and or myself.

Don A. Howtopat Jr.

Once again I am sorry I broke the law. I would especially like to apologize to my girl friend Denise for my actions on the night of the 27th. I am also sorry for taking all of the court's time and paper work. **Don Howtopat, Jr.**

I am sorry for breaking tribal law by driving under the influence on 1-4-09. I'm sorry for endangering tribal members and non-members. I will start treatment as soon as possible. Providing I can find transportation to the treatment building. **Johnnie Simtustus**

I am sorry I broke tribal law on Sept. 15, 2008 by child neglect five times, and in the future I will not let it happen again. I am sorry for my habit of drinking and drug-ging. I apologize to the tribal elders. I'm sorry and it won't happen again. **Olin Charley.**

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