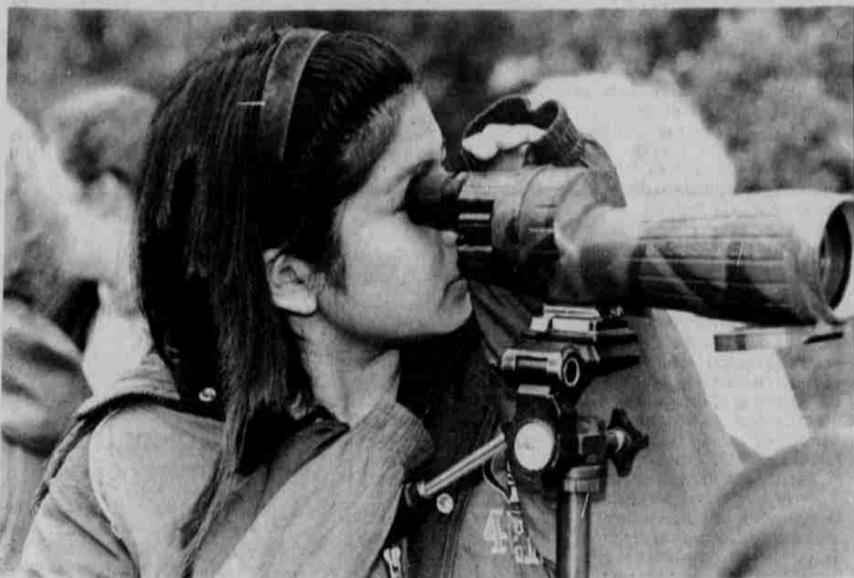


Eagle Watch 2000 Draw Over 400 Spectators to the Round Butte Overlook



Tawney Tohet scopes out an eagle perched on his nest during Eagle Watch 2000

The American Bald Eagle, considered a symbol of freedom, strength and courage by many was the star attraction as over 400 people gathered at the Eagle Watch 2000 at the Round Butte Overlook.

Despite the foggy and rainy weather, this was the second largest crowd for this event since its inception in 1996.

The Eagle Watch 2000 was sponsored by the Oregon Parks and Recreation, Portland General Electric and the Confederated Tribes of Warm Springs.

The Nations symbol, almost extinct, has recovered in large part under the Endangered Species Protection Act to an estimated 5,748 nesting pairs throughout the United States. The act went into effect in 1940 which prohibited the killing or selling of the Bald Eagles. On July 3, 1999, President Clinton marked the culmination of the three decade effort to protect the Bald Eagle by announcing a proposal to remove them from the list of endangered species, calling it the success story for the millennium.

According to the U.S. Fish and Wildlife Department, if the Eagle is delisted, the endangered Species act still requires that the eagles are monitored for five years following the delisting.



This eagle was seen along the banks of the Deschutes River

To avoid criticism, do nothing, say nothing, be nothing.
—Elbert Hubbard

Life is a succession of lessons which must be lived to be understood.
—Helen Keller

You grow up the day you have the first real laugh—at yourself.
—Ethel Barrymore

Coburn shares with others the fight against diabetes

I thought Diabetes would never be a part of my life. I didn't take this information seriously at first. I took the medications; and life went on. WRONG! In 1990 I had heart-by-pass surgery. It was not a fun time, but the realization finally came to me, I better do something.

After recovery from surgery, I went to the Diabetic cooking classes. I learned to cook a whole "new" way. Very little fat and cutting much of the sugar out of the recipes and it was hard to retrain myself. I gradually made little changes, kept on track with a dietitian of whom I am very proud to mention here. Sara Thomas, thank you so much for all the help you've given me over the years. Even if you're not a Diabetic, you can get help to eat healthier.

I've never been one to exercise on a daily basis, but I went to the Community Center and got started on an exercise program. I was skeptical at first because my blood sugar level and cholesterol number is 167, down from 300+. My blood sugar level is consistently 120 or lower, and it's great to feel so good! It's taken a few years to fully take control of my health, and I'm going to stay in control.

Diabetes is an illness that will never go away, it's a daily health problem because there is not a cure. It can be controlled with proper diet, exercise, and medication. I am challenging the diabetics out there to join us in the fight against Diabetes. Please start taking care of yourself! You are worth the effort! Go to the healthier way of cooking.

We are fortunate to have the clinic staff behind us, but it is still our job to be in control of our illness. We can live an active fulfilling life without adding kidney failure, blindness, amputation, ect. to our struggles. I

look forward to meeting others who believe that we can made a difference.

Thank all the people working at the clinic for being with me on my

Diabetes journey. I couldn't have made it without you!

Thelma Coburn



Thelma Coburn exercises daily to help keep herself healthy.



Joe Tuckta and his dance group educate the Eagle Watch 2000 crowd on the Eagle dance

Rose Garden March Events

Random Events Available:

Thursday, March 2nd-PSU Men's BB vs Montana @ 7:05 p.m.

Monday, March 6th-Blazers vs Toronto @ 7:30 p.m.

Tuesday, March 7th-KORN concert @ 8 p.m.

Tuesday, March 14th-Blazers vs Sacramento @ 7:30 p.m.

Thursday, March 16th-Blazers vs Minnesota @ 7:30 p.m.

Wednesday, March 22nd-Blazers vs Detroit @ 7 p.m.

Tuesday, March 28th-Blazers vs San Antonio @ 7 p.m.

Thursday, March 30th-Blazers vs Dallas @ 7 p.m.

Other Events (These events are open-no special criteria):

Saturday, March 4th, Winterhawks vs Seattle @ 7 p.m.

Sunday, March 5th, Winterhawks vs Prince George @ 6 p.m.

Friday, March 24, Winterhawks vs Seattle @ 7 p.m.

Deadline date to submit your name: Wednesday, March 1st @ 5 p.m.

Call the Personnel Office at 553-3262 or 553-3298.

Note:

If we don't get enough responses for events later in the month, we will extend the deadline date. ALL winners (except students) will be notified by phone.

Criteria:

1. Tribal Member/Employee
2. 18 years of age
3. Never been selected to a Rose Garden event.

Census 2000 April 1st, Generations Are Counting On This, Don't Leave It Blank

By Lenora Starr

"Generations are counting on this, don't leave it blank," that is the phrase targeted at Native American persons throughout Indian country as the United States Census Bureau kicks it into high gear, rallying for people to fill out their Census 2000 Questionnaires. United States households will be mailed the questionnaire. However, on Indian Reservations, the questionnaire will be hand delivered and census enumerators will be conducting interviews.

Reports from the information gathered will help government officials at all levels, local, city, state and federal to make decisions that could possibly alter for the better, the lifestyles of our Indian people. For example: the Housing Urban Development (H.U.D.) uses the census to

identify specific reservations in need of housing assistance and forecasting future transportation needs and school district boundaries.

Although reports are given to the government for their use, the actual answers to your questions are kept private by the privacy law Title 13 of the U.S. code. Even the FBI and IRS are not entitled to the answers.

In a March 6, 2000 letter, Tribal Council Chairman, Olney Patt, Jr. and Charles V. Jackson, Secretary Treasurer has this to say:

Dear Warm Springs Community Member:

April 1, 2000 is Census Day and it is important to our future generations that we are counted. The Census determines billions of dollars of federal funding and our Congressional Representation. Starting April 1, 2000, enumerator's will be coming to your home to help you fill out your Census Questionnaire. When you answer your

questionnaire, you are providing numbers for your tribal programs such as Head Start, Low Energy Assistance, Health & Human Services, Elder Care and many other programs.

When answering your census questionnaire, please remember the following points:

1. You need to mark "NO" to the "Are you Hispanic?" question if you want to be counted as Indian.

2. If your house is Bi-racial the Indian Adult of the house must be the first person that will be identified as an American Indian Household.

3. In the race box, you may want to mark only that you are Indian. We do not know what the multiple race answer will do to our numbers or how that will affect Indian Programs.

4. When you mark you tribe, you may want to mark only the tribe you are specifically enrolled, or your principle tribe (their legal name). Many tribes are made up

of many smaller bands and to list the smaller bands may add to the confusion of exactly what tribe you are when we try to compile the Tribes statistics.

5. The Census information is confidential, it is only ahead count of all of us counted collectively together to determine our communities needs statistics i.e., (unemployment, housing and education needs statistics.) Your individual information by law cannot be released to any other governmental agency for any purpose. It is safe, good for our community and it is OK to answer the Census.

Sincerely,

Charles V. Jackson, Secretary Treasurer
Olney Patt, Jr., Tribal Council Chairman

This will be the first time ever, people answering the census will be able to select more than one

racial category to indicate mixed racial heritage. The above letter explains why it is necessary to count your house hold as being Native American so that governments are able to implement and evaluate programs such as the Native American Programs Act, Equal Employment Opportunity Act, Civil Rights Act, etc.

Among the enumerators hired are Manny Calapoo, Carla Dean Caldera, Marcella Clements, Nikki Courtney, Sarah Frank, Marissa James, Heather Miller, Carolyn Orrell, Rosanna Sanders, Farrell Shortman, Jonathan W. Smith, Corinna Shappy, Lenora Starr, Lucille Suppah, and Rebecca VanPelt. The crew leader is Vesta Miller and her assistant is Kathy Danzuka.

Census Day 2000 will be April 1st. In the next coming weeks you will be hearing more Public Service Announcements and seeing promotional campaigns.

Volunteers of the complete count team who are: Vital Statistics Supervisor,

Madeline Queahpama-Spino, Evaline Patt, Orthelia Patt, Helena Jackson, Kathleen Spaulding, Cassie Katchia, Janice Clements, Lenora Starr, Emma Smith, Cheryl Loman and Kate Jackson will be actively promoting the awareness of Census 2000 through posters, handout and promotional gifts i.e. balloons, posters, pens, pencils, bubble wands etc.

Have you seen the Census 2000 poster featuring local people? Look for it placed around the community. Maybe you'll recognize them as Alvis Smith, Sr., Aaron Smith, Angeline Blackwolfe and Donte Smith.

