

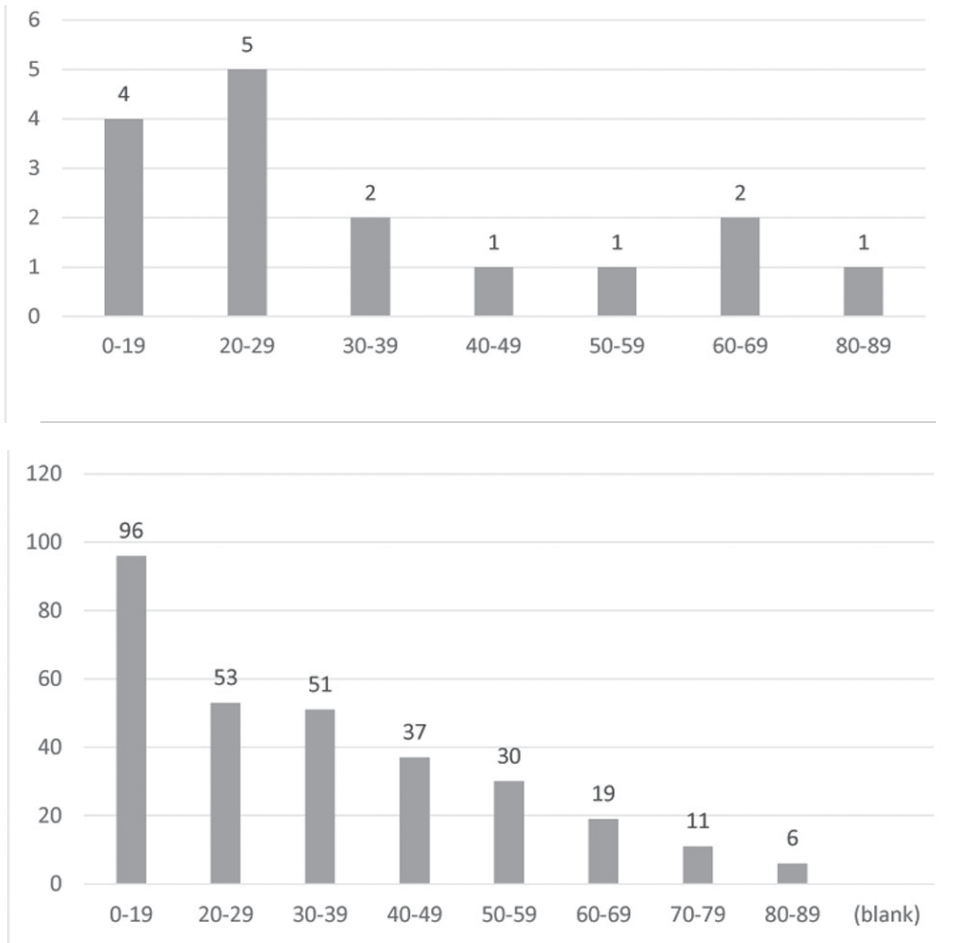
Community update

Most recent covid-19 coronavirus case demographics on the reservation, as compiled by IHS and Community Health:

Top graph: Active cases on the date of September 2. There were 16 active cases, shown in this graph by ages.

Lower graph: Cumulative positive cases: 303 since early spring, numbers shown here through September 2.

(Please see page 5 for further details.)



Warm Springs virtual diabetes classes in October

Warm Springs Health and Wellness Center diabetes classes—for people with diabetes and family members—are coming up in a safe and virtual format in October.

The diabetes education classes will be online, so you

can participate from the comfort of your home. The classes will be Wednesdays at noon.

Class one, October 7: Topics are, What is diabetes? And blood sugar monitoring.

Class two will be on Oc-

tober 14, the topics being: What does diabetes effect? And keys to control.

Class three, October 21, will cover: Nutrition and healthy eating.

Class four, October 28: Diabetes medicine today; and Standards of Care to

Stay Healthy.

Please register by calling 541-553-2351. You will be sent an email to join.

The classes are in collaboration with the Community Health Nutrition Department and the Diabetes Program.

Academic coaching for Native higher ed students

The American Indian Graduate Center is launching *Rising Native Graduates*.

The program will offer academic coaching opportunities specifically designed to support Native undergraduate students from Oregon and the Northwest.

Rising Native Graduates will help students in their pursuit of a graduate or professional school education.

“Indigenous scholars are not equally represented in the graduate and professional school settings,” said Angelique Albert, of the Confederated Salish and Kootenai Tribes, executive director of American Indian Graduate Center.

“The opportunity gap between academic services for Native students and other minorities is significant, particularly regarding cradle-to-career strategies.

“Our program is unique from any other program, because it is designed specifi-



Dr. Salena Beaumont Hill

cally to empower these incredible students who have statistically been left out by large educational data sets.”

The premier academic coaching program seeks to increase access to graduate and professional degrees for American Indian students through mentoring with a culturally appropriate, and Indigenous centered approach—a need that was identified by current Ameri-



RISING NATIVE GRADUATES
PREMIER ACADEMIC COACHING

can Indian Graduate Center students in their annual student feedback survey.

Current undergraduate junior and senior Native students in the region are encouraged to take advantage of this program.

The American Indian Graduate Center plans to scale up the program to a national level in the coming academic years.

“*Rising Native Graduates* will elevate our scholars’ entire educational experience,” said Dr. Salena Beaumont Hill, of the Crow Tribe of Montana, Blackfeet Tribe, and American Indian Graduate Center’s *Rising Native Graduates* Program Man-

ager.

“Essentially, we are offering them Native role models who can give them real advice and strategies to excel in this phase of their education. Providing this Nativecentered academic support is pivotal to ensuring our students’ academic success.”

Both Academic Coach and Scholar applications are open now. Learn more about *Rising Native Graduates* at AIGCS.org.

Rising Native Graduates is supported by a \$300,000 three-year grant from the M.J. Murdock Charitable Trust.

The program is also supported by generous funding from Wells Fargo.

Off rez hunting

The Confederated Tribes of Warm Springs has adopted the off-reservation hunting seasons and regulations. Current off-reservation seasons are:

Pronghorn antelope: Now through October 31.

Archery, deer and elk: Through October 2.

Off reservation buck and deer, rifle: Through October 31.

Early elk, cow and spike: Through October 16.

Bull elk: October 17 through November 30.

Late elk, cow and spike: December 1 through January 31, 2021.

Bighorn sheep hunts: Through November 30.

John Day Canyon mule deer buck: November 1 through November 29.

John Day Middle Fork white-tail hunt: October 3 through November 30. For assistance you can email: wildlife.tags@ctwsbnr.org

Or call 541-553-2001 during business hours.

Covid-19 Community Outreach Project

Does your family need food or household items?

Call us at (541) 615-0141 or (541) 553-3415 to learn more or get supplies.

Covid-19 is in the community of Warm Springs, and to keep everyone safe please: Please wash your hands, wear a mask, & reduce going off the reservation.

Call IHS, if you feel sick with

- = Fever or chills
- = Fatigue
- = Runny Nose
- = Cough
- = Muscle or Body
- = Nausea or
- = Shortness of Breath
- = Aches
- = Vomiting
- = Sore Throat
- = Diarrhea

This project is made possible by donations and collaboration between: The Pandemic Partners Facebook Group and the Office of IHS Health Care Analyst

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For more information or to register,
541.550.4100 | cocc.edu/madras

In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.

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