

Country Road Chronicles Of West Segment

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BOX HOLDER

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Winter Has Hit North Dakota Pretty Hard With A Lot of Snow!



Quotes For The Heart & Mind:

- Your success and happiness lies in you. Resolve to be happy, and your joy and you shall form an invincible host against difficulties". ~ Helen Keller
- Every gift which is given, even though is be small, is in reality great, if it is given with affection". ~ Pindar~

Inside This Issue:

Page 2: Representative Update.

Page 3: Elders Update

Pages 4&5: Mandaree Christmas

Pages 6:Elves giving presents

Page 12: Hiraaca Elders Policies

Pages 20-21: West Segment Education information

Pages 26-27: Obituary

Throughout the state of North Dakota there has been record snowfalls. According to Rick Krolak, spokesman for the weather services in Bismarck office states; "It's going to be an above-normal season either way. The average seasonal total is 51.2 inches of snow.

According to the Bismarck Tribune, the city has seen 43.5 inches of snow which trailed it's year to date record by only 2.3 inches.

For the month of December it was a record breaker not only for the Bismarck area it was the same for many other locations around the state.

As for many rural areas throughout the state many homeowners have gotten snowed in.

When the snow came it didn't take much it came down hard. Many were snowed in their homes and people stayed home from work due to no travel advisory.

This is what our streets look like in our west segment community with piles and piles of snow covering the homes. The rural areas were pretty bad too people couldn't even open up their front doors to their homes due to the snow fall we had. I would say its been about six or more years that we have had this much snow. I guess mother nature is making up for it. This is just January and we still have a few months of snow yet to go.

West Segment Tribal Representative Update



Hello Community members and relatives, I would like to say "Happy New Year" to everyone. I would also like to extend my sincere condolences to the family and relatives of Margo

Guimont Stops and to those who lost their family or relatives in other segments as well.

I have been very busy attending meetings, we recently had a meeting with our newly elected Governor Doug Burgum, who is very supportive and cooperative with our tribe. The tribe met with the Governor and others to discuss taxation, economic development, health care, law enforcement, infrastructure and behavioral health and addictions.

These are all important topics and issues that impact our people here on the Fort Berthold reservation.



In the picture to your right is Lieutenant Governor Brent Sanford, West Segment Representative, Randy Phelan and newly elected Governor Doug Burgum. This picture was taken at the State Capital building in Bismarck, North Dakota on January 5, 2017.

Photo Courtesy of MHA Website: Taken by Cedar Henry



MHA Nation Tribal Chairman and Council members were invited to meet with Governor Doug Burgum and Lieutenant Governor Brent Sanford at the State Capitol Building on January 5, 2017. They discussed taxation, economic development, health care, law enforcement, infrastructure and behavioral health and addictions.

Photo submitted by Cedar Henry

In the picture above you can see MHA Tribal Council members who met with Lieutenant Governor Brent Sanford and newly elected Governor Doug Burgum at the State Capital building in Bismarck, North Dakota.

I will be out for more meetings in the upcoming next two weeks when I am done with these meetings, I will have more to give in the upcoming update.

Our maintenance crews here have been busy clearing roads along with the TAT Roads Department. So I would like to commend everyone for their hard work and long hours on opening up our roads, especially for the elders. Stay warm and inside if you don't have to go anywhere stay home because of our wind chills have been outrageously cold.

I will have more in the next months update and keep you informed.

Thank you for being a good reader.

Hiraaca Elders



Happy New Year!! From the staff of the Mandaree Hiraaca Elders building. As we update the community on the elders

events. Currently, we are trying to stay on top of keeping the roads cleared during this snow fall and we have given the list of elders to the Tribal Roads and Maintenance as well as kept the service providers updated on who needs their roads cleared. We are doing the best we can however for the private homeowners it is your responsibility to keep your water running to make sure your pipes don't freeze up and take precautions during this extremely cold weather.

Our next scheduled Hiraaca Elders Organizational Board Meeting will be on January 19, 2017 during which time, I will be updating the board on planned program events. We invite the public in case they have any comments, solutions and concerns to attend and voice your input at that time.

We will be getting in our order of jackets to give to the newby elders and anyone else who is 60 and older who did not get one, we invite you to call with your coat size and we will make sure you get one. These coats are nice and warm even though they're light in weight.

We are in the pre-planning mode for our next elder trip and I am looking at costs comparison on some suggestions we have received. Likely, we will going to Mystic Lake as we really enjoyed the trip and it was nice to meet up with the other elders programs at the same time. I have been contacted by the sales people inviting us back and this time we would like to maybe plan to meet with their elders over there and do some sharing and talking. I need to plan in advance for transportation and rooms therefore, we are doing some tentative planning.

Our next bingo is planned for the end of January and we will be sending out flyers as well as some other board activities. We are looking forward to the weather warming up and are anxious for Spring. Again, we thank the community in helping and assisting our elders and we need to continue to do so, however, we only have so many resources so our elders need to be patient and work with us on getting the necessary resources. In addition, I started this new year I added our policies on page 12 of our newspaper so everyone is familiar with what services we provide. For any additional questions please do not hesitated to call me.

Gowids

A Joyous Christmas In Mandaree



The boys and girls club participated and decorated their van. It was a chilly night but a graceful night and even more so better when all parade participants met at the Mandaree School than paraded to the Mandaree Water Chief Hall. This was the best parade that we had in years!

The parade was awesome here in our West Segment community. We had a lot more floats than we have had since we began, which was our goal. We had over ten floats this year. It was great to see the many participants who showed up with their floats. Of course a float would not be the same if old St Nick wasn't there. In the picture above you can see St. Nick waving at everyone. Pictured below is our ambulance crew.

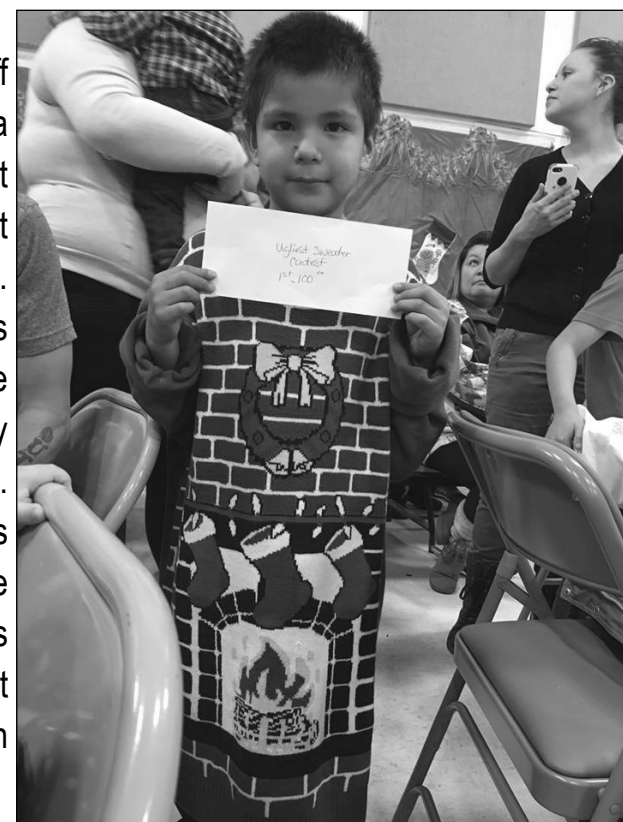


West Segment Christmas Meal



When the parade was over with than everyone gathered inside the beautiful decorated walls of the water chief hall. As you can see in the picture to your left is how the hall looked all nice and decorated. In the next few pictures you can see how it was filled inside. From the youngest to the oldest everyone shared a great meal together. Pictured is one little one tearing her present open.

The meal was provided by West Segment staff members and our councilman Phelan. It was a memorable event with a lot of activities that went on during the meal. They had the ugliest sweater contest and the Kris Kringle award. This year the Kris Kringle award was presented to long time dedicated employee James Johnson. Jimmy is head of the Security department here at the West Segment office. We would like to congratulate him on his award. Pictured to your right is the 1st place winner of the ugliest sweater contest, he was the lucky winner of \$100.00 dollars! Best decorated home in the country was Joann Young Bird.



Santa & His Elves Deliver Christmas Presents



One can say that Santa was late due to our bad snowy weather, good things come to those who wait as they say. Pictured is Santa making up for lost time and delivering presents and turkeys to members in our community. They got their presents even though cold wind chill temperatures were the best that day, the elves got out to do what they do best in delivering what Santa ordered.

Oh and the kids were very surprised! They were glad to get the presents, it was a blessing to the elves to see the smiles on their faces when they got to their homes. We would like to thank those employees who worked hard and went beyond their duties to help make our Christmas great. Those who helped decorate and served the meal, those who were behind the scenes working hard. All your hard work is greatly appreciated!

Around West Segment



This is what route 12 looks like as you enter into the West Segment community. Road covered with snow and ice.



Birds eye view of West Segment Community.



Mandaree One Stop was surrounded by piles of snow.



The Water Chief Hall was covered with plenty of snow. As you can see in the pictures below. Homes as well were covered with piles and piles of snow! Be prepared and always carry a survival kit when you are out and about. This is dangerously cold weather.



For Your Information



The Teachers at Mandaree School choose a student of the month. It is an honor to recognize those children that have exhibited excellent behavior and shown extra care and concern for others in their community. So we are proud to present to you the Good Citizens for the month.

Brighten Johnson, Robin Hall, Gabriel Sanchez, Emily Mandan, Mckayla Young Bear, David Alcocer, Cooper Johnson, Sophia White Owl, Joshua Jones, Julia Flying Horse, Tara Grizzle, Garret Johnson, Daryl Mingus and Anthony Starr.

If you have any questions or concerns please feel free to call me at Mandaree School, 701-759-3311 for Mrs. Spotted Horse, Paraprofessional ext. 117.

The Fort Berthold Housing Services Program has moved. Our new location is in New Town and our address is 307 8th Street North (Next to the Circle of Life in the red building).

The telephone number is the same: 627-3832 and the Fax: 627-3833.

Lawrence Baker: 421-6548

Florence Brady- 421-1452

Terri Logg- 421-0754

Mel Minafore-421-8494

Dave Brown-421-7657

Veldon Blacktail Deer-421-5921

Chesley Quick Bear-627-3832



Three Affiliated Tribes Natural Resources Department

404 Frontage Road New Town, North Dakota 58763-9402

Office (701) 627-2393 Fax: (701) 627-2273

Notice 2017-2021 Range Unit Allocation Meeting

The Three Affiliated Tribes Natural Resource Department is providing notice of the Range Unit Allocation Meeting. This meeting will allocate all range units within Fort Berthold Reservation; meeting is open to range unit applications only due to time constraints.

- ◆ **2017-2021 Range Unit Allocation**
- ◆ **Tribal Business Committee Meeting**
- ◆ **Monday, January 23, 2017**
- ◆ **10:00 a.m.**
- ◆ **Tribal Business Council Chambers**

TAT Tribal Administration Building

404 Frontage Road

New Town, North Dakota –58763-

If you have any questions, please feel free to contact the Bureau of Indian Affairs (701) 627-6570 or Kallie Hugs (701) 627-6532. Thank you for your attention to this matter.

Updated on 12/28/16

* Please not Date Change *

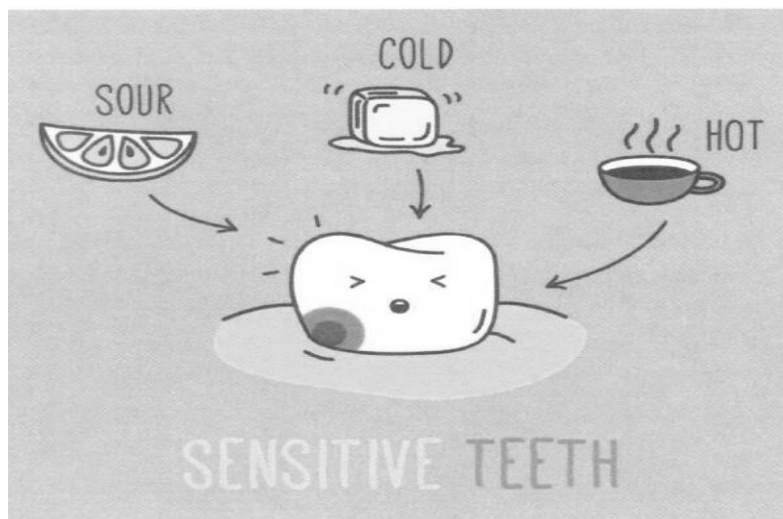
For Your Information

Dental Care from Tara Stockhausen

Baby its cold outside! Do you find your teeth screaming as you breathe in the crisp, cold, refreshing North Dakota air! If so you may want to consider visiting your dentist to determine what is causing your tooth sensitivity.

Tooth sensitivity is one of the most common problems for individuals between the ages of 20-50. Tooth sensitivity can happen for a variety of reasons some maybe a minor cause while others may be more of a concern; so either way it is best to visit your dentist.

Examples of things that may be causing your sensitivity are: bleaching your teeth, enamel wear from grinding or vigorous tooth brushing, deep fillings, gum recession, cavities, or a cracked tooth can be just a few reasons your teeth may be saying "OUCH".



Until you have determined the cause of tooth sensitivity with your dental provider it is important to put into practice a few simple things that can help your provider determine if your sensitivity is being caused by something more serious:

1. Don't brush too hard. You may be taking off more than just plaque. Instead use a soft-bristled brush and angle your toothbrush at 45 degrees towards your gums and use small scrubbing motions about 5-10 seconds per each tooth making sure you are covering all sections of your teeth.
2. Limit acidic foods and drinks; try to avoid soda and foods packed with lots of sugar. These foods and beverages attack the enamel. Instead try enamel friendly food such as: Fiber rich fruits and veggies, cheese, milk and yogurt. If you do eat something acidic, don't rush to brush wait an hour to allow your pH to return to normal or swish with water before brushing.

Continue reading on next column.

3. Try sensitivity toothpaste. Many of these products put added protection into weakened enamel giving the sensitivity sufferer much needed relief!

As a reminder, Elbowoods Dental is here to help you with your dental needs.

Please give us a call at (701) 627-7927. Until then stay warm this winter!

If you have any questions, please feel free to email me at tarastockhausen@ihs.gov

Scrubs Academy Makes a Great Gift

The 7th Annual R-COOL-Heath Scrubs Academy is June 5-8, 2017 at the University of North Dakota in Grand Forks. The four day, three night camp encourages North Dakota Middle School students to pursue a career in healthcare. Students participate in hands-on activities related to a variety of healthcare professions. They are also certified in Friends and Family CPR and the Health Insurance Portability and Accountability Act (HIPAA) Give your middle school student the gift of education by registering them for the Scrub Academy.

Application form: **DEADLINE TO APPLY: February 15, 2017** (must be received, not postmarked by this date)

For more information, contact: Kylie Nissen, Senior Project Coordinator email: kylie.nissen@med.und.edu

Phone: (701) 777-5380



Attention Elders Of West Segment!

Upon delivery meals if you are not going to be home. Please call the Kitchen staff at the Elders meal site to let them know you will not be home.

Calling ahead in advance is appreciated so the drivers would know ahead of time.

Please call 759-3092.

Thank you

Elders Head Cook

Elbowoods Memorial Health Center Phone Numbers



Providers

Medical:

Dr. Monica Taylor-Desir, Chief Medical Officer/
Psychiatry

Dr. Anita Martin, Pediatrics-Elbowoods Main Clinic

Bernice DuBois, FNP-Parshall Field Clinic

Maxine Bosko, FNP- Mandaree Field Clinic

Andrea Richter, FNP-Twin Buttes Field Clinic

Aubrey Mowery, Pediatric NP-Elbowoods Main Clinic

Dr. Samuel Johnson, Family Practice-Elbowoods Main Clinic

Dr. Sandra Figueroa Vargas, Family Practice-Elbowoods Main Clinic

Dr. Orlan Jackson, Family Practice-Twin Buttes Field Clinic

Dr. Zane Rising Sun, Family Practice-White Shield Field Clinic

Optometry:

Dr. James Jeske- Elbowoods Main Clinic

Optometry Clinic: Monday through Friday 8:00am to 4:30pm

Dentistry:

Dr. Michael Melland, Chief Dentist

Dr. Scott Mortenson, Dentist

Dr. Michael Zerr, Endodontist

Dental Clinic Walk-in Hours (for emergencies ONLY)

Monday, Tuesday, Thursday mornings: 7:00am-10:am

Wednesday mornings-Closed

Friday mornings: 8:00am-10:am

Monday through Friday afternoon: 1:00pm-3:00pm

***We do not do comprehensive exams, cleanings or fillings for Walk-ins.**

Appointments made through Dental Department: (701-627-7927)

Appointments:

Scheduled appointments are encouraged and may be made by calling the respective service site/department or at the appointment desk.

- The Clinic, Lab & X-ray, and Optometry are closed from 12:00pm-1:00pm, Monday through Friday.

General Appointments:

Monday-Friday-9:00am-4:30pm

Awatii Wellness Program:

Monday-Thursday 8:am-8:00pm

Walk-ins:

Monday-Friday-8:30am to 4:30pm

Urgent care issues only (not for refills, physical exams, pap tests, or referrals)

Diabetic Clinic: Appointments made through Diabetes Program. Also available at field clinics.

Pre-Renal Clinic:

One day a month. Appointments made through Diabetes Program.

Ultra Sound, CT:

One day a week. Appointments made through Radiology Dept. Referral needed from a service unit provider.

Bone Density DEXA Scan:

Monthly. Appointments made through Radiology Dept. Referral needed from a service unit provider.

Field Health Clinics:

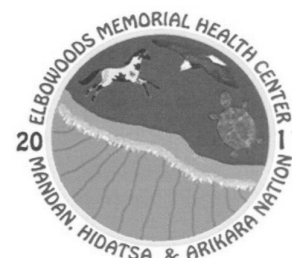
The Tribe has field health clinics which provide limited services in four communities throughout the Fort Berthold Reservation. These are located at White Shield, Mandaree, Twin Buttes and Parshall. Hours and days of service may be obtained by calling the clinics:

White Shield Field Clinic: (701) 743-4380

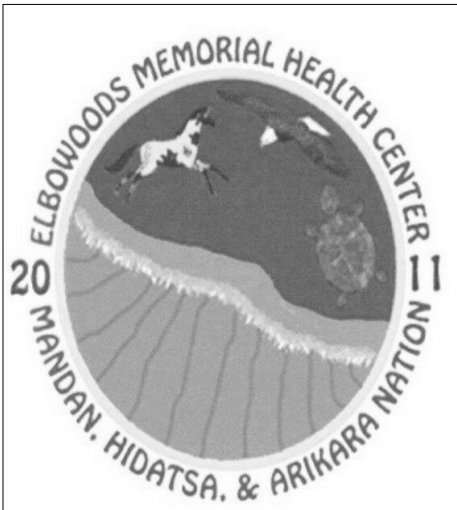
Parshall: (701) 862-8220

Mandaree Field Clinic: (701) 759-3422

Twin Buttes Field Clinic: (701) 938-4540



For Your Information



MANDAREE FIELD CLINIC
00N01 Warrior Circle
Phone: 701-759-3422
Fax: 701-759-3209
Registration Clerk: Autumn
Stamper

New Staff:

Maxine Bosko, FNP-C

Mindy Preszler, RN

NEW OFFICE HOURS:

Monday-Friday: 8:00 AM-5:00 P.M.

Appointments & Walk-ins: 9:00 A.M. To 4:00 P.M.

Pharmacy Open on Monday, Wednesday and Friday:
10:00A.M. to 3:00 P.M.

NOTICE:

If you have any questions feel free to call the Registration Clerk, Autumn Stamper at the Mandaree Field Clinic at 759-3422.

* When the Mandaree Clinic is CLOSED please call the Elbowoods Clinic if you need to see a doctor or if you have an emergency.

A Reminder:

If the Mandaree Field Clinic is **CLOSED** and you need to see the Doctor please call the Elbowoods Clinic in New Town At 627-4750 for your medical needs.



Contact Information

Call: 701-446-8282

Visit: www.tribal-care.com

Fax: 855-497-2787

Hiraaca Elder Organizational Board Policies for Services

The Mandaree Hiraaca Elder Organizational Board (MHEOB) will provide financial assistance to all enrolled members residing in the Mandaree Community who are 60 years and older for the purposes described below:

1. After all other resources are exhausted such as Indian Health Service, Medicaid, Veterans Benefits, Vocational Rehabilitation, ect., MHEOB will financially assist the elder in the purchase of:

Glasses	NTE	\$400.00
Dentures/Dental Work	NTE	\$3500.00
Hearing Aids	NTE	\$2500.00
Ramps	NTE	\$750.00

All costs over and above these amounts will be the financial responsibility of the elder. MHEOB does not cover the costs of medical prescriptions and doctor's bill.

2. In the events that an elder or immediate family suffers a medical catastrophe such as; stroke, heart attack, cancer, 3rd degree burn etc., which requires immediate emergency hospitalization in a major medical facility, the MHEOB will provide financial assistance to help defray travel expenses so that either a family member can be with their elder, or the elder can be with their sick relative. This assistance is given without consideration of elders income or other resources. It is not intended to meet the total financial need of the elder's emergency, only to "help out." In this situation, the elder will receive:

In-state hospitalization NTE \$250.00 (overnight + \$100.00)

"Out of state" such as Rochester MN NTE \$500.00 (adjust according to need)

This help is given once a month as needed, and requires official documentation from the hospital describing the situation. The elder or their designated family member has the responsibility to provide the documentation. The elder, at the time they are enrolled in the MHEO shall designate a family member to act in their behalf, should they become unable to make their own decisions. Financial assistance is issued to one elder or designated person. An elder may also receive financial assistance as listed above if a member of their immediate family is likewise in an emergency/critical condition.

3. Based on availability of funds, the MHEO will financially assist elders who have medical appointments away from the reservation. The assistance given will be as follows:

An expense allowance will be provided for an elder who has a same day medical appointment from the Mandaree Community to Bismarck-\$250.00; Minot-\$150.00; Dickinson-\$150.00; Williston-\$150.00. Adequate documentation is needed such as a appointment slip showing location, time, date and physician/clinic. If an overnight stay is recommended by a Physician with whom the appointment is made, and there is adequate documentation from the Physician an allowance of \$100.00 will be made. Medical appointments that occur in other areas such as Fargo, Grand Forks etc., will be treated as an overnight stay and financial assistance will be provided in the amount of \$350.00, provided

there are not other financial sponsoring agencies such as Vocational rehabilitation or the Veterans Administration. The elder must provide evidence of the appointment. Elders having out of state referrals such as; the Mayo Clinic, University of Minnesota Hospitals, Sturgis VA Clinic ect., will be financially assisted in the amount of \$500.00 provided there are no other sponsoring agencies such as Voc. Rehab, or VA. The elder must show evidence of the appointment. If another agency like CHR, Voc. Rehab, or VA provides transportation MHEOB will provide meal allowance of \$50.00 for the elder.

4. Light housekeeping is provided to elders upon a physicians recommendations, and if the elder is living alone. Light housekeeping may occasionally include the mowing of lawns. As time permits, elder staff will be available to assist elders in running errands, delivery of medication, getting mail and groceries, ect. Because of the time involved in transportation the staff will only transport in case of emergency when there are no other resources available.

Occasionally, staff will be available to transport elders to special occasions. These services will be in conjunction with a community event and will include a group of programs or agencies working together. In the event of a planned trip it is necessary to develop travel policies for social trips. In the event that an elder receives a travel stipend for planned events and does not attend that elder is then not eligible for the next planned trip where they would receive another travel stipend. As necessary elders will be assisted in the procurement of assistive devices such as; wheel chairs, handicapped accessories ect., provided there are no other resources available.

For non-ambulatory elders financial assistance will be provided to build a handicap ramp up to \$750.00. In this instance the Elder Program will provide the materials and the family or other resources provides the labor. MHEO is not responsible for the upkeep or maintenance of the ramps.

These policies have been developed and approved by the Mandaree Hiraaca Elders Organizational Board at a duly convened meeting April 18, 2016, The board consists of the following:

- Joann Young Bird, President**
1691 Hwy 22, Mandaree, ND 58757
759-3259
- Liz Yellow Bird, Vice President**
Box 698, Mandaree, ND 58757
739-3350
- Mary Gauchipin, Treasurer**
Box 845, Mandaree, ND 58757
- Avalon Hale, Secretary**
Box 592, Mandaree, ND 58757

Policies printed by Mavis Young Bear, Hiraaca Elders Director.

January is Cervical Cancer Awareness Month

Good afternoon and Happy New Year MHA Nation!

January is Cervical Cancer Month, here is some good information:

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix the birth canal to the upper part of the uterus.

Cervical Cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent human papillomavirus (HPV) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

Risk Factors: Almost all cervical cancers are caused by HPV, a common virus that can be passed from one person to another during sex. There are many types of HPV. Some HPV types can cause changes on a women's cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts. HPV is so common that most people get it at some time in their lives. HPV usually causes no symptoms so you can't tell that you have it. For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer. Other things can increase your risk of cervical cancer:

- Smoking
- Having HIV the virus that causes AIDS or another condition that makes it hard for your body to fight off health problems.
- Using birth control pills for a long time (five or more years).
- Having given birth to three or more children
- Having several sexual partners

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow up. Two screening tests can help prevent cancer or find it early;

- The PAP test or Pap smear looks for precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus that can cause these cell changes.

The Pap Test is recommended for all women between the ages of 21 and 65 years old. See your primary care provider to schedule your Pap test.

HPV Vaccine: It is recommended for 11 and 12 year girls and boys (the Vaccine can be given at age 9). It also is given to females or males who are 13-26 years old who did not get any or all of the shots when they were younger.

Ideally, girls and boys should get three doses of this vaccine before their first sexual contact. If you or someone you care about is in this age range, talk with a doctor about it.

I encourage all women and young men to speak and schedule an appointment with your primary care provider about the HPV Vaccine and Pap Test !

Red Fox Sanchez

Tribal Health Director

Mandan, Hidatsa, Arikara Nation

404 Frontage Road

New Town, ND 58763

Office: 701-627-6616

Cell: 701-421-8393

Fax: 701-627-5314

January is Glaucoma Awareness Month

GLAUCOMA January is National Glaucoma Awareness Month, an important time to spread the word about this sight stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of preventable blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

What is Glaucoma?

Glaucoma is a group of eye disease that gradually steal sight without warning. Although the most common forms primarily affect the middle aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma yet, however, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Types of Glaucoma:

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Regular Eye Exams Are Important:

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of blindness among African Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors:

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high risk groups include: people over 60, family members of those already diagnosed, diabetes, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

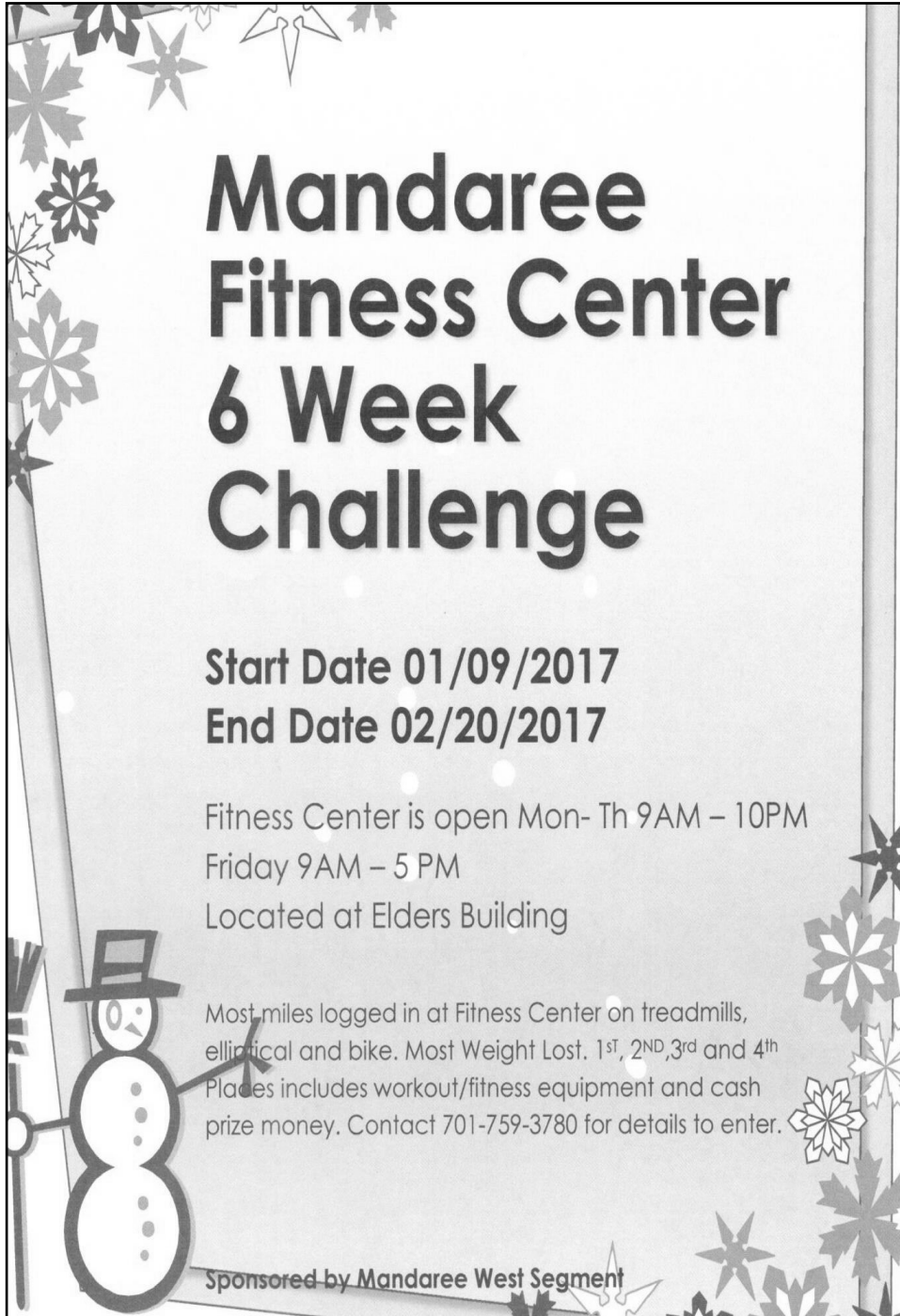
Help Us Find A Cure:

Glaucoma Research Foundation is a national non-profit organization funding innovative research to preserve vision and find a cure for glaucoma.

Glaucoma Research Foundation

www.glaucoma.org

For Your Information



**Mandaree
Fitness Center
6 Week
Challenge**

**Start Date 01/09/2017
End Date 02/20/2017**

Fitness Center is open Mon- Th 9AM – 10PM
Friday 9AM – 5 PM
Located at Elders Building

Most miles logged in at Fitness Center on treadmills, elliptical and bike. Most Weight Lost. 1st, 2nd, 3rd and 4th Places includes workout/fitness equipment and cash prize money. Contact 701-759-3780 for details to enter.

Sponsored by Mandaree West Segment



Three Affiliated Tribes Executive Committee:

Chairman: Mark Fox
Vice Chairman: Randy Phelan
Treasurer: Mervin Packineau

Natural Resource Committee:

Chairman: Randy Phelan
Member: Fred Fox
Member: Monica Mayer

Agenda Contact: Victoria Mandan (701) 627-2983

Judicial Committee:

Chairman: Fred Fox
Member: Monica Mayer
Member: Frank Grady

Agenda Contact: Jonelle Abe 701-627-4781

Health & Human Resource:

Chairman: Frank Grady
Member: Monica Mayer
Member: Fred Fox

Agenda Contact: Catherine R. Fox 701-627-4781

Economic Committee:

Chairman: Monica Mayer
Member: Cory Spotted Bear
Member: Mervin Packineau

Agenda Contact: Lori Henry: 701-627-8054

Education Committee:

Chairman: Cory Spotted Bear
Member: Monica Mayer
Member: Randy Phelan

Agenda Contact: Luke Lee 701-627-8255

Please Read Below For Your Information:

Effective Immediately

Per Councilman Phelan:

- **Financial Requests will no longer be ran daily. We can only do them on Tuesday and Thursday, unless it is an extreme emergency.**
- **We can no longer run check requests in minor child name Must be 18 years or older, as requested from Tribal Finance.**
- **Each individual can apply once in a 30 day time frame.**

ABSOLUTELY NO ACCEPTIONS.

January-Doorway



When January, the first month of the new year comes around many of us look back at what happened throughout the year we just finished and then look forward to the new year that lays ahead of us and make resolutions.

According to the Oxford Dictionary, January was named after a Roman God Janus who is depicted with two faces, one looking forward and the other

looking backward. Janus was considered to be the god of comings and goings as well as the guardian of doorways and gates. Why do I bring this up? Because I want to talk about a sacramental used in the Catholic Church during the month of January that takes advantage of people coming and going through doorways~ The Epiphany Blessing.

First let me define what a sacramental is. We human beings are people who gather information through our five senses. Sacramentals use our senses to help us stay in touch with God. The Baltimore Catechism answers What is a Sacramental? This way: "A sacramental is anything set apart or blessed by the Church to excite good thoughts and to increase devotion, and through these movements of the heart to remit venial sin". Examples of Sacramentals include Holy Water, blessed objects, Rosaries, Sign of the Cross, Advent Wreaths, Christmas Trees,

Epiphany Blessings, etc. It is easy to see how these objects and actions use our senses to remind us about God and hopefully inspire us to move closer. The Epiphany Blessings uses our sense of sight, touch and hearing to remind us throughout the entire year of the Incarnation of Christ, especially the visit of the three Wise Men. The Epiphany Blessing stems from a Christian desire to start out the new year with the blessing of our home. In conjunction with using Holy Water during the Epiphany Blessing, chalk blessed at Epiphany Mass is used to write the four numbers of the new year over the doorway of the entrance of the house and the letters C + M + B placed in the middle of the numbers -20+C+M+B+17.

The chalk represents human flesh, created by God from the earth, and is used as a symbol for the incarnation. The letters C, M, and B placed between the four numbers of the new year represent the legendary names of the Three Wise Men~Casper, Melchior and Balthasar. No one really knows the names of the three Wise Men but since the first celebration of Epiphany in the fourth century they eventually were named Casper, Melchior & Balthasar. The letters C-M-B also stands for the Latin words Christus, Mansionem Benedicat which is translated "Christ, bless the house."

The January writings above the doorway blesses everyone who comes and goes to and from the home. It becomes a special spiritual gift to guests. Many times when guests see these numbers and letters it prompts them to ask what it means. This gives the family an opportunity to call to mind once again for themselves and for their guests the birth of Jesus and the visit of the Three Wise Men. It also gives the family the opportunity to let their guests know that they received the Epiphany Blessing when they entered their home.

Sacramentals such as the Epiphany Blessings do great things for families and their guests. Never pass up an opportunity to find ways to think about God that in turn will move us to avoid sin and love God with all our heart and mind and soul and strength.

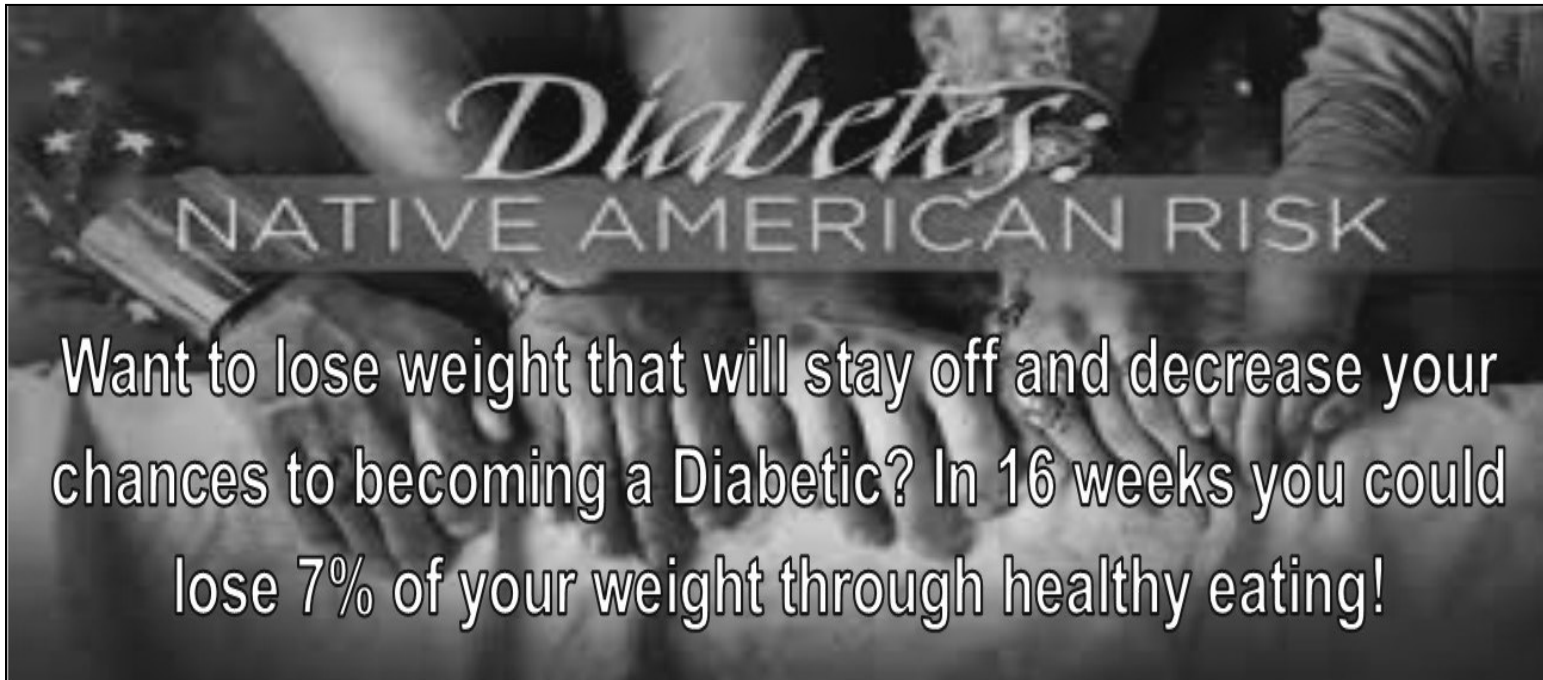
God Bless

Father Roger A. Synek

St. Anthony's Catholic Church New Town/ Mandaree

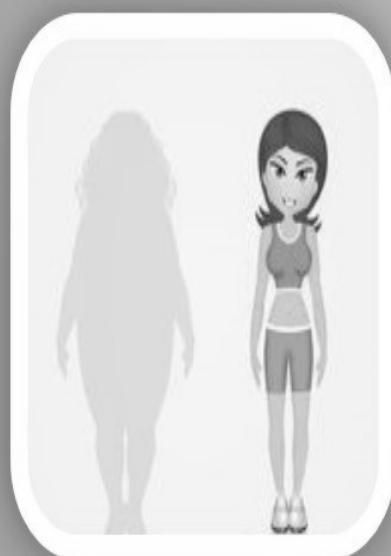


For Your Information



**Fort Berthold
Diabetes Program
701-627-7931**

Take CONTROL of your HEALTH and START MAKING POSITIVE LIFESTYLE CHANGES with the help of a TRAINED LIFESTYLE COACH and fun, engaging support groups!



WE CAN DO THIS TOGETHER!

National Diabetes Prevention Program is inviting you to come join us:

Where: Conference Room @ the TERO Building

Date: March 8, 2017-June 21, 2017

Time: 4:30pm-5:30pm

Cost: \$75.00 (1/2 off the regular price)



Contact: Celeste or Roselle @ 701-627-7931

There will be 24 educational and motivational meeting as part of the program. This includes 16 weekly meetings in the first 6 months of the program (8 weekly and 8 bi-weekly) followed by 6 monthly meetings.

Updated Numbers For Mandaree

Boys & Girls Club Branch Manager Ollie Spotted Bear: 421-0161 or 759-3049

Catholic Church: Father Roger Synek: 759-3412

Mandaree Field Clinic: 759-3422 or Fax: 759-3209

Pharmacy in Mandaree: 759-3151 or Fax: 759-3181

Mandaree Elders Meal Site: Annette Teck: 759-3092

Hiraaca Elders Program: Director: Mavis Young Bear: 759-3099 or 421-2991.

Hiraaca Elders Fax: 759-3095

Elders Meals Delivery: 759-3092 -Paul Rosario Sr, Rosie White Owl and Nina Finley.

Mandaree Fitness Center Dennis Fimbres: 759-3780

NHSC Mentor's Office Buff White: 759-3545 or Fax: 759-3528

FBHA Compliance Office: Ursula Stiffarm: 759-3177 or Fax: 759-3182

FBHA Maintenance Office Raymond Yellow Wolf: 759-3577 or cell 421-0672

Fire Management : 759-3124

Little Plume Teacher 1: 759-3369

Road Department: 759-3420

Bus Garage: 759-3395

Business Office: 759-3120

Main Office: 759-3311

Mandaree School Fax: 759-3112

TERO Compliance Office: Lana Turner Office Manager: 759-3255 or Cell: 421-6052

Tribal Ranch & Lodge: 759-3176

Tribal Ranch Fax: 759-3133

Mandaree Water Treatment Plant: 759-3160 or Fax: 759-3199

In Case of Emergency call these cell numbers for water treatment: Bruce Fox Sr.: 421-7512, Dillon Costello: 421-8462, John Osborne: 701- 609-0727

Water Chief Hall Office Receptionist: Rhonda Hall: 759-3377 or 421-1811

Water Chief Hall Fax: 759-3232

Mandaree Public Relations: Lovina Fox

Public Relations Fax: 759-3375

New Town Finance Officer: Martha Phelan: 627-8121 or 421-0606

Water Chief Hall Computer Tech: Jake Chappell: 759-3377

West Segment Custodian Supervisor: Valencia Antonio: 421-3082

Water Chief Hall Office Manager: Florene Halvorson: 421-2797

Water Chief Hall Education Department: Adele Phelan- 421-6600
Water Chief Hall Education Department: Lucy Hunts Along at 759-3377.

Water Chief Hall Events Coordinator: Lorraine Howe :759-3377

Water Chief Hall Youth Coordinator: DeRae Mann:759-3377 or 421-4127.

Water Chief Hall Security: Director: James Johnson: 759-3377

Water Chief Hall Maintenance: Dan Hunts Along: 421-2992

West Segment Maintenance Department: Receptionist: Merle Young Bird: 759-3766.

West Segment Maintenance Department Fax: 759-3768

Mandaree Hiraaca Housing: Will Reeves Director : 759-3399

Mandaree Hiraaca Housing Specialist: Shanna Fox: 759-3399

Hiraaca Language Department: Arvella White & Carol Newman: 759-3276

West Segment Development Corp: Trena Baker-759-3399

West Segment Regulatory Commission Office: 759-3576.

West Segment Regulatory Commission Fax: 759-3579

Mandaree CHR's: Jessica Spotted Horse: (701) 421-4188

Mandaree Post Office: Mon-Fri: 12-4pm: Sat: 11-1:15pm

Emergency or Ambulance: 911

Mandaree EMS Main Phone: 421-1357

Mandaree Police: 759-3226

McKenzie County Sheriff: 444-3654

Poison Control: 1-800-222-1222

TAT CHR Main Office: 627-4240

TAT Commodities Program: 627-4292

TAT Game & Fish: 627-4760

Animal Control Wardens: Chance Fredericks-421-3879, Delia Baker-421-5214 Anthony Chandler- 421-1924

Local Game Wardens Cell Phone Numbers: Bradfield Sage: 421.6977 or Office: 627-4760

TAT Solid Waste: 627-2034

TAT Solid Waste Fax: 627-2035

Elbowoods Memorial Health Center: 627-4701 dial 4 for clinic

TAT Police Dept. 627-3617

TAT Chief Of Police: Nelson Heart Jr.

TAT Acting Lieutenant: Marvel Heart

TAT Police Officer: Kristy Parsian

TAT Police Dept. Records: 627-3308 or Fax: 627-3113

Tribal Court: 627-4803 or Fax: 627-4602

For Your Information

Notice From The West Segment Maintenance Department

On behalf of the West Segment Maintenance Department we would like to inform everyone that we will only deliver water on the weekend for **EMERGENCIES ONLY**. The water delivered is for human consumption only and **NO LIVESTOCK**.

The West Segment Maintenance will help everyone with the following:

- Wake and funerals
- Junk car removal
- Wash out crossing culverts
- Cattle guard cleaning

Community members who need water for their homes may contact the on call employees who are Vincent Hunts Along and Curtis Hall for water for your homes. Also the tow truck does run but only in our community. The Maintenance Department will not loan the truck out they have employees who will do the towing.

We have listed for your convenience the phone numbers for our Maintenance crew:

Dan Hunts Along: (701) 421-2992

Vincent Hunts Along: (701) 421-3576

Curtis Hall: (701) 290-1267

The Maintenance Department Receptionist is Merle Young Bird, she can be reached at 759-3766.

Our office is located behind the Water Chief Hall inside the garage, so if you need to see one the employees this is where you will find them. For your information in case you call our office and no one answers the phone, than we are out in the field helping our community members.

Our phone number for the Maintenance Department: 759-3766 and our Fax number is: 759-3768.

When you call the West Segment Tribal Office it will help us to get your phone call through to the person you wish to speak with. We have listed here for your convenience the extensions of employees here at Water Chief tribal office. Some extensions have changed:

Thank you:

West Segment Phone Extensions:

Security (Jimmy Johnson) Ext. 201

Florene Halverson: (Office Manager): Ext. 216

Terry Gachupin: Ext. 205

Rhonda Hall Assistant: Ext. 213

Lorraine Howe: (Events Coordinator): Ext. 215

DeRae Mann: Youth Coordinator: Ext. 202

Adele Phelan: (Education Dept.): Ext. 208

Lucy Hunts Along: (Education Dept): Ext. 214

Loretta Lone Bear: Ext. 207

Conference Room: Ext. 206

Lovina Fox (Public Relations): Ext. 212

Jake Chappell (Computers): Ext. 211

All Call: Ext. 297

Regulatory: 759-3572

EMS: 421-1357

Police: 759-3226

Hiraaca Mandaree Elders Program: Director Mavis Young Bear: 759-3099

Meal site: Annette Teck: 759-3092

Fitness Center: (Dennis Fimbres): 759-3780

Hiraaca Language Program: Arvella White &

Carol Newman :759-3276

West Segment Maintenance: 759-3766

West Segment Now Offers Education Grants

A Message from West Segment Councilman Randy Phelan



Dosha' Hello,

On behalf of the West Segment Education Staff & administration Department, I would like to take this opportunity and welcome all who are furthering their education. We are proud of the services we are now able to provide for you whether you are just starting or continuing your education we are happy to be a part of the great things that lay ahead in your education journey.

Please take advantage of our open door policy for all students. All of our departments are available to answer any questions you may have. Please seek us out if you have any concerns.

Lastly, we offer many other services to our community enrolled members of the Three Affiliated Tribes. Seek out our available services, watch for announcements in our local newspaper and now our new [Facebook page: \(West Segment Education\)](#).

I wish you the best of luck, and I look forward to your success in your academic career.

Randy Phelan (mah' isshuu' sha' bish ah') black eagle

West Segment Councilman

Three Affiliated Tribes Mandaree

West Segment Education Form

WEST SEGMENT EDUCATION GRANT PROGRAM

West Segment Education Grant Program
 404 Frontage Rd
 New Town, ND 58763
 701-759-3377 Ext: 214, Fax 701-759-3232
 Adele Phelan 701-421-6600
 Adam Fredericks 701-897-1613
 Lucy Hunts Along 701-759-3377 Ext: 214

APPLICANT INFORMATION

All the requested information is given at your best knowledge but failure to complete will delay your application process.

Name:		
Date of birth:	TAT Enrollment #:	Phone:
Current address:		
City:	State:	ZIP Code:
Own Rent <i>(Please circle)</i>	Monthly Rental Payment:	No. of Dependents:

EMPLOYMENT INFORMATION

Current employer:		
Employer address:	How long?	
Phone:	E-mail:	Fax:
City:	State:	ZIP Code:
Position:	Hourly Salary <i>(Please circle)</i>	Annual income:

TUITION, FEES, BOOKS/SUPPLIES, ROOM/BOARD, TRANSPORTATION, PERSONAL EXPENSES

Tuition (Semester):		
Room/Board:	Unmet Needs:	
Books/Supplies	Fees:	Personal Expenses:
Transportation:		

FACILITY ADVISOR

Name:		
Address:	City/State:	Phone:

COLLEGE OR UNIVERSITY

Name of College or University:		
Address:	Full-time/Part-time?	
Phone:	E-mail:	College Major: Expected Degree:
City:	State, ZIP:	Year in College: Expected Graduation Date:
Live on Campus?	Live off campus?	GPA: Attach GPA:

REFERENCES

Name	Address	Phone

CHILDREN 18 & YOUNGER WHO RESIDE WITH YOU: AGES, ENROLLMENT (CIB)

Name:	Name:
Name:	Name:

SIGNATURES

WEST SEGMENT EDUCATION GRANT PROGRAM

West Segment Education Grant Program
 404 Frontage Rd
 New Town, ND 58763
 701-759-3377 Ext: 214, Fax 701-759-3232
 Adele Phelan 701-421-6600
 Adam Fredericks 701-897-1613
 Lucy Hunts Along 701-759-3377 Ext: 214

I authorize the verification of the information provided on this form is truthful and correct the best of my knowledge.

Signature of applicant:	Date:
Faculty/Advisor Signature:	Date:

NDDOT Urges Drivers to Prepare for Winter Travel



Watch for Snow Plows:

Motorists should be prepared to share the road with snow plows and other snow fighting equipment. Don't crowd the plow. Sharing the road with snow plows is

important. By following a few basic tips, you and your passengers can reach your destination safely:

- Slow down and drive for the conditions. Most winter crashes by driving too fast for conditions.
- Stay back. Sometimes snow plows have to stop and back up and they often spread sanding material.
- Know where the plow is on multi-lane roadways. The TowPlows could be in both lanes or on the shoulder.
- Be extremely cautious when passing a snow plow. They can be moved sideways by snow drifts and hard snow packs.
- Never drive through "white-outs" caused by cross winds or plowing light snow. Be patient and wait until you can see. Snow plows pull over and stop to allow traffic to pass when it is safe to do so.
- Motorists should be aware of the "Move over Law". If you approach a snow plow or other emergency vehicles with flashing lights that is stopped on the shoulder of a multi-lane road, you must move over.

Know Before You Go:

The NDDOT snow plow crews work hard to keep roads safe and inform travelers of road conditions working 5 a.m. to 10p.m. every day, even holidays.

"The tools provided give motorists a good idea on what to expect in winter weather", explains Brad Darr, NDDOT Maintenance Director.

"While we work hard to keep travelers informed, its important to know road conditions change very quickly and you should be ready for any type of winter driving conditions."

The NDDOT provides multiple ways to get road condition information. It is important for motorists to know road conditions can vary from what is being reported:

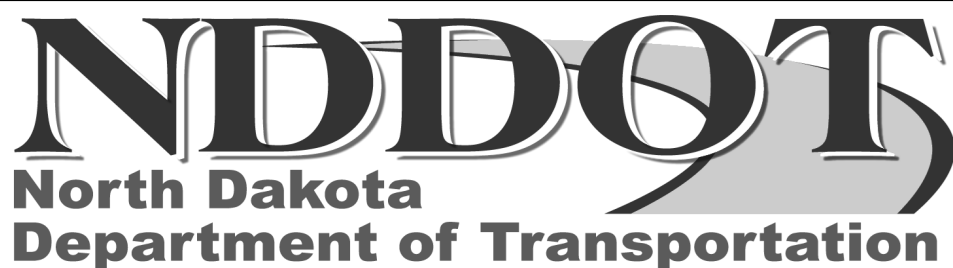
- NDRoads smartphone app our latest road condition tool is available for free at the Apple app store, Google Play and Windows Phone store.
- Web-based Travel Information Map at dot.nd.gov.
- Email and text alerts through GovDelivery service. Select "Message Center" to receive important alerts including Travel Advisories and Road Closures.
- Call 511

The NDDOT also issues travel warnings on state highways and interstates. These warnings should be taken seriously and are for the safety of the traveling public. There are three categories you should familiarize yourself with:

1. **Travel Alert**– Motorists can still travel but may encounter areas of challenging winter weather driving conditions on roadways.
2. **No Travel Advisory**- Motorists should **NOT TRAVEL** due to hazardous conditions which make it unsafe to travel.
3. **Road Closed or Blocked**– Motorists are not allowed to travel on closed roads due to life threatening conditions.

Be prepared for winter travel. To learn more about winter driving safety or road condition information please visit www.dot.nd.gov.

For Your Information



Winter Survival Kit:

Several blankets or a sleeping bag and warm clothing, such as parka, boots, long underwear, heavy socks, mittens, ski mask. A source of heat, such as a multiple wick candle can heater. It is best to also have matches to light your candle, because some lighters won't work in extreme cold.

Water and a metal container suitable for melting ice or snow to be used for drinking water. A radio and flashlight with extra batteries. Food, such as; hard candy, jellybeans, raisins, nuts, candy bars, dehydrated fruit and jerky. Something to read to help you keep awake. A folding cup, toilet tissue, bright red or orange cloth and whistle to signal help, and a nylon rope.

Winter Travel Tips:

Carry a cell phone.

Let someone know when you depart, your route, and expected arrival time. Dress according to weather conditions. Keep dry and wear clothing in layers.

If Stranded:

Stay with your vehicle.

Run the engine sparingly. Start with 15 minutes every hour and adjust if needed.

Keep the exhaust pipe clear of snow. If the cold is extreme, it may be necessary to keep the engine running continuously. It may not restart if shut off.

Keep you feet off the floor if the heater is not on. Never go to sleep with the engine running.

Read to pass the time. Position the care so it faces into the wind. Tie a colorful banner on the antenna. If you need to leave the car for any distance during the storm, tie a nylon rope to the car and yourself so you will be able to find your way back to the car.

Move all your emergency supplies from the trunk to the interior of the car as soon as you realize you will be staying for a while. Put on warm clothing now, before you get cold. It is easier to stay warm than it is to regain lost warmth. Loosen tight clothing so body heat can circulate. Remove metal jewelry as it can chill you.

Check your supplies to see what you have to work with and arrange them in order for their use. This will help you ration them in case you are stranded for a long period of time.

Winter Safe Driving Tips:

NDDOT snowplow operators work hard for the safety of the traveling public, however, changing weather conditions could quickly alter road conditions and drivers need to pay special attention to ensure safe travel. To ensure that you arrive at your destination safely, it is a good idea for motorists to follow some basic safety tips while behind the wheel:

- ◆ Know before you go by checking road conditions BEFORE you travel. Check the travel Information map or call 511.
- ◆ Turn on your lights. This will increase your visibility to other motorists and snowplow operators.
- ◆ Brush snow from your car that could cover your tail lights.
- ◆ Slow down and drive accordingly to the conditions. Most winter crashes are caused by driving too fast for conditions.
- ◆ Snowplows typically move at a slower speeds.
- ◆ Never drive through white outs or snow fog caused by cross winds or plowing snow. Wait till you can see.
- ◆ Stay back at least five car lengths behind the plow, far from the snow fog and any sanding material being spread; snowplow operators will turn off the sander, pull over, or raise the plow for better visibility when it is safe to do so to allow traffic to pass.
- ◆ Be patient. Allow more time to get your destination. Remember snowplows are working to improve road conditions for your trip.
- ◆ Know where the plow is on multi-lane roadways. The plow could be in either lane or on the shoulder.
- ◆ Be extremely cautions when passing a snowplow. They can be moved sideways by drifts and hard snow pack.
- ◆ Watch for plow trucks on interstate ramps and authorized vehicle only cross overs.
- ◆ Don't assume that you'll have good traction because the road looks sanded. The sand can sink into the snow pack, leaving a slick surface.
- ◆ Never use cruise control on wet or icy roadways.

For Your Information



**Women united in spiritual circles will awaken the wisdom
in each other's spirit ...**

- Shikoba -

**Please join us and share without judgement.
All women are welcome!**

Women's Talking Circle

**Every Monday Evening
5:00 p.m. — 6:00 p.m.
Circle of Life
(back door)**



JANUARY



Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLUB CLOSED</p>	<p>2</p>	<p>3</p> <p>3-4: Power Hour 4-5: Triple Play 5-6: The Arts 6-7: Torch Club</p>	<p>4</p> <p>3-4: Power Hour 4-5: Drama Matters 5-6: Triple Play 6-7: Smart Moves</p>	<p>5</p> <p>3-4: Power Hour 4-6: Guest Speaker from Knife River Indian Villages Park Service (Mary Price-Baker)</p>
<p>9</p> <p>3-4: Power Hour 4-5: MusicMakers 5-6: Triple Play 6-7: Career Launch</p>	<p>10</p> <p>3-4: Power Hour 4-4:30: Triple Play 4:30-7: Family Night @ Water Chief Hall</p>	<p>11</p> <p>3-4: Power Hour 4-5: STEM 5-6: Triple Play 6-7: Money Matters</p>	<p>12</p> <p>3-4: Power Hour 4-5: Triple Play 5-6: The Arts 6-7: Street Smart</p>	<p>13</p> <p>3-4: Power Hour 4-6: Pool Tournament (Parents Welcome)</p>
<p>16</p> <p>3-4: Power Hour 4-5: Triple Play 5-6: Project Learn 6-7: Smart Leaders</p>	<p>17</p> <p>3-4: Power Hour 4-5: Project Learn 5-6: The Arts 6-7: Torch Club</p>	<p>18</p> <p>3-4: Power Hour 4-5: MusicMakers 5-6: Triple Play 6-7: Smart Moves</p>	<p>19</p> <p>3-4: Power Hour 4-5: STEM 5-6: Healthy Habits with Angie Stiffarm 6-7: Career Launch</p>	<p>20</p> <p>3-4: Power Hour 4-6: Foosball tournament (Parents Welcome)</p>
<p>23</p> <p>3-4: Power Hour 4-5: Triple Play 5-6: MusicMakers 6-7: Money Matters</p>	<p>24</p> <p>3-4: Power Hour 4-5: Triple Play 5-6: The Arts 6-7: Smart Girls/Passport to Manhood</p>	<p>25</p> <p>3-4: Power Hour 4-5: STEM 5-6: Triple Play 6-7: Date Smart</p>	<p>26</p> <p>3-4: Power Hour 4-5: Triple Play 5-6: Project Learn 6-7: Smart Leaders</p>	<p>27</p> <p>3-4: Power Hour 4-6: Foosball and Pool Tournament (Parents Welcome)</p>
<p>30</p> <p>3-4: Power Hour 4-5: The Arts 5-6: Triple Play 6-7: Torch Club</p>	<p>31</p> <p>3-4: Power Hour 4-5: Triple Play 5-6: Healthy Habits with Angie Stiffarm 6-7: Torch Club</p>	<p>Office Hours: Mon-Thurs 11am to 3pm Friday 10 am to 3pm Club Phone Number: (701) 759-3049</p>	<p>Club Hours: Mon-Thurs All youth 3pm-6pm Teens/Tween youth 3pm-7pm Friday 3pm-6pm Schedules are subject to change.</p>	<p><u>Club Staff</u> Branch Manager: Ollie Spotted Bear (701) 421-0161 Activities Coordinators: Peter Falcon Amber Gwin</p>

“To inspire, guide and empower our youth, especially those that need us the most, to realize and reach their full potential as productive, responsible and caring community members.”

Obituary



*Remembering The Life
Of Margo Guimont
Stops.*

Margo Guimont Stops,
age 60 passed away on
Sunday, December 25,
2016.

A member of the Three Affiliated Tribes of the Fort Berthold Indian Reservation. Born in Watford City, North Dakota on August 19, 1956 to Raymond and Eunice Benson Guimont.

Margo attended school at Mandaree Elementary and Killdeer High School where she graduated in 1974.

Upon graduation Margo attended school at the University of Mary in Bismarck, ND.

In the winter of 1979 she met the love of her life Johnny Robert Stops and the two were married six months later on June 26, 1980.

Margo and Johnny were blessed with three daughters. Margo attended college at Montana State University in Bozeman, Montana, where she received her Bachelor's degree in Home Economics on June 11, 1988.

Margo and Johnny settled down in Crow Agency, Montana, where they raised their family. Margo worked for the Crow Tribe of Indians at the WIC office for twenty eight years (28). She was affectionally known as the "WIC Lady" to the community she faithfully served.

Margo was an accomplished seamstress, she often displayed her line "Margo of Mandaree" in various fashion shows.

Margo was well known for her beadwork. Margo's beadwork can be seen on display during the community art shows and parades. Margo loved watching movies every year and made it a point watch every movie nominated for the academy awards predicting the winners with an amazing accuracy.

Margo had an infectious laugh and enjoyed spending time visiting with her family and friends.

Margo was preceded in death by her nephew Jason Guimont (Autumn); grandfather Ben Benson (Fannie) sister Roselda.

Survivors include her husband Johnny Stops; children; Brocade Black Eagle (Levi), Sa' Rayna Stops, Marmie Plenty Hawk (Lawrence III) brothers; Arnie Guimont, Sherman Romona Guimont, Cletus (Marcy) Guimont, Marcus Wells, sister; Marmie Sales (Allen) Anne Grinnell; two granddaughters and six grandsons.

Obituary

Celebrating The Life Of
Margo Guimont Stops
August 19, 1956~December 25, 2016

Wake Services:

Thursday, December 29, 2016 at 5pm

Water Chief Hall Mandaree, ND

Funeral Services:

Friday, December 30, 2016 at 11:00am

Water Chief Hall, Mandaree, ND

Senior Pallbearer:

Joann White Owl

Casket Bearers:

All her family and relatives

Interment:

Guimont Family Cemetery

Mandaree, North Dakota



Our deepest Sympathy and Prayers go to the family and relatives of Margo Guimont Stops on the loss of your beloved one.

May Our Creator God comfort each and everyone of you in your time of sorrow and mourning.

From the West Segment Councilman Phelan and the Staff.

Elders may have noticed their stairways to their homes have been shoveled out. I know my stairway was blocked in but thanks to the employees that work hard at the Elders Building who came to my home and shoveled all the snow from my entrance. I would like to thank Rosie White Owl and Missy Finley for doing that for me. I am aware that these two employees have been shoveling other elders home entrances as well. I would also like to thank the road department and West Segment for their hard work in keeping all our roads open. These guys all work long hard hours to open up roads at homes and in our rural areas so we are able to leave our homes for work. I know there are many of you who go out of your way and help others, too many to name so just know we are very thankful to each and everyone of you for your hard work.

A message from the Three Affiliated Tribes West Segment Maintenance:

Anybody under the age of 55 years will have to pay for their water deliveries for each month. Cost is \$80.00 dollars for each month, you are asked to make payments to the West Segment Maintenance Department. Costs will go for gas and maintenance of the truck.

Delivery for water is on Mondays and Fridays **ONLY.** Maintenance will deliver water on the weekend for **EMERGENCIES ONLY.**

Curtis Hall is the person who delivers water for West Segment his phone number is: 701.290.1267.

If you have any questions please contact the West Segment Maintenance office at 759-3766.



happy birthday
wishing you
love
happiness
peace



- Mary Jane Yeahquo
- Fritz Bird Bear
- Connie Fox Twins
- Leland Dubois
- Paul White Owl Sr.
- Francis Wolf