

NAhtAsuutaaka' (White Shield) News Journal

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White Shield Warriors Top Parshall Braves



Jesse White sinks jump shot while Quinton Felix watches below. (Continued on Page 10) Photo by Karen Lonefight

White Shield Warriors beat Garrison Troopers 69 to 62, Saturday, Jan 13



*From the desk of Fred Fox, Councilman,
East Segment, White Shield, ND 58540*



CiiRa Sahnish community and elders,

I would like to send my condolences to all the family members who just recently lost loved ones. We have recently lost so many from White Shield and the entire reservation. It's hard to see someone one day and have to say goodbye the next. A lot of times we fight with loved ones and family members, but life is too short. Love each other and put away all the grudges. We're only here for a short time.

All the holidays have passed, and we are in the middle of winter. It's been getting cold so be safe out on the roads. This coming week we will be getting the jackets and boots for the elementary students in White Shield School. A lot of times the kids lose their jackets or forget them somewhere.

Well, I hope everyone had a safe and enjoyable Christmas and New Year. Now the New Year has come, and it's time to get busy and achieve our goals and better ourselves from last year. With that said, I am going to get busy on a lot of projects that were started and unfinished in the community of White Shield. All projects are very important, but the one that will have my full attention will be the new school. The work has already commenced on the school, and the outside windows are in. By the middle of January, the entire roof will be installed. The school board is currently negotiating with Graham Construction with the Guaranteed Maximum Price. The estimated time of completion will be August 15th, 2018. The School Board has heard a lot of negative and positive talk about the school. All we know is we have done an audit of the project. We have released all former superintendents, project managers, contractors, and sub-contractors. We have paid all expenses for work completed. Some companies have been trying to submit extra invoices for work not completed or for work billed without a contract.

One of the projects that I have a strong feeling about is the White Shield Ambulance Service. This project is going to be complete this spring, and the ambulance garage is going up across from the football field. We will be obtaining a couple of ambulances and start classes for EMT training soon. The medical physician in charge will be Benji Kitagawa, MD. He will be setting up the contract services for temporary EMTs and will be filing for the licenses with the State of North Dakota. With all that said, we also have hired Jim Norris for developing an Emergency Management Plan for the community along with the ambulance services. This will also entail a fire and law enforcement plan for White Shield. We want to make sure all our emergency services are local and that we have a response plan for any disaster in the community.

One of the ongoing projects that I wrote about in last month's newsletter was a 12-plex apartment building. This is an ongoing project that will be complete this spring. The laundromat, located in powwow grounds, will also be completed this spring and be in operation for everyone.

We will be installing two “Welcome to White Shield” 6ft, tall, marble marker signs on the north and east sides coming into White Shield. We also will be installing Chief Pictures inside the Pow-wow arbor this coming spring.

Another small project that we are fully developing is the Arikara Fitness & Recreation Center. We have several elliptical machines and stationary bikes, weights, golf simulator, and the new Arikara Nutrition Center. The other services are a steam room and coming soon will be the Jacuzzi and the indoor exercise pool. So if you have any New Year’s resolutions about losing weight, getting in shape or be a better golfer, the Arikara Fitness center is for you.

Some important dates to remember area: Tribal Council meeting January 11th, Elder Home Up-Date, and Segment Up-Date is February 5th.

In closing, I want to encourage everyone to come out and support the White Shield boys and girls Warrior basketball teams. We have some top caliber teams this year, and we look for something big to happen. The teams need the entire communities support because this will be a big year for White Shield. The Segment office purchased a brand new charter bus and it will be available to see this week. We want the team to be proud of where they come from and want the visiting communities to see how our kids are appreciated.

Thank you, and God bless.

Priscilla Dickens turns 103 on January 15.



Priscilla Dickens was the wife of Felix (Shell) Dickens, and the daughter of Lottie and Wallace Hosie.

She lived in White Shield for many years as did her parents.

Chairman Mark Fox’s office is taking a book to Elder Center for people to send well wishes to Dickens on her birthday. Everyone please come by and sign the book

The community would like to celebrate with this beautiful centenarian on her birthday. So as soon as they have more information about Priscilla, the Journal will have a follow-up story.

Frederick Fox Earns Trip the 2018 Pro Bowl Game



Frederick carries football to victory.

Frederick Fox, Jr., was chosen by the NFL's Youth Football Department to serve as a Native American Football Ambassador at the 2018 Pro Bowl Game in Orlando, FL.

As an ambassador, Fox will participate in activities such as High School Football Day, NFL FLAG Media Night, and attend the 2018 Pro Bowl Game. In addition to this, he will have the unique opportunity to help advise NFL staff members and work together to help grow the game in their communities. Roman Oben, Vice President, Youth and High School Football Strategy, congratulated Fox in a recent letter on another great

season of football! Throughout the year, Oben said, Fox has displayed the values of football in an exemplary manner.

Fox is an 11th grader at the White Shield High School, Roseglen, ND. He lives on Fort Berthold Indian Reservation with his father, Fred Fox, Councilman of East Segment. His grandmothers are Nancy Fox and Kim Dickens. He is enrolled with the Mandan, Hidatsa & Arikara Nation and his Indian name is "Strikes."



Frederick participates in football, basketball, golf, cross-country, track, and boxing.

He was All-Region in football in 2017 playing for Parshall/White Shield. Frederick holds the school record for single-game rushing with 275 yards. He has earned All-District in Basketball in 2016 and 2017 as a freshman and sophomore. He is currently approaching 1,000 career points for varsity basketball this season.

Frederick has boxed and won several state and regional titles, while also being the runner-up for Ringside National Championship in 2012.

Frederick is also a champion Traditional dancer in the pow-wow circuit. He placed 1st at the Denver March pow-wow, Denver, CO; Gathering of Nations, Albuquerque, NM; United Tribes, Bismarck, ND and other several major pow-wows across the United States and Canada.

Three Affiliated Tribes Of The Fort Berthold Reservation

Enrollment List - January 11, 2018

Thursday, January 11, 2018 4:21pm

Records: 19

Filters Applied: Deceased: No, Status: Enrolled, Resolution Number =18-001-FWF

Full Name	Enroll Dt.	Res. No.	Res. Dt.
Baker, Deltin Wayne	01/11/2018	18-001-FWF	01/11/2018
Baker, Tavarus Joshua	01/11/2018	18-001-FWF	01/11/2018
Bearstail, GERALYN Bernice	01/11/2018	18-001-FWF	01/11/2018
Brady, Preston Charles	01/11/2018	18-001-FWF	01/11/2018
Eagle, Kristofer Lloyd	01/11/2018	18-001-FWF	01/11/2018
Good Bird Jr., Christopher Lance	01/11/2018	18-001-FWF	01/11/2018
Grady, Ka'janjan Luta Win Constance	01/11/2018	18-001-FWF	01/11/2018
Grady, Morgan Payne	01/11/2018	18-001-FWF	01/11/2018
Grassrope, Tekoa War Paint	01/11/2018	18-001-FWF	01/11/2018
Halvorson, Serenity Marie Lovell	01/11/2018	18-001-FWF	01/11/2018
Hartsgrove Jr., James Bradford	01/11/2018	18-001-FWF	01/11/2018
Heart, Leanna Rose	01/11/2018	18-001-FWF	01/11/2018
Lincoln, Brittany Marie	01/11/2018	18-001-FWF	01/11/2018
Littlebird, John Leland	01/11/2018	18-001-FWF	01/11/2018
Rodriguez, Miguel Mason	01/11/2018	18-001-FWF	01/11/2018
Seewalker, Quinten Matthew	01/11/2018	18-001-FWF	01/11/2018
Steele, Landon Lane	01/11/2018	18-001-FWF	01/11/2018
Talbot, Skyla Lynn-Marie	01/11/2018	18-001-FWF	01/11/2018
White, Spirit Lance	01/11/2018	18-001-FWF	01/11/2018

BENEFIT FUNDRAISER

PRIZE BINGO & SILENT AUCTION

Bernadette White Bear/Hall

Ralph Wells Memorial Complex, White Shield ND
January 14, 2018 1:00 pm



Many Great Prizes!!!

Men's & Women's Gifts,
Kids Toys, Glassware,
Household Items



Lunch to be Sold
Indian Tacos & Baked Items

Everyone Welcome
Sponsored by: Family & Friends
All Proceeds for Medical Expenses
More Info: Danile J.W. Henry 421-8840
Sharon White Bear 799-3107

New White Shield School Takes Shape

Grand Open Date Set for End of August



Fred Fox, Segment Representative, met with the White Shield elders to provide them with an update on the community. It has been his goal to provide elders and the community with the state-of-the reservation regularly. On January 8th he met with the elders and on February 5th, he will meet with the community for an Up-Date meeting.



One of the subjects of the Up-Date was the new White Shield School. He had just returned from a tour of the building. He said the project was shut down for a while until they could solve some problems. They hired new contractors and paid off all the old contractors and bills.

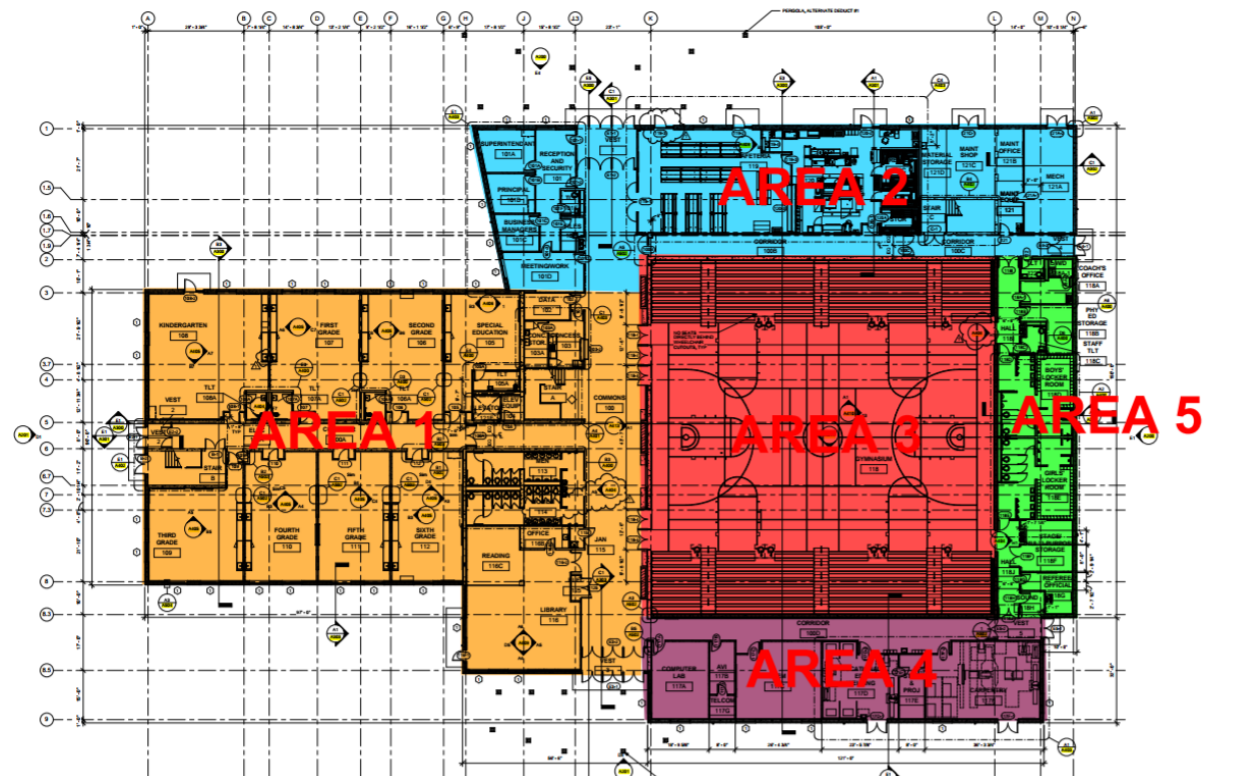
Graham Construction out of Minot is the new construction firm. The project is now supervised by John Jackson who is Superintendent on site for the work. He is an experienced contractor. He has worked on contracts throughout the United States and Canada. The new South Prairie School is an example of his work. If there are no unforeseen problems, they see the end of August as the completion date. The cost is about \$13 to \$14

million. They have performance bonds from the main contractors.

The drawings of the building are below. Although it is difficult to see some of the names of the individual rooms, it is clear the School Board, School staff, and others have spent time working on the school costs, design and relevance for the White Shield community.

The gym, which you can see in Area 3, is large and will hold approximately 1,200 people. This size should accommodate not only sports like basketball, volley ball and so on, but should accommodate community events too. The gym is visible from a mezzanine in Area 7 of the map. There are tall skylights to bring in the outside light. Five windows on the west and four on the south side. Some of the windows will have cultural depictions. The second floor is set in traditional Four Directions, which is a Native American symbol. The classrooms are approximately 28 x 35. All the elementary classrooms have bathrooms for the younger children which will please elementary teachers and students.

Fox said they had purchased a charter bus that will use for transporting athletes and can be used for local transportation also. It should be a money saver for the community.



Elder Community Up-Date held Monday

Editors note: This are notes from the January 8th Elders Meeting.

Chairwoman Delilah Yellow Bird said the board would not include Housing issues . They will be discussed at later meeting. The board has set up a special meeting for the problems that the elders are having with their houses. A meeting is scheduled for January 16th for “all housing issues” said Yellow Bird. She is chairing her second meeting. Gloria Brennan resigned as chairman of the Elder board, and she will no longer staff the housing program. She now manages the Convenience Store.

Since we are in mid-winter, there is a need to keep roads open. The elders are especially at risk. The board passed around a sheet for elders to sign if they need help with snow removal.

Fred Fox said he was glad to report that the community will be getting a new ambulance service. The ambulance will be housed near the old White Shield School. The ambulance should be ready to use by spring.

There will be a skills coach for boys and girls basketball. A documentary will be made, and further information will be available by the next Up-Date.

Councilman Fox reminded elders that they have a new Fitness Center with excellent equipment. If the elders have a problem using the equipment, there is staff who will help them. Next door to the Fitness Center is the Arikara Nutrition Center. It will have teas, shakes, smoothies, and meals for anyone but especially for those using the Fitness Center.

Coming soon will be an indoor swimming pool. It is called an “Infinity Pool.” It is not a Whirl Pool but is not a full swimming pool either. It is excellent for people who need the specialties of a pool but not the depth.

The RV Park is open daily as well as the laundromat. Both of these amenities are next and near the Convenience Store which now has more food and offers more items. It is called the 1804 C Store.

Fox said they are working on an Emergency Management Plan with a completion date of March 2018.

Fred said his office (Secretary’s Office) will have a website that will have all resolutions, minutes and will have historic documents such as the Constitution of the Tribe available on line.

Fox said they are planning a casino trip for the elders March 14, 15 and 16 to Spirit Lake Casino. Every who is listed as a White Shield senior must sign up before March 1st. That is the cut-off date. The trip is for elders in the community.

The next Up-Date meeting will be February 5 at the Ralph Wells Community Center.

“Strengthening Government to Government Relationships and Partnership Bismarck Ramada 8AM

(Continued from Front Page) Photos by Karen Lonefight



Frederick Fox guards Parshall Brave.

Against the Parshall Braves, the White Shield Warriors played hard and won big. In an exciting, fast moving game the Warriors really shinned.

Up Coming Games:

January 11th – Away – Parshall – 7 pm

January 15th – Home - Garrison (JV 4:15 – Varsity 7 pm)

January 16th – Home - New Town, (JV 4:15 – Varsity 7)

January 23rd – Home North Shore/Plaza – 7 pm

January 26th – Home Alexander (JH 5 pm – Varsity 7 pm)

January 27 – Away – Trenton 4:30

February 2nd Away Mandaree – (JV 5 pm – Varsity 7:45)

February 6th Home Solen (JV 4 pm – Varsity 7:45)

February 12th – Home- Bowbells 5:45

February 13th – Home Wilton (JV 5:45 – JV only)

February 17th – Away – Max (JV 4 pm – Varsity 5:30)



Devin Benson holds his ground against the Braves.





Devin Benson, Parker Bearstail, and Jessie White fight for ball.



Frederick Fox, Parker Bearstail, Jesse White and Devin Benson take control.



White Shield Lady Warriors played Parshall Braves Friday

Photos by Karen Lonelfight



White Shield Lady Warriors and Parshall Braves shake hands at end of game.

January 15th Home – Garrison 5:30 pm

January 16th Home – New Town 5:30 pm

January 18th Away @ Trinity Christian 5:30 pm

January 23 Home – North Shore Plaza 4:30 & 5:45 pm

January 25th Away @ Legacy High School 6pm & 7:30pm

January 27th – Away @ Trenton 3 pm

February 2nd Away @ Mandaree 6:30 pm

February 6th Home – Solen 5:30 pm



Lexus Fox moving down court.



Obituary

Bennett Everett Sr.

(October 8, 1955 - January 7, 2018)

Bennett Everett Sr., 71, White Shield, ND, died on Sunday, January 7, 2018 at a Minneapolis hospital.

Bennett Claire Everett Sr. was born on October 8, 1955 to Betty Fox and Theodore Everett Sr. in Los Angeles California. He is the fifth child in a family of ten. The family would later relocate home to White Shield North Dakota, making it there on and off home over the years.

Bennett or Benny as he was known to his family would attend Chamberlain Catholic Elementary boarding in South Dakota, before attending circle of nations, Wahpeton Indian school in South Dakota until finishing in the 8th grade and once more relocating back to White Shield to attend High School, in which he would leave unfinished in 1972 to head back to the state of his birth with his brother "Lucky." In California is where he would remain until 1974 working as an auto mechanic, before heading east to Denver, Co with his brother Sunny. Being the type of guy who likes to roam around, Benny would head northwest to Novick, Alaska with his sister Karen, but as he was California dreaming, he would leave for Los Angeles with Lucky once more. In 1979, Benny would head home to White Shield North Dakota, where he would meet and eventually marry miss Aldine Olivia Rush in 1981, with whom he would be blessed with their first son Bennett "Smurf" Everett Jr in 1982. After they would relocate to Kotzebue Alaska, where they would be blessed once more with his only daughter, Storm. They would remain in Alaska until 1988, returning once more to White Shield to make their home, where Benny would start his career as wildland firefighter for the BIA. Making his way to crew boss and fighting fires in Montana, California and Oregon. It would be a career he would keep until in the beginning of the 90's when he would return to school to finish his GED, and enrolled in the Dickinson State College drivers program obtaining his CDL license, which would be the beginning of his driving career.

During this time, he was would be blessed with three more sons, Quentin Orville Wayne in 1991, Elijah Cole in 1996 and finally Nevada Steele in 1999. He would drive for Swift Trucking for two years before accepting a position at White Shield School as our neighborhood bus driver where he would remain for 20 years up until his last day in 2017.

Bennett was a musician, a born Rock star. He enjoyed jamming on his guitar and writing his own music or learning to play popular songs with whom he enjoyed playing with his sons. Benny was also a man of God, who he enjoyed playing for the most. Brother Ben would be a frequent on the church scene over the years, evening starting his own fellowship in the early 90's. Ben would eventually become an ordained minister in 2004 by his friend and brother Bishop Cole. Ben would love to perform or have a jam session, always down for a performance. He would travel throughout to sing the gospel or even just play the guitar whenever asked never once to turn down a gig.

He was a man of few words, quiet but with a quick wit type sense of humor, but a great man non-the less. Brother Ben would make his way to Macon Ga to watch his youngest son graduate, Ga Youth Challenge. It was on his return trip that he would be diagnosed with stage four liver cancer on December 19th, 2018.

Bennett left this world on January 7, 2018 surrounded by his children after a quick battle with cancer at Northwestern Abbott Hospital in Minneapolis MN. He is survived by his former wife Aldine Olivia Rush (Leonard); his Sons Bennett "Smurf" Everett Jr.(Ashley) of Newtown, ND. Quentin Orville Wayne Everett (Katherin) of White Shield ND; Elijah Cole Everett (Hunter) of White Shield ND and Nevada Steele Everett of Gray, Ga.; his daughter, Storm Olivia Cruz

(Brandon) of White Shield ND, his Siblings, Karen Mulluk (Bob) of White Shield ND; Theodore “Lucky” Everett Jr.(Alice) of White shield, ND; Lloyd Everett of White Shield ND and Catharine Oshquim of Williston ND; nd his many nieces, nephews and grandchildren.

Falling for Elders Dangerous

(From New York Times)

Falls are the No. 1 cause of injury to seniors. Even when the injury from a fall is minor, it can create fear that prompts people to avoid certain activities lest they fall again.

When walking indoors, always wear shoes or slippers with nonskid soles — not barefoot and never just socks unless they have nonslip grips on the soles.

Always use a handrail when going up and down stairs. Consider installing a railing on stoops that lack them. If the item you want to carry is too big to hold in one hand or arm, ask someone to help. Bathrooms are particularly dangerous, especially for the elderly, who can benefit greatly from safety bars in the tub or shower and next to the toilet. Nonskid mats in the shower and tub and on tile floors are a must for all ages.

Among other steps to take that can reduce the risk of falling is to maintain physical strength and balance as you age. If you’re uncertain of your stability or agility, consider some sessions with a physical therapist and practice the recommended exercises regularly. Think before you climb. Always use a safety stool — not a chair or ledge — when trying to reach a high-up item. I now ask a tall customer or store clerk to help retrieve a grocery item on the top shelf, instead of standing on the edge of a lower shelf to reach or knock it down.

At home, move all frequently used items to lower shelves, or purchase a cabinet that sits on the floor to store them in.

Some experts recommend learning “the right way to fall.” Advice tends to focus on minimizing the risk and extent of injury by landing on soft tissue as gently as possible. It includes trying to stay relaxed as you fall; the stiffer you are, the more likely an injury. As you land, try to roll like a football player.

When falling forward, the instinct is to stick out one’s hands to break the impact, which often results in broken wrists instead. If possible, try to twist as you go down to land on a side and then roll over to your back.

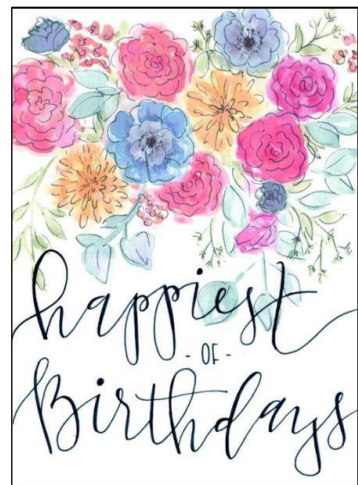
When falling backward, tuck your chin to your chest to avoid hitting your head, which can result in a concussion, and keep your arms in front of you.

In all honesty, these measures are more easily described than executed. Several friends of a certain age who have fallen maintain that there was nothing they could do to mitigate an injury in a split second between being upright and lying flat on the ground. But consider mentally reviewing scenarios in which you “practice” falling more safely by visualizing the measures described above.

January 2018							Feb 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 New Years Day	2	3	4	5	6	
7	8	9	10	11	12	13	
14 Fund raiser for Bernadette White Bear 1pm Complex	15 Martin Luther King Day 	16 Housing Board meeting at culture Center Fred Fox, 1 pm	17 Ice Skating rink opens at 5 pm in Parshall east of RTC.	18	19 Justice Commission, 10 am, Court House building	20	
21	22	23 State of the state 10 am Minot State University	24	25	26	27	
28	29	30 "Strengthening Government to Government Relationships and Partnership Bismarck, Ramada Inn 8AM	31 Meeting two days in Bismarck				

Elder Birthdays

Winogene Blacksmith	1/28
Gary Dickens	1/23
Dewey Hosie	1/28
Debbie LaCroix	1/29
Cheryl Yellow Bird	1/2
Dorreen Yellow Bird	1/3
Magdalen Yellow Bird	1/5
Betty Huesers	1/23
Priscilla Dickens	1/15



February 2018						
◀ Jan 2018						Mar 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Ground Hog Day	3
4	5 Elders monthly meeting – noon – at Elder Center Community UPDate in Ralph Wells, 6 pm	6	7 Housing board meeting 4:30 Senior Apartments	8 FBCE Board meeting noon at New Town	9	10
11	12	13	14 <i>Happy Valentine's Day</i>	15 TAT council meeting 10 am tribal chambers	16 Justice Commission board meeting 10 am Court House	17
18	19 All Chiefs Day	20	21	22	23	24
25	26 Polar Plunge, Registration 10 am, Plunge 11 am @ 4 Bears Marina	27	28			

Elder Birthdays

Kaye Bell 2/16
 Theodore Everett 2/13
 Elva Karlson 2/21
 Deloris Wilkinson 2/2
 Grover Yellow Bird 2/14
 Connie Smith

