



Water Chief Hall's Make Over With New Flooring installed in the Gym & Bathrooms



Quotes For The Heart & Mind

- * "Once you replace negative thoughts with positive ones, you'll start having positive results" ~Willie Nelson
- * "Keep your face to the sunshine and you can never see the shadow." ~Helen Keller
- * "Good things come to those who stay optimistic and are willing to persevere" ~Gary Mack

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A long overdue make over took place in the inside the Water Chief Hall gym. When you walk into the Water Chief Hall you will see the new flooring installed. The recent make over looks so much better. Over the years the gym floor took a lot and some of the tiles were breaking which caused some of them to come right out of the flooring.

Thanks to our West Segment Representative, who searched out workers to install the new tiles on the floors. The flooring has been inside the Water Chief Hall since the building was built which was about seventeen or eighteen years ago. The community center was way overdue for new tiles inside the gym floor. The workers who installed the gym floor also redone the basketball lines which look really nice, they also redid the sheet rock on the walls so the holes that used to be there are no longer in site. The gym also has new floor heaters which were installed earlier this year, since the heaters from the ceiling have a tendency to give out when the days are cold. With the new heaters installed now the gym is a lot warmer. The bathroom floors have also been redone, so the next time you walk into the community center you are sure to see all the improvements that have been recently made to our community center.

More photos on page 4.

West Segment Tribal Representative Update



Hello Community members and relatives. Here it is February already hopefully this will be the last month of our winter cold weather. This month is our shortest month of the year, so I will do my best to inform you the most recent updates from our West Segment community.

First of all, I would like to begin by telling you about a meeting I had with Elbowoods clinic. We are in need of a clinic here in our segment. They found black mold in our clinic. I then informed them that we do have a temporary spot that we can put the clinic in and that's in the Mandaree Wellness Center in the back area. So we came an agreement since then I got a local contractor who is now working on expansion at the Wellness center. So far he's doing an outstanding job he is putting in exam rooms and he modified the back room. So when he is done with working on it we will then have a clinic back there inside the Mandaree wellness center. We will have a RN in the community almost on a daily basis, and that is my push for a daily basis that we have a RN here. When this clinic is finished our people can come here and see a RN or a PA so they don't have to drive into New Town. We do have one nurse but she's in need of housing so we are working on that.

On another note, As for as housing, we have come a ways but we still have a long way to go. The weather has been a real obstacle in bringing these homes in. If the wind is high and a certain miles per hour than they wouldn't let them travel with those homes because they're built in two pieces. They already had one accident which is no fault of ours, it was the fault of the transporter he had one home blow off due to high winds in South Dakota and the home went and scattered in the ditch. So now they are more caution about the wind, and icy road conditions of our weather when they transport. Otherwise we were projected into being on house twenty but we're slow in that aspect, but we have come a long ways.

As far as the Mandaree Motel or the Marriot is what we've been calling it. They're set up and we got the contractor in place so now they're going to tie them in skirt them and build a patio deck on them so that they will be ready for rent.

In another update, I would like to mention would be the C-Store. The West Segment Development Corporation went on record to purchase it . Our goal is to have it open twenty four hours we bought gas and diesel now we just have to change accounts so the money hits the correct bank accounts instead of MEC. If we were to start selling gas now the monies would go to MEC and we can't have that we have to make sure that the West Development Corporation is on that account. So that's the hold up right now, we have the gas and diesel in the tanks are ready we just need to take care of the accounts first and hopefully we will be there by

this Monday, February 17th. We are looking at credit card swipes, we are hoping to be open for 24 hours the sooner the better. We want to start selling hot deli and pizzas and that sort of thing. In order to be a premiere store we have to be able to make changes to take it to the next level. All the town around us are getting all the monies that could be coming into our community, as far as product and purchase. I'd like to see us move at a faster pace than we are but we had unexpected things happen. We were hoping we'd be up and running in January but with the break down of the council allocating the monies for us it took awhile but we got it and we're here now.

I am pleased to announce that we have the allocation of monies but we haven't done the draw down on the new Nathan Goodiron Memorial Veterans Facility for the 20 unit complex. We have a contractor in place and the blueprints are completed so everything is ready to go.

Same thing with our trailer park so that's another go. We are also looking at starting a design with our new pow wow grounds but that won't take place till after the Mandaree Pow wow is over so we don't have construction interfering with the pow wow. So immediately after the pow wow than construction will begin. So we are looking at the end of 14 and early 15 for the completion of the pow wow grounds. It will be in the same place but with a whole different look. It will something like what New Town has where the audience can look down into the arbor, rather than looking straight across or having somebody stand in front of you. This way they can view the dancers at the bottom. It will be really nice.

Also we are putting out bids on our new elderly bus. I lobbied and got us 150,000 so we can purchase a new bus. We will still have our other bus but we are going to purchase a new bus, a smaller one more for handicap so it will have a handicap ramp. This will be more elderly friendly so it will make it easier for our elders to ride in who are handicap.

I am pleased to announce that we took out the tile of the old floor in the gym, we redid the walls, put in new base board heaters. We are just waiting on the paint job and coats of wax on the floors.

I would also like our community members to know that I am still trying to solve the on going problem of our trash. I recently met with Claryce Mandan. The trash is an on going issue but we designated a new transfer station down below the old community center. Down in that area so the trash will be over there, it won't be here behind the community center anymore. We will fix up our trash transfer station so our people can properly use the trash bins. I am also looking into having our own trash bins and trash trucks, roll offs and so we can do our trash hauling. Because our tribe isn't really taking care of this, I think if we take this initiative than other councilman may follow suit, so we handle our own trash. Because right now our solid waste isn't taking care of our trash as we all know, they have vehicle problems. So if we do our own transfer station we can allocate monies to take care of our own trash. I have ordered sixty cans big six yard dumpsters that will be available for rent from our community. So that way people can dump their trash there, and they would come and pick it up. For example if a person lives in rural Mandaree than they would rent one trash bin and have it placed outside their home and not by the road. Then a driver would come and pick up their trash once a week. CONTINUE ON PAGE 8.

Mandaree Elders

Tips For Elders Bouncing Back From The Hospital:

Understand discharge directions. The transition home really starts before the patient leaves the hospital. It is critical to understand hospital discharge directions. This isn't as easy as it sounds since patients may be medicated, stressed, groggy or confused. For that reason, it is recommended that patients repeat instructions to their physicians to make sure they understand them. It also may help to write down the instructions or enlist a family member or caregiver to help document them. Another way for a patient to smooth the transition home is to make sure someone at the hospital contacts their primary care physician (PCP) with information about their condition and treatment. People with chronic conditions see many different doctors. It is important for those doctors to communicate with each other.

Fill prescriptions and take them as prescribed. Upon being discharged from the hospital, it is important to fill prescriptions immediately and take them as prescribed. Patients should make sure to understand the timing, dosage and frequency of each drug. Also, patients should take care to understand how existing medicines, including over-the-counter drugs, interact with new drugs. Finally, if any drugs have been stopped, it's important to ask why. It may be helpful to get a pill organizer to keep track of medicines.

Get follow-up care. According to America's Health Insurance Plans (AHIP), half of patients who were re-hospitalized within 30 days did not have a physician visit between the time of discharge and re-hospitalization, suggesting one of the reasons people end up back in the hospital is lack of follow-up care. That is why it's so critical for people to transition from the hospital to their PCP. Patients should schedule follow-up appointments with their regular doctor and keep them. The PCP can coordinate care, making sure patients aren't exposed to dangerous drug interactions, for example. Anyone with trouble getting a timely appointment can call their insurer for help.

Eat properly. People recently discharged from the hospital need to get proper nutrition, including following any dietary restrictions. Appetite is often suppressed after an illness; however, if someone is too sick to eat due to pain, nausea, inability to swallow, etc., then they should contact their doctor.

Take advantage of programs that are there to help. People with Medicare Advantage plans may have access to resources, including case managers, to help them return safely to their homes. Case managers may be able to help a recently discharged patient find transportation to doctor appointments, address potential safety issues in the home and help them locate community programs offering everything from meal delivery to free or discounted medicines. These people are experts at understanding the system and it is their job to help.

Know when things aren't getting better. Patients should understand which symptoms require immediate intervention and return to the hospital, if necessary. People who aren't getting better shouldn't wait for their next appointment.

Be an engaged consumer. Many trips to the hospital occur without warning. However, people with advance notice have resources available to help them research quality and cost. Information about readmission rates for certain hospitals, for example, is available at www.hospitalcompare.hhs.gov, where visitors can enter a procedure and a zip code, select three hospitals, and click "Outcome of Care Measures" to compare results.

Most of us will have to go to the hospital at some point in our lives. The key is being an engaged patient to prevent hospitalization from becoming a downward spiral, both physically and financially.

If you have any questions please feel free to contact us at The Mandaree Hidatsa Elders Program: 759-3099 our Fax number is: 759-3093

Bernadine Fredericks: Cell: 701-421-3249 Email: bfredericks@mhanation.com

Ted White (Home Delivery Services) Cell: 701-421-3248 Email: twhite@mhanation.com

**Happy Birthday To Our Elders
For The Month of February!**

happy
birthday
i thank God
for you

Brenda Hale
Belinda Beston
Keith Mandan



Happy Birthday

Workers working on New Flooring



These workers are from JC Construction during the time they started it was very noisy in the gym because each of these workers had to literally break the tiles in the gym in order to replace it.

They worked diligently on the gym flooring until they removed all the tiles, they also blocked off the gym so the employees weren't allowed to go inside the gym. Scheduled events had to be rescheduled until the gym was completed.

Ebel Construction was the company that installed all the wall heaters in the gym they also replaced all the lights inside the gym. The same construction company replaced all the lights outside of the community center.



In the picture above are the women's bathrooms with new tiles inside. Both the men's and women's bathrooms floorings were changed. It sure makes a difference on how nice they look now.



MHA Nation's Segments 2014 Winter Job Fair



Pictured above is Tyler White, from the TAT Human Resource Office. Tyler is currently one of the Human Resource Techs.



Pictured above Standing is Marilyn Yellow Bird, Public Health Nurse EMHC and seated is Judy L. Yesilth, Health Educator EMHC.

There was only two booths that showed for the 2014 Winter Job Fair. Marilyn Yellow Bird, Public Health Nurse was on hand offering flu shots to anyone who needed them.

The 2014 Winter Job Fair offered lunch to participants who came and got flu shots or filled out an application with the TAT Human Resources. Incentives were provided to each participant.

There is no cost to participate or Departmental Booth set-up, just show up and hand out your position descriptions, and applications.

All departments and programs are welcomed to set up their own tables and materials.

We expect to have a positive outcome with students, and job seekers representing over our tribal nation.

I encourage you to visit our website www.mhanation.com for a more detailed listing of all our job announcements and application!

We are excited about the MHA Nation's Segments 2014 Winter Job Fair.

It will be beneficial if you stop in and complete an application and a lunch is provided.

If you have any further questions, please contact The Human Resources Department at (701) 627-4781.

Drug & Alcohol Free work place!

Respectfully,

Kandice Sanchez
TAT/MHA Nation
Human Resource Dept.
404 Frontage Road
New Town, ND 58763
(W) 701-627-4781 ext. 8251
(C) 701-421-2149
(F) 701-627-2960
Email: ksanchez@mhanation.com

Around West Segment



These trailer homes will soon be ready to rent to guests who wish to spend the night. Some call it the Mandaree Marriott. These trailer homes are located on the same street that you drive on to go to the Water Chief Hall, which leads you right into the Mandaree community.

These trailer units were purchased by The West Segment Development Corporation to provide overnight stays for guests visiting our community.



Once these the work is done in settling and anchoring these trailer homes down then decks will be added to each doorway, since there are four rooms to one trailer. The rooms are really nice they have high cedar fan ceilings in them, each room has a bathroom and sink. Each of these four rooms are private and can house two people in for an overnight stay.

The next step will be to add furniture for the use of a over night guest.



Construction Still In Progress For Clinic Space At The Mandaree Wellness Building



As you can see in these pictures construction is still underway for the new space for the Mandaree Clinic. We are all aware that our Clinic here in Mandaree has been closed due to unforeseen circumstances which were unhealthy for patients to be seen in our local area.

So many tribal members have traveled to New Town for medical help.

Our tribal representative has had meetings with the current Elbowoods Administrators. He was successful in moving our Mandaree Clinic to the Mandaree Elders building provided that we have space for examinations rooms and offices.

Construction has been taking place for the past month now to reassure the privacy of patients. There will be a doctors' office and a examination room.

A reception desk has been in place too so people can check in to see the nurse or PA who is available.

According to our tribal representative he stated that we do have a Registered Nurse, the only problem is housing but he hopes that problem will soon be solved.

Having our clinic will be very convenient for the elderly and for those who don't want to drive into New Town to the clinic. They can be taken care of in our own community.

On behalf of West Segment we are moving forward it's just that construction and other things all take time but with all due respect they will soon be done for your use. Thank you for your patience.

Above is the reception area where people will check in. In the picture below is one of the examination rooms and another room will be an office for the Doctor and Nurse.



Councilman Phelan's Update Continue:

The costs maybe sixty dollars just roughly estimating, it may sound like a lot of money but every time they come to your house that's gas money. So we will have our own trash dumpsters and we are also looking at a landfill. Right now their transfer stations were it comes from here than they take it to Watford City and dump it. This way we will have our trash dumping. It may even cost the homeowner eighty dollars a month but you figure that's about twenty dollars for every time they come to your home to take your trash. I think that's fair because at least you would know that your trash will be taken care of every week. Another thing I asked them if they would be able to put a key and lock on those trash bins so the homeowner would be the only one to dump trash in their bin. These trash bins will be placed right by your house, especially for those who lived out in the country, so that way it can't be used by anyone else only your household. So even the on going traffic won't be able to dump their trash by your home because it will be placed in front of your house and you will have a lock and key on it. So this is available for everyone to sign up for their trash bin and for those who don't wish to rent a trash bin can stay under the current solid waste and see if they will service you. I am just trying to provide more opportunity for our tribal members in our own community and not have them wait for the trash to get dumped. This way is more of a guarantee that your trash will be picked up. At the end of the day, I think the solid waste is going to give all the this responsibly to each district once we start doing this in Mandaree, than other segments will probably do the same.

This will provide opportunity jobs for community members here in Mandaree and that has always been our goal here is to provide opportunity and provide jobs for our people here in West Segment.

On another note, I would like to mention the Mandaree Motel or Mandaree Marriot in that compound. We are putting up another Fema trailer. So we will have two Fema trailers over there, we are always getting calls from people who are homeless. We helped out one family so far and they seem to be doing well but there's just not enough infrastructure to go around. I am trying to get more Fema trailers in and setting up places in between these slots going across the ridge here. I will be meeting with the Fort Berthold Housing Authority on February 19th. At that time, I want to bring in my proposal about what I would like to do with these old homes. To see if FBHA would sell them back to us so in turn whatever we bought the house for whatever value it's at and charge that to the person who is living there now. The homes I am referring to are the ones on Turn key ridge here not far from the center.

We all know those homes were built in the 60's so these homes are about fifty years old. I don't know if they have been redone or what the installation is like them. I would like these homes to be turned over to the person that is renting right now. Because if somebody doesn't look out for them these people will just continue paying rent on them or maybe they even paid for that old house twice.

We are still taking applications for our Hidatsa Housing Program.

I am still working on putting the weigh scales in on route 14. That monies will be used for maintenance and hopefully the paving on route 14 because right now there's no money at all or set aside for paving route 14. Although we were told that paving route 14 would take place in 2014. There's nothing there so we have to do something.

I would like to let people know that as a council we were very fortunate to have a resolution pass for the disbursement payment for the 17 and under for the check distribution. The only problem we are having now is custody battles of the kids that are in question. The other thing is they made it available if you don't want your child to get the check than you have an option to call the tribe and let them know you want your child's or children's checks in an account, that the tribe has set up.

In closing, I would like to say there has been many things our community has to look forward too with some of our projects. All of these projects take time like housing, our trailer park, and other projects we have started, we all know they don't happen overnight, they all take time. Some projects are on going and we have other projects that are still in site.

If all goes well we are forecasting a ground breaking ceremony in March for the truck stop.

Thank you for allowing me to give you an update of our West Segment community. If you have any questions or concerns do stop by the Water Chief Hall. My office is located in the new addition of the community center, my door is always open. I am usually here in Mandaree when I don't have meetings scheduled in New Town.

Thank you for being a good reader.

For Your Information



Sonja Fox

One of our own local native of Mandaree, ND named Sonja Mae Fox has started her pro boxing career.

Sonja has attended school at Mandaree, New Town and graduated from Marty Indian School, South Dakota. She has also attended college at Black Hills State college in Spearfish, SD.

Sonja joined Virgil Chases boxing team when she was eight years

old. She is now twenty three years old and has gone pro in her boxing.

Sonja has lived her life on The Fort Berthold Reservation. Her parents are Larry and Joleen Fox, of Mandaree, ND. Her grandparents are Larry Fox Sr., and Cecelia Birdsbill/Fox and Joe Wounded Face and Lillie Mae Smith. Sonja has many relatives whom live on the Fort Berthold Reservation.

On October 26, 2013 Sonja was one of under cards for Virgil Hill Jr., second pro boxing match at the Four Bears Casino & Lodge. Sonja won her first pro match by the first round by tko this match was scheduled for four rounds.

Virgil Hill and Denean Hill picked picked her up for their pro boxing team. Virgil and Denean Hill are Sonja's boxing trainers/promoters.

Virgil Hill is a five time world boxing champion and is a silver medalist of the Olympics. Virgil is Sonja boxing trainer in Santa Clarita, California.

Denean Howard/Hill is a five time world Olympian in running. She is the athletic director at Santa Clarita University in California. Denean is also a pro lady boxer.

The Fox family is very happy that the Hill family took an interest in Sonja's boxing career to help her with her training. Sonja is now training at the The QuickSilver Hill Promotions camp A-1 Female Division Sparring camp and A-2 Weight Loss Boxing camp. She will also be training at the Big Bear San Diego Professional Boxing Camp ground in California.

We would like to thank the Hill family for allowing Sonja to stay with them during this training. Also we would like to thank the following people who help with financial assistance for her to attend the boxing camp: Virgil Chase, Fred Fox, Barry Benson, West Segment Development Corporation, Ken Hall, Tex Hall, Mervin Packineau, Judy Brugh, Pat Packineau, Ron Brugh Sr., Delvin Reeves, Lillie Simth, Henry Fox, Clay Spotted Bear. All who helped Sonja. If we forgot anyone please don't be upset it was not intentional.

Thank you The Sonja Fox Family.

Hidatsa Clans Database Update Event!



When: Feb. 22-23, 2014

10:00am-3:00pm each day.

Where: FBCC White Ant Cafeteria

For More Information Contact:

Thomasina Mandan

701-627-4738 X 282; 701-421-8930

Or Benita Spotted Elk at 672-4113 ot 701-421-8723

Everyone Welcome!

Food will be served! Door prizes for stopping and updating your information!



**Fort Berthold
Community College**

Mandan, Hidatsa, & Arikara Nation

Fort Berthold Community College Fall 2013 Scholastic Honor's List:

Presidents List: 3.80-4.00	Dean's List 3.50-3.79	Honor's List
Kristen Ator	Sh a u n a K	3.00-3.49
Jackson Blake	Cameron	
Adrianna C.Bullis	Eva Cerda	Aurelias R. Coffey
Modarie Lauren Celso	Shawna E. Eagle	Felicia L. Dickens
Lois Chapin	Jayli L.Fimbres	Eya Co Nape Fox
Michael DeVille	Lukas J. Hartman	Tamara Halverson
Duke L. Driver	J e s s i c a M .	Nina D. Lincoln
Charles C.Felix	Pumkinseed	Mamie Morsette
Caley Fox	Clairesse S. White	Walter Old Rock
Joseph Freeman Jr.	Horse	Twila K. Reed
Yolanda F. Fuson		William Stevens
Devin L.Grey Water		Nathan White Horse
Amber Gwin		Morgan Necklace
Phyllis Johns		Aaron Yellow Wolf
Melissa Krueger		
Shelby Lego		
Anthony F.Rodriguez		
Ashley J. Staples		
Lexi B.Taft		
Melissa White Rodriguez		

Mandaree School News

Every Day, Every Class, Present, and On Time!!

ICU Goal: For student success, all students complete all assignments.

ICU Program Continues to Grow and Develop

As the school year has developed students and teachers have worked for student success. Teachers have reported that student completion of assignments has increased. However, there continues to be a large number of assignments on the ICU List. Children and adolescents push boundaries as a matter of course. There appears to be some students who think the teachers will eventually quit asking for assignments and that the teachers will assign a "ZERO" and things will just return to where they were before we starting the ICU Program. It is what has happened in the past and they are waiting for it to happen again.

The teachers and administration are committed to student success. When students complete ALL assignments they do better on assessments and have a better grasp of the content being taught. Student performance on assessments is how a student demonstrates that the material has been mastered.

Parents and students need to be aware that the following procedures for incomplete assignments will be followed:

1. All students will complete all assignments which leads to mastery of the content.
2. All students will demonstrate that they have mastered the content by passing assessments.
3. Any assignment not completed on May 22, 2014 (the last day of school) will be carried over to the 2014-2015 school year.
4. There will be a 2 week ICU Completion Camp May 27 – June 6, 2014 for students to complete assignments.
5. Students will receive an "Incomplete" in all courses that have missing assignments after June 6, 2014. This could impact student eligibility for Fall Sports because a student must pass a minimum number of courses or they are ineligible for the first 6 weeks of their NEXT sports season which could be basketball if the student does not participate in cross country.
6. Students who are on the ICU List on June 6, 2014 will not advance to the next grade level until all assignments are completed. That means they will be assigned to the ICU Room in August to complete missing assignments before reporting to the next grade level.

Students, teachers, and parents can work together to ensure that students are not delayed at the beginning of the next school year by completing assignments in a timely.

Summer Academic Camp

Students take the Measures of Academic Progress (MAP) assessment three times per year. The district uses the diagnostic computer-assisted supplement to MAP to help students learn and

who would benefit from additional instruction will be invited to participate in the Summer Academic Camp. This Camp will be held May 27 to June 13, 2014. Notices will go home after the Spring MAP testing cycle. Students on the ICU List must complete all assignments before participating in the Academic Camp. A course completion field trip will be scheduled for students who achieve their Summer Academic Camp goals.

Mandaree School

2013-2014

2nd Quarter Perfect Attendance

Kindergarten:	Teigan Grant	Jacquelyn Conklin	Oray
Hall	Colte Phelan		
Pre-1 st :			
	Makayla Young Bear		
1 st Grade:			
	Karson Dawes	Kateri Hill	Riley Roasting Stick
2 nd Grade:			
	George Fox		
3 rd Grade:			
	Elmer Flying Horse	Skylar Newman	RaeJean Young Bear
4 th Grade:			
	Janai Lone Bear	Evelyn Marvel	Damon Roasting Stick
5 th Grade:			
	Heavenly Beston	Malkali Young Bear	
6 th Grade:			
	Daysah Serdahl	Mataya Sheppard	
7 th Grade:			
	Julie Flying Horse		
9 th Grade:			
	Kaelyn Dawes		
12 th Grade:			
	DeriAnn Flying Horse		

Mandaree School News

Mandaree School

2013-2014

2nd Quarter Good Attendance

Kindergarten: Sage Serdahl Cashdyn Phelan Johnny Roasting Stick Alexis White Jaid Alkire Georgia Beston Megan Hunts Along Gentry Johnson Kyah Lohse-Fox Daryl Mingus Jr. Lewis West

Pre 1st Grade:

Melody Lone Fight

1st Grade: David Alcocer Aldean Ameline Mason Foote Jocelyn Grady Alonzo Little Nest Nathan Robertson Theodore Siers Jr. Anthony Wolf

2nd Grade: Cooper Johnson Theodore Lone Fight Chauntay Robertson Aubrey White Owl Melody Smith Zach Tomlinson

3rd Grade: Alano Antonio Donovan Eidenschink Albertina Joe Tianna Lester Jewels Lone Fight Isiac Roasting Stick Jahden Standish Emma Tomlinson Sophia White Owl Aaron Wolf

4th Grade:

Mayu White Angelina Longie Shauntera Sage Kajanjan Grady Sam Lincoln

5th Grade: Walter DeVille Destiny Siers Hannah Avila Elizondo Joe James Roasting Stick Melvin Hurkes

6th Grade: Azin Antonio Ayla Demaray Bryce Fox Ceara Hurkes LaDawna LaPointe Miles Young Bear

7th Grade: Marea DeVille Karli Fox Tamira Light Hall Elyza Thomas Clinton Tsosie Hailey Vigen

8th Grade: Echo Claymore Kylee Dawes Dylan Kills Crow Chantell Lester Austin Lone Bear Manual Lucio Kenzie Poitra Kalee Robertson Kaci Wise Spirit

9th Grade: Sierra Flying Horse Dedric LaPointe Frannina Lincoln Nancy Lincoln Emelee Lone Bear Ceejay Siers Charismha Tsosie Adrianna Young Bird

10th Grade: Steven Good Bird Jerrilane Lincoln Chance Lone Bear Cornell Poitra

11th Grade: Francesca Morgan

12th Grade: Tollie Jo Blake

Mandaree School 2013-2014 2nd Quarter Honor Roll:

4th Grade: Charley Bolman Kajanjan Grady Sam Lincoln Pearl Little Nest Janai Lone Bear Evelyn Marvel Lanell Mongram Kramer Shauntera Sage May Yu White

5th Grade: Melvin Hurkes

6th Grade: Azin Antonio Aula Demaray Ceara Hurkes Cherish Johnson LaDawna LaPointe Daysha Serdahl Mataya Sheppard Dakota Stoopes

7th Grade: Elyza Thomas

8th Grade: Echo Claymore Kalee Robertson Peyton Yellow Wolf

9th Grade: Charismha Tsosie Adianna Young Bird

10th Grade: Cynthia Alcocer

12th Grade: Tollie Jo Blake

Dates To Remember:

Feb. 17	No School
March 12	End of 3 rd Quarter
March 21	No School
March 24	Snow Day - No School IF there are no school cancellations
April 16	Parent Teacher Conferences
April 18	No School
April 21	No School
May 22	Last Day of School

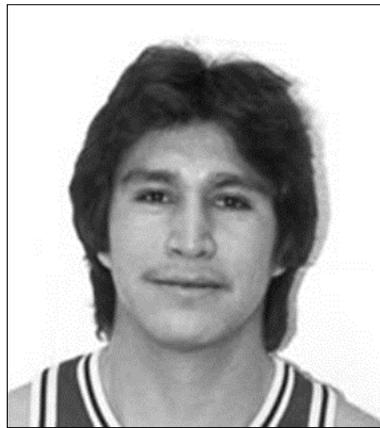
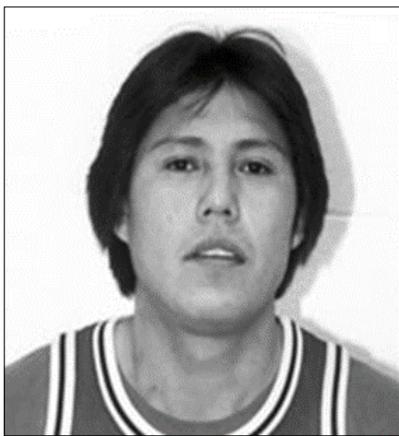
Mrs. Carolyn Bluestone, Superintendent Mandaree School
P.O. Box 488
Mandaree, North Dakota
Phone: 701-759-3311
Fax: 701-759-3112

Thunderbird Hall of Fame 2014 Includes MHA Tribal Members

Photos & Information provided by uttc.edu



1984-85 Thunderbirds: Standing, from left , Head Coach Dave Archambault Sr., True Clown Jr., Terry Wolf Necklace/Dogskin, Van Buffalo, Ken Walks, Austin Richards, Curtis Black, Perry White Owl, Val Finley and Manager "Nav" Tapio. Kneeling, at left Mike Lawrence and Terry Hodgkiss. Not pictured Assistant Coach-John Thunder Hawk Sr., Charles White Eagle, Dave "Sam" White Face, Chuck Defender, Oris Beat Stops and Terry Jeanotte.



Val Finley and Perry White Owl teamed up in the mid 80's to form the best junior college backcourt in the state. The dynamic duo was the scoring force during the 1984-85 season in the college run-up to playing sanctioned, collegiate athletic basketball. Their freshman campaign remains one of the T-Birds most successful ever, winning 25 games and losing only 4. Both averaged over 20 points per game while dominating the competition. During their sophomore season, the school's first as part of the NJCAA and ND State Junior College play, they lead the T-Birds to the state championship game and sparked a string of three straight State Title appearances. After two successful years at United Tribes, the pair continued their playing days together, taking their talents to Valley City State where they helped lead the school to an appearance in the NAIA National Tournament.



Kristen Bearstail helped lead the most successful season in United Tribes Women's Basketball history in 2009-10. Her prolific offensive game was defined by her seemingly unlimited range and highlighted by her school record 123 three-point field goals made during that season.

On the season, Bearstail averaged 22 points per game. But just as impressive was her ability to set up teammates for easy baskets; she posted 5 assists per game and 3 steals per contest. She was recognized with First-Team All-Conference, All-Region and All Region Tournament selections.



Kevin Finley is the most successful coach in Thunderbird athletics history, leading men's basketball team to two NJCAA Division II National Tournaments (8th place in 1997-98 and 6th place in 1998-99), and was an assistant coach on the only other national tournament team in the school's history (8th place in 2001-02). Finley's ability to attract talent lead to the greatest run of winning in the school's history behind some of the greatest individual and team performances the college has ever seen. Coach Finley is a four-time Region Coach of the Year and a two-time District Coach of the Year. He was Mon-Dak Conference Coach of the Year when his 1998-99 team won the conference title. This was the only conference championship in school history and the 98-99 team holds the distinction of achieving the highest ranking in the national poll when it reached 9th.

For Your Information



The 2014 Mandaree Celebration Committee invites everyone to The Warbonnet Parade



Dance on Saturday, March 29th at the Water Chief Hall in Mandaree, North Dakota.



Weight Challenge for the West Segment Community!

The West Segment community is sponsoring a weight challenge. All participants must weigh in at the Fitness Center located at the Mandaree Elders Building on Monday, February 3, 2014 by 6:00 p.m. which is the deadline date. After signing in the participants will weigh in every two weeks. May 1st is the last day of the challenge then the winners of this Weight Challenge will be announced May 2, 2014.

There is an incentive for those who lose the most weight.

1st place: \$500.00

2nd place: \$300.00

3rd place: \$200.00

This is to help community members promote living a healthier lifestyle.

ATTENTION: Indian Mineral Owners

*Department of the Interior
Minerals and Royalty
Question and Answer Sessions*

Wednesday, February 5, 2014

BIA- Ft. Berthold Agency

New Town, ND

9:30 a.m - 4:00 p.m.

Water Chief Hall, Mandaree, ND

6:00 – 8:00 p.m.

(food provided)

You are invited to come and have your mineral ownership or royalty questions answered. For more information, contact Tom Piccirilli of the Office of Natural Resources Revenue at 800-982-3226



2014 Mandaree Celebration

Bingo and Lunch Sales!

Every Wednesday:

On February 5th, 12,

19. Early Birds at 6:30pm

Regular Sessions at 7:00pm

Water Chief Hall

Come & Support The 2014 Celebration Committee!



For God So Loved...(John 3:16)



The scripture continues on to say, "For God so loved the World, He gave His only Son, who ever believes in Him should not perish, but have eternal life." Love is a very strong and powerful emotion, when released it creates an atmosphere of peace which you can actually

feel the energy. It can make you feel totally

invincible in the midst of turmoil, which is what the scriptures declares, that if you Believe in God's love you will not perish or come to destruction or be lost. It is so much easier to love than it is to hate. Love releases all kinds of positive natural healings endorphins in your body that has the ability to fight off all sickness and diseases. It will actually multiply the Good cells in your body making you stronger.

When you love someone all your thoughts are focused on the good times and you can't wait to see that special someone in your life again, whether it is a brother or sister who has been away for possibly years and you hear they are soon returning, there is a sense of excitement and anticipation. You look forward to days ahead, the last thing on your mind is fear or dread.

Jesus was teaching His disciples the same message, He said, "I must go away but will return again soon,"(John 14:28) He didn't say when, He just said He would return. If you read John 14 He gives His disciples instructions on how to love, He knew it would get really tough and challenging at times, but He encouraged them to hang in there, TRUST the Lord, do Good and through the Love of the Lord it will work out to His glory and mercy, the down side is, just like when He said He would return, He didn't say when. Sometimes when we are going through hard times we wonder when is this going to be over. Jesus said soon, but continue to walk in Love and you will not perish.

I pray that this message encourages you when you are experiencing a bad day, Through the Love of God He will see you through it, don't give up! AMEN.

Last month, I wanted to submit an article regarding a national well known prophet, who came to Mandaree to the Water Chief Hall to release a positive Word and encourage the people. He prophesied over families and spoke a word over the youth in the area. His name is Chad Taylor, his ministry is call "Consuming Fire" and he has a powerful testimony of how God healed and delivered him from a world of drugs, witchcraft and prison.

Chad was compelled to come to the reservation, because of a dream he had, he felt the strong urgency to give a warning and pray over the area. On November 7th he sent out a text message of the dream he had and I quote.

" I saw a vision in prayer today for New Town; I saw dark clouds filled with many people's tears, I saw a withered Christmas tree with no presents. I saw warrants for people's arrest and I saw sign at the jail "filled to capacity". I also heard the word "manslaughter" and "their blood is crying out from the ground." I also believe that this is preventable if we pray, intervene and warfare."

It was short notice, but we jumped into action and did what we could do to accommodate his arrival. Thank you to councilman Randy Phelan for the monetary contribution to help with the meal provided for the services at the Water Chief Hall and for services rendered to Chad Taylor.

As you are very much aware of the drugs and corruption that are escalating at an alarming rate, we need all the warfare and prayers to safeguard our land and people.

Pastor Elise Packineau

Mandaree Hidatsa Church 627-4563



The Season Of Lent



The Church season of Lent will begin on March 5th. Lent is a time of preparation for the celebration of Jesus' rising from the dead, which we celebrate on Easter Sunday, April 20th.

Christ chose to be poor so that we may be rich, St. Paul writes this in his second letter to the Corinthians, chapter 8, verse 9. Jesus, the savior of the world, was born poor in a humble stable in Bethlehem, because there was no room for Mary and Joseph at the inn. He lived most of his life in obscurity from the wider world. He received brutal treatment from his executioners and died an excruciating death by crucifixion.

The reason for God becoming man in Jesus and for doing what he did is simple. LOVE. Jesus loves us and have given everything for us so that we may not perish, but may have eternal life, John 3:16. Jesus chose to live among sinners in order to redeem sinners and bestow his forgiveness and mercy. In this way God has made us, who are poor in spirit, rich in love, because he has loved us.

Pope Francis, shortly after Christmas, wrote a letter to the world that offered thoughts on preparation for Lent, and for our own entrance into the poverty of Jesus. I quote Pope Francis at length because his words of mercy is what the world is in desperate need to hear:

"Dear brothers and sisters, my this Lenten season find the whole Church ready to bear witness to all those who live in material,

moral and spiritual destitution the Gospel message of the merciful love of God our Father, who is ready to embrace everyone in Christ. We can do this to the extent that we imitate Christ who became poor and enriched us by his poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt. May the Holy Spirit, through whom we are 'as poor, yet making many rich; as having nothing, and yet possessing everything' (2 Cor 6:10), sustain us in our resolutions and increase our concern and responsibility for human destitution, so that we can become merciful and act with mercy. In expressing this hope, I likewise pray that each individual member of the faithful and every Church community will undertake a fruitful Lenten journey. I ask you to pray for me. May the Lord Bless you and Our Lady keep you safe."

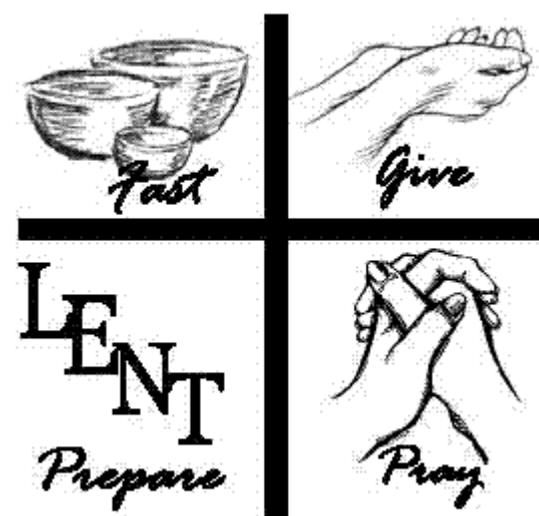
My prayer for you are the same as those of Pope Francis. I also pray tht this Lent will be a time for you to empty yourself so as to make room for only God and his love for you. By doing so you will receive joy and the ability to share God's love and peace with those around you.

God Bless you all.

Father Paul Eberle

St. Anthony's Catholic
Church

Mandaree, North Dakota



A Mix of Short Hiraac Sentences From The Mandaree Hiraac Department

By: Arvella White, Mandaree Hidatsa Department

1. How are you feeling today?- Nii Doosha-Maabehee mii-maa-ruwataac-naabehee
2. Good Morning little sister.-Giragute Cagic-madaagu. Yes, good morning- A-giragute-cagic
3. What is your age grandchild?- Niida-waa-ra-dawii mada-waa-bisha. I am 10 years old.- Mida-maara biragaac
4. What time is it?- Aru-daawash-hee'e. It's 10 o'clock- aru-axbi-nuwaca-sh-heec.
5. Wait-Haaga-ta=Wait I am going.- Aru Maraac haa-ga-ta
6. Please sit down-Maa-cagiraarug-awaag-ho-hee` esha-wa`ac-ho-awa-waag-wiic
7. I am going to bed, I am sleepy.- Aru-ma-gixabits, mii-hawadiic
8. Give me some coffee please?- Macagirarug-miri-shibisha-nuwa-muug
9. Give me some money.- Uuwaca-Nuwa-Muug
10. Do you have some sage?- lixo-gadai-nuwa-nee`e
11. Potatoes/Gaag-sha: Fry some potatoes.- Gaag-sha-nuwa-miridigaa
12. Beans/Awa`asha Make some bean soup.- Awaasha-Huba-Nuwa-Hiraa.
13. Make some cornballs./Maapi= Maapi-nuwa-Hiraa-ho-nuwa-maa-hawiic.
14. Deer/Cii-dadagi= There are a lot of Deer on the road.-Arii-gua-cii-dadagi-ahuc.
15. Meat/Irugshidi=Roast some meat please.- Maa-cagirarug-irugshidi-nuwa-haciitaa.
16. Where did you go lastnight?- oocia-shiru-dooga Maraa`a.
17. Are you sleepy?- Nii-Hawitee`e- Yes I am sleepy.-A-mii-hawitee`c.
18. Give me some pop/ miricigua-nuwa mug.
19. Give me my blue jacket/ Maduxih-dia-agu-doohi-ish-shawa-muug.
20. See you tomorrow/ adarug-arunii-awaga`ac.
21. Bad/Ishaic= It's very stormy out today./Maabi Ishaic, agiidiwada-shigua-maabi-hee.

22. Gone No More/Goo-wi-maa-ara-xipe-goo-wiic
23. There is none/Na shaac=Is there any corn left> Na-shaac Goo-xadi
24. What did they say? Macee-agu-daa-gaa'a? Hiruugaa-huugaheec maaci-agu.
25. Are you hungry? Naariidi? Yes I am very hungry= A agidiawa-maariidiic.
26. Don't talk/Niireeta= Please don't talk. Nii-reeta maa-cagirarug.
27. Listen/Nii-gee-gu=Listen to the wind outside.- Niigee-gu-agidiwaa-huci-iidia-adashi-gua
28. Where do you live?=Doohga-nawa-gu?=Maa-goo-sh-sha-gua-Mawa-guuc.
29. Do you understand? Nii-ka-ci=yes I understand/A-mii-ka-ciic.
30. I will see you on Monday. Maabi iinuwaca-sh-sharuu-ciru-awa-guuc.
31. Red/Hi-shi= I have red shoes. Ma-dabaa-hi-shiic-arumaraagi
32. Blue/Dohi=My car is blue. Mada-mahdi-dohiic-arumaraagi.
33. Yellow/Ciiri=My house is yellow. Ma-adi-maraagi-ciiriic.
34. Black/Shib-isha=My pants are black. Mataaci arumaraagi shibisha`ac.
35. Brown/Shiri=Her hair is brown. Mia-agu-ara-a'-arumaraagi-shiriic.



For Your Information Local & Emergency Numbers

Boys & Girls Club Branch Manager: Jade Standish: 759-3049 or Cell: 421-5987 or Donovan Abbey

Catholic Church Father Paul Eberl: 759-3412

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

Circle of Life Youth Counselor Cheryle Fox: 759-3705 or cell 421-7549

Elders Meal Site: 759-3092

Head Cook: Dinah Black Hawk

Assistant Cook: Kip Black Hawk

Elders Program: Elders Coordinator Bernadine Fredericks: 759-3099 Fax: 759-3093 Bernadine's cell: 421.3249

Elders Delivery Assistant: Ted White : 759-3099 or cell 421-3248

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

FBHA Compliance Office Vivian Hall: 759-3177 or Fax: 759-3182

FBHA Maintenance Office Raymond Yellow Wolf: 759-3577 or cell 421-0672 and Victor Three Irons cell: 421-0675

Fire Management Marle Baker: 759-3124 or cell: 421-1423

Little Plume Teacher 1: Leroy White Singer: 759-3369

Native Printing Jody Brieck: 759-3228 or Fax: 759-3227

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

Post Office: Post Master: Jeff Fry: 759-3370 M-F 12:00pm-4:00pm. Sat. 11am-1:15 pm

Road Department: 759-3420

School Numbers:

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

Cole Crows Heart: 421-6547

Les Yellow Wolf: 421-0841

Donald McKenzie: 421-36

Tony Phelan: 421-3623

Duane Young Bird: 421-0633

Tribal Ranch & Lodge: 759-3176

Tribal Ranch Fax: 759-3133

Tribal Ranch Director: Ted Siers: 421-8672

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

In Case of Emergency call these cell numbers for water treatment:

Bruce Fox: 421-7512 Or Loren Fox: 421-9552

Water Chief Hall Program Manager: Maranda Johnson: 759-3377, 759-3376

Water Chief Hall Fax Number : 759-3232

Mandaree Public Relations: Lovina Fox

Mandaree Public Relations Fax Number: 759-3375

Mandaree Water Hauler: Dan Hunts Along Cell: 421-2992 & Keith White Owl: 421-2993.

Mandaree Enterprise Corporation: 759-3399

Water Chief Hall Tow Truck Drivers: Dan Hunts Along: 421-2992, Keith White Owl: 421-2993 or Delvin Reeves: 421-3281

Hidatsa Language Department: Arvella White: 759-3099

Mandaree CHR: Jasmine Myrick– Cell: 421-6082

Out of Mandaree Area Office Numbers:

Emergency or Ambulance: 911

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: Dean Brady: 627-2654 or cell: 421.6127

Local Game Warden: Bradfield Sage: 421.6977

TAT Police Department: 627-3617 or 1 800-952-7923

Local Police Cell Phone Numbers:

Chief Of Police: Chad Johnson: 421-8976

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

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

TAT Utilities: 627-2580

Gerald T. Fox Justice Center: 627-3500

- **North Dakota Travel Information service dial 511. When dialing out of North Dakota for weather and road conditions you can dial: 1-866-696-3511.**

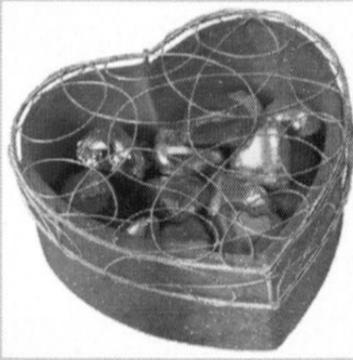
* **Please read. Some numbers were removed and some were added and corrected. Some of the names changed of the workers in some of the programs. Please post this so you can find what numbers you are looking for when you need them.**

Thank you for reading.



February 2014



Mon	Tue	Wed	Thu	Fri
<p><i>Club Hours:</i> 10AM-2Pm Office Hours 2pm-7:30pm Direct Service <i>Phone: 701-759-3049</i></p>	<p><i>Club Staff:</i> Lyda Jade Standish Sky Robertson Donovan Abbey Deri'Ann Flying Horse</p>	<p><i>Jr Staff:</i> Brand Thompson Sierra Flying Horse</p>		
<p>3 5:30-7:30 Spirit Club</p> 	<p>4 5:30-7:30 Spirit Club</p> 	<p>5 5:00-6:00 Smart Moves 6:00-7:00 Triple Play</p>	<p>6 5:30-6:30 Smart Moves 6:30-7:30 Triple Play</p>	<p>7 Teen Night! Movie Night</p>
<p>10 5:30-6:30 Smart Moves 6:30-7:30 Triple Play</p>	<p>11 5:30-6:30 Smart Moves 6:30-7:30 Triple Play</p>	<p>12 5:00-6:00 Smart Moves 6:00-7:00 Triple Play</p>	<p>13 5:30-6:30 Smart Moves 6:30-7:30 Triple Play</p>	<p>14 Teen Night! Games Festival</p> 
<p>17 No Club!!!!</p>	<p>18 5:30-6:30 Triple Play 6:30-7:30 Native Youth Council</p>	<p>19 5:00-6:00 Triple Play 6:00-7:00 Native Youth Council</p>	<p>20 5:30-6:30 Triple Play 6:30-7:30 Native Youth Council</p>	<p>21 Teen Night! Movie Night</p>
<p>24 5:30-6:30 Triple Play 6:30-7:30 Native Youth Council</p>	<p>25 5:30-6:30 Triple Play 6:30-7:30 Native Youth Council</p>	<p>26 5:00-6:00 Triple Play 6:00-7:00 Native Youth Council</p>	<p>27 5:30-6:30 Triple Play 6:30-7:30 Native Youth Council</p>	<p>28 Teen Night! Games Festival</p>

Elbowoods Clinic Schedule

PHYSICIAN SERVICES SCHEDULE

Month	Year	
February	FORT BERTHOLD SERVICE UNIT	2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NT-ZR 3 NT-WCC- TMB NT- AC NT- SJ NT -CA TB- OJ NT- RT	NT-ZR 4 NT -PN- TMB M - AC NT- SJ P- DM- CA NT -CA NT- RT	NT-ZR 5 P- TMB NT- AC NT- SJ NT -CA NT- RT	WS- ZR-off 6 NT- TMB M- WCC - AC NT- SJ NT- RT	ZR- off 7 NT- TMB NT- AC NT- SJ TB- OJ NT- RT
NT-ZR 10 NT-WCC- TMB NT- AC NT- SJ NT- CA TB- OJ NT- RT	NT-ZR 11 NT -PN- TMB- off M- AC NT- SJ WS- DM- CA NT- RT	NT-ZR 12 P- TMB NT- AC NT- SJ NT -CA NT- RT	WS- ZR 13 NT- TMB NT - AC NT- SJ NT -CA NT- RT	ZR- off 14 P- WCC- TMB NT- AC NT- SJ NT -CA TB- OJ NT- RT
Closed 17	NT-ZR 18 NT -PN- TMB M- AC- NT- SJ TB- DM -CA NT- RT	NT-ZR 19 P- TMB NT- AC NT- SJ NT -CA NT- RT	WS- WCC-ZR 20 NT- TMB NT- AC NT- SJ NT -CA NT- RT	ZR- off 21 NT- TMB NT- AC NT- SJ NT -CA TB- OJ NT- RT
NT-ZR 24 NT-WCC- TMB NT- AC NT- SJ M- DM- CA TB- OJ	NT-ZR 25 NT -PN- TMB M- AC NT- SJ NT -CA NT- RT	NT-ZR 26 P- TMB NT- AC NT- SJ NT -CA NT- RT	WS- ZR 27 NT- TMB NT- AC NT- SJ NT -CA NT- RT	ZR- off 28 NT- TMB NT- AC NT- SJ NT -CA TB- OJ NT- RT
ZR- Dr. Rising Sun TMB- Tammie Braaflat, FNP AC- Amber Conners, FNP OJ- Dr. Jackson SJ- Dr. Johnson CA- Dr. Arcelay RT- Rosemary Turner, FNP	NT- New Town M-Mandaree WS-White Shield P-Parshall TB-Twin Buttes PN-Prenatal DM- Diabetes WCC- Well Child Clinic			

February Is Heart Month

American Heart Association®



Fighting Heart Disease and Stroke

About Heart Failure:

The term “heart failure” makes it sound like the heart is no longer working at all and there’s nothing there’s nothing that can be done. Actually, heart failure means that the heart isn’t pumping as well as it should be.

Your body depends on the heart’s pumping action to deliver oxygen and nutrient-rich blood to the body’s cells. When the cells are nourished properly, the body can function normally.

With heart failure, the weakened heart can’t supply the cells with enough blood. This results in fatigue and shortness of breath. Everyday activities such as walking, climbing stairs or carrying groceries can become very difficult.

Heart failure is a serious condition, and usually there’s no cure. But many people with heart failure lead a full, enjoyable life when the condition is managed with heart failure medications and healthy lifestyles changes. It’s also helpful to have the support of family and friends who understand your condition.

How the normal heart works:

- The normal healthy heart is a strong, muscular pump a little larger than a fist. It pumps blood continuously through the circulatory system.

The heart has four chambers, two on the right and two on the left:

- Two upper chambers called atria (one is an atrium)
- Two lower chambers called ventricles.

Oxygen-rich blood travels from the lungs to the left atrium, then on to the left ventricle, which pumps it to the rest of the body.

The right atria takes in oxygen-depleted blood from the rest of the body and sends it back out to the lungs through the right ventricle. The heart pumps blood to the lungs and to all the body’s tissues by a sequence of highly organized contractions of the four chambers. For the heart to function properly, the four chambers must beat in an organized way.

What is Heart Failure?

Heart failure is a chronic, progressive condition in which the heart muscle is unable to pump to enough blood through to meet the body’s needs for blood and oxygen. Basically, the heart can’t keep up with its workload.

At first the heart tries to make up for this by:

- Enlarging. When the heart chamber enlarges, it stretches more and can contract more strongly, so it pumps more blood.

- Developing more muscle mass. The increase in muscle mass occurs because the contracting cells of the heart get bigger. This lets the heart pump more strongly, at least initially.

The body also tries to compensate in other ways:

- The blood vessels narrow to keep blood pressure up, trying to make up for the heart’s loss of power.
- The body diverts blood away from less important tissues and organs to maintain flow to the most vital organs, the heart and brain.

These temporary measures mask the problem of heart failure, but they don’t solve it. Heart failure continues and worsens until these substitute processes no longer work. Eventually the heart and body just can’t keep up, and the person experiences the fatigue, breathing problems or other symptoms that usually prompt a trip to the doctor. The body’s compensation mechanisms help explain why some people may not become aware of their condition until years after their heart begins its decline. (it’s also a good reason to have a regular check up with your doctor). Heart failure can involve the heart’s left side, right side or both sides. However, it usually affects the left side first.

Warning Signs of Heart Failure:

If you have more than one of these symptoms, even if you haven’t been diagnosed with any heart problems, report them to a healthcare professional and ask for an evaluation of your heart. If you have been diagnosed with heart failure, it’s important for you to keep track of symptoms and report any sudden changes to your healthcare provider.

Here are the most common signs and symptoms, explains why they occur and describes how to recognize them:

Sign or Symptom:

Shortness of breath

People With Heart Failure May Experience: Sign or Symptom:

Breathlessness during activity (most commonly at rest, or while sleeping, which may come on suddenly and wake you up. You often have difficulty breathing while lying flat and may need to prop up the upper body and head on two pillows. You often complain of waking up tired or feeling anxious and restless.

Why It Happens:

Blood “backs up” in the pulmonary veins (the vessels that return blood from the lungs to the heart) because the heart can’t keep up with the supply. This causes fluid to leak into the lungs.

Persistent coughing or wheezing:

Coughing that produces white or pink blood-tinged mucus.

Why It Happens:

Fluid builds up in the lungs.

Continue on next page.

February Is Heart Month



Sign or Symptom:

Buildup of excess fluid in body tissues (edema).

People with Heart Failure May

Experience:

Swelling in the feet, ankles, legs or abdomen or weight gain. You may find that your shoes feel tight.

Why It Happens:

As blood flow out of the heart slows blood returning to the heart through the veins backs up, causing fluid to build up in the tissues. The kidneys are less able to dispose of sodium and water, also causing fluid retention in the tissues.

Signs or Symptoms:

Tiredness, fatigue

People with Heart Failure May Experience:

A tired feeling all the time and difficulty with everyday activities, such as shopping, climbing stairs, carrying groceries or walking.

Why it Happens:

The heart can't pump enough blood to meet the needs of body tissues. The body diverts blood away from less vital organs, particularly muscles in the limbs, and sends it to the heart and brain.

Signs or Symptoms:

Lack of appetite, nausea

People with Heart Failure May Experience:

A feeling of being full or sick to your stomach.

Why It Happens:

The digestive system receives less blood, causing problems with digestion.

Signs or Symptoms:

Confusion, impaired thinking.

People with Heart Failure May Experience:

Memory loss and feelings of disorientation. A caregiver or relative may notice this first.

Why It Happens:

Changing levels of certain substances in the blood, such as sodium can

cause confusion.

Sign or Symptom:

Increased heart rate.

People with Heart Failure May Experience:

Heart palpitations, which feel like your heart is racing or throbbing.

Why It Happens:

To "Make up for" the loss in pumping capacity, the heart beats faster.

Conditions that may lead to heart failure:

Coronary artery disease: When cholesterol and fatty deposits build up in the heart's arteries, less blood can reach the heart muscle. This build up is known as atherosclerosis. The result may be chest pain (angina) or, if blood flow becomes totally obstructed, a heart attack. Coronary artery disease can also contribute to having high blood pressure which, over time, may lead to heart failure.

Prevention & Treatment of Heart Failure:

Heart failure caused by damage to the heart that has developed over time can't be cured. But it can be treated, quite often with strategies to improve symptoms. Successful treatment depends on your willingness to get involved in managing this condition, whether you're the patient or a caregiver. You and your loved ones are an active part of the healthcare team.

Your treatment plan may include:

- Lifestyle changes
- Medications
- Surgery
- Ongoing Care.

Regardless of your treatment, you need to follow all of your doctor's recommendations and make the necessary changes in diet, exercise and lifestyle to give you the highest possible quality of life.



SENIOR CITIZEN MENU FOR THE MONTH OF: February 2014				MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.					
Biscuits & Gravy Tossed Salad Green Beans Apple Crisp	3	BBQ Beef Broasted Potatoes Relish Tray Cookies	4	Salisbury Steak Mashed Potatoes Mixed Vegetables Cup Cakes	5	Hamburger Patty Coleslaw Boiled Potatoes Fresh Fruit	6	Chicken Cordon Bleu Rice Asparagus Peaches	7
Beef Stew Biscuits Cottage Cheese Cherry Crisp	10	Macaroni Hot Dish Green Beans Wheat Bread Vanilla Pudding	11	Pork Roast Mashed Potatoes Gravy Peas/Carrots Spice Cake	12	Manwich on Bun Tater Tots Corn Raisin Bars	13	Indian Taco Jell-O Salad Ice Cream Bars	14
NO MEALS All Chief's Day	17	Ham w/Scallop Potatoes Beets Pears	18	Veal Parmesan Rice Peas Brownies	19	Stuff Peppers Mashed Potatoes Carrots Vanilla Pudding	20	Roast Beef Hoagies Wedges Carrot/Celery Sticks Fruit Cup	21
Ham & Potato Soup Grilled Cheese Pasta Salad Chocolate Pudding	24	Beef Stroganoff Over Noodles Peas Lemon Pudding	25	Pork Chops Fried Rice Tossed Salad Corn White Cake	26	Tater Tot Hot Dish Coleslaw Cup Cakes	27	Lasagna Garlic Toast Broccoli Jell-O Cake	28
<p>Happy Valentine's Day And All Chief's Day</p>									



The 2014 Mandaree Celebration Committee will have their Warbonnet Parade Dance at 1:00pm on Saturday, March 29th at the Water Chief Hall in Mandaree, North Dakota. Everyone is welcome to come and enjoy themselves.



On behalf of West Segment We Would like to Wish everyone a Very Happy Valentines Day!

From The West Segment Representative and Staff.



On behalf of The West Segment Community we would like to welcome two new babies into our community. Welcome! From the West Segment Representative and staff.

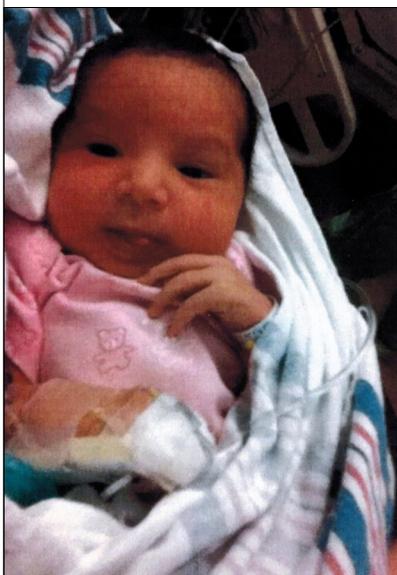


Congratulations to Skye and Jonathan on the birth of their new daughter. Anani Hummingbird Manikateri Figueroa was born on February 5, 2014 at 5:07am she weigh 6lbs 10.9 oz and was 19 inches long. She was born at St. Josephs Hospital in Dickinson, North Dakota. Anani was delivered by Doctor Arnold.

February Birthday Wishes To Our Elders!

Brenda Hale
Belinda Beston
Keith Mandan

Rachel Pearl White Owl



Born: January 14, 2014
Time: 12:46 am
Weight: 8lbs. 12 oz
Length: 21 inches
Where: St. Joseph Hospital
In Dickinson, North Dakota
Mother: Janice
Father: Keith



* Please forgive us if we forgot to mention your name, it was not done intentionally.