

2015 West Segment Back To School Bash

Quotes For The Heart & Mind:

- ♦ "We can always choose to perceive things differently. You can focus on what's wrong in your life, or you can focus on what's right." ~Marianne Williamson~
- ♦ "When you wake up everyday, you have two choices. You can either be positive or negative; an optimist or a pessimist. I choose to be an optimist. It's all a matter of perspective." ~Harvey Mackay~
- ♦ "Three things cannot be long hidden: the sun, the moon, and the truth." ~Buddah~



The back to school bash held here at the Water Chief Hall was very well attended by parents and their children and grandchildren. Every student got a lot of school supplies from notebooks to pens to folders and binders and much more. All school supplies were divided into grades k-12. West Segment staff also gave tickets out at the door for prizes, all the door prizes were awesome gifts, such as; desk top computers, lap tops, tablets, and I Pads, Nabi juniors, and paint makers. All door prizes were very educational for kids to use in school.

Councilman Phelan made it possible for each of our kids to receive a 100.00 Walmart gift card so they can buy some clothes. We had something different this year, we had RBZ Barber shop on hand here at the Water Chief Hall to give our kids a free haircut.

On top of all of this a great meal was catered by Angie Stiffarm, everyone enjoyed the excellent meal that she furnished for everyone.

Martha Phelan and Adam Fredericks, and the maintenance staff here at the West Segment did an awesome job of decorating. The Water Chief Hall looked amazing for the kids to enjoy. On behalf of West Segment we would like to thank all the parents, and grandparents for participating and sharing a great meal with us.

There are more pictures of the back to school bash on page 4.

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West Segment Tribal Representative Update



Hello Community members and relatives. Before I begin this update I would like to extend my sincere condolences of sympathy to the Joyce Bears Tail-Standish family and relatives, May our Creator be with

each of you during your mourning time. I know we have had other losses, so I would like to extend my sincere condolences to other family and relatives from other segments on our reservation. May our Creator be with each of you as you go through this sorrowful time.

Now that pow wow season is pretty much over, I am sure everyone is busy this month. As parents and grandparents will be getting our kids ready for school. We just had a back to school bash here at the Water Chief Hall. I would like to thank those parents and grandparents who brought their kids and grandchildren. I am happy that I was able to give out 100.00 Walmart cards to each of our kids to help them with school clothes. With the left over cards we gave to our babies in our community, to help with pampers and milk or whatever the baby needs are. This year at the back to school bash we even had a barber on hand to give the adults and kids a hair cut. We had RBZ Barber Shop here at the Water Chief Hall rendering his professional services as a Barber. We also gave away some nice door prizes, which were educational so our kids could use them for school. Door prizes that were given away were laptops, nabi

juniors, desk computers, I Pads, and paint makers. We had a great meal that was catered by Angela Young Bear. It was good to hear we had a good turn out during the back to school bash. I apologize for not being here, I was in a very important meeting.

As some of you may have noticed when you drive by the Mandaree Elders you have seen them working on the Nathan Goodiron Veterans facility, I am very proud that this building will soon be a reality. We broke ground for this facility last year in January. I am excited for this building to be complete for our veterans in our community. You can see more on this on page five in this paper.

On another positive note, that I would like to mention is that we now have Police officers in our community. Once they have a phone from the tribe than we can put their numbers and their names in our newspaper

As of now, we don't have any upcoming events right now for our community. Except for the United Tribes pow wow that will be happening in the month of September. I know I will be attending some meetings up there during that time.

I will give you a more detailed update in the next newspaper.

For now, that is all I have and I would just like to remind everyone that school is now in session, so please drive careful and stop when you see a school bus picking up our kids.

Until then, take care

Thank you for being a good reader.

Information for Elders To know About Heart Failure



The term “heart failure” makes it sound like the heart is no longer working at all and 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 and some people have coughing. 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 lifestyle 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.

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

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 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 your heart chamber enlarges, it stretches more and can contract more strongly, so it pumps more blood. With an enlarged heart, your body starts to retain fluid, your lungs get congested with fluid and your heart begins to beat irregularly.
- **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.
- **Pumping faster.** This helps to increase the heart’s output.



© American Heart Association

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 (like the kidneys), 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 compensation mechanism 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 checkup 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.

Congestive Heart Failure: Congestive heart failure is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably. As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body’s tissues. Often swelling (edema) results. Most often there’s swelling in the legs and ankles, but it can happen in other parts of the body, too. Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called pulmonary edema and if left untreated can cause respiratory distress. Heart failure also affects the kidneys’ ability to dispose of sodium and water. This retained water also increases swelling in the body’s tissue (edema). Will continue on warning signs in **next month’s paper.**

2015 West Segment Back To School Bash Photos



In these photos you can see how nicely decorated it was for the back to school bash. The gym looked really nice for the kids, and they had pizza available for them to eat, along with a great meal with catering provided by Angie Stiffarm. You can also see RBZ Barber shop that was set up and cutting hair for adults and the kids.



Construction on The Veterans Building is Underway!



Pictured from left to right: Bruce Freeman, Councilman Phelan, Delvin Reeves, Will Reeves Sr., Harriet Goodiron, and investor Alex, Post members; James Johnson, Millard Hale Jr., Tom Crowsbreast, and Fred Poitra. Color Guard members of the American Legion Post 271 Myron B. Johnson & Nathan J. Goodiron.



As you can see the construction workers are busy. If our weather cooperates than the work will go along much faster.

The photo above was taken in January of 2014 as the groundbreaking ceremony took place south of the Mandaree Elders building.

Today as you drive by the Mandaree Elders building you can see the construction going on.

The Nathan J. Goodiron Veterans facility will soon be a reality for our veterans in our community. As you can see the progress the construction company has made already.

After the ground is leveled and the foundation is put in than the building will be constructed.

Pictured below is the American Legion Post 271 Myron B. Johnson & Nathan J. Goodiron.



Mandaree Celebration Grounds Are Now Paved



The new celebration grounds are now paved, the paved area goes all the way around the new arbor. There is still a lot to do like get the outlets out in around the camping area. This way people who bring their camping trailers or their fifth wheels will have electricity available.

As time goes by improvements will be made on our celebration grounds, just know that everything takes time, most things don't happen as soon as we would like them too. You can see in the photos how the road has been paved.



For Your Information

West Segment members Winning At The 2015 Crow Fair

Photo & Caption by Jessica Phelan



Mandan, Hidatsa, Arikara Nation repping at Crow Fair 2015. Pictured from left to right: Brighten-1st in Stick Horse, Korday-2nd in calf riding, 1st in boot scramble, 1st in stick horse, Cherish won 5th in barrels, Kasen-2nd in Steer, pole bending flag race 3rd barrels. Aiyona broke her pattern but will do better next time.

These kids have represented the MHA Nation very well and they all live in the West Segment community. Their parents are Tony and Maranda Johnson. Their grandparents are Randy and Jessica Phelan and Jimmy and Roseann Johnson all from the West Segment community.

On behalf of West Segment we would like to congratulate each of these kids for their accomplishments and representing our West Segment community as well as our MHA Nation!

Keep up the good work it's always a great thing when your parents and grandparents support their children.

Positive Feedback from Community Members on Our Back to School Bash

It's great to hear positive remarks on our events here at the West Segment Water Chief Hall. The comments were posted on our West Segment page on Facebook, I know everyone doesn't go on facebook or have access to a computer. So I am posting what positive feedback we got on our back to school bash. Thanks for giving us your positive feedback it makes it all the work and effort so worth it!

"Thank you West Segment the supplies and gift cards are much appreciated. Your employees were very kind and enjoyed helping, made everyone feel welcomed." ~ Dale Charging~

" A "BIG" Hug goes out to you!!! West Segment for the "gift cards"..~Angela Young Bear~

"Also a big recognition to their Councilman Randy, for keeping these kids in the circle." ~Sherry King~

"Well today was a little hut out, that didn't stop the West Segment, but I went on down to the Water Chief Hall with my sister and all the little grandkids!!! Our representative Randy Phelan was at a very important meeting and his daughters Adele Phelan and Martha Phelan along with Adam and others did a very outstanding job!!! Thank you West Segment for making all the little school kids, college students happy!!! ~Donita Hale~

"Way to go West Segment!!! Love MANDAREE!!!" ~Theola Fox~

"I would like to thank the West Segment Office for your assistance for the school year. God bless." ~Ismelda Lucio- Vasquez~

Water Chief Hall Adds Another Addition for Offices



Pictured above you can see the addition that was added at the Water Chief Hall. The addition is on the east side of the security office.



The photo is the hallway inside the new addition, as you can see the construction is still going on inside the offices.



Inside the new addition will be four new offices. In the photo to the bottom left shows the windows to each of the offices located inside the new addition.

The electrician has installed electric outlets in the new addition. Other construction will take place more inside; painting and carpet installation has yet to be done. Along with making sure the building is completely done before any office space can be filled.

For Your Information

Photo courtesy of CJ Stewart



Standing Together As One Nation Under God! Crow Nation & MHA Nation!! MHA Councilman Secretary Lewis Kenneth Hall, Crow Senator CJ Stewart, Crow Chairman Darrin Old Coyote, MHA Chairman Mark Fox, War Pony Energy President Ron Brugh, MHA Councilman Vice Chairman Randy Phelan. This photo was taken at the 2015 Crow Fair in Crow Agency Montana.



608 East Boulevard Avenue, Bismarck, ND 58505-0700

Toll Free: 1-855-637-6237

For More information: NDDOT Communications (701) 328-4412

New Town Main Street Lane Shift to begin Monday, August 24, from East Avenue to Truck Reliever Route

Beginning Monday, August 24, traffic will be shifted to the newly paved southern portion of New Town Main Street (ND Highway 23) from East Avenue to the New Town Truck Reliever Route in New Town. This shift will allow crews to begin construction work on the northern portion of the roadway. Main Street underground and concrete roadway work has been completed from ND Highway 1804 to Park Place and is open to local traffic. Access to the east side of the intersection on ND 1804 and ND Highway 23 remains closed.

During Construction:

- * An 11-foot width restriction is in place from East Avenue to the New Town Reliever Route.
- * Motorists should expect delays
- * Flaggers will be in place
- * Speeds will be reduced

The NDDOT Williston District serves the transportation needs of the communities in northwestern North Dakota, including Williston, Alexander, Watford City, New Town, Stanley, and Berthold. NDDOT has been working very hard to build new bypasses, expand roadways, and provide roadway improvements to enhance traffic movement.

Katie Pizza

North Dakota Department of Transportation

Williston District

605 West Dakota Parkway

701-774-2736

www.dot.nd.gov

Panther Development Investments

Alex Moreno/Managing Partner

6401 Congress Ave. Suite 250

Boca Raton, Fl 33487. USA

alex@pantherdi.com

For Your Information



All elders (55 and older) can attend NHSC at no charge. There is an initiative at an NHSC (Nueta Hidasta Sahnish College formally known as FBCC) to enact sustainability education that will lead to community actions and projects as well as increase awareness about energy and the way in which it is utilized. Of the courses we are offering you could take a survey course geared to the individual wanting to learn about-renewable energy options, including solar electricity, wind, hot water heating, and efficiencies. This intro class is offered on Monday evenings. You will learn about the current and future technologies, Energy terminology, conservation approaches and the economic trade offs.

We offer additional enrichment courses, stop by the college through August 21 room 73 (upstairs) . We will be here till 7 pm each day. The last day to register for any classes will be Monday August 24.

For Your Information



NORTH DAKOTA
DEPARTMENT *of* HEALTH

For More information, Contact:

Molly Howell, MPH

North Dakota Department of Health Division of Disease Control

Phone: 701.328.2378 or 800.472.2180

E-Mail: mahowell@nd.gov

North Dakota Department of Health Observes National Immunization Awareness

BISMARCK, N. D.– The North Dakota Department of Health is observing National Immunization Awareness Month in August with communities across the country and would like to remind all North Dakotans to make sure their family is up-to-date with their immunizations.

“Most people think immunizations are just for babies, but they are important for adolescents and adults too,” said Molly Howell, Immunization Project Manager. Some childhood vaccines wear off over time, so adolescents and adults need shots to stay protected from serious diseases like tetanus, diphtheria and pertussis. As people get older, they are at greater risk of getting certain diseases like meningitis, blood infection, and infections that can lead to HPV cancers. “Vaccinations is important because it not only protects the person receiving the vaccine, but also helps prevent the spread of diseases to others-especially those who are most vulnerable to serious complications such as infants, and young children, the elderly, and those with chronic conditions and weakened immune systems,” according to Howell.

Infants need important vaccinations at birth, 2,4,6 and 12 to 15 and 24 months of age. Infant immunizations protect against tetanus, diphtheria, pertussis, polio, hepatitis B, Haemophilus influenza type B, pneumococcal, rotavirus, measles, mumps, rubella, chickenpox and hepatitis A. Children ages 4 to 6 are due for boosters of MMR, DTaP, polio, and chickenpox before entering school in the fall.

Adolescents are recommended to be vaccinated against tetanus, diphtheria, pertussis, meningitis, and HPV at 11 to 12 years of age. In North Dakota, four in 10 adolescent girls and six in 10 adolescent boys have not yet received a dose of HPV vaccine, making them vulnerable for cancers later on in life. “HPV vaccinations is critically important as one person every 20 minutes in the United States is diagnosed with an HPV-related cancer,” said Howell. Vaccines are recommended for adults to prevent serious diseases such as influenza, shingles, pneumonia caused by pneumococcal bacteria, hepatitis, and whooping cough. Unfortunately, far too few adults are receiving the recommended vaccines, leaving themselves and their loved ones vulnerable to serious diseases. “Although adults believe immunization is important, many are unaware that they need vaccines,” said Howell. “There is a new recommendation for all adults 65 and older to receive two different pneumococcal vaccines one year apart. If you are pregnant, have a medical condition, are elderly or in close contact with infants or others at high risk, it is even more important for you to contact your health care provider about vaccines.” In addition, a yearly flu vaccine is recommended for everyone 6 months and older.

“We want to encourage everyone to ask about immunizations each time you visit your health care provider,” said Howell. “If you haven’t seen your health care provider in a while, it’s probably time for a check up and you are probably due for vaccinations. “Vaccines are available at private doctors’ offices, as well as other convenient locations such as pharmacies, workplaces, community health clinics and local public health departments. Insurance plans usually cover the cost of vaccines. There are free vaccine programs available to assist people who don’t have health insurance. For more information about National Immunization Awareness Month, contact Molly Howell, North Dakota Department of Health at 701.328.2378 or 1.800.472.2180 or visit www.ndhealth.gov/immunize.

For Your Information



NORTH DAKOTA
DEPARTMENT of HEALTH

For More Information, Contact:

Laura Cronquist

Division of Disease Control

North Dakota Department of Health

Phone: 701.328.2378

E-mail: lcronquist@nd.gov

Tularemia Identified in Four North Dakota Counties

BISMARCK, N.D.— This summer North Dakota has seen an increase in reported cases of tularemia, an uncommon disease that humans can catch from animals and insects. The North Dakota Department of Health (NDDoH) and the North Dakota Department of Agriculture (NDDA), Animal Health Division, have received reports of two confirmed human cases of tularemia in LaMoure and Burleigh County; one unconfirmed but likely positive human case in Stark County; a case in a squirrel from the Roosevelt Zoo in Minot; and cases in two primates from the Dakota Zoo in Bismarck.

The Roosevelt and Dakota Zoos are taking precautions to protect their animals, staff and visitors from the disease. Visiting a zoo does not pose an increase risk to the general public. However, people are advised to follow guidelines against touching animals that are posted by the zoos, and to avoid direct contact with wild animals, such as rabbits, and rodents, which are known carries of tularemia.

Tularemia, also known as rabbit fever, is caused by a bacteria that are commonly transmitted to humans and animals by ticks and deer flies. Pets can also become infected if they consume the remains of an infected animal. Other means of infection in humans include skin contact with blood or tissue of infected animals, inhalation of contaminated dust or aerosols, and ingestion of contaminated food or water.

The symptoms of tularemia in humans vary depending on how the infection was acquired, and generally appear on to 14 days after exposure. "Symptoms of tularemia may include fever, chills, headache, muscle ache, diarrhea, sore throat and cough. When a person is bitten by an infected tick or deer fly or handles an infected animal, an ulcer may appear when the bacteria entered the skin, and lymph nodes may also become swollen and painful," said Laura Cronquist, epidemiologist with the NDDoH. "If people have symptoms of tularemia, it is important they tell their health care provider about any potential exposures, including contact with sick or dead animals and tick or deer fly bites.

The NDDoH recommends the following precautions to avoid possible exposure to tularemia:

- Use insect repellents containing 20 to 30 percent DEET, picaridin, or IR3535-be sure to follow the instructions on the label for maximum effectiveness and safety.
- Wear long sleeved shirts, long pants, and socks.
- Remove attached ticks as soon as possible.
- Do not drink untreated surface water.
- Do not mow over dead animals

The NDDA advises pet and livestock owners to consult with their local veterinarians for the best management practices and products, such as flea and tick treatments, to help protect their animals. Tularemia is most commonly associated with rabbits and rodents, but it may affect other animals. Domestic animals exhibiting clinical signs associated with tularemia may develop fever, cough, decreased mobility, refuse to eat, vomit or have diarrhea. These clinical signs should be reported to a veterinarian.

The North Dakota Game and Fish Department (NDGF) advises people to wear disposable gloves when handling, dressing or skinning wild animals, and to wash their hands thoroughly afterward. Game meat should be cooked thoroughly before eating. Animals found dead near human water sources should be handled with caution, and should be reported to the NDGF.

For more information about tularemia in humans, contact Laura Cronquist, North Dakota Department of Health at 701.328.2378 or visit

www.ndhealth.gov/disease/tickborne/Tularemia/Tularemia.htm

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Motorists to use caution and share the road with farm equipment during harvest

Harvest season is underway throughout the state and the North Dakota Department of Transportation (NDDOT) is urging motorists to use caution as large farm equipment is out on the roadways this time of year.

“Motorists should be extremely cautious as they drive especially on rural, two-lane roads as slow moving farm equipment is out on the roadways,” says Karin Mongeon, NDDOT Safety Division Director. “Most crashes are due to inattention speeding and unsafe passing. When approaching farm equipment motorists need to pay attention slow down and pass with extreme caution.”

Farm equipment is very large and heavy making it extremely difficult for operators to accelerate, slow down and stop. These vehicles also have large blind spots, making it difficult for operators to see approaching vehicles.

In 2014, there was one fatal crash and 16 total crashes in North Dakota involving farm equipment. “By taking extra precautions on the roadway and safety sharing the road with farm equipment, crashes can be prevented,” stresses Mongeon.

Motorists are reminded to:

- Watch for mud and debris on the roadway as trucks go directly from the field onto the highway.
- Be aware that you can encounter farm equipment at any time of day.
- Drive with headlights on at all times.
- Wear seatbelts. Seat belts are your best protection against death and injury in the event of a crash.

In addition, farmers are reminded of the opportunity to get 10 percent extra weight permits that can be issued to expedite the first haul of farm products during harvest. Additionally, farmers should be aware that road construction projects are finishing up this time of year as well. Some roads may be inaccessible to large farm equipment. For purchasing the 10 percent weight exemption permits go to www.nd.gov/ndnp

Custom combiners need to have permit and routinely check the Travel information Map on the NDDOT website <http://www.dot.nd.gov/travel-info-v2/>. For width restrictions.

Farm equipment operators should consider the following precautions:

- Use lights and flashers to make equipment more visible.
- Use moving emblems on equipment traveling less than 30 mph.
- Consider using a follow vehicle when moving equipment, especially at night.

For more information about construction projects and road conditions throughout North Dakota, call 511 from any type of phone or visit the Travel Information Map on the NDDOT website at <http://www.dot.nd.gov/travel-info-v2>

For Your Information



Are you due for a Mammogram?

Are you 40 years or over?

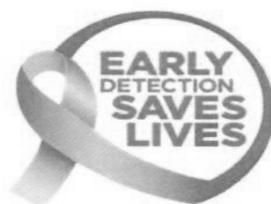
If so, you should be getting one every year.

Elbowoods Clinic has a Mammogram machine and a technician available.

Call Lila Wells @ 627-4750 ext 7518 or Linda Enders @ 627-7680 to schedule one or email Lila at lwells@mhanation.com

Upon completion you will receive a nice gift and if you qualify for *Women's Way* you will receive a \$25 Walmart gift card in the mail.

Make Time for a mammogram because other people depend on us!



For Your Information



THREE AFFILIATED TRIBES KNOWLEDGE BOWL NATIONAL SUICIDE PREVENTION INITIATIVE WEEK

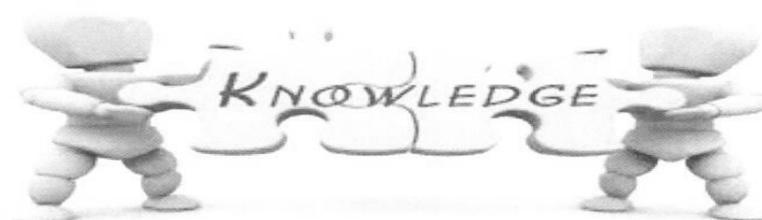
WHEN: SEPTEMBER 8, 2015

WHERE: WHITE SHEILD BOYS AND GIRLS CLUB/RALPH
WELLS COMPLEX

TIME: 6PM-7PM

REFRESHMENTS WILL BE SERVED!

COME ON OUT AND SUPPORT THE YOUTH!!



Mandaree School Supply List K-12

KINDERGARTEN

- 1 box large/fat crayons (8 basic colors only)
- 2 large glue stick
- 2 Composition Notebooks
- 2 boxes of Tissues
- 1 pair of round tip scissors
- Water bottle
- 1 package of index cards
- 1 Backpack
- 2 Three Ringed Plastic Folder w/ pockets
- 1 Pkg of Expo Markers
- Complete change of clothes to leave in classroom

FIRST GRADE

- 1 Box of #2 Pencils
- 1 pkg of Erasers
- 4 Glue sticks
- Crayons (1 box of 24)
- 3 Boxes of Tissues
- 1 pack of wide ruled, loose leaf paper
- pencil box or bag & ruler
- 2 plastic folders w/pockets at bottom
- Water bottle
- 2 small plastic pencil sharpeners
- Backpack
- 1 3 ring binder (min. of 2 inches)
- Complete change of clothes to leave in classroom
- 1 pk. Expo Markers

SECOND GRADE

- 1 pack of wide ruled, loose leaf paper
- 1 pair of round tip scissors
- 1 packages of #2 Pencils -24 count
- 1 Eraser and 1 pkg of Cap Erasers
- 1 Box of 24 Crayons
- 2 plastic folders (yellow and blue)
- 3 composition notebooks
- Ruler
- 2 glue sticks
- 3 boxes of Tissue
- Backpack
- Pencil Box or Bag

THIRD GRADE

- 1 pack of wide ruled, loose leaf paper
- 1 Highlighter and 1 Red Pen
- 1 packages of #2 Pencils -24 count
- 1 Eraser and 1 pkg of Cap Erasers
- 1 Box of 24 Crayons, 1 box colored pencils
- 5 plastic folders (different colors)
- 7 Single Subject Notebooks
- 1 Ruler
- 1 bottle of glue & 2 glue sticks
- 1 Backpack
- 1 Pencil Bag

MANDAREE SCHOOL SUPPLY LIST

FOURTH GRADE

- (1) 5 subject spiral notebook (pockets on the dividers)
- (4) Composition Notebooks
- (2) Plastic Folders (different colors)
- (1) Pack of Colored Pencils
- (4) Pkg of #2 Pencils
- (4) Eraser
- (2) Packages of Loose-leaf Notebook Paper
- (1) Ruler
- (4) Packages Index Cards 3x5
- (1) Large Glue Sticks
- (1) Scissors
- Pencil Box or Bag
- (2) boxes of Kleenex

FIFTH GRADE

- (3) ring binder (min. of 2 inches)
- Notebook paper (several packs)
- (1) Pack of index dividers (for notebook)
- (6) two pockets folders with prongs
- (1) Pack of Colored Pencils
- (1) pack of blue or black ink pens (no colored gel pens)
- Red pens for correcting
- Scissors, pencil case, glue sticks
- Pencils, Crayons, markers, black sharpie, highlighters
- Composition note books for journals

SIXTH GRADE

- (1) Three hole Binders
- (3 packs) Loose Leaf Paper
- (1) Pkg of Graph Paper
- (5) 1 Subject Notebooks
- Calculator
- (2 packs) Dividers
- (1 pack) Highlighters
- (1 pack) Colored Pencils
- Index Cards (spiral bound)
- (5) 2 Pocket Folder
- (2) Pkg of # 2 Pencils
- Scissors
- Pencil Box or Bag
- Backpack

GRADES 7-12

- 1 Pkg Pens
- Pkg #2 Pencils
- (7) One Subject Notebooks
- 1 Calculator & 1 Protractor
- 1 eraser and 1 pkg cap erasers
- 1 Pkg Paper (wide lined)
- One Large three-ring binder
- Folders (6) with 3 hole punched
- Ruler-with inches and centimeters

K-8 Tennis Shoes for use in Gym classes, 7th & 8th a tshirt/sweatpants for PE.

Updated Numbers for Mandaree

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

Catholic Church: Father Roger Synek: 759-3412

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

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

Circle of Life: 627-4700: 315 Main Street Box 907 New Town

Mandaree Elders Meal Site: 759-3092

Hidatsa Elders Program: 759-3099

Elders Delivery Assistant: 759-3099 Ted White-Cell 421-3248. or Paul Rosario Sr: 759-3099.

Hidatsa Elders Fax: 759-3093

Mandaree Fitness Center Dennis Fimbres: 759-3780

FBCC 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: Leroy White Singer: 759-3369

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

Mandaree Post Office: 759-3370 M-F 12:00 -4:00pm, Sat. 11am-1:00pm

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

Tribal Ranch Director: Ted Siers: 421-8672

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

In Case of Emergency call these cell numbers for water treatment: Bruce Fox: 421-7512, Maynard Demaray Jr. 421-7859

Water Chief Hall Office Receptionist: Tasha Shane: 759-3377

Water Chief Hall Fax: 759-3232

Mandaree Public Relations: Lovina Fox

Public Relations Fax: 759-3375

New Town Finance Officer: Martha Phelan: 627-8121 Cell: 421-

Hidatsa Health Coordinator: Loretta Lone Bear: 759-3377

Water Chief Hall Office Manager: Adam Fredericks :759-3377 or Cell: 701-897-1613

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

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

Mandaree Hidatsa Housing Will Reeves Director : 759-3399

Mandaree Hidatsa Housing Specialist: Shanna Fox: 759-3399

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

West Segment Regulatory Commission Office: 759-3572 or 759-3574, or 759-3576.

West Segment Regulatory Commission Fax: 759-3579

Mandaree CHR's: Jessica Spotted Horse: (701) 897-6257

Emergency or Ambulance: 911

Mandaree EMS Main Phone: 421-1357

TAT Police Dept. 627-3617

Gary Schwartzenberger-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 Chief Of Police: Chad Johnson: 421-8976

TAT Acting Lieutenant: Dan Hudspeth: 421-9166

TAT Police Officer: Jerry Nelson: Twin Buttes/Mandaree Area: 421-9320

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

* Please read. This is only for your convenience. Keep in mind 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. In case of an emergency we have listed numbers for you. Thank you for reading.

Trip To Jerusalem Part 2



After the conference there were several tour buses lined up to take us on our spiritual expedition. The day was warm and expected to get hot as we were in the desert region. We had the pleasure of the accompaniment of a born again tour guide who is Jewish and studying the History of Israel Nation and people.

Our first trip on Saturday, June 13th, would take us to Nebi Samuel, home of Samuel and his burial site. This consisted of ancient stone hedge type buildings, where the tour guide gave us a lot of history and background pertaining to culture and times Samuel.

We then made our way to "The Road to Emmaus" where Jesus walked and talked with His disciples after his resurrection. It was quite the experience to literally be at the place where Jesus ministered, this too was made up of material that has lasted over 2000 years. There had been evidence of erosion, but none the less it was still pretty much still in tact.

The last stop of the day would take us to the exact site where David slew Goliath. This was quite a bit more challenging as we had to travel off the beaten path, climb over a guard rail down a ravine a rocky path to the historic site. Once we arrived at our site, there was one small tree that we huddled under from the hot sun and listened as our tour guide recounted the story from the Old Testament. We were then instructed to pick a rock from the site and throw it as David had done, believing that the very giants we face in life were slain that day we stood where David defeated Goliath.

Sunday, which is not a spiritual day for the Jews, yet there are Christians who live in Israel, still observe the Sabbath on Sunday. The Jews however, celebrate their holy days on Friday, and practically everything shuts down at 6pm and reconvenes on Saturday 6pm. We were scheduled to go to Jericho, the oldest city in the World. This is where the walls came as the Israelites walked 7 times around Jericho, much like we did when we walked around the Rez for 7 years. We continued our tour up the Jordan Valley, where we passed by Beth Shean for a view, where the Philistines hung the bodies of Saul and Jonathan on the wall of the city. The best part of the trip was when we went to Capernaum, Jesus home town and boarded a replica of "Jesus Boat." We couldn't have asked for a better day as we sailed across the "Sea of Galilee" there was much singing and rejoicing, it was as if Jesus, Himself was there, in fact He was there, the presence and power was so prevalent you could feel the energy in the air. We had a light lunch and on to Mt. of Beatitudes, continued on to travel through the tiny village of Cana and then pass through Nazareth and the Valley of Armageddon. The last site we visited on our way back to the hotel was Mt. Transfiguration, we were only able to see it from a distance and it was not the typical mountain we are used to seeing here in the States, but it looked like a huge orange colored desert mountain. Monday we were scheduled to visit the Mount of Olives and the Palm Sunday road, Temple mount, Davidson Center to explore the southern steps of the temple during the time of Christ. I expected this day to be

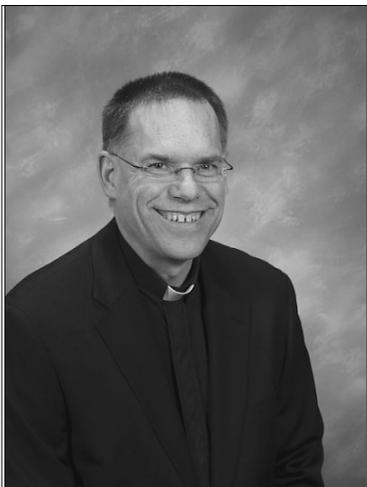
the most challenging part of the tour as this is a time of great suffering and persecution for Jesus. Needless to say the moment we arrived on Mount Olivet, I could feel the presence and power of the Holy Spirit, this time it was more of a weeping feeling, a deep sadness and burden for the people. I didn't care who saw me crying I was too lost in the moment as I felt the anguish and spirit of the Lord. The hardest part was when we walked the path that Jesus walked upon His crucifixion, the weariness and exhaustion from all the events were starting to take its toll on our physical bodies, but we pressed on and continued to support one another as we continued to the path of the "Via Delarosa." Finally the moment had arrived for one of the main purpose of the trip was to make it to the "Wailing Wall" also known as the "Western Wall" this is a sacred and Holy site where all the Religious Leaders and Jewish people gather to pray, EVERY day. Prayer notes are placed into the wall and people pray continuously throughout the day. Our tour guide informed us that the prayer notes placed in the crevices on the wall are gathered at the end of the week and taken into the Synagogue where they are continued to be prayed over by the High Priest and Rabbi's. It was quite the experience to make our way through a maze of people and construction that was taken place, not to mention the high security gates we had to pass through before we could actually make it to the wall. Once we got to the Sacred site we were instructed that we only had 10 minutes, so we quickly got our list and made our way to the wall. Men on one side and women on the other side, it was hot and crowded but we were determined to get our request on the wall. I made my way to the wall and had to search for a spot where I could securely place my request on the wall while leaning over other women who were silently praying. One of the main prayers I requested was for the Fort Berthold Reservation, healing for our people of drugs and alcohol and for healing of cancer and diabetes. No sooner had I reached the wall when I touched it, deep wailing sobs arose from the very pit of my stomach. Once again I didn't care who heard me or saw something deep and spiritual was being released. I continued to allow the cries to come forth as my mind went back to our people and the desperate need of healing and restoration from trauma and abuse. I continued to pray as time allowed being mindful of the time as I let the Lord use me as I prayed for our reservation, people and families. Mission accomplished I felt the Lord had heard and answered my prayers and the prayers of my sisters who made this journey with me.

Tuesday was the last day of our trip and the final tour would take us to Mt. Zion and the Upper Room. Again this was a supernatural experience as this is the place where Jesus told His disciples and followers to wait/tarry, they didn't know what to expect but after 10 days of waiting the "Baptism of Fire" fell on all 150 gathered in the Upper Room. How exciting to actually be in the room where Pentecost began. I so desperately wanted to experience the "Baptism of Fire" and take the experience home with me to release upon our people, but maybe that's for another time, however, I do believe it is coming and just like the disciples we need to wait on Him.

Amen and God Bless

Pastor Elise Packineau, Mandaree Hidatsa Church

Camping Experience



At St. Anthony's Church in Mandaree three weeks are dedicated to spiritually enriching youth from the area and beyond at our annual Christian Life Camp.

This year close to ninety youth attended (not counting the counselors) from the age

of six through sixteen. What amazes me is that Grandmothers and Grandfathers who dropped off their children would reminisce about when they were young attending these camps. "How long have these camps been going on," I ask, but no one can give me a definitive answer. Yes, it is amazing how many many families these camps have touched through out the years, how many memories that for most affectionately remind them of their connection to Jesus, of their relationship with Creator God and of their experience with the Holy Spirit.

Great memories and powerful connections with God were also made at this year's camp as well. One memory that will be different for this year's group of campers from all the other groups will be sleeping in the new sleeping quarters. After two years of construction, eight sleeping quarters designed to look like an earth lodge were constructed, a pole in the middle of the circular or octagonal room under a sky light in the dome of the roof surrounded by painted cement walls that hold out a grassed berm of dirt that rises up to the top of the wall from the outside of the building. Quite a step up from the way moms and dads describe their experience!

Campers are not the only ones who experience powerful connections with God and create memories, counselors do too. Most of the counselors of the second week of camp were here for the first time. These counselors all came from different areas of our diocese. One thing that was quite unique about this week's counselors that probably hasn't happened in quite a while was having three sisters in habits (in addition to Sr. Lucile) and two deacons. The third and fourth graders were amazed that Sr. Brenda could run so fast in her habit and beat them more than once in basketball. Go Sisters!

New memories were also made by both counselors and campers in third week. During adoration on Thursday evening the fifth, sixth and seventh graders experienced the Holy Spirit in a powerful way. One mother emailed me and said that her son came home saying he "felt something he's never felt before." Later in the evening the entire group went out to "The Rock" for a bonfire and a counselor who had been attending these camps for about sixteen years commented that never had songs sung at church ever been spontaneously sung out at "The Rock" around a bonfire before. Oh how sweet the memories!

The purpose of these camps is not just to make memories and touch lives but give both campers and counselors the opportunity for Jesus to touch their lives in ways they will never forget. I am convinced that, for some campers and counselors this year, this goal was met.

Please pray that will happen again next year.

Father Roger Synek, St. Anthony's Catholic Church

Obituary



Remembering The Life Of
Joyce Bears Tail-Standish
(Pretty Paint) Our Beloved
Mumma.

On Friday, July 13, 2015 at
Bismarck, ND heaven welcomed
our precious Mumma, Aunt,

Grandma, Great Grandma and matriarch of our family. Born on April 8,
1932 to John and Emma (Smith) Bears Tail in Elbowoods, ND she was
called home at the age of 83.

She attended school at Elbowoods where she was raised with her
siblings. She met the love of her life Leo Standish and they were united
in marriage on November 9, 1951, in Manning, ND together they raised
and nurtured 11 children.

Mumma's joy was supporting all of her children, grandchildren and great
grandchildren in their various activities and sharing kindness. Her
favorite pastimes were watching her family dance at pow-wows, sewing,
and making patch quilts, and gambling at Four Bears or Prairie Knights
casinos.

She loved and cherished her children, grandchildren, family and

relatives. Growing up with 11 siblings she valued and treasured
them all and was the last one surviving. She was a very hard worker
and instilled that in her children. Mumma worked in the Mandaree
School dining room from 1972 to 1976 where she enjoyed being
around the children.

Mumma leaves behind her children; Donna Standish, Josephine
White Owl, Lois (Leonard) Hale, Joann (Darrell) Cummings, and
Merle (Tom) Nelson, 23 grandchildren and numerous great
grandchildren.

Mumma is welcomed to heaven by her parents John and Emma; her
children Charles Robert (Bobby) Bears Tail, William (Piggy)
Standish, Doris Standish, Leo Standish Jr., Marilyn Standish and
Stribby Standish; Siblings; Vincent Bears Tail, Christine Standing
Soldier, Salina Howard, Pat Bearsdale, Sue Malnourie, Clyde Bears
Tail, Saunders Bears Tail, Ethel Sanderson, Tommy Bears Tail, Colin
Bears Tail and Lois Bears Tail; grandchildren; Sheila White Owl,
Collin Cummings and Bruce Cummings.

Obituary

“A Celebration of Life”

Joyce Bears Tail Standish

“Pretty Paint”

April 8, 1932-July 31, 2015

Wake Services:

Monday, August 3, 2015 at 5:00pm

Mandaree School Gymnasium

Funeral Services:

Tuesday, August 4, 2015 at 11:00am

Mandaree School Gymnasium

Officiating:

Elise Packineau

Senior Pallbearer:

Gloria Fast Dog

Active Pallbearers:

Lane Standish	Gordon White Owl
Jay Standish	Mychal Mann
BJ Mongram	Dion Standish
Fred Hale	Charles Hale

Honorary Pallbearers:

Dr. Monica Mayer	Delma Fox
Belinda Beston	Lyda Bears Tail

Her Casino Friends

Interment:

Independence Congregational Cemetery

Mandaree, North Dakota

August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf Mashed potatoes Peas Carrots	4 Sirloin Steaks Macaroni Salad Broccoli Cuts Apple Sauce	5 Pork Roast Mashed Potatoes Peas Blueberries	6 BBQ Ribs Potato Salad Watermelon Baked Beans	7 Egg Salad Sandwiches Potato Chips Olives Peaches w/ Cottage Cheese
10 Homemade Chili Biscuits Fruit Mix Carrot Cake	11 Stuffed Peppers Corn Fruit Salad Dinner Roll	12 Shrimp Alfredo Bread Sticks Peas Pears	13 Spanish Rice w/ hamburger Mixed vegetables Jell-O W/ Fruit	14 Chicken Cordon Blue Mashed Potatoes Carrots Peaches
17 Hamburger & Potato Soup Crackers Grapes	18 Slush Burgers Tatar tots Green Beans Pears	19 Country Fried Steak Mashed Potatoes Green Beans Apple Slices	20 Spaghetti Garlic Bread Corn Pie	21 Grand Slam Breakfast Grapes Chocolate Pudding
24 Loaded Potato Soup Apple Slices Celery & Carrot Cuts Oatmeal Cookie	25 Rice W/ Broccoli & Cheese Baked Chicken Cup Cake Jell-O	26 Tatar tot hot dish Celery & Carrot Cuts Bread & Butter	27 Pork Chops Rice w/ cream of mushroom Green Beans	28 Breakfast Burritos Salsa Sauce Apple
31 Kneoplha Soup Crackers Oranges Oatmeal Cookie				

Senior Citizen Menu for the Month of: **September Menu**

Meals Prepared By: Nina Finley

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bean Burrito and Fruit Cocktail	2 Taco in a Bag Orange	3 Hamburger Stroganoff Veggie and bread	4 Green Bean Casserole Pears
7 Spaghetti Garlic Bread Vegetable & Banana Pudding	8 Roast & Baked Potato Vegetable	9 Chicken Stir Fry & Rice	10 Chicken Nuggets Mac N Cheese pudding	11 Pork Chops & Scalloped potatoes
14 BBQ Ribs Baked Beans Potato Salad	15 Nacho Supreme	16 Chicken Quesadilla	17 Great American Hot Dog & Chips	18 Grilled Ham & Cheese Sandwiches & Tomato Soup
21 Meatloaf	22 Fajitas & Pudding	23 Chili & Corn Bread	24 Steak Baked Potato Mixed Vegetables Salad	25 Fish Mac N Cheese Veggies
28 Tator Tot Hot dish	29 Indian Taco	30 Breakfast Burrito & Orange	Mealsite: 759-3092 Elders: 759-3099 Fax: 759-3093	

Menu Subject to Change



Our Deepest Sympathy & Prayers to the family of Joyce Bears Tail Standish. May our Creator God be with each and every one of you and grant you peace and comfort during your time of sorrow.

From the West Segment Representative & Staff



220 8th Ave N. / PO Box 490
New Town, ND 58763
701-627-4738

*Nueta Hidatsa Sahnish College
A dynamic presence that
preserves our past and
prepares us for the future.*

Nueta Hidatsa Sahnish College Presents: Mushroom Cultivation and Application Course:

Friday, August 28 through August 30th in New Town, ND on the main campus of the college located at 220 8th Street North.

Contact Jeremy Lewis at 701-627-4738 extension 216 or jlewis@nhsc.edu



Mandan, Hidatsa and Arikara Nation
Animal Control Department
Three Affiliated Tribes Fort Berthold Indian Reservation
404 Frontage Road, New Town, ND
Phone: (701) 627-2654
Fax: (701)627-4743

Attention!

Running at large is prohibited, it is unlawful for any owner or keeper of a cat or dog to allow animal to be at large within the corporate limits of any city or within any established community or residential area situated in the reservation. No intent or knowledge of the owner or keeper of the dog or cat is necessary to prove a violation of this provision.

1st Offense: \$100.00 bond plus, if applicable assessed impound and care fees.

2nd Offense: \$200.00 bond plus, if applicable assessed impound and care fees.

3rd Offense: \$300.00 bond plus, if applicable assessed impound and care fees.

4th and all subsequent offenses: \$500.00 bond plus, if applicable assessed impound and care fees.

At large: means the animal is off premises of the owner and is not securely confined in a vehicle or other enclosure or effectively restrained with a chain, leash or cord not more than 6 feet in length.

August Birthday Wishes to Our Elders!



Eunice Guimont

Linda Baker

Hank Bolman

Ken Danks

Mary Finley

Abigail Bingen

Kelly Spotted Bear

Faye Moberg

Diane Hale

Ann Grinnell

Millard Hale Jr.

* Please forgive us if we forgot to mention your name it was not done intentionally. If you have a family member who is an elder and has a birthday coming up, please call 759-3377 & ask for Nina she will make sure we have their name down, or those turning 60. Your help is greatly appreciated.