



Update On Our Mandaree Community Clinic

By Skye Manikateri



Quotes For The Heart & Mind:

- "You can't change something if you refuse to accept it." ~Law Of Humility~
- "Maintain Positive thoughts because Thoughts become your Words..Words become your Behavior...Behaviors become your Habit..Habits become your values..And Values become your Destiny." ~Rishika Jains~
- "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." ~Buddah~
- "Yesterday is not ours to recover, but tomorrow is our to win or lose." Lydon B Johnson

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Our local and sometimes virtual doctor Dr. Kitagawa updated me with some on our EMS Clinic. Firstly, I asked him about his name, as he explained to me. Kita means north and Gawa means river in Japanese. He's a family doctor who has specialized in family medicine over 10 years, he also has a 3 year training in emergency medicine, which he specializes in now . 13 years of experience under his belt. He has license in Colorado, Nebraska and North Dakota as a certified doctor. This clinic is located in our elder's center behind the large silver unit on the side of the building.

Due to their current budget they are unable to afford a sign. They're currently waiting on their non- profit status with the IRS. The clinic is considered non profit in the state of ND, but it doesn't qualify for certain government grants they need. They do receive donations which is greatly appreciated. A hospital in Delta, CO where some of the local EMT's came from donated some equipment to be utilized in the clinic. Cont. page 6.



West Segment Tribal Representative Update



Hello Community members and relatives. I would like to extend my condolences to the Joseph Dale Appel family and relatives on the loss of their beloved one. I would also like to extend my heartfelt sympathy to the Rezilda Wells family and relatives on the loss of their beloved one.

Rezilda is the mother of our former MHA Chairman Marcus Well Jr. Also to other segments who have lost loved ones, may our Creator be with you all.

I would like to start off by letting our community members know that we are still pursuing our new community center. We will be on track by next year, we have our grants people are putting the grant in to help us with our community center. One of our community members Cory Sanders, has been working very hard to make sure we have things in place, and we did meet the deadline. The community center will be really nice once it's completed, it's a multi million project so it will take time.

On another note the Nathan Goodiron building should be done by next March which is the target date, they put in a foundation. This will also house a full time registered nurse in the community who will stay there.

Heidi Hempkamp was talking about Our Native American Veterans getting assistance in North Dakota, the importance of them I know this building will be very important to them. I am hoping to have her present when we have our grand opening so she knows we have a building for our veterans in Indian country.

We have our Thanksgiving Holiday coming up soon, we are on track here we have set our dinner for November 24th. Where we will feed everybody so I encourage everyone to come and enjoy a great meal with us.

We have our Halloween carnival coming up along with a masquerade pow wow, and our haunted house. We have a lot of great activities for the kids that will be on October 30 and 31st. Just so you know, our haunted house has a reputation of being the best around the reservation so we are all looking forward to that.

On another note, we just had our flea market here and it turned out really good, it's a good way to keep our community active and involved.

I don't have too much but quickly I would like to have everyone aware that as far as the Tribal council is concerned, we as a council are traveling to San Diego next week to testify on behalf of our allottee's and for our people on the Cotton Petroleum case in 1989. If we get this through that will bring in over a billion dollars back for the tribe. This case happened in 1989 where all the states in the US to tax on Indian lands. So this is huge, we have a lot of lawyers on this we are getting endorsements from NCAI, and all the National Indian leaders are pursuing this. The TAT Nation take the lead and get this over turned than we don't have to pay the state taxes anymore. That tax monies will stay here with the people. It's like this tax agreement we've been fighting well that will go away once we accomplish this then the state won't have any jurisdiction to tax us. Which I think is not right anyway. It's a case that the Hickory Apache tribe lost in 1989 and they have been using that case as a reference too go back and tax Indian lands so yes it's huge. We have to show that we are supporting this, I recently met with NARF In Denver with John Echo Hawk and Mack Campbell. I stressed my concerns for our people here so it's important we do this for our people so our future generations won't have to worry about these taxes. This will take time it won't happen overnight, and the other states will fight us on it. We want to do this before Obama gets out of office because we have his support. He supports Native Americans. If we don't brand while the irons hot so of speak, we will lose the opportunity and if a Republican gets in we might as well forget it. Until another democrat gets in.

In November or December we will have our proposed budget. I would like to thank you the readers, to bear with us if there is anyone who needs plastic on their windows or weatherization to come in and give us your needs list and this is for everyone. Say you have a broken window, well I don't want you to put a board on it come in and we will help you with a window we can do an emergency need.

This is all I have for now so thank you once again for your patience.

Until then, take care

Thank you for being a good reader.

Hidatsa Elders Program

The Hidatsa Elders program is pleased to provide a letter for information on the programs staff, goals and activities. Currently, we have the Director, who is myself Mavis Young Bear, the Meal delivery staff are: Paul Rosario Sr., and Ted White, along with the Elders meal site cooks who are Missy Finley and Bonita Casarez. We are all working to provide services for our elderly community members.

As a new elder member and Director for the Hidatsa Elders Program, I would like to commend the current staff for their diligence and commitment in providing services for our elderly population.

On behalf of our program I would like to inform our elders of the short term goals and long terms goals that I have for this program. The short term goals include:

1. Development of a mission and vision statement.
2. Reorganization of the Hidatsa Elders Board to include policy revision.
3. Assessment of program services
4. Improved communication to Hidatsa elders on program services events and needed input from elders.

Three meetings have been held and input has been provided on many issues however, we will continue to develop and implement the above

stated goals

Long term goals include consistent quality services to address the concerns for our elders and those within our scope of duties and budget. Currently, we have approximately 70 elders in our community however, it is still being updated as I only have the elders who have a mailing address for Mandaree. If you have a mailing address other than Mandaree but are still a resident and would like to be included in our elder count, please call the office at (701) 759-3099 or stop by with an address and contact information. Being new in my position since July 2015 I would like input from the elder population on what they would like to see implemented for the Hidatsa Elders Program as in previous meetings I am requesting that our elders show ownership through their input for our program. Once we have developed the mission and vision statements, I will then be prepared to provide a more comprehensive update on the program.

At present time we are experiencing problems with our sewer lines, and vehicle breakdowns and we are working on resolving these problems with the staff here and other tribal programs. In closing, we look forward to serving our elderly population in the coming year in teamwork effort and with a servant leadership philosophy. Office: 759-3099 Mavis Young Bear, Director or cell 421-2991. Go wits.

For Your Information



**MANDAN, HIDATSA & ARIKARA
NATION**
TAT SOLID WASTE DEPARTMENT

*Three Affiliated Tribes * Fort Berthold Indian
Reservation*

404 Frontage Road * New Town, North Dakota 58763

PH: (701) 627-2034 FAX: (701) 627-2035

Patrick DuBois TAT Solid Waste Director

Solid Waste Department

Email: pdubois@mhanation.com

Office (701)-627-2034

Fax (701)-627-2035

Cell (701)-421-6817

To: Mandaree Community

Re: Transfer Station

The transfer station located east of the senior Meal site is 200 feet by 200 feet on a concrete pad.

This transfer station will have a closed in fence around it and will have an electric 24 foot gate.

The transfer station will have lights to light up the area and cameras to prevent illegal dumping, and we will have a privacy blinder in chain in link fence so no one will be able to see inside the transfer station.

Inside of the fence there will be containers for appliances, metal, furniture, tires, used motor oil, vehicle batteries, and used antifreeze, etc. All the big waste will go in either 30 or 20 yard roll offs and be marked so people will know what goes where.

We will also have 6 yard dumpsters for household waste. This transfer station will be monitored by a staff member and will assist the elderly on getting some of the bigger waste in the larger containers.

The days of operation will be Monday thru Saturday from 10am to 8pm.

This transfer station is a solution for all the illegal dumping in your community and segment.

There will be nothing on the ground and all our containers will have lids on them so trash won't be blowing all over the community. Our goal is to have this transfer station open by November.

Patrick DuBois

TAT Solid Waste Director

**From The Elbowoods Dental Hygienist, Tara Stockhausen
HIS/ABR**



In September 2015, the Elbowoods Memorial Dental Bus visited Mandaree Elementary school to offer dental screenings, fluoride varnish, and sealant placement to their students. The visit

was a success! We served 129 out of 149 children. The results of the screening process determined approximately 50% of the children screened are without decay.

It is important to understand that cavities are a preventable multifaceted disease that develops for more than one reason. In order for a person to get a cavity, any of the following 4 things need to be present.

1. A susceptible host
2. Bacteria
3. Lack of oral hygiene care as recommended by the ADA (American Dental Association)
4. Improper nutrition

Over the next few months I will gear my articles towards each of these topics. This will ensure that parents/caregivers have the information to reduce the risk of tooth decay now and in the future - not only for their children but also for themselves.

In closing, I want to thank each parent/caregiver who allowed me the opportunity to serve your child. I greatly enjoyed the experience and look forward to continually serving them in the future! As always please feel free to contact me via email at tara.stockhausen@ihs.gov with any questions or concerns.

Sincerely Your IHS Dental Hygienist,

Tara Stockhausen, R.D.H.

West Segment Two Day Flea Market



Pictured above is Gloria Lone Fight assisting with selling jewelry. At the flea market at the Water Chief Hall on Saturday.



By Skye Manikateri

Yet another great time for the community to come together for a west segment community flea market. People sold various things from shoes to necklaces to a good old fashion brownies or cup cakes.

People who set up a booth paid 10.00 for a three table booth to set up stuff to sell. A great way to possibly clean out your closet to make room for the upcoming holidays or to change up your style. Proceeds from booth fee is donated to West Segment for upcoming events. What money you make from selling goods is simply more cash for your wallet.

Also another great way to make some extra cash if you need it since we all know it is holiday season. Stands also offered beads and rhinestones, hats and beadwork even lamps or toys no longer played with.

The possibilities are endless of items you could sell at our own community center. These flea markets are thrown often so just keep an eye out on our community Facebook page just search for West Segment add us as a friend to keep updated on small to big events.

You may think some things are trash when it could be someone else's treasure. It's also a great place to find things from old to new some clothing may still have the tag on it.

People are welcome it's open to the public not just our community members.



Pictured above is Martha Phelan busy selling goodies and other items at the flea market. Pictured below are clothes on sale.

So be sure to set aside some things dust off that old coffee table you don't use anymore go through some storage that has been ignored and save up 10.00 to set up a booth at our next flea market you'll be glad you did. May make more than money some good conversations and laughs and just an overall good time.

Mandaree Community Clinic Cont.



Dr. Kitagawa does see patients of all ages, not just elderly. Home visits are being done for the elderly and individuals who need home visit by an EMT and sometimes nurse Josey Grady, house calls are frequently made. If you are interested in scheduling an appointment you can call Mandaree EMS at 421-1357 walk-ins welcome. Days of operation are Tuesday-Thursday also Saturday and Sunday from 9am –9pm . An elder house visit list is being put together by Dawn Yeahguo, from the West Segment office.

Consultation are also done through Telemedicine which is an appointment using a camera. If Dr. Kitagawa is not available in person he is through Telemedicine. EMT are trained to assist you during the appointment and are trained to help. Their facetime like equipment is exceptionally secure, so your information and doctor visit is safe meaning your information will not be hacked.

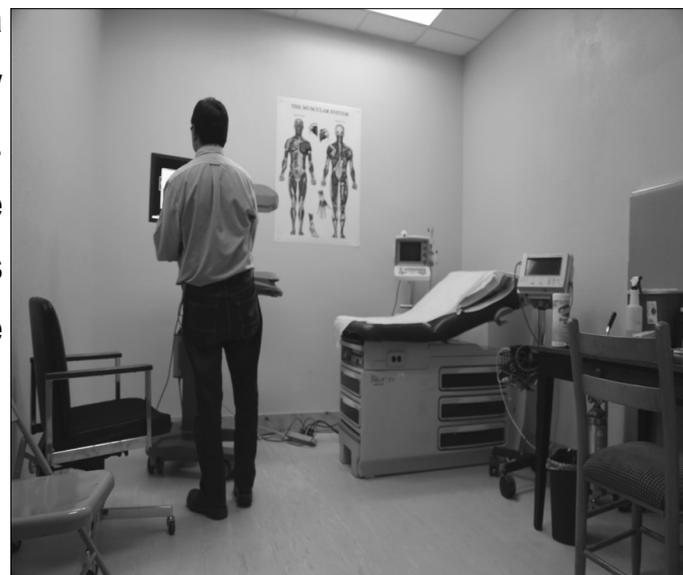
Dr. Kitagawa does have a busy schedule and comes to Mandaree when he's able to. He does have a practice in Nebraska where he does emergency medicine. He also travels a lot for family who lives in Denver so he does a great amount of traveling for his practices and family. That is were Telemedicine makes the EMS Clinic so unique and convenient. He does practice emergency medicine, so keep in mind he may not always be able to consult with you, but the EMS is happy to assist.



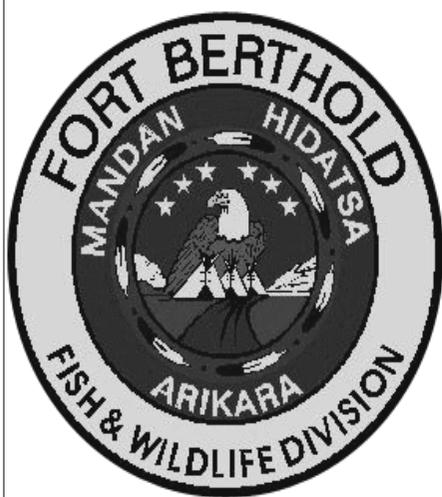
The clinic opened in July since then they have seen about 150 patients. He does see babies if they need a check up. Possibly some OB check ups will be available in the future for pregnant patients since the clinic has a donated ultra sound machine, which is one of the goals.

Dr. Kitagawa always has goals for improving the clinic and just over all having a healthy community for the West Segment people. The clinic accepts a large verity of health insurance and they are in the process of expanding the list. They also provided a small variety of prescriptions if need ranging from antibiotics, muscle relaxers and even Benadryl to basic medicine needs are available along with certain vaccinations.

The clinic is open to everyone anybody in the public even anywhere in the world. You do not need to be an enrolled member to go to the EMS Clinic. It has been a year since the clinic has been open and the clinic has come a long way from just an idea of opening an establishment in North Dakota providing emergency health care. I'm sure Dr. Kitagawa will not have any problems with his future goals with the clinic.



For Your Information



The Three Affiliated Tribes Fish & Game Department traveled to all segments within the Fort Berthold Reservation boundaries. The Fish & Game has scheduled dates for each community. Pictured above are the Fish & Game selling deer gun license.

Only residents of their segments can buy their respective unit tags when selling at their locations.

If you wish to purchase a deer gun tag for a segment in which you are not a resident, don't worry! The G & F Department will have a separate amount of tags set aside to sell at the New Town G & F Department.

Please remember you can pick up your tags at each segment tribal office.

Tags were given out in Mandaree on October 14, 2015.

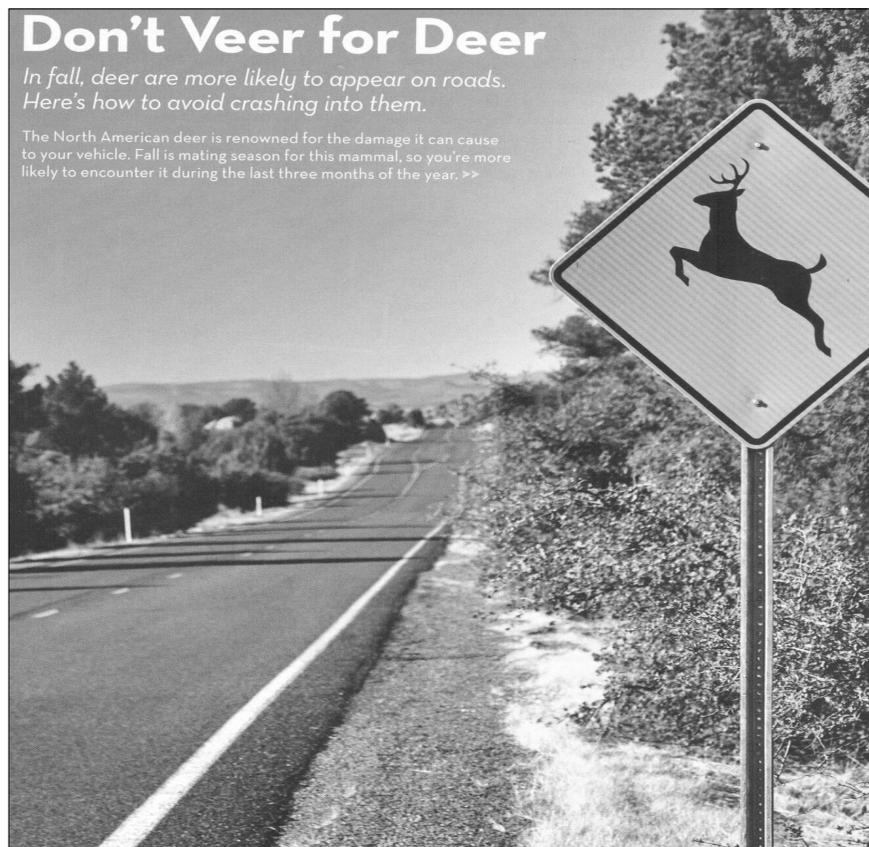
If you have any questions, feel free to call the Game & Fish Department at 627-4760.

Don't Veer For Deer

Don't Veer for Deer

In fall, deer are more likely to appear on roads. Here's how to avoid crashing into them.

The North American deer is renowned for the damage it can cause to your vehicle. Fall is mating season for this mammal, so you're more likely to encounter it during the last three months of the year. >>



Deer collisions cause about 200 deaths and 1 million crashes a year nationwide, according to the National Highway Traffic Safety Administration, so it's important to keep an eye out. Here are some tips on how to avoid hitting a deer and what to do if a crash is unavoidable.

- ⇒ Heed deer crossing and speed limit signs.
- ⇒ Deer often travel in groups. If you see a deer crossing or standing alongside the road, there likely are others nearby. If you see a deer, slow down.
- ⇒ Be especially alert for deer at dawn and dusk.
- ⇒ Don't try gimmicks. Flashing high-beam headlights or honking your horn won't deter a deer.
- ⇒ Don't swerve, but do brake firmly.
- ⇒ Hold on to the steering wheel.
- ⇒ Stay in your lane
- ⇒ Bring your vehicle to a controlled stop.
- ⇒ Pull off the road and turn on your emergency flashers
- ⇒ Don't try to remove deer from the roadway, it might not be dead and it's hooves or antlers can injure you.
- ⇒ Report a crash to the police and your insurance company.

Article and Photo From AAA Living/Life Matters.

For Your Information

MANDAREE SCHOOL PROUDLY PRESENTS SEPTEMBER'S GOOD CITIZEN AWARD WINNERS!

Janaya Standish, Damiana Guzman, Teigan Grant, Gabriella Touchine, Avaya Canyon-Fox, Tessa Abbey, Shauntera Sage, Martha White Owl, Jorge Gonzalez, Kaelyn Dawes, Etta Chacon, Eva Garreau, Heath Hall.

These children are chosen by the teaching staff at Mandaree School. Good Citizens have to meet a certain criteria to be chosen.

Attitude: The student is goal-oriented, enthusiastic, and respectful of school policies.

Academics: The student must strive to do their very best in class by turning in all assignments.

School Spirit: The student shows pride in the school, attends and/or participates in school activities.

Community Service: The student voluntarily helps others in the classroom and in the community.



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- *Lighting
- *Carpeting

Email: steph_alcocer@yahoo.com

West Segment Regulatory Hires Scientist



Dosha! My name is Lisa Lone Fight. I am an enrolled member of the Mandan, Hidatsa and Arikara (Sahnish) Nation, and belong to the Dripping Dirt Clan. My parents are Edward Lone Fight of Mandaree and Dorreen Yellow Bird of White Shield. I am an environmental and geospatial scientist, my area of research is in Remote Sensing. My research in my graduate program was to look at change in land, land use and climate change on our reservation. I focused my work here on the reservation since my goal was to come home and be of service to our community. I attended UND as an undergrad and my graduate work is from the Department of Land Resources and Environmental Sciences at Montana State University (MSU), Bozeman.

Before going to graduate school, I was the Director of the Native Science Field Center in Fort Washakie Wyoming on the Wind River Reservation. There I worked with youth and elders and supported their goals of learning environmental science in a way that supported the growth of their culture and language. We achieved many meaningful things; including translating the periodic table of the elements into Shoshone! After a few years living there and coming back home here almost every month, I decided that I needed to further my education as a western scientist with the goal of coming home permanently. This led me to MSU where I received my Masters of Science Degree. My journey in Environmental Science began long before that however. Early in my career I lived in the Washington DC area where I worked for an engineering company called CH2M Hill. They had a contract with Environmental Protection Agency (EPA); CH2M Hill was responsible for the cleanup of the hazardous waste sites on the National Priority List (NPL) for the US and it was there that I was first exposed to the effects of dioxin on lands and communities. I also learned the process behind remediation of toxic waste.

As an example, at CH2M Hill we were assigned to “grow grass” after the Love Canal disaster. Love Canal is one of the most well known environmental catastrophes in U.S. history. It is located on the eastern edge of Niagara Falls, NY on a 3-block tract of land. In the 1920s, the Love Canal area was used as a dumpsite for hazardous waste. The methods of disposal were unacceptable and without standards and oversight. Love Canal is a textbook example of how not to dispose of hazardous waste materials. CH2M Hill was responsible for finding a

way to grow grass in the Love Canal area after remediation was complete and people wanted to move back into their homes. We had little boxes of soil that had small amounts of dioxin in them and the scientists were trying to grow grass using different combinations of grasses, soils and nutrients.

Eventually our scientists hit on the right combination to grow grass in that sort of environment. They were thrilled, but I wondered to myself “If grass has a hard time growing there; why would people want to move back to that area?”

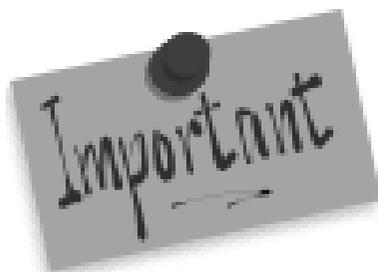
When I was living here before engaging in my education journey I spent time with my grandma Maybelle Good Bird-Lone Fight; she taught me important things in a loving and gentle way. She had knowledge she didn’t even know she had; she had a particular knowledge of prairie ecology. She understood the life cycle of grass for example and I think would have puzzled at the Love Canal situation but would have had wise advice in the form of a story of cattle, bison or geese or some other animal. I loved her stories the way she educated me without me knowing. I hung on her every word and always felt so very loved by her.

As the new Environmental Scientist for the West Segment Regulatory Commission (WSRC) it is my honor to apply my education to help maintain our homelands and restore them to the way they once were. I have seen the changes first hand and look at them from uniquely cultural, personal and scientific perspective. I bring this particular strength to the WSRC and will be providing the scientific leadership component of the WSRC and assuring that all activities are grounded in current research, our community knowledge and best practices.

My goal is to support the mission of the WSRC and bring my experience, skills in environmental research and assessment as well as my professional network to focus on creating win win solutions to the issues we face. I recall thinking when the oil boom began “The oil companies have their scientists; how do we know they are telling the truth unless we have our own?”

We don’t need a Love Canal situation or worse and with oversight by the Peoples who love the land, culture and relatives; we can do this! That is what motivated me to go to graduate school, I will continue to work on a PhD at MSU from Home, and my life experience, ancestors and homelands is what brings me back home. It is an honor to be back serving the people of the West Segment and the MHA Nation! Gowitz

For Your Information



Mandaree Community I will be only picking up medications on Tuesdays and Thursdays through the week. You can call and leave a message on my work cell phone. My number is

421. 4188.

Thank you Mandaree CHR Jessica Spotted Horse.



WINTER

FOOD/ CLOTHING & MORE DRIVE!!!

October 13th-December 4th



“Real generosity is doing something nice for someone who will never find out.” Please PAY IT FORWARD to help our community prepare for winter by donating food, clothing, and household goods so that we may assist those in need.

Wish List Items: Nonperishable food items, cases of water, gift certificates to grocery stores, kitchenware/silverware/glasses, curtains/blinds/shades, blankets/pillows, flash lights/batteries/candles, winter clothing for men, women, and children, underclothes, winter coats/mittens/hats, toiletries (shampoo, toothbrushes, hair brush, etc.), laundry soap, etc.

Drop Items Off at: You can bring items to Elbowoods Memorial Health Center and the Three Affiliated Tribes Tribal Building Monday-Friday from 8 am-5pm. Food items can also be donated at Jack & Jill Grocery Store. We will have donation boxes at each of the locations. Please call 701.627-7777 with any questions.

Sponsored by the
Mental Health Department @
Elbowoods Memorial Health Center
In Conjunction with Jack & Jill Grocery and Three Affiliated Tribes



**Three Affiliated Tribes
Mandan, Hidatsa, and Arikara Nation**

Office of Tribal Enrollment

P.O. Box 100
New Town, ND 58763

Phone: (701) 627-4238
Fax: (701) 627-4252

Three Affiliated Tribes Enrollment Report

Friday, October 09, 2015

Gender	
Female	7,600
Male	7,107
TOTAL	14,707

Age Categories	
0-17	4,819
18-59	8,734
60+	1,154
TOTAL	14,707

2015 Enrollments	
1/7/2015	81
2/11/2015	84
3/13/2015	31
4/16/2015	88
5/27/2015	87
6/11/2015	38
7/9/2015	72
8/11/2015	59
9/2/2015	41
10/8/2015	51
TOTAL	632

Reported Deaths	
Female	31
Male	42
TOTAL	73

2015 Life Expectancy	
Female	53.94
Male	47.86
TOTAL	50.44

2005-Present Life Expectancy	
Female	60.25
Male	52.93
TOTAL	56.24

Sevant S. Taft
Sevant S. Taft, Acting Enrollment Director

Note

These numbers are current as of the date listed above.

For Your Information



Sunday Science Academy

**September 2015 through March 2016
Nueta Hidatsa Sahnish College (NHSC)**

**Dates: September 20, October 16, November 15, December 6, January 24,
February 21, March 6th 10:30AM --- 2:00PM**

Lunch is provided Transportation is provided by NHSC Science Department.

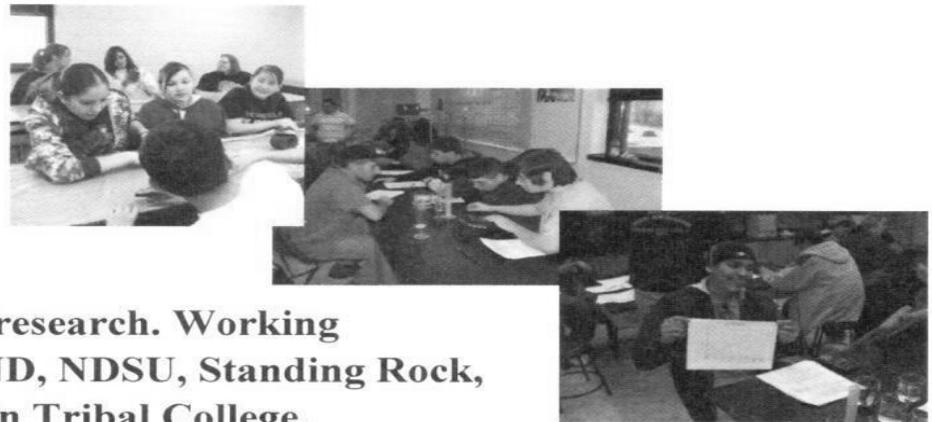
**The students will meet at the Water Chief Hall parking lot, Mandaree, 9:15AM.
(Stipends will be paid to each student day of attendance with completion of activity.)**

Parents are invited for the March 6^h closing session and Certificate presentation.

**The purpose of Sunday Academy is to engage more high school Students grades 9th- 12th
Interested in math, science, and engineering in hands-on activities using new technology.**

Activities:

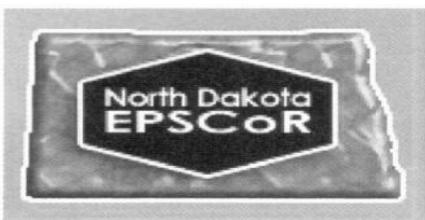
- * Climate Instruments
- * Composite Materials
- * Math & Science of Advertising Claims
- * Clean Energy
- * Purification of Water



**Many more math, science and technology research. Working
With other field research doctors from UND, NDSU, Standing Rock,
Candeska Cikana CC and Turtle Mountain Tribal College.**

(Gain that competitive edge toward Math, Science, Engineering and Technology scholarships.)

The Science Academy is in collaboration with; Turtle Mountain Community College, North Dakota State University, University of North Dakota to enhance the learning and empower the students with the latest in Math, Science, and Engineering. Increase learning potential with actual hands on college experiments. Students can get that step-up toward a better knowledge of college and in which area of study they are seeking. Incentives are given to students that participate in the program on each Sunday. The program is funded by North Dakota Experimental Program to Stimulate Competitive Research (EPSCoR).



“There is NO Blood in Heaven”



What a profound and bold statement to make, a statement that would cause anyone to stop and think about another dimension, time and place of existence. Our minds have been conditioned and formatted for the mentality of the current world we live in. In today's society it is very rare that we would think on such a statement, due to the chaotic and hectic lifestyle we live. It is at times in

our lives when we are faced with the reality of death, loss and grief that our heart aches for answers and significance of life.

Usually during the wake and funerals is when I have the opportunity to engage the minds in another realm and world of Spiritual awareness and understanding. It is what I will attempt to explain in this article. I pray your heart will understand and be strengthened by the Revelation of God to help in the overcoming of grief, heartache and sorrow.

In the New Testament, the gospel according to John throughout the first chapter the author John speaks of ***“The Light.” John 1:4 In Him was Life, and the Life was the Light of men. Verse 5 And the Light shines on in the darkness, for the darkness has never overpowered it (put it out or absorbed it or appropriated it, and is unreceptive to it).***

John is speaking of Jesus, Who is the Light and who has come to give Life. Major changes were soon to take place in the days of Jesus ministry and many religious leaders were not willing to accept the message that Jesus was bringing. They had studied and had many years of training and experience in the *“Law”* or *“Torah”* given by Moses in the desert and had all their religious laws and traditions in order. ***John 1:10 He came into the world, and though the world was made through Him, the world did not recognize Him (did not know Him).***

Going back to the Old Testament when the Torah and Ten Commandments were initiated, it was for the purpose of repentance from sin and reconnecting and establish a relationship with God. Because sin separates us from God, He wanted a way for the people to have a loving relationship with Him always. Exodus 26 God gave the priest specific instructions in the building of *“Tabernacle”* and precise order of ceremony that was to be performed by the *“High Priest”* which involved a *“blood sacrifice.”* In the tabernacle the High Priest was instructed to enter into the inner court and perform a ceremony to prepare him to then enter

in the most sacred place of all, the *“Holy of Holies.”* It was here that God delivered the people from their sins by the blood of a *“lamb.”* This was the same instructions given when He had delivered the people from Egypt from slavery and bondage. When Pharaoh refused to let the people go and order a *“death decree”* overall the first born, blood was to be applied over the door post of each home so the *“death spirit”* would not enter and take their first born.

The significance of the *“Blood”* is still important today, after what Jesus had done for us at the cross, He became the ultimate sacrificial *“Lamb”* to take away the sins of the world. I Peter 1:18, 19 You must know (recognize) that you were redeemed (ransomed) from the useless (fruitless) way of living inherited by tradition from (your) forefathers, not with corruptible things (such as) silver and gold. 19. But (you were purchased) with the precious blood of Christ (the Messiah), like that of a (sacrificial) lamb without blemish or spot.

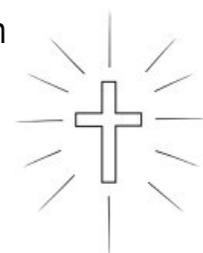
We ***NEED*** the Blood here on earth to help us encounter the *“Holy of Holies”* to enter into the ***LIGHT.*** This is why Jesus ripped the veil, the High Priest could no longer perform the traditional ceremony as in the *“Old Testament”* but now we can all enter in. When you enter in the very presence of God you will encounter a ***BRIGHT LIGHT.*** This Light is none other than Jesus Christ Himself, made manifest to whosoever will.

There have been many times, during my darkest moments in life, when I was so in despair and hopelessness, when I would cry out loud in utter distress that I would experience His wonderful presence and ***LIGHT!*** Peace would flood my entire mind, body, spirit and soul. There is absolutely no drug that can give you this absolute feeling of euphoria of abundant ***LOVE*** when you encounter the presence of God. Supernaturally you become renewed and strengthened and will desire nothing else in this world but the Peace of God which surpasses all understanding (Philippians 4:7). ***IF there was blood in heaven and you severely cut yourself you would bleed and die, but you can't die in heaven. So there is ONLY LIGHT!***

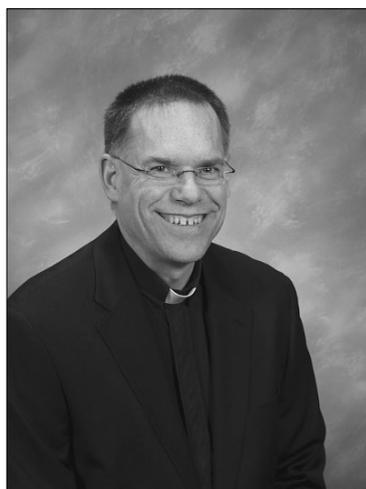
Communion Service is the representation and reminder of what Jesus did for us at the Cross, it is why I perform this ceremony at every home visit that I make.

God Bless

Pastor Elise Packineau



Would you like Fries With That



A local sandwich shop is running a lunch special. Your choice of one of the following sandwiches: "Sliced onion with mustard on whole wheat bread" or "Peanut butter with banana on white bread"

Now to some people, neither sandwich sounds very appealing. To other people, either sandwich would be a refreshing change for lunch. (I have had both sandwiches and can honestly say that both are very good)! It depends on your mindset and/or your taste buds. Here is another choice to challenge your mindset and/or your taste buds. Bible scripture says, in the Gospel of John (6.47-59), that Jesus tells a crowd of followers, including His Disciples, that **"If you do not eat the flesh of the Son of Man and drink his blood, you have no life in you."** Needless to say, a lot of Jesus' followers were taken aback by that statement. So much so that they decided to leave Him and not follow Him any longer.

They had been fed and entertained, but now, things were starting to get a little weird. "How can this man give us his flesh to eat" They asked? They would have no part of that insanity and they left Him.

And yet, for believers then and now, we do indeed "eat His flesh and drink His blood". How's that possible? For sure it is not a choice from a lunch special, but a choice none the less.

Based on your faith and your belief. The Catholic tradition teaches that, while Jesus celebrated His last Passover meal with His disciples, He took bread, gave thanks for it, blessed it, broke it, then gave it to His Disciples. He said, **"Take this all of you and eat of it, for this is my body"**. And then at the end of the meal, He took a chalice filled with wine gave thanks for it and gave it to His Disciples. He said, **"take this all of you and drink from it, for this is the chalice of my blood do this in memory of me."** Again, Catholic tradition teaches that, during the Mass, the priest invokes God the Father to send the Holy Spirit upon the gifts of bread and wine; "that they may become for us the Body and Blood of Your Son Jesus Christ". It is interesting to not that the Holy Spirit mentioned, is the same Holy Spirit that overshadowed Mary (at God the Father's command) as she conceived the "Word" (Jesus) in her womb. If this same Holy Spirit can coordinate the beginning of a life in a situation like that (at God the Father's command), then transforming bread and wine into the real presence of the body and blood of Jesus should not be all that difficult (at God the Father's command). All things are possible with God. This could lead to a possible discussion of personal beliefs could it not? Say, over lunch enjoying the sandwich of your choice, of course. Would you like fries with that??

Deacon Dan Barone

St. Anthony Church/New Town and
Mandaree



He who eats My flesh and drinks My blood
abides in Me, and I in Him. (John 6:56)

October Is Liver Cancer Month

By Mayo Clinic Staff



Liver cancer is cancer that begins in the cells of your liver. Your liver is a football-sized organ that sits in the upper right portion of your abdomen, beneath your diaphragm and above your stomach.

The most common form of liver cancer is hepatocellular carcinoma, which begins in the main type of liver cell (hepatocyte). Other types of cells in the liver can develop cancer, but these are much less common.

Not all cancers that affect the liver are considered liver cancer. Cancer that begins in another area of the body~such as colon, lung or breast~and then spreads to the liver is called metastatic cancer rather than liver cancer. And this type of cancer is named after the organ in which it began~such as metastatic colon cancer to describe cancer that begins in the colon and spreads to the liver.

Symptoms:

Most people don't have signs and symptoms in the early stages of primary liver cancer. When signs and symptoms do appear, they may include:

- Losing weight without trying.
- Loss of appetite.
- Upper abdominal pain.
- Nausea and vomiting.fatigue.
- Abdominal swelling.
- General weakness and
- Yellow discoloration of your skin and the whites of your eyes (jaundice)
- White, chalky stools.

When to see a doctor:

Make an appointment with your doctor if you experience any signs of symptoms that worry you.

Causes:

Its not clear what causes most cases of liver cancer (mutations) in their DNA~the material that provides instructions for every chemical process in your body. DNA mutations cause changes in these instructions. One result is that cells may begin to grow out of control and eventually form a tumor~ a mass of cancerous cells.

Risk Factors:

Factors that increase the risk of primary liver cancer include:

- **Chronic infection with HBV or HCV.** Chronic infection with hepatitis B virus (HBV) or hepatitis C virus (HCV) increases your risk of liver cancer.
- **Cirrhosis.** This progressive and irreversible condition causes scar tissue to form in your liver and increases your chances of developing liver cancer.
- **Certain inherited liver diseases.** Liver diseases that can increase the risk of liver cancer include hemochromatosis and Wilson's disease.
- **Diabetes.** People with this blood sugar disorder have a greater risk of liver cancer than do people who don't have diabetes.
- **Nonalcoholic fatty liver disease.** An accumulation of fat in the liver increases the risk of liver cancer.
- **Exposure to aflatoxins.** Aflatoxins are poisons produced by molds that grow on crops that are stored poorly. Crops such as corn and peanuts can become contaminated with aflatoxins, which can end up in foods made of these products. In the United States, safety regulations limit aflatoxins contamination. Aflatoxin contamination is more common in certain parts of Africa and Asia.
- **Excessive alcohol consumption.** Consuming more than a moderate amount of alcohol daily over many years can lead to irreversible liver damage and increase your risk of liver cancer.
- **Obesity.** Having an unhealthy body mass index increases the risk of liver cancer.

Preparing for your appointment:

If you think you may have liver cancer, you're likely to start by seeing your family doctor or a general practitioner. If your doctor suspects you may have liver cancer, you may be referred to a doctor who specializes in diseases of the liver (hepatologist) or to a doctor who specializes in treating cancer (oncologist).

Because appointments can be brief, and because there's often a lot of ground to cover, it's a good idea to be well prepared.

October is National Domestic Violence Month



Domestic violence is an ongoing pattern of behaviors and abusive tactics used by an intimate partner or ex-partner to gain complete power and control over a person's life.

Relationship between violence and other tactics of control:

Domestic violence is not an isolated, single event but rather a pattern of repeated behaviors and actions. Assaults are often repeated against the same victim by the same offender. These assaults occur in different forms, including mental, emotional, physical, sexual, psychological and economic. While physical and sexual assaults might not occur often, other parts of the pattern can occur daily. The use of these other tactics is effective because one battering episode builds on past episodes and sets the stage for future episodes. All tactics of the pattern interact and have profound effects on the victim.

Types of abuse:

Physical:

- Pushing, shoving, shaking or grabbing.
- Hitting, slapping, punching, kicking or biting.
- Pulling hair.
- Strangling (often called "choking") or restraining by force.
- Using a weapon like a gun, knife, or blunt object.
- Interrupting sleep.
- Denying medical treatment or withholding medications.
- Hurting or killing pets.
- Destroying property.
- Locking in and out of home.
- Endangering by driving recklessly.

Sexual:

- Forcing or coercing unwanted or non-consensual sexual activity (rape, oral sex or anal sex)
- Forcing sex with other partners.
- Repeating accusations of sexual activity with others, such as; calling a victim a "whore" or a "slut"
- Making the victim fearful of saying no.
- Denying contraception or protection from sexually transmitted infections.
- Intentionally exposing the victim to sexually transmitted infections and/or the risk of pregnancy or miscarriage.
- Making sexual comments about the victim's body and

appearance.

Emotional:

- Verbal attacks in private or public.
- Ignoring the victim's feelings, withholds approval or affection as punishment.
- Stalking or harassment.
- Intimidating~ causing the victim fear by using looks, actions, gestures or a loud voice.
- Isolating~controlling what the victim does, who the victim sees and talks to and where the victim goes.
- Economic/financial abuse ~ preventing the victim from getting a job, refuses to work, making the victim ask or beg for money, taking or hiding assets/money, controlling checkbook and bank accounts, giving the victim an "allowance", running up debt or ruining the victim's credit.
- Threatening to hurt or kill the victim and/or children, to take the children and/or threatening to commit suicide.
- Using the children to relay abusive messages, using visitation to further the abuse, labeling the victim as a "bad" parent, teaching the children to disrespect or abuse the victim.
- Using the children to spy on the victim or keep tabs on the victim.
- Minimizing, denying or blaming the victim for the abusive behaviors.

Dating Violence:

Physical: this is the most visible form of dating violence. It may include hitting, strangling, punching, slapping, biting or doing anything meant to physically harm you.

Mental: when someone constantly puts you down. This can include name calling, making threats or consistently accusing you of cheating.

Emotional: When your partner controls and/or bullies you. This happens when they try to dictate your behavior, relationships, personality and life.

Sexual: This includes unwanted touching or pressuring you to have sex. Feeling like you can't say "No" Even if you are in a dating relationship, unwanted sexual activity is rape.

Digital: the use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner.

Financial: If your partner is telling you what you can or cannot buy, using your finances (such as your debit or credit card) without your permission or making you pay for all of the expenses within the relationship.

Spiritual/Cultural: This is the abuse of your faith, beliefs or cultural customs. It can include a partner preventing you from, or forcing you to

Continue on next page.

For Your Information

National Domestic Violence Month Continue

Participate in certain spiritual, religious, or cultural customs.

Ten things you can do if someone you know is in an abusive relationship

The majority of people who experience dating violence will tell a close friend rather than a family member or a teacher. So it is important for you to know what to do if you suspect that someone you know is in an abusive relationship or they tell you about abuse in their relationship:

1. Do not be afraid to reach out to a friend you think may be in an abusive relationship.
2. Tell them that you are concerned for their safety and you want to help them.
3. If they tell you about abuse in their relationship, believe them. Remind them that you are there to support them.
4. Listen and be supportive. Do not judge them or give advice.
5. Acknowledge their feelings and be respectful of their decisions.
6. Avoid asking questions. Let them share whatever they are comfortable sharing with you.
7. Help your friend recognize that abuse is not normal and that it is not their fault. Everyone deserves to have a healthy relationship.
8. Focus on your friend, not on their abusive partner. Do not attempt to confront the abusive partner or tell the victim that you will confront them.
9. Encourage them to seek further help. Be prepared with information about community resources that could give them information and guidance. Offer to go with them if they would like.
10. Do not make promises. Avoid telling them, "Everything will be okay." This statement minimizes the incidents and are things you have no control over.

If you are a victim of dating violence, know that it is not your fault. Emotional support is extremely important~make sure you have someone to talk to. There are many resources available to you. If you have experienced dating violence, please contact your local crisis intervention center for assistance.

For the Fort Berthold Domestic Violence you can call (701) 627-4171

Panther Development Investments

Alex Moreno/Managing Partner

6401 Congress Ave. Suite 250

Boca Raton, Fl 33487. USA

alex@pantherdi.com



NORTH DAKOTA
DEPARTMENT of HEALTH

For More Information, Contact:

Amy Schwartz or Jill Baber

Phone: 701.328.2378

Email: amschwartz@nd.gov or jabber@nd.gov

North Dakota Department of Health Urges Everyone To Get Vaccinated This Flu Season

The North Dakota Department of Health is reminding all North Dakotans of the importance of getting vaccinated against the flu, according to Amy Schwartz, Immunization Surveillance Coordinator for the Department of Health.

"There will be plenty of flu vaccine this year, so we are urging everyone to get vaccinated to avoid influenza, regardless of gender, age, or health status", Schwartz said. "Getting vaccinated is the easiest and most effective way to protect yourself and your loved ones from the flu. Even if you don't feel the need to be vaccinated to protect yourself, everyone is close to someone who is at high risk for complications due to influenza, so you still should be vaccinated."

In North Dakota, influence activity begins in the fall and typically peaks between January and March. Health officials say that people can get vaccinated anytime during the influenza season, but the best time to get vaccinated is as soon as vaccine becomes available, when flu activity is low.

During a news conference held at the State Capitol building, Lieutenant Governor Drew Wrigley urged the public to get the flu vaccine and highlighted why he gets vaccinated every year. "It is crucial to the overall health of North Dakotans that they get the flu vaccine each and every year", Wrigley said. "My family and I believe it is important to protect ourselves during the flu season and that is why we choose to be vaccinated."

The U.S. Centers' for Disease Control and Prevention recommends that everyone age 6 months and older be vaccinated against the flu, especially the following people at high risk for complications.

- All children ages 6 months through 4 years
- All adults 50 and older
- Residents of long-term facilities
- People of any age who have long term health problems, such as; heart disease, lung disease, kidney disease, diabetes, asthma.

People who could spread the disease to those at high risk; such as health care workers, out of home caregivers, parents, and caregivers of infants younger than 6 months and household contacts.

For more information, contact Amy Schwartz or Jill Baber, North Dakota Department of Health, 701.328.2378.

North Dakota Traffic Deaths Decrease in 2014



Gratitude is extended to all law enforcement personnel at the city, county, and state levels who provided the accurate crash reports from which these statistics are obtained. Their efforts make this report a reliable source of information.

135 people died on North Dakota roads in 2014, 13 fewer than in 2013.

NDDOT focuses its safety efforts on:

- Statewide and local traffic safety programs that have increased awareness of traffic safety issues.
- High visibility enforcement campaigns (high volume multi-media in conjunction with increased, targeted law enforcement) specific to driver behavior (impaired driving and seat belt use).
- Improved engineering of roadway infrastructure.

Seatbelt use in North Dakota ranks below the national average. The national average in 2014, as reported by the National Occupant Protection Use Survey, was 87 %, which North Dakota's rate was 81 %. This rate increased from 77.7 percent in 2013.

As improvements are made, the challenges continues and traffic safety must continue to be a top priority in North Dakota. In 2014:

- 43.8 percent of motor vehicle fatal crashes involved alcohol, compared to 48.12 percent in 2013.
- 68.2 percent of individuals killed in motor vehicle crashes were not wearing seat belts, compared to 59.0 percent in 2013.
- 33 percent of fatal motor vehicle crashes were speed related/driving too fast for conditions, a decrease from 2013.

This 2014 North Dakota Crash Summary contains further details regarding motor vehicle crashes and Safety Division program emphasis areas in North Dakota. This document exists to help various traffic safety partners advance motor vehicle safety on a statewide basis. Traffic safety partners include: law enforcement agencies, judicial personnel, legislators, news media, research analysis, health care providers, insurance companies, businesses, students, and others involved in traffic safety activities.

Crash statistics are a critical element of traffic safety programming. It is only through careful analysis of crashes that we learn about their causes, and develop corresponding solutions through legislation, law enforcement, safety program, and highway improvements. As a partner in highway safety community, your efforts help NDDOT to accomplish its mission to safely move

people, and goods, making North Dakota a safe place to live, work and play.

In 2014 North Dakota had:

- ⇒ 121 fatal crashes
- ⇒ 135 persons killed in traffic crashes
- ⇒ 5,289 persons injured in traffic crashes
- ⇒ 534,548 licensed drivers
- ⇒ 984,204 registered passenger vehicles, motorcycles and trucks
- ⇒ 10,436,581,000 total vehicle miles traveled (VMT) within the state.
- ⇒ The highest percentage of crashes occurred on Fridays
- ⇒ 242 crashes occurred in work zone
- ⇒ A seat belt use rate of 81.0 percent
- ⇒ 53 of the 121 fatal crashes were alcohol related
- ⇒ 35.5 percent of fatal crashes were speed or too fast for conditions.
- ⇒ Nine pedestrians were killed in motor vehicle crashes
- ⇒ 85 pedal cycle related crashes
- ⇒ 65,444 motorcycle licensed drivers
- ⇒ 219 motorcycle related crashes.
- ⇒ Teen drivers account for 5.3 percent of drivers and were involved in 17.7 percent of the crashes.

Traffic Fatalities

	2015 (YTD)	2014 (YTD)
Totals		
Fatalities	103	77
Fatal Crashes	87	70
Alcohol Related		
Fatalities	39	37
Crashes	34	31
Seat Belts		
Worn	28	21
Not Worn	52	33
Use Unknown	9	3
Use Not Applicable	14	20

For Your Information

Elbowoods Memorial Health Center Clinic Schedule

General Appointments:	Monday-Friday	8:00AM to Noon 1:00PM to 4:00PM
Walk-ins:	Monday-Friday	8:30AM to 11:00AM 1:00PM to 4:00PM
<u>Urgent care issues only (not for refills, physical exams, PAPs or referrals)</u>		
Optometry Clinic:	Monday-Friday	8:00AM to Noon 1:00PM to 5:00PM
Diabetic Clinic:	Appointments made through Diabetic Clinic.	
Ultrasound, CT	Weekly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.	
Screening Mammogram:	Appointments can be made through X-Ray Dept. It is not necessary to have a referral.	
Bone Density Dexascan:	Monthly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.	
Dental Clinic:	Monday-Friday	7:00AM to Noon 1:00PM to 4:00PM
	<u>Emergency hours:</u> Monday, Tuesday, Thursday, & Friday: 7:00AM to 10:30 AM and 1:00PM to 3:30PM Wednesday: 1:00 PM to 3:30 PM only.	
Laboratory Services:	Monday through Friday 8:00 AM to Noon 1:00PM to 4:30PM	

DIRECT DIAL TELEPHONE NUMBERS:

Switchboard	627-4750
Pharmacy (speak to phar.)	627-7621
Pharmacy (refill msg. line)	627-7626
Dental Clinic:	627-7927
Contract Health:	627-7752
Appointment Desk:	627-7601
Behavioral Health:	627-7777
Diabetes Project:	627-7931
Optometry:	627-7772
Business Office:	627-7751

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: Rhonda Hall: 759-3377 or 421-1811

Water Chief Hall Fax: 759-3232

Mandaree Public Relations: Lovina Fox

Public Relations Assistant: Skye Manikateri

Public Relations Fax: 759-3375

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

Hidatsa Health Coordinator: Dawn Yeahquo & Loretta Lone Bear: 759-3377

Water Chief Hall Office Manager: Adele Phelan- 759-3377 or 421-6947

Water Chief Hall Events Coordinator: 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) 421-4188

Emergency or Ambulance: 911

Mandaree EMS Main Phone: 421-1357

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 Police Dept. 627-3617

TAT Chief Of Police: Nelson Heart Jr.

TAT Acting Lieutenant: Marvel Heart

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

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

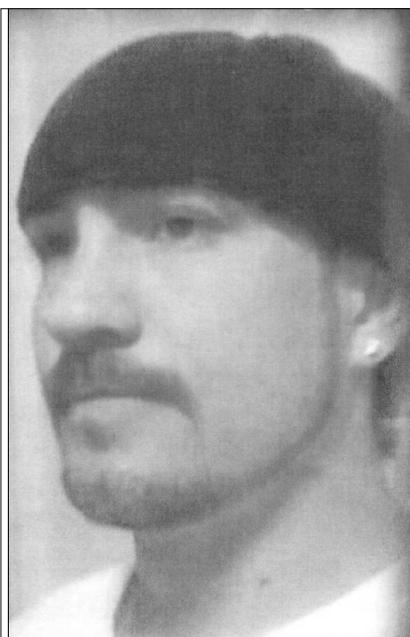
Tribal Court: 627-4803 or Fax: 627-4602

TAT Utilities: 627-2580

Gerald T. Fox Justice Center: 627-3500

* Please put these numbers in a place where you can see them when you need to find a number.

Obituary



Remembering The Life Of..

Joseph Dale Appel.

Joseph Dale Appel was born on October 3, 1980 in Hastings, NE to Ava Thorson and Sam L. Appel Sr.

Throughout Joey's childhood he lived with his father Sam Appel Sr., in Omaha and later moved to Sioux City, IA.

He had a great bond with his auntie-mom Wyola Godfrey while living in Sioux City and enjoyed spending time with her. He also did various jobs for his grandpa Emery Hines.

In 2001 he met his future wife Charlotte. They were united in marriage October 13, 2005. They were blessed with four beautiful children; Thomas, Malachi, Joey and Jada. Joey loved and cherished time spent with his kids.

The love he had for his children was immeasurable, his family meant everything to him. They came first. He was always there for them.

Joey was a family man and enjoyed spending time with all his family and friends. While making his home in North Dakota, Joey held various jobs; WINN Construction and Custom Homes just to name a few. He later moved away but returned shortly as his heart was always in North Dakota. Joey had a wonderful personality with an easy going nature. He very much valued his friendships with all who knew him. He loved his family and friends and lived life to the fullest. Joey departed this life on September 27, 2015, he will be greatly missed by all who knew him and loved him. He is survived by his wife Charlotte Kazena Appel, of New Town, Children; Joey & Jada of Twin Buttes, ND, Malachi & Thomas of New Town, ND, Parents-Ava & Bodie (Stepfather) Thorson of Anaheim, CA, Brothers; Sammy Appel & Timmy Beta of Sioux City, IA, Jeffery Dicus Jr., of South Dakota and James Beta. Sisters; Bobbie Jo Dicus of South Dakota, Jessica Beta of Calif, Jeannine Cole of Sioux City, IA and his extended North Dakota family. Joseph was preceded in death by his father, Sam L. Appel Sr., Sister-Sunshine Kissinger, grandfather-Emery Hines.

Obituary

“A Celebration Of Life”

Joseph Dale Appel

Date of Birth:

October 3, 1980

Date of Death:

September 27, 2015

Wake Services:

5:00 P.M. Monday, October 5, 2015

Mandaree, North Dakota

Funeral Services:

10:00A.M. Tuesday, October 6, 2015

Senior Pallbearer:

TJ Plenty Chief

Officiant:

Father Roger Synek

Active Pallbearers:

Jon Hunts Along

Melvin Beaks

Elijah Beaks

Ronnie Lone Bear Jr.

Laddie Godfrey

Francisco Zamora-Godfrey

Derris Good Bird

Honorary Pallbearers:

Melissa Good Bird

Sheldon Sage

John Bren

Harley Godfrey

Bruce Hines

Wyola Godfrey

Ramiro Esquivel

Elisie Hines

Angela Godfrey

James Jacob

Interment:

St. Anthony's Catholic Cemetery,

Mandaree, North Dakota

Senior Citizen Menu for the Month of: **October Menu** Meals Prepared By: Nina Finley

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti, garlic bread Apple sauce	2 Lasagna, bread Fruit cocktail
5 Chicken Strips Tator tots pears	6 Navy beans Biscuit jello	7 Tator tot hot dish pudding	8 Subs & Tomato Soup	9 Roast, baked potatoes Apricots
12 Pork chops, scallop potatoes Carrot cake	13 Fish Mac N Cheese Pudding	14 Burger & chips	15 Chicken wraps	16 Stuffed cabbage
19 Chicken Alfredo	20 Breakfast	21 Chef Salad	22 Pita pockets	23 Shake & Bake chicken
26 Cheeseburgers & fries	27 Steak & eggs	28 Witches beef stew	29 Turkey stuffing mashed potatoes and gravy	30 Cook's choice

Menu Subject to Change

Mandaree Meal site: 759-3092

Senior Citizen Menu for the Month of:

November Menu

Meals Prepared By: Nina Finley

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf with wedges and fruit cocktail	3 No Meals	4 BLT and Fries	5 Pork chop and Scalp Potatoes with mixed vegetables	6 Chicken Noodle soup with crackers
9 Pizza	10 Enchilada with Jello	11 Hamburger Vegetable soup with crackers and pudding	12 Broccoli Cheese Soup	13 Green Bean Casserole
16 Subs	17 Knoephla Soup	18 Mac & Cheese with Fish	19 Sweet & Sour Chicken	20 Spaghetti
23 Chili with Frybread	24 Tuna Cassarole	25 Turkey with Stuffing, Mashed Potatoes & Gravy and Cranberries	26 Tribal Admin Leave No Meals	27 Tribal Admin Leave No Meals
30 Taco in a bag				

Menu Subject to Change

Mandaree Meal site: 759-3092



Our deepest sympathy & prayers to the family and relatives of Joseph Dale Appel and the Rezilda Wells family and relatives. 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.

NOTICE

A message for anyone interested in CPR/First Aid or if you're in need of a car seat for your child and want to know how to use a child car seat. You are asked to call the central office of the CHR Program at 627-4340 to schedule an appointment.



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.

October Birthday Wishes to Our Elders!

happy birthday!
 i hope u know how special u are!



Marlene Fox
 Gloria Lonefight
 Carol Newman
 Nelson Bird Bear
 Tana Marvel
 Maxine Buffalo

* 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.