

2015 Veterans Dance At Water Chief Hall



Pictured below is Wendell White a Veteran who was honored by Joan Young Bird. Wendell was brought in by Post members for his honoring. He is followed by his family and relatives who all honored him during the Veterans celebration.

The 2015 Veterans Celebration was a two day celebration and drew dancers through out Indian country.

Before the celebration began, the West Segment Representative and staff members fed invited all the Veterans to enjoy a meal.

Photos by Jessica Phelan

Quotes For The Heart & Mind:

- If you want things to change, you must make changes.
- Be brave enough to keep going. You have all you need within you.
- Do something you didn't think you could do. Say "I've got this!" Instead of "I can't". ~Nicole Stephens



Inside This Issue:

Page 2: Representative Update.

Page 3: Elders News

Pages 4 & 5: 2015 Veterans Dance

Page 6: Winners of Veterans Dance

Pages 12-13: Halloween Pictures

Page 19: local numbers

Pages : 24-25: Obituary

Pages 26-27: Meal site menus

Pictured above are Post members who led in the grand entry at the 2015 Veterans Celebration, that was held at the Water Chief Hall in Mandaree.

As Native people, we hold our Veterans in high esteem, we take time to honor them by having our giveaways.

During this celebration time was mainly offered to family and relatives who wanted to honor their veterans, those who are active and those who have served and are no longer with us. Family and relatives don't forget their loved ones who have served our country.

More photos on page 4 & 5

West Segment Tribal Representative Update



Hello Community members and relatives. Before I begin this month's update I would like to extend my condolences to the Mervel Hall family on the loss of their beloved

one. Our sympathy to those family and relatives from other segments who have lost their loved ones.

The Holiday Season is upon us we just had a Thanksgiving Dinner with the community here at the Water Chief Hall. I would first of all like to thank the staff here who furnished the meal for our community members. A big thank you to our Events Coordinator Adam Fredericks and to Adele, Skye, Amber and Britney for all the work they did to help out and the rest of the staff members who all helped. It takes a teamwork of people to get things done. We would also like to thank Crestwood for all their help with food, donations and serving. We appreciate all who have helped in one way or another for us to be able to come together and enjoy a wonderful meal. I would also like to thank the staff, volunteers and those who helped during our Veterans Celebration. It was a great success, we served a meal for our Veterans and had fun during our celebration. Your help is very much appreciated!

Photo and caption by Steph Baker:



West Segment Representative stands in front of the NCAI Delegation, voting on the Cotton Petroleum. This will be big as if not bigger than the Cobell Case. Representative Phelan and Representative Fred Fox, along with the Chairman from the Lummi Tribe, Chairman from Reno Sparks and Jon Echo Hawk from NARF took the lead on this issue for all 50 States.

I will keep you updated on this issue as I get the information on this.

As far as our community is concerned, we have Christmas coming up next month, and we do plan on having another Christmas party.

For more information you can go to our West Segment page on Facebook and there you will find our upcoming posters.

For our elders, please keep warm this Holiday Season and if your driving don't go anywhere alone. Always take some one with you when you plan on traveling. If you need any assistance, please don't hesitate to call us at 759-3377.

Until then, take care

Thank you for being a good reader.

Hiraaca Elders Program

Submitted by Mavis Young Bear, Hiraaca Elders Director

The Hiraaca Elders Program begins its new fiscal year with a newly elected board held at a duly convened meeting at the Mandaree Elders Building on October 30, 2015, in which nominations and elections were held. The result of this process are the following:

HIRAACA ELDERS ORGANIZATIONAL BOARD:

Joann Young Bird~ Hiraaca Elders Board President

Elizabeth Demaray~ Hiraaca Elders Board Vice-President

Mary Gauchpin~Hiraaca Elders Treasurer

Avalon Hale~Hiraaca Elders Board Secretary

As previously reported we have had three bingo sessions and three elder meetings since July and will continue to meet regularly to provide elder services, and to meet the established goals of a new board that will work harmoniously together to provide a voice for elders, improved communication and input, and consistent regular services. **Our meeting was held on November 22, 2015 at the Elders building at 1:00pm.**

The Elders Bingo was on November 25, 2015 at 5pm. Notices will be sent out prior to the session. In addition, we have sent out surveys regarding the need for Home Health Care by the community elders who need household cleaning assistance. If you are in need of services please stop by the Elders Office to request a form for assistance. I am updating as many requests for

assistance/services such as aging services, weatherization, heating, etc. as possible and will have those posted near the Elder Program Director's office for your convenience. The list of elders who requested weatherization services has been submitted to West Segment Personnel who will be responsible to provide weatherization services which include plastic for windows and ramps weatherization for slippery ramps.

A new project we have started is the Kangen Water service which was purchased for community members who wish to utilize this new healing water which is to assist with many of the ailments in our community such as; diabetes, high blood pressure, Alzheimer's and arthritis. A presentation was done earlier this year on the benefits of drinking the oxidized water, therefore we purchased the Kangen machine and have it available on a dedicated sink at the Elder building. The water is available and free for community members from 8am to 5pm. We encourage everyone to pick up some water and begin the healing process. Unfortunately, we have no more bottles so you will have to bring your own containers. I am working on getting another flat of plastic bottles and will have those available as well. The West Segment Hiraaca Elders Program staff want to wish everyone in our community a Happy Thanksgiving and we are all looking forward to a great Fall Season.

Go~Wits



Photos of The 2015 Veterans Celebration

Photos By Skye Manikateri



Pictured above are the winners of the drum contest. Other fun activities at the 2015 Veterans Dance here in Mandaree were the Potato dance a dance where couples dance with each other with a potato on their foreheads and they aren't allowed to use their hands.



Photos of The 2015 Veterans Celebration

Photo by Jessica Phelan

Photos by Skye Manikateri



A Honoring for Michael Howe for his 25 years of service. Mike recently retired and moved home to Mandaree. He is married to Lorraine Irwin Howe. Dancing on the left side is James Johnson a Vietnam Vet and Mike's daughter Michaela Howe who served in Afghanistan.



Winners of The 2015 Veterans Dance

Jr. Girls Traditional:

1st Tessa Abby
2nd Kianna Yellow Hair
3rd Lee Lee Baker

Jr. Girls Jingle:

1st Talulah Screaming Eagle
2nd Kaureace Birding Gound
3rd Kaycie Tom

Jr. Girls Fancy:

1st Jade Miller
2nd Beautiful White
3rd Jaylyn Chappell

Jr. Boys Traditional:

1st Elmer Flyinghorse
2nd Bear White
3rd Kwynn Bear

Boys Grass:

1st Ice Chunk
2nd Jr. White

Jr. Boys Fancy:

1st Dalen Brown
2nd Stetson White

Teens Boys Traditional:

1st Hunter Street
2nd Serran Yellow Bear
3rd Talvan Eagle Voice

Teens Boys Fancy:

1st Darian Brown
2nd Dreamer White

Teens Girls Traditional:

1st Tessa Abby
2nd Kianna Yellow hair
3rd LeeLee Baker

Teen Jingle:

1st Sierra Flying Horse
2nd Aletha Morsette

Teen Girls Fancy:

1st Mianna Kills Spotted
2nd Dawn Dixon
3rd Julie Flying Horse

Womens Goldgen Age:

1st Gracie Her Many Horses

Womens Traditional:

1st Lonna Street
2nd Amber Buffalo
3rd Sweet Medicine Finley
4th Dennetta Brown

Womens Jingle:

1st Alanna Baker
2nd Mallory Oaks
3rd Yanabah Red House

4th Elisse LaVallee

Womens Fancy:

1st Laryn Oaks
2nd Shone Eashappie
3rd Nadine Oby
4th Hailey Lincoln

Mens Golden Age:

1st Skip Longie
2nd Mickey Rush

Mens Traditional:

1st Ardel Scalp Lock
2nd Richard Street
3rd Hunter Blassingagme
4th Tristan Uses Arrow

Mens Fancy:

1st Nigel Skyler
2nd Mitchell Baker
3rd Warshield White
4th Dyson Brown

Mens Grass:

1st Dusty Hanksa
2nd JC Kills Spotted
3rd Joe Foltz
4th Zane Baker

Womens All Catergory Special:

1st Lonna Street
2nd Deann Driver
3rd Laryn Oaks

Mens All Category Special:

1st Nigel Skyler
2nd Richard Street
3rd Dusty Hanksa

Singing Contest:

1st Mandaree
2nd Iron Eagle
3rd Battle River
4th Battling Horse
5th Iron Bull

Mens Chicken:

1st Nelson Baker
2nd Skyler Yellow Hair
3rd Jordan Stasso
4th Theo Claymore

West Segment Hosts Community Thanksgiving Dinner

Photos by Skye Manikateri



Once again the West Segment community was brought together for fun and most of all to enjoy a wonderful thanksgiving meal. They had dozens of door prizes for the lucky winners who all got tickets who attended the community gathering. Crestwood was on hand there and helped our community out with serving and donations. We are very thankful for them and for all they did to make this community event a greater success. The community also gifted our elders a beautiful Pendleton blanket. As you can see in the pictures to your left. I am sure it made these elders feel very good and grateful that they were thought of.

In the top photo our representative is calling out ticket numbers of those winning door prizes. To your left is Crestwood putting a Pendleton blanket on Tillie Lone Fight and Wanda Sheppard. Both prominent elders in our community.



EMS Flu Clinic

By Skye Manikateri

EMS was at the Water Chief Hall and provided free flu vaccinations for the community. This was the clinic's first flu clinic in the community center. They are still giving out flu shots, there are 50 shots available and once they are out there will be no more provided unless is a demand for flue shots than they will order more.

Non-tribal members can also be vaccinated for only 10 dollars . Flu vaccinations should be done at least once a year to protect you against influenza.

The systems of the flu include:

- Fever/chills
- Sore throat
- Muscle aches
- Fatigue
- Cough
- Headache
- Runny or stuffy nose

Illness prevention is the clinic's main objective. Children ages 4 on up can receive the vaccine. Individuals who have flu like symptoms already, should wait to feel better before getting the shot. If you are just getting over the flu or being sick you should wait until you are entirely healthy to get the shot. Also make sure that you are aware if you're allergic to eggs, Gentamycin, Neomycin or polymixin. The people who are unable to come in person to the clinic for a shot, home visits are available just call the EMS and they will be more than happy to assist you.

The EMS Staff are planning on having the clinic once a year around flu season. The EMS Clinic has a variety of goals set for an overall

Healthier community for the West Segment. Some of the goals include having a community garden, which will be encouraging people of all ages to plant gardens and to eat healthier in preventing diabetes. They are also thinking of doing a basic checkup clinic for infants that will include measurements and weights being taken.

Earlier this month there was a health fair held at the Water Chief Hall, the fair mainly focused on health and education to the public on living

A healthy lifestyle and provided awareness on diseases.

Another idea the clinic is thinking about is healthy cookbooks to hand out to the community who attend to help better our very day eating habits.

EMS welcomes the community's ideas to help better the program and give them ideas on what we would like to see more of when it's concerning our health in our community.

For it is up to you in this community to decide what your needs are and what you think will help us provide you with a better and healthier lifestyle. This can't be done alone we need your input and feedback so we can help each other live a better and healthier life and become a healthier community.

If you have any questions, or if you are curious about our ideas or have some of your own, please do not hesitate to give us a call, you will find that we are very eager to help serve the people here in the West Segment Community.

You can call us at the EMS: 421-1357

Just be aware if we don't answer right away, that means we are out on an emergency call. So leave a message for call us again.

Induced Seismicity and the MHA Nation

Submitted and Written by Lisa Lone Fight, Senior Scientist West Segment Regulatory Commission

When you think about the MHA Nation and the Fort Berthold Reservation ground movement/earthquake is not generally the first thing that comes to mind. Even if you're thinking about natural disasters you might think about flooding, blizzards of course and maybe even tornadoes—but ground movement/earthquakes? And generally you would be correct; earthquakes have not been something that we have worried about historically. However, times are changing and human beings are changing them.

It is important to be clear about what the data shows causes this type of earth movement; accurate data is powerful! Earthquakes that are caused by human activities are known as induced earthquakes. Most injection operations, though, do not appear to induce earthquakes. Although the message that these earthquakes are induced by fluid injection related to oil and gas production has been communicated clearly, there remains confusion in the popular press beyond this basic level of understanding; **Most induced earthquakes in the United States are a result of the deep disposal of fluids (wastewater) related to oil and gas production.** Seismological Research Letters Volume 86, Number 4 July/August 2015.

A new term that I picked up last week from my colleague Robert DeGroot from the Southern California Earthquake Center was “induced seismicity”. That’s a tongue twister if you try to say it out loud and what it means is human caused or “induced” earthquakes. The center of induced seismicity is Oklahoma. Oklahoma was largely an earthquake free zone until about the last 10 years when tremors started and now Oklahoma is feeling earthquakes of all kinds. Its pretty well understood now that these earthquakes are a result of some of the processes having to do with oil extraction and particularly the injection of water by-products back into wells in the ground. What it really boils down to is that we have unwittingly “lubricated” the faults so they slip easier: think of spraying WD-40 on a sticky door hinge. The stickiness is friction and so when friction is reduced things begin to slide and slip. This has real implications for the MHA Nation because while we may not have a

A substantial earthquake yet, similar conditions are being created to those in Oklahoma. If not directly on our homelands then on lands adjacent to us and could affect us.

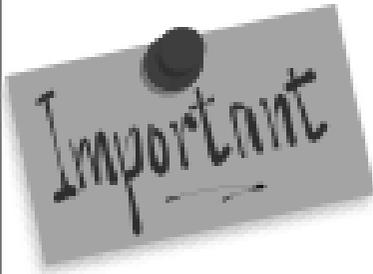
I spend the last week with Dr. DeGroot, Southern California Earthquake Center (SEUC) on a joint project with WSRC has with the SEUC. We have been installing sensors in schools, offices and even a few homes around the reservation. The sensors will provide us a “baseline” so that we can determine whether there is an increase in earth movement type of activity. This is important because this type of data has not been collected previously and definitely has not been collected on the reservation. It will allow us to zero in on which of the processes involved in energy extraction are more likely to cause the land to move and shift.

This has been an informative project. To learn more about earthquakes you can visit the SCEC site. <https://www.scec.org>. You might even see a couple of photos of Robert and I at work.

Of course seismic or earthquake data is only one kind of data we are collecting at the West Segment Regulatory Commission. Our goal is to collect data on any effects that might be felt in the environment resulting from our huge change. This will lead to a better and more sustainable life for the people of the West Segment and beyond.

Lisa Lone Fight, Senior Scientist, West Segment Regulatory Commissions. ~~ 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.

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.



The family of Mervel Hall would like to say a heartfelt thank you to everyone who helped, cook, b r o u g h t

donations, food, money, who brought their wonderful music and songs, a card, a prayer, or just being there for us, during the loss of our father, grandfather, uncle, and brother. Your kindness and thoughtfulness, won't be forgotten. Your help and support was greatly appreciated.

From his sons, daughters & grandchildren, extended family members and relatives.



On behalf of the West Segment Representative and staff members, We would like to wish each and every one of you a

"Happy Thanksgiving"! May you enjoy a wonderful meal with your family and relatives.

ALCOCER CONSTRUCTION

SPECIALIZING IN METAL ROOFS, SIDING, AND HOME REMODELING

Phone: David(701) 421-0714
Stephanie(701) 421-7334

PO Box 577
Mandaree, ND 58757

Email: steph_alcocer@yahoo.com
Native American Owned/TERO Licensed/Insured

- *Shingling
- *Siding
- *Gutters
- *Flooring
- *Metal Sheds
- *Decks
- *Sheet rock
- *Paint/Texture
- *Lighting
- *Carpeting

Email: steph_alcocer@yahoo.com

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

November Is American Diabetes Month, This year's theme is "Eat Well, America."

Prevalence:

Diabetes affects nearly 30 million children and adults in the U.S. Today— nearly 10 percent of the population. Another 86 million Americans have prediabetes and are at risk for developing Type 2 Diabetes.

Recent estimates project that as many 1 in 3 American Adults will have diabetes by 2050.

On Fort Berthold the prevalence rate is 12.7% and increasing as more and more younger tribal members are diagnosed.

Diabetes Type 2 Preventable:

Vegetables should make up 1/2 of a 9inch dinner plate. Did you know that not all vegetables are the same? Vegetables are divided up into two groups, based on whether they contain starches (which break down into sugar in the body).

True vegetables: Lettuce, celery, cucumber, cauliflower, carrots, cabbage, Brussel sprouts, broccoli, beets, asparagus, green beans, leeks, mushrooms, onions, pea pods, peppers, spinach, summer squash, tomatoes, turnips, water chestnuts, and zucchini.

Starchy vegetables: corn, peas, squash acorn and butternut and potatoes. Starchy vegetables should be treated as Carbohydrates and should only make up 1/4 of a dinner plate.

Shasta Mandan, BSN,RN,CDE

Fort Berthold Diabetes Program

701-627-7934 Cell: 701-421-1511



2015 Halloween Photos

Chronicles of West Segment would like to apologize, we ran out of room last month so we didn't put any Halloween photos in last month's newspaper. So this time I have room for them so here are some pictures for you to see how successful our Halloween Party was here at the West Segment Community. Don't get scared!

Photos by Skye Manikateri



West Segment Halloween Masquerade

Photos by Skye Manikateri



Severe Winter Weather Awareness



Now is a good time to re-familiarize yourself with terms and safety rules. Prepare now for the coming winter months.

Winter Weather Terminology

Watch: is issued when the risk of a hazardous winter weather event has increased, but its occurrences, location, and/or timing is still uncertain. Watches are issued a day or two, sometimes more, in advance of a possible event. Get ready, just in case.

Warning or **Advisory:** is issued when a hazardous winter weather event is occurring, is imminent or has a high probability of occurrences. A **warning** is used when there is a threat to life or property. An **Advisory** is for less serious conditions that cause inconvenience, and, if caution is not used, could lead to situations that may threaten life or property. The goal is to post warnings or advisories a day or so in advance of the expected event so that you have time to get ready!

People often ask...why are you telling me now about a storm tomorrow? The answer is simple, so that you have time to prepare yourself and your family for the impacts!

Snow criteria for a **warning** is 6 inches or more in 12 hours or less, OR, 8 inches or more in 24 hours or less. Snow criteria for an **advisory** is 3 to 5 inches.

Note that criteria for warnings and advisories may be lowered (4 to 6 inches) early and late in the snow season, for example October and May.

Winter Storm Warnings and **Winter Weather Advisories** may be issued for a combination of elements like snow coupled with wind and blowing snow coupled with sleet and freezing rain.

Sleet: is pellet of ice. Sleet bounces when it hits the ground.

Freezing Rain: is rain that freezes when it hits the ground or objects on the ground. It forms a sheet or glaze of ice.

Ice Storm: is used to describe occasions when the ice from freezing rain is significant enough (1/4 inch thick or more) to cause damage to trees and down power lines.

Blizzard: is a storm with winds of 35 mph or higher AND visibility frequently below 1/4 mile in snow and/or blowing snow AND these

conditions last three hours or longer. There is no set temperature requirement for a blizzard.

Wind Chill: is that part of the cooling of a human body caused by moving air. Moving air accelerates the rate of heat transfer away from a human body.

Wind Chill Advisory: is issued for wind chills of 25 to 39 below zero.

Wind Chill Warning: is issued for wind chills of 40 below zero and colder.

Be Prepared

In the cold dress in layers of loose fitting clothes. Wear a hat, gloves or mittens, and a scarf. Have as little skin as possible exposed to the elements.

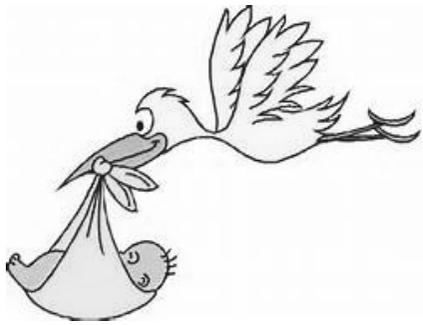
When shoveling snow, go slow, take breaks, and don't get too tired. Keep fire hydrants near your home or business visible and free of snow.

Carry a winter survival kit in your vehicle. Include extra clothing, a blanket, a high energy food like candy bars, peanuts, and raisins. Have a flash light with fresh batteries, paper towels, sand, and a shovel. Keep the gas tank and windshield washer bottle full. Take necessary medications with you when traveling in winter.

Before you set out on a trip let someone know the time you leave, the route you will take, and the time you plan to arrive. Check the latest forecast and road report. Take a cell phone and be sure the vehicle windows, headlights and taillights are clear of snow, ice and frost.

If you get stuck, raise the vehicle antenna and tie a brightly colored cloth to it so that others passing by will see you. Keep the exhaust pipe clear of snow but do not overexert yourself by trying to push or shovel the vehicle out of deep snow. Keep a window open about a half of inch. Clap your hands and rub your legs. Move your body around in the vehicle. Stay inside the vehicle. Do not try to walk away from the vehicle unless you can see a place of safety at a close distance. Do not fall asleep! Stay Awake!

For Your Information



On behalf of The West Segment Community we would like to say Congratulations & Welcome to these two babies. To the parents, grandparents, great grandparents & relatives.



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



Welcome and Happy Birthday Baby:

Nuxbicii Mahisha Dizen
Born:11/20/2015 at 10:20 PM
Weight:5 lbs 15 ozs
Length:21 in

Parents

Maybella and Jay

At Sanford Medical Center Bismarck

Delivering Physician: Shari Orser



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.



Welcome and Happy Birthday Baby:

Austin Ray Leonard Hale

Born to:
Gordon and Marie
Birth Date:

November 24, 2015 at 3:13 pm

Length:
20.25 inches

Weight:
7 pounds 11 ounces

Delivering Doctor:

Bury, Jan - MD

Pediatrician:

Anderson, Kathy - MD

At St. Alexis Hospital in Bismarck



North Dakota Department of Transportation News



608 East Boulevard Avenue
Bismarck, ND 58505-0700

For more information, contact Safety Public Information Specialist at 701.328.4559



608 East Boulevard Avenue

Bismarck, ND 58505-0700

Toll Free: 1-855-NDROADS -1.855.637.6237

NDDOT wants you to 'know before you go' this busy travel season

Keep The Holidays Bright For North Dakota~

#Savethe20



This season should be a time of light and laughter. But crash data from 2011-2014 indicates on average **20 people will die in motor vehicle crashes in North Dakota between November 21 and December 31.** Deaths that could have been prevented will darken the holidays for families.

On average, 2 out of 3 of motor vehicle fatalities during this time of the year are unbelted and nearly one-third are alcohol and speed related.

To prevent this loss of life, the North Dakota Department of Transportation (NDDOT) and its partners are asking you to do your part to help #Savethe20~buckle up, drive sober, and slow down...and ask everyone you know to do the same. The lives saved could be yours or your friends or family.

Two people have already lost their lives in motor vehicle crashes since November 21. Lets keep the remaining lights on by encouraging friends and family to visit the Code for the Road Facebook page and change their Facebook profile picture to the #Savethe20 graphic and share the posts below to show support to #Savethe20.

Keep the lights on for everyone.

What will you do to #Savethe20 people who might die in motor vehicle crashes in North Dakota during the last days of 2015? Please help by changing your Facebook profile picture to the #Savethe20 graphic and sharing this post.

Each light is a life. Keep the holidays bright for North Dakota. Help save the lives usually lost to crashes during this season. Ask everyone you know to buckle up, drive sober, and slow down when you change our your Facebook profile to help #Savethe20.



This holiday season is upon us and that often times means traveling. The North Dakota Department of Transportation (NDDOT) snow plow operators work hard to keep the traveling public safe, however, changing weather conditions can quickly alter road conditions and motorists need to pay attention to ensure safe travel.

The best way to stay safe, is to know before you go, and the NDDOT has multiple tools in place to help you stay informed of winter road conditions including:

NDRoads app available for free download at the Apple app store, Google Play and Windows Phone Store.

Travel Information Map online at www.dot.nd.gov. 90 real time cameras available to view actual road conditions at anytime of day. GovDelivery. Sign up for the "Message Center" to receive important emails or texts about travel information including No Travel Advisories and Road Closures. Call 511.

As snow plow operators and law enforcement work on roadways this winter, motorist must be aware of the "Move Over Law." If you approach a snow plow, law enforcement vehicle or other vehicle with flashing lights stopped on the shoulder of the road, you must move over to the adjacent land on the multi-lane road. This is for your safety along with the safety of the people working on the roads.

The NDDOT works hard on to keep travelers informed of road conditions. However, the road conditions are not reported 24 hours a day but updated everyday from 5 a.m. to 10 p.m. Central Time, including holidays. Its important to remember that the conditions may vary from what is being reported.

Knowing the conditions before traveling is important, but motorists also need to be ready when they encounter winter driving conditions. To arrive at your destination safely, motorists should follow some basic safety tips while behind the wheel:

- Slow down and drive accordingly to the conditions.
- Never use cruise on wet or icy roads.
- Keep a safe distance from snow plows and other vehicles.
- Turn on your headlights. Remove snow from your vehicle that could cover your lights.
- Keep a winter survival kit consisting of blankets, warm clothing, food and water, flashlight and shovel in your vehicle.

The NDDOT releases information to the public about road conditions on state highways and interstates. There are three categories you should familiarize yourself with.

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

For Your Information

Please Notice This



West Segment
P h o n e
Extensions:

Security (Jimmy Johnson) Ext. 201
Dawn Yeahquo (Health Care):Ext. 202
Rhonda Hall Assistant: Ext. 203
Adam Fredericks (Events Coordinator): Ext. 204
Adele Phelan (Office Manager): Ext. 205
Conference Room: Ext. 206
Loretta Lone Bear (Health):Ext. 207
Skye Manikateri (Newspaper): Ext. 209
Lovina Fox (Public Relations): Ext. 212
Jake Chappell (Computers): Ext. 211
All Call: Ext. 297
Regulatory: Ext. 210
Fire Department: Joni Bolman: Ext. 208
EMS: 421-1357
Police: 759-3226
Elders Program: 759-3099
Mealsite: 759-3092
Fitness Center (Dennis Fimbres): 759-3780
Mandaree Post Office: 759-3370

Mandaree Community Clinic



Now open from 9:00am - 9:00pm

Days of operation T,W,TH,SAT,SUN

For appointments call (701) 421-1357

Location Elder Building

**Panther Development
Investments**

**Alex Moreno/Managing
Partner**

6401 Congress Ave. Suite 250

Boca Raton, Fl 33487. USA

alex@pantherdi.com

For Your Information

Elbowoods Memorial Health Center Clinic Schedule

<u>General Appointments:</u>	Monday-Friday	8:00AM to Noon 1:00PM to 4:00PM
<u>Walk-ins:</u>	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>		
<u>Optometry Clinic:</u>	Monday-Friday	8:00AM to Noon 1:00PM to 5:00PM
<u>Diabetic Clinic:</u>	Appointments made through Diabetic Clinic.	
<u>Ultrasound, CT</u>	Weekly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.	
<u>Screening Mammogram:</u>	Appointments can be made through X-Ray Dept. It is not necessary to have a referral.	
<u>Bone Density Dexascan:</u>	Monthly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.	
<u>Dental Clinic:</u>	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.	
<u>Laboratory Services:</u>	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

Mandaree Police: 759-3226

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.

“Rx FOR HARRIED HEART AND FRAZZLED MINDS”



There is hope for all of us. Well, anyway, if you don't die you live through it day in, day out.~ Mary Beckett

This article is taken from daily devotional reading book titled “Simple Abundance” A Daybook of Comfort and Joy by Sarah Ban Breathnach, Thanksgiving Day November 26 devotional reading as follows:

Some nights waves of weariness beat against our brains, crash against hearts, wash over our bodies, threatening to erode our best defenses like sand dunes upon the shore. The water is cold, dark and deep. Diversions that have worked in the past~drink, drugs, food, sex, shopping, work~now obscure a dangerous undertow. Nothing seems to hold back the tide. We need someone to throw us a line, to rescue us from drowning in disappointment.

When these nights come and I find I'm stranded alone on the beach of faltering belief, I have found refuge in a very centering and comforting pray by Dame Julian of Norwich, a thirteen-century English mystic.

All shall be well,

And all shall be well,

And all manner of things shall be well.

This simple affirmation of faith is especially comforting because it seems to console the dark submerged sadness of the inexplicable, the unexpressed, the unresolved, the unfair and the undeniable that stalk by soul after I close my eyes. I'll say the prayer over and over again softly, under my breath like a mantra, not trying to understand the meaning of the words because I can't. Some mysteries are beyond our comprehension. Some mysteries we will never solve. Never know.

So instead of trying to make sense of it all, I'll simply let the Spirit of the words soothe my frazzled mind and harried heart until sleep comes. Sometimes it just is. But if we can hold on long enough for this night to give way to another day, all shall be well, even if it's different from what we had expected. Even if it's different from what we had hoped for and believed with all our hearts would happen.

All shall be well,

And All shall be well,

And all manner of things shall be well.

This devotional is all about being thankful no matter what we are going through and having a thankful spirit. In the New Testament in the book of Philippians 4:6 reads as follows:

DO NOT FRET OR HAVE ANY ANXIETY ABOUT ANYTHING, BUT

IN EVERY CIRCUMSTANCE AND IN EVERYTHING, BY PRAYER

AND PETITION (DEFINITE REQUESTS), WITH THANKSGIVING,

CONTINUE TO MAKE YOUR WANTS KNOWN TO GOD.

The key word here is “Thanksgiving” when you have a thankful heart there is no room for negative thinking.

I pray that this Thanksgiving Season and throughout the Holiday's you will find more things to be thankful for than to think negative or complain about. To genuinely develop and “Attitude of Gratitude.”

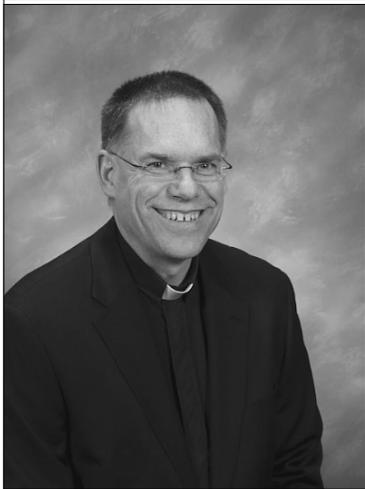
God bless, Have a Safe and Enjoyable Holiday Season In Jesus Name!

Pastor Elise Packineau

Mandaree Hidatsa Church.



Why Worry?



When reading the scripture passage where Jesus pointed out to his disciples a widow who put “two small coins worth a few cents” into the treasury, my musings didn’t stay long on His point that she “put in more than all the other contributors to

the treasury,” instead I was drawn to the widow’s trust in God– she “contributors all that she had, her whole livelihood” (MK 12:41-44).

When a person trusts God to the extent of giving his/her “whole livelihood,” what goes on interiorly? What goes on interiorly in us if we have no money in the bank and we just gave away our last dollar? Most of us would probably worry– worry about money for our next meal, worry about money for the next gallon of gas for our car. Interiorly, what happens when we worry? Is there a sense of freedom or slavery? Interiorly, what happens when we trust? Reflecting on these questions will tell us that to worry is to not trust. To worry brings interior slavery not interior freedom. What would interior slavery look like? Reflect on someone who excessively worries about “what might happen,” who lives their life thinking “if I worry enough’ I can prevent bad things from happening? Are they not enslaved? Where is interior freedom when a person is always looking over their shoulder waiting for “the other shoe to drop?” When we worry, we bring anxiety upon ourselves. We see things in a negative light and hopelessness becomes normal. People who excessively worry can become extra sensitive to their environment, to the criticism of others which can

lead them to see everyone and everything as a potential threat. Interiorly, they become absorbed. Excessive worry can also affect us physically, says an article entitled “How Worrying Affects The Body” on the WebMD website– high blood pressure, rapid breathing, shortness of breath, headaches, inability to concentrate, short-term memory loss, etc. Living like this only increases our fear which in turn enslaves us and brings much turmoil to our interior life. How enjoyable can life be living like this?

On the other hand, when we trust we don’t worry. The last of our money may be gone but with the widow’s trust in God, we know there will be more money to buy food when we need to eat. Now this does not mean we sit back and expect everything to drop into our lap. No, we do our part-leave the rest up to God. When we trust as the widow did, there can be no anxiety, no worry, no thoughts of what might happen, no interior absorption-we do what God asks and God takes care of the rest, This is interior freedom!

We all desire this interior freedom. Jesus wants to give us this freedom. Ask Jesus for this freedom. Be not afraid.

May God Bless you always

Fr. Roger A. Synek

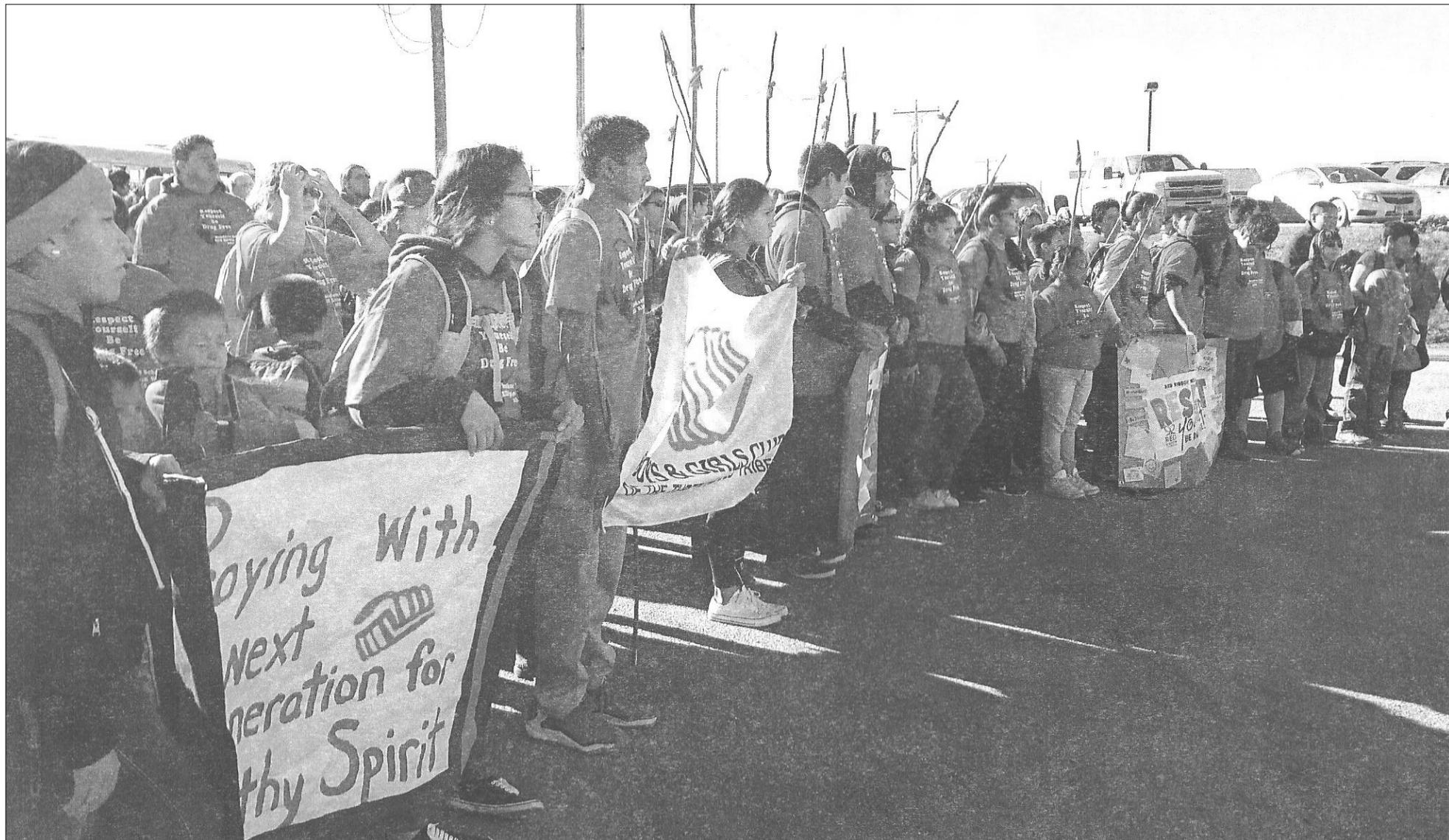
P.O. Box 715

New Town, ND

58763



Red Ribbon Week At Mandaree School



The Mandaree Red Ribbon Committee Members would like to say THANK YOU to everybody for participating in the events of Red Ribbon Week. The committee is as follows: Polly Chase, Andrietta Siers, Jeanine Spotted Horse, Denise Lincoln, Robin Troutman, Brenda Hale, Jade Robertson, Sky Robertson, Ollie Spotted Bear, Robert Grady and Devona Condon. Red Ribbon Week Coloring Contest for Kindergarten winners are as follows: Beau Robertson, Passion Halvorson, Savannah Mendoza. 1st Grade Winners/Mrs. Coyne: Koleton Fettig, Kaeleigh Fettig, Nolan Standish. 2nd Grade Winners/Mrs. Lampi: Mckayla Y.B., Georgia Charging. 2nd Grade Winners/Mrs.Dyer: Kenyon Grady, Natie Mann, Kendra Hale. 3rd Grade Winners/Mrs. Frances: Jocelyn Grady, Joseph Marshall, Gabriella Touchine. Red Ribbon Door Contest: 9th grade class, 7th grade class, Senior class.

Red Ribbon Week Poster Winners: 4th Grade: Legage Serdahl, Avaya Canyon Fox, Melody Smith. 5th Grade: Skyler Newman, Jessilyn Long Feather, Albertina Joe. 6th Grade: Ashlyn Grady, Shauntera Sage, Janai Lone Bear. Red Ribbon Parade Contest: Mandaree PTO, Mandaree Ambulance, Eleventh Grade Class, Boys and Girls Club, Candance Lone Bear.



For Your Information

Mandaree School Proudly Presents Good Citizens Aware Winners!



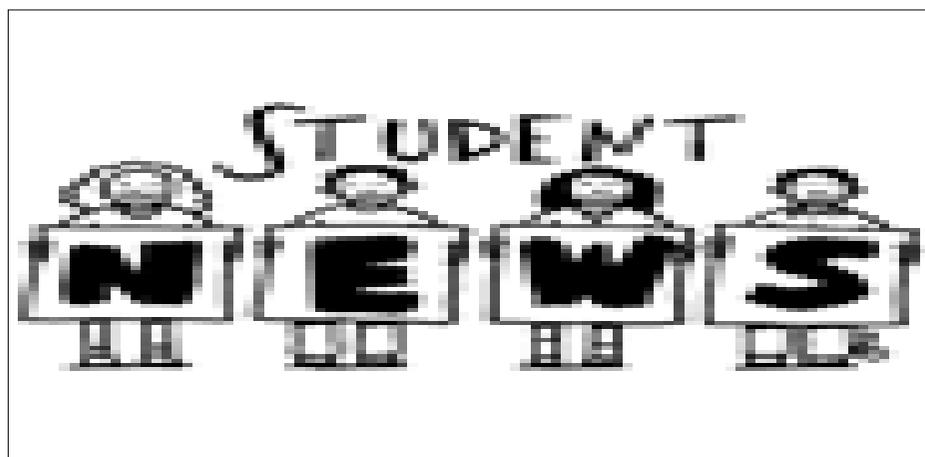
Don Fox, Tiffany Hall, Kyle Grady, Jocelyn Grady, Theodore Lone Fight, Terran Poitra, Alano Antonio, Malkali Young Bear, Kaelyn Dawes, Destiny Marshall, Julie Flying Horse, Robin Hall.

These children are chosen by the teaching staff at Mandaree School. Based on

Attitude~ Academics~School Spirit~Community Service

Congratulations!

Article and Photo for October Submitted by Robin Troutman, Mandaree School Teacher



The RAIN/MHA Education Pipeline Program is a new MHA funded initiative to provide Mentors to members of the MHA Nation who are seeking degrees at higher education institutions and vocational training sites across North Dakota. The RAIN Program has 25 years of proven success in student support and will have Mentors at offices in New Town, Bismarck, Grand Forks and United Tribes Technical College to provide academic and non-academic support services to MHA tribal members. Please contact one of the staff if you or someone you know may be interested.

Support Services	Staff
<p>Retention</p> <p>Academic Advising Educational Care Plans Financial Aid Advising Community Resources Sense of Community Personal & Professional Development Sessions Referrals</p> <p>Recruitment</p> <p>No financial support available, referral will be made to appropriate offices/services</p>	<p>Elizabeth "Lizz" YellowBird, Ft. Berthold Mentor Office: MHA Tribal Complex, New Town, ND 701-317-6524 elizabeth.yellowbird@und.edu Serving: Mandaree ~ New Town ~ Parshall ~ Twin Buttes ~ White Shield ~ Williston</p>
	<p>Tracey Baker, Bismarck Mentor Office: Horizon Bldg, 1815 Schafer St., Rm 131, Bismarck, ND 701-317-6714 tracey.l.baker.2@und.edu Serving: Belcourt ~ Bismarck ~ Bottineau ~ Dickinson ~ Ft Yates</p>
	<p>Evelyn "Faye" Foote, United Tribes Mentor Office: 3315 University Drive, Campus Service Bldg 1A 701-317-6530 evelyn.foote@und.edu Serving: United Tribes ~ Jamestown ~ Mandan ~ Valley City</p>
	<p>Grand Forks Mentor Office: UND American Indian Center, 315 Princeton St. Devils Lake ~ Fargo ~ Ft Totten ~ Grand Forks ~ Mayville ~ Wahpeton</p>

Obituary



Mervel Hall was born on March 29, 1928 to James Hall Sr., and Sarah Fredericks Hall in Elbowoods, ND. He was born into the Low Cap Clan and is a child of the Dripping Dirt Clan. Crowsheart fasted four days and saw a buffalo skeleton running on the prairie. He gave Mervel his Indian name "Gee dah bee-Eedaxish "Spirit

Bull."

At the age of sixteen, he enlisted in the U.S. Navy. He was one of the oldest living members of 9061 Active Veterans of Foreign War.

Mervel married Charlotte Kling and they farmed and ranched near Mandaree, where they raised their six children. One of his greatest loves was riding bucking horses which he excelled at doing. He was known by many as having one of the strongest arms in bareback riding. He traveled throughout the country winning many titles. He won many saddles, and buckles, which he gave to numerous family and friends. In 2008 he was inducted into the North Dakota Cowboy Hall of Fame.

As his Indian name "Spirit Bull", his spirit was felt by many not just through his smile and laughter, but his love, generosity to others and his gentle soul.

Mervel loved country and gospel music. When he sang at special occasions, the emotion welled up inside and came out with such a feeling that not a dry eye was left in the house. He enjoyed Indian dancing. In his younger years when he and his family, brothers entered the arbor, their enjoyment and spirit was felt by all.

Mervel met Leona, Jeff and Scott in 1978. Mervel mentored Jeff and Scott in the beginning teaching them all he could about riding bulls and broncs.

He was their biggest fan. They went to rodeos as a family from 1978-1983 where Mervel would haze, team rope and help them and anyone else on the rough stock end. Mervel loved helping any young cowboy learn.

In 1984 Mervel and Leona moved to New Town and opened a Beauty Shop/Smoke Shop along with farming in Mandaree. Mervel continued to rope and watched the boys ride whenever they could. They lived in Powers Lake, Fort Yates, Arnegard, Watford City and most recently New Town. While in Arnegard he belonged to the Arnegard Wagon Train. He took pride in his team Ole and Lena and fixing up numerous wagons used on the trail rides. Mervel was a member of Lostwood Lutheran Church, Willington Lutheran in Arnegard and Bethlehem Lutheran in New Town. He loved to sing in church whenever he got the chance. Mervel was very proud of his grandkids and enjoyed watching them whether they were rodeoing or playing sports.

He also enjoyed hunting and fishing in the Badlands and the Missouri River. Mervel knew the Lord and was ready. There is no death, only a change of worlds. He loved each one of you and you were a special part of his life. His friends also became his family. His parting words would be, "Thanks a million."

Mervel's Family:

Companion: Leona Sheets and her son, Scott. Mervel's Children: Don, Roger, Pam, Tammy and Coco. Grandchildren: Dale, Marty, Dean, Ruth Ann, Lindsey, Sasha, Skye, Kesha, Krisha, Wasey. Numerous great-grandchildren, nieces and nephews. Siblings: Rosella, Flo and Ed.

Mervel was preceded in death by his parents; and siblings; Billy, Bud, Audrey, Evelyn, Jake, Dena, Leland, MJ and Jeff.

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

Senior Citizen Menu for the Month of:



Meals Prepared By: Nina Finley

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf	2 Chicken Stir fry with Rice	3 Pot Roast	4 Chili, Crackers and a Cookie
7 Beef Stronganoff and Noodles	8 Pork Chop, Scallop Potatoes and Vegetables	9 Waffles with Boiled Eggs, Bacon and an Orange	10 Chicken Nuggets with Mac & Cheese	11 Fish Hash Browns
14 Lasagna with Garlic Bread	15 Baked Chicken with Rice	16 Taco-N-Bag	17 Shrimp and Rice	18 Spaghetti
21 Chicken Alfredo with Breadstick	22 Sloppy Joes with Potato Wedges	23 Ham with Mashed Potatoes and Gravy and Salad	24 ½ day Cooks Choice	25 No Meals
28 BBQ Ribs	29 Tater Tot Hot Dish	30 Cooks Choice	31 ½ day Cooks Choice	

Menu Subject to Change

Mandaree Meal site: 759-3092



Our Deepest Sympathy & Prayers to the family of Mervel Hall Sr., on the loss of their beloved one. May Our Creator God be with each and everyone of you with comfort and love as you go through this sorrowful time.

From The West Segment Representative and staff



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.



COMMUNITY MEETING
TUESDAY, 12-1-15
@ 6PM-WATERCHIEF HALL
PLEASE JOIN US AT OUR FIRST REGULATORY COMMUNITY MEETING! THERE WILL BE DOOR PRIZES AND DELICIOUS FOOD ALONG WITH IMPORTANT INFORMATION REGARDING WHO WE ARE AND WHAT WE ARE DOING, HERE IN OUR BEAUTIFUL, WEST SEGMENT HOME! WE LOOK FORWARD TO MEETING WITH YOU ALL AND ENJOYING THE EVENING TOGETHER! BRING YOUR THOUGHTS AND IDEAS!!
****CATERED BY KFC!! (YUM!!)****

MERRY CHRISTMAS

November Birthday Wishes to Our Elders!



- Rita Hawk
- Helen Baker
- Leonard Hale
- Arvella White
- Eunice White Owl

We missed Emma Finleys' Birthday for October so Happy Belated Birthday!



* 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.