

# Country Road Chronicles Of West Segment

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**BOX HOLDER**

Volume 11 Issue 10

November 2016



## Swearing In Ceremony for Newly Elected Council Members



### Quotes For The Heart & Mind:

- \* "Ning tenths of education is encouragement" ~Anatole France~
- \* "The first and greatest victory is to conquer yourself; to be conquered is of all things most shameful and vile" ~Plato~

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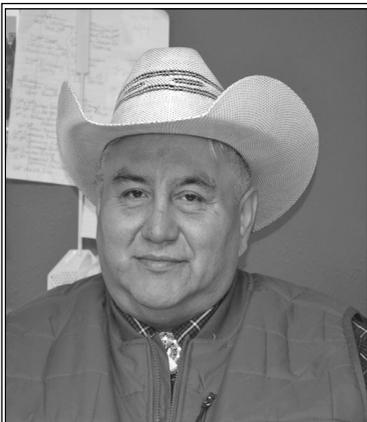
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On Wednesday, November 9th three council members were sworn in at the Three Affiliated Tribal chambers in New Town. All wearing war bonnets from left to right is Councilman Randy Phelan representing West Segment, Councilwoman Mayer representing North Segment and Fred Fox, representing White Shield. See photos on page 4.

# West Segment Tribal Representative Update



Hello Community Members, relatives and friends.

Before I begin I would like to extend my sincere condolences of sympathy to the family and relatives of James "Jim" Danks and to the family and relatives of Blaine Perry White Owl, the family and relatives of Gerarda Ann Finley and the family and relatives of Lydia Hale on the loss of their beloved ones. I would also

like to extend my condolences to family and relatives from other segments who have lost their beloved ones. We will all keep you in prayer.

At this time I would like to thank those who supported me and gave me the opportunity to work for our West Segment community. There are a number of projects that I would like to see completed in the years to come, so I do have a lot of work to do.

With that in mind, I would like to inform you on November 29th I will be in Washington D.C. at the Tribal Leaders Tax Reform Alliance. As part of the National Congress of American Indian (NCAI) committee I was selected Chairman of the Tax Reform Alliance. At this meeting we will participate in discussions of Indian Country tax reform and economic development initiatives and to set priorities to present to the new Presidential Administration and Congress in January 2017.

On another note, the building coming up on the east side of the Water Chief hall is the Veterans building. They're almost done with the foundation and the rest of the building will come in parts and when they do bring it all they have to do is put it altogether. This is one of our early projects that will be done. I just want to inform everyone that I will change the purpose of this building because we may have community members who need hospice care we will have an RN on site, twenty four seven to help the veterans and the people who need hospice care. We can do half for the veterans and half for hospice. This building can serve this dual purpose, this building will have 12 units, we can use six beds for the veterans and six for the hospice, paraplegics can come home and stay there. Right now we have people living all over the state and I think we should bring them home. I have grant writers right now looking for extra funding and my hope is this building will be open to our people by May 2017.

One of the other projects that I am working on is the sports complex, which is already landscaped, that will for the kids, basketball, softball, football field and tennis court.

Another project is our cattle relending program, and we are about ready to purchase cattle. This program will be only for our west segment members, they do have to pay back through their calf crop. Right now we are looking at 15 to 20 head of cattle to offer to our community members. When this program gets going than we can always expand on it. The person who is handling everything is

Ted Lone Fight III, he is the Agricultural Department Director, so he is the main contact person for this program, right now he is putting the bylaws together so this another project that we want to get started right away. The other project, is our new community center, right now we are ahead because we have our blueprints done and now we are looking at funding resources. We are hoping to build in the spring as well.

As far as the White Oak park, the WSDC had a board meeting and they selected their occupants so now it's up to the Hiraaca Housing to take care of the fees, such as the deposit and the first months rent. As far as the water, sewer and electricity that should be all taken care of so this is a process and our Hiraaca housing is in charge of that.

As far as the tribal business council is concerned, just a little update, I am going to request our disbursement for early December. I requested the CFO to prepare the necessary funding because it costs us 15 million every time we do a disbursement. The elders will have there's on December 20th at the casino.

I was recently reelected Vice Chairman for our Tribal Business Council, and I am still the Chairman of the Natural Resource committee, I am now a member of the Education committee.

Right now my main focus is to take care of Mandaree and the improvements we can do. I would also like to inform everyone that route 12 won't be paved until spring, unfortunately, the construction company thought we were going to get an early winter so they didn't want to start paving. In the spring they will come back to finish route 12 and the second phase of construction after they finish route 12 they will begin working on the road to Mckenzie bay so all the road will be paved.

I am very concerned about the oil spills that took place in Bear Den, in both incidents, I was onsite both times. The first one I was there and right away we started building a dam and stopped it from going to the creek. The first one I was there at 5 o'clock in the morning and we stopped that one and the second one I was told it was Myron Johnson. I would like to thank Myron for responding on this spill right away because he started building a dam right away, he stopped it from going in the creek. I want our people to know there is people out there who are always helping our community. The last thing I will say about the spills is I drafted up a letter with our legal department to the Dept. Of Transportation requesting a 35 mph speed limit for trucks in the Bear Den on both sides. The TAT Chairman signed it and I signed it so the letter went to the state highway department. As part as renewing our community and making improvements, we now have three stop signs on route 12. The center stop sign by the housing will be changed to a traffic light on our cross walk so our kids can hit a button to cross the road. We want to make sure traffic slows down in our community.

On another note, I want the people to know that I am out there taking care of our people first. I just want to mention that with this protest going on at Standing Rock, right now, we as tribes people are being categorized all in one basket. I don't want them to do that because we are a totally different nation, and we have our own agenda, we have to look out for our allottees on oil and gas. Oil and gas is a major revenue for our people.

**Continue update on page 9.**

# Hiraaca Elders



Greetings from the Elders staff.

For this month of November update on the elders events and

activities. As it is the National Native Heritage Month, we are happy to report that our Thanksgiving meal will be on November 21 at the elders building.

We have a young drum group composed of young men, who will provide some songs during the lunch hour and we are inviting the elders to come and be entertained from 11:00am until 1:00pm, in addition to the traditional thanksgiving meal.

The Mandaree Hiraaca Elders Organization Board met on November 10th for the regular scheduled board meeting at which time input was provided on the following from board members and program director.

We will looking at purchasing generators for the elderly in the event of a power outage to make sure we are not without power for any extended length of time.

West Segment has hired staff to do some weatherization for the winter months for elders.

The Christmas disbursements for elders who are 60 years old and older will be on December 20th at the Four Bears Casino and the staff are working on getting cards and fruit baskets for all elders.

In addition, the West Segment Representative Office has been provided an update of the elders so they can purchase wreaths for elders homes. We are updating our list of elders who have not received jackets with the elders logo on them and will have them ready at that time also. We hope you come and enjoy a Christmas meal with all the segment elders.

Our next scheduled bingo for elders 60 and over will be on December 1, 2016 at the elders building at 5pm. The next elders board meeting will be on December 8, 2016 at the elders building at 11:00am. Please provide any input you would like to have at this time. Immediately after the Turkey dinner on November 21, 2016 we will begin decorating the building for Christmas.

We look forward to a good winter and remind our elders to stay safe.

Gowids



# Three Affiliated Tribes Swearing In Ceremony

Photos by Samantha Antonio



Councilman Phelan was sworn in by a well respected Veteran Leland Dubois. For Councilman Phelan this is his second four year term in serving our people of the MHA Nation.



Councilman Fred Fox was sworn by a respected Veteran and elder Alfred Morsette Jr. Councilman Fox is in his second four year term in serving our people of the MHA Nation.



Pictured to your left is Councilwoman Mayer being sworn in by her mother Avis Mayer. In the picture above is elder, Alfred Morsette Jr. who rendered a praise song for all three council members. After the praise song, everyone in the tribal chambers had the opportunity to congratulate and shake hands with the newly elected council members.

## West Segment Now Has Stop Signs On Route 12



As you come down the hill into the West Segment community you will see our first stop sign. At night you can see a red light flashing there warning people of the stop sign. These stop signs were at the request of our west segment tribal representative, so the signs were installed by the tribe. Law enforcement will stop people who chose to ignore the stop signs. These stop signs are all new to all community members it's a good thing to get used too.



This is where the second new stop sign was installed, it is on the intersection of the housing units. There is a cross walk on the pavement for students walking to school. This stop sign also has a red light warning people to obey the stop sign and watch for kids crossing the road.



This stop sign is at the intersection before you turn to the C Store in Mandaree. If you don't turn and go straight this road pictured here will lead you out east on route 12.



People coming into Mandaree from the east direction on route 12 will see this stop sign. These stop signs will take some getting used too, people must obey the law and stop at each of the new stop signs that are posted in the West Segment community.

# Around West Segment



Some may have wondered what was going to be built when you see machinery operators out and working. They have been working on the land located on the south east side of Mandaree. Landscaping has been in the works here in the West Segment community. According to Councilman Phelan, this area is being landscaped for our future sports complex.

The sports complex will consist of a tennis court, basketball court, soft ball and track courts.



Here is another angle of the landscaping of the sports complex that has been done. Now that winter is upon us I am sure this work will continue on in the Spring. We can all look forward to seeing a sports complex for our youth in the West Segment community.



# Three Affiliated Tribes Newly Elected Committees



THREE AFFILIATED TRIBES  
TRIBAL BUSINESS COUNCIL  
COMMITTEE MEMBERS  
NOVEMBER 9<sup>th</sup>, 2016

**Executive Committee:**

Chairman Mark N. Fox  
Vice Chairman Randy Phelan  
Executive Secretary Fred Fox  
Treasurer Mervin Packineau

**Natural Resources Committee:** (1<sup>st</sup> & 2<sup>nd</sup> Tuesday of each month)

Chairman Randy Phelan  
Member Fred Fox  
Member Monica Mayer

\*Agenda Contact: Victoria Mandan (701) 627-2983

**NRC-Oil & Gas Sub-Committee:**

\*Agenda Contact: Catherine Nelson (701) 627-

**NRC-Roads Sub-Committee:**

\*Agenda Contact: Jonelle Abe (701) 627-

**Judicial Committee:** (2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month)

Chairman Fred Fox  
Member Monica Mayer  
Member Frank Grady

\*Agenda Contact: Jonelle Abe (701) 627-

**Health and Human Resource Committee:** (3<sup>rd</sup> Thursday of each month)

Chairman Frank Grady  
Member Fred Fox  
Member Monica Mayer

\*Agenda Contact: Winter Overlie (701) 627-8109

**Economic Committee:** (1<sup>st</sup> Tuesday of each month)

Chairwoman Monica Mayer  
Member Cory Spotted Bear  
Member Mervin Packineau

\*Agenda Contact: Lori Henry [lorihenry@mhanation.com](mailto:lorihenry@mhanation.com)

**Education Committee:** (1<sup>st</sup> Tuesday of each month)

Chairman Cory Spotted Bear  
Member Randy Phelan  
Member Monica Mayer

\*Agenda Contact: Luke Lee (701) 627-8255

# West Segment Community Thanksgiving Meal

Photos by Jessica Phelan



The Thanksgiving Dinner at the Water Chief Hall turned out to be a great success. This years dinner was hosted by Crestwood. During the meal everyone was given tickets to draw for door prizes.

Councilman Phelan gave the elders Christmas trees and wreaths on a first come first serve basis. Fred Fox, White Shield Representative came to our Thanksgiving dinner and so did Frank Grady, Four Bears Representative. They both enjoyed a great meal.

Thanksgiving is a time to give thanks to be thankful for what we have. A gathering of community is what this dinner is all about. It was a time for family and relatives to gather, visit and enjoy a great meal. Both young and old came together and to make the dinner more enjoyable they gave away door prizes. On behalf of West Segment we would like to thank the team and management of Crestwood for hosting this year's Thanksgiving dinner. Two more photos on the next page.



## Around The West Segment Community

Photos by Jessica Phelan



Pictured above is Lorraine Howe who was one of the decorators of the Water Chief hall for the Thanksgiving dinner. Others who helped decorate did an outstanding job in making the Water Chief Hall gym look very inviting to our community members.



It's always an awesome site when we see our elders come to enjoy a nice meal. Their presence makes everyone feel good and it's great to see our elders to know they're able to come outdoors and travel here to be with us.

### Councilman Phelan's Update Continue

We want activity to continue but we want responsible activity. I do not want the state of North Dakota to categorized us in the same basket and that's happening right now. I have made efforts with the governor right and held meetings with the Lieutenant Governor Wigley to let them know we are not the same as Standing Rock. We have our needs here on Fort Berthold.

On November 29th when we travel to Washington, D.C. as a council we will have an opportunity to get on the agenda for the cabinets for the new President Trump. Even though people aren't happy about him being our president, we as a council have to work with his team of people. If don't work with them than we won't accomplish anything. We want to be involved in the transition so that's the road I am taking. I have Ron Ness and Lynn Holmes we can have a good relationship with the State of North Dakota. These two men will be the front for us, we want to be positive. This is a golden opportunity for our tribe to approach them we are the leading runners for oil and gas and part of Trump's campaign was about oil and gas so we need to be right in there and let them know we can help in a positive manner. We have Paul Ryan and Marko Rubio who are cabinet members and Ron Ness will set up those meetings for us. So I guess if we have to be republicans for the next four years than that's what we have to do in order to get things accomplished. It's not about us being democrats and not do nothing than we won't have anything. As a council we need to look at our tribal programs in case they cut off our funding to make sure we have monies for those programs. We need to set monies aside for this.

As far as other events in our community we have our Christmas party for everyone on December 22nd here at the water chief hall. During this time we want to do a parade and Christmas decoration contest the same as we did last year.

This is about it for now, and like I said I will give you more updates as time goes on.

Thank you for being a good reader.

# Hiraaca Language

Written by Arvella White and Carol Newman

## Conjunctions In Hiraaca:

1. hah-shaa: but then
2. Issha: again
3. Shee-gua: there
4. Shee-taa: to
5. Nuwa: some
6. Agu: the
7. Guu-gaa: over there
8. Hiruu-gaa: over here
9. Nii: you
10. Harug-nihi: what about you
11. Huu: come
12. Ki: to mean
13. lihdaa: towards her
14. Madu: there are
15. Igaa: look

16. Hiri: this
17. Hiroo: here
18. Ida: belong, theirs
19. Hira: to do
20. Mada: my
21. Nida: yours
22. Shee: to say
23. Maa-arua-caawi: the ways
24. Harug: and then
25. Hiroo-huuga: come here
26. Niihe niic-niwa: you are
27. Haag: and
28. Hawa: then
29. Aru: it is
30. Gu: that

# For Your Information



The Teachers at the Mandaree School have selected a student of the month.

It is an honor to recognize those children that have exhibited excellent behavior and shown extra care and concern for others in their community.

So we are proud to present to you the good citizens for the month. Abigail Beston and Mia Mckenzie.

If you have any questions or concerns please feel free to call me Mrs. Spotted Horse, Paraprofessional at 701.759.3311 ext. 112.

Hello, my name is Elizabeth YellowBird and I work for a new program called the MHA Education Pipeline. We provide academic advising, scholarship information, FAFSA help and other education related support. Even if you are already enrolled in college and have an advisor and your academic program in place. I may be able to help you. I have over 30 years of experience working with students and would like to offer my help with any academic, educational or scholarship service. Part of my academic advising is completing an educational care plan that will list all of your courses you need each semester until graduation.

If you would like my help and support please don't hesitate to call, email or text me. Also, if you have relatives who are in high school, at another college or a vocational college I will be happy to help them also. My contact information is: Office cell phone: 701.317.6524.

Email: [Elizabeth.yellowbird@und.edu](mailto:Elizabeth.yellowbird@und.edu)

Location: MHA Tribal office building, across from Eagles Landing C-Store.



**St. Anthony's Church will have Bingo Breakfast sale and basket auctions on November 27th. All proceeds go towards St. Anthony Catholic Church in Mandaree located 4 miles east of Mandaree on BIA 12.**



**Attention Elders Of West Segment!**  
Upon delivery meals if you are not going to be home. Please call the Kitchen staff at the Elders meal site to let them know you will not be home.

Calling ahead in advance is appreciated so the drivers would

know ahead of time.  
Please call 759-3092.  
Thank you  
Elders Head Cook



**"Happy Thanksgiving"**  
*Is a time to be thankful for all that you have. Thankful for your family, your children and grandchildren, your homes, vehicles and jobs, and life all in itself. Just a time to reflect and be very thankful!! That is what "Thanksgiving" is all about.*

# Elbowoods Memorial Health Center Phone Numbers



## Providers

### Medical:

**Dr. Monica Taylor-Desir**, Chief Medical Officer/  
Psychiatry

**Dr. Anita Martin, Pediatrics**-Elbowoods Main Clinic

**Bernice DuBois, FNP**-Parshall Field Clinic

**Maxine Bosko, FNP**- Mandaree Field Clinic

**Andrea Richter, FNP**-Twin Buttes Field Clinic

**Aubrey Mowery, Pediatric NP**-Elbowoods Main Clinic

**Dr. Samuel Johnson, Family Practice**-Elbowoods Main Clinic

**Dr. Sandra Figueroa Vargas, Family Practice**-Elbowoods Main Clinic

**Dr. Orlan Jackson, Family Practice**-Twin Buttes Field Clinic

**Dr. Zane Rising Sun, Family Practice**-White Shield Field Clinic

### Optometry:

Dr. James Jeske-Elbowoods Main Clinic

**Optometry Clinic:** Monday through Friday 8:00am to 4:30pm

### Dentistry:

Dr. Michael Melland, Chief Dentist

Dr. Scott Mortenson, Dentist

Dr. Michael Zerr, Endodontist

### **Dental Clinic Walk-in Hours (for emergencies ONLY)**

**Monday, Tuesday, Thursday mornings:** 7:00am-10:am

**Wednesday mornings**-Closed

**Friday mornings:** 8:00am-10:am

**Monday through Friday afternoon:** 1:00pm-3:00pm

**\*We do not do comprehensive exams, cleanings or fillings for Walk-ins.**

**Appointments made through Dental Department: (701-627-7927)**

### Appointments:

Scheduled appointments are encouraged and may be made by calling the respective service site/department or at the appointment desk.

- The Clinic, Lab & X-ray, and Optometry are closed from 12:00pm-1:00pm, Monday through Friday.

## General Appointments:

Monday-Friday-9:00am-4:30pm

### Awatii Wellness Program:

Monday-Thursday 8:am-8:00pm

### Walk-ins:

Monday-Friday-8:30am to 4:30pm

Urgent care issues only (not for refills, physical exams, pap tests, or referrals)

**Diabetic Clinic:** Appointments made through Diabetes Program. Also available at field clinics.

### Pre-Renal Clinic:

One day a month. Appointments made through Diabetes Program.

### Ultra Sound, CT:

One day a week. Appointments made through Radiology Dept. Referral needed from a service unit provider.

### Bone Density DEXA Scan:

Monthly. Appointments made through Radiology Dept. Referral needed from a service unit provider.

### Field Health Clinics:

The Tribe has field health clinics which provide limited services in four communities throughout the Fort Berthold Reservation. These are located at White Shield, Mandaree, Twin Buttes and Parshall. Hours and days of service may be obtained by calling the clinics:

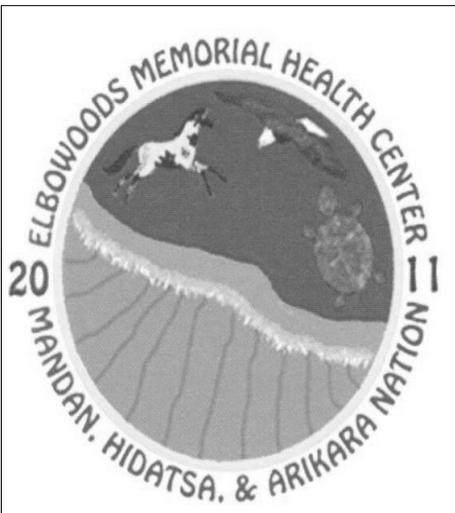
**White Shield Field Clinic:** (701) 743-4380

**Parshall:** (701) 862-8220

**Mandaree Field Clinic:** (701) 759-3422

**Twin Buttes Field Clinic:** (701) 938-4540

# For Your Information



## MANDAREE FIELD CLINIC

00N01 Warrior Circle

Phone: 701-759-3422

Fax: 701-759-3209

Registration Clerk:  
Autumn Stamper

### New Staff:

Maxine Bosko, FNP-C

Mindy Preszler, RN

### NEW OFFICE HOURS:

Monday-Friday: 8:00 AM-5:00 P.M.

Appointments & Walk-ins: 9:00 A.M. To 4:00 P.M.

Pharmacy Open on Monday, Wednesday and Friday: 10:00A.M. to 3:00 P.M.

### NOTICE:

MANDAREE FIELD CLINIC WILL BE CLOSED ON THE FOLLOWING DATES FOR 2016:

- November 24th & 25th
- December 14th-27th:

If you have any questions feel free to call the Registration Clerk, Autumn Stamper at the Mandaree Field Clinic at 759-3422.

The West Segment Tribal Office now has Fuel Assistance Applications available now when you come in the front door main entrance by the Security office you will see the fuel assistance and other applications from the Tribal office. Feel free to come in and get an application. If you have any questions please feel free to ask for help. Someone will help you. Thank you.

### Notice From KDU Director:

We need to let fuel assistance applicants know that the location is in the basement of the KDU Building. Applicants are to use the EAST DOORS ONLY. We have found people trying to either enter the dialysis area or trying to get through locked doors. Please inform everyone to use the correct doors and go directly downstairs.

Thank you for your time,

Callie Baker, RN, BSN, MSN

KDU Director

(701) 627-4840



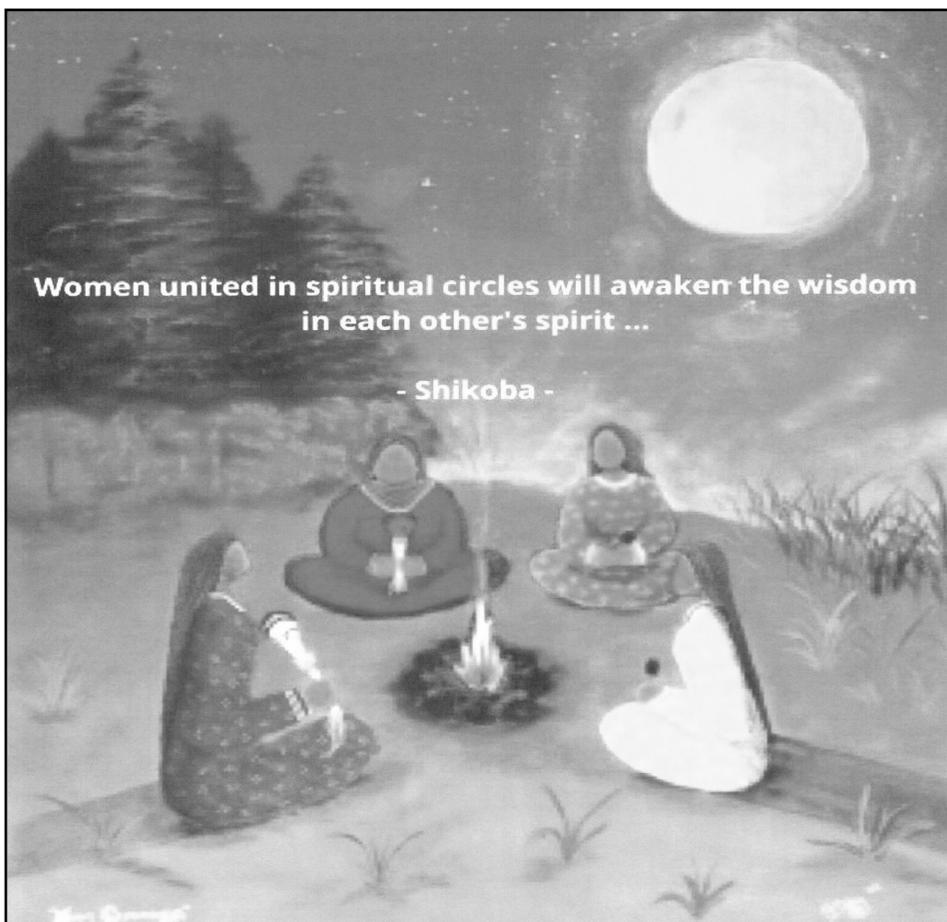
## Contact Information

Call: 701-446-8282

Visit: [www.tribal-care.com](http://www.tribal-care.com)

Fax: 855-497-2787

## For Your Information



Women united in spiritual circles will awaken the wisdom in each other's spirit ...

- Shikoba -

Please join us and share without judgement.  
All women are welcome!

**Women's Talking Circle**

Every Monday Evening  
5:00 p.m. — 6:00 p.m.  
Circle of Life  
(back door)

**Please Read Below For Your Information:**

**Effective Immediately**

**Per Councilman Phelan:**

- Financial Requests will no longer be ran daily.  
We can only do them on Tuesday and Thursday, unless it is an extreme emergency.
- We can no longer run check requests in minor child name Must be 18 years or older, as requested from Tribal Finance.
- Each individual can apply once in a 30 day time frame.

**ABSOLUTELY NO ACCEPTIONS.**

### **December 1, 2016 is World Aids Day**

Did you know more than 1.2 million people in the United States are living with HIV?

Did you know 1 out of 8 people don't know they have HIV?

Did you also know HIV is no longer a death sentence and people living with HIV can life a full life with proper care?

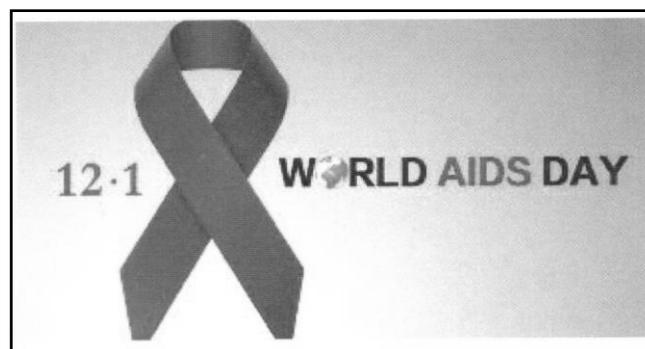
**Know Your Status!**

**Wear Red on December 1st, 2016**

There will be free Rapid HIV and Hepatitis C Screening/ Education and Door Prizes for everyone who get tested at the TERO Energy Building from 10:00 AM– 3:00PM!

**Come on over and Know Your Status!**

HIV is no longer a death sentence and we don't have to be afraid anymore.



For information, call Red Fox Sanchez, Tribal Health Director at 627-6616 or 421-8393

The Fort Berthold Housing Services Program has moved. Our new location is in New Town and our address is 307 8th Street North ( Next to the Circle of Life in the red building).

The telephone number is the same: 627-3832 and the Fax: 627-3833.

Lawrence Baker: 421-6548

Florence Brady– 421-1452

Terri Logg– 421-0754

Mel Minafore-421-8494

Dave Brown-421-7657

Veldon Blacktail Deer-421-5921

Chesley Quick Bear-627-3832

# For Your Information



**MANDAN, HIDATSA, & ARIKARA NATION**  
*Three Affiliated Tribes • Fort Berthold Indian Reservation*  
404 Frontage Road • New Town, North Dakota 58763-9402

November 7, 2016

Grant Levi  
North Dakota Department of Transportation  
608 East Boulevard Avenue  
Bismarck, ND 58505-0700

RE: Three Affiliated Tribes Request for a Reduction in the Speed Limit

Mr. Grant Levi:

The Three Affiliated Tribes submit this formal request for a reduced speed limit on North Dakota Highway 22 through the Bear Den Creek area.

There have been numerous accidents on this section of North Dakota Highway 22 causing hazardous materials spills, serious injuries, and deaths. The Three Affiliated Tribes believe that a reduction of the speed limit in the Bear Den Creek area would help to reduce the frequency and severity of accidents. Tribal leadership would like to discuss this important issue with you.

If you have any questions or need further information regarding this matter please feel free to contact us.

Sincerely,

Handwritten signature of Mark N. Fox in black ink.

Mark N. Fox, Chairman  
Three Affiliated Tribes  
404 Frontage Road  
New Town, ND 58763  
701-627-4781

Handwritten signature of Randy Phelan in black ink.

Randy Phelan, Vice-Chairman  
Three Affiliated Tribes  
404 Frontage Road  
New Town, ND 58763  
701-627-4781

# Ft. Berthold

## Diabetes Program



## Fort Berthold Diabetes Program November Diabetes Awareness Month

### Healthy Lunch Tips and Recipe

One simple (and affordable) step to better health is to bring a good-for-you lunch from home.

#### Here's How:

1. On the weekend, decide what you will eat for lunch for the week and add it to your grocery list. That way, it's quick and easy to grab healthy choices when you pack your lunch.
2. Consider batch cooking on the weekend. Make a big pot of chili, soup, or a big bowl of whole-grain and veggie salad. These will keep for a few days in the fridge and can be eaten throughout the week for lunch.
3. Take 5 minutes every night (or morning) to pack something healthy for the day.
4. Use portable containers such as; a lunchbox, thermos, and various containers with tight-fitting lids to pack and take your healthy lunch. Extra small containers come in handy for single servings of peanut butter or salad dressing.

Remember food safety, if you don't have access to a refrigerator to store your lunch, insert a cold pack into the lunch box and be sure to choose foods that will stay fresh and yummy from the time you pack them until it's time to eat lunch. For days you can't pack lunch, keep some non-perishable healthy options at your desk, such as light tuna.

### Here is a recipe for Chicken Kale Salad with Fresh Ginger Dressing.

**Serves 4**

**Serving Size: 2 cups of salad, 3 ounces cooked chicken, and 3 tablespoons dressing.**

#### Ingredients:

- 1 pound of boneless skinless chicken breast
- 8 cups packed spinach with baby kale greens
- 3/4 cups light raspberry salad dressing, such as Newman's Own
- 2 to 3 teaspoons grated ginger root

#### Directions:

Heat a grill or grill pan over medium high heat. Coat the chicken with cooking spray, spring with 1/4 teaspoon salt and 1/4 teaspoon pepper, if desired. Cook 6 minutes on each side or until no longer pink in center. Let cool and thinly slice.

Place equal amounts of the greens and chicken on four dinner plates. Whisk together salad dressing and ginger until well blended. Spoon equal amounts over all.

# November is Diabetes Awareness Month



## What is Diabetes?

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. When you eat your body breaks food down into glucose and sends it to the blood. Insulin then helps move the glucose from the blood into your cells. When glucose enters your cells, it is either used as fuel for energy right away or stored for later use. In a person with diabetes, there is a problem with insulin. But, not all people with diabetes have the same problem.

The types of diabetes are type 1 and type 2, and a condition called gestational diabetes, which happens when pregnant. If you have diabetes, your body either doesn't make enough insulin, it can't use the insulin it does to make very well, or both.

## What is Type 2 Diabetes?

In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the pancreas makes extra insulin to make up for it. Over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 is treated with lifestyle changes, oral medications (pills) and insulin. Some people with type 2 can control their blood glucose with healthy eating and being active. But, your doctor may need to also prescribe oral medications or insulin to help you meet your target blood glucose levels. Type 2 usually gets worse over time even if you don't take medications at first, you may need to later on.

## How is Type 2 Different From Type 1?

In type 1, your body treats the cells that make insulin as invaders and destroys. This can happen over a few weeks, months, or years. When enough of the cells are gone, your pancreas makes little or no insulin and blood glucose becomes dangerously high.

People with type 1 diabetes take insulin by injection with a syringe, an insulin pen, or an insulin pump.

## What Causes Type 2 Diabetes?

Scientists do not know the exact cause of type 2 diabetes. However, development of type 2 diabetes has been associated with several risk factors. These risk factors include:

- History of hyperglycemia, prediabetes, and/or gestational diabetes (GDM).
- Overweight and obesity
- Physical inactivity
- Genetics
- Family history
- Race and ethnicity
- Age
- High blood pressure
- Abnormal cholesterol

## What treatments are used for Type 2 diabetes?

The two goals of diabetes treatment are to make sure you feel well day to day and to prevent or delay long term health problems. The best way to reach those goals is by:

- Taking medications, if your doctor prescribes them
- Planning your meals, choosing what, how much, and when to eat
- Being physically active

## How will I know if My Diabetes treatment is working?

Getting an A1C test at least twice a year helps you and your health care team keep track of how well you are controlling your blood glucose levels. A1C is part of your diabetes ABCs, which will tell you if your overall diabetes treatment is working. The ABCs of diabetes are:

### A is for A1C or estimated average glucose (eAG)

Your A1C test tells you your average blood glucose for the past 2 to 3 months. It's the blood check "with a memory". Your health care provider may call this your estimated average glucose or eAG. The eAG gives your A1C results in the same units (mg/dl) as the glucose meter you use at home.

**B is for blood pressure:** Your blood pressure numbers tell you the force of blood inside your blood vessels. When your blood pressure is high, your heart has to work harder.

**C is for Cholesterol:** Your cholesterol numbers tell you about the amount of fat in your blood. Some kinds of cholesterol can raise your risk for heart attack and stroke.

For more information visit [diabetes.org](http://diabetes.org) or call 800-diabetes.

## Updated Numbers For Mandaree

Boys & Girls Club Branch Manager: 759-3049

Catholic Church: Father Roger Synek: 759-3412

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

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

Mandaree Elders Meal Site: Annette Teck: 759-3092

Hiraaca Elders Program: Director: Mavis Young Bear: 759-3099 or 421-2991.

Hiraaca Elders Fax: 759-3095

Elders Meals Delivery: 759-3092 -Paul Rosario Sr, Rosie White Owl and Nina Finley.

Mandaree Fitness Center Dennis Fimbres: 759-3780

NHSC 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: 759-3369

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 Sr.: 421-7512, Dillon Costello: 421-8462, John Osborne: 701- 609-0727

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 Fax: 759-3375

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

Water Chief Hall Computer Tech: Jake Chappell: 759-3377

West Segment Custodian Supervisor: Valencia Antonio: 421-3082

Water Chief Hall Office Manager: Florene Halvorson: 421-2797

Water Chief Hall Education Department: Adele Phelan– 421-6600  
Water Chief Hall Education Department: Lucy Hunts Along at 759-3377.

Water Chief Hall Events Coordinator: Lorraine Howe :759-3377

Water Chief Hall Youth Coordinator: DeRae Mann:759-3377 or 421-4127.

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

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

West Segment Maintenance Department: Receptionist: Merle Young Bird: 759-3766.

West Segment Maintenance Department Fax: 759-3768

Mandaree Hiraaca Housing: Will Reeves Director : 759-3399

Mandaree Hiraaca Housing Specialist: Shanna Fox: 759-3399

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

West Segment Development Corp: Trena Baker-759-3399

West Segment Regulatory Commission Office: 759-3576.

West Segment Regulatory Commission Fax: 759-3579

Mandaree CHR's: Jessica Spotted Horse: (701) 421-4188

Mandaree Post Office: Mon-Fri: 12-4pm: Sat: 11-1:15pm

Emergency or Ambulance: 911

Mandaree EMS Main Phone: 421-1357

Mandaree Police: 759-3226

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 Solid Waste: 627-2034

TAT Solid Waste Fax: 627-2035

Elbowoods Memorial Health Center: 627-4701 dial 4 for clinic

TAT Police Dept. 627-3617

TAT Chief Of Police: Nelson Heart Jr.

TAT Acting Lieutenant: Marvel Heart

TAT Police Officer: Kristy Parsian

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

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

# For Your Information

## Notice From The West Segment Maintenance Department

On behalf of the West Segment Maintenance Department we would like to inform everyone that we will only deliver water on the weekend for **EMERGENCIES ONLY**. The water delivered is for human consumption only and **NO LIVESTOCK**.

The West Segment Maintenance will help everyone with the following:

- Wake and funerals
- Junk car removal
- Wash out crossing culverts
- Cattle guard cleaning

Community members who need water for their homes may contact the on call employees who are Vincent Hunts Along and Curtis Hall for water for your homes. Also the tow truck does run but only in our community. The Maintenance Department will not loan the truck out they have employees who will do the towing.

We have listed for your convenience the phone numbers for our Maintenance crew:

**Dan Hunts Along: (701) 421-2992**

**Vincent Hunts Along: (701) 421-3576**

**Curtis Hall: (701) 290-1267**

The Maintenance Department Receptionist is Merle Young Bird, she can be reached at 759-3766.

Our office is located behind the Water Chief Hall inside the garage, so if you need to see one the employees this is where you will find them. For your information in case you call our office and no one answers the phone, than we are out in the field helping our community members.

**Our phone number for the Maintenance Department: 759-3766 and our Fax number is: 759-3768.**

When you call the West Segment Tribal Office it will help us to get your phone call through to the person you wish to speak with. We have listed here for your convenience the extensions of employees here at Water Chief tribal office. Some extensions have changed:

Thank you:

### West Segment Phone Extensions:

Security (Jimmy Johnson) Ext. 201

Florene Halverson: (Office Manager): Ext. 216

Terry Gachupin: Ext. 205

Rhonda Hall Assistant: Ext. 213

Lorraine Howe: (Events Coordinator): Ext. 215

DeRae Mann: Youth Coordinator: Ext. 202

Adele Phelan: (Education Dept.): Ext. 208

Lucy Hunts Along: (Education Dept): Ext. 214

Loretta Lone Bear: Ext. 207

Conference Room: Ext. 206

Lovina Fox (Public Relations): Ext. 212

Jake Chappell (Computers): Ext. 211

All Call: Ext. 297

Regulatory: 759-3572

EMS: 421-1357

Police: 759-3226

Hiraaca Mandaree Elders Program: Director Mavis Young Bear: 759-3099

Meal site: Annette Teck: 759-3092

Fitness Center: (Dennis Fimbres): 759-3780

Hiraaca Language Program: Arvella White &

Carol Newman :759-3276

**West Segment Maintenance: 759-3766**

# For Your Information



## Mandan, Hidatsa and Arikara Nation Animal Control Division

Three Affiliated Tribes • Fort Berthold Indian Reservation  
404 Frontage Road, New Town, ND 58763  
Phone: (701) 627-4760 • Fax: (701) 627-4743

### Animal Control Ordinance of The Three Affiliated Tribes

#### Section 3-03-04 Running At Large Prohibited; Wastes:

1. It is unlawful for any owner or keeper of a dog or a cat to allow the animal to be at large within the corporate limits of any city or within any established community or residential area situated within 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.

Any person charged with an offense under this provision shall have the option of posting and forfeiting the following amounts as applicable, in lieu of personally appearing before the tribal judge:

**First Offense:** \$100 bond plus, if applicable, assessed impound and care fees.

**Second Offense:** \$200 bond plus, if applicable, assessed impound and care fees.

**Third Offense:** \$300 bond plus, if applicable, assessed impound and care fees.

**Fourth and all subsequent offenses:** \$500 bond plus, if applicable, assessed impound and care fees.

2. Every owner or person having control of a dog or cat shall collect and properly dispose of the solid waste eliminated by the dog or cat within the corporate limits of any city or within any established community or residential area situated within the Reservation.

Please see the Animal Control Department at 325 Main Street in New Town, North Dakota, for a copy of the complete Animal Control and Protection Ordinance.

### Animal Control Ordinance of the Three Affiliated Tribes: Section 3-03-07 Prohibited Dogs:

1. As used in this section, the term "prohibited dog" means (a) any dog of the breed known as American Pit Bull Terrier, Bullmastiff, Tibetan Mastiff, Neapolitan Mastiff, Mastiff or Rottweiler as described or registered by the American Dog Breeders Association, or the American Kennel Club. (b) any dog that is not registered with the American Kennel Club of the United Kennel Club of the breed either known as bull terrier, Staffordshire bull terrier, or American Staffordshire Terrier, or © any dog of mixed breed including one or more of the above breeds.
2. Except as permitted in subsection 3 of this section, it is unlawful for any person to own, keep or harbor any prohibited dog within the Reservation.

Please see the Animal Control Department at 325 Main Street in New Town, North Dakota, for a copy of the complete Animal Control and Protection Ordinance.

# For Your Information



404 FRONTAGE ROAD NEW TOWN ND 58763  
(701)-627-2034 PHONE (701)-627-2035 FAX  
tatsolidwaste@mhanation.com



Needing service or an existing customer?

## DAILY ROUTES

### MONDAY:

4 BEARS **TUESDAY:**

MANDAREE

### WEDNESDAY:

TWIN BUTTES/SHELL CREEK

### THURSDAY:

WHITE

SHIELD/PARSHALL:

OUTSIDE CITY LIMITS

IF A HOLIDAY OR WEATHER AFFECTS YOUR DAY OF SERVICE, ROUTES WILL BE COMPLETED THE FOLLOWING DAY TO THE BEST OF OUR ABILITY.

FILL OUT/ UPDATE AN APPLICATION WITH US! ALL APPLICATIONS ARE LOCATED IN EASY ACCESS LOCATIONS FOR THE COMMUNITY YOU RESIDE

TRIBAL OFFICE- IN NEW TOWN & YOUR SEGEMENT

\* ONLINE- WWW. MHANATION.COM

\* TERO ENERY BUILDING- 3<sup>RD</sup> FLOOR PUBLIC WORKS  
627-5291

\* SOLID WASTE OFFICE- 10 MILES FROM FOUR BEARS PARK, ON BIA 27

RENT? PLEASE ASK YOUR TETANT RELATIONS PERSON

PRICES AND SERVICES ARE LISTED AS WELL, FOR RESIDENTIAL AND COMMERCIAL USE.



*Do your part by keeping our communities clean for healthy living!*

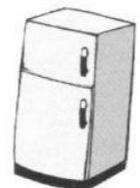
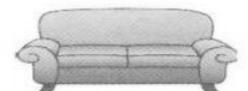
Large objects too big for your residential container, our Solid Waste location (pic. above) does accept these items

M-THUR 8 AM-4 PM FRI. 8 AM- 2PM.

NEW! Transfer Stations are now open for dumping in Mandaree, Twin Buttes & White Shield  
M-F 7 AM to 6 PM & Sat. 10 AM- 2 PM  
please call our office or your segment offices for more info.

*Payments: We accept check, money order cash on-site. At this time we are not set up for credit card payments.*

**ALL NEW AND CURRENT CUSTOMERS MUST HAVE AN UP TO DATE APPLICATION ON FILE WITH OUR OFFICES NO LATER THAN NOVEMBER 11, 2016 IN ORDER TO RECEIVE CONTINUED SERVICE**



# For Your Information

Submitted by Tara Stockhausen, HIS/ABR, RDH.

Wow! It's hard to believe another year has come and is almost gone! With the all too soon closure of 2016 quickly approaching we take this time this Thanksgiving to reflect on what we are Thankful for..maybe it is family, friends, our jobs, our homes..

Would you take time to be thankful for your teeth and your oral health?

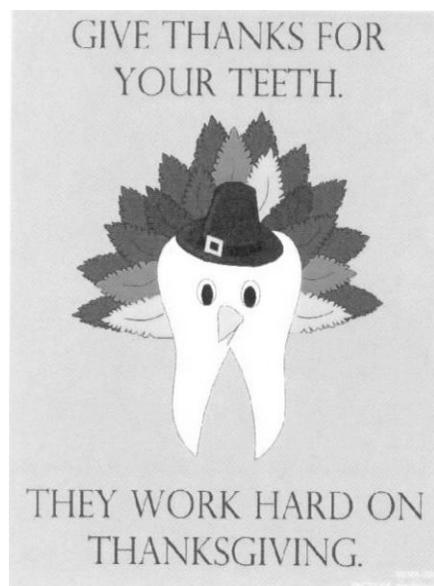
As you sit down and get ready to enjoy your delicious slow roasted turkey, mashed potatoes, stuffing, veggies and pumpkin pie!

It is time to congratulate you for all the time and effort you have put forth this year to take care of your pearly whites! Because...

1. Thanks to Teeth you have the ability to break down foods and help out your digestive system; thus lessening the chance of stomach problems.
2. Thanks to your teeth you have the ability to clearly speak and articulate your words.
3. Thanks to your teeth you can feel your self esteem rise as you prepare for your family photos and gatherings!
4. Thanks to your teeth your facial structure on your face is full and not sunken in.
5. Thanks to your teeth you have healthy strong amounts of jawbone and don't have to worry about fractures.

This year take time to be Thankful for your Teeth!

Note\* If this year wasn't the most memorable for your teeth its never too late to start! Call your dentist and set up a comprehensive exam and don't forget to start brushing twice a day and floss once a day!



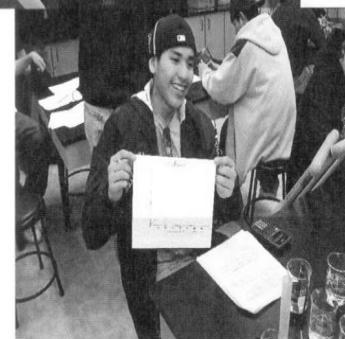
September 2016  
through  
March 2017

Nueta Hidatsa  
Sahnish College



*Spend time with friends*

The purpose of Sunday Academy is to engage more high school students interested in math, science, and engineering in hands-on activities using new technology.



**DISCOVER**

For details, contact:  
Dr. Kerry Hartman at  
701-627-8053

Or your local NHSC College Mentor Site located at the Water chief Hall, Mandaree Community Center.

Mandaree: (701)759-3545

Frances White, NHSC  
Mandaree Mentor

**Join us for some fun!**

Dates:

September 18, October 16, November 20,  
December 11, January 22, February 12  
, March 5,

*Parents are invited to all Sundays!*

Activities:

Evolution, PANDA,  
3 D Printing, Transformational Geometry,  
Water Cycle, and Light and Color.



Turtle Mountain Community College • North Dakota State University • University of North Dakota

Sitting Bull College • Cankdeska Cikana Community College • Nueta Hidatsa Sahnish College

A Program Funded by



North Dakota Experimental Program to Stimulate Competitive Research

# Employee List Nueta, Hiraaca Sahnish College

## Nueta Hidatsa Sahnish College Employee Extension List

### ADMINISTRATORS

8095	President: Dr. Twyla Baker-Demaray	<a href="mailto:tbaker@nhsc.edu">tbaker@nhsc.edu</a>	Rm 1
8073	Vice President of Academics: Dr. Waylon Baker	<a href="mailto:wbaker@nhsc.edu">wbaker@nhsc.edu</a>	Rm 37A
8015	VP of Student Services: Dr. Constance Frankenberry	<a href="mailto:cfrank@nhsc.edu">cfrank@nhsc.edu</a>	Rm 14
8028	Chief Financial Off/VP Support Services: Phillip Lewis	<a href="mailto:plewis@nhsc.edu">plewis@nhsc.edu</a>	Rm 8
8053	Academic Dean: Dr. Kerry Hartman	<a href="mailto:khartm@nhsc.edu">khartm@nhsc.edu</a>	Rm 30B
8056	Director of Information Tech: Dustin Dauphinais	<a href="mailto:ddauph@nhsc.edu">ddauph@nhsc.edu</a>	Rm 25
8021	Dir. of Grants & Accreditation: Dr. Stacey Mortensen	<a href="mailto:smorte@nhsc.edu">smorte@nhsc.edu</a>	Rm 23
8033	Business Manager: Rose Crow Flies High	<a href="mailto:rcrow@nhsc.edu">rcrow@nhsc.edu</a>	Rm 4
8069	Facilities Manager: Keith Smith	<a href="mailto:ksmith@nhsc.edu">ksmith@nhsc.edu</a>	Rm 60
	Land Grant Director: Whiteplume, Jessica (421-0420)	<a href="mailto:jwhite@nhsc.edu">jwhite@nhsc.edu</a>	Rm 19



**Nueta Hidatsa Sahnish College**  
 PO Box 490 / 220 8th Ave N  
 New Town, ND. 58763  
 701-627-4738  
 Website: [www.nhsc.edu](http://www.nhsc.edu)

### STAFF AND FACULTY

8087	ABE, Tom – Science Faculty	<a href="mailto:tabe@nhsc.edu">tabe@nhsc.edu</a>	Rm 30C
8025	ALFSON, Lori – Pre-Engineering Faculty	<a href="mailto:lalfson@nhsc.edu">lalfson@nhsc.edu</a>	Rm 51C
8046	BEARSTAIL, Mary- Food Services Director	<a href="mailto:mbearstail@nhsc.edu">mbearstail@nhsc.edu</a>	Rm 67
8096	BELL, Roberta - Adult Education/GED	<a href="mailto:rbell@nhsc.edu">rbell@nhsc.edu</a>	Rm 52
8068	COFFEY, Sable – Assistant Athletic/Housing Director	<a href="mailto:scoffey@nhsc.edu">scoffey@nhsc.edu</a>	Rm 21
8040	CUMMINGS, Cocoa- Data & Admin Coordinator	<a href="mailto:ccummi@nhsc.edu">ccummi@nhsc.edu</a>	Rm 13
8034	DANKS, Lisa – Accounts Payable	<a href="mailto:ldanks@nhsc.edu">ldanks@nhsc.edu</a>	Rm 7
8036	DAUPHINAIS, Melissa -Marketing Director	<a href="mailto:mdauph@nhsc.edu">mdauph@nhsc.edu</a>	Rm 18
8043	DELORME, Anthony – Ag/Native American Studies Faculty	<a href="mailto:adelor@nhsc.edu">adelor@nhsc.edu</a>	Rm 45
8024	DICKENS, Felix – Network Computer Technician	<a href="mailto:fdicke@nhsc.edu">fdicke@nhsc.edu</a>	Rm 25
8089	DORVAL, Dena – Nursing Clinical Faculty	<a href="mailto:ddorva@nhsc.edu">ddorva@nhsc.edu</a>	Rm 31
8086	DRIVER, Delvin Jr. - Native American Studies Faculty	<a href="mailto:ddriver3@nhsc.edu">ddriver3@nhsc.edu</a>	NAS/CC
8038	DRIVER, Tanya - Science Faculty	<a href="mailto:tdrive@nhsc.edu">tdrive@nhsc.edu</a>	Rm 107
8063	ENNO, Chris- Maintenance		Rm 57
8059	EPHRIM, Efua - Data Manager	<a href="mailto:eephri@nhsc.edu">eephri@nhsc.edu</a>	Rm 16
8030	FOX, Shannon - Art Faculty	<a href="mailto:sfox@nhsc.edu">sfox@nhsc.edu</a>	Rm 38
8079	GOODALL, Pansy – Business Faculty	<a href="mailto:pgooda@nhsc.edu">pgooda@nhsc.edu</a>	Rm 51A
8063	GOODLEFT, George - Maintenance	<a href="mailto:ggoodl@nhsc.edu">ggoodl@nhsc.edu</a>	Rm 57
8090	GOODLEFT, Winona - Presidents' Office Admin Assistant	<a href="mailto:wbrady@nhsc.edu">wbrady@nhsc.edu</a>	Rm 2
8072/0	HALVORSON, Valerie - Receptionist	<a href="mailto:vhalvo@nhsc.edu">vhalvo@nhsc.edu</a>	Rm 20
8042	HALL, Vivian - Business Faculty	<a href="mailto:vhall@nhsc.edu">vhall@nhsc.edu</a>	Rm 51F
8043	HUNTE-BEAUBRUN, Marlo- Director of Entrepreneurial Center		Rm 45
8048	KNIGHT SCHAFFER, Darryl - Social Science Director	<a href="mailto:dschaf@nhsc.edu">dschaf@nhsc.edu</a>	Rm 43
8083	KNUDSON, Jennifer - Clinical Faculty/NACTEP Director	<a href="mailto:jknudson@nhsc.edu">jknudson@nhsc.edu</a>	Rm 31A
8032	KRAFT, Laurie – Business Office/Administrative Assistant	<a href="mailto:lkraft@nhsc.edu">lkraft@nhsc.edu</a>	Bus. Off
8050	KRINGEN, Herb - Mathmatics Faculty	<a href="mailto:hkring@nhsc.edu">hkring@nhsc.edu</a>	Rm 51D
8016	LEWIS, Jeremy – Human Resource Director	<a href="mailto:jlewis@nhsc.edu">jlewis@nhsc.edu</a>	Rm 5
8045	LEWIS, Wendy- Student Services Administrative Assistant	<a href="mailto:wlewis@nhsc.edu">wlewis@nhsc.edu</a>	Rm 13C
8051	LITTLE WHITEMAN, Iona – Bookstore Manager	<a href="mailto:ilittl@nhsc.edu">ilittl@nhsc.edu</a>	Rm 68
8058	LOCKWOOD, Betty – Adult Basic Ed. Director	<a href="mailto:blockw@nhsc.edu">blockw@nhsc.edu</a>	Rm 53
8060	MOORE, Iman - Student Accounts	<a href="mailto:imoore@nhsc.edu">imoore@nhsc.edu</a>	Rm 6
8074	OLSON, Kathy - English Faculty/Writing Center Director	<a href="mailto:kolson@nhsc.edu">kolson@nhsc.edu</a>	Rm 50
8013	OLSON, Tim - Financial Aid Director	<a href="mailto:tolson@nhsc.edu">tolson@nhsc.edu</a>	Rm 9
8063	PETIT-PHANORD- Jimmy- Maintenance/Custodian		
8064	PRIMEAUX, Dianne- Library Aide	<a href="mailto:dprime@nhsc.edu">dprime@nhsc.edu</a>	Rm 35C
8075	PROSPERE, Sidney - Project Manager	<a href="mailto:sprosp@nhsc.edu">sprosp@nhsc.edu</a>	Rm 19
8082	RAINBOW, Robert Jr. - Native American Studies Director	<a href="mailto:rrainb@nhsc.edu">rrainb@nhsc.edu</a>	NAS/CC
8093	RENNER, Jonathan – Teacher Education	<a href="mailto:jrenne@nhsc.edu">jrenne@nhsc.edu</a>	Rm 51E
8063	SANCHEZ, Andy – Maintenance Supervisor	<a href="mailto:asanch@nhsc.edu">asanch@nhsc.edu</a>	Rm 57
8070	SCHROEDER-WEYRAUCH, Candie – Early Child Educ Fac	<a href="mailto:cschroe@nhsc.edu">cschroe@nhsc.edu</a>	Rm 51B
8014	SHARPFISH, John – Construction Technology Faculty	<a href="mailto:jsharp@nhsc.edu">jsharp@nhsc.edu</a>	Rm 56
8055	SOLIS, Amy - Director of Learning & Library Services	<a href="mailto:asolis@nhsc.edu">asolis@nhsc.edu</a>	Rm 35C
8057	STIERWALT, Melissa- Outreach Technician		Rm 51
8084	SUN, Henry - Network Operations Engineer	<a href="mailto:hsun@nhsc.edu">hsun@nhsc.edu</a>	Rm 25
8023	THREE IRONS, Valerian – Native American Studies Faculty	<a href="mailto:vthree@nhsc.edu">vthree@nhsc.edu</a>	NAS/CC
8047	TITUS, Garrett – Registrar	<a href="mailto:gtitus@nhsc.edu">gtitus@nhsc.edu</a>	Rm 15
8035	VEERAYAH, Sharon- Database Administrator		
8067	WEAVER, Kassandra- Academic Administrative Assistant	<a href="mailto:kkeyes@nhsc.edu">kkeyes@nhsc.edu</a>	Rm 37
8029	WEAVER, Mike- Property & Procurement Coordinator	<a href="mailto:mweaver@nhsc.edu">mweaver@nhsc.edu</a>	Rm A20
8049	WILKIE, Jennifer - Admissions	<a href="mailto:jwilki@nhsc.edu">jwilki@nhsc.edu</a>	Rm 13
8017	WILKINSON, Cedrick - Welding Instructor	<a href="mailto:cwilki@nhsc.edu">cwilki@nhsc.edu</a>	Rm 61
8071	WOLF, Clinton - Athletic/Housing Director	<a href="mailto:cwolf@nhsc.edu">cwolf@nhsc.edu</a>	Rm 24
8091	YOUNGBIRD, Bernadine - Native American Studies Fac	<a href="mailto:byoung@nhsc.edu">byoung@nhsc.edu</a>	NAS/CC
8063	YOUNGBIRD, James - Maintenance/Custodian	<a href="mailto:jyoung@nhsc.edu">jyoung@nhsc.edu</a>	Rm 57
	ZIEMAN, Larry - CDL Instrcutor	<a href="mailto:lziema@nhsc.edu">lziema@nhsc.edu</a>	Rm 46
8031	ZELTINGER, Jacquelyn- Financial Aid Assistant	<a href="mailto:zeltinger2@nhsc.edu">zeltinger2@nhsc.edu</a>	Rm 12

### NHSC Board Members

**Chairperson - Patrick Packineau**  
**Vice Chairperson - Cory Spotted Bear**  
**Treasurer - Richard E. Mayer**  
**Secretary - Mavis Young Bear**  
**Member - Don Yellow Bird**  
**Member - Arthur T. Mandan**  
**Member - Magdaline Young Bear**

### MENTOR SITES

**Mandaree Mentor - Frances White**  
 404 4th Ave N. East Ridge Rd.  
 Mandaree, ND 58757  
 Phone: 701-759-3545 Fax: 701-759-3528  
[fwhite@nhsc.edu](mailto:fwhite@nhsc.edu)

**Parshall Mentor - Susie Simpson**  
 2nd St Parshall, ND 58775  
 Phone: 701-862-2106 Fax:  
[ssimps@nhsc.edu](mailto:ssimps@nhsc.edu)

**Twin Buttes Mentor- Sierra Abe**  
 70870 E Ave. NW, ND 58775  
 Twin Buttes, ND 58636  
 Phone: 701.421.1342  
[sabe@nhsc.edu](mailto:sabe@nhsc.edu)

**White Shield Mentor - Leonard Hosie**  
 1620 61st Ave., NW  
 Roseglen, ND 58775  
 Phone: 701.743.4552 Fax: 701.743.4126  
[lhosie@nhsc.edu](mailto:lhosie@nhsc.edu)

### FAX NUMBERS

Academic:	701-627-4099
Administration:	701-627-3609
IVN Room I:	701-627-2867
Nursing:	701-627-4809
Registrar:	701-627-4790
Financial Aid	701-627-2781

EXT	ROOM
8080	Cafeteria
8027	CLAN
8041	Conference
8097	Conference Room Meeting
8094	Front Lobby
8072	Internet Lounge
8061	IVN 1
8039	IVN 2
8065	Kitchen
8062	Rec Room
8017	Welding Shop
8051	NHSC Bookstore

# Obituary



## Remembering The Life Of James Jim Danks.

Jim Danks was born April 9, 1927 in Elbowoods to Maurice and Clara Hall Danks; their eldest son of a family that included five brothers and four sisters.

He grew up dividing his time between the families school home on Bluewater Creek near his maternal grandparents in Elbowoods and their ranch in the Raub

area.

His boyhood years were spent in the family tradition of raising and breaking horses with the Wilkinson and Young Bear boys. Some of his fondest memories were of the secretive rodeos produced by his brothers and sisters, who rode the milk cows while his parents took the cream to town.

He attended Elbowoods High School and was active in football. Jim enlisted in the Navy during World War II where he served as Motor Machine Mate. Navy Seaman Third Class. He saw action in the Pacific Theater on the Island of Guam. Jim was one of only a few remaining World War II Veterans on Fort Berthold.

He married Elsie Scheuffele in Dunn Center in 1947. Together they raised five sons on the Bench Cross Ranch east of Mandaree, which he established in 1954. He also worked for the Bureau of Indian Affairs Sub Agency office as a Range Conservationist in the 70's. He was instrumental in assisting the Tribe in establishing the Buffalo Project. He served his community on the local school board and the Community Action Program. Jim was an avid stockman. He held several terms on the Executive Board of the Fort Berthold Land and Livestock Association.

He was also a strong advocate on Range Conservation issues and served the Dunn County Soil Conservation District Board.

In his later years he assisted his sons with the development of the Skunk Bay Recreation area and was active in the organization of the North Dakota Cowboy Hall of Fame, where he was a trustee. Jim was also a member of the Veterans of Foreign Wars Post 9061. He was a proud decedent of his Great Uncle, the famous cowboy, Clayton Danks and participated in his honor in the Cheyenne Frontier Days. Like most stockmen, he appreciated working his cattle on a good cutting horse. Some of his favorites were Little Red, Sorrell, Skags and a bay he called Reggie. He believed in hard work and finishing the job; even if it meant branding calves in the headlights at midnight.

His hobbies were reading and playing cards, which he especially enjoyed with his paternal uncles when they visited.

Jim is survived by his companion, Phyllis O'Neil of Killdeer; sons; Edward and Ted (Cheryl) Danks of Bismarck, Ken (Cyndy) and Curtis Danks both of Mandaree. Brothers; John Danks, Solly Danks of New Town, Maurice Danks of Dodge; one sister, Fern Greff of Garrison.

He was preceded in death by his parents; brothers; Quentin Crowe and Richard Crowe; sisters; Carolyn Chase, Marcella Aldinger, and Viola Schettler; son, Lyle Danks; and granddaughter, Samantha Danks.

The family requests all donations to be directed to the Veterans of Foreign Wars Post 9061, Mandaree, North Dakota and/or the North Dakota Cowboy Hall of Fame in Medora, North Dakota.



# Obituary

In Loving Memory Of

James Jim Danks

April 9, 1927~October 26, 2016

**Wake Services:**

Sunday, Oct. 30, 2016 at 6:00pm

Water Chief Hall, Mandaree, ND

**Funeral Services:**

Monday, Oct. 31, 2016 at 11:00am

Water Chief Hall, Mandaree, ND

**Senior Pallbearer:**

Maxine Bolman

**Celebrating**

Father Roger Synek

Deacon Jim Baker

**Pallbearers:**

Jacob Danks	Ty Danks
Jimmy Danks	Matt Danks
Jason Two Crow	Marty Foote

**Honorary Pallbearers:**

All of Jim's Friends and Neighbors  
Children and grandchildren of Phyllis O'Neil  
In appreciation for the kindness and respect  
they've shown our Dad.

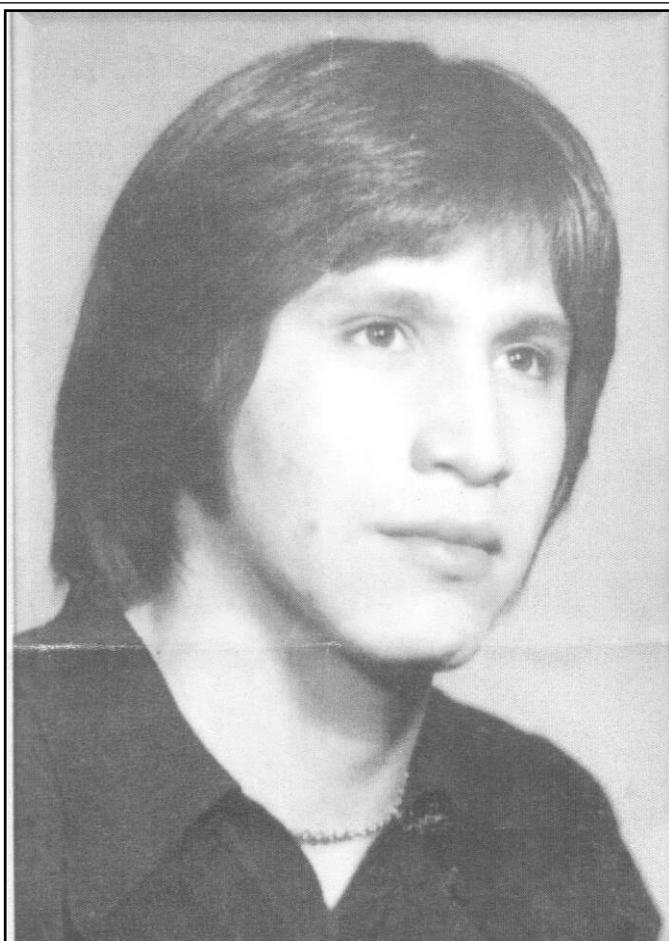
**Military Rites:**

Myron B. Johnson Post #271

**Interment:**

Family Cemetery at the Bench Cross  
Ranch, Mandaree, North Dakota

# Obituary



Remembering The Life  
Of Blaine Perry White  
Owl. "Ma-ish Bu-Shi-  
Ma-Sa-ish" Spotted  
Eagle Man.

Blaine Perry White Owl,  
was born August 21, 1963  
in Watford City, North  
Dakota to Richard White

Owl Sr., and Inez Lone Fight. He was known to most as Perry.

Perry was raised in Mandaree where he loved to go to school, play basketball and ride horses. For the New Town Eagles, Perry was a member of the 1980 State Basketball Championship Team and played on the only New Town Eagles football team to win a Conference Championship. He graduated from New Town High School in 1981.

He then attended United Tribes Technical College and later Valley City State College where he earned his degree. His hobbies included riding horses, playing blackjack and playing horseshoes.

He also participated in various independent basketball leagues throughout his life. He was inducted into both the Valley City State College (2002) and

the United Tribes Technical College (2012) Athletic Halls of Fame.

Blaine Perry White Owl, "Ma-ish bu-shi-ma-sa-ish (Spotted Eagle Man), 53 New Town and Mandaree, died Saturday, October 29, 2016 in a Minot Nursing home.

Perry is survived by his siblings; Margie White Owl, Debbie Staples (Pat), Kathy White Tail (Richard), Jacqueline Starr (Curtis), Veronica Serdahl, Eugene White Owl and Anthony White Owl; took as a step daughter, Lisa Marie; and took as grandchildren, Zarel, Zander and Zavier.

Perry was preceded in death by his parents; paternal grandparents, Sam and Edna White Owl; maternal grandparents, Jack and Susan (Fox) Lone Fight; brothers; Fred White Owl, Marvin Bell, Murphy Bell, and Richard White Owl Jr.; sisters; Irene White Owl and Phyllis White Owl and nephews; Anthony White Owl Jr., and George Young Bird.

Perry's family would like to take this opportunity to thank the staff and residents at Trinity Homes for showing our brother compassion and friendship throughout the years. Their kindness is truly appreciated and will never be forgotten.

# Obituary

In Loving Memory Of  
Blaine Perry White Owl  
"Ma-ish Bu-shi Ma-sa-ish"  
Spotted Eagle Man  
August 21, 1963~October 29, 2016

**Wake Services:**

Tuesday, November 1, 2016 at 5:00 pm.  
Johnny Bird Memorial Hall  
Dragswolf Village, New Town, ND

**Funeral Services:**

Wednesday, November 2, 2016 at 11:00am  
Johnny Bird Memorial Hall  
Dragswolf Village, New Town, ND

**Senior Pallbearer:**

Chuck Hunter

**Officiant:**

Pastor Marie Gunn

**Eulogy:**

Kevin Finley

**Music:**

Marie Gunn, Jane Lockwood  
Neal Hale and Myron Spotted Bird

**Active Pallbearers:**

Mike White Owl	Dave White Tail
JC Young Bird	Dennis White Owl
Cody Serdahl	Aaron Wounded Face
Jerry White Owl	Richard Foote

**Honorary Pallbearers:**

Rusty Mason, Barry McGrady, Randy Baker, Val Finley, Damon Morsette, Darryl Finley, Chuck Quale, David Nesheim, Mark Fox, Phillip Bird Horse, Elmer Four Dance, Randy Littlefield, Randy Weyrauch, Bob Parker, Jim Glausser, John Holmes, Dave Archambault Sr., Emerson Baker, Paul Touche, Barney Smart Enemy, Sedrick Baker, Henry Young Bird, David Charging, Duane Steele, Murphy Young Bird, Steve Barco, Gerald Packineau, and all his Other Many Friends to many to mention.

**Farewell Song:**

Smith Brothers

**Burial:**

Mandaree Congregational Cemetery  
Mandaree, North Dakota

# Obituary



## Remembering The Life Of Gerarda Ann Finley "Holy Hands"

Gerarda Ann Finley "Holy Hands" was born on December 27, 1961 to JoAnn McDonald and Edward Flys Away in Watford City, North Dakota. She entered God's loving arms on November 8, 2016 with her family at her side. She was a child of the Chicken Clan. She

was also a member of the Three Affiliated Tribes.

Gerarda or "Cricket" as many knew her as was raised by her mother until her mother died from injuries sustained in a car accident. It was then Evan Finley, Jr., took Cricket with open arms and raised Cricket as his own and adopted her when she was 2 years old.

The family had moved to California and lived there for numerous years where Cricket attended and graduated from St. Elizabeth. While in school she was a avid track runner.

After graduation, Cricket worked various jobs; one being a news anchor where she worked there for about a year. In 1978 she met Federico Kelsy and together they had two beautiful daughters; Aurlia and Mahal.

In 1990, she moved with her daughters back to be with her father who was living in Kansas City, KS., where he was transferred through General Motors Company. She then decided to further her career in security and attended Devon Security School where she received her license.

In 1992, she met Sandy Jo Frye, they were united in marriage in 1994, together they raised their family but later separated. In 2000, she met Luis Rodriquez and together they had a son, Gerard Rodriquez. Luis remained at Cricket's side unit her passing.

Cricket was always busy and so full of life. She always provided for her family as they meant everything to her. She lived life to the fullest, she enjoyed watching movies and shopping. She loved telling jokes and laughing with friends and family. She enjoyed the many precious moments of watching her grandchildren grow and just being with family.

Rest and Journey well Cricket. We love you.

Gerarda is survived by her father, Evan (Ann) Finley Jr., New Town, North Dakota; companion, Luis Rodriquez– Kansas; children; Aurlia (Gwain) Brown, Mahal (Jahi) Kelsey, Gerard Rodriquez all of Kansas, siblings; Valari (Kevin) Wilson-North Carolina, Edward (Avis) Finley, Lana (Jack) Conklin both of New Town, North Dakota, Nina Finley, Evelyn (Dwayne) Poitra– both of Mandaree, North Dakota, five grandkids; Ahni Collins, Willie Collins, Ke' Ahna Collins, Ajwa Brown, Ma`Nisa Larks and her best friend Yvonne Brown-Kansas.

She is preceded in death by her husband, Sandy Joe Frye; biological parents, JoAnn Mc Donald and Edward Flys Away, sister, Debbie Finley; brother, Ricky Finley Sr., paternal grandparents Louise (Blackhawk) and Evan Finley Sr., maternal grandparents; Michael McDonald and Cushee White Thunder.

# Obituary

Celebrating The Life Of

Gerarda Ann Finley

“Holy Hands”

December 27, 1961~November 8, 2016

**Wake Services:**

Monday, November 14, 2016 at 5pm

St. Anthony’s Catholic Church

Mandaree, North Dakota

**Funeral Services:**

Tuesday, November 15, 2016 at 10am

St. Anthony’s Catholic Church

Mandaree, North Dakota

**Senior Pallbearer:**

Lyda Bearstail

**Officiating:**

Father Roger Synek

**Active Pallbearers:**

Val Finley Jr.	Kevin Finley
Steven Finley	Chucky Finley
Dennis Fimbres	John Thomas
Santos Casarez Jr.	AJ Finley

**Honorary Pallbearers:**

All her many friends and relatives too numerous to mention

**Interment:**

St. Anthony’s Catholic Cemetery

# Obituary



## Remembering The Life Of Lydia Moore-Hale

Lydia was a wonderful daughter,  
wife, mother, sister, aunt, muga and  
friend.

As a member of the Church of  
Jesus Christ, Clairton Branch, PA .

She was a devoted servant of the Lord. Her life's work focused on those  
who needed guidance and support. Lydia worked in the Native  
Friendship Center Movement, Prison system and several public offices.

Today she rests in paradise with her dearly departed family and friends.

Predeceased by Woody W. and Alice H. Moore (parents), Edward O.  
Hale and Timothy D. Hale (spouses), Keith Hale, Frederick Hale and  
Aaron A. Hale (sons) and John E. Moore, Melcher Moore and Richard  
Moore, (brothers)

Survived by her loving children: Edward Hale (Virginia) PA, Kim Puli  
(Frank, deceased) FL, Leslie Hammerburg (Michael) ND, Jody Briek

(Bob) ND, Alma Hale (Carol) PA, Faith Hale Wright (Ken) CA,  
Siblings: Woody Moore (Trula) Marion Moore (Debbie), Mary  
Robinson (Bill deceased), Edith Spaulding (Fred, deceased), Inez  
Fowles (Tom) William Moore, Barcinna Bole (Frank) Linda  
Sanmartin (Dennis) and Boyd Moore and many grandchildren,  
Great-Grandchildren, nieces and nephews.

At Lydia's request her remains were cremated in North Dakota and  
on May 12, 2017 her family will host a memorial celebration of life  
at Renzie Park, McKeesport, PA.

Donations in her honor can be made to the Church of Jesus Christ,  
508 Reed Street, Clairton, PA



# For Your Information

## Welcome to a New Baby



Name: Gladys Silvia Marie Hall

Born: November 18, 2016

Time: 5:16 am

Weight: 6 lbs 7oz

Length: 20 inches

Delivered by: Dr. MaMacken

Gladys was born in Dickinson, North Dakota at the St. Josephs Hospital. She is the new born daughter of Robin and Rhonda Hall who reside in the Mandaree Community.

On behalf of the West Segment we would like to congratulate the parents on their new addition to their family. And welcome Gladys a brand new community member.



608 East Boulevard Avenue, Bismarck, North Dakota 58505

Toll Free: 1-855-637-6237

For More Information: NDDOT Communications (701) 328-4444

NDDOT reminds motorists to watch for snow plows and utilize latest tools for road condition info

With winter weather approaching the North Dakota Department of Transportation (NDDOT) is reminding motorists to share the road with snow plows and utilize the latest tech tools to find out road conditions before you head out on the road this winter.

Watch for Snow Plows:

Motorists should be prepared to share the road with snow plows and other snow fighting equipment. Don't crowd the plow. Sharing the road with snow plows is important. By following a few basic tips, you and your passengers can reach your destination safely:

- Slow down and drive for the conditions. Most winter crashes are caused by driving too fast for conditions.
- Stay back. Sometimes snow plows have to stop and back up and they often spread sanding material.
- Know where the plow is on multi-lane roadways. The Tow Plows could be in both lanes or on the shoulder.
- Be extremely cautious when passing a snow plow. They can be moved sideways by snow drifts and hard snow packs. Never drive through "white-outs" caused by cross winds or plowing light snow. Be patient and wait until you can see. Snow plows pull over and stop to allow traffic to pass when it is safe to do so. Motorists should be aware of the "move over law" if you approach a snow plow or other emergency vehicles with flashing lights that is stopped on the shoulder of a multi-lane road, you must move over.
- ND Roads smart phone app our latest road condition tool is available for free at the Apple app store, Google Play and Windows Phone store. Web based Travel information map at [dot.nd.gov](http://dot.nd.gov) Email and text alerts through GovDelivery service. Select message center to receive important alerts including travel advisories and road closures. Call 511 The NDDOT also issues travel warnings on state highways and interstates these warnings should be taken seriously and are for the safety of the traveling public 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 Advisory motorists should not travel.
  3. Road closed or Blocked motorists are not allowed to travel on closed roads due to life threatening conditions. Be prepared for winter travel for more info visit [www.dot.nd.gov](http://www.dot.nd.gov) for winter driving and road conditions.



# For Your Information

## **Tribal Leaders Tax Reform Alliance**

**Tribal Tax and Economic Development Summit**

**November 29-30, 2016**

**Stanley R. Crooks Tribal Leaders Conference Center**

**224 Second Street, SE Washington, DC 20003**

**Tribal Leaders Reception**

**November 29, 2016 | 5pm to 7pm**

**Tribal Tax and Economic Summit Meeting**

**November 30, 2016 | 9am to 4pm**

**Presented by:**



**NATIONAL  
INDIAN  
GAMING  
ASSOCIATION**



**[www.indiangaming.org](http://www.indiangaming.org)**

# For Your Information

## To all Interested Individuals:

Once again, MHA Energy will be hosting Indian Country Consultants (ICC), the Premier Indian Realty Trainers in Indian Country.

Two courses will be offered and will be held on the south half of the TERO/Energy Building Conference Room. Classes will begin at 9:00 a.m. daily and run till 4:30 p.m. each day, except on Friday which will end at 12:00p.m.

The two courses are:

1. Introduction To Federal Indian Lands
2. Lease Compliance and Trespass on Federal Indian Lands.

There is no cost for TAT Employees or TAT Enrolled Members who wish to attend.

Please contact me Richard Pease at (701) 627-5154 or you can call my cell at (701) 421-9254 or email me at [rpease@mhanation.com](mailto:rpease@mhanation.com)

If you are interested in attending. Meals and refreshments will be provided. Also they are planning on providing a "Landowners Workshop" on the evening of Tuesday, November 29, 2016, with Right of Ways being the most likely topic.

Don't miss out on the very beneficial opportunity.

Thanks and I will be looking forward to hearing from you.

## Nueta Hiraaca Sahnish College Job Posting

Position: Custodian

Classification: Temporary, Part-time

Department: Support Services

Accountable to: Maintenance Supervisor

Location: New Town

FLSA Status: Non-exempt

Pay Range: \$15/hr.

Closing Date: Until filled

Nueta Hiraaca Sahnish College is committed to providing quality cultural, academic and vocational education and services to the Mandan, Hidatsa and Arikara Nation; and our staff members strive to maintain high standards of honesty, integrity, impartiality, professional courtesy and consideration for each other, our students and our community.

### Position Summary

General custodial duties to include vacuuming and scrubbing floors w/ floor scrubber. Cleaning restrooms on a daily basis and keeping them in sanitary condition. Ground work to include mowing lawns with push mower or riding mower and weed eater. Moving office furniture as needed and setting up tables & chairs for college sponsored events. Maximum of 20 hours per week other duties as assigned or required.

### Minimum Qualifications:

High school diploma or GED previous custodial experience preferred but not required. Be able to handle moderate to heavy lifting. Be able to follow directions, work with co-workers and work independently. Have basic knowledge of cleaning materials, chemicals and mixing ratios. Able to operate and troubleshoot cleaning equipment such as carpet vacuums, carpet extractors, floor scrubbers and floor buffers. Able to operate and troubleshoot grounds equipment such as push mowers, riding mowers and weed eater. Be able to handle basic hand tools.

### Other:

Employee is under the supervision of the Maintenance supervisor. Employee must be able to work assigned work shift.

Applications are available on-line at [www.nhsc.edu](http://www.nhsc.edu)

Please forward completed application, resume, cover letter, three reference letters, transcripts and salary requirements to:

Jeremy Lewis Human Resource Director Fort Berthold Community College PO Box 490 220 8th Ave N New Town, ND 58763 (701) 627-8016 e-mail [jlewis@nhsc.edu](mailto:jlewis@nhsc.edu)

## Panther Development

### Investments

**Alex Moreno/Managing Partner**

**6401 Congress Ave. Suite 250**

**Boca Raton, Fl 33487. USA**

**[alex@pantherdi.com](mailto:alex@pantherdi.com)**

## Who's In Office



After the election on Tuesday there will be some who will remain in office and some who will be in office for the first time.

*"We the people of the United States"*, who vote them into office expect them to be attentive to "order, justice, tranquility, defense, general welfare, liberty, and our posterity." (Preamble of the

Constitution of the United States).

According to St. Paul in his letter to the Romans *"Every person is to be subjection to the governing authorities"* (Rom 13:1). Why does St. Paul say this? Because he believes that these *"governing authorities"* are receiving their authority from God: *"For there is no authority except from God, and those which exist are established by God"* (Rom 13:2). *We the people of God* must always keep in mind that there is an authority that supersedes all earthly authorities and our subjection to The King of Kings' law and order leads us to not worldly, but eternal justice, eternal tranquility, eternal peace, eternal wellbeing, eternal liberty and eternal posterity. Jesus as *"King"* as *"The"* Governing Authority promotes people living under perfect justice and judgement that is imbued with radical love, mercy, peace and forgiveness.

Jesus as *"President"* is an elected official who a humble servant and is willing to die for the people he serves.

In 1925, in response to a world that was beginning to embrace individualism and secularism, in a world that increasingly began to deny the existence of Christ and His authority, Pope Pius XI instituted *The Feast of Christ the King*. It was his hope that this feast day would.

1.) help nation governments to see that Church has the right to freedom, and immunity from the state.

2.) help leaders and nations see that they are bound to give respect to Christ, and

3.) help remind the faithful that Christ must reign in our hearts, minds, wills, and bodies.

In time other denominations like Lutherans and Anglicans joined the Catholic Church in celebrating this feast day. This year the Catholic Church will celebrate Christ the King Sunday, November 20th.

As secularism, individualism and relativism grow stronger in our society the authority of God is being forgotten by voters and those elected into office. We really need to raise the question "Who are we voting into office? I hope you, like me, want an "elected official" who is a humble servant willing to die for the people he/she serves. We the people of God need to pray for "We the people of the United States. Let me close with a prayer written by St. Clement of Rome. He lived in the first century and was a disciple of St. Peter, and perhaps of S. Paul. He wrote this prayer for those in authority over others:

*"Grant to them, Lord, health, peace, concord, and stability, so that they may exercise without offense the sovereignty that you have given them. Master, Heavenly King of the ages, you give glory, honor, and power over the things of earth to the sons of men.*

*Direct, Lord, their counsel, following what is pleasing and acceptable in your sight, so that by exercising with devotion and in peace and gentleness the power that you have given to them, they may find favor with you."*

May God Bless you always

Father Roger Synek

New Town/Mandaree Catholic Church

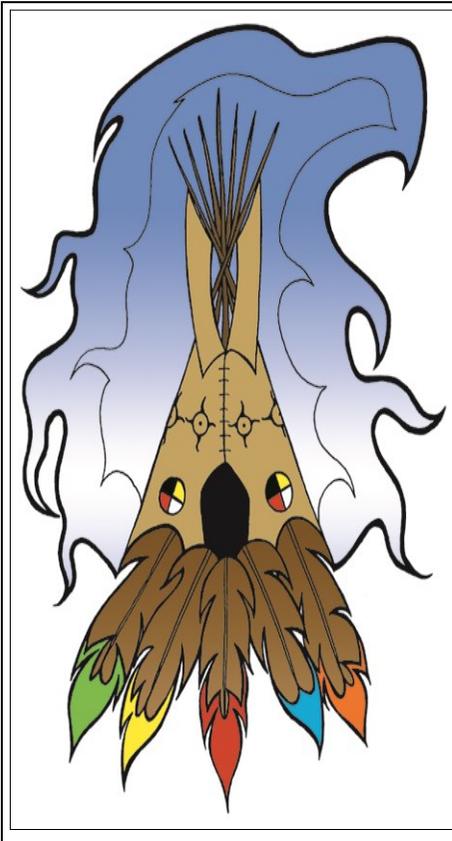
Senior Citizen Menu for the Month of:

**November Menu**

Meals Prepared By: Annette Tech

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy Thanksgiving!</b>	1 Roast beef, Boiled potatoes, green beans, peaches	2 Chicken & Rice Soup, Baked Bread, Jello	3 Pork Roast, potatoes with jackets, sweet peas & cake	4 Breakfast
7 Meat & Potato, Baked bread, jello	8 Vegetable soup, egg salad sandwich and brownie	9 Pork riblets, boiled potatoes, corn, fruit salad	10 Tomato Soup, Grilled Cheese sandwiches & Chocolate pudding	11 Breakfast
14 Beef stew, biscuits, cottage cheese & fruit cup	15 Hamburger hot dish, carrots and cookie	16 Chicken & Rice, fry bread and pears	17 Sausage, boiled potatoes, corn & jello	18 Breakfast
21 Turkey Dinner with all the fixings	22 Indian Tacos with trimmings & Cake	23 Chicken Fried Steak, mashed potatoes, corn & Fruit	24 Tator-Tot Hot dish, fruit cup	25 Breakfast
28 Macaroni & Cheese, Sausage, green beans & pudding	29 Meat loaf, buttered rice, green beans & pears	30 Spaghetti, garden salad, garlic bread & pudding		

Menu Subject to Change: Mandaree Elders Meal Site: 759-3092



Our deepest sympathy and prayers go to the family and relatives of James "Jim" Danks and to the family and relatives of Blaine Perry White Owl and to the family and relatives of Gerarda A. Finley and to the family and relatives of Lydia Hale on the loss of your beloved ones.

May Our Creator God comfort each and every one of you in your time of sorrow and mourning.

From the West Segment Councilman Phelan and the staff.



*Thanksgiving Blessings*

On behalf of the West Segment Staff we would like to take this time to wish everyone a "Happy Thanksgiving" We thank everyone in our community who came and enjoy a Thanksgiving Dinner with us. Enjoy your time and meal with your family and relatives.

West Segment Representative and staff



On behalf of the Hiraaca Language Department we would like to say have a wonderful "Ciicgihda-O-rudish" (Thanksgiving Day) with your family and relatives.

From the Hiraaca Language Department~ Arvella White and Carol Newman.



NOVEMBER BIRTHDAYS THIS MONTH

**A message from the Three Affiliated Tribes West Segment Maintenance**

Anybody under the age of 55 years will have to pay for their water deliveries for each month. Cost is \$80.00 dollars for each month, you are asked to make payments to the West Segment Maintenance Department. Costs will go for gas and maintenance of the truck.

Delivery for water is on Mondays and Fridays ONLY. Maintenance will deliver water on the weekend for EMERGENCIES ONLY.

Curtis Hall is the person who delivers water for West Segment his phone number is: 701.290.1267.

If you have any questions please contact the West Segment Maintenance office at 759-3766.

happy birthday  
wishing you  
love  
happiness  
peace

- Helen Baker
- Arvella White
- Leonard Hale
- Eunice White Owl
- Diane Johnson



Happy 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.