



JAN 2023 | VOLUME 2 | ISSUE 1

Councilman Fred Fox's Greetings

Holiday Greetings to all our Elders, Community Members and Relatives,

I would like to wish everyone a Happy New Year, may this year come with lots of laughter and an abundance of blessings. May all your wishes come true.

My heart goes out to the families that lost loved ones during the holidays, may the Lord send healing prayers and comforting hugs. We are wishing you comfort and peace during this difficult time.

Our community had a great holiday season with a joyful and warm Christmas dinner, which was served by the White School Students. We had some great prizes and some fun entertainment by Adrienne Chelapah.

Our east Segment Staff also had a great time at 4 Bears Casino with a full dinner menu and some adult entertainment by Tatanka Means which everyone enjoyed. We had Helen Krueger accompanied by her son Darcy Krueger Jr. sing their rendition of Jingle Bells. The Christmas party was topped off with Segment Staff pow-wow dancing for the grand prize 65" television, which Jordan Andrade overwhelmingly won as crowd favorite.

What we weren't expecting a blizzard that came along with the Christmas and New Year's Holiday that created some havoc in our community. We had some great staff that went above and beyond working endless hours plowing the roads and fixing furnaces, for not only the elders but for our entire community that needed assistance during the dangerous

temperatures. Job well done to all of them, we can't thank you enough.

We are in full swing with our Basketball and Wrestling Season. Both basketball teams have played in a couple tournaments already and have a few games under their belt. Our boys and girls have promising seasons. They gave it their best every game and I wish both teams the best of luck. I know we look forward to the home games, so let's attend the home games and cheer them on to victory and make sure they know we surely appreciate their hard work they put in throughout the season.

I would also like to recognize our coaching staff, because we have a talented group of coaches that have played at a high level of basketball on the court, but we also have a coach that was inducted to the North Dakota Hall of Fame and coached a college team to a National Title. So, we know our teams are in good hands.

We not only have the basketball teams giving it their all, but we also have a great group of wrestlers that are making a big splash in the state of North Dakota. We have a young but talented Wrestling group. We also have some coaches that were talented during their careers in Wrestling. Good luck to all our wrestlers and make us proud representing the community of White Shield.

In the next couple months, we will be having meetings with our East Segment Managers, then later having a Staff meeting with the entire East Segment Staff which has over 100 employees. I'm very proud of our staff that works in our elder building, Complex, Community Center, East Segment Administration building, 1804 C-Store, Ree Ranch, Ree Lodge, Veterans Staff, Cultural Center, White Shield Corrections, White Shield Public Safety, Security Staff and of course the East Segment Secretary/Administration staff at the Tribal Office. We will have a busy year with ongoing projects and some new projects that we will be breaking ground.



East Segment Community Christmas Dinner with Tatanka Means

Thank you to all the elders for your advice throughout the year and would like to thank the community for the support. If you're traveling during the winter months, please give yourself plenty of time traveling on the winter road conditions. We will be having a Segment/Community update within the next couple months, so we will make sure we give timely notice to all.

Take care and God Bless.

Fred Fox

White Shield East Segment Representative
MHA Nation Executive Secretary





Fun with the 'Run and Gun' Game

STORY & PHOTOS BY LOGAN DAVIS
Published: Jan 6th, 2023

The White Shield Warriors headed south last week and went up against some great competition at the Hunkpapxa Classic in McLaughlin, South Dakota. The annual tournament showcases some of the best native basketball teams from North Dakota and South Dakota every year. The Warriors have a very talented team featuring good height, shooting ability and speed. The first game of the tournament was a night that had the White Shield boys having some long periods of cold shooting and some key players got into some foul trouble. The Warriors could not find their 'groove' while their opponents were hitting on all cylinders. The Warriors ended up losing that first contest by the score of 54-35 to the Little Wound Mustangs. Josh Jeanotte was the leading scorer for the Warriors in that game, hitting for ten of his team-leading 12 points in the first half for the Warriors. Jeanotte went cold in the second half as the Mustangs kept full court defensive pressure on the Warriors.

White Shield Warriors head coach, Shaun Knife, was very pleased with the way his team rebounded in a big way the next game. The Warriors sailed to a dominating victory over a very good hometown team, the McLaughlin Mustangs by the score of 65-40. Jace Dickens had the hottest hand for White Shield scorching the nets for 23 points and he also took care of the ball well against the Mustangs press. White Shield had some balanced scoring and hustled on both sides of the court in that victory. Assistant Warriors Coach Kevin Finley stated that there is a different brand of basketball that South Dakota brings to the game. He noted that the "run and gun" style game has been mastered by many native teams over many decades.

"For us as a team, it was a good learning experience. I thought on that second night, we came out and defended (McLaughlin) really well and we created a lot of turnovers. It was our own full court press that got us a lot of points off all those turnovers," stated Finley.

The Warriors returned home this week to face local and area teams. The boys as well as the girls have some exciting games coming up this season and hopes are high. White Shield basketball fans are invited to come support both White Shield teams as the season gets into full steam.





In Memory of



ROSE ELLEN DRAPEAU

MAY 28, 1931 - NOVEMBER 29, 2022

Rose Ellen Drapeau, 91, passed away on November 29, 2022, in Garrison.

A Funeral Service will be held at 11:00 AM on Saturday, December 3, 2022, at the White Shield Complex. Burial to follow at the Arickara Congregational Cemetery.

A Wake Service will start at 5:00 PM on Friday, December 2, 2022, at the White Shield Complex.

Rose Ellen Fox – Drapeau was born May 28, 1931, to Fred Fox Sr. and Hannah Wash-Fox in Elbowoods, North Dakota. Rose met William Paul Drapeau in Butte, Montana in 1955. Rose and Bill married in Las Vegas, Nevada. Rose was blessed with twin girls, Clarinda Ann and Clara Ann. Sadly, Clara Ann passed away at the age of 3. In 1959, the family relocated to Los Angeles, California, where she was blessed with 3 sons, Jim born in 1958. He passed away in Tulsa, Oklahoma in 2021 with Covid. Melvin was born in 1961. He passed away in Los Angeles, California in 1987. and Robert was born in 1969.

During Rose’s childhood, her friends were Greta (Young Bird) White Calfe and Virginia Thorson Fox, (Mark Fox’s) mother. Rose’s best friend was her older sister, Gladys. They were always together. You never saw one without the other. They were together until Gladys left to be with her husband George, parents and siblings in heaven. Rose enjoyed horseback riding and loved horses. She learned how to sing Arikara songs at a young age. She sang with her nephews, the Howling Wolf Boys. Rose loved to box. She taught her nephews, Sonny-o (John Jr.) and Keith Fox. She was so very proud of them when they became golden Glove Boxers. She grew up with them, Sonny-o and Keith, because she was not much older. When Rose was 17 years

old. She went to Arizona to stay with her brother Bob and sister-in-law Naomi. When grandma Hannah and Grandpa Fred put her on the train, she said she had the most frighten look she was scared the conductor said, “Does she have to go!”

Rose and her family lived in California for about 33 years. She left California and lived in Oklahoma for 2 years. Shen then moved home to North Dakota. While in California she worked as a care giver until her son, Melvin got very sick. Rose cared for him until he passed away in 1987. Rose ‘s hobbies were fishing, going to the swap meets and garage sales. She loved going to the Santa Monica Pier to go fishing with Family. Rose and Gladys would go shopping at the swap meets on the weekends and go to garage sales. Rose loved to sing the Arikara songs and told the old stories.

Rose lived in Garrison for around 17 years before she moved to Bismarck with her son, Robert. When Rose started to get sick, Clarinda and Robert took turns caring for their mother. She was in the Good Samaritan in Mandan, North Dakota for a 1 year. Clarinda brought her home where she died peacefully at home where she wanted to be.

Our Mom, Grandmother and Aunt loved all her children, grandchildren, nephews and nieces. There were times when she would say, “You are my favorite,” but, we were all her favorite. She loved her son-in-law Frosty; she thought the world of him.

Rose is survived by her children: Clarinda (Wallace) Hosie, Garrison, ND. Robert (Guadalupe Shepard Bismarck, ND. Grandchildren: David (Daria) Nolan, Hawaiian Gardens , CA. Robbie Nolan, Parshall ND. Stephanie Shepard Bismarck, ND. Great Grandchildren: Cresselda Nolan, Hawaiian Gardens, CA and Jesse Nolan, Bellflower, CA.

Rose is preceded n death by her husband: William Drapeau, Children: Carla Ann, Jim and Melvin, Grandson Donald Moore Jr, Parents: Fred Fox Sr. and Hannah (Wash) Fox, sisters: Carrie, Melvina and Gladys, Brothers: Charlie, Lawrence, George, Joe, Alfred, John, Robert, Matthew and Fred Jr, and many other family members.

Rose was a wonderful, beautiful Mother, Grandmother, Great-grandmother and Auntie. She will be missed by so much by those who love her.

In Memory of



FRANCINE KAREN HENRY

AUGUST 27, 1974 - DECEMBER 17, 2022

Francine Karen Henry, 48, passed away on December 17, 2022.

A Funeral Service will be held at 11:00 AM on Friday, December 30, 2022, at the White Shield Complex, White Shield, ND.

A Wake Service will begin at 5:00 PM on Thursday, December 29, 2022, at the White Shield Complex, White Shield, ND.

Francine Karen Henry was born on August 27, 1974, to Clarine Ross and John Henry Jr in Belcourt, ND. She grew up in White Shield, ND and Dunseith, ND. She has family from both places. Francine had her children, and they were the joy of her life. She loved to spend time with her children, cousins, brothers and sisters, aunts and uncles, and the many friends whom she held dear to her heart. Francine earned her trade in certified welding, which she enjoyed very much. She enjoyed sweat ceremonies, talking circles, playing volleyball and handball. Francine passed away peacefully on December 17, 2022.

Francine is survived by her mother, Clarine Ross; her father, John Henry Jr.; her brothers, Richard Henry Sr., Eric Henry, Josh Poitra (Carissa), Corwin Nelson, Dylan Nelson; her sisters, Brandy Nelson, Ashley Henry (Scott), Felicia Parisian(Brady); her children, Catherine Nielsen, Dorothy Henry, Myron Henry, Jaidyn Henry; her grandchildren, three grandsons and two granddaughters;14 nieces and eight nephews.

Francine is preceded in death by her maternal grandparents, Selma Packineau and Perry Ross; her paternal grandparents, Bernice Henry and John Henry Sr., her brother Gary “Frank” Henry and her sister Christin Ross and numerous aunts and uncles from both sides of her family.

MHA Healing and Hope Project (COIPP) and East Segment Present

NARCAN TRAINING

Join us on

**WEDNESDAY, January 11, 23
1:00 P.M.**

FREE & OPEN TO PUBLIC

White Shield Public Safety Building
Training Room



LEARN HOW TO PREVENT AN OPIOID OVERDOSE

Learn how to administer Narcan, a nasal spray that can block the effects of an opioid overdose. The training will include what an overdose looks like and how to use the antidote to reverse an opioid overdose. Participants will receive two boxes of Narcan that contain two boxes in each box.

Contact Cody White Bear for more information.
Mobile: (701)-421-5899 Work: (701)-743-4000

**HELP
SAVE
LIVES!**



Seasonal Affective Disorder

Some people experience a serious mood change during the winter months, when there is less natural sunlight. This condition is called seasonal affective disorder, or SAD. SAD is a type of depression. It usually lifts during spring and summer.

Symptoms

Not everyone with SAD has the same symptoms. They include

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability, restlessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Difficulty sleeping or oversleeping
- Changes in weight
- Thoughts of death or suicide

SAD may be effectively treated with light therapy. But nearly half of people with SAD do not respond to light therapy alone. Antidepressant medicines and talk therapy can reduce SAD symptoms, either alone or combined with light therapy. Find additional resources for yourself or someone you care about. Get Immediate Help

People often don't get the mental health services they need because they don't know where to start. Talk to your primary care doctor or another health professional about mental health problems. Ask them to connect you with the right mental health services.

If you do not have a health professional who is able to assist you, use these resources to find help for yourself, your friends, your family, or your students. Emergency Medical Services, 911

If the situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.


988 Suicide & Crisis Lifeline

If you or someone you know is suicidal or in emotional distress, contact the 988 Suicide & Crisis Lifeline. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

Call or text 988 or chat 988lifeline.org



Elbowoods Memorial Health Clinic
1058 College Drive
New Town, ND 58763
(701) 627-7777



2022-2023 White Shield School Calendar

DECEMBER 16	WARRIOR / TEACHER IN-SERVICE
DECEMBER 23-31	CHRISTMAS BREAK
JANUARY 3	SCHOOL RESUMES
JANUARY 16	MARTIN LUTHER KING DAY
FEBRUARY 10	WARRIOR DAY / TEACHER IN-SERVICE
FEBRUARY 20	CHIEF'S DAY
FEBRUARY 23	PARENT / TEACHER CONFERENCE
MARCH 3	WARRIOR DAY / TEACHER IN-SERVICE
MARCH 13-17	SPRING BREAK
APRIL 7	WARRIOR DAY / TEACHER IN-SERVICE
APRIL 14	GOOD FRIDAY
MAY 19	WARRIOR DAY / TEACHER IN-SERVICE
MAY 26	LAST DAY OF SCHOOL
MAY 29	MEMORIAL DAY



Nishu Lodge Elders 2022 Christmas Party

The 2022 White Shield Nishu Lodge Elders Christmas party is a wrap! What a great turnout. Everyone was glad to be out in this wonderful thirty degree weather to socialize and celebrate a late Christmas! Had to reschedule twice due to Mother Nature, but better late than never! Goshtay to our Councilman Fred Fox for the chicken meal, and Goshtay to 4-Bears Casino for the bingo prizes! Goshtay to all the Board members for making it a success! Congrats to all the winners!



Grand Prize winner Beverly



Cleo wins the fireplace



Diana with her new air fryer

ELBOWOODS MEMORIAL HEALTH CLINIC

PRESENTS:

YOUTH ARE SACRED

PRESERVING OUR FAMILIES

AGES 12-17

facilitated by Rhonda Medicine Crow

Native Connections



This 12 week course puts our youth at the heart of Native American culture & believes that it is important to understand that real and lasting change must come from within.

Please join us for an evening of food, fun and wellness.



Zoom Option Available
Upon Request

Call or scan QR code with
your phone to register.



Wednesday's beginning
Jan. 4-Mar. 28
5:30PM to 7:30PM CST
Behavioral Health Department
1058 College Drive
New Town, ND 58763

R.S.V.P.

Phone (701) 627-7745

Cell (701) 421-3515

rhonda.medicinew@ihs.gov

Native American Fatherhood
& Families Association



Tribal Opioid Response presents:

SPIRIT OF HEALING

HONORING AND SUPPORTING OUR RELATIVES

This workshop is facilitated by Project Director Beau Medicine Crow member of MHA Nation. Spirit of Healing is a confidential & sacred space for our participants who may struggle with Opiate Use Disorder and other drugs.

Light Refreshments Provided

IN-PERSON

(ZOOM OPTION AVAILABLE UPON REQUEST)

THURSDAY NIGHTS | 5:30PM TO 7PM CST

Beau Medicine Crow, Project Director
beau.medicinew@ihs.gov
cell (701) 421-0521
1058 College Dr.
New Town, ND 58763



Register for free

Call or scan QR
code with your
phone.



Recipe Corner

Sausage, Potatoes & Cheese Breakfast Bake

This healthy recipe comes from NDSU Extension.

INGREDIENTS

- 16 ounces hash browns, fresh or frozen (defrosted)
- Salt (optional)
- 12 ounces breakfast sausage links, cut into chunks (or chopped ham)
- 1/2 c. onion, chopped
- 1/2 c. red bell pepper, chopped
- 2 c. colby-jack or cheddar cheese (low-fat or fat-free), shredded
- 6 eggs
- 1/2 cup milk, fat-free or low-fat
- 1/2 tsp. black pepper

DIRECTIONS

Preheat oven to 350 F. Thaw hash browns in a microwave oven if needed. Cut links into small pieces, then brown sausage in a frying pan. Add onion and pepper to the pan and saute until softened. Set aside. Spray a 9-by 9-inch casserole dish. Spread half of the hash browns in the pan. If desired, sprinkle potatoes lightly with salt.

Top the potatoes with half of the sausage, onion and pepper mixture. Top with 1 cup of shredded cheese. Repeat layers. Sprinkle the top with remaining cheese. Whisk together eggs, milk and seasonings. Pour egg mixture over the layers and swirl gently to penetrate layers. Bake for 30 to 35 minutes or until eggs are set.



SPORTS SECTION

JANUARY 2023



Young Warriors ready for season

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

Head Coach Stacie Tsingine is back at the helm for her second year as the head coach of the White Shield Warriors girls' basketball. Coach Tsingine has a group of 11 girls on her team with the squad being younger than the average varsity team.

"We're a very young team." She said, "We have seventh graders up to tenth graders, so our tenth graders are the veterans of our team."

Tsingine described the team as having several new faces, and with such a high influx of new players

she's kept her expectations clear and simple.

"Compete," Tsingine said when asked about her expectations for the season. She discussed wanting the team to simply play as hard as they can, win or lose.

Having such a small roster will also require the 11 girls on the squad to shoulder a heavy load of minutes during the season, but that heavy workload should ultimately lead to major strides in the team's game as the year progresses.

White Shield's girls' squad will first take the court this season on Dec. 3-4 when they travel to Washburn for the McLean County Shootout.

SCHEDULE

Dec. 3-4	McLean County Shootout @ Washburn	TBD
Dec. 6	Ray	7:00pm
Dec. 9-11	All American Indian Shootout @ Billings, MT	TBD
Dec. 12	@ Trenton	7:00pm
Dec. 20	Mandaree	7:00pm
Jan. 2	Powers Lake	7:00pm
Jan. 3	Trenton	7:00pm
Jan. 5	@ Parshall	7:30pm
Jan. 9	Alexander	7:00pm
Jan. 23	@ Mandaree	7:00pm
Jan. 24	North Shore / Plaza	5:30pm
Jan. 28	New Town	2:30pm
Jan. 31	@ Garrison	7:30pm

ROSTER

#10	Promise Andrade
#11	Latoya Clark
#15	Keira LaCroix
#21	Sunni Ortega
#23	Chloe Bearstail-Fox
#24	Jocelyn Ward
#25	Koya Bearstail
#30	Aniera Ten Bears
#32	Savannah Stranger Horse
#42	Sierra Wells
#50	Love Hopkins

**GOOD
LUCK
GIRLS!**



Get Your
**WHITE SHIELD
WARRIORS**
Basketball T-Shirts
& Sweatshirts
NOW!
(Limited supply)



**NORDAK NORTH
PUBLICATIONS**
& Promotional Products

Mon-Fri 8-5:30, Sat - Closed
71 North Main St. • Garrison, ND
(701) 463-2201

SPORTS SECTION

JANUARY 2023



Warriors boys looking to compete

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

For the second straight year the White Shield Warriors boys' basketball program will be led by Head Coach Shaun Knife. Knife's roster of 18 players features many familiar faces from his previous season coaching. "It's literally the entire crew from last year," he said, "everyone returned. We didn't have any graduations or transfers from students on the team last year." Having his entire roster of students return for the next season has Knife's expectations high as the season draws near. He ultimately wants the team competing for a spot at state but has their goal for the for the season set closer.

"We all have big goals and expectations here," Knife said. "Realistically, our goal is to be in the Region Championship game this year." White Shield's team definitely has the athletes to make noise during the regular season in Region 8's District 15, but Knife stressed the importance of his team not getting ahead of themselves this early in the year, regardless of the talent on the squad. Knife's squad will get their first chance to see how their team looks in action on Dec. 9-11 when the team travels to Billings, Montana for the All American Indian Shootout, and then to the Hunkpapa Classic in McLaughlin, South Dakota, for the group's season opener.

SCHEDULE

Dec. 9-11	All American Indian Shootout @ Billings, MT	TBD
Dec. 30-31	Hunkpapa Classic @ McLaughlin, SD	TBD
Jan. 2	Powers Lake	6:00pm
Jan. 3	Trenton	7:00pm
Jan. 6-7	McLean County Shootout @ Garrison	TBD
Jan. 14	@ Garrison	4:00pm
Jan. 17	@ New Town	7:00pm
Jan. 20	Williston Trinity	6:30pm
Jan. 24	North Shore / Plaza	7:15pm
Jan. 27	Solen	6:30pm
Jan. 28	Max	2:00pm
Feb. 2	@ Alexander	7:30pm
Feb. 3	Mandaree	7:00pm
Feb. 5	Parshall	7:30pm
Feb. 7	@ Warwick	7:30pm

ROSTER

#1	Owen Hosie
#2	Bryant Wells
#3	Jase Dickens
#4	Madden Everett
#10	Cassius Hernandez
#11	Koda Deegan
#14	Jayden Garcia
#15	George Wilkinson
#20	Riley Esquibel

ROSTER

#21	Kayden Norqway
#22	Weston Bird
#23	Oscar Felix
#30	Anthony Felix
#33	Josh Jeanotte
#34	Darius Jackson
#35	Landin Felix
#41	Chris Montclair
#55	Zane Clark

**WHITE SHIELD WARRIORS BASKETBALL
GOOD LUCK BOYS!**



SPORTS SECTION

JANUARY 2023

Mystics ride five-game winning streak to Twin Cities

DAVE SELVIG Dec 15, 2022
The Bismarck Tribune

After a sluggish start to the season, the Mystics have hit their stride.

Bismarck State College sat 1-3 early, but has reeled off five straight wins with a challenging holiday schedule ahead.

With more freshmen (6) than sophomores (4), the Mystics just needed some time.

“When you’re young at the junior college level, it does take time for your younger players to catch up to the pace and physicality of college basketball,” BSC head coach Thai Haggin said. “So, you expect to have to kind of work out some kinks as you go. That’s natural and I think our girls have made a lot of progress the more comfortable they have become.”

The transition has been made smoother by a pair of local standouts who are turning in stellar sophomore seasons.

Mandan’s Sydney Gustavsson is averaging 19.4 points, 6.8 rebounds, 2.9 assists and 2.6 steals per game.

“I mean, she couldn’t be doing much more for us,” Haggin said. “She’s just playing at a really high level.”

Ashton Kinnebrew, a former Century standout, is doing the same. Kinnebrew is accounting for 16.6 points, 4.2 rebounds, 3.1 assists and 1.9 steals through nine games.

“Ashton is very well-rounded. Very consistent. Just a great all-around player,” Haggin said. “Coming to

BSC, they love it here. They both wish it was a four-year college and I wish I could have them for four years.

“They’re good leaders. Good teammates. Just the type of kids you love to have in the program.”

Haggin said the same thing about fellow sophomores Katherine Fox and Haley Gereau. All four sophomores have started all nine games. Fox, from White Shield, is averaging 7 points and 5 rebounds per game. Gereau, from Manvel, N.D., is pulling down nearly 6 rebounds per game.

“They all play their roles well and we have to do that to be successful,” Haggin said.

The freshmen are chipping in, too.

Piper Harris, a former three-sport standout at Mandan High, has started all nine games. Always a lockdown defender on the perimeter, Harris’ offensive game is blossoming as well.

“Piper is an x-factor. She’s always going 100 miles per hour. Defense has always been her forte, but she’s growing in her confidence offensively,” Haggin said. “I’ve told her, ‘When you’re open, you gotta shoot. I have confidence in you.’ It’s taken a while. She’s unselfish naturally, but it’s starting to come and she’s only going to get better.”

Harris is averaging nearly 8 points per game, 4.9 rebounds, 2.6 assists and 1.8 steals.

Rozalind Strong from Dunseith is third on the team in scoring. The 5-7 freshman is accounting for nearly 9 points per game off the bench.



Katherine Fox, left, has started all nine games this season for Bismarck State College, which has won five in a row. At right is Alyssa St. Pierre of of Dakota College-Bottineau.
TOM STROMME, TRIBUNE

Jordan Derby, a 6-3 freshman from Kyle, S.D., also is playing key minutes off the bench.

Everybody will be needed with five tough games coming up.

This weekend in Coon Rapids, Minn., the Mystics (6-3) face two undefeated teams in 9-0 Anoka-Ramsey Community College and 8-0 Rochester Community and Technical College. After a break around Christmas, the Mystics head south for some fun, sun and stiff competition in Tucson, Ariz. They’ll face Pima Community College (7-3), Mesa Community College (8-2) and Cochise College (8-2) the last three days of 2022.

“It’s a really long season, so it’s nice to have something to look forward to where you can have a team-bonding experience and some good weather, especially when we’re having a hard winter like we are,” Haggin said. “We’re playing some really good teams here over the next couple of weeks. With that being said, we’ll use it as a learning tool. To get where we want to go, these are the types of teams you have to play and ultimately, the type of teams you have to beat.”





The **White Shield East Segment** app is your community connection **at home and on the go.**

Powered by *Native REACH*



PET GROOMING

We provide grooming based on the weight of your pet.

- Bath & Blow Dry
- Cut/Trim Nails
- Eyes (staining)
- Ears (Cleaning & Hair removal)
- Sanitary Area

KENNELING (LIMITED)

We kennel dogs all sizes & Cats all sizes

1/2 day = 8 hours of Kenneling \$15.00

Full day= 24 hour of Kenneling \$30.00

1st dog \$22.00 2nd dog

YOU ARE WELCOME TO TAKE A TOUR

Just give me a call.

701-337-6333



Elbowoods Memorial Health Center
Native Connections

YOUTH GROUP
SEEKING YOUTH REPRESENTATIVES
FROM ALL SEGMENTS
AGES 12-24

In honor of our Native American children and young adults, we want to amplify Indigenous voices, to highlight and celebrate the diversity of backgrounds, experiences, and interests across the Native American community.

A youth group (youth advisory board, youth council, etc.) provides a way to enable youth to have a role in helping to solve problems in their community. Each youth group has its own identity based around the community that it serves, while providing youth an opportunity to learn responsibility and leadership, as well as to contribute to their community.

Please contact Rhonda Medicine Crow at the number listed below if you or someone you know is interested.





For More Information Contact
Rhonda Medicine Crow
(701) 421-3515
rhonda.medicinecrow@ihs.gov

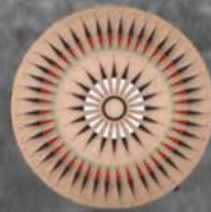
Arikara Language Class

Every Thursday

5PM-7PM

By the Culture & Language
Department

Hosted at the MHA Interpretive
Center



WHITE SHIELD CHURCHES

ARIKARA CONGREGATIONAL CHURCH

Worship & Sunday School: 10:00am

Pastor Kathy Holmes

SACRED HEART CATHOLIC CHURCH

Saturday Mass: 4:30pm

Father Basil Atwell

(701) 463-2327 (Parish Office)

ARIKARA FITNESS & REC CENTER

FITNESS MANAGERS

Megan Blacksmith
701-421-0895

meganblacksmith@mhanation.com

Mark Nolan
701-421-2557

mnolan@mhanation.com

Matt Howling Wolf
701-421-5053

matthowlingwolf@mhanation.com

REC CENTER PRICES

\$3 for Children

\$5 Adults 18+

Memberships

\$30 Single/Month

\$100 Family/3 Months

Golf Simulator

\$10 Per Person

HELP WANTED

White Shield School



- Elementary Principal
- School Business Manager
- 2 Elementary Teacher
 - 1 Title One Teacher
- 1 Gifted/Talented Teacher
 - Basketball Coaches
 - Volleyball Coaches
 - Football Coaches
 - Wrestling Coaches
 - Golf Coaches
 - Track Coaches
- Cross Country Coaches
- Elementary Teachers
 - Bus Drivers

Applications and Background check forms can be found on our school website <https://www.white-shield.k12.nd.us/>

Any questions please contact the business office at 701-743-2201.

White Shield Star



November Answers

A 20x20 word search grid with the following words circled in red:

- BLACK FRIDAY (horizontal, row 1, columns 2-11)
- EXG (vertical, column 14, rows 1-2)
- MD (vertical, column 15, rows 1-2)
- JP (vertical, column 16, rows 1-2)
- IBD (vertical, column 2, rows 2-4)
- FXSYMS (vertical, column 3, rows 2-8)
- SXDDHTOQA (vertical, column 10, rows 2-11)
- PSA (vertical, column 17, rows 2-4)
- HYASA (vertical, column 1, rows 3-9)
- JHZBTWYRFNB (vertical, column 5, rows 3-10)
- SLNN (vertical, column 18, rows 3-9)
- AIYNP (vertical, column 4, rows 3-8)
- HOELUZGABZHIXC (vertical, column 6, rows 3-12)
- PSLOLWIPJIFKPPX (vertical, column 1, rows 4-10)
- FRIFRI (vertical, column 19, rows 4-10)
- PWIWT (vertical, column 2, rows 4-6)
- WULNP (vertical, column 3, rows 4-6)
- ZFHRRDDOJJ (vertical, column 10, rows 4-10)
- YEGFHAIMYTIYZIKZ (vertical, column 5, rows 4-11)
- POJG (vertical, column 17, rows 4-5)
- HEHAAMNNPGINEANY (vertical, column 3, rows 5-12)
- OTGQ (vertical, column 18, rows 5-6)
- OTTLNKALTUANG (vertical, column 4, rows 5-12)
- LRGTBPR (vertical, column 10, rows 5-12)
- LPSSLKWRJRYEMTGMD (vertical, column 2, rows 6-13)
- AAZG (vertical, column 18, rows 6-7)
- IOAWSBNLIDRPHSGGTLS (vertical, column 1, rows 7-14)
- SS (vertical, column 19, rows 7-8)
- DTVTVGYZFINS (vertical, column 3, rows 7-14)
- SSKEEPO (vertical, column 10, rows 7-14)
- QL (vertical, column 18, rows 7-8)
- AAITIFBRATEKORAE (vertical, column 4, rows 8-15)
- XL (vertical, column 18, rows 8-9)
- YTNVVNIYWUICALNIS (vertical, column 1, rows 9-16)
- SGYD (vertical, column 18, rows 9-10)
- SOGYIZGHFRKBONS (vertical, column 3, rows 10-17)
- PNOKD (vertical, column 10, rows 10-17)
- RESVNYNFZKRDXRMTIG (vertical, column 1, rows 11-18)
- NI (vertical, column 18, rows 11-12)
- VSTXGHXDPEMECPFIEGN (vertical, column 1, rows 13-20)
- VMIYNEUET (vertical, column 2, rows 13-19)
- YAEIYASUCY (vertical, column 10, rows 13-20)
- YG (vertical, column 18, rows 13-14)
- TFMYICRANBERRIES (vertical, column 1, rows 15-22)
- SKCEF (vertical, column 10, rows 15-22)
- IDEHGMAE (vertical, column 1, rows 23-29)
- VETERANS DAY (horizontal, row 23, columns 10-19)

Ralph Wells Community Center Hours

WEEKDAYS		WEEKENDS	
ARIKARA FITNESS CENTER	6:00AM - 10:00PM	ARIKARA FITNESS CENTER	8:00AM - 10:00PM
ARIKARA NUTRITION	6:00AM - 5:00PM	ARIKARA NUTRITION	CLOSED
POOL	12:00PM - 8:00PM	POOL	12:00PM - 8:00PM
GYMNASIUM	6:00AM - 10:00PM	GYMNASIUM	8:00AM - 10:00PM
REC ROOM	10:00AM - 8:00PM	REC ROOM	10:00AM - 6:00PM
MOVIE THEATER	FRIDAY AT 7:00PM	MOVIE THEATER	10:00AM - 10:00PM

WHITE SHIELD STAR WORD FIND

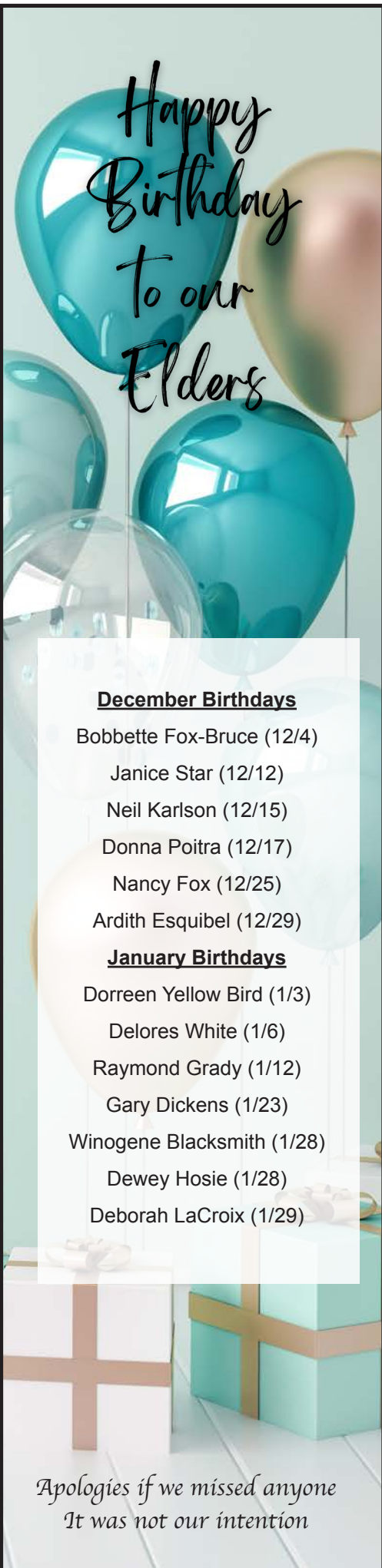
T Z I E W I N T E R S O L S T I C E C G
 M M E R R Y C H R I S T M A S D B T A R
 A K D O H O T C H O C O L A T E N E S E
 R Q E A W A Y I N A M A N G E R A O T I
 S G C S A N T A C L A U S P I H T J O N
 H I E A E F S E M J O E I R D A I C C D
 M N M H R O I U O X F G N E R P V S K E
 E G B R O O G R N S S G X S U P I I I E
 L E E A S T L A E D U N M E M Y T L N R
 L R R M K P A O U P O O E N M H Y E G J
 O B W C H R C P F L L G T T E O S N S I
 W R I A O C A C P T D A Z S R L C T T N
 S E N N L U R Y B L H L C V B I E N U G
 O A D D Y W O L D L E E A E O D N I F L
 S D C Y N I L X L R I C B N Y A E G F E
 P H H C I O S A G G A Z I E G Y G H E B
 U O I A G S N O W D A Y Z D L S I T R E
 I U L N H C O O K I E S Z A E L Y L S L
 A S L E T S P B C B K P K X R R S N H L
 U E S S N E W Y E A R S E V E D L S E S

AULD LANG SYNE
 AWAY IN A MANGER
 BLIZZARD
 CANDY CANES
 CAROL OF THE BELLS
 CAROLS
 COOKIES
 DECEMBER

DRUMMER BOY
 EGGNOG
 FIREPLACE
 GINGERBREAD HOUSE
 HAPPY HOLIDAYS
 HOLY NIGHT
 HOT APPLE CIDER
 HOT CHOCOLATE

JINGLE BELLS
 MARSHMELLOWS
 MERRY CHRISTMAS
 NATIVITY SCENE
 NEW YEARS EVE
 PRESENTS
 REINDEER
 SANTA CLAUS

SILENT NIGHT
 SNOW DAY
 STOCKING STUFFERS
 SUN DOG
 WINDCHILL
 WINTER SOLSTICE



December Birthdays

- Bobbette Fox-Bruce (12/4)
- Janice Star (12/12)
- Neil Karlson (12/15)
- Donna Poitra (12/17)
- Nancy Fox (12/25)
- Ardith Esquibel (12/29)

January Birthdays

- Dorreen Yellow Bird (1/3)
- Delores White (1/6)
- Raymond Grady (1/12)
- Gary Dickens (1/23)
- Winogene Blacksmith (1/28)
- Dewey Hosie (1/28)
- Deborah LaCroix (1/29)

*Apologies if we missed anyone
It was not our intention*

WHITE SHIELD SENIOR MEALS

701-421-4121
DELIVERY
OR PICK-UP
11:30AM - 12:30PM

WHITE SHIELD OFFICE		
Councilman Fred Fox	fredfox@mhanation.com	701-421-9355
Greta Hosie	gretahosie@mhanation.com	701-421-8286
Heather Bearstail	hdickens@mhanation.com	701-421-1396
Morley Howling Wolf	mhowlingwolf@mhanation.com	701-421-1160
David Blacksmith	dblacksmith@mhanation.com	701-421-6507
RECORDS OFFICE		
Executive Secretary		701-627-8248
Mike Stevens	mstevens@mhanation.com	701-627-8111
NEW TOWN OFFICE		
Main Phone		701-627-8248
Fax Line		701-627-2093
BISMARCK SATELLITE OFFICE		
Main Phone		701-751-0456
Fax Line		701-751-1972
Sharissa Wells	slwells@mhanation.com	701-421-8985

Please email stories and photos (with credit) to:
editor@whiteshieldstar.com

**DEADLINE FOR SUBMISSIONS: 10TH DAY OF THE MONTH
FOR THAT MONTH'S ISSUE**

MHA NATION COMMITTEES

EXECUTIVE COMMITTEE		
Chairman Mark Fox (Chair)	chairmanfox@mhanation.com	701-627-4781
Cory Spotted Bear (Vice Chair)	coryspottedbear@mhanation.com	701-938-4403
Fred Fox (Executive Secretary)	fredfox@mhanation.com	701-627-8248
Mervin Packineau (Treasurer)	mpackineau@mhanation.com	701-627-8216
JUDICIAL COMMITTEE		
Monica Mayer (Chair)	mmayer@mhanation.com	701-627-3456
Fred Fox (Member)	fredfox@mhanation.com	701-627-8248
Robert White (Member)	rwhite@mhanation.com	701-627-8109
HEALTH AND HUMAN RESOURCES COMMITTEE		
Monica Mayer (Chair)	mmayer@mhanation.com	701-627-3456
Fred Fox (Member)	fredfox@mhanation.com	701-627-8248
Robert White (Member)	rwhite@mhanation.com	701-627-8109
EDUCATION COMMITTEE		
Monica Mayer (Chair)	mmayer@mhanation.com	701-627-3456
Sherry Turner-Lone Fight	sturner-lonefight@mhanation.com	701-759-3377
Robert White (Member)	rwhite@mhanation.com	701-627-8109
ECONOMIC DEVELOPMENT COMMITTEE		
Robert White (Chair)	rwhite@mhanation.com	701-627-8109
Sherry Turner-Lone Fight	sturner-lonefight@mhanation.com	701-759-3377
Monica Mayer (Member)	mmayer@mhanation.com	701-627-3456
ENERGY COMMITTEE		
Fred Fox (Chair)	fredfox@mhanation.com	701-627-8248
Cory Spotted Bear (Member)	coryspottedbear@mhanation.com	701-838-4403
Monica Mayer (Member)	mmayer@mhanation.com	701-627-3456
CULTURAL COMMITTEE		
Sherry Turner-Lone Fight (Chair)	sturner-lonefight@mhanation.com	701-759-3377
Mervin Packineau (Member)	mpackineau@mhanation.com	701-938-8216
Robert White (Member)	rwhite@mhanation.com	701-627-8109
NATURAL RESOURCES COMMITTEE		
Cory Spotted Bear (Chair)	coryspottedbear@mhanation.com	701-938-4403
Fred Fox (Member)	fredfox@mhanation.com	701-627-8248
Monica Mayer (Member)	mmayer@mhanation.com	701-627-3456

1804 C-STORE	
Main Phone	701-743-4022
WHITE SHIELD COMPLEX	
Main Phone	701-743-4244
Gary Dickens	701-898-8946
NEW RALPH WELLS, JR. COMMUNITY CENTER	
Main Phone	701-743-4637
Glenn LaCroix	701-421-7585
Harry LaCroix	605-222-8974
PJ DeMarce	701-421-7098
Megan Blacksmith	701-421-0895
Mark Nolan	701-421-2557
Matt Howling Wolf	701-421-5053
NISHU ELDER LODGE	
Main Phone	701-743-4050
Helen Krueger	701-898-8609
Glenise Bearstail	701-897-1163
Jayden Cisneros WB	701-421-2646
WHITE SHIELD SENIOR MEALS	
Main Phone	701-743-4121
REE LODGE MANAGEMENT	
Main Line	701-743-4120
JoDell Fox	Ext 225
Chris Everett	Ext 226
WHITE SHIELD FIELD CLINIC	
Main Phone	701-743-4380

SECURITY	
James Miller	701-421-7099
POLICE DEPARTMENT	
TAT Police Department	701-627-3617
DEPARTMENT OF TRANSPORTATION	
Main Phone	701-627-2832
RURAL WATER	
Main Phone	701-627-8185
ENVIRONMENTAL DEPARTMENT / PESTICIDES	
Main Phone	701-627-4569
ELBOWOODS HEALTH CENTER	
Main Phone	701-627-4750
Fax Line	701-627-4496

BIA NEW TOWN	
Main Phone	701-627-4707
Range	701-627-6532
LEGAL SERVICES NEW TOWN	
Main Phone	701-627-4719
Toll Free	1-877-639-8695
TAT FINANCE	
Main Phone	701-627-8224
Fax Line	701-627-2811
TAT ENROLLMENT	
Main Phone	701-627-4238
TAT SOLID WASTE	
Main Phone	701-627-2034
ANIMAL CONTROL	
Delia Blake	701-421-5214
Travis Jensen	701-421-8906
TRIBAL COURTS	
Main Phone	701-627-4803
SOCIAL SERVICES	
Main Phone	701-627-8165
477	
Main Phone	701-627-4455
GARRISON CENEX	
Main Phone	701-463-2256
GARRISON STATE BANK & TRUST	
Main Phone	701-463-2262
MCLEAN ELECTRIC	
Main Phone	701-463-2291