



MARCH/APRIL 2023 | VOLUME 2 | ISSUE 3

Councilman Fred Fox's Greetings

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

I hope everyone had a great Easter Celebration with all their families and relatives, this time of the year brings a new season with warmer weather and brighter days. I also would like to send my condolences to families that have lost loved ones and have family members in the hospital.

Spring has snuck up on us and pretty much flooded everything all around the community. Some of us had basements flooded, garages flooded, and roads flooded. Leaving a complete mess out of everything, but we will pull up our sleeves and get to work. Our priority will be addressing the roads at Awahu Village. We are very close to getting this area paved so we won't have the problem of the roads flooding and washing out anymore. We also will be filling a lot of potholes in the community this summer. A lot of the cold weather, snow, ice, and flooding has taken a toll on them. We have a plan in place to get this taken care of this late spring and early summer.

I would like to congratulate the Tskaatit Lodge for the opening of the brand-new Coffee Shop located in the White Shield Community Center. They serve some of the best coffee, breakfast sandwiches, and lunch meals. It's a new bright spot in the community and we have the Grand Opening April 18th at 11:00am.

We also have some great movies coming out at the Sahnish Cinema. Some of them include: The Guardians of the Galaxy (Marvel) Vol. 3 on May 5th, the New Little Mermaid (Disney) movie on May 26th, Elemental (Pixar) on June 16th, and



The White Shield Veterans representing the Young Hawk/Bear Post 253 at the 2023 Vietnam Veterans Day Parade in Hawaii

the New Indiana Jones movie June 30th. This is something we thought we would never have.

Growing up, we would travel to Minot or Garrison to go to the movies. Now that we have our own theater, White Shield has another thing to be proud of. Our community members can now attend new premiere movies right here in White Shield.

We have extended the contracts for Oakwise Barber and Kelsey Kraft for hair services for men and women at the Elder Center. They come to White Shield twice a month and they stay for almost 10 hours each time. We have a lot of great comments from elders all the way down to children.

We also have a couple events that are going on in April in White Shield. The Arikara Celebration Committee hosted their Warbonnet Parade on April 15th, starting with Feeding of the Mourners at 1:00pm and the Parade beginning at 2:00pm. On April 14th-16th the White Shield Community Center held the Sahnish Classic Basketball Tournament, which concluded with the Championship round on Sunday for Men and Women.

The White Shield Segment will be having a Community Update Wednesday April 26th at 6:00pm at the New Community Center. I have invited the following MHA Tribal Departments: Good Road Recovery, Joy Froelich; Public Safety Director, Phil Packineau; FBHA, Coby Rabbithead; Drug Enforcement, Gerald "Chip" White/Dawn White; EMHC, Kathy Eagle; Transportation Director, Scott Satermo; and Sahnish Development Authority, Fred Everett. I believe this will answer any questions involving Drugs, Housing, Public Safety, Roads, and Health. So hopefully everyone will come out and get the updates and have a great meal.

I would like to wish everyone a safe and fun spring season, also please help our community by picking up our yards and keeping a leash on our pets.

Take care and God Bless.

Fred Fox

White Shield East Segment Representative
MHA Nation Executive Secretary

White Shield rec center becomes pivotal part of community

By Crystal Kwaw

Published: Mar. 29, 2023 at 8:01 PM CDT
WHITE SHIELD, N.D. (KMOT)

Workout facilities in rural settings can be difficult to find.

Your News Leader visited a gym in White Shield that opened a year and a half ago to find out what has made it one of the cornerstones in the community.

Scarlett Parlier lives about 20 minutes from the Arikara Fitness and Recreation Center. She said working out at home was how she used to stay active.

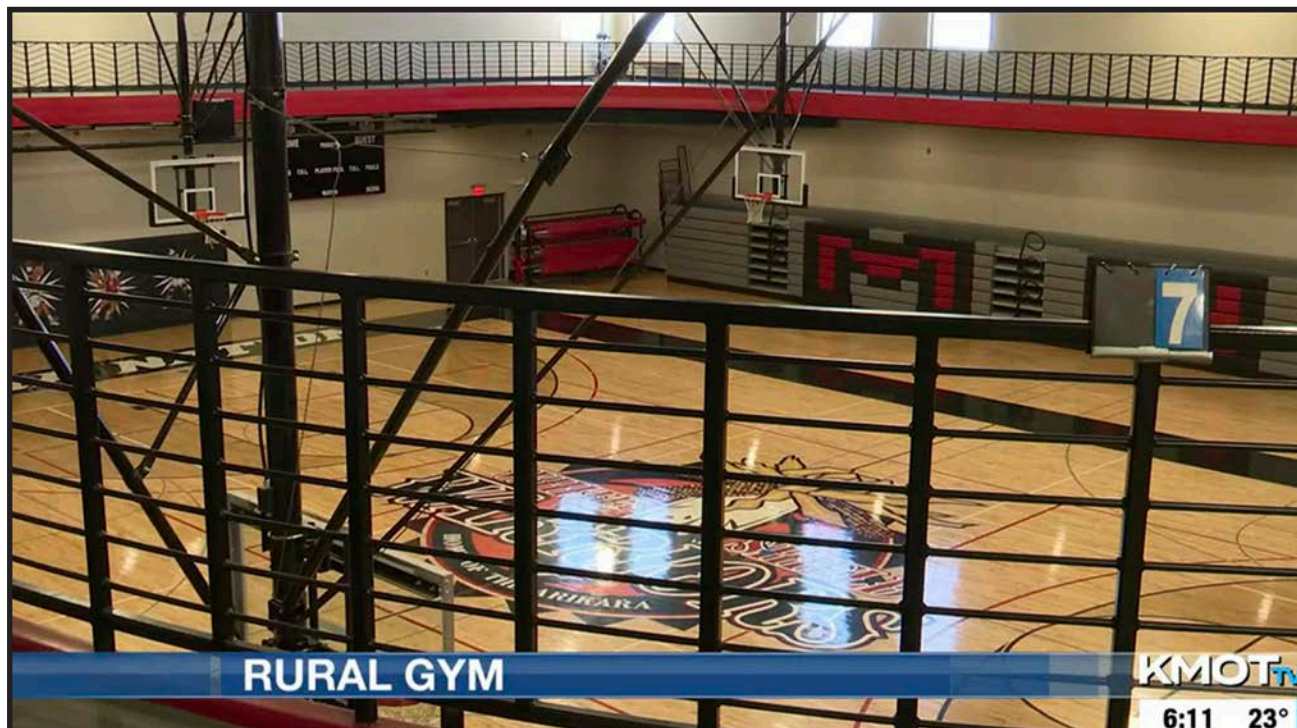
"I really didn't have anywhere to go that I wasn't going to travel far for," said Parlier.

Now she tries to come to the gym at least five days a week and during the slower periods of the day. After a hard workout, she said she enjoys having the options to go to the sauna or the pool to relax.

The building also has options for people of all ages who don't want to exercise: a movie theater, a golf simulator and places like the nutrition bar to eat.

The Tskaatit Coffee Lodge is planning to open in a couple weeks.

"We are excited about being part of the community in the heart of the community," said Pamela Nicholson, manager of the coffee bar.



Steven Blacksmith, a fitness tech at the center, said it would've been nice to have this spot when he was a child.

"A lot of younger kids don't lift, but now they've been starting to lift more because the gym's open," said Blacksmith.

According to a 2019 article by the National Indian Council on Aging, Native Americans have the highest rates of type II diabetes, which is more than 50%. Manager Mark Nolan says he had been diagnosed over a year ago.

"It's showing the kids in the community that fitness is just not something that's boring. It helps you when it comes to life,

later on in life," said Nolan.

Blacksmith said he's seen people's progress from one lap to walking miles.

"I call it, 'the fitty,'" said Blacksmith.

After school and work, the gym really gets busy.

The April Spring Challenge will happen all month for biking, running and AMT. The top finishers will be given prizes.

You can sign up in person or call them at 701-743-4798.

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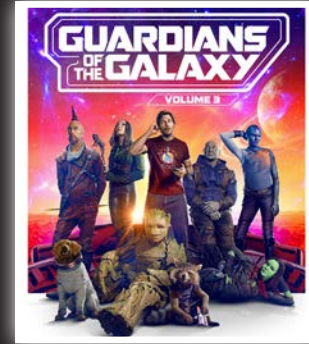
Congratulations to the White Shield Beautification Crew and team's new truck

White Shield Fire District just completed the Fire Truck Pumper and also the Fire Truck Tender

Photo Credit: Tony Gonzalez



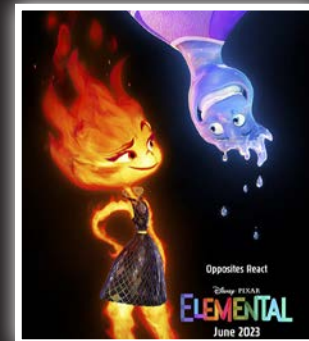
GUARDIANS OF THE GALAXY VOL. 3
MAY 5TH



THE LITTLE MERMAID
MAY 26TH



ELEMENTAL
JUNE 16TH



THE NEW INDIANA JONES MOVIE
JUNE 30TH



Felix Young Bird Bradley's Welcome Home Dinner

Photo Credit: Marilyn Young Bird



Honoring Vietnam Veterans MHA Nation Veterans, Auxiliaries Take Part in Hawaii Event



Submitted Photo Mandan, Hidatsa and Arikara Nation representatives, the majority of them veterans and auxiliaries, shown in this photo by Malvina Baker, pose for a photo while in Hawaii for the Vietnam Veterans Day Parade and program.

ELOISE OGDEN

Editor

eogden@minotdailynews.com

On an invitation from the Historic Programs in Hawaii, 117 representatives of the Mandan, Hidatsa and Arikara Nation on the Fort Berthold Reservation traveled to that state to take part in the Annual Vietnam Veterans Day Parade on March 29.

The majority of those making the trip were Fort Berthold veterans and auxiliary members. The Three Affiliated Tribes business council paid for the trip for the veterans and auxiliary members. Others financed their own trips.

“It was really meaningful,” said Sissy Fox of the trip and activities the group participated in while in Hawaii. Fox, an Army veteran, is senior veteran service officer with the MHA Nation Veterans Affairs Department.

Fox planned the trip with Gerrilyn Yellowbird of American Legion Younghawk/Bear Post 253 Auxiliary president.

Fox said Yellowbird volunteered to do all the travel arrangements.

“She put in volunteer hours to make sure our travel was planned out to the ‘T.’ All post commanders/auxiliary presidents took

charge of their own personnel and helped to ensure a safe and honorable trip. So it took a small army for us to attend,” she said.

Those taking part in the trip included Fort Berthold Veterans of Foreign Wars Post 9061 and Auxiliary, Drum Group Shylo Baker and Sons of Mandaree, American Legion Younghawk/Bear Post 253 and Auxiliary of White Shield, American Legion Myron B. Johnson/Nathan Goodiron Post 271 of Mandaree and Auxiliary Unit 300 of New Town.

On March 29, National Vietnam War Veterans Day, the North Dakota group took part in a program followed by the parade.

Austin Gillette, a veteran who served with the U.S. Marine Corps in Vietnam, was a guest speaker at the program held at Kuroda Field at Fort DeRussy in Waikiki, Hawaii. Gillette, of White Shield, is a former tribal chairman and former councilman of the Three Affiliated Tribes.

While in Hawaii, the group visited Pearl Harbor and the USS Missouri.

Previously, VFW Post 9061 representatives were invited and participated in a Pearl Harbor ceremony in December 2022.

Another trip for MHA Nation Veterans and Auxiliaries is in the planning stages, according to Fox. That trip is being planned for Normandy, France, for the D-Day observance on June 6.



Austin Gillette, left, was a guest speaker at the program held during the Vietnam Veterans Day Parade at Waikiki, Hawaii, on March 29, shown in this photo by Malvina Baker. Gillette served in the U.S. Marine Corps in Vietnam.



MHA Veterans Represent in Hawaii's 2023 Vietnam Veterans Day Parade





WHITE SHIELD EAST SEGMENT VETERANS CENTER COMING SOON



In Memory of



RHODA MAE STAR

sčipaaNUxwáhAt

“Red Corn Silk (Woman)”

NOVEMBER 6, 1946 - MARCH 13, 2023

Rhoda Mae Star, 76, of White Shield, passed away March 13, 2023.

Funeral Services will be held at 1:00 PM on Saturday, March 18, 2023, at the White Shield Complex. Burial will be held at a later date.

Wake Services will be starting at 5:00 PM on Friday, March 17, 2023, at the White Shield Complex.

Rhoda was born to Phillip and Kate (Hopkins) Star on November 6, 1946. She was raised in White Shield. She attended college at United Tribes Technical College to further her education.

Rhoda married Jack Crawford June 6, 1972, they were friends and companions for many years. They lived out on their farm where she was a farm wife. She had a special love for animals. She also took great pride in her garden.

Rhoda was known as a Ree Oral Historian for Fort Berthold as a language specialist and Cultural specialist. She held lots of knowledge of the Arikara, which was given by her mentors her mom (Kate Hopkins Star) and Melphine Everett.

Rhoda is survived by her sister, Janice Star; special friend, Wayne Flute; friend, Jewel Felix; and many nieces, nephews, and family members.

Rhoda is preceded in death by her parents; brothers, Phillip Star Jr., Webster Star, McRoy Star, Woodrow Star, Alphonso Star, Jimmy Star, and Glen Snowbird; sisters, Ida Abraham, Margaret Star, and Theresa Charging.





Grand Opening
Tuesday April 18th
11:00am

RALPH WELLS COMMUNITY CENTER

HOSTED BY THE
SAHNISH DEVELOPMENT AUTHORITY



Recipe Corner

Hawaiian Chicken Sheet Pan Meal

This healthy recipe comes from NDSU Extension.

INGREDIENTS

- 1.5 pounds chicken breast or boneless skinless chicken thighs, cubed
- Salt and pepper (to taste)
- 1 tablespoon canola oil (or your favorite oil)
- 1 large red bell pepper, diced
- 1 large orange bell pepper, diced
- ½ red onion, cut into chunks
- ½ cup barbecue sauce (plus more for drizzling)
- 1 cup pineapple chunks, canned (drained) or fresh
- Juice of 1 lime
- Cilantro and white sesame seeds for garnish
- 6 cups cooked brown or white rice (as an accompaniment)

DIRECTIONS

Preheat oven to 350 F and prepare a baking sheet by lining with parchment paper and spraying with oil. In a large mixing bowl, season chicken breast with salt, pepper and a drizzle of oil.

Next, add bell peppers, red onion and barbecue sauce to chicken. Use your hands to coat thoroughly. Bake in the oven for 20 minutes, then remove sheet pan and add pineapple chunks. Return to the oven for 15 to 20 more minutes or until chicken reaches an internal temperature of 165 F. Remove sheet pan from oven and squeeze lime juice over all. Add cilantro and sesame seeds to garnish. Serve with a side of rice.



SPORTS SECTION

MARCH/APRIL 2023



Congratulations to Love Hopkins

NDN Sports Facebook Page

(MHA/Standing Rock), a 7th grader out of White Shield, North Dakota, who competed at Wrestling Nationals in Des Moines, Iowa this past weekend and won her division to earn All American status with eight wins and zero losses.

White Shield School Cheer/Dance Team Gifted Jackets



Councilman Fox gifted them jackets to show appreciation for all of their positive energy thru out White Shield School Football and Basketball seasons. Keep up the good work!

Photo taken by: Swan Americanhorse

In the photo: Sadie Youngbird-Basurto, Adriana Everett, Malaysia Everett, Wicowin Hopkins, Stevie Everett, Rachel Sobottke, Waciwin Thomas, Hadleigh Youngbird-Basurto, Sawyer Achtenberg, Aaliyah Moon Krueger, Coach Emilou Come and Coach Sherra Vacalares

White Shield
Three Affiliated Tribes
FITNESS RECREATION
3-ON-3
BASKETBALL LEAGUES
EVERY WEDNESDAY
CO-ED 18 yrs & older
7:30 - 10 PM
WHITE SHIELD FITNESS CENTER
BLIND DRAW - TOURNAMENT - DOUBLE ELIM.
BRING LIGHT/DARK JERSEY/TSHIRT
More Info:
Sheldon Rush 701-897-6441



SPORTS SECTION

MARCH/APRIL 2023



United Tribes Jesse White Named to the Mon-Dak Athletic Conference Team

Posted: Mar 06, 2023

United Tribes Technical College's Jesse White was named to the Mon-Dak Athletic Conference Team on Monday.

The 5'11" sophomore guard scored 13.5 points per game while shooting 49.3% from the field and 39% from three. White also dished out 4 assists, grabbed 4 rebounds, and recorded 2 steals per game.

White is from White Shield, North Dakota and he attended White Shield High School. He is an enrolled member of the MHA Nation.

2023 Sahnish Classic Results



1st Place: Burning Feathers (Pendleton jackets \$5000)



1st Place: Stray Nation (Pendleton jackets \$5000)



2nd Place: Lady Ballers (North Face jackets \$3000)



2nd Place: Plainzmen (North Face jackets \$3000)



3rd Place: Northern Elite (Nike zip-up fleece jackets \$1000)



3rd Place: War Path (Nike zip-up fleece jackets \$1000)

MVP: Burning Feathers Marveen; Miss Hustle: Lady Ballers Katherine "KK"; Most 3's: Burning Feathers Kristin Keplin

All Stars: N. Elite Amaya Ramsey, Lady Ballers-Ashley Mitchell, Shaunna Knife, Mystee Dale, Burning Feathers-Kristin Keplin, Lexi Archambeau, Terae Riggs

MVP: Stray Nation Rob McClain; Mr. Hustle: War Path Preston; Most 3's: War Path Rance Harrison

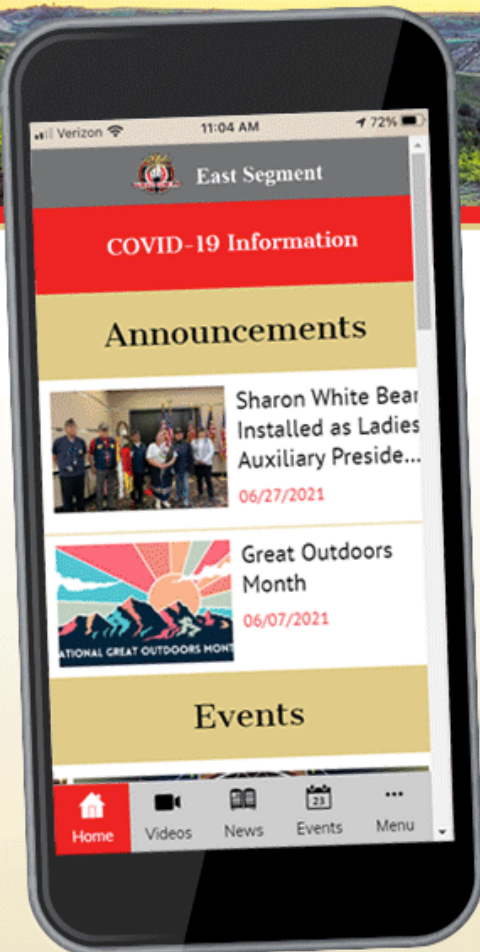
All Stars: War Path Rance Harrison, Plainzmen-Justin McCloud, Famous Lefthand, Jr Gunbill, Stray Nation-Ronnie Battle, Micah and Jesse White



TAT Fit & Rec / White Shield Elementary Basketball K-2nd Grade "Lil Warriors" Incentive Trip to Planet Pizza

Friday April 14th, 2023

Coach Sheldon Rush with the Lil Warriors along with Jr. Assistant Coach Vanessa Price and Bus Driver Ranie White



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

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 LANGUAGE CLASS

Every Tuesday | 5:00pm - 6:30pm
Arikara Cultural Center, White Shield
MHA Culture & Language Department

Join from computer or mobile:
<https://iu.zoom.us/j/88526186916>
Meeting ID: 885 2618 6916
Meal will be provided



Coffee Shop Hours	
Monday	7:00am - 7:00pm
Tuesday	7:00am - 7:00pm
Wednesday	7:00am - 7:00pm
Thursday	7:00am - 7:00pm
Friday	7:00am - 7:00pm
Saturday	11:00am - 7:00pm
Sunday	11:00am - 7:00pm

(HRS & MENU SUBJECT TO CHANGE)

Daily Food & Drink Specials

WE ARE LOCATED
IN THE NEW
RALPH WELLS
COMMUNITY
CENTER
BACK BETWEEN THE NUTRITION
BAR & MOVIE THEATRE



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



WHITE SHIELD STAR

WORD FIND

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

ARIES

DAYLIGHT SAVINGS TIME

EMERALD

FOUR LEAF CLOVER

IRELAND

IRISH

LAMB

LEPRECHAUN

LION

LUCKY

MARCH MADNESS

PISCES

POT OF GOLD

RAINBOW

SAINT PATRICK

SHAMROCK

SPRING AHEAD

SPRING BREAK

TREASURE

WOMENS HISTORY MONTH

EAST SEGMENT ADMIN BUILDING (WHITE SHIELD)		
Councilman Fred Fox	fredfox@mhanation.com	701-421-9355
Main Phone		701-743-4120
Main Fax Line		701-743-4155
David Blacksmith	dblacksmith@mhanation.com	701-421-6507
Jonelle Abe	jonelle@mhanation.com	701-421-8222
Nancy J. Fox	nancyfox@mhanation.com	701-421-5244
Angelica Roman	aroman@mhanation.com	701-743-4150
Gloria Brennan	gbrennan@mhanation.com	701-421-8534
Jenny Hale	ghale@mhanation.com	701-527-8466
Dewey Cisneros	dcisneros@mhanation.com	701-898-0360
Rebecca Kelly	rkelly@mhanation.com	701-337-6667
Jennifer Krueger	jkrueger@mhanation.com	701-460-9317
Felix Dickens	fdickens@mhanation.com	701-421-3062
Bearstar Perkins	bearstar@mhanation.com	701-421-9610
Karen Lone Fight	klonefight@mhanation.com	701-421-2699
RECORDS OFFICE		
Mike Stevens	msteve@mhanation.com	701-421-1968
Crystal Taylor	ctaylor@mhanation.com	
Byron Brady	bjbrady@mhanation.com	701-421-6097
WHITE SHIELD SEGMENT OFFICE (NEW TOWN TRIBAL BUILDING)		
Main Phone		701-627-8248
Main Fax Line		701-627-2093
Greta Hosie	gretahosie@mhanation.com	701-421-8286
Heather Bearstail-Dickens	hdickens@mhanation.com	701-421-1396
Morley Howling Wolf	mhowlingwolf@mhanation.com	701-421-1160
Pamula Esquibel	pesquibel@mhanation.com	701-421-4772
REE LODGE HOUSING PROGRAM		
JoDell Fox	jodellfox@mhanation.com	701-421-4922
Chris Everett	ceverett@mhanation.com	701-421-8680
Maxine Wilkinson	mwilkinson@mhanation.com	701-421-4150
WHITE SHIELD COMPLEX		
Main Phone		701-743-4244
Main Fax Line		701-743-4191
Gary Dickens	gdickens@mhanation.com	701-898-8946
Melissa Acosta	macosta@mhanation.com	701-421-2226
Darcy Krueger, Sr.	dkrueger@mhanation.com	701-421-5999
Darcy Krueger, Jr.	dkruegerjr@mhanation.com	701-832-1443
Matt Esquibel		701-498-2328
Elijah Carter	ecarter@mhanation.com	701-421-3018
ARIKARA FITNESS & NUTRITION		
Main Phone		701-743-4637
Main Fax Line		701-743-4640
Megan Blacksmith	meganblacksmith@mhanation.com	701-460-6188
Mark Nolan	mnolan@mhanation.com	701-421-9156
Rebecca Bird	rebeccabird@mhanation.com	701-898-0318
Holly Felix	hprice@mhanation.com	701-421-0413
TAT FITNESS & RECREATION PROGRAM		
Sheldon Rush	srush@mhanation.com	701-897-6441
RALPH WELLS JR. COMMUNITY CENTER		
Glenn LaCroix	glacroix@mhanation.com	701-421-7585
Harry LaCroix	hlacroix@mhanation.com	605-228-8974
Shay LaCroix	slacroix@mhanation.com	605-222-0534
WHITE SHIELD CLINIC		
Main Phone		701-743-4380
Main Fax Line		701-743-4504
Tele-Pharmacy		701-743-4163
Danielle Harris	danielle.harris@ihs.gov	701-627-7945
Cassidy Behles	cassidy.zook@ihs.gov	701-627-7945
Brittany Halsey	brittany.halsey@ihs.gov	701-627-7939
Shasta Mandan	smandan@mhanation.com	701-627-7940
Brenda Allard	ballarad@mhanation.com	701-627-7944
Doug Painte		701-421-2144
WHITE SHIELD CULTURAL CENTER		
Main Phone		701-743-4013
Main Fax Line		701-743-4986
Wambdi Waci	wwaci@mhanation.com	701-421-2458
John Malnourie	jmalnourie@mhanation.com	701-421-5413
Elk Looking Back Perkins	elookingback@mhanation.com	701-4211553
Tina Malnourie	tmalnourie@mhanation.com	701-421-0264

NISHU LODGE (WHITE SHIELD ELDERS PROGRAM)		
Main Phone		701-743-4050
Main Fax Line		701-743-4411
Helen Krueger	hkrueger@mhanation.com	701-898-8609
Jayden Whitebear-Cisneros	jcisneros@mhanation.com	701-421-2706
Glenn Bearstail	gbearstail@mhanation.com	701-897-1163
Debra LaCroix	debralacroix@mhanation.com	701-460-9289
WHITE SHIELD ELDER MEAL SITE		
Main Phone		701-743-4121
Lujuanna LaCroix		701-460-7824
Jackie Conners	jconners@mhanation.com	
Francine Conners	fconners@mhanation.com	
John LaCroix	jlacroix@mhanation.com	701-421-2092
Kristopher LaCroix	klacroix@mhanation.com	701-460-9305
WHITE SHIELD VETERANS OFFICE (YOUNG HAWK/BEAR POST 253)		
Bernadette White Bear-Hall	bwhitebear@mhanation.com	701-897-1392
WHITE SHIELD DETENTION CENTER		
Main Phone		701-743-4000
Main Fax Line		701-743-4093
Twila Hawkins	thawkins@mhanation.com	701-421-8188
Cody White Bear	cwhitebear@mhanation.com	701-421-5899
Alexandra Schwuchow	aschwuchow@mhanation.com	701-421-8188
Jazmyn Gibson		701-495-8954
Manuel Lucio, Sr.	mlucio@mhanation.com	701-421-2604
Tashena Sobotke	tsobotke@mhanation.com	701-421-8057
WHITE SHIELD PUBLIC SAFETY BUILDING		
Cody White Bear	cwhitebear@mhanation.com	701-421-5899
TAT POLICE DEPARTMENT		
Main Phone		701-627-3617
Main Fax Line		701-627-3113
Officer Mike Roy	mroy@mhanation.com	701-421-3685
Officer Duane Bowen	dbowen@mhanation.com	701-898-7264
TAT FISH & WILDLIFE		
Main Phone		701-627-4760
Charles Wilkinson	cwilkinson@mhanation.com	701-898-0129
Jordan Yellow Bird	jyellowbird@mhanation.com	701-421-7464
WHITE SHIELD AMBULANCE		
Main Phone		701-743-0471
Main Fax Line		701-743-4472
WHITE SHIELD ROADS DEPARTMENT		
Main Phone		701-743-4311
Bruce Behles		701-897-1185
Morgan Felix		701-421-1958
Timothy White Bear		701-421-8409
Rick Hall		701-897-1326
MHA NATION BEAUTIFICATION PROGRAM - WHITE SHIELD CREW		
Blaine Starr	bstarr@mhanation.com	701-421-7603
Jeffrey Bearstail	jeffrebearstail@mhanation.com	701-421-7098
WHITE SHIELD SECURITY		
Jim Miller	jamesmiller@mhanation.com	701-421-1694
WHITE SHIELD TRANSFER STATION (GARBAGE)		
Main Phone		701-743-4282
Main Fax Line		701-743-4283
Donovan LaCroix	lacroixgenedonovan@gmail.com	
Dwight Howling Wolf	dhowlingwolf@mhanation.com	
WHITE SHIELD WATER PLANT		
Wes Fox	wesfox@mhanation.com	701-743-4293
SAHNISH HEALING LODGE RESOURCES CENTER		
Main Phone		701-743-4872
Main Fax Line		701-743-4878
Jessie Yellow Bird	jeyellowbird@mhanation.com	701-421-3044
Amy Bearstail	amybearstail@mhanation.com	701-421-3884
LIHEAP PROGRAM		
Main Phone		701-627-2364
Main Fax Line		701-627-2664
Holy Elk Voice Hall	holyelk@mhanation.com	701-421-2628
1804 C-STORE		
Main Phone		701-743-4022
Katherine Ross	katross@mhanation.com	701-421-6944
Alice Everett	aeverett@mhanation.com	701-743-4022

MANY HANDED CHILDCARE CENTER		
Main Phone		701-743-7258
April Bearstail	abearstail@mhanation.com	701-421-8233
Brandi Haycock	bhaycock@mhanation.com	701-421-9918
Amanda Caylor	acaylor@mhanation.com	701-421-1935
Treann Standing Alone	tstandingalone@mhanation.com	701-421-3008
Jasmine Lohnes		701-230-5279
WHITE SHIELD BOYS & GIRLS CLUB		
Main Phone		701-743-4003
Main Fax Line		701-743-4030
WHITE SHIELD LITTLE WARRIORS HEAD START		
Main Phone		701-743-4373
Ardith Esquibel	aesquibel@mhanation.com	701-312-0649
Joy Bezpaletz	jbezpaletz@mhanation.com	701-460-0883
Alexia De La Cerda	adelacerda@mhanation.com	701-898-7918
WHITE SHIELD SCHOOL		
Main Phone		701-743-4350
Main Fax Line		701-743-4501
Donovan Dixon	donovan_dixon@hotmail.com	701-898-8876
NUETA HIDATSA SAHNISH COLLEGE - WHITE SHIELD MENTOR SITE		
Main Phone		701-743-4552
Main Fax Line		701-743-4126
FORT BERTHOLD HOUSING (WHITE SHIELD PROGRAM)		
Clemens Perkins	clem@fbha.org	701-421-1249
ARIKARA GIFT SHOP		
Wendy White	wendellyn.white@mhanation.com	701-421-5636
REE RANCH		
Jackie Whitecalfe	reeranch@outlook.com	701-661-0491
WHITE SHIELD SATELLITE OFFICE (BISMARCK)		
Main Phone		701-751-0456
Main Fax Line		701-751-1972
Sharissa Wells	slwells@mhanation.com	701-421-8985
Joelle Bearstail	jbearstail@mhanation.com	701-421-7294
Alyssa Howling Wolf	ahowlingwolf@mhanation.com	
Collins Rising Sun	crisingsun@mhanation.com	
Ruby White	rubywhite@mhanation.com	
McKenzie Howling Wolf		
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
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
DEPARTMENT OF TRANSPORTATION		
Main Phone		701-627-2832
RURAL WATER		
Main Phone		701-627-8185
ELBOWOODS HEALTH CENTER		
Main Phone		701-627-4750
Fax Line		701-627-4496

Happy Birthday to our Elders

March Birthdays

Delilah Yellow Bird (3/10)
Bernadette White Bear (3/11)
Thomas Eagle (3/15)
Delvin Rodgers, Sr. (3/16)
Byron Howard (3/21)
Leonard Hosie (3/24)
Gloria Brennan (3/25)
Martha Hunter (3/25)

April Birthdays

Madonna Azure (4/11)
Yolanda Bearstail (4/11)
Aldine Rush (4/13)
Angelita Felix (4/14)
Charles Felix (4/15)
Frank Henry (4/18)
Ferol Snow (4/26)

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

THE WHITE SHIELD *Star*

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