

# Letter of Intent



**Cora Jennifer Hill, great granddaughter of Paige and Cora (Youngbird) Baker and granddaughter of Frederick and Marie Baker, has recently signed a "letter of intent" to play volleyball at Linfield College in McMinnville, Oregon. Cora is an enrolled member of the MHA Nation and a senior at Judge Memorial Catholic High School in Salt Lake City, Utah. In addition to playing high school volleyball, Cora also played for Club V Volleyball in the off season. Cora is an honor student and plans to study Education with an emphasis in Mathematics in college.**



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"The People's Paper"

Wednesday, April 29, 2020

Volume 32, Number 18

New Town, ND 58763

\$1

# Native Daughter Sewing and Donating Facemasks on Fort Berthold Reservation

By Jariah Danks, Reporter and Sherry Stevens, Editor

Mandaree, ND – A Mandaree woman has taken action and is designing, sewing and donating facemasks to people on the Fort Berthold Indian Reservation to help protect against the spread of the COVID-19 Virus.

Skye Hall first came across the idea while watching a Facebook tutorial on how to design functional facemasks. She began to research and discovered there were many ways to design a facemask but an efficient way was by using an air purification system filter which she inserts into a pouch in the mouth area of the face mask. The filters she uses have a 0.3 micron virus level and are advisable because the protein virus COVID-19 has a 0.3 micron level which means, the filter holes are small enough to prevent the virus from penetrating the holes. She uses a pleated air filter because there are no fibers in it. She wraps the filter in blue tool box shop towels because the fiber in the towel material helps to filter out about 55.66 percent of particles which adds an extra layer of protection toward the filtration process.

In regards to aesthetics, she uses a variety of native prints she purchases from an online native supply fabric store as a selection. The fabric is 100% cotton and she uses four layers in the design of her masks. The ear straps are common fabric bias tape - these form the ties which are adjustable for comfort of face fitting. There are two on each side of the mask which allows the mask to fit "nice and tight" to the face.



Skye Hall shown with the many masks she has created using colorful native design fabrics  
Photo submitted

### "To Mask or Not to Mask"

There are 3 reasons Dr. Brosseau, national expert on respiratory protection and infectious diseases and Dr. Sietsema, also an expert on respiratory protection and an assistant professor at the University of Illinois in Chicago have mentioned in an April 2020 article submitted by the Minnesota Center for Disease Control in a section titled: 'Data lacking to recommend broad mask use':

"We do not recommend requiring the general public who do not have symptoms of COVID-19-like illness to routinely wear cloth or surgical masks because":

1. There is no scientific evidence they are effective in reducing the risk of SARS-CoV-2 transmission
2. Their use may result in those wearing the masks to relax other distancing efforts because they have a sense of protection
3. We need to preserve the supply of surgical masks for at-risk health care workers

<https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data>

Hall is overcoming objection #3 (above) as she is contributing to the preservation of those masks for at-risk health care workers by creating masks for those people who need them. Overall, cloth masks (by themselves) have little to no effect however, combined with the filter system, in regards to filter efficiency and as pointed out in the same article:

see FACEMASKS Pg 4

## from the: CHAIRMAN'S Office



- Chairman Fox Visits COVID-19 Task Force Centers Page 2
- Fake Health Advice about Coronavirus Page 7
- "Virtual" Support for Those Battling Addictions Page 10



# From the office of the Chairman

## Fox Visits COVID-19 Task Force Centers for Distribution and Medical Support



Richard Hosie and Jarren Bracklin Giving Chairman Chairman Mark Fox a Tour of the MHA Nation Supply Distribution Center

New Town, ND. (Chairman Fox) - The MHA Nation has been adapting to life under measures to prevent and mitigate the spread of COVID-19. Chairman Mark Fox and the Tribal Council have been keeping a watchful eye on the reservation and its communities. COVID-19 is a virus that is both, dangerous and unpredictable and in response, Tribal leadership has taken extraordinary measures to stop the spread of the virus and protect its people.

Chairman Fox recently joined the COVID-19 Task Force Personnel to tour the MHA Nation COVID-19 Supply and Distribution Center and the newly established Care Center. Fox stated, "A unified approach and strong cooperation is critical in defeating the virus. Our Task Force is constantly developing the means by which to serve the public. The Distribution and Care Centers are important resources in this fight against the coronavirus."

### Supply and Distribution Center

The MHA Nation COVID-19 Task Force worked together to quickly create a safe space to receive, store and distribute supplies needed to meet the demands of the pandemic. Supplies include; a wide range of foods, household necessities, and supplies to support the medical arm of the Task Force.

After touring the facility, Fox said, "The Task Force has done an exceptional job and accomplished amazing work. They have provisioned

a fully functioning warehouse and distribution center including receiving, inventory, storage, and delivery in a very short time frame. This is a difficult job to do well but we have the capacity in the Tribe to take on operations of this level."

### MHA Nation Care Center

The Care Center located in New Town supports the MHA COVID-19 Task Force strategy to increase hospital bed capacity for

see TASK FORCE CENTERS Pg 15

### Task Force Centers

from page 2

COVID-19 patients from the reservation. The Task Force chose to accomplish this through the development of a local care facility. Elbowoods Clinic serves as the Care Center's local health care partner and will manage the facility. Between the current veterans center in New Town and other offsite facilities, there are currently 20 beds available and upon completion of the Care Center, the capacity will double to 40.

The Care Center has been established by repurposing the former Lakeside Com-

munity Living Center and includes beds and supplies for basic care. This facility is not meant to provide regular hospital care and is solely meant to supplement the capacity of regional hospitals in the event of a shortage of beds.

Fox said, "We have been planning for the virus since February. One of the things we have seen in other areas is hospitals being overwhelmed to the point that patients were left in hallways. Our goal was to be ready to mitigate the situation so all of our community members were guaranteed a safe place to recover from the virus under medical supervision."



MHA Nation Chairman Mark Fox Reviewing Planning Documents with Duane Young Bird and Forest Mandan at the MHA Nation Care Center

Photos submitted



Duane Young Bird and Forest Mandan Giving Chairman Fox a Tour of the MHA Nation Care Center



Richard Hosie giving Chairman Mark Fox a Tour of the MHA Nation Supply Distribution Center

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**Due to the COVID-19 virus pandemic, the RTC annual meeting scheduled for June 11, 2020 has been postponed.**

**During this time of postponement, the current directors will continue fulfilling their obligations to the members of RTC.**

We will keep up-to-date on information regarding the Covid 19 pandemic, following federal and state guidelines. When it is advisable to have a gathering, we will publicize the rescheduling of our annual meeting. By taking care of yourself, your family and your communities, we can look forward to pleasant days ahead. Thank you for your patience during these stressful times.

*Jeanette Hoff*

Jeanette Hoff  
RTC Board President



Amber Waves



by Dave T. Phipps

R.F.D.



by Mike Marland

The Spats

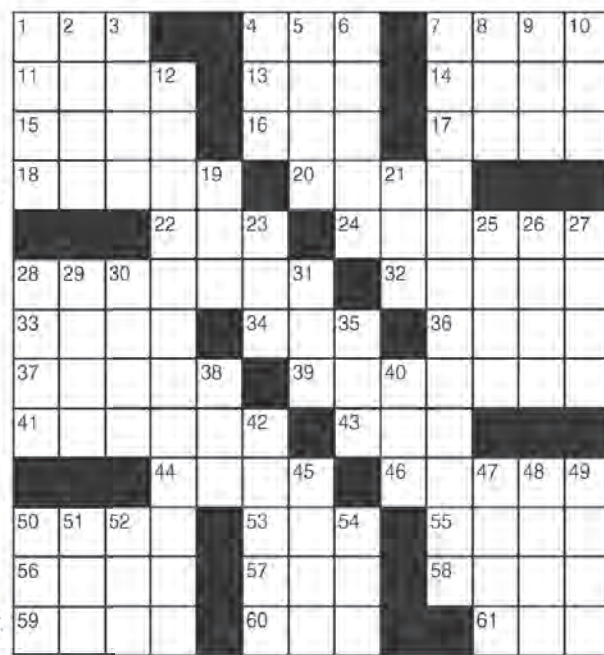


by Jeff Pickering

King Crossword

ACROSS

- 1 Easter treat
4 Wager
7 Retain
11 Metric measure
13 Rowboat need
14 Sleeping
15 Flow like molasses
16 Chum, nowadays
17 Actor Brad
18 Grassland
20 Opening course, often
22 Erstwhile garment
24 Hitchcock classic
28 Spotted insect
32 Radiant
33 Champing at the bit
34 Bathroom fixture
36 Yorkshire river
37 Narc's measures
39 Croquet equipment
41 Catch
43 Second person
44 Related to 5-Down
46 Use a Brillo pad
50 Ballerina's frill
53 Cauldron
55 Japanese



- 2 zither
6 Army unit
7 Carefree
8 Sapporo sash
9 Allow
10 Banned
11 Insecticide
12 Carousel
13 Light touch
14 Portion of N.A.
15 Eviscerate
16 Hint
17 Emcee
18 Hasn't paid yet
19 Michigan, for one
20 Not "fer"
21 Nincompoop
22 Wrigley
23 product
24 Reddish-brown horse
25 Perched
26 - Angeles
27 They're calling Danny Boy
28 Prolonged sleep
29 Fawns' mothers
30 Hexagonal state
31 Induce ennui
32 Gratuity
33 Web address
34 Excessively
35 Monkey suit

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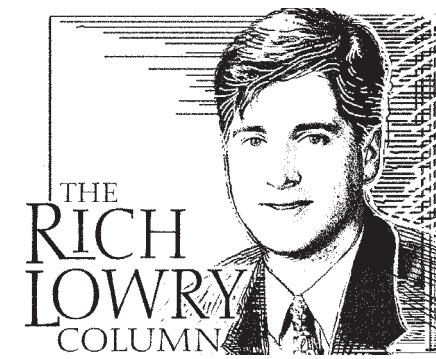
Weekly SUDOKU by Linda Thistle. Grid with numbers 1-9. Difficulty: Moderate. HOO BOY!

HOCUS-FOCUS BY HENRY BOLTIHOFF. Two panels of a boy and girl. Find at least six differences in details between panels.

Trivia test by Fifi Rodriguez. 10 questions about geography, math, television, science, U.S. presidents, language, movies, Bible, literature, and history.

Answers for Trivia test and King Crossword. Solution time: 21 mins.

EDITORIALS - KINGS FEATURES INC.



What Ventilator Crisis?

At the outset, the country was looking at a daunting, perhaps impossible challenge. A chilling briefing at the Federal Emergency Management Agency early on posited that the U.S. could be short 130,000 ventilators by April 1.

AP - NEWS

Tribes file agreement resolving North Dakota voter ID suit

BISMARCK, N.D. (AP) - Two American Indian tribes filed an agreement Friday with North Dakota resolving a lawsuit over requiring residents of reservations to provide a street address when voting.

Native Americans argued the requirement under the state's voter ID law was a form of voter suppression since street addresses are not always evident on reservations.

North Dakota reached the proposed settlement with the Spirit Lake Nation and Standing Rock Sioux Tribe in February. The consent decree will be in force for the statewide primary on June 9.

"This is a sweeping victory for Native American voting rights, and one that should send a message to other states looking to impose restrictive voting measures that disenfranchise historically marginalized groups," said Paul Smith, vice president of Campaign Legal Center.

Under the settlement, Native American voters who do not have or know their residential street address can locate their residence on a map at the polls to have their ballots counted.

and for no good reason. Another insight was that most ventilators out in the country weren't being used, since virus hot spots are geographically limited.

A couple of insights drove the administration's effort to get its arms around the problem.

Officials realized, as one White House adviser puts it, that there was "too much guesstimating" going on. Many governors didn't know how many ventilators their states had and were acting on the normal impulse to have more than enough, just in case.

The administration created a data team. It used hospital billings to estimate how many ventilators were in each state and how many were being utilized.

Another important realization was that FEMA could do just-in-time delivery. This created a lot of flexibility. The administration could wait to see how things really played out.

The media portrayed it as a failure every time the administration gave a state a fraction of its request, but this was a key element of the strategy.

Officials realized, as one White House adviser puts it, that there was "too much guesstimating" going on. Many governors didn't know how many ventilators their states had and were acting on the normal impulse to have more than enough, just in case.

By any measure, that's a success, certainly compared with where we thought we'd be less than a month ago. If the media weren't so devoted to gotcha idiocy, more people might know about it.

Rich Lowry is editor of the National Review.

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"The People's Paper"

THE MANDAN, HIDATSA AND ARIKARA TIMES

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Mission Statement: MHA Times will provide news reporting services by preserving and promoting the culture and history of the Fort Berthold Reservation and surrounding communities.

All letters to the editor and guest editorials must comply with normal standards of decency, courtesy and professionalism, avoiding any personal attacks on individuals or companies.

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EDITOONS - BY MARTY TWO BULLS. Dr. Trump's Amazing COVID-19 Cure! MAGA Supporters Get The Cure First. I invented a way to get virus killing, ultraviolet light directly into the body! But that is too big to swallow! No! You don't swallow it. Just bend over and grab your ankles...



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MAY-PORT CG SCHOOL is hiring: Elementary Teachers (Gr3, Gr4); Head Boys Basketball, HS Hockey. Apply to MPCG School, Attn: Michael Bradner, 900 Main Street West, Mayville, ND 58257 or Michael.bradner@may-portcg.com.

PUBLIC WORKS EMPLOYEE, City of Washburn, ND. For complete job description: call 701.462.8558 or email cityofwashburn@westriv.com. Resume with cover letter accepted until May 8, 2020 at 4:00pm.

HELP WANTED: PATZER Truck Repair of Harvey, N.D. is looking to hire a self-motivated, experienced farm machinery mechanic. Full family health insurance paid, competitive pay & benefits, 40 plus hours weekly, year round guaranteed. Call Brad or Butch at 701-324-4442.

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### WANTED

Men's Schwinn bike wanted - \$100 (Stanley Area) Wanted a men's newer Schwinn bike will pay 50-100 dollars for a mountain bike hybrid or call me with what you have - 701-42105737

### LEGAL NOTICES

THREE AFFILIATED TRIBES CIVIL DIVISION FORT BERTHOLD RESERVATION IN DISTRICT COURT NEW TOWN, NORTH DAKOTA NOTICE OF PROBATE HEARING

In the Matter of the Estate of: Barbara Rae Bear, DOD 2/8/20

CIVIL NO. CV-2020-0131

Name and Address of Decedent: Barbara R. Bear

Date and place of Death of Decedent: February 8 2020 at Rochester, Minnesota

The name and mailing address of the Administrator/Petitioner:

Name: Shawn Lisa Charging, PO Box 684, Riverdale, ND 58565

Total value of the estate: under/over\$ ----

This matter will come on for hearing on May 26, 2020 at 11 :00 AM before Judge B.J Jones of the District Court, Fort Berthold District Court, Public Safety and Judicial Center, 609 Main Street, New Town, ND 58763.

1. THAT upon such hearing the court will determine whether such estate is to be distributed forthwith and if so to whom the same is to be distributed.

2. That upon such hearing, any heir, heir at law, legatee, devisee, creditor or person interested may appear and assert any right as to such estate, and if he desires show cause why such petition should not be granted.

3. That if such distribution is made, the claim of any creditor not presented at such hearing will be barred.

4. Any claims may be filed in writing with the clerk of the District Court provided a copy is sent to the Administrator at the address provided above.

Dated this 10th day of March, 2020.

For further information, call the Civil Clerk of Court at 701-627-4803. CLERK OF COURT:

(April 15, 22, 29)

## Article and Photo Submission

If you have an article to submit, or a story idea please send ALL inquiries to Sherry Stevens editor.fbce@gmail.com.

For Billing, Subscriptions or Payment questions, please contact Shelbe at mhatimesmanager@gmail.com.

Or call, 701-627-3333 to be directed to the correct department.

Larry Zieman Executive Director Ft. Berthold Communications Enterprises

### LEGAL NOTICES

THREE AFFILIATED TRIBES CIVIL DIVISION FORT BERTHOLD RESERVATION IN DISTRICT COURT NEW TOWN, NORTH DAKOTA NAME CHANGE

SHAWN LISA CHARGING, Petitioner,

NOTICE OF HEARING CIVIL NO. CV-2020-0133

To the Respondents:

PLEASE TAKE NOTICE, that this matter has been scheduled for a Name Change on the 9th day of April, 2020 at 11:00 AM, or as soon thereafter as the parties may be heard before the Honorable, B.J. Jones, for the Fort Berthold District Court. The hearing will be held at MHA Public Safety & Judicial Center in New Town, North Dakota. Dated this 11th day of March, 2020.

For further information, call the Civil Clerk of Court at 701-627-4803. CLERK OF COURT:

(April 15, 22, 29)

### LEGAL NOTICES

THREE AFFILIATED TRIBES CIVIL DIVISION FORT BERTHOLD RESERVATION IN DISTRICT COURT NEW TOWN, NORTH DAKOTA

In the Matter of the Estate of: Barbara Rae Bear, DOD 2/8/20

SUMMONS CIVIL NO. CV-2020-0131

TO THE ABOVE NAMED RESPONDENTS:

You are hereby summoned and required to appear and defend against the complaint in this action. An answer is due within thirty (30) days after the service. An answer must be in writing and you must serve a copy of the Answer on the Plaintiff or Plaintiffs and then file the Answer and a certificate of service, showing you served the Plaintiff. If no answer or defense is raised within 30 days a default can be granted for the relief demanded in the complaint. Dated this 10th day of March, 2020.

For further information, call the Civil Clerk of Court at 701-627-4803. CLERK OF COURT:

(April 15, 22, 29)

# It's Spring time! Here comes the Mud Bogs, Stuck Vehicles and Winches

## Mountrail Towing and Recovery has been very busy this spring pulling vehicles out of muddy fields, road shoulders and ditches.

By Sherry Stevens Editor, MHA Times

Mountrail County, ND - A simple tennis ball toss in the neighbor's field with my German shepherd, turned into a phone call to my insurance company for roadside assistance and a tow truck driver soon was enroute. Humberto Altimirano owns the business, Mountrail Towing and Recovery and operates the tow truck and winch recovery service. He showed up to pull me out and did so, "In about five minutes flat."

"It's not the worst I've seen this spring," he assured me. He went on to explain last week he had pulled a guy out who had, "[D]riven into a canyon out of Tioga and off of Highway 2 and slid with his truck, into a river from a 30 foot embankment. After crawling from the truck, he called for a ride and his friends soon came and picked him up." However, the next morning, when he called Montreal Towing and Recovery, the water had frozen around the truck and when Altimirano performed the extraction, it was not without much difficulty and time invested. The truck was eventually recovered.

Stanley's Police Chief, Kris Halverson showed up in his squad car to monitor my

mud rescue and stated, "It's spring. The frost is rising from the ground due to the heat and what may not look like mud can be very misleading. In August, we don't have to worry about it so much but for right now, it can be very deep." He reported the farmers in surrounding areas have had an especially tough time this year getting tractors stuck in mud bogs and some require outside assistance to be pulled out of their predicament.



Liesl, the tennis ball-chasing German Shepard

After thanking Altimirano for his quick response and even quicker, rescue, my shepherd and I were soon happily back on our way and headed to the car wash.



Humberto Altimirano



Photos by Sherry Stevens



5401 Highway 8, Stanley, ND 58784  
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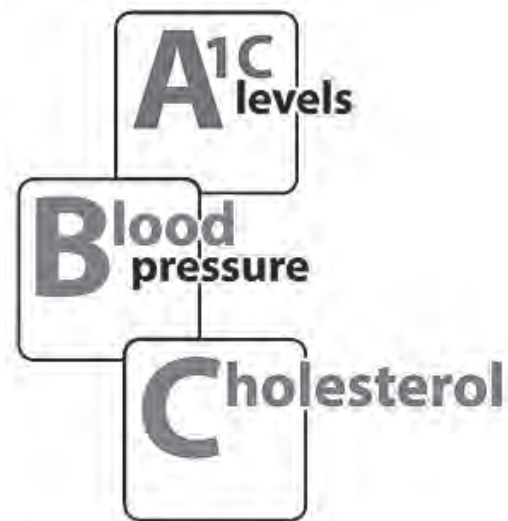
CONTACT US



## Fort Berthold Diabetes Program

### *ABCs of Diabetes*

*Delia Howling Wolf - Medical Support Assistant*



Having Diabetes is not easy. When you were first diagnosed you might have felt overwhelmed. How will I manage? How will this drastically change my life? Learning about Diabetes and health complications you might face is daunting, it feels like you're being immersed into a world of unknowns.

Diabetes is a chronic disease that raises a person's risk for other chronic diseases affecting their wellbeing. To avoid complications of diabetes, individuals with this disease will need to make lifestyle changes. That's because the responsibility of personal self-care is a major player in managing diabetes.

The better you can control your HbA1c by keeping it at 7% or less, it reduces the risk of neuropathy or nerve damage, eye problems, cardiovascular disease, stroke, and kidney disease. When Blood pressure is 130/80 or less, this reduces the risk of kidney disease, heart attack and stroke. Keeping cholesterol numbers within healthy range can reduce the risk of cardiovascular disease and stroke.

Here are the steps to manage diabetes with the ABCs:

**A** - A1C Test - While the hemoglobin A1C test is a test done at the doctor's office, anyone with diabetes can monitor their blood glucose daily or several times a week at home with a blood glucose monitor. This allows someone with diabetes to keep tabs on their glucose levels in between doctor's visits, making the necessary adjustments by following a carbohydrate controlled meal plan, exercise, or medications. The A1C test shows your 3 month average of your blood glucose. It lets you know if your blood glucose level is under control. The A1C level you want to target is below 7%.

**B** - Blood Pressure can either be monitored with visits to the doctor's office or by using a home blood pressure kit. By following a low-sodium diet like DASH Diet, losing weight if needed, exercise, and not smoking are important self-care habits to help control blood pressure. The higher your blood pressure, the harder your heart has to work. Your doctor will set a blood pressure goal that is right for you.

**C** - Cholesterol and triglycerides levels are monitored through a doctor's office and can be controlled with diet, exercise and medication. Choose heart healthy foods and reduce sugar consumption and foods high in saturated fats. Maintain a normal cholesterol level (under 200 mg/dL). HDL should be 40 mg/dL or higher. Triglyceride levels should be 150 mg/dL or lower. LDL should be below 100 mg/dL. LDL or "bad" cholesterol builds up and clogs your arteries. Your cholesterol should be checked once per year.

Choices you make every day about the foods you eat and the way you live can have a big impact on your ABCs and your general health. Here are some things you can do to help keep your ABCs under control or reduce your health risks:

- Make healthy food choices – Eat lots of fruits, vegetables, whole grains, and low-fat dairy products. Limit the amount of met and fried or fatty foods that you eat.
- Be active – Go for a walk, do chair exercises or even garden. Do something active for 30 minutes or more on most days of the week.
- Stop smoking – Smoking increases the chance that you will a heart attack or stroke, or develop cancer.
- Lose weight – Being overweight increases the risk of many health problems.
- Avoid Alcohol – Alcohol can increase blood sugar and blood pressure.

Being successful at controlling diabetes is team effort from the person with disease to a multidisciplinary team made up of a doctor, nurse, dietitian, and pharmacist. All play an important role in guiding and teaching patients with diabetes how to manage their disease to the best of their ability.

Working with a certified diabetes educator (CDE) can make a huge difference in helping you manage your diabetes, by helping with your diet, exercise and medication management. Once our offices open again, we would be more than happy to assist you with appointments with our dieticians, certified diabetes educator, or our health technicians to help you with an exercise plan. If you would like to speak with someone from our office, we are available by phone at (701) 627-7931. Monday-Friday 8:00am-5:00pm.

### NOTICE TO PREPARE A PROGRAMMATIC ENVIRONMENTAL ASSESSMENT FOR THE GREAT PLAINS REGIONAL OFFICE'S WILDLAND SPATIAL FIRE MANAGEMENT PLAN

The United States Bureau of Indian Affairs (BIA) Great Plains Regional Office (GPRO) is preparing a programmatic environmental assessment (PEA) in accordance with the National Environmental Policy Act of 1969 (NEPA) and the Council on Environmental Quality regulations (40 Code of Federal Regulations [CFR]1500-1508), the Department of the Interior requirements listed in Department Manual Part 516, Chapters 1-15; BIA NEPA Handbook 2012 and Wildland Fire Policies for the development/implementation of the GPRO's Wildland Spatial Fire Management Plan, as implemented under the National Fire Plan, pursuant to 25 CFR Part 163.28, on trust lands located within the Great Plains Region which includes the Cheyenne River, Crow Creek, Fort Berthold, Spirit Lake, Lake Traverse, Lower Brule, Pine Ridge, Rosebud, Standing Rock, Ponca, Omaha, Santee, Winnebago, and Yankton Sioux Indian Reservations and the trust lands associated with the Flandreau Santee Sioux Tribe and the Turtle Mountain Band of Chippewa in North Dakota, South Dakota, Nebraska, and Iowa. The PEA will analyze the potential impacts associated with the BIA's development/implementation of the GPRO's Wildland Spatial Fire Management Plan, including wildfire suppression, urban interface fire suppression, and the use of prescribed burning, prevention, and mechanical treatment as hazard fuel reduction methods. All of the land (fee and trust) within the exterior boundaries of each reservation and the trust lands associated with the Flandreau Santee Sioux Tribe and the Turtle Mountain Band of Chippewa are considered the Fire Management Planning Area by the BIA GRPO and are also known as the Project Area. The Project Area includes over 15 million acres. There is a section specific to the Fort Berthold Indian Reservation, which accounts for approximately 7% of the Project Area, in the PEA.

The BIA is seeking your input as part of the NEPA scoping process. Comments might include reasonable alternatives, mitigation measures, probable or possible adverse impacts, and other considerations. The public comment period will begin on April 6, 2020. The BIA will accept written comments until close of business May 6, 2020. Please include the "GPRO Wildland Spatial Fire Management Plan PEA – Fort Berthold" in the subject line of any correspondence. Comments should be submitted via email or post delivery to the environmental consultant assisting the BIA with the development of the PEA:

Ms. Juli Anna McNutt / C&C Environmental, Inc.  
P.O. Box 654 / Evansville, Wyoming 82636  
Juliannamcnutt@outlook.com

April 8, April 22

### NOTICE TO PREPARE A PROGRAMMATIC ENVIRONMENTAL ASSESSMENT FOR THE GREAT PLAINS REGIONAL OFFICE'S WILDLAND SPATIAL FIRE MANAGEMENT PLAN

The United States Bureau of Indian Affairs (BIA) Great Plains Regional Office (GPRO) is preparing a programmatic environmental assessment (PEA) in accordance with the National Environmental Policy Act of 1969 (NEPA) and the Council on Environmental Quality regulations (40 Code of Federal Regulations [CFR]1500-1508), for the continuation of the BIA's agricultural leasing process, pursuant to 25 CFR Part 162 Subpart B, on trust lands located within the exterior boundaries of the Fort Berthold Indian Reservation (Reservation) in North Dakota. The PEA will analyze the potential impacts associated with the BIA's continued approval of agricultural leases within the exterior boundaries of the Reservation. Approximately 247 agricultural leases are currently in place, comprising approximately 27,868 acres. Please note that no agricultural leases would be approved without the Three Affiliated Tribe's consent. Additionally, the PEA will not analyze agricultural lease rental rates, the appraisal process for allotted lands, and/or the selection process for awarding agricultural leases.

The BIA is seeking your input as part of the NEPA scoping process. Comments might include reasonable alternatives, mitigation measures, probable or possible adverse impacts, and other considerations. The public comment period will begin on January 21, 2020. The BIA will accept written comments until close of business February 20, 2020. Please include the "Fort Berthold Indian Reservation Agricultural Leasing PEA" in the subject line of any correspondence. Comments should be submitted via email or post delivery to the environmental consultant assisting the BIA with the development of the PEA:

Ms. Juli Anna McNutt / C&C Environmental, Inc.  
P.O. Box 654 / Evansville, Wyoming 82636  
Juliannamcnutt@outlook.com

April 22, April 29

## MANDAREE PUBLIC SCHOOL ELECTION NOTICE

Mandaree Public School District #36 will hold its annual school election on Tuesday, June 9th, 2020. The purpose of the election is to elect one person for a three-year term. Terry Beston, Elton Spotted Horse, RoseAnn Johnson and Vivian Lone Fight-Hall have filed to be on the ballot

This election will be held by absentee ballot only. Prior to April 30th, the Office of the Secretary of State will mail absentee ballot applications to all currently on record in the North Dakota central voter file. When completing this application be sure to select "School Election". Persons who do not receive an application, may obtain an application from the school's website or request for one by contacting the school business manager.

If mailing your absentee ballot, it must be postmarked no later than Monday, June 8th, 2020, which is the day BEFORE the election. Or, you may place your absentee ballot in the drop box that will be provided outside the Mandaree Public School Business Office, 1 Warrior Circle, Mandaree, ND 58757. Absentee Ballots must be put in the drop box by 5:00 pm on Monday, June 8th 2020, which is the day BEFORE the election.

If you have any questions, please contact Bee Obidinma. Phone number :701-759-3120. Fax: 701-759-3123, abiodun.obidinma@k12.nd.us.

4/23 - 6/3

## WALKING ON



## Victoria Tarrant, 68

Dateline: Belleville Town, NJ formerly of Mandaree, ND

Graveside service for Victoria Tarrant, 68 of Belleville Town, NJ formerly of Mandaree, ND was held at 5:00 P.M., Saturday, April 25, 2020, at Yellow Wolf Family Cemetery in Mandaree, ND with Father Roger Synek officiating. Fulkerson-Stevenson Funeral Home of Watford City, ND is caring for the family. Senior Pallbearer was Lois Hale. They gathered at the Fulkerson-Stevenson Funeral Home starting at 3:00 p.m. on Saturday, April 25, 2020, with only immediate family in the funeral home and the rest of the family and friends gathered outside so they could join the procession to the cemetery. She was interred at the Yellow Wolf Family Cemetery, Mandaree, ND. Remembrances, condolences and pictures may be shared with the family at [www.fulkersons.com](http://www.fulkersons.com).

Victoria passed away on Monday, April 20, 2020, in Belleville Town, NJ.



## Thank You

The family of Mary Everett Bateman, Ste-sta-ka-ta, (Yellow Corn Woman) would like to thank all of our relatives, friends, and the MHA communities who called, sent condolences, cards, flowers and assisted us with the planning and preparations needed during this time of grief. Our mother, our aunty, grand and great grandmother lived to be 101 years old. She passed away on April 20 and will be greatly missed. We understand that others who may have wanted to attend the services could not attend due to all of the restrictions. We have to be innovative during this time of Covid-19 and want our relatives and MHA communities to stay healthy and strong to ensure our future.

## NOTICE

The Parshall School District will hold the annual Native American Parent Input Meeting on Tuesday, May 12, 2020. The meeting will be held via ZOOM due to COVID 19. The meeting will begin at 4:30 p.m.

Topic: Native American Parent Input Meeting  
Time: May 12, 2020 04:30 PM Central Time (US and Canada)

Join Zoom Meeting  
<https://us04web.zoom.us/j/71071000785?pwd=ajliUkxObysvcGYzUndMbmNkVERGUT09>

Meeting ID: 710 7100 0785  
Password: 9Njzma

# “Virtual” Support for Those Battling Addictions

By Lisa Lone Fight and Logan Davis

Chairman Fox and the leaders of the Three Affiliated Tribes are working closely with health experts and other organizations to mitigate the effects of the coronavirus. They're using a 'team approach' to keep every segment safe and healthy. The MHA COVID-19 Task Force Unified Command has been given the task of protecting all of the Tribal membership as well as, others living within the reservation boundaries. They are paying special attention to Elders who are considered the most vulnerable of the Three Affiliated Tribes. There is however, another group that is especially vulnerable and they are also receiving focused attention from Chairman Fox and the Council.

## RECOVERY

The MHA Nation has a strong commitment to helping those in recovery. In 2018 the Tribe opened the state of the art, "Good Road Recovery Center," in Bismarck, ND. "The majority of people who go through our treatment and our continuum of care program as it stands today, remain sober," MHA Nation Chairman Mark Fox said.

People who are battling addictions from drugs and alcohol are in many stages of recovery. Ordinarily, they are considered a vulnerable group but during this time of extraordinary stress and change, they are particularly challenged. One person who prefers to remain anonymous said, "Life is a journey that forces us all to carry difficult weights physically, emotionally,

psychologically and spiritually - at one time or another."

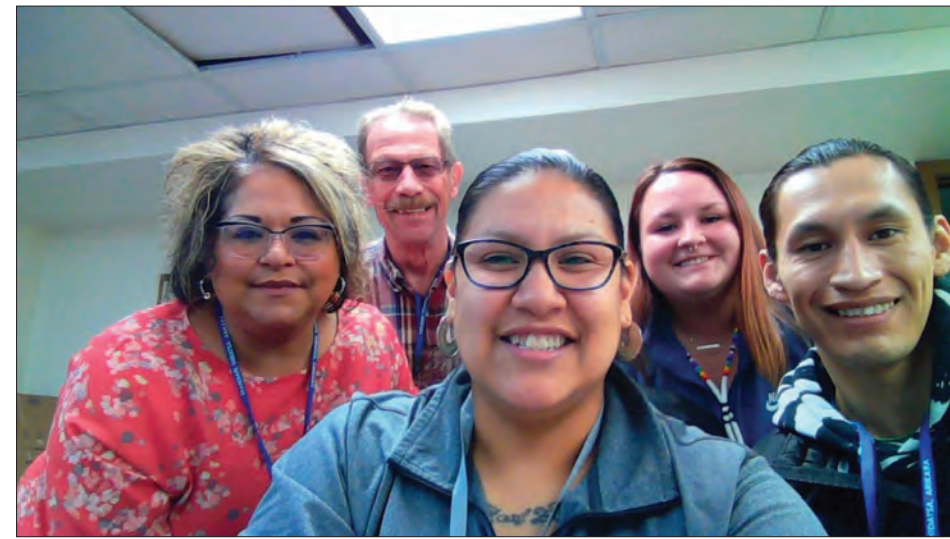
As most of us now know, one of the most crucial ways to combat the virus is by social distancing. Social distancing can place a special burden on people in recovery. It can make it difficult or impossible for them to go to regular group meetings such as, Alcoholics Anonymous, Narcotics Anonymous or Wellbriety meetings. For many, these meetings serve as a primary basis of emotional, mental, and often, spiritual support.

## THE INTERNET

The internet itself, with apps such as Facebook, Zoom, and Skype can provide individuals in recovery, a way to meet and share their feelings and stories with others who share and understand their daily struggles on their path to sobriety and an alcohol-free life.

It is also important to point out most individuals who are on the road to recovery have a philosophy of taking it, "one day at a time." Since mid-March, there has been a unified effort by; "The Door; Recovery Lodge in New Town, and members of the MHA Nation COVID-19 Task Force to continue to have the meetings, support, and connections needed by those in recovery.

"The Door" Director, Kateri (Telia B) Baker, has been helping to coordinate and participate in the virtual meetings and groups designed to help people in recovery. This is not a difficult transition for Baker, because she believes, "in whatever works for each person individually, in any faith, race, or belief system." "The Door," director



Pictured (l-r) Ethel Baker, Mark Skibsrud, Kateri (Telia B) Baker, director Shylene Lyson, Morgan Tveter  
Photos submitted

and her staff members/teammates want the recovery process to move forward with the narrowest possible gap between each step they take towards recovery.

"Our entire teams' phone numbers are on our Facebook page (The Door) and people can always call us at any of those 10 phone numbers anytime for questions or for help and support," Baker emphasized. "Recovery is possible through any kind of connection, and right now we're connecting through the internet, and remember that you're not alone."

## SPIRITUAL GROWTH

Although most local people in recovery are using the Zoom application to attend the virtual meetings at "The Door," there are other sites where one learns more about recovery and receives emotional support. One local woman who is in recovery is finding social distancing/quarantine as a time for self-reflection and spiritual growth. Vida D. is using her smartphone to attend meetings on Zoom that are coordinated through "The Door," but she also is finding avenues for support from across the world on a variety of other sites including, YouTube.

"I find out about meetings from word of mouth on (Facebook) Messenger. Zoom is free and can be accessed for a maximum of 40 minutes and a maximum of 150 participants. While on the internet, I have interacted online with people in recovery from other countries like Japan, besides all over the US already. I have also been able to hear great speakers from everywhere," related Vida D. "I will use this time in isolation in a positive way to focus on my Higher Power without having to worry about obstacles that I might have if we were not social distancing. Those obstacles being people who try to get me to go back to the same places that helped cause my addiction. In any dark cloud, there has to be a silver lining, and being in isolation is mine."

## RESOURCES

The Substance Abuse and Mental Health Services Administration (SAMHSA) has assembled a number of recovery resources,

from virtual meetings to Reddit threads and message boards. These include;

- Alcoholics Anonymous: Offers online support <http://aa-intergroup.org/>
- Cocaine Anonymous: Offers online support and services <https://www.ca-online.org/>
- LifeRing: LifeRing Secular Recovery offers online support <https://www.lifering.org/online-meetings>
- In The Rooms - Online Recovery Meetings: Provides online support through live meetings and discussion groups <https://www.intherooms.com/home/>
- Marijuana Anonymous: Offers virtual support <https://ma-online.org/>
- Narcotics Anonymous: Offers a variety of online and skype meeting options <https://www.na.org/meetingsearch/>
- Reddit Recovery: Offers a virtual hang out and support during recovery <https://www.reddit.com/r/ZREDDITORSINRECOVERY/>
- Refuge Recovery: Provides online and virtual support <http://bit.ly/refugerecovery1>
- Self-Management and Recovery Training (SMART) Recovery: Offers global community of mutual-support groups, forums including a chat room and message board <https://www.smartrecovery.org/community/>
- SoberCity: Offers an online support and recovery community <https://www.soberocity.com/>
- Sobergrid: Offers an online platform to help anyone get sober and stay sober <https://www.sobergrid.com/>
- Soberistas: Provides a women-only international online recovery community <https://soberistas.com/>
- Sober Recovery: Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>

# Don't Believe Everything You Read On Social Media

*There is a lot of misinformation about the Coronavirus on the internet*

The Hippocratic oath that physicians take is famous for saying, "First Do No Harm". Unfortunately, this is not an oath that people in social media take. There is a lot of information about COVID-19/Coronavirus on the internet. There is also a lot of misinformation. You might hear that the difference is usually a matter of perspective or opinion, however, when it comes to science and medicine, some things are true and some things are not. The things that are not true can be useless, unhealthy, or even deadly. We are going to look at some of the misinformation that ranges from useless to deadly.

1. **False and Deadly:** Bleach, ammonia, and other household cleaners can be used to kill the virus in your body.

**THE TRUTH:** These dangerous chemicals must not be swallowed, injected, inhaled, or rubbed on the skin. The effects of doing this can result in severe damage, disability, and even death.

2. **False and Harmless:** Drinking a certain amount of water or drinking water every 15 minutes will flush the virus from your body.

**THE TRUTH:** While staying hydrated is important, there is no evidence that this will flush the virus or prevent infection in any way.

3. **False and Potentially Harmful:** Drinking hot water, taking a hot bath, or inhaling steam can kill the virus.

**THE TRUTH:** None of these will kill the virus inside the body. There is also the potential for scalding or burning if the water used is too hot.

4. **False and Dangerous:** Drinking colloidal silver can kill the virus.

**THE TRUTH:** Colloidal silver has no use in the human body and can cause severe kidney damage.

5. **False and Harmless:** Eating garlic will kill the virus or prevent infection.

**THE TRUTH:** While garlic generally has some known benefits, it will not affect the coronavirus in any way.

**INFOdemic?**  
TOO MUCH INFO ABOUT CORONAVIRUS  
CONFUSING YOU?

**The Rx? 3 Simple Steps for Staying Informed:**

- 1) FOCUS ON FACTS**  
Do not rely on friends' opinions, online theories, gossip, conflicting news stories, social media or political speeches. Not all information is accurate. YOUR HEALTH and LIFE depend on facts from trusted science and medical experts.
- 2) USE TWO TRUSTED SOURCES THAT WILL HAVE UP-TO-DATE INFO**  
Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
World Health Organization  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- 3) CHECK THREE TIMES DAILY**  
Situations change rapidly. Be aware of misinformation and disinformation. Check reliable sources 3x daily.

**FACTS. TRUSTED SOURCES. 3 X DAILY.**

INFOdemicRx is a public service of PRSA and PRSA Health Academy.  
PRSA.org

6. **False and Harmful:** Spraying alcohol or chlorine on your body can kill the virus.

**THE TRUTH:** Spraying alcohol or chlorine on your body will not kill the virus internally and can result in serious skin or eye damage.

7. **False and Harmless:** You can test and see if you have the virus by holding your breath to the count of 10, 20, 30.

**THE TRUTH:** Although the virus often affects the ability to breathe easily, the ability to hold your breath does not indicate that you are negative for the virus. The only way to know whether or not you have the virus is to be tested.

8. **False and harmful:** The coronavirus always starts out with a fever.

**THE TRUTH:** While fever often accompanies the coronavirus, it can start out with a number of symptoms including fatigue, cough, headache, runny nose, or difficulty breathing. If you have any of those symptoms, you should contact your healthcare provider.

9. **False and harmful:** You cannot get tested for the coronavirus unless you are very very sick or have a fever.

**THE TRUTH:** While testing has been limited, tests are becoming more widely available, and anyone displaying symptoms should be evaluated by a physician.

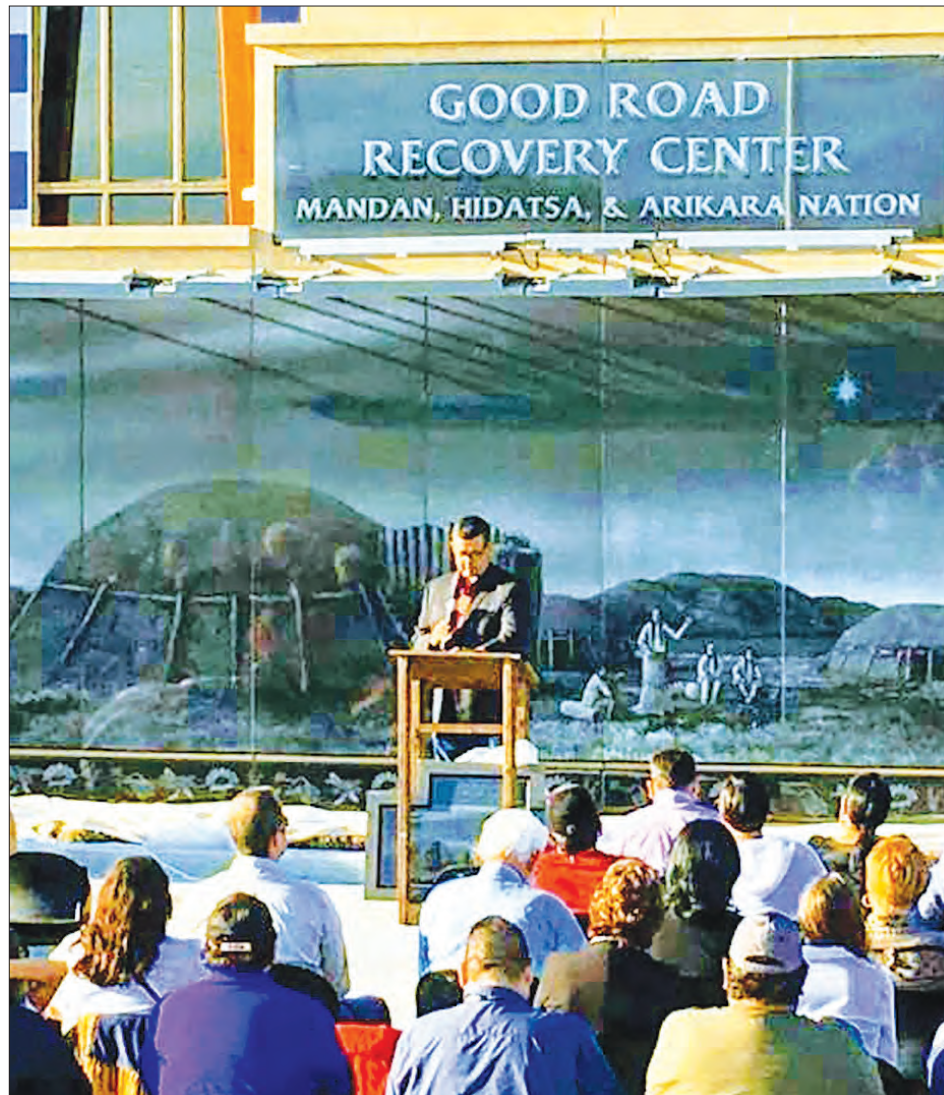
The most important protection against this type of misinformation is to investigate and verify. Sites like [cdc.gov](http://cdc.gov) and [snopes.com](http://snopes.com) are good resources.

A ROUGH GUIDE TO SPOTTING

## • BAD SCIENCE •

- 1. SENSATIONALISED HEADLINES**  
Headlines of articles are commonly designed to entice viewers into clicking on and reading the article. At best, they oversimplify the findings of research. At worst, they sensationalise and misrepresent them.
- 2. MISINTERPRETED RESULTS**  
News articles sometimes distort or misinterpret the findings of research for the sake of a good story, intentionally or otherwise. If possible, try to read the original research, rather than relying on the article based on it for information.
- 3. CONFLICT OF INTERESTS**  
Many companies employ scientists to carry out and publish research - whilst this does not necessarily invalidate research, it should be analysed with this in mind. Research can also be misrepresented for personal or financial gain.
- 4. CORRELATION & CAUSATION**  
Be wary of confusion of correlation & causation. Correlation between two variables doesn't automatically mean one causes the other. Global warming has increased since the 1800s, and pirate numbers decreased, but lack of pirates doesn't cause global warming.
- 5. SPECULATIVE LANGUAGE**  
Speculations from research are just that - speculation. Be on the look out for words such as 'may', 'could', 'might', and others, as it is unlikely the research provides hard evidence for any conclusions they precede.
- 6. SAMPLE SIZE TOO SMALL**  
In trials, the smaller a sample size, the lower the confidence in the results from that sample. Conclusions drawn should be considered with this in mind, though in some cases small samples are unavoidable. It may be cause for suspicion if a large sample was possible but avoided.
- 7. UNREPRESENTATIVE SAMPLES**  
In human trials, researchers will try to select individuals that are representative of a larger population. If the sample is different from the population as a whole, then the conclusions may well also be different.
- 8. NO CONTROL GROUP USED**  
In clinical trials, results from test subjects should be compared to a control group: not given the substance being tested. Groups should also be allocated randomly. In general experiments, a control test should be used where all variables are controlled.
- 9. NO BLIND TESTING USED**  
To prevent any bias, subjects should not know if they are in the test or the control group. In double-blind testing, even researchers don't know which group subjects are in until after testing. Note, blind testing isn't always feasible, or ethical.
- 10. 'CHERRY-PICKED' RESULTS**  
This involves selecting data from experiments which supports the conclusion of the research, whilst ignoring those that do not. If a research paper draws conclusions from a selection of its results, not all, it may be cherry-picking.
- 11. UNREPLICABLE RESULTS**  
Results should be replicable by independent research, and tested over a wide range of conditions (where possible) to ensure they are generalisable. Extraordinary claims require extraordinary evidence - that is, much more than one independent study!
- 12. JOURNALS & CITATIONS**  
Research published to major journals will have undergone a review process, but can still be flawed, so should still be evaluated with these points in mind. Similarly, large numbers of citations do not always indicate that research is highly regarded.

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# Montrail County Health Center offers COVID-19 drive-thru testing



Stanley High School staging area



My placard. Vehicle #124 in line

**IMPORTANT UPDATE:** The Mountrail County Medical Center has received 75% of its results back from Friday's drive through testing. Out of 300 counted so far, one (1) has come back positive and that person is from New Town. This person has been notified. There are approximately 100 more results for the lab to process and return to the medical center for recording. The state lab is processing between 2000-2200 per day from counties all over the state.

**Story and Photos by Sherry Stevens**  
Editor, MHA Times

**Stanley, ND** -Close to 400 people (drive thru and walk-ins) showed up for testing on Friday, April 24th at the Mountrail County Health Center in Stanley for Covid-19. Testing was offered to anyone in Mountrail County and was free of charge. Health care staff, City of Stanley and Mountrail County law enforcement collaborated to execute an organized plan to test all members of the public who were wanting to participate. The vehicles waited at the High school on 8th street, approximately .5 miles away from the testing site, where Sheriff Bristol handed out numbered placards to people in their vehicles waiting to move into the 'testing procession line.' Thereafter, and upon radio transmission direction, a single file of vehicles were given the hand signal to move Eastwardly, along 8th street toward the back roadway of the medical center, where they were awaited and welcomed by Stanley's Police Chief, Kris Halvorson and

several Mountrail County Health staff nurses.

Sheriff Bristol offered, "We staged it at the high school because we weren't certain of the turn-out and needed room for vehicles to park and wait - sort of a 'holding area.' We didn't want to block driveways and streets of the home-dwellers adjacent to 8th street, so we decided to operate as if road construction were underway and vehicles would be ponied to their destination by an official without the risk of chaos and confusion."

According to Bristol, a large number of residents were coming in from all over the county including Tioga, Stanley, Ross, Parshall and New Town.

Dr. Mark Longmuir, lifelong resident of Stanley, spearheaded the program and wanted to open the testing to everyone in Mountrail County after the county was named earlier this month, as one of the major hotspots in North Dakota for positive cases of Covid-19. Rich Laksonen, an administrator at MCHC reported 50-100 test kits were ordered every day within the last few weeks, in anticipation of this free testing event. The results will be sent off to a laboratory in Bismarck and the results will be available within a few days. "Approximately 400 people showed up for testing today and one car from New town had 8 passengers and a driver," he added.

I, myself, volunteered for testing at the Mountrail Health Center and I was number 124 in line at 1:00 pm (testing ended at 2 pm) - my tests have since reflected "Negative" for the Covid-19 virus.



Physician's Assistant reaches in to get a 'swab' from the back of the throat.



Nurse with questionnaire

