

Chairman's Office and MHA Nation COVID-19 Task Force Begin Innovative Billboard Campaign

The CDC says cultural relevance is critical to conveying information on healthy practices during the pandemic. In line with this the Chairman's Office and the MHA Nation COVID-19 Task Force have been collaborating to develop a very culturally focused campaign. So, while driving through the reservation you may have noticed a few new billboards. The theme of the billboards is protecting tribal members through taking actions like wearing masks. This campaign is coordinated with a multimedia, Facebook, print press and website campaign. The task force is committed to reaching the maximum number of people through all possible forms of media. If you have yet to see the billboards look for them, you might see someone you know!



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We need it before, during and especially after a pandemic.

The NDNA Education Foundation is a charitable non-profit that advocates over the long haul for journalism, literacy and the First Amendment.

Why?

Because we know what happens when journalism declines:

- Fewer local voters*
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- More polarization*
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- More citizen engagement*
- Less community cohesiveness*
- Less health and safety****

Support local journalism, support your local newspaper, support the foundation that supports them both.

North Dakota Newspaper Association EDUCATION FOUNDATION

NEWSPAPERS: Yesterday, today & tomorrow www.ndna.com

* Nieman Foundation, 2019
** Rubado & Jennings, 2019
*** Gao, Lee & Murphy, 2018
**** Abernathy, U of NC, 2018

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...when you see online bullying

CLASSIFIEDS

HELP WANTED

SCHOOL PSYCHOLOGIST NEEDED in the Upper Valley Special Education Unit. Contact: Dan Juve, Director, 516 Cooper Ave, STE 102, Grafton, ND 58237. PH: (701) 352-2574, Email: Dan.Juve@uvse.org / Website: www.uvse.org

HELP WANTED: Part time or full time **MUSIC TEACHER** at Fordville-Lankin Public School due to retirement. \$40,000 base with benefits. Fordville, ND 701 229 3297 or 701-331-2718 Begins August 25, 2020.

SPECIAL-LANGUAGE PATHOLOGIST needed in the Grafton School District within the Upper Valley Special Education Unit. Contact: Dan Juve, Director, 516 Cooper Ave, STE 102, Grafton, ND 58237. PH: (701) 352-2574, Email: Dan.Juve@uvse.org / Website: www.uvse.org

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\$5,000 SIGN ON BONUS. NAPOLEON CARE CENTER hiring 2 FT nurses, RN preferred. 12 hour shifts, flexible scheduling, competitive wages and benefit package. Contact Melissa Glatt RN, DON, 701-754-2381. NCC is an equal opportunity employer.

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EDUCATION / TRAINING

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COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Now offering a \$10,000 scholarship qualified applicants. Call CTI for details! 701-929-9679 (M-F 8am-6pm ET)

REAL ESTATE FOR SALE

ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

MISCELLANEOUS FOR SALE

LOOKING FOR THE most complete listing of ND Media? Get the ND Media Guide for Only \$25! Call 701-223-6397, ND Newspaper Association.

AUCTIONS

AUCTION: PICKUPS, TRAILER, Shop & Household. Wednesday, June 10th, @ 5 PM. 954 Antelope Dr. Hazen, ND 58545. www.wolffauctioneers.com

23.52 ACRE FARMSTEAD, VEHICLES & MISC. Tools Auction. Monday, June 15th, 1370 County Rd. 7 Golden Valley, ND 58541. www.wolffauctioneers.com

AUTOS WANTED

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415.

HEALTH/MEDICAL

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 877-736-5537.

ATTENTION: OXYGEN USERS! Gain freedom with a Portable Oxygen

Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 701-404-5994. (24/7)

CASH SETTLEMENTS

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ANNOUNCEMENTS

ATTENTION: AUTO INJURY VICTIMS.

If you have suffered a serious injury in an auto accident, call us! Our attorneys have the experience to get you the full compensation you deserve! Call Now: 855-543-9071.

MISCELLANEOUS

WE MAKE IT easy to place an ad in one or all the North Dakota newspapers. One order, one bill, one check. We provide the ad design and tear sheets. Call the North Dakota Newspaper Association, 701-223-6397.

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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

CORRECTION

In the article titled 'A Legacy of Warriors' MHA Times reported Mandaree resident, Harriet Goodiron as having served on the School Board whereas instead, she served as Business Manager for 15+ years.

We are sorry for any confusion this may have caused.

MHA Times



From the office of the Chairman

Update from the MHA Nation Task Force

Submitted by Morgan Berquist

As Chairman Mark N. Fox gave his regular update as he does each Friday, he stressed that the pandemic we are all facing is far from over. Fox explained that there are people still getting sick around the United States, with around one million positive cases. As for the state of North Dakota, it was said there is a 3-4% rate of positives and that number continues to slowly grow with 100 new cases per day. The Chairman went on to say that on Fort Berthold Reservation, there are 35 active positive cases currently, with about 30 tests being administered per day through Elbowoods Memorial Health Center. "For about a month now, our numbers have stayed near the same," Fox stated. "I want to commend the Task Force, all our frontline people, and our medical staff for doing an awesome job of helping address the situation. I am happy with the people who continue to take this situation seriously, and follow the guidelines and mitigation measures put in place," he stressed.

Fox brought up the topic of diabetes and high blood pressure prevalence among tribal members and Native American people. COVID-19 will affect individuals with diabetes more negatively, as well as those with high blood pressure. "70% of those hospitalized with COVID-19 have

high blood pressure, we need to take care of ourselves." "We have to protect the vulnerable and all our people. A danger to one part of our tribe, reservation, or one group of our nation is an attack against all of us, and we have a responsibility to protect every member," the Chairman said. It is clear that we must self-discipline, follow the mitigation measures, and CDC guidelines to protect ourselves and others. "Wearing a mask is not an indication of being weak, it is a gesture. It's no shame to wear a mask. Even if you believe that you wouldn't get sick or be affected by the virus, it is a gesture of care and respect to say, 'I think it's important to protect other people,'" Fox boldly explained. By following these recommendations, it makes things possible again, such as graduation ceremonies. Many of our communities have held outdoor graduations, with the students wearing masks and social distancing of course! KMHA 91.3 Radio and BEK Communications have also been assisting in broadcasting these events so those who may be vulnerable can tune in and participate to show their support for their loved ones.

Chairman Fox spoke about the importance of testing and how it is of high priority. Although, with rapid testing, nearly 50% of results can be put into

the, "unreliable," category due to false readings. Fox encourages being tested multiple times if needed or if anyone feels that it is necessary. These are machines that have been programmed by people, and that means there is always room for human error. That is why anyone who is dealing with a system such as these testing machines ensures they are checking their work and calibrating their machines often to obtain the best and most accurate result. Testing and mask wearing are key in the fight against COVID-19. These viruses can mutate and change, resulting in making our fight against it more challenging. By wearing masks and self-isolating, you are not allowing the virus to jump from various individuals allowing that mutation to take place. Now, COVID-19 is a threat to not only the elderly, but young children as well. "We can't put our guard down now, this is not the time," Fox urged. Chairman Fox talked about what the, "new normal," may be. Fox stated, "There is this expectation of trying to find balance in getting back out there and doing regular things such as shopping, boating, fishing, but continuing to stress the importance of doing our part to wear masks. It is a new and changed world out there as many things have been affected by COVID-19 and are different now, but there is justification and reasoning behind



Chairman Mark Fox

that. We continue to try our best to protect our communities in the best way we can."

Mask wearing will continue to be promoted within the MHA Nation, along with incentives for those who participate in the community. Disappointing news that comes along with the pandemic, such as cancellations of the ND State Fair, may be uplifted by the incentives provided to those who choose to protect themselves and others by wearing masks. We all know that it makes you feel good when someone says, "Hey, you're doing the right thing! Good job!"

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



The family of Jordan Dale Ten Bears would like to thank everyone for all the cards, phone calls, food, flowers, love and prayers. Thank you also to the Four Bears Community and Three Affiliated Tribes for all your help during this difficult time. A special thank you to Marie Gunn for the lovely dedication and service. And to Kenny Wells a heartfelt Thank You for Jordy's Farewell Song. Thank you one and all.

God Bless the Memory of Jordan Dale Ten Bears.

Sincerely,

The family of Jordy "Shorty" Ten Bears

Cheryl Matthews, Aneira Ten Bears, Houston Sanchez, Amanda, Bridgette, Brittany Ten Bears, Joanne Matthews, Sharon and David Aubol, Janet and Robert Benton, Betty Jo Matthews, Ken and Amy Matthews and all his many cousins. Jordy will be greatly missed; God Bless everyone at this difficult time.

Life Involves Taking Risks

Submitted by Lisa Lone Fight

Life involves taking risks. Do we drive the speed limit? Do we drive faster or slower? In the age of coronavirus we are all involved in making complex risk assessments on a daily basis. We want to know what keeps us safe and even more importantly what keeps our families safe. On the other hand safety is not the only thing that drives us. There is the desire to try new things. To achieve a goal faster. To alleviate boredom. Nowadays these decisions have become a constant part of life. Do I wear a mask? How far away from others do I stand? Do I feel comfortable going into a restaurant? How are the tables spaced? Until recently many of these decisions had been handled for us with shelter-in-place orders and lockdowns. As these are lifted the responsibility shifts to us as individuals and that can be extremely challenging.

Recent work by Dr. Pierre Sacre and researchers from Johns Hopkins University has shown that making decisions about risk involves a push and pull process. A sort of tug-of-war between the two halves of our brain. The right side of our brain tells us to drive faster while the left half pleads with us to stay home. So which side wins? The decision itself is a complex calculation based on past experience, information, social cues and current mood or mental state.

Experience favors the left side of our brain and causes us to be more cautious. The more personal experience we have with the downside of risky behavior the less likely we are to participate in it. This generally means that older people are more cautious than younger people because they have more experience.

The right side of our brain takes cues from what other people do. People's tolerance for risk increases exponentially when they see others taking the same risks. Contrary to what we might believe about people wanting to test the waters first; your right brain loves to be part of a crowd.

So while your right brain tells you that everyone is going out and enjoying the spring and that social distancing is a thing of the past; this is ignoring the facts. Your left brain knows that wearing a mask or standing 6 feet away from someone is a very small thing to do to keep others safe. It knows that the risks of contracting the Coronavirus have not changed for the better but are actually worse now. For the future of the MHA people please practice thinking with the left side of your brain. Listen to that impulse to take small actions to protect yourself and others. What you do matters!

YOUR RISK FOR COVID-19

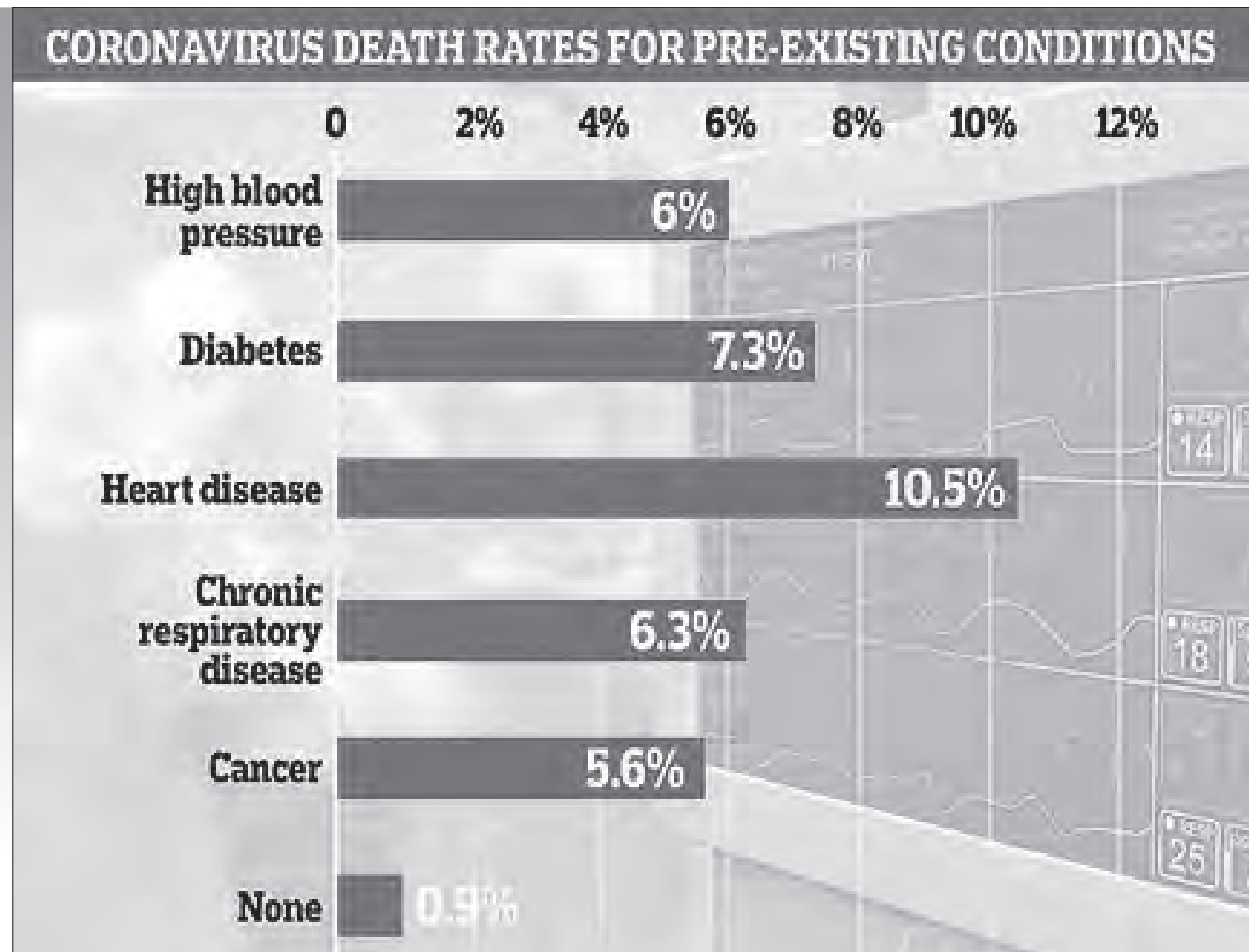
If you believe you have come into contact with someone in the community who has been diagnosed with COVID-19 (coronavirus) here is how you can determine your risk for contracting the virus.

NO RISK	BRIEFLY WALKING BY A PERSON WHO TESTED POSITIVE FOR COVID-19 AND WAS NOT EXPERIENCING SYMPTOMS.
LOW RISK	BEING IN THE SAME ROOM AS A PERSON WHO TESTED POSITIVE FOR COVID-19, HAD SYMPTOMS AND YOU WERE WITHIN SIX FEET.
MEDIUM RISK	SUSTAINED CLOSE CONTACT (10 MINUTES OR LONGER) WITHIN SIX FEET OF A PERSON WITH COVID-19 WHILE THEY HAD SYMPTOMS.
HIGH RISK	CLOSE HOUSEHOLD CONTACT WITH A PERSON WHO TESTED POSITIVE FOR COVID-19.

According to the CDC, individuals that are at high-risk of becoming ill from COVID-19 include older adults and individuals with serious chronic or long-term medical conditions.

If you are experiencing symptoms, contact your healthcare provider.

Learn more about how to assess your risk from the CDC. Information about COVID-19 is available at www.cdc.gov



CDC Continued

Common Reactions

The common reactions to distress will fade over time for most children. Children who were directly exposed to a disaster can become upset again and behavior related to the event may return if they see or hear reminders.

If children continue to be very upset or if their reactions hurt their relationships or schoolwork, parents may want to talk to a professional or have their children to talk to someone who specializes in children's emotional needs.

Learn more about common reactions to distress below:

For Infants to 2-Year-Olds



Infants may become more cranky. They may cry more than usual or want to be held and cuddled more.

For 3 to 6-Year-Olds



They may have toileting accidents, bed-wetting, tantrums and a hard time sleeping, or be frightened about being separated from their parents/caregivers.

For 7 to 10-Year-Olds



Older children may feel sad, mad, or afraid that the event will happen again. Correct misinformation the child may get from others.

For Preteens and Teenagers



Some preteens and teenagers respond to trauma by acting out or feeling afraid to leave the home. Their overwhelming emotions may lead to increased arguing and even fighting with siblings, parents/caregivers or other adults.

For Special Needs Children



Children with physical, emotional, or intellectual limitations may have stronger reactions to a threatened or actual disaster. Children with special needs may need extra words of reassurance, more explanations about the event, and more comfort and other positive physical contact such as hugs from loved ones.

Want to learn more?

<https://www.cdc.gov/childrenindisasters/index.html>