



### **Councilman Fred Fox's Greetings**

Hello Elders, Community Members and Relatives.

As we are about to close out the Winter season, we're hoping the last arctic blast is done for this winter season. I think we are all ready for Spring to arrive and enjoy some outdoor activities. Easter will be here quickly, and that is usually the first sign of spring season approaching.

I would like to send my condolences to the families that lost loved ones during this time and have family members that are sick and in the hospital. The hospitals are over capacity and have been for some time. It's not always the best place to be, but when surgeries and treatments are needed, they have no choice.

I would also like send condolences to the families that just had their family Memorials this past month. I know it must be difficult for the families during this time, but having family, friends and community members helping and being there for the family means a lot. Blessings and prayers.

A couple of projects that I would like to mention that are near completion are the

six Veteran Homes that myself and the Chairman have participated in building for the community of White Shield. We hope to have the project completed by the beginning of April and have some Veterans moved into the units. Some of the units will have Solar Panels to defray some energy costs and some of the units will have ADA accommodations.

The other project is the new Coffee Shop that is almost complete inside the Ralph Wells Community Center. The Sahnish Development Authority will be running the business venture. It will feature many gourmet coffee mixes and serve a little bit of everything, such as breakfast sandwiches and pastries. We are really excited for this coffee shop to open. It will be a great place for everyone to enjoy a coffee and a visit.

I would like to give a huge congratulations to Love Hopkins for having such a historic and outstanding Wrestling season for the White Shield Warriors. Love took 3rd place at the North Dakota High School Wrestling Tournament in Fargo. Love represented our school and community to the highest level as only a 7th grader!

In closing, I would like to congratulate the White Shield Boys Basketball team in winning the District 15 Tournament. I believe it was the first and only time the boys have won a district tournament. This will also be the last, due to moving to the 3-class basketball system in North Dakota. The boys were seeded #1 in Districts so they had a perfect record in district play and also Coach Shaun Knife was named Co-Coach of the year. So Congratulations to all for a great season, but we still have a few more games. So good luck in the Regional Tournament at 4-Bears Event Center.

Everyone be safe on the roads while traveling. The Winter season doesn't want to leave and plans to stick around for a while.

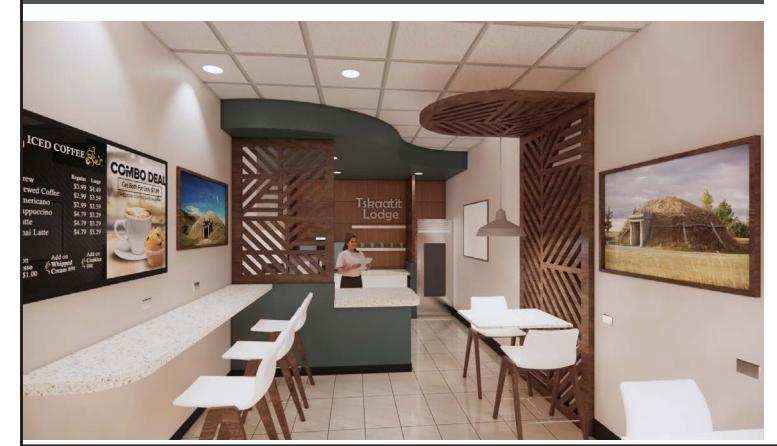
Take Care and God Bless.

Fred Fox

White Shield East Segment Representative MHA Nation Executive Secretary

### TSKAATIT LODGE COFEE SHOP

### GRAND OPENING





A cafe oasis within the Ralph Wells Jr. Community Center, the Tskaatit Lodge will serve a variety of coffee, specialty drinks, and pastries. The new coffee shop is located adjacent to the concessions area and will be managed by the Sahnish Development Authority.

Please join us March 22<sup>nd</sup> for the GRAND OPENING!





## White Shield hosts TAT Law Enforcement update with McLean County Sheriff's Department





## Pep Rally held for 2023 Heavy Weight West Regional Champion Love Hopkins

February 15, 2023

Special Guests: Chairman Mark Fox, Councilman Fred Fox, Councilwoman Monica Mayer and Councilwoman Sherry Turner-Lonefight Photo Credit: Earl Lorenzo Briones







## Councilman Fred Fox visited St. Mary's Elementary School in Bismarck

February 14, 2023

He spoke to the 4th graders about MHA history, our tribal government, and also shared the significance of eagle feathers. Photo Credit: Joelle Bearstail













### BUILDING UPDATES



#### RESTAURANT

The much anticipated
White Shield Family
Restaurant will provide
local, casual dining to the
White Shield community.
The building will be
approximately 5,000 sq.
ft. The main dining and
kitchen area will be 3,300
sq. ft. with an adjacent
storage area of 1,700 sq.
ft. Included in the layout is
a private room for smaller,
more intimate gatherings.









### TWIN HOMES

Construction of the first three, of 15 total planned, twin homes is scheduled to begin in May 2023. The individual twin homes will be approximately 2,600 sq. ft. The floor plan includes three bedrooms and two baths, with contemporary finishes.





### In Memory of



WESTON DAKOTAH FOX OCTOBER 10, 1982 - JANUARY 3, 2022

Weston Dakotah Fox, 40, passed away January 3, 2022.

Viewing and Prayers will be on Thursday, January 12, 2022, from 3:00-4:00 PM at Thompson Funeral Home, Garrison. A procession will leave from the funeral home at 4:00 PM to the White Shield Complex.

Wake Service will be on Thursday, January 12, 2022, at 7:00 PM at the White Shield Complex.

Funeral Service will be on Friday, January 13, 2022, at 10:00 AM at the White Shield Complex. Burial to follow at the Arickara Congregational Cemetery, White Shield.

Weston Dakotah Fox, scirihts aninaaricl - (Standing Coyote) was born on October 10th, 1982 to Wesley Fox, Jr. and Gloria Poitra in Minot, ND. He passed away on January 3rd, 2023 in Oroville, Washington.

Weston attended Twin Buttes and White Shield Elementary Schools while growing up and went to high school at Watford City High School where he played hockey and graduated in 2001.

He was a talented artist and loved to do different projects around the house. He liked music, ICP were his favorite artists, and going to concerts. He was a car enthusiast who liked to work on his own vehicles. He enjoyed playing video games. He loved hanging out with and spending time with his aunt Naomi "Omi" Fox, who was more like a big sister, that he grew up with.

Weston was once married to Anna Mandan and they had two sons Justice & BlueHorse. He lived in New Town for a few years and worked surveillance at the Four Bears Casino before moving to Oroville, Washington with Amy, Justice, and Brock and worked different jobs and took care of his mother when she became ill.

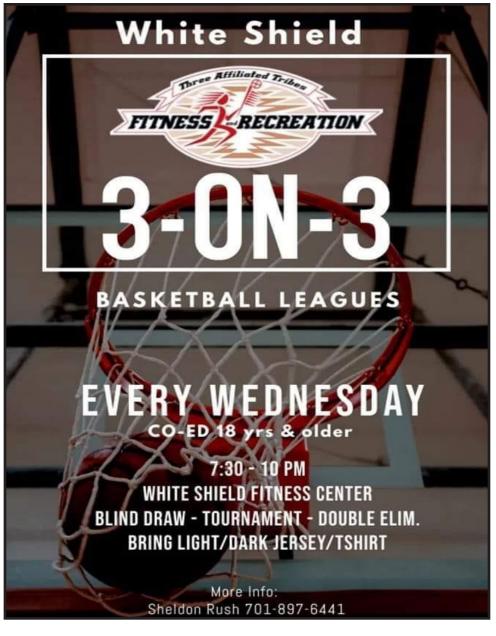
Weston is preceded in death by his younger brother, Joe Lone Bear; mother, Gloria Poitra; special companion, Amy Farber; maternal grandparents, Marie Seminole and Julius Poitra, Sr.

Weston is survived by his sons Justice Fox, BlueHorse Mandan, Brock Fox, and Alexander Fox; father, Wesley Fox, Jr.; paternal grandparents, Wesley Fox, Sr. and Yvonne (Howard) Fox and all his aunts, uncles, cousins, nieces, nephews, and extended family.





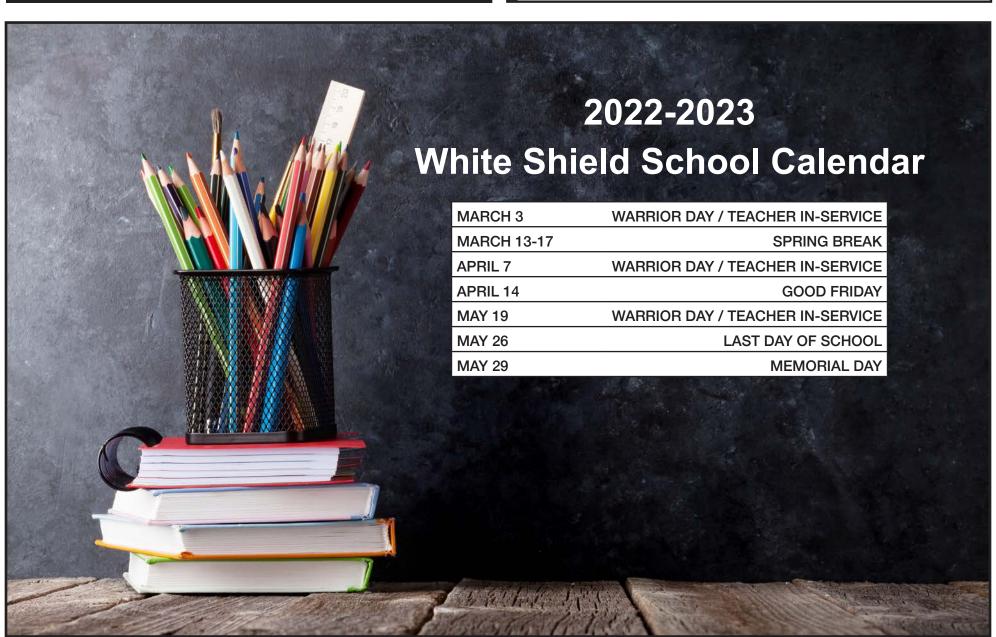


















March is National Nutrition Month Join us for

### Cooking Class

March 20th & 21st 5:30-6:30 PM
Prepare & taste nutritious recipes!



Class Located at MHA Diabetes Center Scan QR Code or use link to register https://forms.gle/msk728zsT6Hdu5WJ9 For any questions please call 627-7931





NATIONAL PACK

YOUR LUNCH DAY

Come to the MHA Diabetes Center
11:30am-1:00pm to pick up your free
healthy lunch & reusable lunch box



### Recipe Corner

**Slow Cooker Taco Soup** 

This healthy recipe comes from NDSU Extension.

#### **INGREDIENTS**

- 1 lb. lean or extra-lean ground beef
- 1 onion, chopped
- 1 (16-oz.) can chili beans, with liquid
- 1 (15-oz.) can kidney beans, with liquid
- 1 (15-oz.) can whole-kernel corn, with liquid
- 1 (8-oz.) can tomato sauce (lowsodium)
- 2 c. water
- 2 (14.5-oz.) cans peeled and diced tomatoes (low-sodium)
- 1 (4-oz.) can diced green chili peppers
- 1 pkg. taco seasoning mix (lowsodium)

#### **DIRECTIONS**

In a medium skillet, cook the ground beef until browned over medium heat. Drain. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low setting for eight hours.



### SPORTS SECTION

FEBRUARY 2023

## Lady Warriors were honored with new ribbon skirts made by Bonnie Good Bird

Photo By: Julie Fliginger



## Love Hopkins takes 3rd in the North Dakota High School State Wrestling Tournament

Congratulations Love! We are very proud of you!





## SPORTS SECTION

FEBRUARY 2023

### Warriors take No. 1 seed in District 15 tournament

By: Ethyn Williams-Calvert ethyn@nordaknorth.com

MANDAREE — Securing the number one seed, the White Shield warriors will have a bye before competing in the District 15 Boys Basketball Tournament this Saturday.

The boys from White Shield are slated to take on the winner of Game 1, which pits the Williston Trinity Crusaders against the Alexander Comets, in Game 5 of the tournament, which will be held at 5:30 p.m. at Mandaree High School.

Over the past month, the Warriors played and defeated both teams.



### **Warriors take down New Town**

By: Ethyn Williams-Calvert ethyn@nordaknorth.com

NEW TOWN – White Shield's boys basketball program participated in only one contest this week, but they made sure fans got their money's worth.

Feb. 9 the team traveled to New Town and defeated the Eagles 79-49. This game was all Warriors from the get go as White Shield's group jumped out to an 18-8 lead following the first period.

"We came out strong defensively and attacked the basket well," Warriors Head Coach Shaun Knife said.

Knife's group didn't slow down in quarter two adding 19 more points to their total and increasing their lead to 15.

Following the break the Warriors got right back to business scoring 21 more points in the third alone,

effectively sealing the game a full quarter early.

Period four drew to a close and White Shield's group walked off the court easy victors 74-49.

While the win was impressive in its own right, standout senior Jase Dickens made history in the event. Dickens scored 34 total points in the event and one of his three three-point shots in the game pushed his career total over 1,000.

"What a milestone to accomplish," Coach Knife said. "He worked hard on his strength and shooting a lot this summer and I'm glad it's paid off for him."

Knife went on to praise Dickens' growth as a leader throughout this season, "He's grown into a really great kid, player and student athlete and I'm grateful to be able to coach a Jase Dickens."

Dickens has been the offensive leader for White Shield in nearly every one of the Warriors games this year, consistently putting his team in position to walk away from contests victorious.

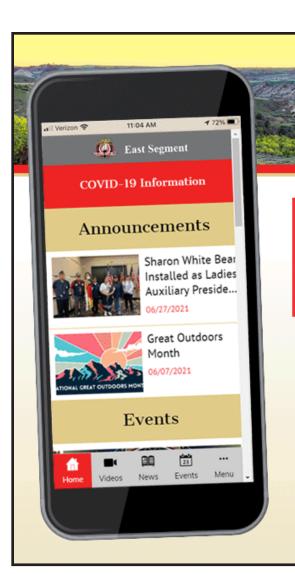
With this contest wrapped up and behind them the Warriors have officially finished up their schedule of in-district games and will enter the postseason as the top ranked team in District 15 with their 3-0 record in district play.

"We had a goal in mind at the beginning of this season," Coach Knife said. "To be the number one seeded team in our district entering postseason play."

White Shield's team accomplished their preseason goal, now their attention can shift to a deep postseason run at Districts.



White Shield Warriors guard Jase Dickens, second from left, celebrated his 1,000th point which was made during the Warriors' game against the New Town Eagles last Thursday



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















### PET GROOMING

We provide grooming based on the weight of your pet.

Bath & Blow Dry

Cut/Trim Nails

Eyes (staining)

Ears (Cleaning & Hair removal)

Sanitary Area

### KENNELING (LIMITED)

We kennel dogs all sizes & Cats all sizes 1/2 day = 8 hours of Kenneling \$15.00 Full day= 24 hour of Kenneling \$30.00 1st dog \$22.00 2nd dog

YOU ARE WELCOME TO TAKE A TOUR

Just give me a call.

701-337-6333



Elbowoods Memorial Health Center Native Connections

### **YOUTH GROUP**

SEEKING YOUTH REPRESENTATIVES FROM ALL SEGMENTS AGES 12-24

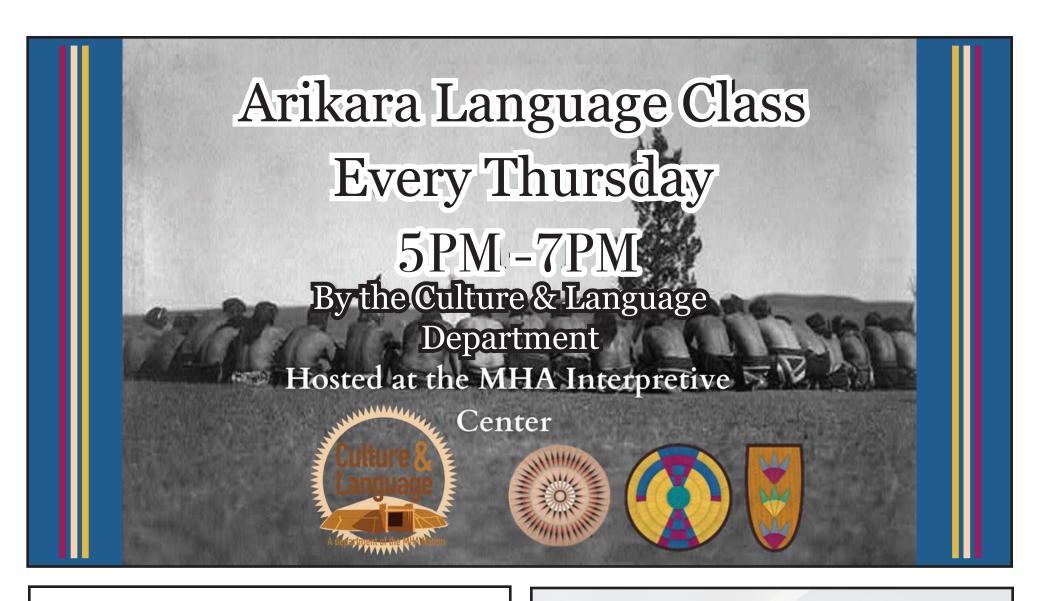
In honor of our Native American children and young adults, we want to amplify Indigenous voices, to highlight and celebrate the diversity of backgrounds, experiences, and interests across the Native American community.

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

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



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



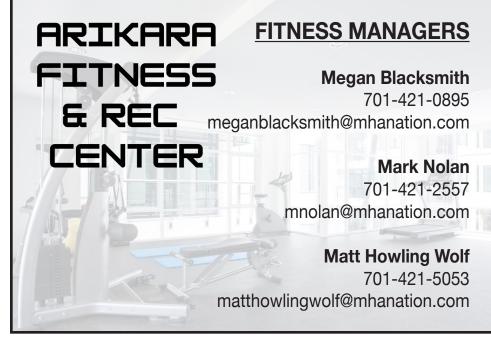
## WHITE SHIELD CHURCHES

### ARIKARA CONGREGATIONAL CHURCH

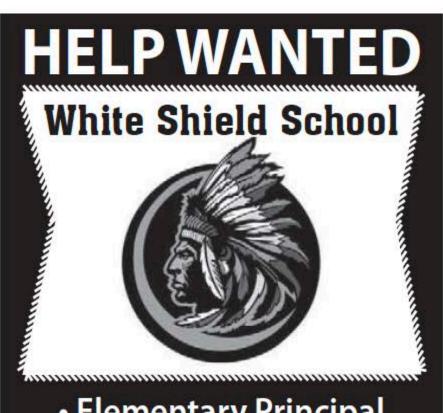
Worship & Sunday School: 10:00am Pastor Kathy Holmes

### SACRED HEART CATHOLIC CHURCH

Saturday Mass: 4:30pm Father Basil Atwell (701) 463-2327 (Parish Office)







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

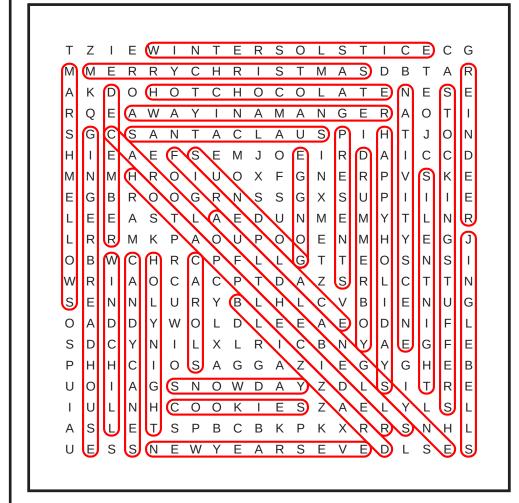
Applications and Background check forms can be found on our school website <a href="https://www.white-shield.">https://www.white-shield.</a> k12.nd.us/

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





### **January Answers**



# Ralph Wells Community Center Hours

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

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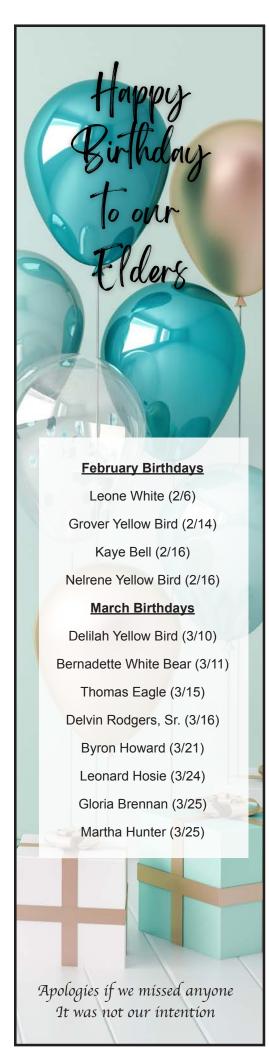
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ALL CHIEFS DAY **ANNIVERSARY ANTMAN AQUARIUS BLACK HISTORY CHOCOLATES** 

**CUPID FLOWERS GROUNDHOG HEARTS HIBERNATE ICE FISHING** 

LOVE MARDI GRAS PISCES PRESIDENTS DAY ROSES SECRET ADMIRER SHADOW SUPER BOWL **SWEETHEART VALENTINE** 



WHITE SHIELD SENIOR MEALS

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

WHITE SHIELD OFFICE				
Councilman Fred Fox	fredfox@mhanation.com 701-421-9			
Greta Hosie	gretahosie@mhanation.com	701-421-8286		
Heather Bearstail	hdickens@mhanation.com	701-421-1396		
Morley Howling Wolf	mhowlingwolf@mhanation.com	701-421-1160		
David Blacksmith	dblacksmith@mhanation.com	701-421-6507		
RECORDS OFFICE				
Executive Secretary		701-627-8248		
Mike Stevens	mstevens@mhanation.com	701-627-8111		
NEW TOWN OFFICE				
Main Phone		701-627-8248		
Fax Line		701-627-2093		
BISMARCK SATELLITE OFFICE				
Main Phone		701-751-0456		
Fax Line		701-751-1972		
Sharissa Wells	slwells@mhanation.com	701-421-8985		



Please email stories and photos (with credit) to:

editor@whiteshieldstar.com

<u>DEADLINE</u> FOR SUBMISSIONS: 10TH DAY OF THE MONTH FOR THAT MONTH'S ISSUE

**MHA NATION COMMITTEES** 

EXECUTIVE COMMITTEE				
Chairman Mark Fox (Chair)	chairmanfox@mhanation.com	701-627-4781		
Cory Spotted Bear (Vice Chair)	coryspottedbear@mhanation.com	701-938-4403		
Fred Fox (Executive Secretary)	fredfox@mhanation.com	701-627-8248		
Mervin Packineau (Treasurer)	mpackineau@mhanation.com	701-627-8216		
JUDICIAL COMMITTEE				
Monica Mayer (Chair)	mmayer@mhanation.com	701-627-3456		
Fred Fox (Member)	fredfox@mhanation.com	701-627-8248		
Robert White (Member)	rwhite@mhanation.com	701-627-8109		
HEALTH AND HUMAN RESOURCES COMMITTEE				
Monica Mayer (Chair)	mmayer@mhanation.com	701-627-3456		
Fred Fox (Member)	fredfox@mhanation.com	701-627-8248		
Robert White (Member)	rwhite@mhanation.com	701-627-8109		
EDUCATION COMMITTEE				
Monica Mayer (Chair)	mmayer@mhanation.com	701-627-3456		
Sherry Turner-Lone Fight	sturner-lonefight@mhanation.com	701-759-3377		
Robert White (Member)	rwhite@mhanation.com	701-627-8109		
ECONOMIC DEVELOPMENT COMMITTEE				
Robert White (Chair)	rwhite@mhanation.com	701-627-8109		
Sherry Turner-Lone Fight	sturner-lonefight@mhanation.com	701-759-3377		
Monica Mayer (Member)	mmayer@mhanation.com	701-627-3456		
ENERGY COMMITTEE				
Fred Fox (Chair)	fredfox@mhanation.com	701-627-8248		
Cory Spotted Bear (Member)	coryspottedbear@mhanation.com	701-838-4403		
Monica Mayer (Member)	mmayer@mhanation.com	701-627-3456		
CULTURAL COMMITTEE				
Sherry Turner-Lone Fight (Chair)	sturner-lonefight@mhanation.com	701-759-3377		
Mervin Packineau (Member)	mpackineau@mhanation.com	701-938-8216		
Robert White (Member)	rwhite@mhanation.com	701-627-8109		
NATURAL RESOURCES COMMITTEE				
		701-938-4403		
Cory Spotted Bear (Chair)	coryspottedbear@mhanation.com	701-330-4403		
Cory Spotted Bear (Chair)  Fred Fox (Member)	fredfox@mhanation.com	701-627-8248		

1804 C-STORE				
Main Phone	701-743-4022			
WHITE SHIELD COMPLEX				
Main Phone	701-743-4244			
Gary Dickens	701-898-8946			
NEW RALPH WELLS, JR. COMMUNITY CENTER				
Main Phone	701-743-4637			
Glenn LaCroix	701-421-7585			
Harry LaCroix	605-222-8974			
Megan Blacksmith	701-421-0895			
Mark Nolan	701-421-2557			
Holly Felix	701-421-0413			
Becky Bird	701-898-0318			
NISHU ELDER LODGE				
Main Phone	701-743-4050			
Helen Krueger	701-898-8609			
Glenise Bearstail	701-897-1163			
Jayden Cisneros WB	701-421-2646			
WHITE SHIELD SENIOR MEALS				
Main Phone	701-743-4121			
REE LODGE MANAGEMENT				
Main Line	701-743-4120			
JoDell Fox	Ext 225			
Chris Everett	Ext 226			
WHITE SHIELD FIELD CLINIC				
Main Phone	701-743-4380			

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

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