



FEBRUARY / MARCH 2015

VOL. 1 NO. 2

NEW JUDGE FOR MILLE LACS BAND HAS DEEP ROOTS IN TWIN BUTTES

David Christensen was sworn in Thursday, February 5th, as District Judge for the Mille Lacs Band of Ojibwe in Onamia, MN. Dave is an MHA enrolled member and grandson of the late Evan Sr. and Gertrude Burr of Twin Buttes. His parents are Mike Ward and Marlene Burr Ward of Phoenix, Arizona.

This news came to the Six Star Observer office from David's uncle, Tracy Burr, who was kind enough to submit a photograph of the ceremony and contact information for the Judge. Contact was made, but



Left to right: Secretary/Treasurer Carolyn Shaw, Judge David Christensen, Associate Judge Brenda Moose, and Mille Lacs Band Chief Executive Melanie Benjamin at the swearing-in ceremony Thursday.--Photograph submitted by Tracy Burr

in a limited way--that is another story in itself. The judge agreed to provide information about his background, and explains beautifully his deep connection to Twin Buttes as follows:

Everybody has a story. A story about me is not fancy or anything like that but there is lots of love, support, humor, wonderment, and deep, deep

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roots. It is a lot about listening and learning.

I was selected as the District Court Judge for the Mille Lacs Band of Ojibwe. I am very honored, humbled, and excited. I know it will be difficult and challenging. I also know it will be rewarding. Most Judges I know believe that.

I am married to Georgette Bunker Christensen. We have three daughters, Hayley, Tylor, and Jordan. Georgette is from the White Earth Band of Ojibwe in Minnesota. Our daughters are enrolled MHA members.

My Indian name translates as "the Rushing War Eagle," and I am from the Flint Knife Clan. I was very honored when Edwin Benson gave me that name some years ago. He did it in Hidatsa so more people would be able to understand. The name was my grandfather's grandfather's name and he was given that name by a Lakota family at the signing of one of the Ft. Laramie Treaties. (I think it was the 1867 one that was not ratified.)

I was born in Scotland while my dad was stationed there in the Air Force. We came back when I was two. We lived with

my grandparents Ole and Hazel Christensen.

My roots are in Twin Buttes and Halliday, and they are deep. I am Mandan/Hidatsa/German/Norwegian. That is who I am.

I went to school in Twin Buttes, Halliday, Bismarck, Nebraska, and Moclips, Washington.

I attended college at the University of North Dakota and Western Washington University. I went to Law School at the University of New Mexico.

My parents divorced when I was four, and my mom went back to school at Dickinson State.

My dad left and went to the oil fields. He was an only child, so I grew up in the in the Burr family, particularly after my Grampa Ole died when I was 12. My mother is Marlene Burr-Ward. My brother Mike and I lived with my grandparents Evan Burr Sr. and Gerty (Jacobs) Burr. My older brother, Mike, and I are very close. He is a doctor and carries the name Four Bears. I also have two younger sisters, Chereese Lewis and Devyn Ward.

Lots of people used to visit grandma and grampa all the time. They would play cards, have coffee, eat, visit, and

tell stories, sometimes in the Hidatsa language. My Uncle Tracy and brother Mike would sneak out of the bedroom we shared and go out into the living room to listen to what they were talking about and I tagged along, like I did for most things. I don't think we were very good at being quiet, so we would get sent back to bed. However, I still wanted to hear the stories. So sometimes I went out there by myself or pretended to be asleep on the couch and just listened to them talking and laughing. I could hear the words, and I didn't understand everything but I think somewhere inside me I learned to hear not just the words people spoke but what they mean even without really knowing the words sometimes. They also tell you things in other ways. I have lots of stories I remember that try to explain that. Here are just a couple.

My first day of Headstart, the start of my formal education was quite a day. It was in the old clinic at the end of the street my grandparents lived on. My grandma sent me off to school. Ollie Benson and Linda Holen were the teachers. I knew them and they were wonderful. As I

walked to the class I decided I did not want to go to school, so I headed out. I crawled over the fence back to the government equipment we were supposed to stay out of. I played back there for quite a while in the culverts. I liked to hear the sound of the rocks when I threw them inside. Finally I went home.

I walked in and my grandma said, "I thought you went to school?"

I said, "nope, I'm not going to school."

She had been baking cinnamon rolls. She gave me one and continued baking. After she put bread in the oven she dusted off the flour and said, "okay, are you ready to go to school now?"

I nodded, and she took me by the hand and handed me off to Ollie, who gave me a hug and took me by the hand to start my education. Little was said, but Grandma, Ollie, and Linda spoke very clearly that day.

There are so many stories from there and with people from there and all their support, then as well as now. Stories like riding with Dick and Flora Demaray in their wagon down

to Edwin Benson's place to get drinking water. Aunty Debbie and Jim Wilson being there and helping me in Grand Forks. Vic and Reva Boeple being there always. Support from uncles and aunts and their families as well.

My mother is my hero. After Elbowoods, she had no teacher at Twin Buttes. So she pursued her education, got a Doctorate in Education, and taught school in Twin Buttes when I was little. My parents Mike and Marlene Ward are wonderful. They are retired educators now, living in Arizona.

My grampa Ole is also my hero. I had wonderful grandparents and come from a good family, and that means our big family too. They have all been there in different ways and at different times for me. I give thanks every day for them. My grampa Burr stayed with me part of my first semester of law school in New Mexico. It was a tough time. He encouraged and supported me. I was lucky.

David still has relatives in the area—an Uncle Evan in Twin Buttes, Uncle Larry in Halliday, Uncle Tracy in Minnesota, Auntie Debby in Grand Forks, and Uncle Lonnie in Bismarck

and works in Twin Buttes.

My Uncle Dennis, Uncle Roget Old Mouse, and Auntie Reva are gone. Without all of the support at different times, where would I be? They have made my life. I am blessed. People from Fort Berthold are everywhere. My story is pretty humble next to many of theirs.

I learned being included and including others is important, learning honesty and respecting everyone, to laugh, to work hard, to have courage to stand up for things, knowing what is right and wrong, to be thankful for everyone we have, the world we live in and everything in it is sacred, we just have to recognize that. Stories, songs, dancing, eating good foods, learning to ride horseback, hunting, learning who family is and what that means. I also learned to be determined even when things aren't going your way. All those things will help me be as good of a judge as I can, particularly listening to what people mean as much as what they say.

I am going back to Mille Lacs as the District Court Judge. I went to Mille Lacs after law school. My Uncle Lon was there, and he convinced me to apply. I



was hired, and I felt accepted and liked by many of the people there, and I have maintained many friendships. I respect and like what they have done to move their economy, services, and institutions forward while maintaining their culture and traditions. There have been a lot of people there with their hearts in the right place and it comes through. Previously, I worked for the Mille Lacs Band in the 1990s, serving as a prosecutor and representing the Mille Lacs Band in tribal and state court. I was also Legislative counsel, as they have a separation of powers form of government. I left Mille Lacs to go to work for the Bureau of Indian Affairs. I was a Deciding Official for Indian Probates. While with the BIA I also have served in the Division of Tribal Government, assisting tribes in amending their constitutions and reviewing ordinances and resolutions and enrollment appeals. For the last 12 years I have served part time as an appellate court judge for the Northern Plains Intertribal Court of Appeals out of Aberdeen, SD.

I have been supported and impacted by so many people over the years, it is

overwhelming when I think about it. I could name hundreds and tell a story about each, some strangers too. People from all over the country have affected me, and I am grateful for my experiences, even the hard ones. But it is the roots of my family, Twin Buttes, and Halliday that have given me so much. I have been influenced and supported by so many. I come from the roots of my family and Twin Buttes and Halliday. Lots of good, good people.

*Article courtesy of:
Sarah Dea
Six Star Observer*



COUNCILMAN SPOTTED BEAR'S GREETINGS

Hau Numakaki aame,

Greetings everyone. I hope everybody is holding up as we begin to approach spring! I would like to give my condolences to those who have lost loved ones this winter. I hope that your hearts are comforted and that you might be surrounded by Creator's warmth. I would like to ask for prayers for the family of my Grandpa Fred Smith who has always been a numakshi, a good man, ever since I have known him as far back as I can remember. I've never seen that man get rattled, he is just one of those gentle souls, may he journey well. I am thinking of all those who suffer from heart ache and hard times. I hope you can see some light at the end of your hardship.

Things are starting to pick up in our quiet little community. I've been hearing a lot of people say it's nice to see a lively tribal building, people coming and going, it's good. Our community hall and college site are both thriving too. We are currently in the middle of some renovation at our Twin Buttes tribal building, progress is moving right along. We plan to give our tribal headquarters a nice professional look, something that our community can appreciate and be proud of. We are creating a reception area where our receptionist will be able to greet our guests as they enter the tribal building. Along with the interior renovation will be an addition to the building of a conference room, staff lounge, office space, storage

space, and an outside social picnic area for our staff and visitors to come and enjoy some fresh air.

We recently addressed an "open dump" issue that was on-going and somewhat getting out of hand in our community. I would like to thank our Public Works director Pat Dubois and his solid waste crew for taking the concerns we had about our garbage seriously. In less than a month of listening to our concerns Pat's crew had our open dumping area cleaned up and hauled away. Also, we have plans to build a waste "transfer station" this spring. The waste transfer station will allow us to manage and monitor our garbage in Twin Buttes. The transfer station will provide two full-time jobs with full-benefits for two community members. If any community members are interested in working for our transfer station stop by our segment office and fill out an application.

We organized a clean up and construction crew and the crew have been cleaning up and restoring Twin Buttes Custom Homes building, the gas station, Headstart building and some of our substandard houses. We are also working on getting our gas station renovated with plans to re-open the service this spring. Our first priority is getting our gas pumps operating and adding a few diesel pumps and an addition onto the south end of the store. In the plans are a better store front



look, covered entry way, canopy over both the gas and diesel pumps, small salad/deli bar, walk in freezers, and a small grocery section. The gas station is one of our top priorities. It has been a few years since Twin Buttes has had the store open.

A few weeks ago we got our Little Champs Headstart open again, that too has been a few years since we have had the Headstart services. I would like to thank all those who worked together and had a hand in re-awakening our Headstart, it was all done on behalf of our most sacred resource, our children. Last week I got to spend some time observing our children in the headstart and it made me feel good to watch them learn how to spell their names and began their journey of learning. I would like to thank all the Headstart staff for your commitment to the kids and I would also like to welcome home Karissa Diaz-Corral.

We have a lot going on, we are planning to clean up and re-develop our West housing district. We have ambitious plans to restore, as well as, build

approximately 12 to 15 new homes within the next year and a half. To help address our housing issues we are planning to start a lumberyard service and hardware service inside our existing TB Custom Homes building. A section of the building will be partitioned off for carpentry construction and building the walls for the homes that we will be assembling in our community. This project will create new jobs for Twin Buttes. We also are beginning the first stages of a Ready-Mix Concrete plant to be situated near TB Custom Homes building. By cutting out the middle man and making the concrete ourselves we are saving 30-50 percent on the total cost of some of our development projects.

We try to meet with Rural Water director Maynard Demaray every week to move our water pipeline project along. The water pipeline will extend from Pete Fredericks place out west to Mossett Bay, from west housing south to the reservation line, and from the school all the way out east to our reservation lines. A total of 36 miles of new water pipeline will be going in the ground with this project. Our tribe budgeted for this project 4.4 million dollars and this money will not come out of our segment funds, but instead out of a special projects fund through the general fund of the tribe. Also in the works we have a 6 million dollar new water treatment plant upgrade, and a new lagoon project getting underway, neither of these projects will be coming out of our segment allocation. We sent a

2million dollar check to IHS for the lagoon project last week. A total of 13million in infrastructure development projects are underway for Twin Buttes this fiscal year.

Our segment allocation for this fiscal year was 12 million dollars. The fiscal year runs from Oct. 1 thru September 31. The budget was finalized February 11th in a tribal council meeting. A budget summary along with a detailed scope of work will be published to our mhanation.com website for our entire membership to view. I will also present it at our community meetings. A few of the projects addressed under the 12million dollar budget for this fiscal year are the segment operating budget, tribal building renovation, new elders building, Twin Buttes custom homes, gas station, home improvement, daycare, housing development, elders organization supplement, school housing supplement, churches contribution, Twin Buttes memorial hall addition, rodeo/roping arena, softball field, outdoor basketball court, and horseshoe pits. Again, the entire budget and scope of work will be published for all who would like to see. The budget for each segment has to be approved by the TAT finance department and they will publish each segment budget and scope of work to the website.

In the last council meeting I had a resolution passed to split the Education and Economic Development Committees into two separate committees. In the

past those two committees were merged. I continue to sit on both committees as well as health and human resources committee and I chair the education committee. Councilman Ken Hall will now chair the economic development committee and I will continue to serve on that committee as well. I have established for our community a "High School Senior Incentive Grant," that only our high school seniors from the South Segment are eligible for in their second semester (spring semester) of their Senior year. The grant does not exceed \$2,500 and is to be applied to a school incentive opportunity; we have a policy with guidelines to follow. Only our high school seniors are eligible. It is our way to thank our high school Seniors for their commitment to their studies, for making it this far, statistically they have all beaten the odds as they are on course to graduate and receive their diplomas. We hope this will be incentive enough to keep them on course to graduate. The education committee also has other reservation-wide graduation incentive opportunities in the plans that I hope to address in a future newsletter.

Our war bonnet dances are coming up on Fort Berthold, most of them are held in April. I want to take this time to explain what I know about the war bonnet dances and why we have them. Our people have clans and a clanship system of how we are to conduct ourselves within our relationships with each other. If

our mother belongs to a clan then we are born into that clan and become a member of our mother's clan. Whatever our father's clan is we become a "child" of that clan, but not a member. For example, my mother Sharon is a member of the Water Buster clan and my father Kelly is a member of the Flint Knife clan. So I am a member of the Water Buster clan and a "child" of my father's clan, the Flint Knife clan. Through the protocol of our clanship system we are to give away gifts, all our lives, to living members of our father's clan- our clan "mothers," and clan "fathers," or as it is often said, our clan "aunts," and our clan "uncles." In our cultural belief system the Mandan's believe that whatever we give away to our clan "mothers" and clan "fathers" in this lifetime will be waiting for us in the next. The happy hunting grounds, heaven, or whatever you want to call it, this is our cultural belief. Through this belief, all our lives we give away the best we have to our clan mother's and clan fathers so that all those many prized items we have given away will be waiting for us over there. During funeral services, all the blankets you see hanging up along the wall, they say those are not supposed to touch the ground, go to the Senior Pallbearer who is a clan aunt or uncle so that upon entering the other side all those gifts will be waiting there for the departed. Saying that now, when you call on somebody for the war bonnet dances, you are to call upon a child of your clan. So if I am a Water Buster, I would call on

children or "a child of" the Water Buster clan, that would make me their clan father, no matter what their age would be, young or old I am their clan father or uncle, because their father would be my clan brother. The person being called on should really feel honored because they are being called on by their clan aunt or uncle and have the opportunity once again to give away to them, because remember it will be waiting for you on the other side. The reason a person calls on someone for the war bonnet dances is because they are on a powwow committee and they have to prepare to have a give away or some type of special donation. They might be looking to get a genuine war bonnet, hence the name war bonnet dance, so they call on and feed one of the children of their father's clan. That is how they get a large part of their donations to be given away at that summer's Celebration. Your requirement when you call on someone to donate to you is to feed that person and their family. In return you get all the goods and donations you need. I hope that helps explain what the war bonnet dances are for. It can get confusing when you are just beginning to learn about the clanship system. This year Twin Buttes war bonnet dance will be on April 25th, a Saturday. All are encouraged to attend. Come and learn about your clanship system and your cultural way of life.

In closing our tribal enrollment increased by 84 new members last month, bringing our total enrolled

population up to 14,322 members. In December our enrollment increased by 81 new members so our tribe has been growing rapidly. 4,632 members are between the ages of 0 and 17, 8,590 members are between the ages of 18 and 59, and 1,100 of our enrolled members are 60 and over. Our bountiful baskets food co-op is in the planning stages. We are getting our elder meals started again in Twin Buttes. Lastly, the chairman is talking about getting a \$1,000 cash disbursement out to the membership in April or sooner. Every time our tribe gives a \$1,000 disbursement to every enrolled member, it takes approximately \$14,322,000, per our current enrollment. I will continue to report our progress as we move forward with controlled, responsible development. May Creator God bless each and every one of you with good health, happiness and abundance. The days are getting warmer and we have many good things to look forward to, aho, a'taro'sh.

*Councilman Cory Spotted Bear
Twin Buttes Representative*



TWIN BUTTES MEMORIAL HALL NEWS



Zumba! It's been around for awhile but how many people have actually tried it out? Every Wednesday (see more Zumba times below) now for over a month we have had a wonderful turnout of ladies of all ages come to Zumba class. I have to say, seeing their faces after their workout and seeing that look of accomplishment is very rewarding to me. Being in an atmosphere where everybody is positive and willing to not only cooperate together but to have fun while doing so is really the reason why we thought selling fresh juiced vegetable/fruit aka "juice" to this group would not only be good for business, but would also benefit the whole class. Juicing is the process of extracting juice from plant tissues such as fruit or vegetables. Hank is on the Pow Wow committee so we help fund raise. At first my co-workers and I were thinking of selling drinks(water/gatorade) and snacks(candybars etc) because

we don't have that luxury of going to the store real quick. Our nearest store, and post office, is 17 miles away in Halliday. Thankfully the people I had discussed all this with volunteered their juicers! Members of the Pow Wow committee were also in favor of this. The first time we sold we made a profit of about \$70!! People bought just to try it out, others had been wanting to do it but just didn't have the equipment. The avid juicers also enjoyed it because they didn't have to go through all the hassle, they just told me what they wanted and we whipped it up. I myself have never really juiced, I can say that I've tried it and can appreciate all it has to offer. I've heard alot about juicing and all the major benefits it has, but until I actually had a conversation about it with someone who does know I find out there is so much more to it than just being healthy. Although juicing can be very expensive and time consuming

to get to the drinking part, having a juice bar would make it that much more easier for others to try it out, get healthy, stay/feel alive. Whether or not anybody would want to admit it, surprisingly some first timers actually felt a little more energetic and happy. There is a movie to watch that will have you thinking a little differently about the food that goes into our bodies, I strongly recommend watching "Fat, Sick and Nearly Dead" Juice therapy should not be confused with traditional fasting even though it is often called juice "fasting". To clarify, juicers do not abstain from eating but consume only raw juice for primary caloric intake. Raw plants hold nutrients that are destroyed through heat techniques including pasteurization, which is a common practice in store-bought juice.

*Submitted by:
Geneva Kazena
FPR Staff*



TIME	DAY	LOCATION
12:30PM - 1:30PM	TUESDAYS	MEMORIAL HALL
12:30PM - 1:30PM	WEDNESDAYS	MEMORIAL HALL
3:00PM - 3:30PM	WEDNESDAYS	TWIN BUTTES SCHOOL
5:30PM - 6:30PM	WEDNESDAYS	MEMORIAL HALL
5:30PM - 6:30PM	THURSDAYS	MEMORIAL HALL

BEGIN THE core PROGRAM



PHASE 1
DETOX
LOSE YOUR
BLOAT
WEEK 1

PHASE 2
IGNITE
MELT YOUR
BELLY
WEEK 2-8

PHASE 3
THRIVE
LIVE YOUR
LIFE!
WEEK 9+

For more information contact | Angie Lone Bear | corein8.com/4704202

Mobile Vet Clinic

April 24th | 8AM - 5PM | Twin Buttes Memorial Hall



Circuit Training COMING SOON!

Memorial Hall Hours:

Mon - Fri - 5-7pm cst - open to kids

Mon 7-9pm cst - Teen Night

Tues 7-9pm cst - Volleyball Night

Wed 7-9pm cst - Men's Night

Thur 7-9pm cst - Woman's Night

Fri 7-9pm cst - Open Gym

TWIN BUTTES POLICE DEPARTMENT

Hello one and all. I am happy to announce our new police officer, Cody Smith to the Twin Buttes area. I feel that he will be a great asset to the area and the tribe. I will be going on supervisor training at the end of this month in Denver, but before I go I will be putting on a series of classes for the Headstart program. This will be put on the Honeywell system when the dates and times are confirmed.



Thank you all!

Stay safe and don't drink and drive

Sgt. Dustin Krueger



*Dr. Orlan Jackson, D.O.
Monday 9:00AM - 4:30PM
Friday 12:00PM - 4:30PM CST*



*Andrea Richter, FNP-C
Tue / Wed / Thur
9:00AM - 4:30PM*

TWIN BUTTES CLINIC

Clinic Hours
8:00AM - 4:30PM CST
Monday - Friday

Main Phone Number
701-938-4540



FREE DIABETES SCREENING:

TUESDAY, MARCH 24TH, 2015

10AM - 3PM

Twin Buttes Clinic

Screening Includes:

*Are you at risk Type 2 Diabetes test,
blood sugar, and Blood Pressure checks*

To the council members and the people of Twin Buttes,

I would like to take a moment to introduce myself. My name is Cody Smith and I am a new TAT Police Officer that will be stationed in Twin Buttes.

I have lived and worked on the Fort Berthold Reservation as a Deputy for Mountrail County for the past 3 years and worked diligently with TAT to better relations and policing between the jurisdiction on tribal land. I ran for Sheriff in Mountrail County last year and was unsuccessful in my attempt and was ultimately terminated for it before taking a job with the tribe.

My working career has spanned a few fields since graduating high school from North Western High School in Maple Wisconsin in 1995. After high school I joined the Iron Workers Union in Duluth, MN, where I spent the better portion of 15 years traveling the Midwest on construction projects erecting buildings and bridges.

In 2004 I took a brake from construction and enlisted in the Army and was medically discharged in 2005. After being discharged from the

Army, I spent much of my spare time volunteering at my local Army recruiting station from 2005 to 2010 instructing new recruits about military marksmanship and the weapons they would encounter in the Army.

In 2008 life brought me to Nevada where I worked as a tactical firearms instructor. I spent the year helping thousands of our Law Enforcement and Military members along with civilians train and improve their abilities with firearms to prevail in life threatening situations.

2009 brought me back to Wisconsin near to my family along with working in construction again. As the economy slowed and jobs in construction started to fade across the nation, I found myself turning to North Dakota as many people did looking for work. I had the option of working in the oil field looking for a quick dollar as most people who came out here did but I found adds all over for police departments looking for people.



I was raised by a man who always looked out for others and was a protector of what is right. That trait was instilled in me from birth and I carry it to this day. I chose to become a police officer to do what I can to make this world a better place for our children to grow up in.

I look forward to meeting the people of Twin Buttes and becoming a part of the community and doing my part to provide a safer place for our children to learn and grow.

*Thank you,
Cody Smith*

"In Loving Memory"

FREDERICK (PACKS WOLF) SMITH

Xeesh Giashi

March 1st, 1945 – March 7th, 2015



Fred Smith was born into the unity of Clay Smith and Winnifred Eagle on March 1st, 1945 in Nampa Idaho and later moved to Toppenish Washington. Fred was born into the Knife Clan. He received his Indian name "Packs Wolf" Xeesha Giashi on March 1st, 2015 from Tony Mandan.

To his first marriage with Peggy Carl he had two children and worked as a truck driver hauling fruit for farmers. He later moved to Roswell New Mexico and finished his education by completing his GED and receiving a welding certificate in 1975.

He then moved to Gallup New Mexico to work on the pipelines and there he met his second wife, Cheryl. They relocated to Eagle Butte SD for 12 years and with this marriage he had four children. Fred enjoyed riding saddle bronc in rodeos. During his rodeo days he worked for the stock contractors on the rodeo circuit.

In 1984 he came home to Ft. Berthold where he met Catherine (Babylou) Young Bear of Mandaree. They united into marriage in 1991, to this marriage two children were born. During this time he worked in the construction field up until his employment with the Three Affiliated Tribes Roads Department where he was employed until his death. Fred also enjoyed camping and fishing with his friends and family. His most popular past time was gambling at Four Bears Casino. He liked to kick up his heels from time to time on the dance floor. Fred was a very warm and welcoming individual. He always had a smile, hug, or a firm hand shake for everyone he greeted.

Fred will be greatly missed by all his many friends and relatives. He is survived by his wife, Catherine (Babylou) Smith, sons: Clay Reegan and Dugan Smith of Eagle Butte, Cameron Smith (Liza) of New Town, and step-son Marty Young Bear (Jessica) of Twin Buttes. Daughters: Denise Smith (Tom Sage) of Twin Buttes, Cheralynn Smith of Minneapolis MN, Winnie Smith of Mandaree, and step-daughter Marliiss Mandan. Brothers: Eugene Whitney of White Swan WA and Virgil Eagle (Kathy) of Halliday. Sisters: Belva Hoptowit of Toppenish WA, Loretta Eagle of Twin Buttes and all his many nephews, nieces, and grandchildren.

Fred was preceded in death by his parents, Clay and Winnie Smith, his brothers: Evan Smith, Clay (Bitto) Smith Jr., and Vernon (Bommins) Whitney. His sisters: Lorraine Savala, Martha Garza, Amelia Gonzalles, Una Whitney, Lois Whitney. His niece Wanda Chacone and son Tommy James Smith.

ANNOUNCEMENTS



On Thursday, February 12, 2015, Miss Hannah Nicole Bosley and Mr. Colt Duane Touchette exchanged wedding vows in Dickinson, ND. Hannah is the daughter of Vanessa Holen; the granddaughter Debra & Peter Coffey Jr. and the late Ellen Cleo Holen and the great-granddaughter of the late Agnes (Medicine Stone) & Roy "Swede" Holen and May (Howard) & Pete Coffey Sr. Hannah is a life time resident of Twin Buttes. Hannah attended and graduated from The Travel Academy in Eagan, MN. Colt is the son of Robert Higgins and Sabrina Touchette. Colt is from Oberon, ND by way of Watertown, WI. Colt is currently a Lance Corporal in the United States Marine Corps and will be stationed in Okinawa, Japan for the next three years. His wife will join him within a few months.

I would like to wish my baby girl and my new son-in-law many years of wedded bliss.

(Submitted by Vanessa Holen)

Congratulations Mr. & Mrs. Colt Touchette!!

IT'S A GIRL!

Mia Jaymes

*Parents:
Marie and James*

*Birth date:
Feb. 28, 2015*

*Time:
6:27 a.m.*

*Weight:
8 lb. 13 oz.*

*Length:
21 in.*

*Delivered by:
Dr. Kathleen Perkerewicz*

*Baby's Doctor:
Dr. Melissa Seibel*



*If you have any announcements please submit them to:
Alisha Brim at abrim@mhanation.com*

From Heart Problems to Heart Health

It was a normal day for Perry Dyea. He was up early and getting ready to go to work. He felt strange. "I felt a tightness in my chest, a squeezing pressure. I couldn't breathe."

Perry went to the clinic. Thirty minutes later he was in an ambulance going to the hospital.

Perry had "unstable angina." This is when an artery is almost completely blocked. It is like a small heart attack. If not treated, it often becomes a full-blown heart attack. This scared Perry. He changed his eating habits, and started walking. He lost 20 pounds. He did this for five years.

Then he quit exercising. He started gaining weight.

"I guess the fright of the near heart attack wore off," he explains.

Perry wishes he had kept walking. He wishes he had kept the weight off. When he gained the weight back, he needed to have angioplasty. This is when a balloon is put in an artery near your heart to open it up.

But when the doctor checked him, he discovered

that angioplasty was not enough. Perry needed bypass surgery. He had the surgery and recovered.

Now, Perry is 55 pounds lighter. He eats less food, and walks almost every day. He has only one regret: he wishes he hadn't gained the weight back. "I believe I would have avoided bypass surgery if I had kept the weight off and kept exercising."



Perry Dyea (right) says staying happy, being with friends, and exercising are keys to staying healthy. They keep his heart healthy. Daily walking helps him maintain his 55-pound weight loss. "If you exercise, you don't have to watch your eating so carefully." Perry is pictured with his friend Ervin Shiosee (Mesita Pueblo).

Tips to a Healthy Heart

How to Prevent Heart Disease



Heart disease is the number one cause of death for Native Americans. It can be prevented by:

- ▶ **Eating more fruits, vegetables and whole grains.**
- ▶ **Eating fewer foods that are salty, high in fat or fried.**
- ▶ **Being active at least 3-4 times a week.** Try walking. Start with 5-10 minutes and work up to 30 minutes at a time.
- ▶ **Losing weight,** even 10-15 pounds makes a big difference.
- ▶ **Stopping smoking or using tobacco.**
- ▶ **Learning to control stress** rather than letting it control you. Do something that makes you smile every day, like pray, walk in nature and be with people you love.
- ▶ **Checking your blood pressure and blood cholesterol levels** with your doctor.

Signs of a Heart Attack or Heart Disease

Perry did everything right. He went to the clinic right away. Learn the signs of a heart attack. But remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives—maybe your own.

The most common heart attack symptom for both men and women is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

- ▶ **Your chest hurts or feels squeezed.**
- ▶ **One or both arms, your back, or stomach may hurt.**
- ▶ **You may feel pain in the neck or jaw.**
- ▶ **You feel like you can't breathe.**
- ▶ **You may feel light-headed or break out in a cold sweat.**
- ▶ **You may feel sick to your stomach.**



Produced by IHS Division of Diabetes Treatment and Prevention, 2/2012

To order free magazines, go to www.diabetes.ihs.gov, click **Online Catalog**.

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Nu'eta Language Initiative

Currently here at the language program we are studying hard everyday in preparation for the immersion program we are planning. The goal for us, as language instructors, is to know at least 500 words to communicate with our young people. We are also planning on getting a working App with some of these 500 words so that everyone can learn them as well. We would like to see more people speaking the language in the community, so we are planning to start using signage in the community that would help us all to become familiar with what to call things.

*Marty Young Bear
Program Director
Nu'eta Language Initiative*

What is the self-designation of the Mandan, Hidatsa, and Arikara people?

Well, everybody knows that the Mandan, Hidatsa, and Arikara people call themselves Nu'eta, Hiraaca, and Sahniš, respectively. However, this has not always been the case. In fact, before the devastation of the smallpox epidemics and the Sioux depredations forced the Mandan, Hidatsa, and Arikara to move into a single combined village in the 19th century, all three tribes comprised numerous subgroups, each of which had a name, but none of the three tribes had a general name for themselves that would have covered all their subdivisions.

Thus the Hiraaca, Awaxa'wi, and Awadixaa had no common name for themselves, even though they recognized that they were closely related to each other. Only after they moved to Like-A-Fishhook did the name of the largest subdivision, Hiraaca, become a common denominator for all three, especially after the numerically diminished Awaxa'wi and the Awadixaa lost their separate identity and became assimilated by the Hiraaca.

The Mandan had even more subdivisions than the Hidatsa, but most of them disappeared after the 1781 smallpox epidemic when only the Nu'eta and Nuptaare bands survived as separate

political entities. However, even a hundred years later, some individuals and families continued to trace their ancestry to some of the other subdivisions that had disappeared, such as the Istopa (Tattooed Faces) and the Awikaxa bands. Although the name of the Nu'eta subdivision has become generally adopted by most Mandans as the self-designation for their language and people, there are still a few descendants of the Nuptaare band who don't quite agree.

Finally, the Arikara were originally made up of at least twelve separate subdivisions, the best known of whom were the Awaahu. By the time the Arikara moved to Like-A-Fishhook in 1862, the distinction between the bands had generally disappeared.

So how did the three tribes refer to themselves before the reservation era? The most common way was to use some form of the verb "it is us" or "we are us," which implied membership in one of the subdivisions of the tribe. In fact, the Arikara still do that. (Unlike the Hidatsa and the Mandan, none of the Arikara bands ever became so prominent that its name would have been adopted to self-designate the whole tribe.) What about the word Sahniš, then? It actually

simply means "human." In the stories that are told in Arikara, any human can be referred to as 'sahniš.' Only in the English language has this word come to mean 'Arikara.'

There are still some tribes that have not adopted a common self-designation for themselves. For example, the Teton Sioux (who speak the Lakota dialect), the Santee Sioux (who speak the Dakota dialect), and the Yankton and Yanktonai have no common denominator for themselves. On top of that, each of these divisions is made up of further subdivisions. The Yankton and Yanktonai refer to themselves as Wičiyena. The word 'Lakota' means something like "allies" and is sometimes even used to refer to other tribes that have historically had friendly relations with the Sioux, such as the Cheyenne and the Arapaho. The Sioux never use this term to refer to the Mandan, Hidatsa, Arikara, or Crow.

*Indrek Park
Linguist
Nu'eta Language Initiative*

Nu'eta Language Initiative

Nu'eta irohaa tashkaaha ehoro'sha? How do you say it in Mandan?

The sound recordings of the following phrases can be found on the Mandan Facebook page.

I. General questions about existence

In Mandan, men and women are addressed differently. When you ask a question from a man, add -'sha to the question; when you ask a question from a women, add -'na.

A: _____ tu'sha?

A: Mini tu'sha?

Is there any _____? (speaking to a male)

Is there any water? (speaking to a male)

A: _____ tu'na?

A: Waatahshe tu'na?

Is there any _____? (speaking to a female)

Is there any money? (speaking to a female)

A statement ends with -'sh when the person talked to is male and with -'re when she is female. The word huu yes is heavily nasalized (pronounced through the nose).

B: Huu, tu'sh.

B: Huu, mini tu'sh.

Yes, there is. (speaking to a male)

Yes, there is some water. (speaking to a male)

B: Miko'sh.

B: Mini miko'sh.

B: Maamiko'sh.

No, there isn't. (speaking to a male)

There is no water. (speaking to a male)

There is none. (speaking to a male)

B: Huu, tu're.

B: Huu, waatahshe tu're.

Yes, there is. (speaking to a female)

Yes, there is some money. (speaking to a female)

B: Miko're.

B: Waatahshe miko're.

B: Maamiko're.

No, there isn't. (speaking to a female)

There is no money. (speaking to a female)

There is none. (speaking to a female)

Common words that are used in existential questions include:

mini	water
waraxuure	coffee (x is pronounced as a hard guttural h)
waapapshi	bread
waatahshe	money (hsh is pronounced as an extra long sh)
woorute	food

II Introducing oneself

Use the following phrases to introduce yourself to a group of other people. Note that the male ending -'sh is used when addressing several males or groups comprising both males and females. Use the ending -'re when addressing only females.

Mirase [insert name] ehoro'sh.

Mi' nu'etaaro'sh.

Nii'uunistaa "hau" eepe'sh.

My name is _____.

I am Mandan.

I say "hello" to you all.

Nii'uunistaa "waashiraharanito'sh" eepe'sh.

I say "thank you all" to all of you.

SOAPWEED (*YUCCA*) AND ITS USES

Soapweed or yucca (*Yucca glauca*) is a common evergreen plant that grows on dry and sandy ridges and slopes. It is particularly common in the badlands. Each plant is made up of a cluster of spiky, sharp-tipped leaves that grow out of a single base. In the middle of the cluster, a stout flower stalk reaches 1 to 4 feet during blooming in June and July. The flower stalk is covered in large nodding, greenish-white flowers, which later become brownish-gray fruits that split open at maturity. The unusual appearance makes soapweed an easy plant to recognize.

Soapweed and the single insect that pollinates it—the yucca moth—provide a beautiful example of sustainability and interdependence in nature that we, humans, could learn from. In fact, the relationship between the soapweed and the moth is so intimate that neither one could complete its life cycle without the other. After the yucca moth has pollinated the soapweed flower, permitting seed production, the plant repays by allowing the moth larvae to feed on some of its developing seeds as the fruit matures. The larvae leave enough seeds intact for the plant to reproduce and thus ensure that the next generation of moths will have a place where to find nourishment and shelter.

The Hidatsa word for soapweed is *maa'ihaa idawighaa*, or "enemy

grass," presumably because of its spiky leaves that could easily injure a careless traveler.

The Mandan and Hidatsa people had many uses for soapweed. Some of these can still be found within living memory.

As the name implies, soapweed was primarily used to manufacture "organic" shampoo and soapy lather. According to Carol-Ann Fredericks Newman, "when we were children, grandpa [Philip Snow] used to tell us to make shampoo from soapweed and not to use mashii soap."

Carol-Ann still vividly remembers how it was prepared: "First pull out the two or three-foot long root. Next, peel off the skin on the top part of the root. The peeled root looks white. Chop the root into small pieces and put the pieces in a jar that is filled with water. Then shake the jar vigorously until the liquid becomes really soapy. When you use this liquid to wash your hair, it will leave it really beautiful and shiny."

Soapweed will serve as an "emergency sewing kit" for a weary traveler. It provides a needle and plenty of string to mend torn moccasins and clothes. The string is made by carefully pulling fibers off the leaf and the sharp tip of the leaf will serve as a needle or awl that will penetrate even the toughest leather.

Soapweed leaves will make excellent cordage. A bunch of soapweed leaves is first put on a flat rock and then beaten to loosen the fibers, which can then be easily braided. Instead of carrying rope around,

reliable cordage to secure fire wood or anything else was thus prepared whenever needed.

Finally, the flowers of soapweed make excellent food. After washing (to remove bugs), they can be eaten raw or cooked: they can be boiled, fried, or used raw in salads.

Submitted by:
Indrek Park



Twin Buttes Li' Champs Head Start

There are still openings for more students!
(If you are interested, please stop by the office for applications.)



HEAD START STAFF

Ardyss Morsette
Teacher 1

Karissa Diaz-Corral
Teacher 2

Yolanda Krueger
Cook / Bus Driver

Maryann Morsette
Grandparent

Wilfred Snow
Volunteer Cook



OPEN HOUSE
26 March 2015
5:30PM

Special "Thanks" to
Councilman Cory Spotted Bear

Parent meeting after
the Open House

Jessica Grinnell started ZUMBA
with the kids and it's going awesome!

Culture Club

Thursdays at 3pm (CST)
Twin Buttes School Gym

Any regalia donations would be appreciated. We are especially in need of practice shawls.

Thank you!



PiYo

Meghan Wilkinson is a PiYo instructor who comes to the school and spends a half hour with each class on Mondays teaching the students various Pilates/Yoga moves.

This is part of the school's campaign to get our students active and healthy.

Pictures submitted by:
Lori G. Pemberton-Fredericks
Business Manager
Twin Buttes School #37



CONGRATULATIONS!

Congratulations to Iris Dukart (Killdeer) and Blaize Geggelman (Twin Buttes)! They are Dunn County spelling bee champions and will be representing Dunn County at the North Dakota State Spelling Bee. This will be Blaize's third year in a row to compete at state. We wish them both the best of luck!

North Dakota State Spelling Bee is scheduled for March 30 at the Ramkota in Bismarck.

TWIN BUTTES ELEMENTARY SCHOOL

Hello Parents and Community Members:

We are working very hard at the school academically and physically. We are almost to the middle of our third quarter, which means we're working hard to keep our grades up. We are also working hard to be physically active every day. Each morning the entire school walks for twenty minutes. This has helped us to be more awake and alert when we start our classes! We would like to invite any parents or community members to join us for our morning walks. We start right at 8:00 am! We also have Piyo classes every Monday. Piyo is a mixture of Pilates and Yoga. The students are having a good time learning the moves and becoming more flexible!

We have had many fundraisers to raise money for our end of the year school wide field trip. We are going to Minneapolis this year and we are getting very excited about the trip as we get closer to the end of the year. Our last fundraiser, Pizza Sales, was very productive as we made over \$1000.00! Our current fund-

raiser is selling Beef Jerky. We have them for sale after school for three pieces for \$1.00, or if you're a real fan of beef jerky, you can buy a bucket of 80 pieces for \$25.00! Our next fund raiser will be Easter Basket raffles and then we will hopefully have raised enough money for our trip. We would like to extend a huge thank you to everyone that has and is supporting our fundraisers! We could not do them without your generous support!

On Tuesday this week, we had a gentleman, Robert Hanna from the Fort Mandan Foundation who came and taught the students about Native Sports and the Great Missouri General Store. The students learned how to play some Native games that were played by their ancestors and about trading with Native Americans in the early days. Some of the games they learned were: Ice Gliders, Chunkey, Hoop-and-Dart, Hockey, Double ball, and Lacrosse. I think Hoop-and-Dart was the fan favorite. The teachers and students enjoyed his presentations.

*Submitted By:
Sandy Starr
Superintendent*



Community Board



Marion Bell (Treasurer), Travis Hallam (Member), Lori Fredericks (President), Richard Gillette (Vice President), and Morley Spotted Bear (Secretary)

School Board



Leon Little Owl (member), Josh Sage (Facilities Manager), Jeb Fredericks (member), Lori Fredericks (Business Manager), Sierra Spotted Bear (member), Merlein Sorenson (President), Jim Mossett (Vice President), and Sandy Starr (Superintendent / Principal)

Elder's Organization



*Evan Burr (President), Larry Burr (Vice President), Dennis Huber (Treasurer), Diana Tomlin (Secretary), Judy Fredericks (Member at Large), and Cynthia Perry (CNA)
Elder Volunteer: Margaret Pfeifer*

Twin Buttes Celebration



**BOYS & GIRLS CLUB
OF THE
THREE AFFILIATED TRIBES**



*Sommer Cummings (Branch Manager)
and Alyssa Starr (Activity Coordinator)*

701-938-3293

www.bgcatat.org

*Office Hours:
10:00AM - 3:00PM*

*Club Hours:
3:00PM - 7:00PM*

TWIN BUTTES ROAD DEPARTMENT

We would like to inform the people in the community who are requesting roads for their new homes that we are unable to start due to frozen ground and there is a waiting list at this time. Roads will get done in order of request come spring thaw.

Thanks,
Twin Buttes Roads Dept.

TWIN BUTTES HOUSING AUTHORITY

**WELCOMES New Employee:
James Jacobs**



**NHSC
Twin Buttes Mentor Site**

hoke i'roore hiki

COME JOIN US TO VISIT ABOUT OUR
HISTORY AND CULTURE

SAVE THE DATE!

**MARCH 31ST AND APRIL 21ST
MORE INFORMATION SOON!
NHSC TWIN BUTTES MENTOR SITE**

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The South Segment administration will strive to serve members of the South Segment living both on and off the Fort Berthold Indian Reservation, to further their living standard, promote self-sufficiency, sustainable energy, and food sustainability within the tradition of the Mandan, Hidatsa, and Arikara Nation.



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