

**LEGAL NOTICE**  
**THREE AFFILIATED TRIBES  
 IN DISTRICT COURT  
 FORT BERTHOLD RESERVATION  
 NEW TOWN, NORTH DAKOTA**

IN THE MATTER OF ESTATE OF:  
 Dakota J. Kearnes  
 DOB 07/10/2000

Codie L. Bird  
 PETITIONER,

**CV #2026-0035**

**NOTICE OF PUBLICATION**  
 NOTICE IS HEREBY GIVEN That Codie L. Bird is petitioning the District Court of the Three Affiliated Tribes, Fort Berthold Reservation for Personal Representative of the above Estate.  
 Any creditors or other objecting parties may submit their objections or appear in person at a hearing to be held on **12th day of May, 2026 at 9:00 AM** in the District Court located at 609 Main Street, New Town, ND in the MHA Nation Public Safety Judicial Center. (Phone number (701) 627-4803).

Dated this 4th day of March, 2026.

CLERK/FORT BERTHOLD DISTRICT COURT

Mar. 12, Apr. 1, 8, 15

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**In The Matter of Estate of  
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Codie L. Bird,  
 Petitioner,

**Case No: CV-2026-0035**

**Notice of Hearing**

**PLEASE TAKE NOTICE**, that this matter has been scheduled for a Probate on the **12th day of May 2026 at 9:00AM**, or as soon thereafter as the parties may be heard before **Honorable, Warren J Roehl**, for the Fort Berthold District Court. The hearing will be held at MHA Public Safety & Judicial Center in New Town, North Dakota.

**CERTIFICATE OF SERVICE**

The undersigned hereby certifies that on March 4, 2026, a true and correct copy of the above Notice of Hearing was deposited in the U.S. Mail at New Town, North Dakota to:  
**Codie Bird  
 PO Box 1014  
 Garrison, ND 58540**  
 Dated: 03/04/2026

Clerk of the Fort Berthold District Court  
 P.O. Box 969  
 New Town, ND 58763  
 Phone: (701) 627-4803

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**THANK YOU FOR SUPPORTING LOCAL NEWS**



Decorative diamond patterns at the top and bottom.

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 MANDAN HIDATSA ARIKARA

**“THE PEOPLE’S PAPER”**

**THE MANDAN, HIDATSA, AND ARIKARA TIMES**

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**PUBLIC NOTICE OF JOINT POWERS AGREEMENT**

NOTICE is hereby given that a Joint Powers Agreement between the Parshall Rural Ambulance District and the Three Affiliated Tribes is pending approval, pursuant to North Dakota Century Chapter 54-40.2. The Agreement has been approved by both governing bodies, and the purpose of the agreement is to exchange public property owned by the Parshall Rural Ambulance District, identified as the (Old Ambulance Building) in exchange for the Three Affiliated Tribes having provided funds to assist in equipping the new ambulance Building (New Ambulance Building). The Three Affiliated Tribes will be using the old ambulance building as a law enforcement sub-station, for police services to serve the residents of the City of Parshall and surrounding areas.

Pursuant to the provisions of Chapter 54-40.2-03.2 of the North Dakota Century Code, no final action on the Agreement may be made until the parties shall hold a public hearing prior to the submission of the agreement to the governor's office; at which place and time persons interested in the agreement may be heard. A copy of the agreement is available for public inspection at the New Ambulance Building located at 26 Main St. in Parshall, North Dakota.

The notice must also be posted plainly at the tribal office of any tribe affected by the agreement and in the county courthouse of any county affected by the agreement.

The parties to the Joint Powers Agreement have set a hearing to be held at the Parshall Ambulance Building, located at 26 Main St. in Parshall, North Dakota on Tuesday, April 21, 2026 at 6:00 p.m.

Dated this 23rd day of March, 2026

William E. Woods Jr.  
 Attorney  
 Parshall Rural Ambulance District



**LEADING A HEALTHY LIFESTYLE**

Good nutrition and physical activity are important parts of leading a healthy lifestyle. A balanced diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.

**EXERCISE REGULARLY**  
 Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. You also can do a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week.  
 As a general goal, aim for at least 30 minutes of physical activity every day.

**DRINK LOTS OF WATER**  
 It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.  
 Aim for 8-10 glasses of fluid per day.

**EAT HEALTHY FOOD**  
 Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

Rest and refresh. Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocused time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!

Sources:  
 www.fitness.gov, www.mayoclinic.org, www.helpguide.org, www.livewell.nsw.gov.au, www.betterhealth.vic.gov.au

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