

# THE YELLOWSTONE NEWS



NOVEMBER 19, 1997

NPS EMPLOYEE NEWSLETTER

NEXT DEADLINE: DECEMBER 16

## Biennial Conference Commemorates 125<sup>th</sup> Anniversary

Over 225 attendees converged at Yellowstone recently to focus on the past, present and future of this area's cultural resources at "People and Place: The Human Experience in Greater Yellowstone," the Fourth Biennial Scientific Conference on the Greater Yellowstone Ecosystem. Co-sponsored by the NPS and Montana State University, the conference was held October 12-15, 1997, at the Mammoth Hot Springs Hotel. To help commemorate the park's 125th anniversary, the conference included tours, films, exhibits, a book signing session, and over 60 presentations. Sessions focused on cultural resources of the greater Yellowstone and included topics such as tourism, wilderness, prehistory, indigenous peoples, nature writing, cultural heritage, women's experiences, and the park's creation. The opening keynote speech, "How Things Work in Yellowstone" was presented by our own Paul Schullery, adjunct professor of American Studies at the University of Wyoming and affiliate professor of History at Montana State University.

The conference featured the A. Starker Leopold Lecture Series Banquet, honoring one of the century's most influential wildlife ecologists and writers. This year's Leopold Lecturer was T.H. Watkins, former editor of *Wilderness* magazine, and author of *Righteous Pilgrim* and numerous works on conservation in the 20th century. Watkins presented "Consensus and the Camel's Nose: An Inquiry into How Far We Can Go Before the Beast Occupies the Entire Tent," which was a compelling and provocative discussion of the difficult issue of consensus, particularly with regard to environmental policy and land management decisions. Watkins is the first Wallace Stegner Distinguished Professor of Western American Studies at Montana State University.

This conference marked the creation of the Aubrey L. Haines Luncheon and Lecture, in honor of Yellowstone's premier historian. Aubrey Haines participated in the conference, and was honored at this luncheon by the presentation of an award by Lake District Ranger John Lounsbury. The Aubrey L. Haines lecturer was Dr. Peter Nabokov, who presented "Reintroducing the Indian: Observations of a Yellowstone Amateur." Nabokov is a UCLA associate professor of American Indian studies and World Arts and Cultures. He is currently working on the park's Ethnographic Overview and Assessment.

(Continued on Page 7)

## Personnel News.....

**OPEN SEASON FOR HEALTH BENEFITS** runs through December 8, 1997. During open season, any eligible employee who is not currently enrolled may enroll, change from one plan to another, or change from self only to self and family, or any combination of these changes. We have not received the new brochure for the open season but most plans have increased their premiums by approximately 8.5 percent. Enrollment forms must be submitted prior to the close of business on December 8, 1997. Current coverage will continue unless you initiate a change. All changes in coverage will be effective January 4, 1998.

**THRIFT SAVINGS PLAN OPEN SEASON** continues through January 31, 1998. Employees covered by Civil Service Retirement System (CSRS) or the Federal Employees' Retirement System (FERS) may enroll in TSP or change their contributions. Changes may also be made using Employee Express. The phone number for Employee Express is 912-757-3080 (from work), 1-800-827-6254 (from any touch-tone phone), or 912-757-3117 if you use a TDD. If you have lost your pin number, call the Employee Express Help Desk at 912-757-303 to be issued a new number. If you have questions regarding this TSP Open Season, please call Rosanne Riley at 344-2041.

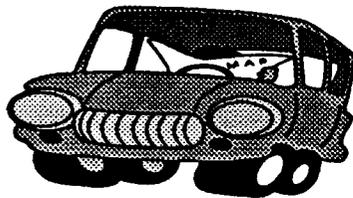
## ♥♥♥Heartfelt Condolences♥♥♥

♥ The NPS will miss the Reverend Dr. Warren W. Ost, founding Director and Chairman Emeritus of A Christian Ministry in the National Parks, according to Northeast Regional Director Marie Rust. Dr. Ost, (71) died of heart failure at home in Manhattan on Thursday, November 6. A memorial service was held at the Madison Avenue Presbyterian Church, in New York, on Thursday, November 13, at 11 a.m. Dr. Ost helped scores of NPS employees during his 50-year career which began at Yellowstone National Park in 1945, when he worked as a seasonal employee in the park's concession operation. With the cooperation of the NPS and the National Council of Churches, he formally initiated the Ministry program in 1952. Since then under Ost's leadership from a New York City headquarters, the privately funded ministry has brought help to millions of visitors and thousands of employees. Marie Rust stated that the NPS has "lost a friend."

♥ NPS Employees of the Gardiner and Mammoth Communities would like to extend their sympathies to the family of Donald Stermitz who was killed in a tragic logging accident on November 12, 1997. Mr. Stermitz was employed as a truck driver in Livingston, Yellowstone Park, and the Gardiner area for a number of years before starting his own logging and lumber business in 1994. Survivors include his wife Kelly; his son Taylor Ray, his daughter Frances L., and his parents Raymond and Dorothy Stermitz of Gardiner. Memorials may be directed to the Gardiner Ambulance Service.

**Hospitalized-** Chuck Tobin, retired NPS Maintenance Foreman, will undergo open heart surgery on Wednesday, November 19, at Billings Deaconess Hospital. The address for the hospital is --Billings Deaconess Hospital, 2800 10<sup>th</sup> Ave. N. Billings, MT 59101. We wish Chuck a speedy recovery.

*Dear Yellowstone Park: I would like to comment on the great time I and my family had at Yellowstone Park this summer. The variety of landscapes and wildlife more than met our expectations. The one item I wanted to comment on was the professionalism of the park rangers and all of those affiliated with the park. They went out of their way to be helpful and were always friendly. If my children had a question or even looked like they had a question the rangers spent the time to make sure the children knew the answer. Thanks again for helping us have a successful and relaxing vacation. Sincerely, Dan, Karen, Derek, Katie and Grandpa and Grandma Robben.*



## Carpooling Idea Catches On

As winter fast approaches and the thought of climbing one thousand feet through ice and snow from Gardiner to Mammoth weighs upon your mind and your vehicle performance, consider CARPOOLING! It can really happen if you contact one of the enlightened people below. If you have a different work time and want to be a contact person, please let Lynne Mager know at extension x2160. She will be posting a car pool list around the Mammoth area which will be available to all personnel in the area.

- 7 am to 5 p.m., Eric Compas, 344-2246
- 7 am to 5:30 p.m., Lori Wilkinson, 344-2062
- 7:30 am to 5 p.m., Bill Schneider, 344-2018
- 8 am to 4:30 p.m., Lynne Mager, 344-2160 and Carrie Taylor, 344-2107

# Viewpoint



The following is a new column, a forum where you can ask questions, offer suggestions, and express your opinions on issues that affect us in Yellowstone. The Yellowstone News reserves the right to evaluate letters for appropriateness and to edit for clarity and length. Please send submissions to Jan Laye, Editor, c/o Yellowstone News.

**QUESTION:** Why can't just anyone use the physical fitness equipment in the Fire Cache?

**ANSWER:** 1.) Security reasons. The fitness equipment is not barricaded off from storage of many of our wildland fire equipment. Since I have to sign off on the inventory and am held accountable for any lost items. This is a concern not only to me, but to our ability to outfit firefighters and respond to emergencies. All rangers and the limited other personnel all have keys to get into the facilities. I don't want to issue special keys to just everybody. 2.) All rangers and emergency personnel are required to maintain a level of fitness as a mandatory job requirement/condition of hire. We are tested four times a year and must meet these standards. So, there would be great competition for using the equipment if everyone in the community was allowed to use the equipment. 3.) If everyone use the equipment, it would break down/wear out faster. Fire Cache and Ranger dollars, mainly year end money, has been budgeted and used to purchase all of the equipment except for some donated by the helicopter pilot. We bought it on good budget management and we take good care of it. My experience is if the areas was opened to everyone, not everyone would take good care of it. If anyone has any further questions they can call me (Phil Perkins) or the Chief Ranger's Office.

## Notable News....

Jane Cunningham was selected as the recipient of the first annual Customer Service Award for the Administrative Support Services Division. Although Jane hasn't been in the division very long, people find it refreshing to walk in the Supply Center and be greeted by Jane's friendly hello and smile. She is always cheerful and willing to help with any task and goes the extra mile to assure projects are finished.

Several other employees were nominated with representation in every branch in the division. Thanks to everyone who took the time to send in their nominations to recognize excellent customer service.

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## FIRE PREVENTION WEEK CONTEST WINNERS

**GARDINER**  
Kindergarten  
First Grade  
Second Grade  
Third Grade  
Fourth Grade  
Fifth Grade  
Sixth Grade  
**MAMMOTH**  
Kindergarten  
First Grade  
Second Grade  
Third Grade  
Fourth Grade  
Fifth Grade

Mariah Meyer  
Danielle Mackay  
Taylor Tompkins  
Sarah Bishoff  
Mariah Rees  
John Ricardi  
Molly McLaughlin

Cheyenne Bray  
John David Sacklin  
Mary Cote  
Kathryn McCaleb  
Jennifer Sacklin  
Lindsay McCaleb

Congratulations to the winners of the Fire Prevention Week poster contest. The posters were all very good and judging them was a challenge. Thank you to the students who participated, without you the poster contest would not be such a success.



## HEALTH AND FITNESS TIPS

### EYE OPENING NUTRITION FACTS

- ◆ One cigarette destroys 25-100 mg. of vitamin C.
- ◆ There is more to smoking than the average seven-year drop in life expectancy reported by the American Cancer Society. Eleven years more! New studies show that life expectancy between smokers and non-smokers differs by 18 years!
- ◆ Avoiding black coffee may help you avoid cancer of the esophagus. Tanin, found in coffee and tea, is a suspected carcinogen. The protein in milk, though, neutralizes tannin, rendering it non-absorbable by the body.
- ◆ Daily "happy hours" of more than one cocktail can cause depletion of vitamins B1, B6, and folic acid.
- ◆ Aspirin can triple the rate of excretion of your vitamin C.
- ◆ Olive oil is one of the best heart disease fighting natural foods available.
- ◆ The easiest way to rid your body of excess sodium is by drinking six to eight glasses of salt-free water daily.



## The Vitamin Dispenser

### **Carpal Tunnel Syndrome.... A prescription for healing**

Many doctors recommend B vitamins for carpal tunnel syndrome. Because even the foods richest in vitamin B6, such as bananas, avocados, brewer's yeast and beef, provide barely a single milligram of B6, you'll probably need to take a supplement. B-complex capsules often include all of the recommended vitamins. Recommended daily amount....Biotin-300 milligrams, Riboflavin-25 milligrams, and Vitamin B6-50-200 milligrams. Warning... take vitamin B6 in amounts above 100 milligrams only under the supervision of your doctor.

Even though over 100,000 carpal tunnel surgeries are performed each year, doctors who prefer a less drastic solution are slowly beginning to add vitamin B6 to their treatment regimens. "For people who don't have serious problems, I normally recommend they wear splints at night, take an anti-inflammatory and use B6 for at least two weeks," says Gary Tunell, M.D., chief of neurology at Baylor University Medical Center in Dallas, TX. Dr. Tunell estimates that 40 to 50 percent of people with CTS could experience some improvement using this therapy.

**Editor's Note... This column is designed to answer questions regarding health, fitness, nutrition or any other related subjects. Please send your questions to Jan Laye, Superintendent's office or by cc:Mail message.**

# Join Us for these Holiday Events in Mammoth on Wednesday, December 10th

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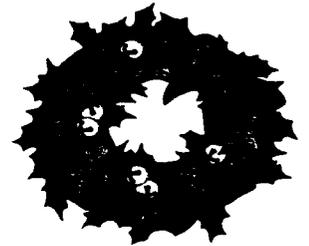
## Yellowstone Association's Annual Book Sale

12:00 noon - 6:00 p.m., Albright Visitor Center  
Great Discounts on Overstocked Items, New Review Copies & Damaged  
Merchandise. All proceeds benefit Yellowstone National Park.

## Yellowstone Association Holiday Open House

3:30-5:30 p.m., Chittenden House

Come learn about the Yellowstone Association & Institute,  
meet our new staff, indulge in some great hors d'oeuvres,  
register for the door prizes, and check out our great selection  
of overstocked logo items from the Institute store.  
(Great as holiday gifts!)



## 1997 Christmas Tree Lighting & Community Open House

6:00 p.m., Mammoth Hotel Map Room  
Come hear the Breakfast Club, the Gardiner H.S.  
Hand Bell Choir & enjoy a special presentation by  
Little People's Learning Center. Christmas Tree  
Lighting and reception to follow immediately. Please  
bring an hors d'oeuvre or finger food to share.  
Beverages, cookies and cake will be provided.



## Community Events

\* **VET VISIT:** Veterinarian, Dr. Jim Murray, will be at the Gardiner Exxon on Friday, November 28, from 2 p.m. to 5 p.m. No appointment necessary. Housecalls available upon request. Next visit: December 12.

\* **FEDERAL EMPLOYEE ASSOCIATION TO SPONSOR ICE CREAM EVENT**

An Ice Cream Constitution Party will be sponsored by the Yellowstone Federal Employees Association at 3 p.m. on Thursday, November 20, 1997, at the Mammoth Canteen Gym. All members are welcome. There will be diverse flavors of ice cream, chocolate syrup, bananas, butterscotch syrup, whipped cream, and other delicious, nutritious, good for your soul sweet stuff. At this meeting the membership will vote on the final constitution. The draft constitution for YFEA was distributed several weeks ago and needs to be ratified. So come and vote on YOUR YFEA constitution.....Let your voice be heard....and eat ice cream!!!!

\* **CHRISTMAS OPEN HOUSE SCHEDULE CHECKLIST**

- ✓ The NPS Concessions Office would like to invite everyone to their Christmas open house on Thursday, December 4 at 3:30 p.m. Drop by and share holiday cheer with the Concessions staff.
- ✓ The Mammoth Clinic staff invite you to stop by for their annual Christmas open house at the Clinic on Thursday, December 11 from 3-5 p.m.
- ✓ The crew at the Mammoth Post Office would like your company at their holiday open house on Thursday, December 11 from 1:30 p.m. until 4:30 p.m.
- ✓ The NPS Personnel Office will host their annual holiday party on Thursday, December 11 from 3:30 p.m. to 5 p.m. in the Mammoth Personnel Office. Stop by and share seasonal treats with your friends!
- ✓ The Yellowstone Federal Employees Association will sponsor a holiday party on Monday, December 15 at the Mammoth Canteen Gym. Contact President Judy Jensen for how to help and what to bring. The party will begin at 4 p.m.
- ✓ The Mammoth Hamilton Store will be sponsoring a Christmas open house on December 18 from 2 p.m. until 6 p.m. Come in and enjoy some Christmas cheer with new manager Buddy Fields and the Hamilton Store winter staff.

## Classified Ads

**FOR SALE:** Whirlpool portable dishwasher, with almond/black exterior, and chopping block top. Attaches to your faucet. In good condition and does a really good job. \$125. Call 344-7408.

**FOR SALE:** Unopened copy of "Fly Away Home" video, (grandparents bought same for Christmas gift). \$10. A great family movie, supposedly. Brand new twin sheet set (flat, fitted & case), dinosaur print, Springmaid brand, \$10. Call 344-7788.

**FOR SALE:** Rinnai Energy Saver 1001 LP Gas direct vent wall heater. 29,600 BTU output. Works great! \$900. Call 848-8941 or 344-2318.

## **Classified Ads Continued...**

**FOR SALE:** 1981 Chevy ¾ T Suburban, 4-wheel drive with warm hubs, 4 new mud/snow tires (cost \$650). 4-speed manual transmission, 100K miles, built-in tool chest, HD trailer hitch, body rough, mechanically good, 2 owners. "A real beast in the mud and snow." \$1500. Call John 344-2203 (days) and 344-7408 (eves).

**FOR SALE:** 1992 Pontiac Grand Prix, new transmission, excellent condition, 28 mpg highway, air, tilt, cruise control, \$6,500. Call Judy Churchwell at 848-7290 after 6 p.m. or days at 344-2275.

**FOR SALE:** Four studded snow tires. 195-75-R14. \$40 per tire. Call Steve at 344-2148 or 344-7433.

**FOR SALE:** WP-Brother 2400 word processor. Compact and portable; like new. Comes with original packaging, blank diskettes, and ribbons; all you need is paper! Call Skip or Neysa at 242-7459.

**FOR SALE:** Christmas (eating and sitting around the house) and New Year's (resolutions...) are coming, so what a great time to buy a Nordic Track Medalist Ski Machine. Can elevate front for "uphill" skiing; easy resistance adjustment; heart monitor/timer; great for keeping up that workout when the wind is howling, the roads are icy, or you get home too late from work! USED ONLY A FEW TIMES! Originally \$600, will sell for \$200. Call Celeste at 307-733-6971 for more information.

**WANTED:** Affordable furnishings, table and chairs, lamps, couch, dresser, bookshelves. Please call 344-8944 or 344-2021.

**WANTED:** Snowsuits. Child sizes 6 or 7. Call (307) 545-2717, leave a message.

**PART-TIME EMPLOYEE WANTED:** Home business needs part-time office manager to perform general office activities, organize mailing lists, and answer telephone. Employee will help organize wildlife handling courses nationwide. Computer and writing experience required. A strong, confident telephone presence is preferred. Must be self-motivated and striving to learn and improve in business and in life. Call Mark at 848-2273.

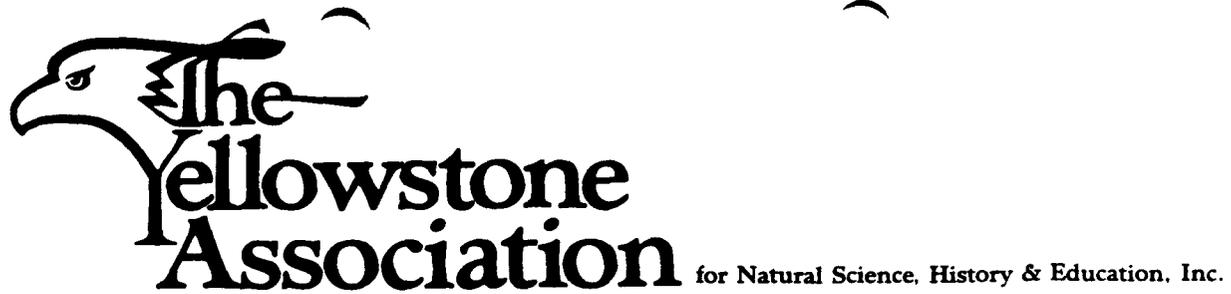
## **BIENNIAL CONFERENCE CONTINUED FROM PAGE 1.....**

Patricia Nelson Limerick, Professor and MacArthur Fellow at the University of Colorado presented the humorous and thought-provoking "Lessons and Lesions of History: Yellowstone and Progress" at an evening dessert reception and lecture. Donald Worster Hall, Distinguished Professor of American History at the University of Kansas presented "The Conservation Movement in North America: A Comparative Perspective" for the Superintendent's International Luncheon. Lynda Bourque Moss, Director of the Western Heritage Center, discussed the region's heritage preservation and partnership efforts at the Tuesday morning keynote lecture.

In order to insure the widest and most timely distribution of the papers presented at the conference, proceedings will be published on the World Wide Web. Paul Schullery and Susan Rhoades Neel (Montana State University) will serve as general editors. In addition to the publication of the complete proceedings on the web, the general editors will seek print publication of selected groups of papers in appropriate forums.

The fifth Biennial Scientific Conference on the Greater Yellowstone Ecosystem will be held in October, 1999.

**THE YELLOWSTONE NEWS is a monthly newsletter for NPS employees published by the Public Affairs Office. To submit articles, ads, or notice of events contact: Jan Laye in the Superintendent's Office at 344-2003.**



## **Association Aid to NPS Totals \$580,600 for Fiscal 1997**

The Yellowstone Association reported Aid to the NPS for fiscal 1997 of \$580,591 according to Pat Cole, Executive Director. This brings the total amount of aid the Association has provided since its inception in 1933 to \$5.6 million with just under one-half of the total cumulative amount provided over the past five years. The 1997 amount included a wide range of educational and scientific programs and projects, such as funding for the soon-to-be installed exhibits for the second floor of the Mammoth Visitor Center, as well as exhibits for the Norris Geyser Basin and the (former) Children's Fire Trail. In addition, the Association provided funding for bear and wolf research and for publications including the park newspaper and the park's honor system trail leaflets. The Yellowstone Association, which operates the Yellowstone Institute field school program, also operates educational bookstores in the park's visitor centers and has a growing member-donor program with over 7,000 current members. In addition, the Association receives donations from individuals and corporations each year in support of specific projects. For example, park concessioners donate a significant portion of the printing costs of the park newspaper to the Association each year; visitors donate a substantial amount of the printing costs of the trail leaflets.

Funding for the 1998 fiscal year has already been approved by the Association's board at its fall meeting. In addition to on-going programs and projects totalling around \$165,000 which are funded annually such as printing trail leaflets, support for the park newspaper and support for the research library, the Association board also approved grants and re-grants for the upcoming year totalling almost \$245,000. Projects funded or re-granted for the upcoming year include support for: the Fourth Biennial Scientific Conference, Madison Museum Exhibits, wayside exhibits for Fountain Paint Pots, Midway Geyser Basin, Black Sand Basin, West Thumb Geyser Basin and Mud Volcano, exhibits for the East Wing of Fishing Bridge Museum, a special full-color supplement to the park newspaper entitled "Yellowstone Fires: Ten Years After," printing costs for "Yellowstone Science" and an ecological history of Yellowstone, additional computerization of the research library and preservation of historic photographs.

The Yellowstone Association is a 501(c)(3) educational organization according to IRS regulations which means that contributions to the organization are tax-deductible. However, due to its educational organization status with the IRS and to its operating agreement with the National Park Service, Yellowstone Association support is limited to educational, scientific, and historical projects. If park employees have questions about the Yellowstone Association or Institute, Pat Cole, the organization's Executive Director, will be happy to speak with them; her phone number is 344-2290. If park employees would like to receive a free copy of the Yellowstone Institute's catalog of courses for 1998, they can call 344-2294 to have their names placed on the mailing list.

# What's happening at our school

## **NATIONAL CHILDREN'S BOOK WEEK**

At 6:30 p.m. on Wed, Nov. 19

The school will be open for reading activities for the whole family. We'll have games to play with your children, books to read and borrow, snacks, and other fun activities,  
**EVERYONE IS INVITED!**

## **An American Christmas!**

What is your Christmas heritage?

Come to the Yellowstone Park School to discover the varied ways people in our country celebrate

Christmas. From Minnesota to Pennsylvania, from the Virgin Islands to Alaska, we're covering it!

Come Dec 18 at 7:00 p.m. and hear the students from the school present An American Christmas.

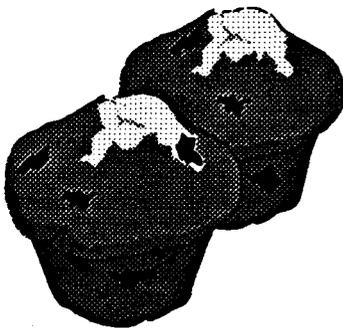
**Wolves are howling  
In the deepest darkest mist  
The sun is dying**

**Daniel Crossen  
Grade 5**

# Celebrate November, Peanut Butter Lovers Month at the National Peanut Butter Lovers Festival

Peanut butter lovers unite! Celebrate your favorite food in November, as this month is Peanut Butter Lovers Month and Festival in Columbus, Ohio. The festival will feature a recipe contest, cooking demonstrations, free samples, coupons for peanut butter projects, displays of peanut butter memorabilia, a kids sandwich contest, and much more.

November is peanut butter month in recognition of the first patent for peanut butter which Dr. John Harvey Kellogg (of cereal fame) applied for on November 4, 1895. Since then, peanut butter has become one of America's favorite foods. Americans eat about three pounds of peanut butter per person per year—that's enough to coat the floor of the Grand Canyon!!



## Rise and Shine Muffins

1 cup high fiber bran cereal , crushed  
2/3 cup skim milk  
½ cup crunchy peanut butter  
1 cup coarsely grated apple  
½ cup coarsely grated zucchini  
½ cup coarsely grate carrots  
2/3 cup brown sugar  
1 teasp. Maple extract

1 egg  
2 egg whites  
1 ¾ cups ww flour  
1 Tablsp baking powder  
1 Tablsp orange peel  
2 teas. Ground cinnamon  
1 teas. Lite salt  
cooking spray

Preheat oven to 375 degrees. Mix bran cereal and milk in a large bowl and let stand until softened. Fold in the peanut butter, apple, zucchini, carrots, brown sugar, and maple extract until mixed. In a small bowl, beat the egg and egg whites and then fold into the bran mixture. In a medium bowl, combine the flour, baking powder, orange peel, cinnamon, and salt. Add the dry ingredients to the bran mixture, but be careful not to overmix. Spray the cups of a muffin pan with cooking spray. Divide the batter evenly among the muffin cups. Place a shallow pan of water on the bottom rack of the oven to prevent the muffins from drying . Place the muffins on the middle rack and bake for 20 to 25 minutes until golden brown. Remove from pan and serve. Makes 12 muffins. Per serving: calories:161, Protein: 6 grams, Fat: 4 grams, Carbs: 30 grams, Fiber: 3 grams, Cholesterol: 23 mg., Sodium: 221 mg.

## Enjoy!

(Send us your favorite, healthy food recipes and we'll print them as we can...Ed.)