



## Monarchs of McMinn – An Observation

Silently, they gathered around me. Sitting quietly, I was not moving among the 13 rams who one by one, laid beside me, behind me, all around me, not too close, eyeing me only as another ordinary distraction. I felt accepted by their calmness, an honored guest.

I had hiked to this point, high above the river, knowing that to see one individual would be worth the time and the effort, but to have this number grace my presence was slightly overwhelming. I could be anywhere else, making necessary phone calls, watching the latest TV sitcom, washing my car, whiling away the hours on senseless deeds that I would not remember six years later, with the clarity that I have remembered this, in this time, this place.



Glancing around slowly, not wishing to startle, feeling rather small and meek, humble, in awe. I watched as two hearty, round-horned rams stood and faced each other, eyes never moving from the other's face, ready for the showdown, the duel. They stood inches apart, yet seemingly as one, mirroring each other's slightest movement. They paused, like so many others before them, heads bowed, snorting fire, a determination to insult the other by throwing him off balance. I wondered how often the scene had been repeated throughout millennia. I was watching with a ringside seat, without commercial interruption, a captive audience, someone just happy to be there. Just in time to capture this moment, their lives, their way of doing business, without a word, instincts paving the way. The sound of horns clashing, an echoing, thunder-clap of a sound, resonating over the hillsides, above the Yellowstone, cars buzzing by below, oblivious.

The others, untouched, unaffected, unmoved, looked bored. My heart was pounding, bursting through my chest; I couldn't bear to break the spell or resulting silence. The overwhelming tension in the air, at once thick, then vanquished with the stillness. They eyed each other and then looked at the ground. Neither made another move toward the other, they simply knelt to the ground and resumed their quiet chewing no more than a couple feet apart. A larger ram to my right, head tilted to the side and leaning on a broken tine, was oblivious to the display, at rest no doubt from a similar event. The sleeping ram never noticed me or the metallic shutter-snap of my camera. The view was forever etched in my mind and on film.

I was but a mere spectator in this dance of life, this waltz of instinct and survival. My presence merely regarded as a coincidence, perhaps intruding, but not interfering. My being there was accepted, not a threat. The time was well spent, inconsequential for the animals, but in every way necessary for my soul.

### Quotable Quotes

*"Great spirits have always encountered violent opposition from mediocre minds."*  
Albert Einstein

# Community Events

- ❖ **Doctor James Murray DVM**- will be at the Gardiner Exxon, October 2<sup>nd</sup> from 2-5p.m. No appointment necessary.
- ❖ **Calling all Friends of Annie Mikolich**- You are invited to attend an OPEN HOUSE to help her celebrate her BOTH birthday, October 10 from 1-4 p.m. at her daughter Judy's house. \*No gifts, please.
- ❖ **First Responder Class to be held**-The Gardiner Ambulance Service will be running a 1<sup>st</sup> Responder to EMT bridge course beginning October 27<sup>th</sup>. Classes will be held on Tuesday and Thursday evenings with two full-day Saturdays mid-way and at the end of the course, which we plan on being December 12<sup>th</sup>. If you are interested in attending or would like more details, please contact Diane at 848-7054. You must be a nationally certified 1<sup>st</sup> Responder to attend this class.
- ❖ **"Fish, Fishing and Fisheries Management in Yellowstone National Park"**- is the title of a conference being held in Livingston on October 8 and 9. This conference will examine the philosophies and policies affecting fishing in Yellowstone. The cost for both days is \$30. Advance registration is required. If you care about fishing in the park you need to attend. For more information call (406) 222-9369.

# Classified Ads

**FOR SALE-ANTIQUE ART AND CRAFTS STYLE ROCKER, \$125; STAR NX 2420 DOT MATRIX COLOR PRINTER, \$25; PLAYPEN, \$10. ALL OBO. CALL 344-7733.**

**FOR SALE-1989 ISUZU TROOPER 4WD, 4DR. 88,000 MILES, MANUAL TRANSMISSION, \$5000. CALL JOE/JUANITA AT (307) 545-2717.**

**For Sale- 1974, 8-foot Alaskan Camper, 3-burner propane stove, 2-way fridge/freezer, 12 volt and propane, 30 gallon water tank, 110 and 12 volt lights, new upholstered seats, underseat and wheel storage, stereo and jacks, good condition, asking \$1,000. Call after 6 p.m. (307) 242-7356.**

**FOR SALE- 1991 Mazda Navajo 4x4 Sport Utility, V6, 4.0 liter, air conditioning, power windows, power locks, tilt steering, cruise control, sunroof, roof rack, 5-speed, blue, \$7,000. Call 848-2142.**

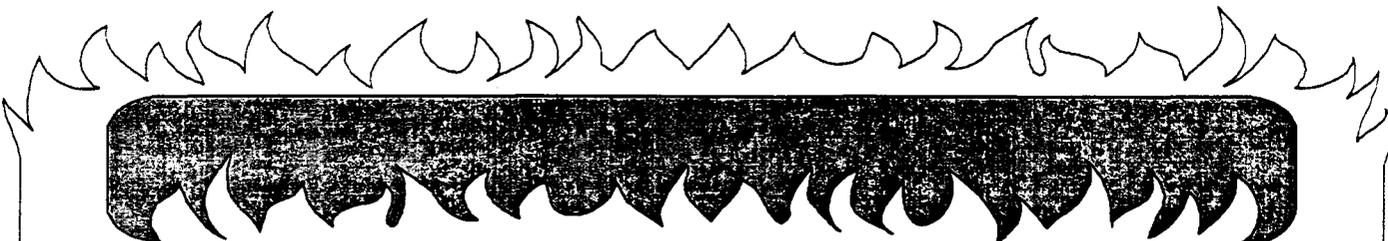
**FOR SALE- Polaris Indy 400 snowmobile, great shape, cargo rack, \$1500. Bushnell spotting scope, 15-45 zoom, with case, \$150. Call (307) 242-2620 (eves) or 242-2603 (days), please leave a message.**

**FOR SALE- RUGER MODEL 77, 300 WINCHESTER MAGNUM, SCOPE RINGS INCLUDED, LIKE NEW, \$300. CALL MICHAEL AT 344-2337 OR AFTER 6:30 P.M. (406) 333-4435.**

# PERSONNEL NEWS...

## New Permanents:

Calvin Sallee	MVO at Grant
Rick DeLappe	Park Ranger-OF
Dennis Lojko	Park Ranger-Canyon
Dan (Boone) Vandzura	Park Ranger-South Entrance
David Ross	Park Ranger-Grant
Brad Ross	Park Ranger-South Entrance
Les Brunton	Park Ranger-West Entrance



## Fire Drills: The Great Escape

The Theme for Fire Prevention Week, October 4-10, 1998, is **FIRE DRILLS: THE GREAT ESCAPE**. This is an excellent time for families to discuss and practice fire drills in the home. Smoke alarms can cut your risk of dying in a home fire nearly in half, but you have to know what to do when they go off. Install at least one on every floor of your home—and make sure everyone knows the alarm's sound and takes it seriously. This is a good time to replace the battery in your smoke alarm. Every household should have a fire escape plan, but practice is essential; there's no time to lose in a fire emergency. Draw a floor plan of your home, marking two ways out (including windows) of every room, and decide on the best escape routes. Pick an outside meeting place—preferably in front of your home—and tell everyone to meet there after they've escaped so you can count heads and tell firefighters if anybody's trapped inside. Practice your escape plan at least twice a year. Hold home fire drills. Appoint someone to be a monitor and be sure that everyone participates. Make your exit drill realistic. Pretend that some exits are blocked by smoke or fire and practice using alternative escape routes. Crawl low under smoke, as the air will be cooler and cleaner near the floor during a fire. If you must exit through smoke, crawl on your hands and knees and keep your head 12 to 24 inches above the floor. **Remember: A fire drill is not a race. Get out quickly, but carefully! Do not try to rescue pets or possessions. Having an escape plan and practicing it could save your life! Call the fire department from a neighbor's phone, a portable phone, or call box after you've escaped. Once you're out of the building, stay out!**

# HEALTH AND FITNESS NEWS



## 10 REASONS TO KEEP EXERCISING

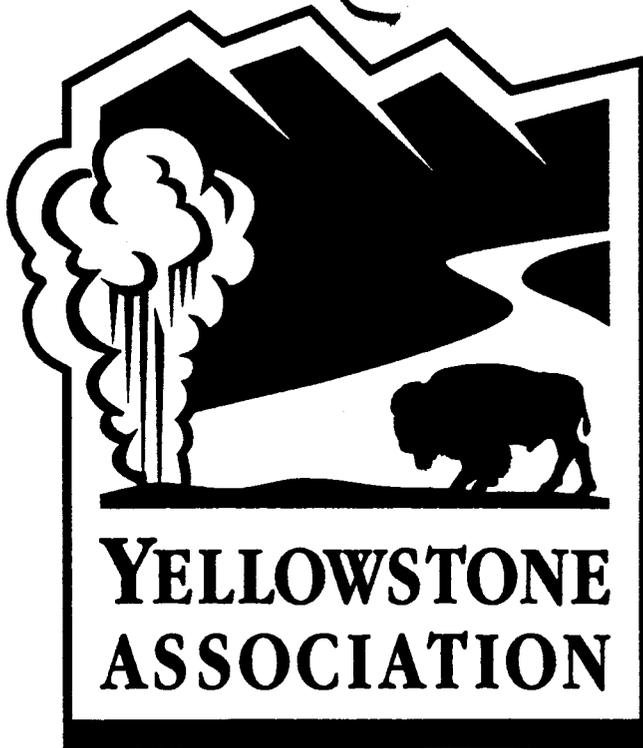
1. Regular aerobic exercise helps prevent heart disease.
2. Exercise helps lower blood pressure.
3. Exercise helps prevent type II diabetes.
4. Exercise helps prevent osteoporosis.
5. Exercise burns calories to help take weight off and maintain weight loss.
6. Exercise helps prevent the loss of lean muscle.
7. Exercise can slow the aging process.
8. Exercise helps maintain flexibility throughout the body.
9. Exercise helps strengthen muscles.
10. Exercise makes every day more fun!

## Walking For Fitness—Get Started Now!

Fitness experts believe that good old walking can be as valuable an aerobic exercise as jogging, swimming, or biking. Walking is a popular form of exercise and is frequently prescribed in weight loss programs. Walking is the oldest form of exercise known to man. Half the adult populations—nearly 100 million Americans—regularly walks for fitness and pleasure. Sixty four percent of these people reap the following rewards:

- ✓ Enhanced weight loss
- ✓ Increased energy
- ✓ Improved fitness level
- ✓ Decreased stress and tension
- ✓ Improved muscle tone
- ✓ Increased ability to comfortably perform daily activities
- ✓ Decreased risk of age-related disease
- ✓ Improved cardio-vascular system

To enjoy the greatest fitness benefits, walking must be maintained at an intensity level high enough to increase the heart and breathing rates. The appropriate intensity is dependent upon your fitness level. Beginning walkers may benefit from walking as little as 2 mph burning 120 -160 calories, while fitness enthusiasts may need to walk 4-5 miles per hour, burning as many calories as moderate jogging without undue stress on the joints. Whichever speed or distance you choose, walking can be a tremendously enjoyable way to achieve a healthy, fit body. Walking a minimum of 20 minutes, three times a week will have you on the road to looking and feeling your very best.



## **New Logo for the Yellowstone Association**

Since 1986, the Yellowstone Association's familiar eagle's head logo has been seen throughout the park. However, very soon, the new logo (shown here) will begin appearing.

The logo re-design process began in early May when Yellowstone themes and Yellowstone Association goals were discussed with BE Graphics of Bozeman. The design firm first presented a wide range of preliminary ideas which were reviewed by the Association's year-round staff. Based upon the staff's input, a set of design concepts was prepared which was reviewed by YA year-round and seasonal staff, NPS Interpretive staff, and Yellowstone

Association board members. Based upon the concept selected by this group and their comments, the designer prepared the final logo which turned out to be highly reflective of elements in the NPS logo.

We look forward to many years with our new logo and want to thank all who were so generous with their ideas during the design process.

### **Beth Taylor Fills Position at Yellowstone Association**

The Yellowstone Association is pleased to announce that Beth Taylor has joined their staff as Mail Sale/Wholesale Manager. Beth started her new job on September 30 and is a recent graduate of North Carolina State University. Beth previously served as a Park Ranger/Naturalist in the Canyon District.

In her new position she will oversee the sale of YA merchandise over the phone, through the mail, and on the Internet. She will also promote the wholesale sales of the *Yellowstone: The Official Guide to Touring America's First National Park* and other YA publications. Welcome, Beth!

## **Canon Presents Check for Wildlife Projects**

Due to the success of an initial round of wildlife projects undertaken in 1997, Yellowstone National Park officials and Canon U.S.A., report that a second round of projects will commence in 1998. The first round of projects, to which Canon granted \$300,000, ranged from grizzly bear, rare plant, and ungulate research to the ecological restoration of one of Yellowstone's long-abandoned roads. Project work was generously funded by Canon U.S.A. through the National Park Foundation. The "Expedition Into the Parks" program, which funds inventory, monitoring, research, and restoration of habitats and species in several National Parks, was established in 1995 as a way to preserve America's treasures by responding to their conservation needs. At a ceremony in Yellowstone National Park on Monday, September 14, 1998, Canon U.S.A. presented a check to the park for \$110,000 to further assist this program.

**FIRE  
PREVENTION  
WEEK**

**OCTOBER 4-10, 1998**

**POSTER CONTEST**

**GRADES K THROUGH 6**

**PRIZES**

**\$50.00 SAVINGS BOND**

**ENTRIES DUE: OCTOBER 1, 1998  
SEE YOUR HOMEROOM TEACHER FOR DETAILS**

# Fall Health Screen



Wednesday, Oct. 21st

6:30 a.m. - 9:00 a.m.

Gardiner School Cafeteria



## Lab Blood Profile Testing \$20.00

- \*Diabetes, Thyroid & Kidney function screening,
- \*Cholesterol - Total, HDL, LDL, \*Triglycerides,
- \*Uric Acid, \*Thyroxine, \*Hematocrit, \*Glucose,
- \*Potassium, \*ALT

## Prostatic Specific Antigen

(PSA) \$15.00

(Optional Blood Screening for Males)

**ColoCare Kits \$3.00**

This is a fasting blood test.  
Please, nothing by mouth after midnight!

This Health Fair Blood Screen is brought to you

through the cooperation of

The Mammoth Clinic and

Livingston Memorial Hospital



Please call The LivingSteps Wellness Center at 222-8282, or  
The Mammoth Clinic at 344-7965 for more information.

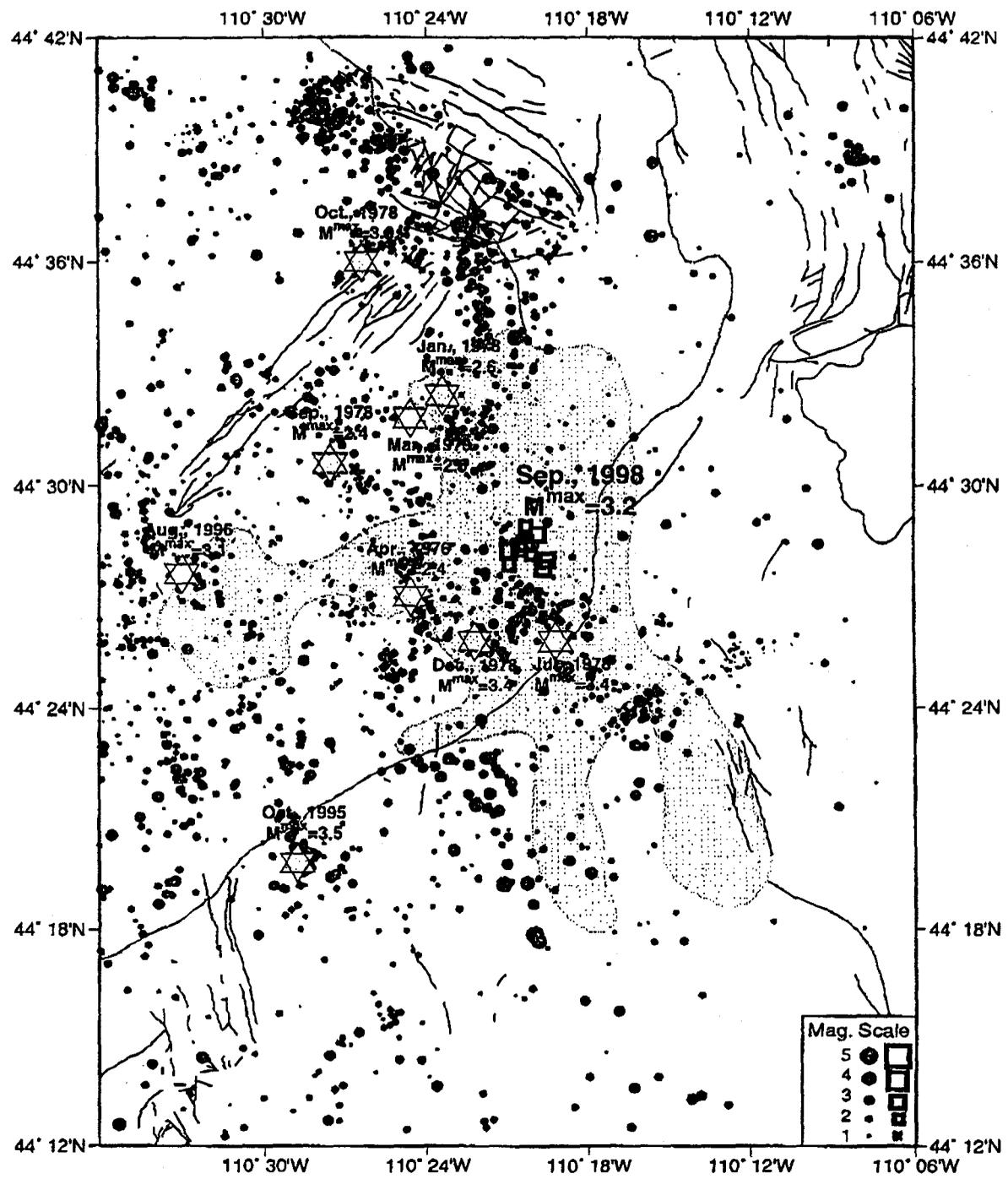
SEISMOGRAPH STATIONS FAX: 00120870080 PAGE 2

## **EARTHQUAKE INFORMATION RELEASE**

**September 29, 1998 4 p.m. MDT**

The University of Utah Seismograph Stations reports that a swarm of minor earthquakes has been occurring in southeastern Yellowstone National Park. As of 4 p.m. MDT, today, September 29, 1998, about 60 earthquakes have been recorded about 6 miles southeast of Lake Junction. The two largest earthquakes in this sequence are a magnitude 3.2 shock at 6:59 a.m. and a magnitude 3.1 shock at 11:09 a.m. today. Both of these earthquakes were reported felt by National Park Service employees located in the vicinity of Lake Junction. Earthquake swarms have occurred in this area of Yellowstone National Park during the past two decades and are not considered unusual or a cause for alarm.

1973-1997 Yellowstone Lake area earthquakes with notable swarms identified by stars. Some September 28 and 29, 1998 earthquakes shown as box symbols.



Map by Greg Waite

# Microsoft Windows 95 and Office 97 training

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**When:** Tuesday October 13<sup>th</sup> - Wednesday October 21<sup>st</sup>

**Where:** Mammoth

**Who:** NPS Employees

**Cost:** \$25.00 half day sessions or \$50.00 full day

**Topics include:**

Windows95/Office97	Level I
Microsoft Access	Level
Microsoft Word	Level II
Microsoft Excel	Level II

**Take one or Take all! First come, First Served!**

Call Computer Support Services for details.

Nancy 344-2064 or Lori 344-2461