



NOVEMBER 25, 1998

NPS EMPLOYEE NEWSLETTER



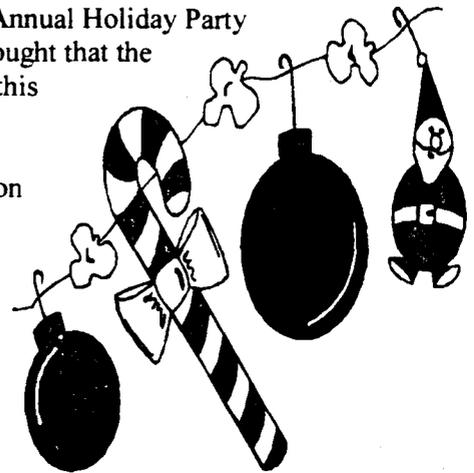
Tree Lighting Ceremony Scheduled

Please join the Yellowstone National Park staff in celebrating the season with the annual Christmas Tree Lighting Ceremony on December 10, 1998, in the Mammoth Recreation Hall beginning at 6 p.m. The Yellowstone Park School, Little People's Learning Center and the Gardiner Junior High and High School choirs will provide entertainment. The jolly old elf (Santa himself) will be flying in from the North Pole for a special appearance. Your contribution of hors d' oeuvres will be appreciated. See you there for an evening of fun and holiday cheer.

Employee Association Plans Holiday Party

The Yellowstone Federal Employees Association is making plans for their Annual Holiday Party scheduled for December 14 at 3:30 p.m. in the Canteen Gym. It was first thought that the Yellowstone Federal Employees Association would be forced to charge for this year's party, but due to some extremely generous contributions from the Yellowstone's Women's Group, the Mammoth Electric Shop, the Garage Employees, and money from the Yellowstone Federal Employees Association video fund, charging for the party will not be necessary.

Refreshments in the form of sandwiches, chips and dips will be provided. Contributions for hors d' oeuvres or desserts would be appreciated. Willie Burkhardt will be in charge of the CD music selections. This year, a raffle will be held to benefit Randy Abegglen and items to be raffled will include an oil change and lube from the Tire Iron, wildlife prints, a juicer, etc. Come and join your friends and celebrate the season! See you there!



Quotable Quotes

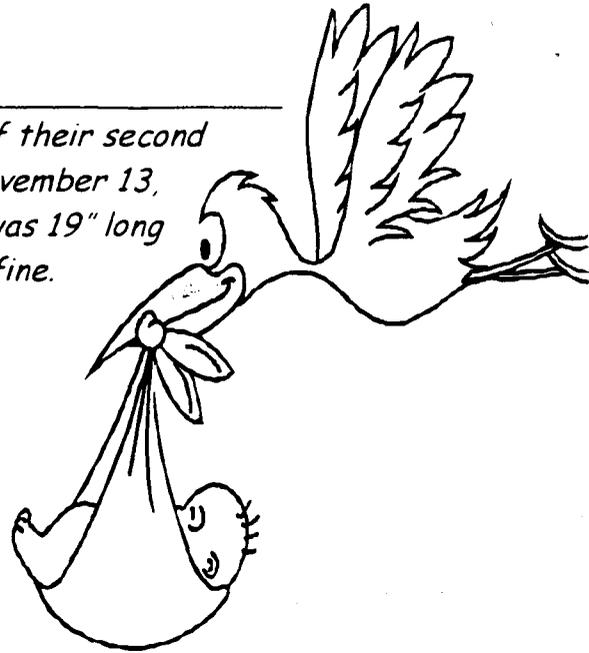
"Treat people as if they were what they ought to be, and you help them to become what they are capable of being." Johan Wolfgang von Goethe

Happy Holidays

BIRTHS

Congratulations to Pat and Stu Coleman on the arrival of their second grandchild, Emilee Elise Coleman, born at 1:08 am on November 13, to Theresa and Thomas Coleman of Livingston. Emilee was 19" long and weighed 7-lbs. 11 oz. Mother and Emilee are doing fine. Grandmother is still beaming!

Say hello to Bridget Erin Murphy, the daughter of Sue Consolo Murphy and Kerry Murphy who was born on November 1, 1998, at 2:23 PM. Bridget weighed in at 6-lbs. and 9 ozs. She joins sister Stephanie at home.

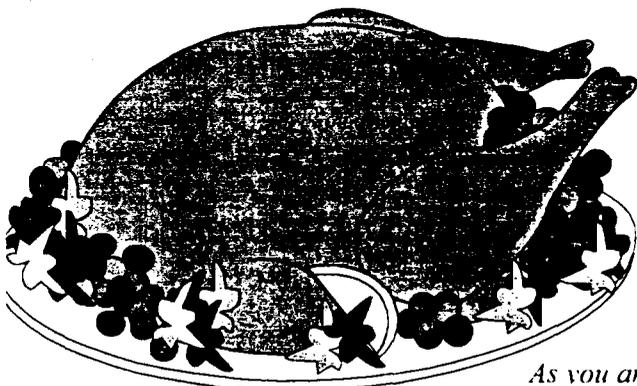


Heartfelt Thanks ♥♥♥♥♥

To All Yellowstone Park Employees: The community that exists in and around Yellowstone Park continues to leave a distinct impression on me. The nature of community in Yellowstone is quite segregated, yet, each time a member of the community reaches adversity, people come out of the woodwork to help out. I thank everyone so much for all the prayers and support during my recovery. Sincerely, Troy Nedved



We would like to thank everyone that sent cards, thoughts, and prayers at the time of the death of Bonnie's father. It is great to know that we have such a GREAT FAMILY even though we are so far from home. Thanks again, Bill and Bonnie Hawn



Early Dismissal –November 25, 1998

The Secretary of the Interior sends the following message:

In recognition of our employees' outstanding achievements, it is my desire that employees be given additional time this Thanksgiving to spend with family and friends. Therefore, as workload and mission conditions allow, Department of the Interior employees should be excused three hours early on November 25.

As you are aware, our Department has experienced significant reductions in staff in recent years, while workload levels have continued to rise. Despite these reductions, the Department has continued to accomplish its mission successfully and provide the highest quality service to our customers. This is a direct result of the continued dedication and hard work of our extraordinary workforce.



Community Events

* **Enjoy a Thanksgiving Dinner at Red's Blue Goose in Gardiner--** Thursday, November 26, starting at 3 p.m. Cost: is a canned food donation for the annual Christmas basket for the less fortunate. Everyone welcome.

* **Doctor James Murray DVM--** will be at the Gardiner Exxon, December 4 from 2-5 p.m. No appointment necessary. Next visit: December 18.

* **Yellowstone Gallery and Frameworks Christmas Open House--** will be on Saturday, December 5 from 10 am to 5 p.m. There will be specials, door prizes, refreshments, and holiday cheer. Please come share some time with friends and neighbors and browse for gift ideas. Call 848-7306 for more info or stop by our location at 216 West Park Street.

* **A Christmas Open House at the Mammoth Hamilton Store--** will be on Monday, December 7 from 3-5pm. Stop by and enjoy Christmas cheer and wish Buddy and his staff a very happy holiday season.

* **The Mammoth Post Office invites you to their Christmas Open House--** on Thursday, December 10 from 1:30-5 p.m. Stop by and help them celebrate the season.

Classified Ads

For Sale- 1989 Isuzu Trooper 4wd, 4dr, 88,000 miles, manual transmission, \$5000. Call Joe/Juanita at (307) 545-2717.

For Sale- 16 foot Mad River Canoe, \$300. 2-person kayak, good condition \$150 OBO. 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- 1981 Ford 250 4x4-work truck 400 engine, 4 speed, and flatbed. \$2,000 OBO. Just like new in time for Christmas!!! Girls 20: 12 speed Huffy Mountain bike. LIKE NEW condition. \$50. Fischer cross country skis w/boots. 2 women's and 1 men's w/poles and boots. \$20 to \$30 each set. Call Jack at 344-9255.

For Sale- Upright commercial freezer for sale. Six years old, 19.2 cubic ft. in excellent condition. It is not frost-free and where we are going that is a must. \$300. Call Doug at 344-7728.

For Sale- '91 Yamaha PHAZER II long-track snowmobile. 6,950 miles. Mechanically excellent w/rack. \$1800. Call Chris Miller (w) 344-2350 or (h) 848-7147.

For Sale- Large, heavy-duty plastic dog house for large dog with foam pad insert. Excellent cond., little use. Will see for \$60. Call Rick or Julie @ (307) 543-9116.

For Sale- 1991 Ski-Doo Formula Mach 1, 1600 miles, stored for past two years. Has had some hood damage that is cosmetic only and probably needs a tune-up. It is liquid cooled, has a long track, and has ski-skins. It's a great sled for touring in the park. \$1,250 OBO. Call Chris at 344-7317.

Classified Ads Continued...

For Sale- KONA Mano Mano Full Suspension mountain bike (color-red), Manitou Pro X Front Shock, Fox Shox rear shock, Shimano LX Rapidfire Shifters, 8 speeds, LX rear derailer, STX front derailer, 7005 Aluminum frame, (19 inch), Mavic 238 rims, V-brakes avid/1,9 levers, Shimano brakes, Price \$700 (negotiable). Call (406) 586-3895 and ask for Dale or John. Or, call the Reid's at Canyon at (307) 242-7674.

For Sale- 1994 Polaris Indy Lite. 2-seater,w/cargo basket and cover. 3,900 miles, good condition. \$1,800. Call Rick at (307) 545-2724.

For Sale- Polaris Indy 400 snowmobile, great shape, cargo rack, \$1500. Bushnell spotting scope, 15-45 zoom, with case, \$15. Call 344-2119 and ask for Dave.

Enough already! Ann Johnson wishes to thank everyone who sent her empty pill bottles, she has reached her quota. Thanks again.

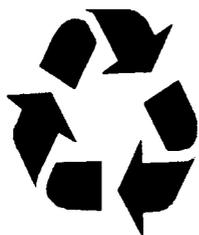
Assistance Needed—I'm writing on behalf of my friends at the Women's Clinic in Mulukuku, Nicaragua. The clinic is run by my friend Dorothy Granada and provides very low cost essential medical care and non-violence counseling for the poor people in the area. You have all heard of the horrors of Hurricane Mitch. Fortunately, the clinic was unharmed and the town was not destroyed. Dorothy and friends are organizing a fundraising campaign to help the farmers of Nicaragua buy produce seeds at a low cost. Currently, the country is without any seed caches to replant the farms and move back towards self-subsistence.

Because the government has not declared a state of emergency, farmers must still pay back loans on farms. They have no money to get seeds and many are likely to lose their only chance at making a living. If you would like to help with a cash, tax deductible donation please make a check payable to St. Boniface Episcopal Church and send it to: FRIENDS OF DOROTHY GRANADA, P.O. BOX 8003, SANTA CRUZ, CA., 95601. Thank you and if you have any questions please call Rick DeLappe at (307) 545-2724.

PERSONNEL NEWS....

Leave Year ends January 2, 1999—Reminder: The current leave year will end on January 2, 1999, the ending date of pay period 9901. Employees must have exhausted all use or lose annual leave to their credit by that date. Many employees have RESTORED ANNUAL LEAVE resulting from the government shutdown furlough period in late 1995 and early 1996. These restored leave hours will expire at the end of pay period 9901, January 2, 1999. However, messages on employee leave and earnings statements in agencies other than the social security administration may show an erroneous expiration of pay period 9902. In order to avoid forfeiture of this leave, employees must use it by January 2, 1999.

Leave Donor Program—Matthew Regnier has been reinstated into the Leave Donor Program. As you may have heard, Matthew had a small setback and is now on LWOP. Any donations would be greatly appreciated. Randy Abegglen is also in need of donations to cover the recovery time needed from the bone marrow transplant. If you would like to donate some of your annual leave, please contact Patty Oestrich at 344-2047 for a leave donor form.



A Notice From the World Of Recycling

To all NPS personnel-- the Recycling Center is open on a 24-hour basis.

We recycle: Steel cans, aluminum cans, office pack paper, newspapers and magazines. NO PLASTICS. Unfortunately, no one is taking plastics at the present time. Remember: ALL CARDBOARD goes to the Supply Center...and does not go into the recycling shed. It is up to the individuals utilizing the facility to sort their recyclables in a responsible manner. PLEASE DON'T EXPECT SOMEONE TO PICK UP AND CLEANUP YOUR MESS.

ESS Tech Notes

Computer Support Services would like to share some handy tips, tricks, and news with you! You may think "I'm no expert, I won't know what they're talking about." These articles will NOT be written in "computer-ese". Everyone using computers should be able to learn something here.

WHO YOU GONNA CALL?

Get to know your CSS contact for particular problems:

- ☐ *Michael Kirby* x.2061 - questions or concerns about policy, priorities, or major projects
- ☐ *Ron Buss* x.2065 - he's the network administrator, any problems with hubs, connections, servers, or backups
- ☐ *Roger Whiteside* x.2063 - questions about the IntraNet? Roger's your man
- ☐ *Jose Santiago* x.2462 - our new intake trainee will be your Access contact
- ☐ *Lori Wilkinson* x.2461 - for all cc:Mail concerns: new boxes, deleting boxes, Bulletin Board subscriptions, etc; she's also involved with all computer and computer equipment ordering
- ☐ *Nancy Tyson* x.2064 - responsible for keeping track of all computer equipment, turn in all your old equipment to her

All other general questions about Office 97, hardware or software installation, troubleshooting, problems, etc. should be called into Nancy, Lori, or x.2062 which is our Help Desk phone. Sometimes our volunteer *Robby Dickinson* will answer that phone or Nancy/Lori/Jose will try to answer all incoming calls. If you do get our voice mail - leave a message! You may be surprised how fast we get back with you. Also many problems can be solved over the phone and the more information you leave us the better we can be prepared to help you.

ATTENTION: ALL CCMAIL USERS -

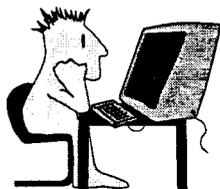
Check the size of your message before sending it out to a remote user or to All Remote Employees!

Yellowstone just went through the frustrating experience of having a large (over 3 megabytes) file sent to all employees. Those on our network may not have noticed the size of the file, but anyone who uses a modem noticed that it either took *forever* to get it or it simply bottlenecked their entire box. To get rid of that message each remote user (over 200 boxes!) had to call in, give us their password, then we had to go through a multi-step process to delete the message. You get the idea that it was, at the very least, a big PAIN in the NECK! To avoid this problem, make sure that a file you attach is never over one megabyte. If you're not sure how big the file is call us and we'll tell you how to find out. Text messages usually won't get big enough to be a problem.

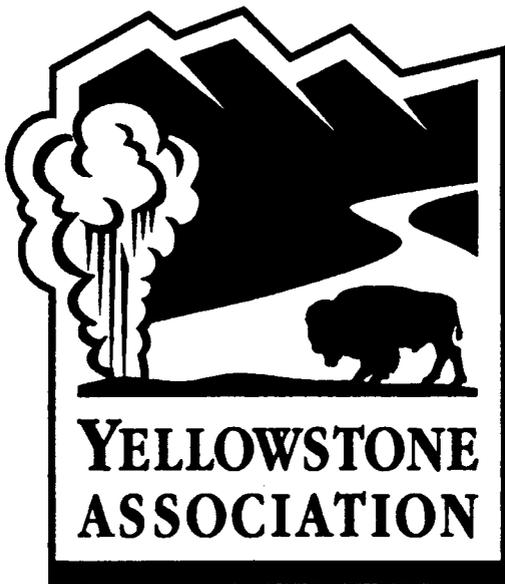
For those ccMail users that receive mail on our network, we need your help cleaning up our database. The huge size of our database is slowing down the speed at which messages are sent. Please either archive or delete messages from your inbox, folders, and message log. If you need help archiving please call either Lori or Nancy. Be sure to delete the file mentioned above, it's big and cannot be viewed anyway (plus Halloween is over).

YOU ARE OUR CUSTOMERS!

CUSTOMERS COME FIRST!



We're going to make this a regular feature of the newsletter for the next few months. If you have any ideas for future tips or computer questions, please call Nancy x.2064.



Yellowstone Association to Fund New Film for Old Faithful Visitor Center

\$250,000 Committed Over Next Two Years

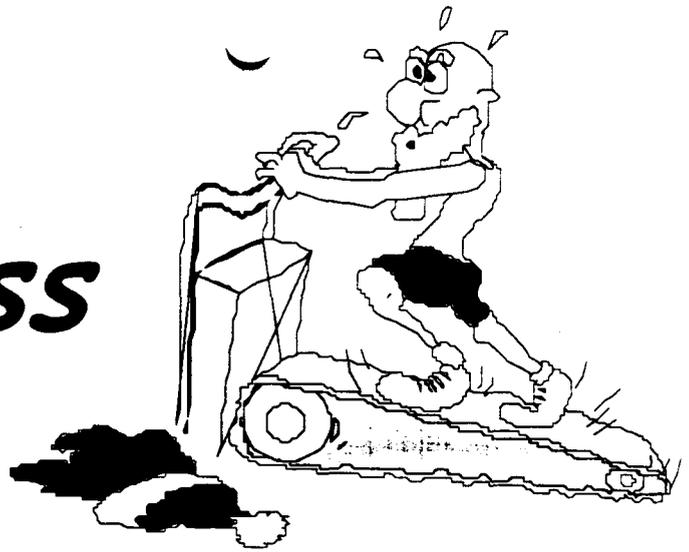
As part of its annual funding of educational programs for Yellowstone National Park, the non-profit Yellowstone Association has agreed to provide \$250,000 in funding over the next two years to produce a film for Yellowstone's Old Faithful Visitor Center.

According to Chief of Interpretation Diane Chalfant, no major media treatment of Yellowstone's geothermal story currently exists. In her presentation to the Yellowstone Association Board of Trustees, Chalfant explained that the new Association-funded film will be a critical tool in helping visitors understand the park's central, dramatic, and compelling geothermal features and will place Yellowstone National Park in a global context, explaining the uniqueness of Yellowstone as the last unimpaired reserve for geothermal features on Earth. Chalfant also explained that the ultimate purpose of the film will be to provoke and inspire viewers to learn more about the geologic forces that shape the Earth and foster a sense of stewardship for those resources.

The film will be shot on Super 16 film stock in a format that allows for new digital projection formats and will include aerials, time lapse, and computer animation images to explain the functions and processes of the park's geothermal resources. The funding provided by the Yellowstone Association will allow for two versions of the film - a ten minute version to be shown in the Old Faithful Visitor center and an expanded thirty-minute version which would be available for visitors to purchase for home or school viewing as well as available for broadcast on educational television. Film production will begin in 1999 and should be completed in 2000, with introduction of the film at the Old Faithful Visitor Center scheduled for the 2001 summer season.

Yellowstone Association Executive Director Pat Cole says that the Board of Trustees was very pleased to be able to grant funding to a project which would have such a far-reaching educational impact. According to Cole, the Association will be asking its 9,000 members for help in providing funds for the film project, with additional funding provided from the Association's educational sales operations in the park. Contributions to the project are encouraged and welcomed and may be made to: Yellowstone Association Old Faithful Film Fund, P.O. Box 117, Yellowstone National Park, WY 82190.

Health And Fitness Page



Nutrition News... Ten tips that can save your life

- ☺ Eat something orange—Study after study shows that people who eat the most beta-carotene in fruits and vegetables—smokers included—get less cancer and heart disease. Try cantaloupes, persimmons, strawberries or other yellow and orange fruits.
- ☺ Stock up on Vitamin C if you're diabetic—Diabetics who take 1,000 milligrams of vitamin C supplements have lower levels of total and LDL cholesterol, triglycerides and fasting insulin. High vitamin C treasures include kiwifruit, strawberries, and oranges.
- ☺ Eat tomatoes—Studies show lower rates of colon and prostate cancer in people who eat tomato products every day.
- ☺ Say yes to strawberries—Scientists have found that ounce for ounce, strawberries contain the most C and E vitamins, carotenoids, flavonoids, and a slew of other chemical compounds.
- ☺ Be fresh—Go forth and eat fruit. Studies have shown that people who eat fresh fruit every day have 24 percent less chance of fatal heart attacks, 32 percent less chance of fatal strokes, and a 21 percent less chance of dying from any but natural causes.
- ☺ Get going with raisins—Raisin snacks help move food through your intestinal system faster, an average of one day faster, than not eating any at all.
- ☺ Don't let kids get juiced up—Juice lacks protein, fat, and many micronutrients that children need in order to grow. Your children may be compromising their health if they are substituting fruit juice for milk at meals. Limit their intake of fruit juice to no more than a glass, or eight ounces, a day.
- ☺ Don't avoid bioflavonoids—Studies show that the more bioflavonoids men consume, the less likely they are to die from heart disease. These chemical compounds neutralize the "bad" LDL cholesterol and reduce the tendency of arteries clogging up. So, drink tea, and eat apples, onions, and plenty of other vegetables.
- ☺ Fight cancer with vitamin C—Vitamin C helps prevent mouth, throat, stomach, and intestinal cancers by neutralizing cancer-promoting nitrosamines. Avoid too much ham, hotdogs, and bacon, which contain high levels of nitrates.
- ☺ Know your servings—The National Cancer Institute recommends eating five servings of fruit and vegetables a day. A serving is generally $\frac{1}{2}$ cup of raw, cubed fruit, one medium-sized whole fruit or two tablespoons of dried fruit. Ideally, 2 fruits and 3 veggies per day meet those requirements.

Season's Eating's... Spice it up for the Holidays

Spice up your holiday treats and beverages with cinnamon. Cinnamon has been used medicinally for thousands of years. Modern scientists have confirmed its ability to prevent infection and have discovered new therapeutic applications, such as soothing indigestion, controlling bloodsugar in diabetics, and preventing stomach ulcers.

Healthy, Hearty and Lowfat Recipies

(Send us your healthy favorites and we'll print them as we can...editor)

Waldorf Salad

Some fruit salads can be surprisingly high in fat.

Take Waldorf Salad--the traditional dressing is quite fatty, and the salad is loaded with nuts, which contribute their own share of fat and calories. Calories, fat and cholesterol were reduced by:



- * Replacing mayonnaise in the dressing with a combination of fat-free vanilla yogurt and fresh lemon peel
- * Substituting a combination of reduced-calorie whipped topping and additional fat-free yogurt for whipped heavy cream
- * Replacing some of the walnuts with additional celery

	Before	After
Calories	187	89
Fat (g.)	15	3
% Calories from Fat	72%	30%
Cholesterol (mg.)	24	0

SALAD

- 2 cups chopped apples
- 1 1/2 teaspoons fresh lemon juice
- 1/3 cup chopped celery
- 1/4 cup raisins
- 3 tablespoons chopped walnuts

DRESSING

- 1/3 cup fat-free vanilla yogurt
- 1/4 cup frozen reduced-calorie whipped topping, thawed
- 1/2 teaspoon grated lemon peel
- 1/8 teaspoon ground nutmeg

Homemade Tortilla Chips

After tasting one chip, your family will be hooked! Calories and fat were slashed by:

- * Baking the chips instead of frying them
- * Using no-stick spray instead of vegetable oil for oven frying

	Before	After
Calories	139	65
Fat (g.)	7	1
% Calories from Fat	45%	14%
Cholesterol (mg.)	0	0

12 corn tortillas
Salt (optional)

Preheat the oven to 400 degrees. Spray 2 cookie sheets with no-stick spray. Stack the tortillas and cut the stack into six wedges. Place the tortillas on the prepared cookie sheets in a single layer. Lightly spray with no-stick spray. If desired, lightly sprinkle with the salt. Bake for 10 to 12 minutes or until lightly browned and crisp.

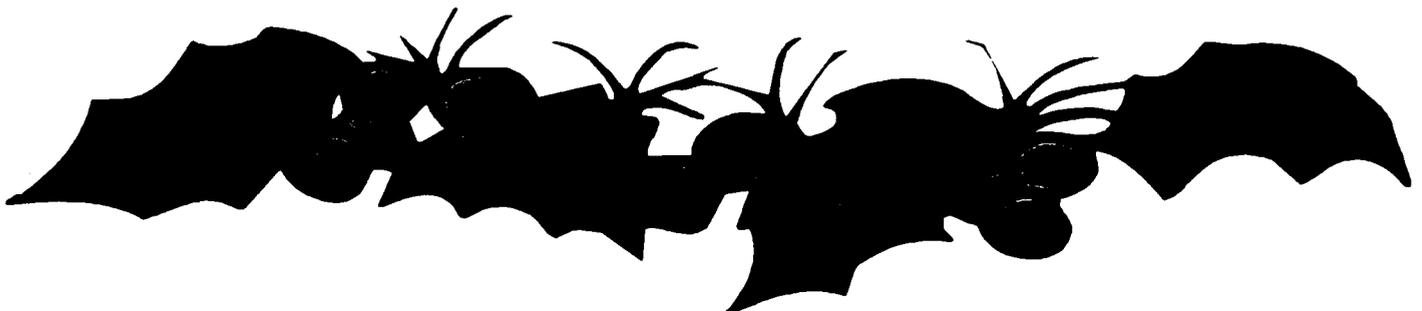
Makes 72 chips; 12 servings.



TO MAKE THE SALAD: Place the apples in a medium bowl. Sprinkle with the lemon juice, then toss. Add the celery, raisins and walnuts.

TO MAKE THE DRESSING: Place the yogurt in a small bowl. Add the whipped topping and gently fold in. Then gently fold in the lemon peel and nutmeg. Add the dressing to the apple mixture. Gently fold in until the apple mixture is coated.

Makes 4 main-dish servings.



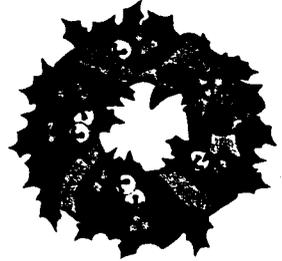
UPCOMING HOLIDAY EVENTS WITH THE YELLOWSTONE ASSOCIATION

THURSDAY, DECEMBER 10TH, 1998

Annual Book Sale

12:00 noon - 6:00 p.m.

This year being held in the Canteen Gym. Lots of shopping space, great bargains and much shorter check out lines! Also, get a **15% Discount** on all regular priced items in the **Albright Visitor Center**. All proceeds benefit Yellowstone National Park.



Holiday Open House

3:30-5:30 p.m., Chittenden House
Join us as we celebrate this holiday season. Meet our new staff, indulge in some great hors d'oeuvres and register for the door prizes.

HOUSE SITTER NEEDED

TO WATCH OUR:



DATE: DEC. 21 - JAN 1

CALL: 344-7712



Yellowstone Park and Gardiner Community

Christmas Cookie Exchange

and Christmas craft activities for children

Monday December 7th

6:00 PM to 7:30 PM

at the Yellowstone Park School Gymnasium in Mammoth

- *Come and share cider and Christmas treats*
- *Bring goodies for exchange (at least two dozen suggested), plus a plate of treats to share for the evening*
- *Exchange will be one for one*
- *Bring your recipe to share with folks (we'll make copies)*
- *Remember a container for your new treats.*

Sponsored by the Yellowstone Park P70

If you have questions please call 344-7455 or 344-6511.

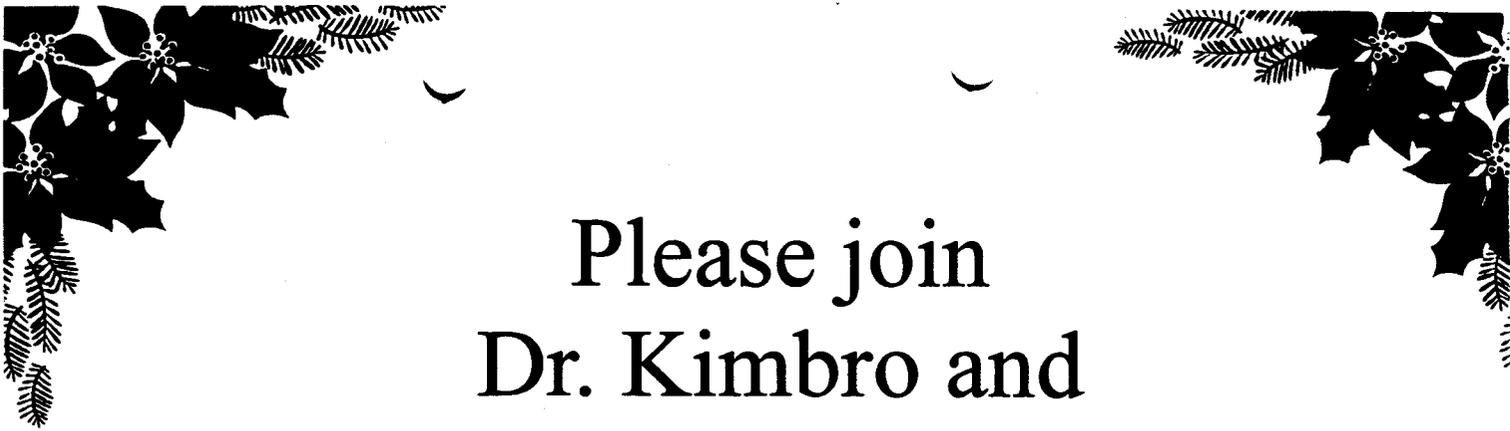
*Everyone
Welcome!*



*Women's
Holiday
Coffee*

*Wednesday, December 2 from 10:30 a.m. til 12:30 p.m.
at the home of Mary Lynn Jensen
Meet new faces and renew old friendships.*





Please join
Dr. Kimbro and
the Mammoth
Clinic staff for food and
drinks in celebration of the
season.

December 10, 1998
3:00 p.m. to 5:00 p.m.

Hope to see you there!

*A food box will be available for
donations to the Park County
Food Bank*



IT'S HERE!

YFEA IS SPONSORING OUR ANNUAL CHRISTMAS PARTY

MONDAY, DECEMBER 14 AT 3:30 P.M.



CANTEEN GYM



TAKE THIS OPPORTUNITY TO WISH YOUR FRIENDS AND CO-WORKERS A VERY MERRY CHRISTMAS



PURCHASE YOUR TICKETS FROM

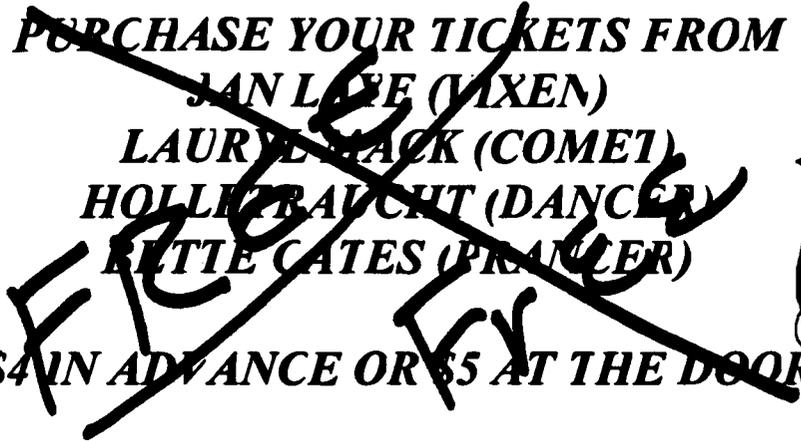
JAN LEE (VIXEN)

LAURIE MACK (COMET)

HOLLIE BAUCHT (DANCER)

ETTE CATES (PRANCER)

\$4 IN ADVANCE OR \$5 AT THE DOOR



DESSERT DONATIONS WILL BE APPRECIATED

AND MUSIC BY OUR VERY OWN WILLY BURKHARDT

