



March 15, 2000

Next Deadline: April 10, 2000

## FACTS, QUESTIONS AND ANSWERS ABOUT THE WINTER USE ENVIRONMENTAL IMPACT STATEMENT (EIS)

**Q: Has the NPS decided to ban snowmobiles in Yellowstone and Grand Teton national parks and John D. Rockefeller, Jr. Memorial Parkway?**

*A: No. A legal decision is made only after the publication of a final Environmental Impact Statement (FEIS) and a formal Record of Decision is made available to the public. The FEIS is to be published on September 29, 2000, followed by a Record of Decision on or about November 1.*

**Q: Why do I hear that the NPS will ban snowmobiles?**

*A: Based on preliminary analysis of public comments on the draft EIS, the assessment of environmental effects in the draft EIS, and National Park Service (NPS) and Department of the Interior (DOI) review of the legal framework, NPS is leaning towards DEIS Alternative G. This alternative allows for over-snow motorized access in the parks by mass transit snowcoaches only. The agency-preferred alternative, which must be revealed in a final EIS, will be determined only as of the publication of the FEIS, not sooner.*

**Q: Who makes the decision on winter use in the three park units?**

*A: The NPS Regional Director ordinarily makes the decision on plans such as this. The Regional Director normally consults with others about the decision, including higher levels in the NPS and the DOI, the park superintendents, and other agencies whose jurisdictional areas are involved. In a legal sense, the decision-maker is the person who signs the Record of Decision.*

**Q: What is the process for making such a decision?**

*A: The decision process is lengthy. Fundamentally, a decision is made considering the possible environmental effects over a range of alternatives. The alternatives and their possible effects are disclosed to the public first in a draft EIS. The public and other entities, including cooperating agencies, have an opportunity to review the analysis and the alternatives during a review period of at least 45 days. Then, a final EIS is prepared in response to the comments received. Only after this process transpires can a legal decision be made. The decision-maker reviews the FEIS alternatives and their impacts, considers public comments, considers input from other agencies, and then selects any alternative from the EIS. The selection can combine various features of different alternatives. The decision-maker must reveal this selection in a Record of Decision and describe the reasons why she or he chose that alternative.*

**Q: Has NPS considered the possible effects on National Forest lands if it bans snowmobiles from the parks?**

*A: Yes. The United States Forest Service (USFS) was asked to be a cooperating agency in this process. The USFS provided an assessment of effects on forest lands for all alternatives evaluated in the draft EIS. These effects are disclosed on pages 298 through 303 in the DEIS. The final EIS will contain an updated and more detailed assessment of effects on adjacent national forests. The Forest Service is participating in this analysis.*

**Q: Has NPS considered the possible economic impacts on local communities if it bans snowmobiles from the parks?**

*A: Yes. The three states and five counties most immediately affected by this proposed plan asked to be cooperating agencies in this process, and were granted that status. Though these agencies feel they have not been accorded sufficient access or participation, they provided an assessment of economic effects on adjacent lands for all alternatives evaluated in the draft EIS. These effects are disclosed on pages 298 through 303 in the DEIS. The cooperating agencies felt that all alternatives but E, with their revisions, would have drastic economic consequences. The NPS also disclosed economic effects for each alternative in Chapter IV of the draft, concluding that the regional economy would not be greatly affected. The final EIS will contain an updated and more detailed assessment of economic effects on adjacent counties and states.*

**Q: Some snowcoaches are just as loud and polluting as snowmobiles. Why allow snowcoaches and not snowmobiles?**

*A: This may be true of some snowcoaches that are currently operating. The total effect of pollution or noise from snowmobiles is much greater than the total effect from snowcoaches, due to the great difference in numbers operating in the parks. In any alternative that might be preferred or eventually selected, there will need to be consideration of cleaner and quieter snowcoaches. The FEIS will provide comparative figures for use and miles traveled using both forms of motorized transport. Under alternative G the NPS would manage the mass transit snowcoach system by permit. Through the permitting process the NPS can require that concessionaires operate only those snowcoaches that meet certain emission and sound requirements.*

**Q: Is the EPA letter received about the DEIS forcing the decision?**

*A: No. The EPA letter describes their assessment of the environmentally preferred alternative, based on the impacts disclosed in the draft EIS as compared to NPS legal constraints. This supports the NPS' conclusions about possible changes in the preferred alternative for the final EIS. Certainly, EPA opinions regarding the alternatives and the quality of analysis will be very helpful in producing the final document.*

**Q: Could snowmobiles be allowed in the parks if they were cleaner and quieter?**

*A: Several alternatives in the EIS provide for snowmobile access using cleaner and quieter machines. These alternatives will remain as possible choices for the eventual decision. The question is: if it will take some time for these machines to become commercially available, or for some agreement on the clean and quiet standards to be used, then how much pollution and noise is acceptable in the interim? The NPS would conceivably be at risk if it knowingly allowed continued impairment as disclosed in an EIS. This is a legal question. It is also a practical question about technological and production changes, and how fast they can be adapted to future standards.*

**Q: Will I still be able to snowmobile onto the National Forest from traditional parking areas in Grand Teton?**

*A: Yes. All alternatives accommodate the need for access to adjacent public and private lands via motorized means, particularly along the eastern boundary of the two park units. However, in some alternatives Grassy Lake Road would be closed to motorized oversnow use, thus eliminating snowmobile use to and from Flagg Ranch along that route.*

***"How deep our sleep last night in the mountains here, beneath the trees and stars, hushed by solemn-sounding waterfalls and many small, soothing voices in sweet accord whispering peace! And our first pure mountain day, warm, calm, cloudless—how immeasurable it seems, how serenely wild! I can scarcely remember its beginning. Along the river, over the hills, in the ground, in the sky, spring work is going on with joyful enthusiasm, new life, new beauty, unfolding, unrolling in glorious exuberant extravagance—new birds in their nests, new winged creatures in the air, and new leaves, new flowers, spreading, shining, rejoicing everywhere." —John Muir***

# The Low-Carb, High Protein Craze

American Institute for Cancer Research NEWSLETTER, Spring 2000, Issue 67  
Permission to reprint this article given by the American Institute for Cancer Research (AICR)

A number of fad diet books, including *Sugar Busters*, *The Zone*, *Dr. Atkins' New Diet Revolution* and *The Mayo Clinic Diet* (not affiliated with the prestigious medical clinic in any way), are sweeping the country. Most fads are short-lived, but the low-carb, high-protein craze shows no signs of fizzling. This article asks an important question: Do these diets have any legitimacy?

## The Theory Behind the Fad

These fad diet books focus on blood sugar levels. Sugar in the blood signals the pancreas to release insulin. This hormone sends sugar to the brain and muscles to be burned for energy. Extra sugar is stored for later use. Some of this storage is in the form of fat. A sudden rise in blood sugar means more insulin gets secreted and more sugar may be stored as fat. A slow, steady rise in blood sugar, on the other hand, meets your body's energy needs over time. And less sugar gets stored.

Carbohydrates raise blood sugar levels. Protein and fat have less effect on blood sugar. So, the authors of these fad diet books argue that the best way to lose weight is to skip eating carbs altogether. They believe that by filling up on protein and fat, a rise in blood sugar and increase in fat storage is avoided.

But it's not as simple as that. Not all carbs act the same way. Eating a plate of plain white rice will drive up blood sugar fast. But brown rice or other whole grains, which have more fiber, raise sugar levels more slowly. Even the sugar-raising effect of refined carbs like white rice or white bread is slowed when they are eaten with high-fiber vegetables, a small amount of cooking oil or proteins such as tofu, poultry or fish. In fact, any high-carbohydrate food eaten as part of a balanced meal will contribute to a slow, steady rise in blood sugar.

So carbohydrates are not the villains the fad diets make them out to be. Nor will diets that limit or eliminate all food containing carbs cause permanent weight loss.

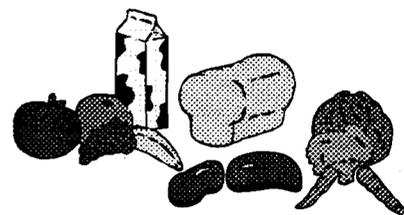
## Why Low-Carb Diets Fail

At first, low-carb diets seem to work. By limiting the foods you eat, they limit the calories you take in. Almost immediately, water loss occurs. Then, when the body does not have a supply of carbohydrates for energy, the liver begins making sugar out of whatever protein it can find – including your own muscles. The loss of water and muscle means your weight drops. But this kind of weight loss is temporary. Long-term weight control involves losing fat and keeping your muscles because muscle burns calories. Furthermore, this temporary weight loss is achieved at a high cost. Low-carb, high-protein diets can lead to irritability, light-headedness, bad breath, constipation, dehydration and kidney problems.

Those are the short-term effects. The long-term effects are even more dire. Low-carb, high-protein diets call for limiting just those foods that contain the antioxidants and phytochemicals that fight cancer and other chronic diseases. At the same time, they encourage taking a second helping of foods laden with the kind of fat that promotes disease. Such a diet goes against the advice of all the health authorities. When you pass up carbohydrates and load up on protein and fats, you increase your risk for heart disease, stroke and cancer.

## A Diet You Can Live With

AICR's Diet and Health Guidelines call for eating a variety of vegetables, fruits, whole grains and beans. These high-carbohydrate foods should push the protein and fat from animal sources to the side of your plate. Following a mostly plant-based diet and exercising regularly can help you slowly lose weight without undermining your health.



“After spending winters in Yellowstone, I finally realized which is my favorite geyser. While Old Faithful will always be my sentimental favorite, you can’t beat this one for a truly emotional response. Very few people actually see it erupt because it only does so at the beginning of spring (I guess you could say its average interval is about a year). But what a sight it offers when it does erupt! It shoots a brilliant column of white snow high into the air. I call it Plow Geyser (I’m not sure that’s the official name). The earth shakes, and a heavy rumble accompanies each eruption. Afterwards, it’s like World War I around here from all of the deep, sharp trenches.

While some people herald the coming of spring by budding flowers or returning birds, you can’t beat the deep throated roar of a rotary plow to signal the end of winter. Thanks plow crew!” **–An Interior Resident**

## ❖ YFEA UPDATE ❖

As outgoing president, I would like to take this opportunity to brief you on the activities of the Yellowstone Federal Employees Association (YFEA) and to solicit your input. I hear that employees think the only activity of this organization is providing food at functions. Yes, we have done this and I think pretty well. One of our problems has been the varying attendance. If anyone can tell how to determine in advance how many people will come and want to eat, please let us know. We have also had feedback about providing more vegetarian options and are addressing this in our menus.

Each August, we have had an employee picnic in the park. Is this an activity you would like to see continue?

YFEA has a video library for members. Tapes can be sent by mail to the interior if you call Kathy Hoak and let her know what you want.

YFEA members can also get a discount at the GranTree in Bozeman.

The majority of our dues go towards the liability insurance. With our insurance, we provide party permits where alcoholic drinks are permitted. In the future, the person applying for the permit must be a YFEA member.

The following are current activities:

- This winter YFEA sent a questionnaire to last summer’s seasonal employees asking what isn’t being done that would make their lives and careers better. Cort Felts is heading this activity and reports that response has been excellent.
- YFEA is working with personnel (Patty Oestreich) to revise the Yellowstone Employee Handbook. Volunteers who would like to review the draft please get in touch with me at 344-2155.
- Michelle Kerns has investigated adding vision option (prescription glasses, vision checks) to our medical insurance. As with many things, it turned out to be more complicated than we had originally thought and we are waiting to hear if the company is interested in working its way through the paperwork.

YFEA is young and is seeking to find its niche. This is your organization and we request your participation and feedback regarding our activities including ones you would like to see us undertake.

**-Ann Johnson**

## ❖ MAMMOTH CLINIC NEWS ❖

- Colleen Eldred, an OB/GYN Nurse Practitioner, is available by appointment, to provide exams, prescriptions, consultations and referrals for the women in our community.
- Pat Coleman, RN, has completed training through the Mayo Clinic in Rochester, Minnesota, to provide Well Women Exams. This includes clinical breast exams and Pap smears, as well as referrals for mammograms.
- The clinic will be closed Wednesday, March 29<sup>th</sup> and Friday, April 7<sup>th</sup> for staff education.

## ❖ PERSONNEL NEWS ❖

➤ *Welcome to Yellowstone:*

Lawrence Timchak

Executive Coordinator for the Greater  
Yellowstone Coordinating Committee

➤ *New Permanent:*

Christie Hendrix

Secretary, Yellowstone Center for Resources

➤ *Promotion:*

Kerrie McCartney

Secretary, Superintendent's Office

## ❖ PEER AWARDS ❖

*The following employees received peer awards in March:*

Bruce Wayland

Madison Maintenance

Laura Joss

Cultural Resources

Joe Bueter

Old Faithful Ranger

## CLASSIFIED ADS

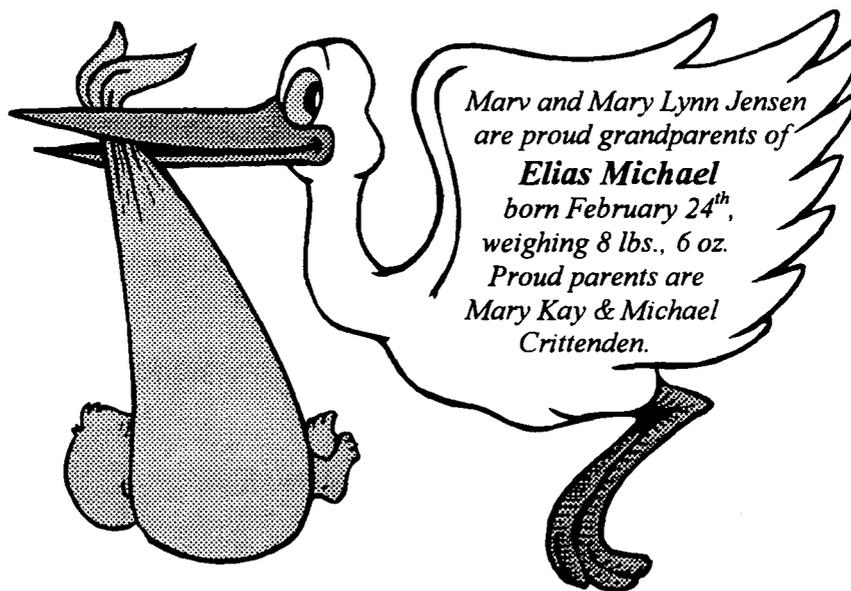
**For Sale:** Shoebox full of cassette tapes including Billy Joel, John Denver, Dan Fogelberg, musicals, Chet Atkins, etc. \$15 for entire box. Also a travel backgammon game. Never used. Green corduroy zippered case. \$10. Call 242-7656 and leave a message.

**For Sale:** 1981 GMC 2WD, full size pick-up. 302 V8. Engine runs good. Body okay. Great for towing, firewood, hunting, etc. \$1400. Call Rick or Julie at 307-543-9116.

**Wanted:** Old cowboy hats for the felt only. If you have any old hats around that have not been waterproofed, I can use them. Call Renee at 344-2204.

# ANNOUNCEMENTS

- Thanks to everyone for your farewell wishes, gifts, and the great going-away party on St. Patrick's Day! We will never forget it (particularly Lee's performance), and will dearly miss all the friends we've made here. Please come by Ft. McHenry for a visit whenever any of you get to Baltimore! -**Laura, Skip & Lindsay**
- Dr. Murray, DVM, will be in Gardiner at the Exxon every other Friday, beginning March 24 from 2:00 p.m. to 5:00 p.m.



## 2000 GARDINER DUCKS UNLIMITED BANQUET

Plan to attend the 2000 Gardiner Ducks Unlimited Banquet at the Gardiner Eagles Hall on April 15, 2000, an evening of fun, raffles, door prizes, and silent and live auctions! Some of the items featured include:

- Beretta AL390 Gold Mallard Shotgun.
- A Terry Redlin print, name to be released later.
- Big Horn Ram Bronze by Big Sky Carvers

For a preview of all our artwork that will be available at the banquet, please stop in the First Interstate Bank or the North Entrance Food Farm.

Open bar from 5:30-6:30 p.m., followed by a delicious buffet dinner at 6:45 p.m.

A Ducks Unlimited Special Edition print (pictured above) will be given to the first 30 membership/banquet tickets purchased for this great event.



*Mother Goose  
by Joseph Thornbrugh*

Tickets prices are \$45.00 for a single, \$65.00 for a couple and are available from any of the Gardiner Ducks Unlimited committee members or by calling Dan Mahoney at 344-7712 or Tom Knox at 848-2181. Please get your tickets early, limited seating available. A portion of your Ducks Unlimited membership is tax deductible.

# RESULTS OF THE 14<sup>TH</sup> ANNUAL JARDINE SKI RUN

## February 20, 2000

1. Sam Reid	23:52** new course record!
2. Tim Reid	24:41
3. Rick McAdam	27:54
4. Dave Heller	34:07
5. Collette Daigle Berg	34:38
6. Bill Berg	44:05
7. Kerry Gunther	44:36
8. Jim Hebert	44:41
9. Point Hatfield	44:57
10. Jean McCreight	46:18
11. Rocky McCreight	52:31
12. Mark Beil	54:06
13. Leigh Anne Dunworth	1:01:24
14. Jennifer Conrad	1:01:25
15. Christy Hendrix	1:03:24
16. Matthew Regnier	1:05:06
17. Frank Smith	1:11:53
18. Kathy Millis	1:12:08
19. George Nell	1:18:53

Also skiing, albeit off course and casual, were Becky Johnson, Wendy Thomas and their dog. Emma Heller skied and helped with the kid's turn around.

1. Anna Reid	44:12
2. Olivia Reid	44:39

P. Russell Style Award: Mark Biel, the King!

Many thanks to all ski participants, hangers on, those bringing chili and baked goods and to the following Gardiner area merchants for donating prizes: North Entrance Food Farm, Your Town Video, Parks Fly Shop, Yellowstone Gallery, Helen's Corral, Two Bit Saloon, Town Café, Bear Den Ski Shop, Yellowstone Mine, First Interstate Bank, Tire Iron, K-Bar, Gardiner Drug, Flying Pig Pawn, High Country Trading, Bear Country Restaurant, Mountain Rose Theatre, Yellowstone Raft Company, Yellowstone Federal Credit Union, Four Winds at Cinnabar. Also, we owe a huge THANK YOU to Warren Johnson who groomed the Bear Creek road all winter and had it in great shape for the ski run.

The Yellowstone News is a National Park Service employee newsletter, published monthly by the Public Affairs Office. To submit articles, notices of events, classified ads, or announcements please e-mail [Yell\\_Public\\_Affairs@nps.gov](mailto:Yell_Public_Affairs@nps.gov), call 344-2013, or send via interdepartmental mail or fax to 344-2014. Please include your name and phone number with all submissions.