

THE YELLOWSTONE NEWS



JANUARY 21, 1998

NPS EMPLOYEE NEWSLETTER

NEXT DEADLINE: FEBRUARY 17

Want to Be Correct? Put People First

FILE

Abridged version reproduced with permission from Lynn Zaritsky, Salt Lake Tribune.

I guess it's time to address political correctness. Another letter came from a reader with a disability who feels that "it has gotten to the point where you need a lawyer to tell you what terminology you can use to describe a member of society." Like sticks and stones, words can and do hurt. I cringe whenever I hear kids calling each other "retard." We have survived a lot of denigrating and inaccurate labels - "crippled," "Mongoloid idiot," "midget," "emotionally disturbed" and "deaf and dumb." We have junked terms that didn't fit, including "handicapped" (comes from the people begging on the streets, caps in hand). Now, no one knows what to say. It can be an awkward moment trying to describe a person who has an obvious disability. So, here is your primer on current political correctness. It's really quite simple: Think "people first." Disability is something you have, not who you are. Where hearing is an issue, people may say they are "hearing impaired," "hard of hearing," or "deaf." Many people with visual impairment prefer to be called "blind," and many people who have some form of dwarfism prefer to be called "little people."

Sometimes these preferences are purely grammatical; "I have deafness" just doesn't fly. Sometimes it's a matter of calling a spade a spade; "I'm blind and no other word will describe it," a friend told me. Equipment also poses a social unease. Again, think people first. The person uses the equipment. I am not "wheelchair-bound," as if I were sewn into it. Rather, I use a wheelchair. People use canes, crutches, oxygen, braces and scooters. Just so you will know, parking spaces and bathroom stalls are not "disabled" or "handicapped." They are accessible. Now that you are all absolutely well-versed in the current political correctness, let me tell you just how flagrantly politically incorrect we can be among ourselves. In my wheelchair crowd, there are a "low-quad," a "high-para," a few "crips" and a "gimp". I also know for a fact that there is "deaf humor," told very effectively in sign. The consensus among my friends and readers with disabilities is, "We have more important things to worry about." Not everyone having a disability would describe himself in these terms, especially not those recently finding themselves in the world of disability. And those not having any disability should never casually take such liberties. Just know that such humor exists in our ranks. Personally, since even the very name of my rare disease reeks with political incorrectness (Stiff-man Syndrome), I prefer to say that I have a muscular inhibition and execution deficit associated with a spontaneous and sporadic whole-body freezing syndrome, combining to result in usual (but by no means total) deprivation of ambulation. So there you have it.

Personnel/Admin. News.....

Welcome to Yellowstone Park!!!

Randy Baum—EEO Supervisor
Sarah Creachbaum—Outdoor Recreation Planner
Doug Madsen—Outdoor Recreation Planner
Rick Obernesser—Assistant Chief Ranger
Dawn Webster—District Clerk—OF
Julia Jawad—Supv. Visitor Use Assistant

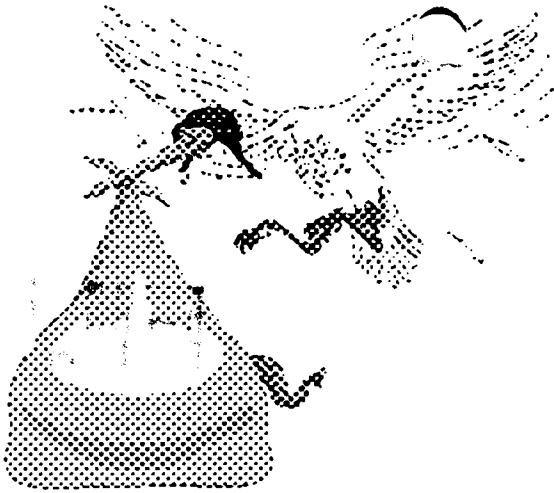
Promotions

Lauryl Mack—Admin Support Asst.

Term Appointment

Scott Pawlowski—Archives Technician

Employees may notice an increase in their net pay on their January 15 paycheck. This increase is due to a change in the federal and state tax calculations: in 1997 calculations were based on 27 pay periods; in 1998 the calculations are based on 26 pay periods. Also, employees who had reached maximum deduction levels in 1997 for OASDI and TSP will note that these deductions have re-started. Most other changes (e.g., federal and state income tax withholding rates for 1998, health benefit open season rate changes, 1998 pay adjustments, etc.) will be reflected in the January 29 paycheck and the Leave and Earnings Statement for that pay period.



♀ ♂ Heartfelt Congratulations

Tim and Charissa Reid are the proud parents of Olivia Helen, born December 24, 1997. She weighed 8 lbs., 6 ozs., and was 20 ½" long. Congratulations to Sue and Mike Crowfoot, proud grandparents of Jacob Adair Brewster, born to their daughter Angie and son-in-law Darin Brewster, on December 29, 1997. Jacob weighed 7 pounds and was 18 ½ inches long. John and Sheila Litherland are the happy parents of Michala Ann, born on January 8, 1998, at 2:09 a.m., and weighed 7 ½ lbs. Congratulations also to Jack and Jacque Roberts whose daughter Jessica, gave birth to a daughter on January 12, 1998. Mariah Lyn Malcom was born at 10:55 p.m., weighed in at 7 lbs., 6 oz., and was 15 ¾" long. Willie and Pam Burkhardt are the lucky parents of a daughter named Margaret Bliss, born January 13, 1998, at 11:34 a.m. Maggie weighed 5 lbs., 15 ozs.

New Travel Advance Procedures in Effect Soon \$\$\$\$\$\$

Employees may have already received a memo regarding the changes in procedures for securing a travel advance when going on travel. Effective March 2, 1998, "employees who travel are to obtain needed travel advances from automated teller machines (ATM) using their government American Express cards." This change is not any surprise and Financial Services have made available applications for Amex cards for those who do not possess one. Also, AOC will be issuing bills of collection for any outstanding travel advances in March.

Be sure to contact the Yellowstone Finance Office if you need assistance on travel issues and for those of you who do not hold an AMEX card, please contact your division representative to secure an application.



Be Careful Out There!

Caution: slippery sidewalks, and snow sliding off roofs can make for dangerous situations. Maintenance would like to caution employees about parking too close to the Supply Center's front door or any other area where snow sliding off the roof could endanger you or your vehicle. Also, please refrain from parking over the sidewalk near the Post Office as that makes it extremely difficult to clear the sidewalk of snow.

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 are employees allowed to bid on park housing when they own a residence at Emigrant or Livingston?

ANSWER: #1- Some employees are required occupants and must maintain their primary residence within the park. #2- Employees who own a residence 35 miles or more from their duty station may bid on housing. This was agreed upon by division chiefs and others involved in the development of the Interim Housing Policy. If anyone would care to discuss or comment on this, feel free to contact Gail Menard at 344-2040.

♥ ♥ ♥ Heartfelt Thanks ♥ ♥ ♥

Thanks to the two angels in snowmobile suits for plowing out my driveway and truck. You know who you are! Shirley Squire

The Mammoth Clinic Staff would like to thank all the park offices that contributed to the food drive for the Park County Food Bank. This year our community donated a total of 913 lbs. of food plus two frozen turkeys!

To The Mammoth Clinic and all Participating Businesses: (Dated 12/20/97)

On behalf of the Park County Foodbank Board, I would like to thank you for your generosity and support throughout the past year. So many persons are in need, especially this time of the year, and your generosity has definitely helped us to care for those in less fortunate circumstances, at least to some degree. As you know, our local foodbank is not funded by any government agency. We are always in need of cash, food donations, containers for re-packaging bulk foods, large size grocery bags, plastic grocery bags, etc. Your help has lessened the burdens we face, and I personally wish to thank you again and wish you a very happy holiday season. Barbara Shandy, President, Park County Foodbank



Recognize Your Fellow Employees With Peer Awards

Also known as the Yellowstone Award this is a non-monetary award which YOU the employee can initiate to recognize outstanding performance of park employees by YOU their peers. The nominating employee prepares the nomination through the use of Form DI-451, memorandum, or sends a note to the Administrative Office. A short justification is necessary for the Superintendent's approval; Supervisor or Division Chief approval is not required. The employee should also indicate how and when they would like to see the award presented. The Superintendent's office will maintain a small inventory of items to be used for this non-monetary award. Recent recipients of this award include; Kathy LaConte (Excellence in Service Award), John Lemieux, Michael Finley, and Frank Albrecht (Exceptional Service Award).

Dear Yellowstone Park:

Hello my name is Greg Thompson. I am wondering if you are still giving away your surplus of elk? If so I would be interested in getting one. I have acres of land for the big guy and would take good care of him. Please, if you have an extra elk please tell me how I could get one. Sincerely, Greg Thompson

Community Events

- * **VET VISIT:** Veterinarian, Dr. Jim Murray, will be at the Gardiner Exxon on Friday, January 23 from 2 p.m. to 5 p.m. No appointment necessary. Housecalls available upon request. Next visit: February 6.
- * **12TH ANNUAL RESOURCE MANAGEMENT WORKSHOP** "Ten Years After the Yellowstone Fires: Ecology, Policy, and Attitudes, will be held January 27-29. The workshop will be held at the YCC camp and everyone is invited to attend any or all sessions. Contact Tom Olliff at x2143 with any questions.
- * **YELLOWSTONE FEDERAL EMPLOYEES ASSOCIATION** will sponsor a soup and bread lunch on Wednesday, January 28 from 11:30 a.m. to 12:30 p.m. in the Canteen Gym. The cost is \$3 for members and \$5 for non-members. Take this opportunity to join or renew your membership in the Yellowstone Federal Employees Association.

Classified Ads

FOR SALE: 1981 Chevy ¾ T Suburban, 4-wheel drive with warn 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." \$1200. 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, \$5,500. 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: Telemark skis and boots: Karhu 10th Mountain waxless, length 203; Rottefella 412 cable bindings. Alico Integra telemark/mountaineering leather boots, size 42, barely worn. Excellent for backcountry or area. \$400 pck; \$200 each. Call 848-2270.

FOR SALE: Twin size loft bed, handcrafted-great quality. Bed has three large drawers, storage closet, and play space beneath. Great for small room. \$550 new, yours for \$225. Mattress not included. Call 344-7416.

NEEDED: One rollaway bed/futon for a volunteer in the park. Will need for six weeks now and possibly 12 weeks this summer. Contact Michael Kirby at 344-2061.

WANTED TO BUY: Truck topper in good condition for standard 8 foot bed, full-size truck. 848-7142.

ROOM FOR RENT: Fully furnished, quiet room in quiet house on "the alley" in Gardiner. One other person + one cat live there now; sorry no other pets allowed. Available through late May; \$250/month includes utilities. Call 848-2270.

Don't Throw Out Those Magazines!

The Mammoth Fire Cache is interested in used copies of the following magazines: **Outside**, **Runner's World**, **Popular Mechanics**, and any other periodicals pertaining to fitness, outdoor recreation, outdoor equipment, or simple engineering skills. They will see they are recycled when they've finished with them.

HEALTHY, LOW-FAT RECIPES

(SEND US YOUR FAVORITE, LOW-FAT RECIPES AND WE'LL PRINT THEM AS WE CAN! ...Ed)

BLUEBERRY BRAN FLAKE MUFFINS

1 ½ CUPS UNBLEACHED ALL-PURPOSE FLOUR
¼ CUP SUGAR
1 ½ CUPS BRAN FLAKE CEREAL
1 CUP SKIM MILK
1 TABLESPOON BAKING POWDER
¼ TEA. SALT
1 EGG
¼ CUP CANOLA OIL
½ CUP FRESH OR FROZEN BLUEBERRIES
VEGETABLE COOKING SPRAY

STIR TOGETHER DRY INGREDIENTS, AND SET ASIDE. IN LARGE MIXING BOWL COMBINE CEREAL AND MILK. LET STAND ABOUT 3 MINUTES OR UNTIL CEREAL SOFTENS. ADD EGG AND OIL, MIX WELL. ADD FLOUR MIXTURE, STIRING ONLY UNTIL COMBINED. FOLD IN BLUEBERRIES. PORTION BATTER EVENLY INTO TWELVE 2 ½-INCH MUFFIN PAN CUPS COATED WITH COOKING SPRAY. BAKE AT 400 DEGREES ABOUT 20 MINUTES OR UNTIL GOLDEN BROWN. SERVE WARM. (150 CALORIES PER MUFFIN, 5 GRAMS FAT, 2 GRAMS SATURATED FAT, 20 MILLIGRAMS CHOLESTEROL, 2 GRAMS FIBER)

ORIENTAL CHICKEN PITA SANDWICHES

1 CUP COOKED WHITE, CHICKEN MEAT, CHOPPED
½ CAN CRUSHED UNSWEETENED PINEAPPLE, DRAINED
1/3 CUP CHOPPED CELERY
1/3 CUP CANNED, CHOPPED WATER CHESTNUTS, DRAINED
1/3 CUP CHOPPED GREEN PEPPER
¼ CUP CREAMY PEANUT BUTTER
2 TABLESPOONS TERIYAKI SAUCE
1 TABLESPOON LEMON JUICE
½ TEASPOON GROUND GINGER
½ TEASPOON ONION POWDER
1/8 TEASPOON DRY MUSTARD
1 CUP ALFALFA SPROUTS
LEAF LETTUCE
4 OAT BRAN PITA ROUNDS

COMBINE CHICKEN, PINEAPPLE, CELERY, WATER CHESTNUTS, AND GREEN PEPPER IN LARGE BOWL. IN A SMALL BOWL, MIX PEANUT BUTTER, TERIYAKI, LEMON JUICE, GINGER, ONION POWDER, AND DRY MUSTARD. MIX THE PEANUT BUTTER DRESSING INTO THE CHICKEN SALAD. LINE EACH PITA POCKET (ONE HALF OF THE PITA ROUND) WITH ONE LETTUCE LEAF AND FILL WITH ALFALFA SPROUTS AND THE CHICKEN SALAD. MAKES FOUR SERVINGS. (CALORIES 359 (26% FROM FAT); PROTEIN 28 GRAM; FAT 11 GRAMS (SATURATED FAT 2 GRAMS); CARBOHYDRATES 44 GRAMS; FIBER 6 GRAMS; CHOLESTEROL 45 MG; SODIUM 774 MG.)

Quotable Quotes

"The highest proof of virtue is to possess boundless power without abusing it." Thomas Babington



HEALTH AND FITNESS TIPS

INTERESTING FACTS AND FIGURES

- The average 160-pound man eats 45 tons of food during his lifetime.
- 23 percent of babies in America are delivered Cesarean section.
- Extreme anger can trigger a heart attack. Medical researchers who interviewed 1,623 patients after they suffered heart attacks found angry outbursts potentially doubled their risk of the attacks.
- Take a seat up front. One study found air in the front of airplane cabins has less carbon dioxide than air in the rear. High levels of the gas can cause drowsiness and headaches.
- This "20/20 Rule" will help you avoid eyestrain when you work at a computer. Look at something at least 20 feet away every 20 minutes.
- It pays to be an affectionate husband. Men who hug and kiss their wives before going to work each morning live an average of five years longer than men who don't. They also earn up to 30 percent more and have fewer car accidents.
- One study found people who watched violent movies and TV programs experienced elevated blood pressure, heart rate, and stress-hormone levels. These symptoms are related to cardiovascular and immune system damage.



The Vitamin Dispenser

Clever Ways to Boost Your Nutritional Intake

If you are willing to make a few simple changes in your recipes and eating habits, it's easy to boost your intake of fiber and essential vitamins and minerals. These changes will also reduce your consumption of fat and cholesterol. Eat high-potassium food, such as cantaloupe, oranges, grapefruit and bananas; they help lower your blood pressure. Drink fresh-squeezed orange or grapefruit juice; each contains more antioxidants than juice made from concentrate. Add skim milk powder to mashed potatoes, gravies, and sauces to add calcium. Bread fish with wheat germ instead of white flour to add fiber and B vitamins. Use whole-grain pancake mix instead of refined-flour mix to add fiber and B vitamins. Cut cholesterol and fat from an omelet by mixing two egg whites with one whole egg instead of using three whole eggs. Make a leaner stew by substituting chicken or turkey for red meat. Add carbohydrates by adding extra potatoes, rice, or pasta. Serve grilled fish instead of red meat. Tuna, red snapper, halibut, bluefish, swordfish, and trout are good for your heart and easy to grill.

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.



The following addresses are the only correct ones to be used for Park Service mail here in Yellowstone.

Location	User	Address	Zip-Code
Mammoth	All	PO Box 168	82190-0168
Canyon	Maintenance	PO Box 4008	82190-4008
	Rangers	PO Box 4128	82190-4128
	Naturalist	PO Box 4147	82190-4147
Grant	Maintenance	PO Box 6268	82190-6268
	Rangers	PO Box 6328	82190-6328
	Naturalist	PO Box 6040	82190-6040
Lake	South District	PO Box 3368	82190-3368
	Rangers	PO Box 3390	82190-3390
	Naturalist	PO Box 3100	82190-3100
Old Faithful	Maintenance	PO Box 2227	82190-2227
	Rangers	PO Box 2288	82190-2288
	Naturalist	PO Box 2226	82190-2226
Lamar	All	1 Lamar Ranger Station YNP, Wy 82190-9605	
Madison	All	1 Madison Ranger Station YNP, Wy 82190-9700	
NE Entrance	All	1 NE Entrance YNP, Wy 82190-9606	
Norris	All	1 Norris Ranger Station YNP, Wy 82190-9703	
Tower	All	1 Tower Ranger Station YNP, Wy 82190-9601	
East	All	1 North Fork HWY Cody, Wy 82414-7108	

It is always best to receive your personal mail through your personal box, which you may use through the year. This way the Postal Service will forward your mail should you leave the park. If you use a park service box, the Postal Service will NOT forward your mail.

LEGALS

Service Date: January 15, 1998

**DEPARTMENT OF
PUBLIC SERVICE REGULATION
BEFORE THE
PUBLIC SERVICE COMMISSION
OF THE STATE OF MONTANA**

IN THE MATTER OF US WEST
COMMUNICATIONS, INC., Review
of Yellowstone EAS Region

UTILITY DIVISION
DOCKET NO. D97.10.206

**NOTICE OF FURTHER
EAS PROCEEDING -
USWC YELLOWSTONE REGION**

On November 13, 1997, the Montana Public Service Commission (PSC) issued a Notice of EAS Proceeding, commencing review of U S West Communications, Inc.'s (USWC) Yellowstone Telephone Extended Area Service (EAS) Region. The intent of the proceeding is to obtain information to assist the PSC in determining whether the Yellowstone EAS Region should be preserved as is, returned to its pre-EAS calling arrangement, or combined with the Bozeman EAS Region (includes Livingston).

On December 29, 1997, USWC, in compliance with the PSC's Notice and EAS Rule 38.5.1313 (EAS Phase I) filed a call usage study. The study demonstrates that exchanges within USWC's Yellowstone EAS Region do not presently meet the minimum EAS calling criteria to exchanges within the Bozeman EAS Region. However, the Yellowstone EAS Region's Gardiner exchange is near to meeting the criteria to Livingston, has met the criteria under previous call usage studies, and USWC has presented persuasive rationale for why there has been this change (i.e., high toll users bypassing USWC). The PSC determines that community of interest is sufficient to proceed to Phase II.

Therefore, USWC is directed to file, within 90 days of the above service date (or earlier if possible), in accordance with this Notice and EAS Rule 38.5.1315 (EAS Phase II) a cost analysis and rate design (with supporting testimony and position statement) for each of the three options that may result from this review of the Yellowstone EAS Region: (1) preserving the region as it presently exists; (2) returning the exchanges within the region to their pre-EAS calling arrangement; and (3) combining the region with the Bozeman EAS Region.

Public participation will likely be most effective after the cost analysis and rate design proposals have been submitted. Costs and resulting rates will likely be an important factor to be considered by the PSC prior to any final action on this matter. Following receipt of USWC's cost analysis and rate design proposals the PSC will again publicly notice this matter and provide further opportunity for public participation. However, any interested person directly affected by the matters being considered may make comments at any time.

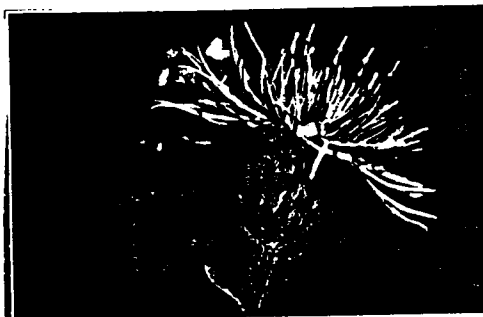
All comments must be in writing and directed to the PSC, P.O. Box 202601, 1701 Prospect Avenue, Helena, Montana 59620-2601.

The Montana Consumer Counsel, 616 Helena Avenue, 3rd Floor, P.O. Box 201703, Helena, Montana 59620-1703, phone (406) 444-2771, is available to assist the consuming public in all matters before the PSC

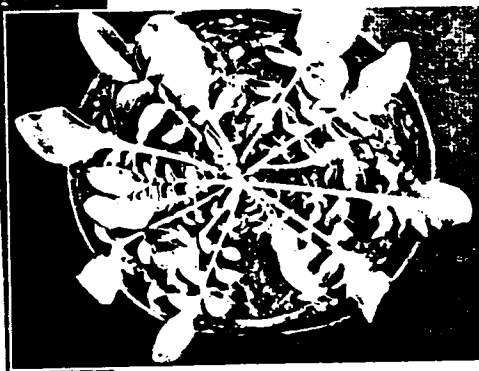
Resource Corner

Spotted knapweed was first identified in the United States on the San Juan islands in 1893. During the past 100 years, spotted knapweed has aggressively moved westward and into every county in Montana. Currently there are more than 5 million acres of spotted knapweed in Montana.

Spotted knapweed reduces habitat for fish, wildlife, and livestock. Knapweeds outcompete native plants and reduce forage for wild and domestic animals. Left uncontrolled, spotted knapweed increases soil erosion and sedimentation in our rivers and streams. This invader alone costs the livestock industry in Montana around 11 million dollars per year.



SPOTTED
KNAPWEED
SEED HEAD

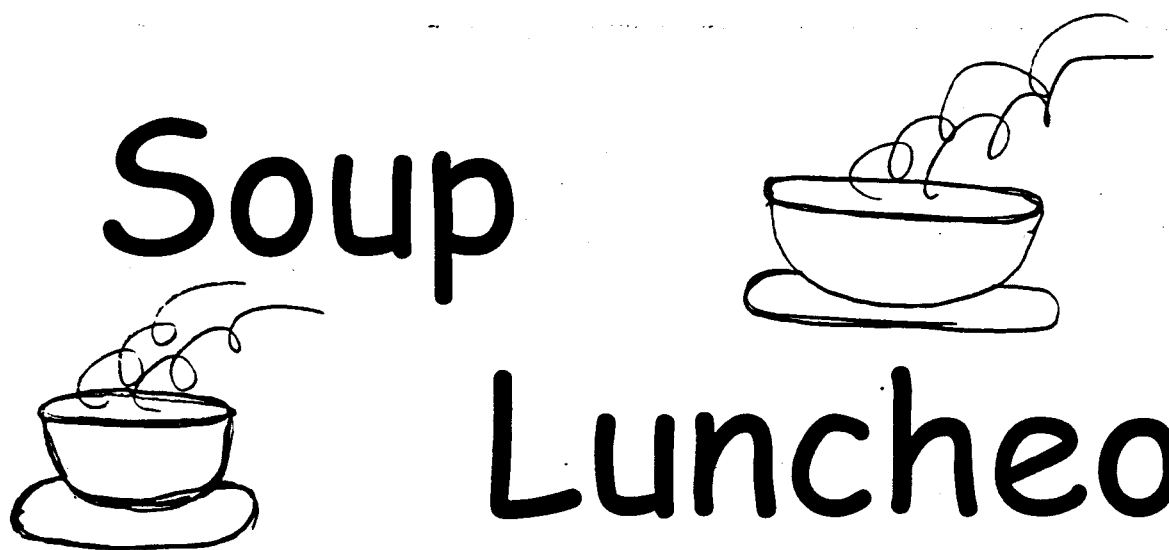


SPOTTED
KNAPWEED
ROSETTE

You can help by learning to identify noxious weeds like spotted knapweed and by supporting noxious weed efforts in your community. If you would like more information on what you can do, contact your local weed district or county extension agent.

→ Paul Miller ext 2185

Soup Luncheon



(sponsored by your Yellowstone Federal Employees Association - YFEA)

When: Wednesday, January 28 from 11:30 to 12:30 ish

Where: Canteen Gym

Cost: \$3 for members and \$5 for non-members

(take this opportunity to join YFEA or renew your membership and eat for \$3)

Also, if you bring bread or dessert, you can eat for free! Just contact Judy Jensen at x2031 so that she can better plan.

