

The

# YELLOWSTONE



## News

May 26, 1995

NPS Employee Newsletter

Next Deadline: June

### Biologists Monitor Wolves

Yellowstone's wolves have continued to roam the park and surrounding national forests in the past few weeks. The Crystal Bench group has remained in the Lamar Valley area and has been visible at times from the road. The Soda Butte group has remained between 3-10 miles north of the park in the Absaroka-Beartooth Wilderness area.

The female yearling from the Rose Creek group was located in the Lamar Valley area close to the Rose Creek acclimation pen. The alpha female and her 8 pups continue to be monitored by biologists. Biologists observed five of the pups on May 25 and reported that they seemed very healthy. The alpha female had eaten the food left for her last week and biologists left additional food for her on Thursday. Biologists will continue to feed and water the Rose Creek group twice a week for several more weeks.

### IMAX Provides Free Admission

National Park Service employees have received permission again this summer to show their official Park Service identification cards for complimentary admission to the IMAX Theater in West Yellowstone. The IMAX movie "Yellowstone" is shown daily from 9 a.m. until 9 p.m. The price of admission to the Grizzly Bear Discovery Center is \$6.00 for adults and hours of operation are 9 a.m. to 7 p.m. seven days a week.

### Meeting Rescheduled

The NPS All-Employee Meeting which was originally set for May 24, at Old Faithful Lodge Rec Hall, has been rescheduled for Wednesday, May 31, at 1:00 p.m. Supervisors should make every effort to encourage their employees to attend, while having needed coverage in each division. The next All-Employee Meeting will be held later in the summer at Lake Lodge Rec Hall.

### Park Author Publishes Book

Editor's note: This is the first of many articles we hope to do in the YN profiling some of the many talented and professional NPS employees in Yellowstone Park. If you have ideas or suggestions for interesting people you know or work with we'd like you to let us know.

Lee H. Whittlesey, historical archivist at Yellowstone, has written a book entitled, *"Death in Yellowstone: Accidents and Foolhardiness in the First National Park,"* and it has hit the bookstands in several local markets.

Whittlesey, who for 15 years had gathered the facts and figures for his book, drew on the research from a previous book on Yellowstone's place names to help formulate the new publication. "I started the research for this current book long before I started working in my current NPS position," he said, "it has taken about three years to put the book together, on my own time and interviewing many people."

Several of the deaths in the park's long history are memorable such as the death of the French woman in 1973, who was seen tumbling over both falls at Canyon, the couple who managed to back their car over the edge at Canyon's Grand View, the plane crash in 1943 which took the lives of 10 persons, and the tragic death of a TWRS employee several years ago who was scalded after venturing too close to Shoshone Geyser near Old Faithful. While Whittlesey hopes for success with his new literary venture, he can't believe the amount of interest it has attracted. Area newspapers have featured him in their publications and Paul Harvey discussed Lee's book on his radio program.

Lee has recently completed several projects for the NPS concerning the recent Cinnabar Addition and soon, the history of park concessions.

*Have a Safe Memorial Weekend!*

## Heartfelt Thanks

*We wish to thank all of those who sent cards, letters, and donations in care of our son Alan after his car accident. We really appreciate your kindnesses. Alan is at home recuperating and is getting better. Again, thank you so much for caring.*

*The Kebler Family*

## Well Wishes

*George Athas, a retired Montana Power Co. employee and Jardine resident, is recovering from a stroke suffered on May 4. He is presently in Billings receiving therapy. He'd like to hear from his friends at: Mr. George Athas, Room 473 A, New Hope Rehab Center, St. Vincent Hospital, P.O. Box 35200, Billings, MT 59107-5200.*

## ♀ ♂ ♀ New Arrivals ♂ ♀ ♂

Congratulations to: Dan and Karen Rinehart who had a baby boy May 26. Forrest Glen Rinehart arrived at 12:05 a.m. and weighed in at 8 lbs. and 10 oz.

## Screening Program Planned

The Federal Women's Program Committee is considering hosting the Salt Lake Regional Medical Center Mobile Mammography Screening Program for a visit to Yellowstone to give mammograms to those women that are interested in having one. The screening will take about 15 minutes, at a cost of \$75.00. The hospital will bill all insurances. The exam includes interpretation by Valley Radiology and will be completely private and confidential. A brief medical background is requested at the time of appointment. The results of the screening will be sent to the woman's primary care physician (or designated health care provider) within ten working days.

Participants must be over 35 (this is a requirement of the American Cancer Society) and if you have never had a mammogram before, or it has been a year or two since your last exam, this is an excellent opportunity for you. The Mobile Unit is tentatively planning to be in Yellowstone on July 29 (Lake), and on July 31, 1995 (Mammoth). We must have 30 women per location willing to participate in the screening process and all responses must be turned in to Renee Evanoff, Yellowstone Center for Resources, P.O. Box 168, Yellowstone National Park, WY 82190, no later than June 7, 1995. For more information please call Renee at (307) 344-2204. If you have questions regarding the screening call (801) 350-46654 or 1-800-544-9009. Thank you for your responses, commitment, and participation.

## Personnel News...

### Thrift Savings Plan (TSP)

The TSP Open Season continues through July 31, 1995. Employees covered by the Civil Service Retirement System or Federal Employees' Retirement System may enroll in TSP or change their contributions.

### Limited Open Season - Life Insurance

There will be a limited open season for the Federal Employees' Group Life Insurance (FEGLI) Program from now until July 21, 1995. During this open season, any eligible employee who is not currently enrolled may elect Basic insurance; employees may not elect any Optional insurance. Employees who are already enrolled in FEGLI may not participate in the open season. If you need further information, contact Roseanne Riley at 344-2041.

### Park Recreation Programs Begin

TWRS' Co-Op Recreation program is for all park employees and offers numerous opportunities to expand your enjoyment of Yellowstone. The program features: movie nights, raft trips, sports leagues, lending libraries, 100 mile hiking clubs, seminars, bands and DJ dances, moonlight hikes, van and bus trips, out-door equipment & video rentals, and much more. There are Co-Op Rec programs at Old Faithful, Canyon Lodge, Grant Village, Roosevelt Lodge, Mammoth, and Lake Lodge. Watch this newsletter and area bulletin boards for upcoming events and entertainment coming soon.

The Yellowstone National Park School, in cooperation with the National Park Service, is sponsoring a seven week summer kid's recreation program called SUMFUN '95, open to all students grades K-7 from the communities of Mammoth, Gardiner, Cooke City, and Corwin Springs. Classes will be offered from late June through mid-August, with an emphasis on outdoor recreation in the park. Most classes will take place during the week from Tuesday through Thursday. Registration will take place, on a first come first served basis, on Monday, June 5, from 5:30-7:30 p.m. at the Mammoth School. Call Program Coordinator Rich Jehle at 344-2318 for more information.

*The Yellowstone News is a bi-weekly newsletter for NPS Yellowstone employees published by the Public Affairs Office. To submit articles, ads, or notice of events contact:*

*Jan Laye, Editor, 344-2003*

## CLASSIFIED ADS

### For Sale:

Prairie Breaker Mountain Bike, 19", excellent condition, \$245. Call Andy or Betsy at 344-7788.

### For Sale:

1987, Ford Ranger, 4x4, 72,400 miles. Glasstite topper, excellent condition, \$5,900. Call 344-9243 anytime, or leave message.

### For Sale:

Travel trailer, 31 ft., Holiday Rambler Aluma-Lite XL, fully loaded and self-contained. Great condition, equalizer hitch included, \$7,900. Call Ken at 344-7400.

### Positions Available:

There are still positions and housing available with Mistix at Bridge Bay Campground. For ?? and applications call Alice Siebecker, Lake Ranger Station, 242-2402.

### Detail Announced:

Administration is looking for employees that may be interested in a 60 day detail to fill in behind Judy Mihaan as Procurement Agent and Diana Schall as Accounting Technician in Supply. Both details will be for 60 days and will begin as soon as the arrangements can be made. Please send your interest response to Vanessa Ford in Personnel over cc:Mail no later than June 2, 1995.

### Wanted:

Used topper for a Ford Ranger pickup. Call 848-7142.

### Wanted:

Canoe for rivers. Call Jan at 344-2118, keep trying please.

### For Sale:

1980 Honda Motorcycle, XL-185 S. New running gear. Call 406/646-9295 or 344-2803.

### For Sale:

Soloflex Gym with leg and butterfly attachments. 6 years old, good shape. \$450 or best offer. Call 344-7349 after 5 p.m.

### For Sale:

1984 Bronco II, 4x4, 5 speed. New V-6 engine with less than 5,000 miles. New transmission, clutch, starter, and exhaust system. Call 848-7553 or see Bill Tyson.

### For Sale:

New-never been worn, Simms rain jacket, ultrex. Tan color, reg. \$189.99, will sell for \$100. Call 344-7952.

### For Sale:

19" Bridgestone MB-4 mountain bike, \$375. 56cm Bridgestone RB-T touring bike, \$375. 21" Lotus Eclair 12-speed, \$100. 1981 Plymouth Champ, 72,000 miles, \$450. Call Dan or Mary Beth at 344-7758.

## COMMUNITY EVENTS

### \* Multi-Family Yard Sale:

Saturday, May 27, from 9 a.m. to 1 p.m., in Gardiner at Water St. and Fourth. Kids & adults clothes, household items, some construction supplies, vacuum, aquarium, infant car seat, weight bench, toys and lots more. For more info call 848-7307 or 848-7739.

### \* Vet Visit

Veterinarian, Dr. Jim Murray, will be at the Gardiner Exxon on Friday, June 2, from 2:00 - 5:00 p.m. No appointment necessary. Housecalls available upon request. Next Visit: June 16.

### \* Live & Silent Auction

On Saturday, June 3, there will be a live and silent auction at the Gardiner School Multi-Purpose Room. From 5-6:30 p.m. take part in the Bar-B-Que feast and auction preview, and at 6:30 the auction will begin. Choose from local business donated items, a hand-made quilt from Barb Zafft, and a Tom Adkins painting. Proceeds to benefit Gardiner/Mammoth Youth Group Summer Mission to Mexico. Come and join the fun!

### \* Yard Sale

Saturday, June 3, from 9 a.m. til noon. Gardiner back alley, intersection of Second and Fifth, next to Bubba Collins' house. Clothes (kids and adults), bicycles (adult size), lamps, backpacks, skis, and other wonderful miscellaneous stuff you can't live without.

### \* Community Spring Picnic

There will be a Spring Picnic on Monday, June 5 at 5:30 p.m. at the Mammoth School. Each family should bring chicken to share. If your last name starts with A through M bring a dessert, or if your last name starts with N through Z bring a salad. The PTO will provide rolls, butter, soft drinks, and ice cream cones. Bring your own place settings and a blanket.

### \* Rummage Sale

Little People's Learning Center is having a rummage sale on Saturday, June 10. It's time to clean out your basement and garages! We will gladly store any of your donated items until the sale. Big or small, we want them all!

## STRESS MANAGEMENT TIPS

From the NFS Safety Office

What is stress? It's tension...the kind you feel when faced with a new, unpleasant or threatening situation. Some examples are: 1) personal loss (death/divorce); 2) illness/injury; 3) change in life-style; 4) job changes (trouble at work, getting fired, new job); 5) money problems; 6) family changes; or 7) retirement. Stress is an automatic physical reaction to a danger or demand. Everyone feels the effects of stress. That's why you need to be able to control stress -- so that it doesn't control you. Some physical signs of stress are: 1) nervousness; 2) nail biting; 3) cold hands and feet; 4) muscle tension; 5) lack of energy; and 6) headaches. Some psychological signs of stress are: 1) confusion; 2) depression; 3) changes in sleeping, eating, and sexual habits; 4) mood changes; and 5) increased use of alcohol and other drugs.

Here are some ways for you to reduce stress. Exercise -- walking, swimming, jogging, bicycling, cross-country skiing, any activity that appeals to you. Deep breathing. Hobbies -- needlepoint, music, carpentry, church or civic involvement, gardening, painting, cooking, adult education programs, volunteer work, anything you enjoy. Some tips for managing stress. See your doctor, get enough sleep, work out anger, talk out worries, manage your time wisely, eat right, learn to relax, and take a break.

Don't accept substitutes for stress management. Most substitutes mask feelings of stress or even contribute to your stress. Alcohol, Caffeine, Nicotine, and barbiturates/tranquilizers should be used in moderation. Drugs should be taken **ONLY** when and as prescribed by a doctor. Learn to control stress! Be aware of stressful situations in your life. Take steps to reduce the causes of stress. Find a stress-reduction technique you enjoy -- and stick with it. If stress and its effects **DO** get out of hand, it's time to seek help from your doctor, your employer, clergy, psychologist, nurse, or state/local mental health associations.

### Repetitive-Stress Injuries

In this, the computer age, we must take care to protect ourselves from bad ergonomics. When using your computer, you can protect yourself from bad ergonomics if you consider your three ergonomic weak links: your wrists, your eyes and your back.

Repetitive-stress injuries are caused by the subtle but constant strain of typing at a keyboard. To avoid injury, a typist's wrists should be kept parallel to the floor. Foam rubber pads are placed in front of the keyboard to support the palm when typing. Forget keeping your wrists up and arched like you were taught in typing class. Taking frequent breaks is another way to prevent repetitive-stress injuries. By taking frequent breaks you give your hand/wrists, eyes, and back a rest. It is also a good idea to start your day with a warm-up routine. This flexes muscles in your neck, arms, and fingers and can help reduce injuries. Let's do all we can do to prevent repetitive-stress injuries. The most common injury we hear about is carpal-tunnel syndrome. The typical cure is to wear wrist braces and cease activity that caused the damage. Carpal-tunnel syndrome can be very painful, and in many cases surgery is the only relief.

## Reminders from Janet the Janitor

### Recycling ●●●●●

Soft drink cans should go into your office's recycling container, not your wastepaper baskets. Cardboard boxes can be taken to the Supply Center, or put into the recycle location at the rear of the building. Two types of paper can be recycled, but must be kept separate. Each office has recycle boxes for the paper. Bar paper is computer paper with wide bars, usually red or green on it. The other paper is white or colored. Post-it notes can now be recycled. **PLEASE** no envelopes, glossy paper, or extremely bright paper (bright red or yellow) or carbon paper.

Newspapers can be taken to the recycling shed two rows behind the Carpenter Shop, they should be tied in bundles. If you still find it necessary to put your newspapers in the Admin. Building, please tie them in bundles, do not leave them in paper bags or just in stacks. Glass can be deposited in marked containers throughout the Mammoth housing and Administrative area. If you can't get bottles to these containers, please leave them separate, do not put them in with aluminum cans. They will be picked up from your offices.

### Cleaning and After Hours Entry ●●●●●

The hallways of the Administration Building are washed every Friday evening between 10 p.m. and 10:30 p.m. Your cooperation in not entering the building during this time, except in the case of an emergency, is greatly appreciated.

The doors of the Admin. Building are locked at 5:30 p.m., Mon-Fri., and remain locked on the weekends. Employees needing to enter the building after 5:30 p.m. or on weekends, should go to the rear door by the Personnel Office. Push the buzzer and when the Communications Center answers give your name and division. If your name appears on their employee list you will be admitted to the building. If you're new, check the list to be sure your name is on it to avoid problems gaining entry after hours.

## HIT THE ROAD TO TRAVEL 'MUSTS'

How well-traveled are you? Here, alphabetically, are the 10 U.S. travel destinations--"absolute MUSTS"--every American should see, according to Glamour magazine:

- \*Beverly Hills, CA
- \*Charleston, S.C.
- \*Glacier National Park
- \*The Grand Canyon
- \*Louisiana plantations outside New Orleans
- \*Manhattan
- \*San Francisco
- \*The U.S. Capitol in Washington, D.C.
- \*Walt Disney World
- \*Yellowstone National Park