

FILE

# THE YELLOWSTONE NEWS



FEBRUARY 19, 1998

NPS EMPLOYEE NEWSLETTER

NEXT DEADLINE: MARCH 24

## EMPLOYEES ASSOCIATION ELECTIONS TO BE HELD SOON

The Yellowstone Federal Employees Association (YFEA), is asking members to submit their choices for new officers for 1998. Nominations for President, Vice President, Secretary, Treasurer, Historian, and Events Coordinator are being accepted by current President Judy Jensen until March 6, 1998. Members can submit their names for nominations as well as nominating a member of their choice for any position. According to the bylaws of YFEA, the election of officers takes place in March of each year and the officers will serve from April 1 to March 31. No officer shall serve more than two consecutive terms in the same office.

The responsibilities for officers are as follows: The President presents needs and requests to the appropriate authorities, chairs meetings, and approves use permits when the Vice-President is not available. The Vice President is the primary issuer of use permits, the second person to sign on checking and savings accounts, assists the President in all principle objectives, and acts in the President's place when necessary. The Secretary records meeting minutes, and distributes them to all Board members, takes care of Association's correspondence, approves use permits when others are unavailable, and is editor of the YFEA flyer. The Treasurer is responsible for accounting and distribution of Association funds, prepares the annual report, and approves use permits when other officers are not available. The Historian keeps a photo record and memorabilia of events and activities. The Events Coordinator acts as chairperson or supervisor of delegated chairperson for any event. Committee members of chairpersons may be chosen from the general membership.

Once the nominations are in, a vote of the entire membership is held and an election by written ballot and simple majority will rule. The newly elected officers will begin their term on April 1. The new board will then have the responsibility to fill the positions of Assistant Events Coordinator, Video Librarian, Equipment Coordinator, Employee Outreach Coordinator, and any additional support positions deemed necessary by the Board.

Just a reminder: It's membership renewal time for those members whose memberships expired in January 1998. Please contact Jean Nuetzel with renewal questions.

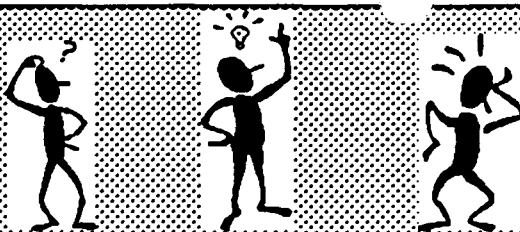
## Behavioral Modification Training Scheduled

Regional Safety Manager Nelson Siler will be in Yellowstone next week to begin a series of training sessions aimed at changing individual perceptions and work habits to incorporate safe practices into our daily work routine. Mr. Siler will present a two-hour program at three locations in the park, and the presentation will be followed by a question and answer session. The session for Mammoth-Tower-Lamar-Northeast will be at Mammoth on Tuesday, February 24 at 1:30 p.m., in the Canteen Room A. The Old Faithful-West Yellowstone-Madison presentation will be at Old Faithful on Wednesday, February 25 at 8:30 a.m. and held at the Emergency Services Building. For employees at Lake-Grant-South-East and Canyon, the presentation will be at Lake on Wednesday afternoon at 2 p.m. at the Mess hall. All employees are encouraged to attend one of these presentations.

### Quotable Quotes

*"How much easier it is to be critical than to be correct." Benjamin Disraeli*

# 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 can't we get more of a rental adjustment to compensate for the additional expenses incurred by living in the interior? And a related question, why do Mammoth tenants get the same isolation adjustment that interior tenants do?

**Answer:** All employees living in government housing in Yellowstone National Park receive an isolation adjustment to their rent. This adjustment is based on: a) the number of miles between the nearest established community and housing area; and b) the travel conditions and/or mode of transportation. Additionally, a reasonable adjustment is allowed to help rectify the direct economic effects of the isolation. Once the isolation and site amenity adjustments are calculated, the deduction is applied to the Monthly Base Rental Rate (MBRR). Regulations require that the rental rate cannot be lower than 40 percent of the MBRR.

Following is a comparison of comparable Mission 66-type housing in Mammoth and Old Faithful:

	<u>Old Faithful</u>	<u>Mammoth</u>
MBRR	\$507.00	\$506.00
Isolation/Amenity Adjustment	392.21	154.00*
Max isolation allowed (60% of MBRR)	304.20*	303.60
Isolation applied to MBRR	(304.20)	(154.00)
MBRR Charged:		
Old Faithful (507.00-304.20)=	\$202.80**	
Mammoth (506.00-154.00)=		\$352.00**

\*Isolation factor that is actually applied to the rent

\*\*Utility charges based on the type of heat, square footage, etc., are assessed on top of these charges

**NOTE:** The reason the isolation factors are different is because of the mileage difference to the nearest established community and travel conditions. The nearest community for Old Faithful is Jackson, Wyoming (103 miles), and is accessible only by snowmobile travel for part of the year. Mammoth's nearest community is Livingston, Montana (62 miles), which is accessible year-round by automobile. Rents in those communities play no part in determining the MBRR.

**THE YELLOWSTONE NEWS** is a monthly newsletter for NPS employees published by the Public Affairs Office. To submit articles, ads, or notice of events contact: Jan Laye in the Superintendent's Office at 344-2003.



## ♀ ♂ Heartfelt Congratulations

Tom and Peggy Olliff welcomed daughter Julianna Claire on Monday, February 2 at 1:50 p.m. Julianna weighed in at 5 pounds and eight ounces and joins brother Robert at home. Congratulations!

## HEARTFELT THANKS ♥♥♥♥♥

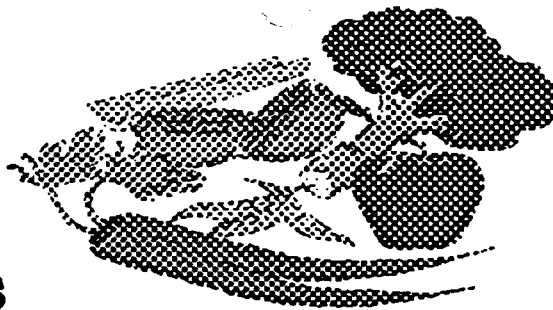
Dear Friends: As the new year unfolds, the realization of how special it is to be here becomes more obvious to our family each day. Your continuing concern, support, and words of encouragement throughout my six chemotherapy treatments gave me plenty of incentive to "do my part" in defeating this disease. The apprehension we have all felt is fading away as things are progressing better than expected. My recent checkup could only be described as "excellent." At this point, I feel that my energy level and spirits are as good as ever and the strength needed to continue this battle is almost back to normal. The additional experimental treatments at Stanford should begin about mid-March—we will keep you posted. Above all, it's important that you realize that the tremendous generosity and caring of the Yellowstone and Gardiner communities has made this difficult year so much easier for Janet, Katie, and myself. The staff at the Mammoth Clinic were outstanding, and the contributions to the Yellowstone Federal Employees Association Christmas Fund overwhelmed us. Please accept our sincere thanks to all of you for your help and support. **Dan Mahony**



We would like to thank everyone who was kind enough to express their sympathy in the loss of our brother Louis. It's hard losing family but having loving and caring friends makes it that much easier. A special thank you to Adolph and Edith Peterson and Galen and Jeanie Warren for the flower arrangements. They were beautiful and meant a lot to us. Thank you, thank you, thank you. **Madeline and Virgil Hall**

### **Dear Yellowstone Park:**

*We are a group of third graders at Overland Trail Elementary School. In our reading group we have been learning about wolves. We have been studying about how the wolves in Yellowstone Park have been brought back from Canada. We learned that a judge made a decision to take the wolves out of Yellowstone. We don't want the wolves to be taken out of their homes in Yellowstone. How would you feel if you were removed from your habitat? If you take them out the balance of nature will become unstable in that area. Wolves only kill sick and weak animals that farmers would have killed anyway. We thought that farmers could put electric fences around their farms so the wolves won't eat their sheep. We think you should get shock collars and an invisible fence to keep the wolves in Yellowstone. An other idea is to put a dome over and around Yellowstone with an open top so rain could get inside. We have an idea to put laser beams around Yellowstone Park so when the wolf steps through the beam a high pitches sound goes from a radio tower and makes the wolves back off. We are going to be very sad if the wolves get killed. We would like to be able to see the wolves when we come to visit in Yellowstone Park. We've got the blues, we're down in the dumps, stressed out, and miserable. It would be a disgrace to take the wolves out of Yellowstone. Can you please write back to us about how we can try to help the wolves stay in Yellowstone Park? Sincerely, D. Watts, J. Schools, K. Flanagan, B. Flanagan, J. Byerkan, T. Mcaarw, J. Naville*



## HEALTH AND FITNESS TIPS

### The Positive Mind-Healthy Body Connection

In the past decade, medical researchers have gathered evidence that confirms the existence of a mind-body connection. A new field of science, called psycho-neuroimmunology focuses on how the connection works. Studies by medical researchers indicate thoughts and emotions can:

- Make you more susceptible to disease. Doctors at Duke University found people with high levels of anger are more likely to have heart attacks. Research at several schools has found students under stress are more likely to catch colds.
- Help you control or reverse the progress of disease. One study found breast-cancer patients who participate in support groups live significantly longer than those who don't. Dean Ornish, M.D., developed a program at the University of CA. that combines relaxation techniques with diet and behavior modification. It has helped reverse coronary disease.
- Make a disease easier to bear. Several studies have shown visualization and relaxation techniques can help patients manage pain and other disease-related discomforts.

### Energy Boosters—Ways to Give Yourself that Extra Energy

Everyone feels tired and rundown some of the time—a hard week at work or increased demands at home can lead to an occasional energy deficit. Proper nutrition gives your body the vitamins, minerals, and nutrients it needs to function normally. But if you've felt fatigued for several weeks or longer, it's time to rebuild your energy reserves with proper nutrition and healthful lifestyle habits.

- Eat a healthful breakfast. Your car won't run on empty and neither should you. Start your day with any of these low-fat foods: Whole-grain pancakes, whole-grain cereal with skim milk, fresh fruit, whole-grain bread, toast or bagel with jam, yogurt; or a fruit smoothie.
- Keep hydrated. Low-level dehydration can diminish your energy level. Drink at least eight glasses of water a day—more if the weather is hot or if you're exercising.
- Limit your sugar intake. High-sugar foods such as candy and soft drinks cause your blood-sugar level to rise rapidly. This only increases your energy temporarily, as your body responds with a corresponding drop in blood sugar.
- Eat less fat. High-fat foods make you feel sleepy and sluggish, and your body stores them as fat.
- Eat more fruits, vegetables, and whole grains. These complex carbohydrates are sources of long-lasting energy.
- Limit your caffeine intake. Excessive intake of caffeinated beverages can lead to dehydration and a drop in energy a few hours after your last cup.
- Choose healthful snacks such as fresh fruit, carrot sticks, low-fat pretzels, and light popcorn. They keep your body fueled and your energy level constant.
- Consume fewer alcoholic beverages. Alcohol is a depressant, and excessive intake can lead to interrupted, restless sleep. If you do drink, do so in moderation and don't drink alcohol late in the evening.
- Get enough sleep. Go to bed earlier if you consistently have a hard time getting up each morning. Most people need six to eight hours of sleep to feel rested and to function properly.
- Exercise in moderation. Taking a brisk 30-minute walk three times a week is enough to increase your stamina and energize your muscles and cardiovascular system.

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.

## Community Events

- \* **VET VISIT:** Veterinarian, Dr. Jim Murray, will be at the Gardiner Exxon on Friday, February 20 from 2 p.m. to 5 p.m. No appointment necessary. Housecalls available upon request. Next visit: March 6.
- \* **THE ANNUAL CANYON SNOWBALL** at the Blister Rust Camp will be held on February 21, 1998. Come at 6:00p.m. for cocktails; the chili feed begins at 6:30p.m. The "Rumpus" starts at 7 p.m. RSVP to the Canyon Ranger Station for chili feed and/or lodging. Call 242-2501.
- \* **12<sup>TH</sup> ANNUAL JARDINE SKI RUN** sponsored by the Bear Creek Council will be held Sunday, February 22, 1998 at 1 p.m. Check-in time—12 noon to 12:45 p.m. There will be adult and kids races, prizes donated by area merchants, chili, hot dogs, and baked goods available. Check it out!!!
- \* **PUBLIC MEETING AT THE GARDINER SCHOOL LIBRARY** presented on February 25, by the Bear Creek Council will be the first in a series of gatherings about wildlife in Yellowstone. Jeanne-Marie Souvigney will present "Wildlife and Public Lands in Greater Yellowstone: Will There be Wild Bison for Future Generations?" Using slides, she reviews the history of the controversy about who controls the wildlife in our national parks. Included is an analysis of the proposed CUT land exchange. The meeting time is at 7:30 p.m.

## Classified Ads

**Calling All Spring Travelers:** A futon needs a ride to the East Coast! If you are driving eastward this spring, I'd like to offer you some gas money in exchange for bringing my futon with you. It is disassembled and ready to go! All leads welcome! Call Diane Papineau collect at (978) 433-0698 after 6 p.m. (Mountain Time).

**For Sale:** 1991 Nissan Sentra XE, air/cruise, power steering, manual transmission, 123,000 miles. Excellent condition. \$3,500. Call John or Lauryl Mack at 344-9243.

**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 only \$225. Mattress not included. Call 344-7416.

**For Sale:** Escape from winter in sunny Orlando, Florida. We're selling our timeshare week at a private, luxury resort from March 22-29 for just \$375.00 Great opportunity to go to Disney World, Sea World, and many other attractions or just relax by the pool. Call 344-9254 for more details.

**FOR SALE:** Backcountry/Telemark skis; Karhu Extreme 198cm; releasable bindings; in good condition; \$85 OBO, Call Jeanne or Bob at 848-7972 or w-344-2257.

**SEASONAL EMPLOYMENT AVAILABLE:** The Yellowstone Association seeks seasonal employees for the summer of 1998. Available positions include a Bookstore manager at Mammoth, a Warehouse Assistant at Mammoth, and Sales Assistants at various locations throughout the park. We prefer to hire employees who have their own park housing and are able to work for the entire season (approximately May 18 through September 30). To apply, please contact Diane Kline at 344-2294 no later than March 5, 1998.



## Natural Resources Corner....

### **Noxious Weed Impacts on Wildlife habitat Quality**

The introduction of exotic plants impacts wildlife by reducing forage, modifying habitat (i.e. replacing a grass community with forbs), or changing how a species interacts within its environment. Bison and deer use of habitat infested with leafy spurge was 82 percent and 70 percent lower respectively than for non-infested habitat. This causes animals to use non-infested areas more heavily, intensifying stress on these sites and increasing their susceptibility to invasion by non-native species.

Mammoth Physical Fitness Center  
Questionnaire

YFEA has developed this questionnaire to assess interest in a Mammoth "Fitness Center" for government employees. A similar feeling has been expressed for "interior" locations. The majority of interest has come from Mammoth and ideally this would be a pilot project that could spread to other locations.

Please answer these questions, unless you have already done so, to help determine if enough interest exists to support moving ahead on this.

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1. Would you use a fitness center located in Mammoth?

/ / YES      / / NO

2. How many days of the week would you use this facility? \_\_\_\_ days a week.

3. If necessary, could your schedule be flexible to maximize the facility's use (i.e., before work, early lunch, at the end of your shift, etc.)?

/ / YES      / / NO      / / MOST OF THE TIME      / / ONCE IN A WHILE

4. What facilities and equipment would you like to see? (i.e. Shower, treadmill, etc....)

5. Where would you like a fitness center?

Circle One: Upper Mammoth, Lower Mammoth, YACC housing area,

What specific building would you recommend? \_\_\_\_\_

First choice

6. If not stationed in Mammoth would you use a fitness center when passing through? / / YES      / / NO

Town/area of your residence: \_\_\_\_\_ Duty station: \_\_\_\_\_

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Signature, anonymous is OK

PLEASE ADD ANY ADDITIONAL COMMENTS YOU HAVE ON THE BACK AND  
RETURN TO DOUG LENTZ

NOTICE

NOTICE

NOTICE

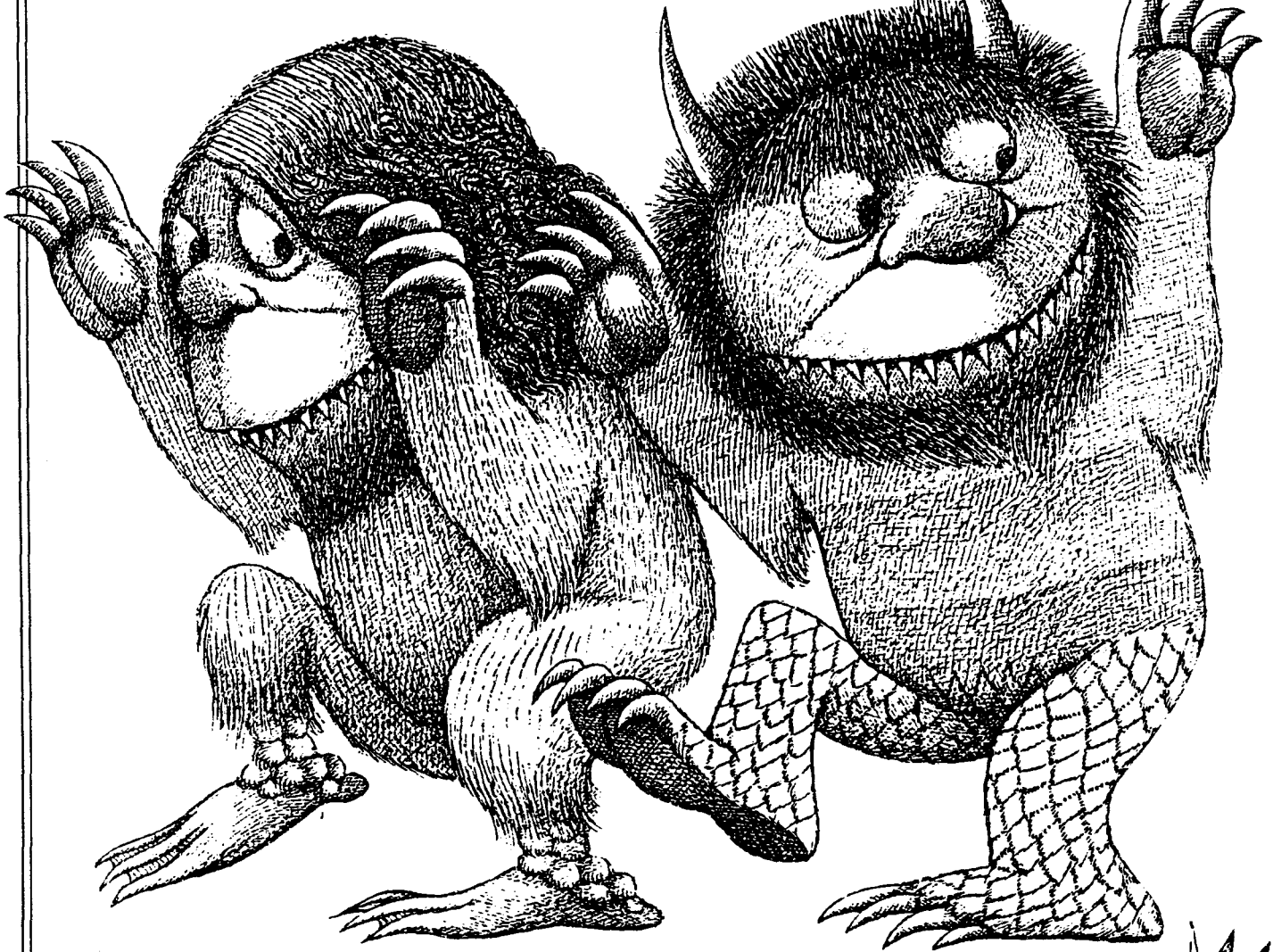
THE YELLOWSTONE  
NATIONAL PARK POST  
OFFICE IS NOW ACCEPTING  
APPLICATIONS FOR A PART  
TIME SUMMER CASUAL FOR  
THE 1998 SUMMER SEASON  
MUST BE AT LEAST 18  
YEARS OLD.

SEE POSTMASTER FOR  
MORE DETAILS AND TO  
PICK UP AN APPLICATION.

POSTMASTER

MARK MILLER

# WHERE THE WILD THINGS ARE



## Canyon Snowball

February 21, 1998  
Blister Rust Camp

6:00 P.M. Cocktails

6:30 P.M. Chili Feed

7:00 P.M. *"Let the Wild Rumpus Start!"*

*RSVP to the Canyon Ranger Station for Chili Feed and/or Lodging 242-2501*



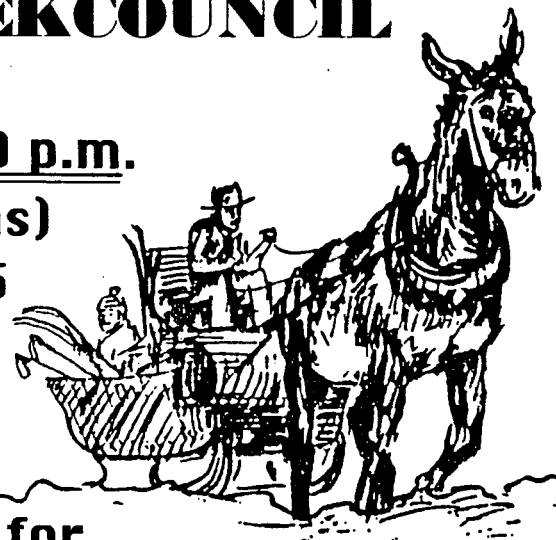




# ***12th Annual Jardine Ski Run!***

***Sponsored by BEAR CREEK COUNCIL***

- \* Sunday, February 22nd, 1:00 p.m.
- \* Jardine, MT (watch for signs)
- \* Check-in time 12:00 - 12:45
- \* Parking at the Pine Creek  
race/refreshment area
- \* Prepared track (~5 miles)
- \* Creative dress encouraged for  
the P. Russell Brown style award



## ***Adult & Kids Races***

**\$6.00 Adult donation, \$1.00 Kids (12 & under)**

**PRIZES** \* Donated by area merchants \*

This is a great way to spend a Sunday afternoon!  
Chile, hot dogs, hot cider, BAKED GOODS available....

**BRING MONEY!** This is a fundraiser, too, besides fun.  
(For more info, call 848-7571)



***1988 YELLOWSTONE FIRE  
REUNION  
10TH ANNIVERSARY OF THE YELLOWSTONE FIRES  
WHERE WERE YOU 10 YEARS AGO?***

**LOGISTICS**

**WHEN:** September 11-13, 1998

**WHERE:** Chico Hot Springs, MT

**HOW:** CALL CHICO HOT SPRINGS FOR RESERVATIONS  
1-800-468-9232

Rooms are being held as "FIRES OF '88 REUNION"

Rooms need to be **GUARANTEED BY 2/28/98**

Room rates vary depending on type of room  
(Individual rooms, condos, and houses available)

**MRE'S**

**RESERVE MEALS AT THE SAME TIME**

(Here's the tricky part, but the Logistics Unit Leader is handling the details)

Make Checks for meal selection payable to:

Jane Lopez

1660 High Pine

Estes Park, CO 80517

Choose from two meal options:

Option 1-Saturday Evening Banquet \$20.00

OR

Option 2- Saturday Breakfast/Saturday Banquet/and Sunday Brunch

ALL FOR ONLY \$40.00

**Speakers/Videos/Slide Shows/Exhibits TBA**

For Additional Information Contact: Les Herman 208/387-5813 (lescopter@aol.com)  
or

Jane Lopez 970/586-1330 (irie92@aol.com)



**Skeleton Staff in Yellowstone Association Office  
March 16 Through 20**

Yellowstone Association staff members Pat Cole, Jeff Brown, Rebekah Johnson, Craig Elliott, Debbie Thomas and Pam Gontz along with Acting Chief of Interpretation Linda Young will be attending the Association for Partners of Public Lands conference in Gatlinburg, Tennessee during the week of March 16 through 20. Joining the Chief of Interpretation and Yellowstone Association staff members will be Yellowstone Association vice-chair John Joseph and board member Tom Offutt. The conference, for representatives of non-profit organizations which support public land management agencies and for representatives of those agencies, is held every two years. Attendance is expected to be over 1,000 participants from throughout the United States; National Park Service Director Robert Stanton is scheduled to be the keynote speaker. Yellowstone Association Executive Director Pat Cole serves on the board of directors of the Association for Partners of Public Lands.

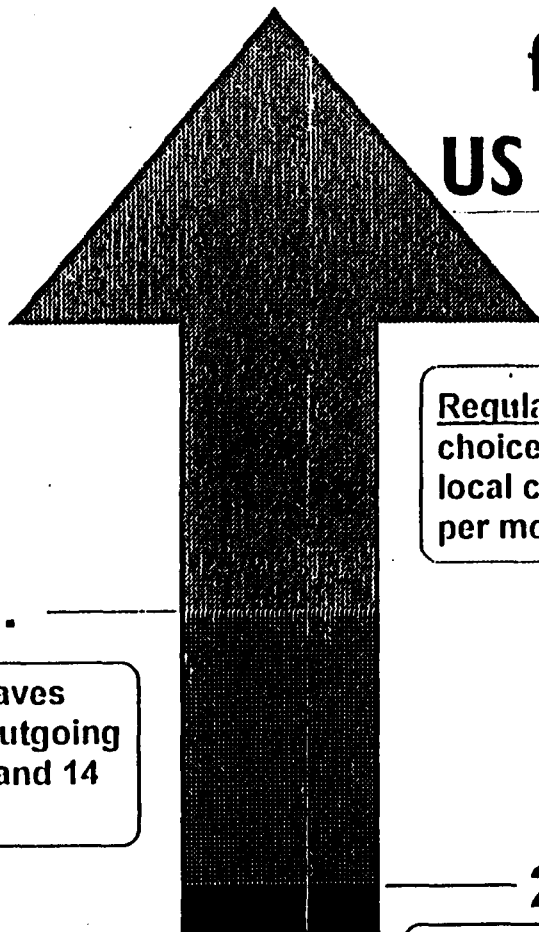
The Yellowstone Association office will remain open during the week; however, normal services (Aid to NPS reimbursements or purchases) will not be available.

Measured Service Option #1  
\$8.90/mo., plus 1 cent per minute  
for outgoing local calls

Measured Service Option #2  
\$10.40/mo. buys a 3-hour block of  
outgoing local call usage.  
Outgoing local calls cost 1 cent  
per minute after that.

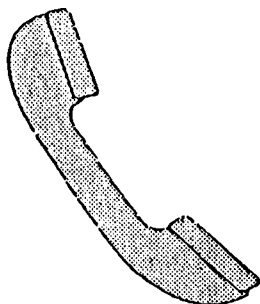
Flat-rate option - What most  
customers have now. \$17.15/mo.  
with no charge for local calls.

# EAS rate options for residential US West customers



14 hrs., 15 mins.

Measured Service Option #2 saves  
money for customers whose outgoing  
local calls total between 2-1/2 and 14  
hours, 15 minutes per month.



Regular flat-rate option is the best  
choice for customers whose outgoing  
local calls exceed 14 hours, 15 minutes  
per month.

2-1/2 hrs.

Measured Service Option #1 saves  
money for customers whose outgoing  
local calls total less than 2-1/2 hours  
per month.

I requested this information from US West. I learned about these options at the Public Service Commission Meeting last fall in Gardiner. These Measured Service Options are choices that we all have but are not told about unless we specifically ask for them. It saves me at least \$5/ month if not more. If you use the internet often with the Gardiner access number, these options might not work for you. However, if your local calls are less than 13 hours per month, there will be savings. If you have any questions, call Bob Fuhrmann. H-848-7972 O-344-2257

# Healthy, Hearty and Lowfat Recipies

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

## Artichoke Lasagna

A good dish for a large crowd. Just add a simple tossed salad and some crusty garlic bread for a quick party meal. Don't use a metal pan for this dish because the artichokes will become discolored from it.

You may assemble the lasagna ahead of time and bake it later. Cover it well and refrigerate for up to one day or freeze for up to a month. We cut the fat and calories in this recipe by:

- \* eliminating the 2 cups of butter
- \* replacing 2 cups of olive oil with 2 teaspoons
- \* reducing the Parmesan cheese from 3 cups to 1 1/2 tablespoons

	Before	After
Calories	534	235
Fat (g.)	36.2	3.3
% Calories from Fat	60%	10%
Cholesterol (mg.)	79	3

*9 lasagna noodles*  
*2 teaspoons olive oil*  
*1 medium onion, chopped*  
*3 garlic cloves, minced*  
*1 cup low-sodium vegetable stock*  
*1/4 cup chopped fresh basil*  
*2 boxes (9 ounces each) frozen artichoke hearts, partially thawed*  
*1 box (10 ounces) frozen chopped spinach, partially thawed*  
*1 cup chopped roasted sweet red peppers*  
*1 teaspoon margarine*  
*1 1/2 teaspoons unbleached flour*  
*1 can (12 ounces) evaporated skim milk*  
*1 1/2 tablespoons grated Parmesan cheese*

*1/8 teaspoon grated nutmeg*

*3 tablespoons seasoned dry bread crumbs*

In a large pot of boiling water, cook the noodles for 10 to 12 minutes, or until just tender. Drain and rinse with cold water. Set aside. Meanwhile, in a large nonstick frying pan over medium heat, warm the oil. Add the onions and garlic; cook, stirring frequently, for 2 to 3 minutes, or until tender. Stir in the stock and basil; bring to a boil. Add the artichokes, spinach and peppers; cover and cook for 5 minutes. Remove the lid and cook until all the liquid has evaporated. Set aside. In a 1-quart saucepan over medium heat, melt the margarine. Whisk in the flour; cook for 1 minute. Slowly whisk in the milk, Parmesan and nutmeg; cook, stirring constantly, for 5 to 7 minutes, or until the sauce boils and thickens. Preheat the oven to 350 degrees. Coat a 9-by-13-inch glass or ceramic baking dish with nonstick spray. To assemble the lasagna, spread 1/3 cup of the sauce in the bottom of the prepared baking dish. Top with 3 of the noodles; spread with half of the artichoke mixture. Spoon 1/3 cup of the sauce over the artichoke mixture and sprinkle with 1 tablespoon of the bread crumbs. Repeat the procedure. Top with the remaining 3 noodles. Spread with the remaining sauce and sprinkle with the remaining 1 tablespoon bread crumbs. Cover with foil and bake for 30 minutes. Uncover and bake for 10 to 15 minutes, or until bubbly. Let stand for 10 minutes before serving.

*Makes 8 servings.*

MORE.....

## Apple Breakfast Bread

<b>Calories</b>	167
<b>Fat (g.)</b>	3.7
<b>% calories from fat</b>	20
<b>dietary fiber (g.)</b>	3.6
<b>cholesterol (mg.)</b>	1
<b>sodium (mg.)</b>	124

*2 apples*  
*1 cup whole wheat flour*  
*1 cup unbleached flour*  
*1/2 cup oat bran*  
*1 tspn. baking powder*  
*1 tspn. baking soda*  
*1 tspn. ground cinnamon*  
*1/3 cup coarsely chopped almonds*  
*3 egg whites*  
*3/4 cup nonfat yogurt*  
*1/3 cup maple syrup*  
*1 tbsp. canola oil*  
*1 tspn. vanilla extract*  
*1/4 cup apricot all-fruit preserves*  
*1 tbsp. orange juice*

Coat a 9-inch tube pan with nonstick spray.

Cut 1 apple into slices and arrange them around the bottom of the pan. Chop the other apple and set aside.

In a large bowl, mix the whole wheat flour, unbleached flour, oat bran, baking powder, baking soda and cinnamon. Stir in the chopped apples and almonds.

In a medium bowl, combine the egg whites, yogurt, maple syrup, oil and vanilla.

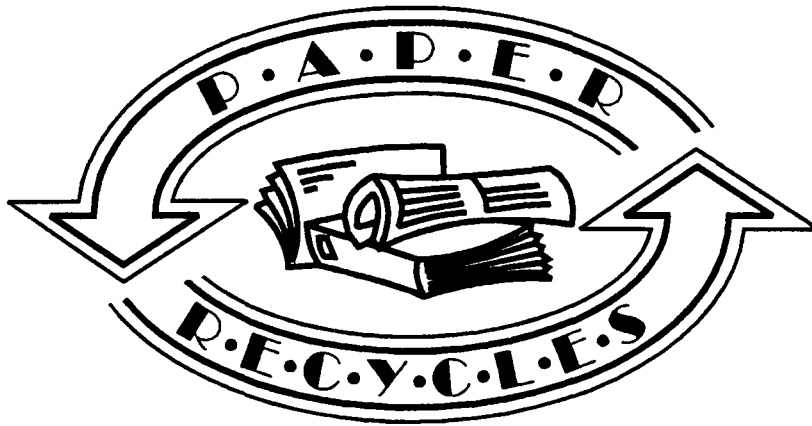
Pour the liquid ingredients over the flour mixture. Stir to combine, but don't overmix.

Add the batter to the prepared pan and level out the top. Bake at 375 degrees F for 25 minutes.

Let cool for 5 minutes on a wire rack. Run a knife between the bread and the sides of the pan to loosen the bread. Let stand for 10 minutes before unmolding. Cool completely before serving.

Combine the preserves and orange juice in a 1-quart saucepan. Heat briefly to melt the preserves. Drizzle over the bread. **Makes 1 loaf; 12 slices**

# **Coming Soon To Your Post Office**



## **Watch For It And Help**

**In Cooperation with National Park Service and the  
US Postal Service**

# Science Seminar

## Wildlife Management in Kruger National Park, South Africa by Douw Grobler, DVM

All interested staff are welcome!  
Wednesday, February 25, 1998  
1:00 P.M., Canteen Room A

Dr. Grobler has been a veterinarian and park ranger working in South African national parks for 10 years. His experience includes immobilization and translocation of elephants, black and white rhinos, lions, leopards, buffaloes, and antelope species. He has also participated in capturing and collaring Pakistani brown bears. His current responsibilities include all game capture in the park, research of contraceptives for elephants, and coordinating all outside research projects.



*Kruger National Park*