

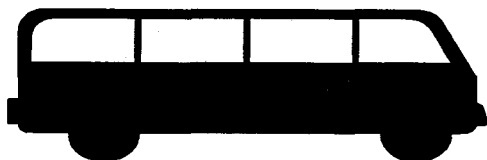


# THE YELLOWSTONE NEWS

MARCH 25, 1998

NPS EMPLOYEE NEWSLETTER

NEXT DEADLINE: APRIL 21



FILE

## Rideshare Program Takes Hold

by Willie Burkhardt, Mammoth Electric Shop

When the Superintendent suggests a project, based on environmentally sound benefits, that brings people together to save money and cooperate for these benefits in an operation they all perform independently anyway, the stage is set for some real action. I don't know why things that sound so good can take such effort and time. Perhaps only persevering in those challenges proves that the goal has been worthwhile.

This is a short capsule of my experience with the ride program. The goal of providing inexpensive transportation and at the same time cashing in on a host of green benefits was, I admit, a selfish goal. I had recently relocated to Emigrant, in an attempt to accommodate an ever-increasing family. Carpooling was a necessity, if for no other reason than economics. As the cold days of December gave way to the January blizzard, it only took a few white knuckle, wind howling, no visibility, total white-outs, driving from reflector to reflector, to convince me that the Superintendent had been on to something when he suggested some sort of cooperative employee transportation for the park. I volunteered myself when he reminded me of his earlier suggestion. That's when the real work began.

First, we staged a meeting to assess interest with those currently working. It came out pretty well once we all got together in the same room. Representatives of areas along the Livingston to Mammoth route volunteered to participate at the meeting to formulate our ideas into a plan of action. Jean Nuetzel was the proponent from the Superintendent's office that helped us with a direct line to No. 1. Gail Menard came for guidance in rulings and laws. The representatives, Mike Joronen, Jim Sykes, Jim Henzie, Harry Laney, Steve Krumm, Doug MacCartney, Terry McEneany and Kathy Hoak tossed around ideas to make the dream a reality. The busses originally proposed for the project were still in need of mechanical attention, and the time frame for that work was made. A GSA van was suggested but orders had to be placed a year in advance. Al Bowers spotted the YACC van down at Stephens Creek on his way down to the buffalo pens. A 60 day study was proposed, a proposal composed and submitted, Steve Sarles gave us access to the van, and it was checked out mechanically. Mike reviewed the proposal and gave us the go-ahead. It was determined that the baseline for funding the operation would be the GSA rate for a similar sized van and mileage. Twelve riders were identified and committed themselves for the study. A 13th was added to include the Tom Miner area. On February 12, the study became a reality.

We are now entering our sixth week of the rideshare program. The program has experienced some problems, and there is no shortage of problems that have been identified. Initially, the support of the Superintendent pushing the idea, supporting schedule changes to accommodate riders, and giving us the chance to try our ideas, got things rolling. We have received a great deal of support from Cody Waggoner in the Garage, freeing up a mechanic to deal with our mechanical concerns, and forging onward to get the busses into roadworthy condition. Steve Krumm put a lot of hard work into the van and into the busses. All the folks on the committee, especially Mike Joronen and Jean Nuetzel, took up the challenge when difficulties arose.

Unfortunately, with the advent of this program part of the goal was delayed. The people living in Gardiner decided to concentrate on that section of the program. A great deal of interest was identified, but the old problems of locating a driver with a CDL, paying the driver or not, accommodating two shifts, and providing the service at a price the passengers were willing to pay all came up.

At this time, the environmental benefits of the program are profound. Twelve gallons of gas used a day instead of 75. One van instead of eight cars with all the reductions in hydrocarbon emissions, waste stream products, parking and traffic congestion. Hopefully, the program can one day accommodate all of those who wish to take part. That day will only arrive through continued cooperation and hard work, and through the efforts of dedicated people that strive to solve problems.

# Gardiner/ Mammoth Rideshare Program – What Happened?

By Lynne Mager, Mammoth Backcountry Office

We're still working on it! A survey was distributed to 120 Gardiner residents and 82 people responded. Almost 50 percent of the respondents are in favor of a bus/van mass transit program. Most of the other half said maybe. A bus would better serve the large number of Gardiner residents interested in the rideshare program. To this end, we need a CDL driver committed to two trips in the morning and two trips in the evening. The cost for a CDL driver to make the runs four hours a day, five days a week, is \$1436.00 per month. Gasoline costs are approximated at \$120.00 per month, for a grand total of \$1556.00.

The majority of people who responded to the survey said they were willing to pay \$1 a day for this program. At \$1/day, if half the employees ride 4 days a week and the other half ride 5 days a week, the ride-share program would collect the following funds: 48 passengers riding 5 days a week, at \$1/day for a total of 20 work days/month = \$960/month, and 48 passengers riding 4 days a week at \$1/day for a total of 16 work days/month = \$768/month. Maximum grand total possible = \$1728 collected per month.

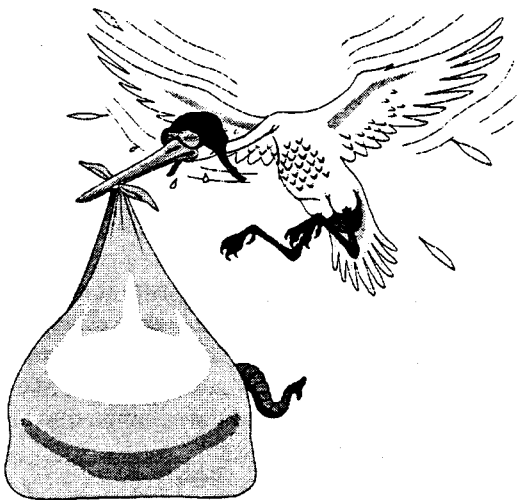
So, the bus needs to be full to cover costs and have some extra funds for when the bus is not full. The question remains – are there 48 people committed to giving funds up front every month to make this program work? It is our feeling that this program must be a success from the very beginning or Gardiner residents will abandon the idea.

A proposal was given to Superintendent Finley on March 12. This proposal asked the administration to subsidize the program until it is established. It included six alternatives with discussion about vans as well as a bus system. But the bottom line is that the ride-share program will work only if Gardiner residents are willing to make it work.

Are you willing to pay \$1.25 per day to get this program off the ground? Are you willing to commit funds every month? We would have a list of persons who would like to fill in when committed people are on annual leave, etc. We welcome your input and advice. And we will continue to pursue one of the best ideas ever presented for Yellowstone employees and Yellowstone's environment. If you have questions, please give us a call at Doug McCartney x2337, Lynne Mager x2160, Kathy Hoak x2055.

## Quotable Quotes

*"An error is the more dangerous the more truth it contains" Henri-Frederic Amiel*



## ♀ ♂ Heartfelt Congratulations

Congratulations to Judy and Stacy Churchwell as a new addition joins their family. Andrew Quinn Holden was born to Judy's daughter (and Stacy's sister) on February 25, and weighed in at 9 lbs. and 3 ozs. His parents are Sheri and Beau Holden of Livingston.

Congratulations are expressed to Lance and Nancy Tyson on the birth of their daughter, Nicole Lauren. Nicole was born March 3, at 1:37 a.m. She weighed 6 lbs. and 4 ozs. and joins brother Seth at home.

## Employees' Suggestions Sought

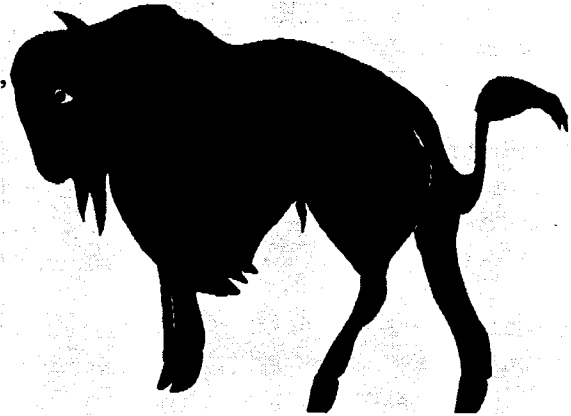
There will be a suggestion box available at the Supply Center for all employees to offer suggestions for solving a problem or ideas to help make a safer work place. You may sign your name to your suggestion or keep it anonymous. Please feel free to express your concerns regarding safety or anything at all. All suggestions will be considered and discussed. Thank you and be safe out there!

## Celebrating 125 Years of Yellowstone with Music

The students of Colter Elementary School in Jackson, WY sent us some songs and poems to enjoy. Won't you hum along???

### **"Charlotte's Song"**

Oh give me a home where the wapiti roam,  
And the mudpots and geysers explode! When I can see lichen,  
and get trampled by bison,  
Oh give me the Old Yellowstone!  
**Charlotte DiPrisco-5<sup>th</sup> grade**



### **"Oh Yellowstone"**

Oh Yellowstone, Oh Yellowstone,  
where the deer and the antelope play,  
Where the mudpots keep boiling,  
and the hot springs keep bubbling,  
and the geysers keep shooting off all day,  
It's a place where the buffalo roam,  
and the mountain lions keep attacking,  
It's a place where all the animals live in harmony.  
**Adam Carman & Alexis Tapia, 5<sup>th</sup> grade**



## Resource Corner

### **Weeds 101...or everything you've always wanted to know about noxious weeds by Paul Miller**

Timing of Plants—now that there is a hint of spring in the air I have been watching some of the noxious weed areas. I have noticed the advancement of the noxious, non-native weeds over many of the native plants. Many of the non-native plants are already showing signs of growth. This "toughness" to cold seems to be one of the many ways noxious weeds can out compete native plants and take over an area. Another timing was noxious weeds can out compete other plants is the flowering and seeding out time compared to native plants. Musk Thistle can flower in the Yellowstone ecosystem from June through September, spotted knapweed from July to mid-September. That is one of the ways white top went from a couple of acres to over 200 acres in two years before we got a handle on it. Native plants generally start growing later in the year and have a shorter flowering/seeding time.

# Community Events

- **VET VISIT:** Veterinarian, Dr. Jim Murray, will be at the Gardiner Exxon on Friday, April 3, from 2 p.m. to 5 p.m. No appointment necessary. Housecalls available upon request. Next visit: April 17.
- **MAMMOTH HAMILTON STORE:** will be serving lunch Monday-Thursday only, and will be closed Sunday's until the Mammoth Hotel opens. Buddy and staff wish to thank everyone for their business and support this winter!!!!
- **THE YELLOWSTONE FEDERAL EMPLOYEES ASSOCIATION** will be cooking up pasta on April 8, from noon until 1:00 p.m. in the Mammoth Canteen Gym. Bring your appetite and be ready for delicious spaghetti, French bread, salad and desserts. See you there!

## Classified Ads

**For Sale:** Backcountry/telemark skis, Karhu Extreme 198cm, releasable bindings, in good condition, \$85 obo, call Jeanne or Bob 848-7972 (w-34-2257).

**For Sale:** Fischer skating skis, 190cm, "CS" mounted Soloman SNS bindings, \$30. Swix "Racer" skating poles, 160 cm, \$20. Would be excellent for a beginning skating skier or good early season/shallow snowpack. Karhu Cadamount Waxless skis (wide—190cm) with mounted Riva II cable bindings (regular cables), excellent condition, \$150. Contact Bundy at 344-7753.

**For Sale:** 1987 Mercury Lynx, four-door, auto, silver, new battery, newer tires, moonroof, 106,000 miles, some rust and clear coat peeling. \$990. 1995 Polaris Indy Lite GT, two-up seat, 3,975 miles, excel cond./Polaris cover. Book value \$2,200. Call Lidie or Josh at 545-2723.

**For Sale:** MTD 3 hp, 20-inch snowblower, \$150. Metal tool box for full-sized pickup, \$75. 1964 Falcon van, \$250. 5x12, single axle utility trailer, \$400. Phone 344-2120 or (406) 333-4968.

**Swimming Help Needed:** The Gardiner/Mammoth swim program will start on March 30 and will run MTWT for four weeks. The classes are at the Gardiner Best Western Pool. We need teachers who would be willing to commit some time (preferably two afternoons per week). We also need deck guards during the lessons. If you would be willing to help teach Gardiner and Mammoth Elementary school children please call Margaret Kemner at the Gardiner School at 848-7563 or Mary Hudson at 344-7416. **WE CAN'T DO THIS PROGRAM WITHOUT YOU!**

**Save Your Empty Bottles For Me:** I am looking for empty, plastic, prescription-sized bottles to store archeological materials. These bottles can be sent to me in interdepartmental envelopes through the park mail or dropped off at the Cultural Resources Office in the Old Fire Cache building. I can use all sizes. Thank you. Ann Johnson

## Workshop Seeks to Preserve and Protect the Greater Yellowstone Region

In conjunction with Yellowstone National Park's 125<sup>th</sup> Anniversary Symposium, *Making a Place for Nature, Seeking Our Place in Nature*, May 11-24, 1998, in Bozeman, Montana, a workshop entitled, "The Greening of Yellowstone and Beyond: Preserving and Protecting Our Future" will occur May 14-16, 1998. This workshop will bring together government agencies, economic development interests, energy and environmental specialists, private industry, national and regional experts, Yellowstone-area communities, and park managers to develop and foster environmentally friendly practices in the greater Yellowstone region as a model for other natural area managers. The Greening workshop will enhance existing partnerships and develop new ones among participants, highlighting the benefits of "cleaner and greener" products and practices in the public and private sectors. Topic discussions will focus on pollution prevention; use of renewable and efficient energy and alternative fuels in transportation, buildings, and services; recycling, reduction, and reuse of waste; use of materials that are biodegradable and recyclable; and improvement of transportation services. A poster session covering a wide range of greening subjects will be displayed as well.

Speakers and participants in the Greening workshop will include federal, state, and local government officials, trade organizations, consultants, industry representatives, and businesses and Chambers of Commerce from the greater Yellowstone area. The Greening workshop is being organized by the National Park Service, Montana State University-Bozeman, Montana Department of Environmental Quality, U.S. Department of Energy (DOE)—Idaho National Engineering and Environmental Lab and U.S. DOE—National Renewable Energy Laboratory, and Global Environmental Options, Inc. For more details about the Greening workshop, check out the web site at [www.greening.org/may98/](http://www.greening.org/may98/) or contact Amanda Hardy at 344-2021.

# **125<sup>TH</sup> Anniversary Symposium**

## **Making a Place for Nature, Seeking Our Place in Nature**

Yellowstone Park and Montana State University will present a symposium which highlights "An exploration of natural areas and their stewardship," beginning May 11 through 23, 1998, at the Montana State University Strand Union Ballrooms in Bozeman, Montana. The symposium consists of a series of seven scientific conferences and workshops designed to attract an international audience of world class researchers, also a film series, invitational art show, slide show, and musical events for participants and the general public.

**Scientific Conference I : National Parks and Equivalent Reserves in the Global Ecosystem:** brings together natural scientists, social scientists, humanists, and land managers from throughout the world to discuss global issues that affect the management of national parks and equivalent reserves and to explore strategies to address those issues and begins on May 11.

**Scientific Conference II: The Greater Yellowstone GEO-Ecosystem: An Integrated View of Geology and Biology:** will convene researchers to define the most pressing geological and biological questions involving Yellowstone's spatial and temporal evolution, tectonic processes within and adjacent to the hotspot, volcanic history and hazards, geothermal activity, and overall geocological influence of the hotspot today. This conference begins on May 12, and concludes with a two-day field trip to Yellowstone Park.

**Applied Science Workshop I: The Greening of Yellowstone, Progress and Partners for the Future:** This workshop will bring together Yellowstone-area communities, government agencies, energy and environmental agencies, private industry, etc. to develop and foster environmentally friendly practices in the GYR as a model to other natural area managers. Workshop begins May 14 and includes a one day field trip to Yellowstone Park.

**Scientific Conference 3: Life in Extreme Environments:** World-renowned experts at this conference will explore how extreme environments contributed to the origin of life, and the evolutionary novelties that result from adaptation to extreme environments from the molecular to the ecosystem scale. Begins May 14.

**Scientific Conference 4: Fire and the Yellowstone Ecosystem: Ten Years of Study and Change:** This conference begins with a one day field trip to Yellowstone Park and will visit the research sites of several of the prominent scientists who are working in the park where they can point out the changes in pattern and process they have noted over the past 10 years. The conference begins on May 19, and continues May 20, with discussion on the role of fire in the Yellowstone ecosystem, as well as fire history and behavior.

**Applied Science Workshop II: The Greater Yellowstone Data Clearinghouse: A Paradigm for Sharing Information:** This seminar beginning on May 20, and introduces the four components of the Greater Yellowstone National Spatial Data Infrastructure Initiative.

**Scientific Workshop III: Biosphere-Geosphere Linkages: Defining a New Generation of Ecosystem Research in Greater Yellowstone:** Brings together a group of internationally known experts on ecology and earth science in order to formulate strategies that maximally utilize the natural history laboratory of Yellowstone and its surroundings.

Keynote speakers that have been invited to attend include: Vice President Al Gore, Montana Governor Marc Racicot, Secretary of Interior Bruce Babbitt, Superintendent Mike Finley, MSU President Mike Malone, senators, and congressmen. Please see the registration form on reverse and plan on attending this event. Yellowstone Park employees qualify for student prices. Contact Marsha Karle in Public Affairs at x2013 for a complete schedule of events and more information.

# 125th Anniversary Symposium Registration Form

Name ☐ Mr. ☐ Ms. ☐ ☐ Mrs. ☐ Dr. \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

(Early registration must be received by April 27, 1998)

## Conference fees :

# of people

_____ \$_____	\$275	All conferences & workshops I & II
_____ \$_____	\$150*	One conference or workshops I & II
_____ \$_____	\$225	All conferences & workshops I & II (student price)
_____ \$_____	\$125*	One conference or workshops I & II (student price)
_____ \$_____	\$75*	One day only of conferences or workshops I & II
_____ \$_____	\$50	Late fee if received after April 27, 1998

### Poster session

name \_\_\_\_\_  
 # of conf. / wkshps \_\_\_\_\_  
 describe type & dimensions of space: \_\_\_\_\_

\*Please indicate the # of the conference or workshops you plan to attend.

Conference \_\_\_\_\_ Workshops \_\_\_\_\_

All registrations include opening, MSU closing, art, photo, library exhibits, film series, & slide show.

## Food and Other Additional Costs: (Please include spouse & other attendees meals as well registrant's meals.)

_____ \$_____	Opening	<input type="checkbox"/> May 11 luncheon buffet (\$5.00)
_____ \$_____	Black Tie Ball	<input type="checkbox"/> May 11 at Gallatin Gateway Inn (\$50.00)
_____ \$_____	Conference 1	<input type="checkbox"/> May 12 lunch (\$6.75) <input type="checkbox"/> dinner banquet (\$12.00) <input type="checkbox"/> May 13 lunch (\$6.75)
_____ \$_____	Conference 2	<input type="checkbox"/> May 14-15 field trip (\$75.00 includes lodging, 2 lunches, guide book, & transportation)
_____ \$_____	Conference 3	<input type="checkbox"/> May 14 lunch (\$12.00)
_____ \$_____	Conference 3	<input type="checkbox"/> May 15 lunch (\$6.75)
_____ \$_____	Conference 4	<input type="checkbox"/> May 19 field trip (\$10.00 includes lunch & transportation)
_____ \$_____	Conference 4	<input type="checkbox"/> May 20 lunch (\$5.95) <input type="checkbox"/> May 21 lunch (\$6.75) <input type="checkbox"/> May 21 fire banquet (\$14.50)
_____ \$_____	Workshop I	<input type="checkbox"/> May 14 reception (no charge*) <input type="checkbox"/> May 15 lunch (no charge*)
_____ \$_____	Workshop I	<input type="checkbox"/> May 16 field trip (no charge* includes lunch & transportation)
_____ \$_____	Workshop II	<input type="checkbox"/> May 20 reception (no charge*) <input type="checkbox"/> May 21 reception (no charge*)
_____ \$_____	Concert	<input type="checkbox"/> May 22 Major Recording Artist at Valley Ice Gardens (\$30.00)
_____ \$_____	MSU Closing	<input type="checkbox"/> May 23 reception (\$5.00)

\*(There is no charge to workshop registrants for these events, but please indicate if you plan to attend. You must be registered for the workshop to attend.)

\$\_\_\_\_\_ Total

## Payment : (All registrations must be accompanied with full payment)

☐ Check All checks must be made in U.S. funds drawn on a U.S. bank. If you reside outside the U.S. please use an international or U.S. Postal Money Order.

VISA ☐  
 MASTERCARD ☐  
 DISCOVER ☐  
 NOVUS ☐

☐ Credit Card # \_\_\_\_\_ Expires \_\_\_\_\_

Signature \_\_\_\_\_ Print name as it appears on credit card \_\_\_\_\_

If you are registering on the WEB and plan to pay with a credit card, we will contact you regarding registration information as we do not have a secure server

You may register directly through our WEB site at  
[www.mrc.montana.edu/YNP\\_125/](http://www.mrc.montana.edu/YNP_125/)  
 or return completed form & payment to:  
 125th Anniversary Symposium  
 Conference Services, MSU-Bozeman  
 280F Strand Union  
 P.O. Box 174150  
 Bozeman, MT 59717-4150

Special needs:  
 (Including Dietary)



Refund Policy: Refunds provided only if written request is received by April 27, 1998.



# HEALTH AND FITNESS TIPS

## FOCUS ON FIBER

What is fiber and why should we try to add more fiber to our diets? Fiber is found only in plant foods, such as fruits, vegetables, and grains. Dietary fiber is the part of the plant fiber that we eat as food and scientists have found that the human body requires fiber to maintain good health. The outer part of grains such as whole wheat, brown rice, corn and oats is called bran and is a rich source of fiber. Almost all of the fiber in grain is found in bran. The brans from different grains have varying types and amounts of fiber. Wheat bran has a higher concentration of fiber than most other brans.

Americans should eat 20-35 grams of fiber each day. Currently, we only consume an average of about 11 grams of fiber each day. In order to maintain good health and help our food digest properly, we should eat a low-fat diet that contains plenty of fiber-rich foods such as whole grain cereals, breads, brown rice, and whole wheat pasta. While adding fiber to your diet, you should also be drinking more water and other fluids, at least 8-12 cups daily.

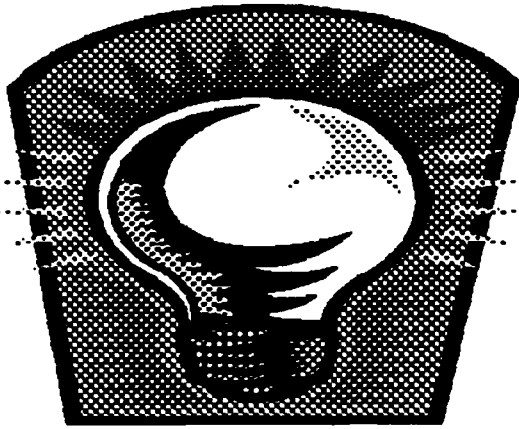
Most doctors agree that by adding fiber to your diet you can lower your blood cholesterol and the risk of heart disease and stroke. Another benefit of high fiber intake seems to be better weight control. Persons who eat adequate amounts of bulky, fiber-rich foods simply "don't have room" for as much fat as many Americans now consume.

## ☹ How to Soothe the Dry Itchy Skin of Winter ☺

While it's almost impossible to avoid the dry winter weather, the following are helpful tips from the itch experts at the Lanacane Itch Information Center in White Plains, N.Y., to help alleviate the discomfort of winter pruritis:

- Keep your skin moisturized and protected from the harsh cold weather elements.
- Invest in a humidifier that replaces lost humidity to the air indoors, both in your living and working quarters.
- Avoid excess bathing. Severe dry skin sufferer's should cut down on their bathing to every two days, rather than every day, since excessive bathing usually has a drying effect on the skin.
- When bathing use a milder soap or cleansing product that will not irritate the skin, and avoid using very hot water.
- Apply a good moisturizer all over after bathing. This forms a shield to keep water in the skin, which will help hydrate and thicken it, ultimately lessening winter skin itch.
- Apply a topical anesthetic itch medication to affected areas quickly to relieve the pain and itching of dry skin. This will help stop the "itch/scratch" cycle that can damage the skin. Once the itch/scratch cycle is broken, healing can begin.

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.



## *Energy Saving Tips*

### **Gardiner and Mammoth Residents:**

This note is to pass along some knowledge that I've recently gained. Through the wonders of the INTERNET, I've learned more about *compact fluorescent bulbs*. These are fluorescent lights that are designed to screw into a typical incandescent light socket (what most of us have in our homes) and use electric pulses through gas to produce light. They're significant because they use quite a bit less energy than incandescent bulbs. For example, a 25-watt compact fluorescent bulb produces about as much light as a 100-watt incandescent bulb. Doing the math, the fluorescent bulb uses about  $\frac{1}{4}$  of the electricity.

Even though the days are getting longer, we're all still using our lights for several hours an evening. In the short winter days, the benefits of compact fluorescent bulbs are even greater.

### **Facts and Guidelines of Compact Fluorescent Bulbs:**

- They're not cheap. A single bulb is around \$15, but it'll last around 7 years. Many have replacement bulbs for around \$7.
- The light color is different than an incandescent bulb, but fluorescent bulbs are no longer the "bluish" tint of bulbs past. Come by my house if you'd like to see one in action.
- Fluorescent bulbs should only be used in areas where the light is used for a long continuous period, like in the kitchen or living room. Switching them on and off repeatedly, like you would use a bathroom light, reduces their life.
- Compact Fluorescent bulbs may not fit all lighting fixtures because they are longer and wider at the base than incandescent bulbs.
- They don't tolerate cold well and shouldn't be used for exterior lights around here.
- These bulbs do contain mercury and cannot be thrown in the trash. They must be taken to a site that can dispose of them properly.

In the area, I've found compact fluorescent bulbs at Walmart. They're not placed in a prominent place in the store, though, so you may need to ask for directions.

Why am I bothering to tell you this? Well, like recycling, I see making changes such as using more energy efficient light bulbs as the simple things that we can do to be more responsible stewards of the earth. This switch isn't glamorous or difficult. It's merely screwing in a new light bulb.

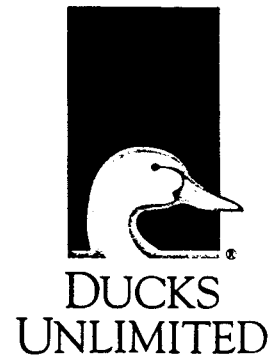
Please come by and talk to me if you've got any questions.

Eric Compas



# MONTANA 1997/98 WATERFOWL PRINT

A MONTANA DUCKS UNLIMITED SPECIAL EDITION EARLY BIRD PRINT



Golden Memories  
by Jim Borgreen

Dear Ducks Unlimited Supporter.

## PLAN TO ATTEND THE 1998 GARDINER DUCKS UNLIMITED BANQUET

Where: *Gardiner Eagles Hall*

When: *April 18, 1998*

Time: *No-Host Cocktails starting at 5:30 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.

You will receive:

1. A delicious buffet dinner.
2. Special Edition prints to the first 30 tickets sold.
3. A portion of your Ducks Unlimited membership is tax deductible.
4. An evening of fun, prizes, raffles, silent auction, door prizes, and a live auction! Some of the items featured include:
  - Remington Model 11-87 special edition shotgun.
  - Winchester Model 1600 shotgun.
  - Elk Bronze from *Big Sky Carvers*
  - *Terry Redlin's "Twilight Time"*.

For a Sneak-Peek of "Twilight Time" and some of the other artwork that will be available at the banquet, stop in at the First Interstate Bank, the North Entrance Food Farm, or the Credit Union in Mammoth.

*All for only \$45.00 for a single, \$65.00 for a couple.*

Tickets are available from any of the Gardiner DU committee members or by calling Dan Mahony at 344-7712 or Eric Robinson at 344-8948. Please get your tickets early, limited seating available.

# Spring Health Screen



**Wednesday, April 29th**

**6:30a.m.-10:00a.m.**



**Gardiner School Cafeteria**

## Lab-Blood Profile

### Includes:

- \*Cholesterol - (HDL, LDL, Triglycerides)
- \*Thyroid Function
- \*Kidney Function
- \*Hematocrit
- \*Uric Acid
- \*Glucose
- \*Bilirubin
- \*Potassium



## Prostatic Specific Antigen (PSA) (Optional Screening for Males)

The Prostatic Specific Antigen (PSA) is a blood test that measures a protein that is only produced by the male prostate gland. Elevations of PSA occur in men with prostate cancer as well as in males with non-cancerous prostatic diseases. A normal PSA level does not entirely exclude the possibility of prostate cancer.

*Please keep in mind the PSA test in conjunction with a rectal examination by your physician is the best possible screen available.*

**The cost for the Health Fair Screen is \$20.00**

**The PSA Screen is an additional \$15.00**

**This is a fasting blood test.**

**Please, nothing by mouth after midnight!**

**This Health Fair Blood Screen is brought to you  
through the cooperation of  
The Mammoth Clinic and  
Livingston Memorial Hospital**

**Please call The LivingSteps Wellness Center at 222-8282, or  
The Mammoth Clinic at 344-7965 for more information.**

**Free Blood Pressure Screening Will Be Available**

# **AUCTION**

**Saturday, April 11**

**5:00-6:00pm Dinner**

**6:00pm-? Auction**

**Gardiner School Multi-purpose**

## **Items to be auctioned include:**

**Handmade furniture, limited edition prints by Todd Fredericksen and Gary Carter, original art work by local artists, overnight stays at B&Bs, horseback rides, raft trips, fly fishing gear, crafts**

**ALL PROCEEDS GO TO THE GARDINER  
YOUTH'S MISSION TRIP TO MEXICO WHERE  
WE WILL BE BUILDING A HOUSE**

APRIL 8

YFEA YFEA YFEA

SPAGHETTI

EAT

EAT

12 TO 1 PM

CHEESE

SPAGHETTI

\$5 NON-MEMBERS

FRENCH BREAD

12 TO 1 PM

CANTEEN GYM...

EAT

TOO MANY TOES

CHEESE

YFEA YFEA

THIRST QUENCHERS

\$3 MEMBERS  
GREEN LEAFY VEGETATION

TOMATOES

APRIL 8

YUMMY FOR YOUR TUMMY