

The Lewis and Clark **JOURNAL**



JULY 2015 • FREE

OH, LISTEN TO THE MUSIC | FINDING BALANCE | OLD MEN DREAM

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Striving to bring you current news, we are greatly humbled by any mistakes published and welcome your feedback. Our goal is to provide the community with a quality publication. Mistakes will be corrected and may be viewed on our website.

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News Room

ANNUAL THREE FORKS RODEO

The Annual Three Forks NRA Rodeo will be held Friday, July 17th and Saturday July 18th at the Three Forks Rodeo Grounds. New this year will be a pre-rodeo event - a Miniature Bull Riding. Come early to watch youngsters ride mini bucking bulls starting at 6 p.m. For more information on the mini bull riding, contact Scott and Shawna Owens Wicked Spur Mini Buckers at 406-949-0242. Local entries are accepted for the NRA performance and those interested should call Central Entry at (406) 256-6488.

Gates are open each night at 5 p.m. Mayor Townsend will once again be flipping burgers in the cookshack, serving up Montana Angus beef burgers supplied by the KG Ranch. Intermission during Friday's performance will bring back the popular goat scramble (only on Friday) where kids age 10 and under vie for bill attached to goats let loose in the arena. On Saturday, Montana Wild Bunch Mounted Shooters will entertain the crowd at intermission by combining running patterns at fast speeds with shooting balloons.

Tickets for the rodeo are on sale now online at threeforksrodeo.com and will be available at ticket outlets after Independence Day. Admission prices are the same as previous years at \$10 for adults and \$5 for kids ages 7 to 12. Kids 6 and under are free.

The Three Forks Chamber of Commerce is hosting Rodeo Dayz Street Fair with vendors setup down Main Street beginning at 2 pm. The parade starts at 11:00 a.m. The 2015 Grand Marshals are Rusty Roe and Ed Groves, both of whom grew up in Three Forks and frequently return to their hometown for this weekend.

Also happening on Saturday is a colt-starting demonstration by Wild Horse Ministries from 1-3 at the Rodeo Grounds. There will be a Pig Roast after at the Ruby Theater for all who attended.

FARMER'S MARKET STARTS JULY 9TH

The annual Three Forks Farmer's Market will kick off Thursday, July 9th and will run every Thursday through into the fall. Hours are 4 p.m. to 7 p.m.

The market will be held in the grass at Milwaukee Park. Local produce along with local artisan items will be available for purchase. For event information and vendor registration visit www.ThreeForksMontana.com or call 285-4753 to request a vendor packet.

CHAMBER FARMER'S MARKET STICK HORSE DERBY – LOOKING FOR SPONSORS

The Chamber needs stick horse sponsors for the Farmer's Market 3rd Annual Stick Horse Derby on July 16 hosted by and held at the Sacajawea Inn. The cost of sponsoring a stick horse is \$20. Please contact Diane Phillips at 539-5817 or 2jd3law4@gmail.com if you are interested.

JOHNNY CASH TRIBUTE SHOW IN PONY

A fundraiser for the Pony Homecoming Club will feature a Johnny Cash Tribute Show presented by CSteve Music, featuring Kenny K and Deanna as June. The show will be on Saturday, July 25th at 7pm at the Pony Gym. Tickets are \$10 and a cash bar will be provided by The Pony Bar. The VFW Post 3831 will be selling hamburgers and hotdogs beginning at 6 p.m. Tickets may be purchased at the door.

HEADWATERS TRAIL SYSTEM BANK RUN - SATURDAY JULY 25

Headwaters Bank Run 5k, 10k, and Half Marathon – Proceeds benefit the Headwaters Trail System to build more trails. The course is on the beautiful Headwaters Trail System in Three Forks. \$20 Pre-registration by July 6th. \$25 after July 6th and race day. All participants receive a t-shirt. Register through www.racemontana.com OR visit www.threeforksmontana.com (click on Visit Three Forks then Headwaters Trail) for an application to download and mail entries to address listed on form. Registration starts 6:30 AM at Veteran's Park - 1 Block North of the Sacajawea Hotel Parking Lot. 7:30 AM Cannon Shot starts the Half Marathon 8:00 AM Cannon Shot starts the 5k/10k - runner/walkers.

WILLOW CREEK DAYS

Willow Creek Days takes place every five years and will happen on July 24th - 26th this year. Festivities begin on Friday the 24th with individual classes organizing reunion activities, parade float building and a bonfire. On Saturday, the Willow Creek United Methodist Church offers coffee and donuts to start the day and a fundraiser barbecue to benefit the High School Program Operation Field Trip during the lunch hour. The street will host vendor booths and the school will be open for tours. Stay for live music and a street dance into the evening! Then on Sunday church services will be held at the Methodist Church with the parade following at 11 a.m. Activities conclude with a church luncheon. For more information call the Willow Creek School Office at 285-6991 or visit the school's facebook page.



Photo by Christina Kamps

Oh, Listen to the Music

Story by Christina Kamps

Most days Jim Phillips can be found at his home on Carpenter Road just outside of Three Forks. He and his wife Karen frequently watch their young grandchildren and spend much time working in their massive and spectacular garden. Whether indoors or out, the Phillips' are usually within earshot of an eclectic mix of music that never seems to get old. Their radio dial is tuned to 101.5 FM, a low power station broadcasting from right there at the Phillip's home.

The station plays non-stop music set on a random rotation. With a collection of 42,650 songs, there's no way of predicting what song will come next and it would be by dumb luck that the genre of the next song would even be guessed. With a play list that includes Herman's Hermits, Seven Mary Three, Dwight

Yoakam, Bonnie Raitt and Frank Sinatra, the music spectrum runs the gamut. There are also local artists such as Montana Rose, Wade Montgomery, Tessy Lou as well as the Clintons.

A back bedroom serves as the station's studio. The setup includes a stereo processor, radio transmitter and a Digital Alert System. The DAS is one of the more expensive pieces of equipment in the room. It is required by the FCC and monitors the airwaves for emergency alerts and rebroadcasts those regardless of other programming running at the time. Aside from random tests of the Emergency Alert System, the only other interruption to continuous music are the sweet voices of his two oldest granddaughters as the recorded station identification plays at the top of each

hour. (Barring a power failure or some other service interruption.)

Phillips has dabbled in his radio hobby for about fifteen years, but it wasn't until the end of 2013 that he applied for and was soon-after granted a license to operate a low-power FM station (LPFM) at 101.5 MHz. It was also around this time that Phillips was battling an illness that forced him to leave his job. It took quite some time and numerous doctors to discover that Phillips' body was rejecting his lungs for some reason. He's currently feeling as though he's on the uphill swing of things and anti-rejection medications are

Jim Phillips sits at the controls of a laptop running radio automation software at his Carpenter Road home where he broadcasts music on 101.5 FM.

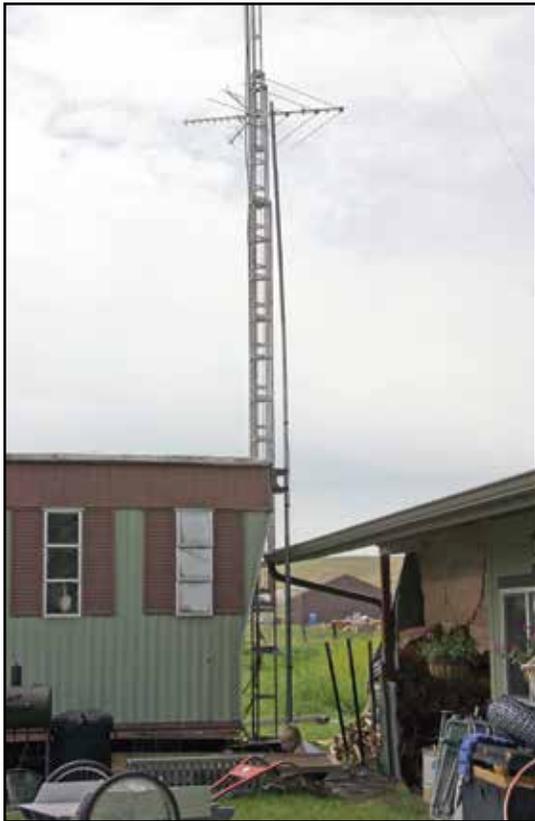


Photo by Christina Kamps

Phillips lightheartedly refers to his operation as Trailer Toungue Productions. His tower transmits a low power signal that can be heard from Three Forks to Manhattan.

helping. “I’ve been pretty sick and I’m not as gung-ho as I used to be,” he admits.

Even so, Phillips has no shortage of enthusiasm for his hobby. “I’ve been thinking of going through and picking songs done by two different artists and doing a two-for-Tuesdays kind of thing.” He’s got many ideas for the station and ways to improve it. For now, it’s simple music of all kinds – well, almost. You won’t find much in the way of rap or hip-hop here. Phillips also works to remove any songs that contain profanity.

“What I’d really like is feedback from people – what they want to hear,” he says. He has tested the range with his car radio and found that the signal can be picked up from the outskirts of Manhattan

(Nixon Gulch Road) to the KG Ranch Road South on US Hwy 287, along Price Road headed North and to the top of the hill past Wheat Montana to the West. He says that his license would allow his antenna to go up another seven meters, but he’s just not up for the work that would take.

“When I got to about 45 I made myself a promise,” he explains. “That I’d never let my butt get higher than my head.” He says he tries not to put himself in a position that he might end up that way, so the idea of climbing anything is out.

Due to rules governing this type of station, Phillips cannot sell air-time for commercial purposes. He is, however, “not averse to having underwriting.”

“I’ve saved fifteen years to buy this,” he says while throwing a hand in the general direction of his laptop and stack of equipment. “With my financial situation as it is now, if a piece of equipment goes out, I’m off the air.”

One thing that could be of immediate use to Phillips and his station would be a used laptop running Windows 7. Currently, the broadcast is ran off a laptop with Windows XP. The outdated operating system has caused a few hiccups, but nothing that Phillips hasn’t been able to work around.

KIEF does have non-profit status since that was a requirement for a low-power FM station. It’s much simpler to achieve non-profit status for churches, so Phillips filed as the Church of the Hard Rock. Donations are also accepted through an account at First Security Bank and online through Paypal at the stations website, kiefp.com. His site also offers a link for feedback and an option to stream the radio feed for those that are outside the signal area.

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Finding Balance

By Trisha Jones

Balance, a condition in which different elements are equal or in the correct proportions.

Finding and achieving balance in one's life is the topic of many conversations between friends, in magazine article and blogs. Especially for women and even more so for mothers. Regardless of whether a mother stays at home, works outside the home or works from home, each has their own struggle finding balance. Juggling between work, managing relationships, staying on top of family responsibilities and taking time for themselves as well—it's no wonder so many feel overwhelmed and stressed.

Lori VanVleet is the mother of three children ages 11, 9 and 8 and works outside of the home as a parent liaison for Thrive in Bozeman. "I don't like the word balance," she says, "because finding balance is unrealistic and is too much pressure. For me, it's more important that I am fulfilled." She believes that the job you hold should be something you love and that enriches you which in turn enriches your family life as

well. Lori has found that with her job at Thrive. "I work with many different families and situations that when I come home each day I realize how blessed I am. My house may be a mess, but my family has a house to live in."

Jessica Ferreyra is also the mother of three young boys ages 10, 8 and 4. She works from home as a production design manager for the Belgrade, Big Sky and West Yellowstone newspapers as well as Big Sky Magazine. "I don't feel balanced," she says, but "working from home allows me to be here for our massive chaos! I am able to meet the needs of my boys and husband. If I get a phone call from the school, I can be there in minutes." This is important to Ferreyra and why, even with the stresses of working at home, she does it.

"When the kids get older, it does get easier," assures Candace Rochford, a single mother of three children ages 20, 16 and 14. Candace works as a paralegal for a Bozeman law firm, as well as volunteers as a Guardian Ad Litem and was just recently elected to the Three



Lori VanVleet with her husband Jason and their three kids.

Forks School Board. "It was definitely tough when they were younger," she says "but now that they can drive themselves to events and activities it helps."

VanVleet says, "I believe as mom's we have different chapters and we are able to do different things in those different chapters." The "balance" shifts as children grow and the family dynamic changes. VanVleet,

Ferreyra and Rochford all said they don't take as much time for themselves as they should. "I would like to go for a run sometimes, but I know that the next chapter is coming soon and there will be a time for that," explained VanVleet. Rochford insists that taking some time for herself to workout is important because it is crucial to her ability to do what she does. "I get up at 4:30 a.m. and go to bed at 11 and I think being fit and exercising allows me to have the energy to do that. It's also a good stress relief," she says. She does miss her hobbies as well, "I was an art major and can't tell you the last time I picked up a paint brush." With her youngest entering high school this year, she only

Continued on page 16.

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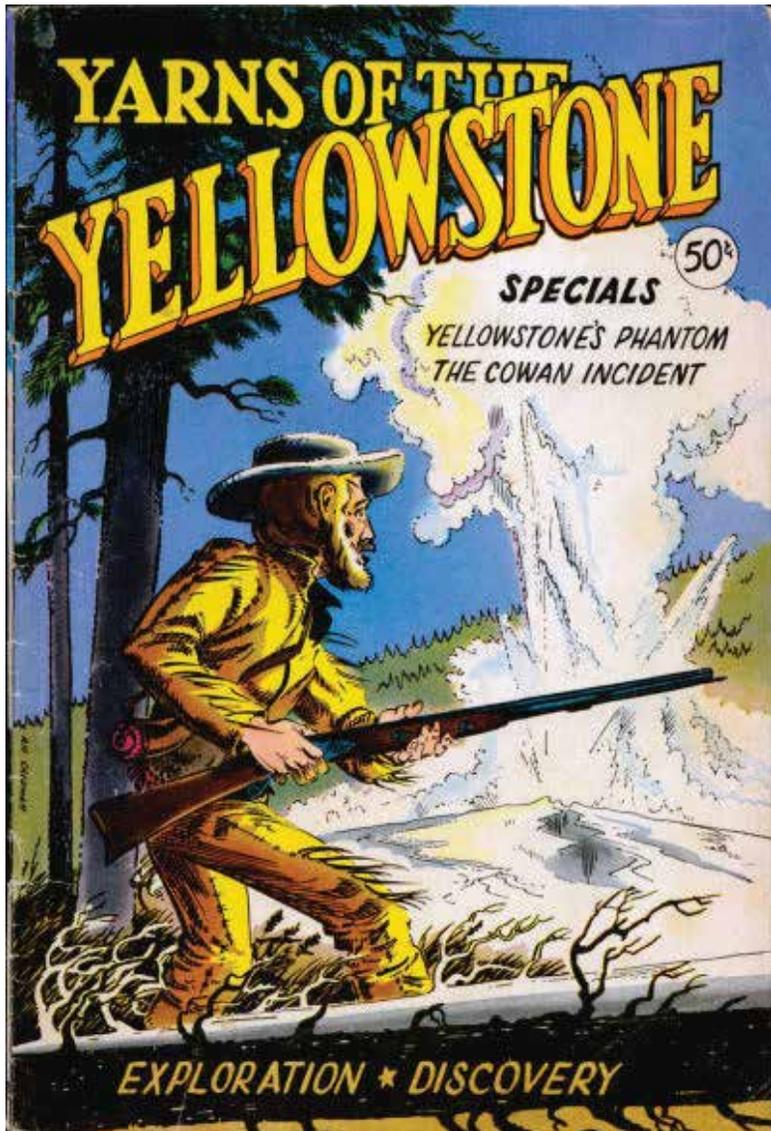
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Cover of the only comic book in the Headwaters Heritage Museum collection.

THE ARCHIVIST'S LOGBOOK

Trash vs. Collectible

By Patrick Finnegan

Spring cleaning, moving, and downsizing; all events that require an assessment of ones accumulations since the last such event. For myself, I'm considering downsizing and since I have lived in a large house for close to twenty years, I have accumulated a lot of stuff. I say stuff, because very little of it is junk (at least in my mind). Over the years, I have a number of collectibles, but most of my collections are in entertainment media; books, music CDs, movies (an expensive habit every time the format gets changed) and comic books.

Yes, I admit that I have a collection of comic books, and not just a few, but over 1,000. I'm sure some of you reading this now are expressing horror or dismay at my admission, tsk-tsking under your breath. I recall the scowls from my own mother presumably because I was wasting my money on "that garbage." I have often heard stories of comic books being thrown out by the parents of would-be collectors. You can call me nerdy or

juvenile, but withhold your judgement for a moment before you do so.

After years of accumulating comic books just for the thrill and joy of reading them, I've had a paradigm shift and I now look at my collection as an investment. Naturally, I needed to look at the value of other collections as a comparison. So I thought it would be interesting to see how many comic books have been donated to the local museum. One! Close to 10,000 items in the Headwaters Heritage Museum collection and just one comic book, donated to the museum by the estate of Dave and Norma Miller.

This particular comic book is entitled "Yarns of the Yellowstone: Yellowstone's Phantom - The Cowan Incident." It is the illustrated tale of George Cowan's tour to Yellowstone Park with his family in 1877. George and his family had the misfortune of crossing paths with the Nez Perce who traveled through the Yellowstone during their running skirmishes with U.S. Troops. George's family was attacked, their horses and supplies stolen, the family scattered or taken and he was shot and left for dead. It is quite a story, the stuff of legends.

This one-issue publication was written by Bill Chapman and published in 1972 by Jupiter Studios of Gardiner, MT. So this comic book

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deserves to be in our museum because the ties of its former owner, subject, author and publisher to the area. In 1972, this comic book could be purchased for fifty cents. Today, that same book (if in very good condition) would cost almost \$12! I figure that is a nearly 2400% increase over 43 years. If only every investment had such a great return!

But only one comic book in the museum collection? Hmm. Were there no kids in the area with their own comic collections in all the years since the Golden Age of comic started back in the 1940's? Unlikely. Have our curators been so snooty as to turn down such "low-class" entertainment? Doubtful. Did every mom throw the comic books in the trash while their kids were at college? Possibly. Do comic books have no cultural significance in Headwaters area? Dunno. Where are all the "Archie Comics," "Donald Duck" and "Captain American" comic books? Well the answer is – in the hands of collectors, because these books continue to grow in value.

As for my own comics, I have accumulated a number of comic titles, mostly from the Marvel Universe, which these days has become well known across the world because of a very successful movie about a small band of fictional superheroes called The

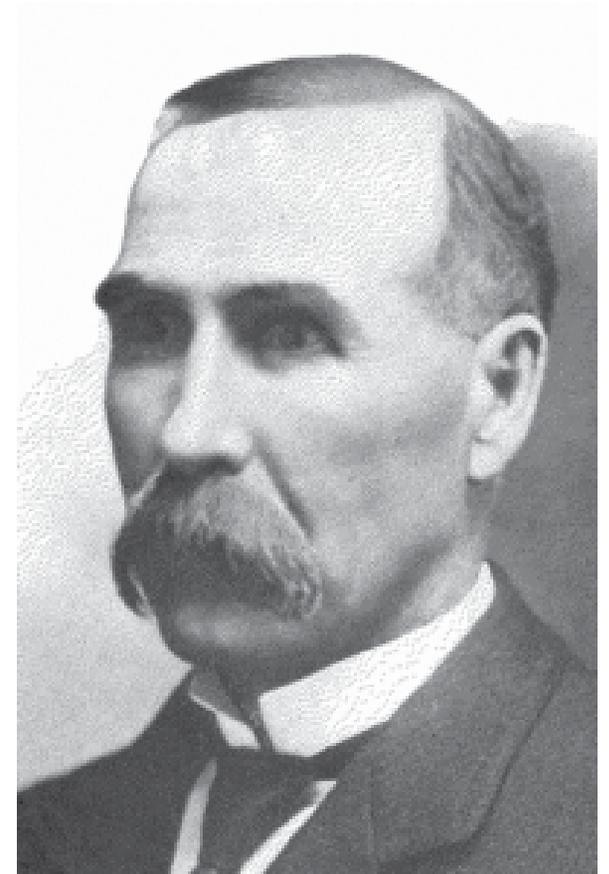
Avengers. And yes, I think my collection has increased its value since I purchased it.

So let this be food for thought for the parents who find a box of comic books stashed in the back of the kid's closet. That box of "garbage" could be worth a lot of money in a few years. Okay, maybe a lot of years.

But think about this. No matter what is in a collection and no matter whether it's collected because of the immediate satisfaction, legacy, aesthetics, or for sentimental reasons, a collection is an investment. Manage it well.

Footnotes:

- *Archie Comics was illustrated by a man named Bob Montana.*
- *George F. Cowan's account of his ordeal was published in The Wonders of Geyserland by Frank D. Carpenter printed in 1878.*



George F. Cowan, image from Progressive Men of the State of Montana.



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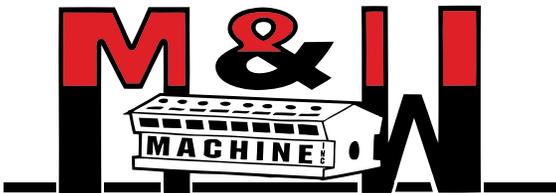
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Infused Water Helps Curb Craving for Soft Drinks

by Dorothy Meyer

In what I consider a herculean effort to get healthier, I made the decision to forego my daily intake of soda. All the drastic claims of its direct result to the downside effects on my body and the harping from my concerned sons made me realize the folly of my ways. With the exception of a rum and coke now and then, I managed to kick all soda to the curb. (Captain Morgan and I are old friends and we enjoy catching up on occasion)! At first I struggled with my decision and I craved that refreshing taste and cool bite that hits the back of your throat – you know the one, right? Yeah, I still miss that. Even so, my bad habit wasn't actually that hard to break and I feel all the better for it.

I can attest to the positive benefits that quitting soda does to your body. My mind seems clearer – I can focus more easily and my quick-thinking skills have improved dramatically. I'm not hitting that afternoon "I need a nap" phase quite as much, giving me increased energy for my daily tasks. Before, I gave justification to the ordering of a heavy meal as long as I had a diet soda, which was skewed thinking. Now I know that I can't play that trick any longer. I feel fuller after eating less and have lost weight by doing so. Drinking soda, especially diet soda, overwhelms your taste buds with sugary sweetness – so when I stopped drinking it my taste buds went into overdrive – everything tasted as if it had more flavor and

my craving for sweets took a nose dive, except for chocolate. Everything's better with chocolate. Diet soda can wreak havoc on your organs, and with an organ destroying disease like Lupus, I couldn't afford to keep taking that risk. I needed to find an alternative to soda. Something to quench my thirst and give still give me an extra kick. I found it in fruit and herb infused water.

Spa Water, Flavored Water, Fruit Infused Water, Detox Water – it's all one and the same. Call it what you will, I'll just call it my new favorite thing! It is very easy to make if you follow a general recipe that calls for: a large jar or pitcher full of ice, a few sprigs of herbs, about 2 cups of fruit, and enough water added to fill the pitcher to the top. Add a lid to the pitcher and chill in the fridge for up to three days. Pretty simple, but oh-so-delish once the flavor of the herbs and fruit meld with the water. You should bruise the leaves of the herbs by rubbing between your fingers before adding in and the fruit you choose should be mixed with a muddler or wooden spoon to release some of the juices. Frozen fruit works just as well as fresh. My pitcher has a built-in strainer in the lid that stops the fruit and herbs from pouring into my mason jar, but not enough to prevent the tiniest bits. I'm not fussy so I just pick them out or try to drink around them, but if you are more particular or having a party, you can put the herbs and fruit into a piece of cheesecloth so they stay put or use a fine strainer at serving time.

I have a small plot in the back that is hit hard by the hot sun, a place perfect for herbs. A colleague of mine gave me divisions of tarragon and lemon balm, and is bringing me thyme and mint on her next visit. The

mint will need to go in a pot due to its tendency to spread. I'll still need lavender, basil, rosemary, sage and if I am lucky, some pineapple sage. You might be thinking that basil, sage and rosemary are not herbs that you would want to drink, but trust me, they work. When mixed with the fruit the flavors become infused and the pairings are wonderful. Combinations like blackberry and sage, watermelon or strawberries with a hint of rosemary, or any berry with basil will have you hooked. Peaches and cherries taste wonderful with thyme and licorice-like tarragon with any citrus. At first, use the herbs sparingly until you are used to the flavor, and for those of you who need more sweetness you can add honey or sugar to taste. Let the fruit and herbs steep in the ice water for over an hour to maximize the flavors. I love lemons and limes and their citrusy bite goes well with anything so I add slices or just add the juice to my water for a little extra oomph. This summer you can find me sitting back and sipping on the fruits and herbs of my labor, enjoying the refreshing tastes of the season. I may decide to introduce my old friend Captain Morgan to tarragon and lemon balm – have my own version of a backyard mixer. Enjoy!



Dorothy Meyer has been a contributing writer for the Lewis and Clark Journal for over nine years. Her life adventures have taken her to Fort Benton, Montana where she serves as Deputy Clerk of Court for Choteau County. Meyer is also on the board for the Central Montana Board of Tourism, the Choteau County Performing Arts, and the Community Improvement Association of Fort Benton. She holds a special place in her heart for Southwest Montana and is glad to maintain a connection here through her writing.



Happy Independence Day

&

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When Drugs Deplete Nutrients

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Medications can be life saving. But take heed: They can also rob your body of nutrients you need.

Nutrient loss can happen in many ways. For example, a medication may:

- Depress your appetite, which means you may not eat enough to stay nourished.
- Increase your desire for less healthy foods, such as lots of sugar, bread, or pasta.
- Reduce absorption of certain nutrients in the “gut,” especially in seniors.
- Block a nutrient’s effects at the level of the cell.
- Increase loss of nutrients through your urinary system.

Symptoms of nutrient loss may come on gradually and look a lot like symptoms of aging, disease, or changes in mood—so it’s easy to get caught off guard. For example, pain, numbness, or tingling in legs may be a vitamin B12 deficiency. Or a magnesium deficiency may cause muscle pain and stiffness. Over time, this deficiency may even contribute to bone disease (osteoporosis).

Which drugs are the most common culprits?

Here’s a brief summary for you.

Acid blockers. If you have heartburn, reflux, or peptic ulcers, your doctor may prescribe an antacid, H2 blocker, or proton-pump inhibitor (PPI).

Studies show these drugs may cause many nutrient deficiencies. They can interfere with the breakdown of food or absorption of nutrients. You may lack B12, calcium, vitamin D, folic acid, chromium, iron, zinc, and phosphorus.

Antibiotics. These drugs are big robbers of a wide range of nutrients. They also kill “good” bacteria in your digestive system. For these reasons, it may be a good idea to take a B vitamin complex or a multivitamin that contains B vitamins—as well as magnesium, calcium, and potassium. You might also consider probiotics and vitamin K—normally made by those “friendly” bacteria.

Anti-convulsants. Seizure medication can cause low levels of vitamin D.

Anti-hypertensives. Diuretics are great at helping to prevent heart attacks in high-risk people. But they may deplete magnesium, sodium, potassium, zinc, pyridoxine, thiamine, and ascorbic acid. Beta blockers also are great at lowering blood pressure. However, they can deplete CoQ10. This can be very dangerous. The heart needs a rich supply of this nutrient for the energy “factories” of its cells.

Cholesterol-lowering drugs. When it comes to high cholesterol, statins are practically a household name. That’s because doctors widely prescribe them. But statins also deplete CoQ10—which is serious.

Hypoglycemics (oral). Drugs like metformin help make insulin work better in people with diabetes. But they can reduce levels of B12 by half. They also can deplete folic acid and CoQ10.

Hormone replacement therapy (HRT). Used for menopausal symptoms, HRT may deplete vitamins B6 and B12, folic acid, and magnesium—critical for not only heart health but also mood. Still moody on HRT? A supplement might make more sense than an antidepressant.

Nearly 50 percent of Americans regularly takes a prescription drug. And medication-related loss of nutrients is more common than many realize. Just to be safe, let’s look over your list of medications and make sure you’re not coming up short.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.



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Photo by Trisha Jones

Old Men Shall Dream Dreams

by Trisha Jones

There are two verses handwritten on a card kept on the first page of an old photo album. They read, “young men shall see visions. Acts 2:17 Old men shall dream dreams. Joel 3:1.” They were written by Jack Kreitinger’s wife, Stan when she gave him the album as a gift several years ago. Inside, the album is filled with pictures of sculptures Kreitinger has created over the years. It is something that brings Jack great joy and Stan has made sure to document those moments for him.

Married sixty-three years this coming October, Jack and Stan have had many adventures together. They both grew up in North Dakota and were married when they were just nineteen. “It’s a funny story,” says Stan smiling. Kreitinger was in his first year at college and went down to watch a High School Cheerleading tournament taking place. While there, he snapped a picture of a senior girl that

caught his eye. Not long after, a friend from the same town as the pretty cheerleader asked for a ride. Kreitinger said, “only if you can get me a date with this girl,” as he showed him the photograph. Not long after, a blind date was arranged and today the couple have six children, eighteen grandchildren and ten great grandchildren. They have lived in Three Forks for forty-five years, with the exception of a few adventures away from their river front home.

In 1970, while Kreitinger was working on his doctorate degree at Montana State University in Bozeman, he was offered the job of Superintendent at Three Forks Schools. The offer allowed him to continue his education while working at the same time. With six young children, this sounded great to Stan, however, the thought of living in a small rural town with no paved roads was a harder sell. One day they were just outside of Three Forks driving along highway 287 and the Jefferson River and decided that was where they would live. Kreitinger tracked down the land owner

Photo left: Jack and Stan Kreitinger stand in their yard with a fun bug sculpture made from a truck hood and gas tank.



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Jack's first piece, the Buffalo which he sculpted during the winter days in Alaska.

and bought land and they built their house at Jefferson Acres.

Jack was the Superintendent at Three Forks School from 1970 until 1974 when they decided to move to Pullman Washington. During his doctoral studies at MSU, Kreitinger wrote his thesis on education in small rural towns and Washington State University was interested in his expertise on that subject. But after a while both he and Stan were not content. "One afternoon I was sitting in my office on the third or fourth floor. I looked out the window at the buildings, took a scrap paper from the trash can and wrote my resignation letter," he explains. "We came back to the river," adds Stan "It's always the river that brought us back."

Back in Montana, Jack took a deviation from his education and administration career. He and Stan opened Chalet Market where Jack perfected his German sausage recipe. Although they enjoyed it,

the work became too much and the business was sold. It was time for their next adventure, this time to Alaska where Kreitinger took a job in school administration.

It was during this time in Alaska that he began sculpting "It was the long winter, dark days," he says that inspired him. He first started working in a smaller scale, using wax and then bronzing the sculptures. This process is known as lost-wax casting—when a duplicate metal sculpture is cast from the original wax one. Molten metal, such as bronze, is poured into a mold that was created by means of a wax model. Once the model is made the wax is melted and drains away which is where the term "lost-wax" casting comes from. This process allows sculptors to make more intricate works.

Jack's first sculpture was of a buffalo, one that to this day is his favorite. That Christmas many family members received that casting as a gift. He has sold a few others to people, but he doesn't sculpt to sell them or make money. He does it because he enjoys it. He



A band of clowns which were inspired by finger puppets make their home at the driveway of the Kreitinger house.

has other bronze sculptures as well, a Caribou, buffalo skull and a small band of clowns. It was a hobby that made the long winters in Alaska more bearable.

Once again "the river" called the Kreitinger's back to Three Forks. Straying from education once more, the Kreitingers built and opened the Prairie Schooner Cafe which was located on Highway 287 just North of the exit there. It was then that Jack started sculpting in a larger format, using concrete and metal. The Prairie Schooner was home to two oxen which Jack created, pulling a wagon driven by the voluptuous sculpted "Dolly Varton". These were no ordinary concrete oxen, they were plumbed to "pee". "Old Ladies would be admiring the oxen and the cash register lady would turn a button and they would start to pee...oh the looks on their faces" laughs Stan. The Prairie Schooner and the oxen were even featured on Montana PBS's "Backroads of Montana".

Most of Jack's large sculptures were built at the

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Trisha Jones Photography



Jack Kreitinger stands next to his latest creation, a rainbow trout, outside his home on the Jefferson.

Prairie Schooner and it became home for many of them as well. He created Elk, deer, bears and even an elephant for his daughter. A band of clowns which were inspired by some finger puppets found at a garage sale were another attraction at the cafe. Today the clowns are home along the Kreitinger's driveway. When it was time to sell the business, some

were asked to help build a church in Alaska where they had spent time before. They packed their bags once again and spent the next year in Alaska building a church for St. Raphael's Parish which they had become a part of years before. Jack continued with his sculptures during this year, creating a Risen Christ to hang above the altar in the new church. It was a

statues were sold to new owners while the clowns and the elephant came home to the Jefferson.

After the sale of the Schooner, the Kreitinger's didn't have a plan for what was next. "The day we sold the Prairie Schooner, Jack looked at me and said 'well what are we going to do now?'" Stan recalls. "I told him the Lord had plans." Fifteen minutes later the phone rang and they

perfect fit and remained there for a short time before the Bishop felt a Risen Christ was more appropriate outside at the entrance to the church.

Since that year in Alaska, the Kreitinger's have been at their home on the Jefferson in Three Forks. Jack's latest sculpture is a giant-sized rainbow trout. With the help of his son who is a metal artist, they built the metal frame, poured the concrete and painted the sculpture. "It took two to three years to finish, but probably only a total of four weeks over that time," Kreitinger laughs. Today, Jack and Stan are comfortable at their home on the river and enjoy a beautiful yard with several flower gardens. "That's all Stan's work," says Kreitinger. Their deck is full of bird feeders and a wide variety of birds that they spend many summer days watching. In the winter, they enjoy looking through photo albums and reminiscing about days gone by.

But Kreitinger is not done with sculpting. When asked what was next, Stan pipes up, saying, "I know what you are going to do!" Jack replies with a laugh and asks, "What is in my head, Stan?" "You have always wanted to do a large buffalo," she says. "Oh yes," he replies, "I will get that done."

| | | | |
|---|-------|-------------|--|
| | | | |
| <h2 style="margin: 0;">Headwaters Bank</h2> <h1 style="margin: 0;">5K/10K/Half Marathon</h1> <h1 style="margin: 0;">Walk/Run 2015</h1> | | | |
| <p>Fundraiser for The Headwaters Trail System</p> <p>Saturday, July 25th</p> <p>on the Headwaters Trail, Three Forks, Montana</p> <p>6:30 a.m. Registration at Veterans' Park (North of Sacajawea Hotel Parking Lot)</p> <p>Registration \$20 • After July 6th: \$25</p> <p>7:30 a.m. Cannon Shot Start Half-Marathon</p> <p>8:00 a.m. Cannon Shot Start 5K / 10K</p> <p>All Ages Welcome!</p> <p>Contact: Lotse Townsend - 599-7791 Pat O'Brien - 285-3633 lotse@hotmail.com</p> | | | |
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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|--|
| J SC: Senior Citizens Center TFYTF: Three Forks Youth Recreation Task Force Summer Rec Program: 9 a.m. - 1:00 p.m. | | | SC: Meatball Casserole Historical Society Mtg Methodist Annex 7pm | SC: Hamburgers Historical Society Mtg Methodist Annex 7pm | Library Closed | INDEPENDENCE DAY Headwaters State Park Speaker Series 7pm: Paul Clifford- <i>Talc Journey</i> through the Three Forks Area |
| 5 | TFYTF: Swim Lessons | SC: Roast Beef TFYTF: Swim Lessons TF Fire Dept Business Meeting 7 pm | SC: Cod TFYTF: Swim Lessons | SC: Orange Chicken Stir Fry TFYTF: Swim Lessons GV Golf Board Mtg | TFYTF: Swim Lessons TF Library "Tall Tale Heroes" 10:30 am | Headwaters State Park Speaker Series 7pm: Ruthann Knudson, Adjunct instructor of Sociology and Anthropology MSU- <i>The Campbell Family Journey to Gallatin City</i> |
| 12 | TFYTF: Telescopes Kiwanis Meeting at Sacajawea Hotel 7pm | SC: Hot Beef Sandwich TFYTF: Squirt gun painting City Council Meeting 7 pm TF Fire Dept Training 7 pm | SC: Meatloaf TFYTF Field Trip: Virginia City | SC: Turkey & Noodles TFYTF: Scented Rice Art | TF RODEO <i>Slack @ 8 a.m.</i> <i>Mini Bulls @ 6 p.m.</i> <i>Perf @ 7 p.m.</i> TF Library "Mr. E Magic Show" 11 am | Headwaters State Park Speaker Series 7pm: Jane Fritz, Author <i>The Camas Path: History of the Kalispell Tribe of Indians</i> TF RODEO PARADE @ 11 Rodeo Dayz 2 pm - 2 am TF RODEO @ 7 |
| 19 | TFYTF: Grass Hair | SC: Honey Dijon Chicken TFYTF: Dirt Cups TF Fire Dept Training 7 pm | SC: Chili TFYTF Field Trip: Fishing @ the Ponds | SC: Ham TFYTF: Soap Foam | Willow Creek Days | |
| | | | Broadwater County Fair & Rodeo - Townsend | | | |
| 26 | TFYTF: Building an igloo Kiwanis Meeting at Sacajawea Hotel 7pm | SC: Spaghetti TFYTF: Marshmallow Shooters TF Fire Dept Training 7 pm City Council Meeting 7 pm | SC: Cheesy Broccoli Soup TFYTF Field Trip: Three Forks Airport | SC: Pork Roast TFYTF: Egg Carton Helicopters | TF Library "Wind Up Program" 10:30 am | |

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Sidewalk Talk

Photos by Trisha Jones

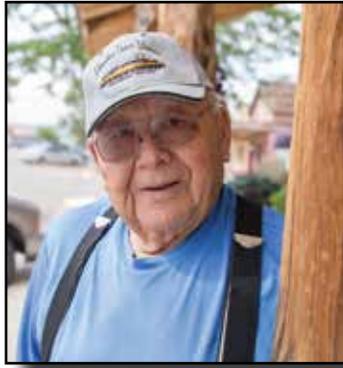
In honor of a favorite summer past-time, we asked locals:

“WHAT IS YOUR FAVORITE BARBECUE RECIPE?”



Tina Wambeke

“I like going to my in-laws. He has a secret recipe but I’m pretty sure it has mustard and beer in it.”



Jim Satake

“The baby back ribs at the Willow Creek Cafe. Has the be the half rack.”



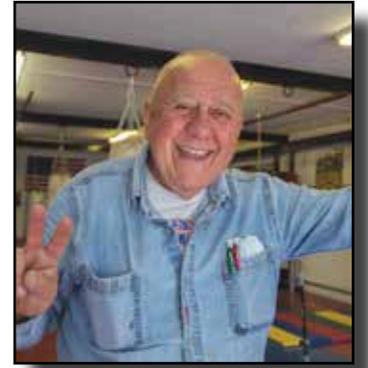
Clinton Gee

“Steak, medium rare. I’ll take care of the rest.”



Judy Parks

“Anything I don’t have to cook!”



Joe Diaz

“My favorite, whether it be elk, deer, sausage or steak - the key is sauerkraut and black pepper. I cure all meats in the fridge and then BBQ them. The meat is healthier! Forget about it!”



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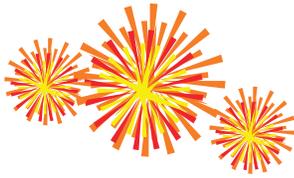


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Uncontrolled Self-Control

SOME PROS AND CONS REGARDING A NEW TECHNOLOGY

By Art Kehler

Like many folks, the recent blizzard of technological innovation has left me feeling somewhat bewildered. No doubt the latest mobile devices do offer numerous practical applications. Still, as I see it, many other applications amount to little more than busy-work.

Then again, just last week on the television news, I saw a preview of a mobile technology that truly caught my attention. As I watched in amazement, the newscaster declared that some automobile manufacturers are designing self-driving, “autonomous” automobiles. The screen then showed footage of functioning prototypes, already being tested. As detailed, a computerized combination of radar, cameras, ultrasonic sensors and laser scanners will “control” the steering wheel, brakes, horn, headlights, etc. Lastly, the anchorman stated that these wonder cars will be available in the near future.

At first glance, I was enthused about this new concept. Here at last was a technology with real-world, practical purpose, in spades. Then suddenly,

a disturbing scenario flashed through my mind. I imagined that, convinced by said technology the coast was clear, the first self-driving “autonomous” car passed another car in a blinding blizzard only to run headlong into the first “stealth” car, coming from the other direction.

With my cynicism duly restored, I began to evaluate these mega-tech autos more critically. Whereupon, I wondered what Tri-Cities (Harrison, Pony, Norris)-specific motoring situations the designers would fail to anticipate. For instance, what about the whitetail deer that hunker in the bushes along the Pony Road, waiting until a driver’s nose hairs are countable before rocketing in front of an oncoming vehicle? As a direct result of these exhilarating occurrences, even our most experienced local drivers have pasted their lips to their windshields, at least once. Under such circumstances, it’s hard to imagine a self-controlled, operating system that could detect the threat and stop quickly enough to prevent unsightly slobber marks.

Further, how about those patches of winter ice which develop only beneath the shadowed, northern corners on the east-west, running Cardwell Road? Will the new self-steering system be able to perform an adroit, 360-degree turn, and have the vehicle facing forward before it zips off the ice and back onto the dry pavement? Also, how will the autonomous-steering compensate when the infamous Norris-Flat crosswind blows the automobile up on two wheels?

Still, if an accident does occur, the driver’s (hereafter

referred to as the “passive-non-operator”) hands will be free to cover his/her eyes, thus allowing for focused spiritual remorse. Less physical effort expended in steering means more energy retained for full-throated screaming. Also, because the wonder car was in charge, there’s no need to apologize to resentful passengers.

Even better, a passive-non-operator can look a disapproving, law-enforcement officer squarely in the eye and honestly proclaim, “I did not hit that police cruiser!” Most notably, if neither passive-non-operator involved in a crash is driving their autonomous vehicles, lawyers won’t know whom to sue.

As can be seen, self-driving, autonomous automobiles are a mixed blessing. So, before dashing out to purchase one, I believe I’ll wait until all the kinks have been worked out. Paint me tentative, but I’d rather let some other adventurous soul/victim discover what doesn’t work as advertised. Eventually, I have little doubt that cars will not only drive themselves, but also trim the occupants’ toenails, balance the checkbook and burp the baby. In the meantime, I think “speed control” is the only self-driving “control” I plan to relinquish—albeit only when appropriate.

©Art Kehler

Art lives in Harrison, Montana. His essays, stories, and poetry, have been published in regional newspapers and literary magazines.

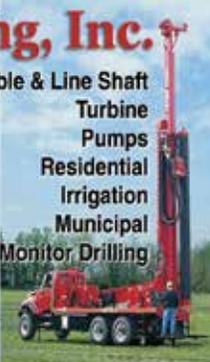
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Continued from page 5.

has four years left with kids at home and knows that time to paint will come.

What helps each woman with making things work is keeping a schedule, "Whether it is a planner or your phone, have everything written down so that nothing gets forgotten and so you know what is on your plate each day," advises Ferrerya. Walking away from work



Jessica Ferrerya with her husband Abe and their three kids.

when you work from home can be tough. "I was at the computer every spare second I had the first year," she says. Today she turns it off by 5:30 each day and only turns it back on when the kids go to bed if there is a

deadline to meet. Keeping a schedule helps her stay more focused and work more efficiently when she is working.

"When my kids were little, we kept a structured schedule," says Rochford. "Having dinner together is very important to me so we always made sure to do that." One thing she wishes she would have done more of was to say no. "I was always afraid I would hurt someone's feelings if I said no. I would advise others to tell people to say no to playdates and other activities if it doesn't fit into your schedule or priorities."

VanVleet is a planner, so when she sees a stressful week coming up, she will front load to try and relieve some of the stress. "I ask for help from my family as well." When she first went back to work, dinner stressed her out the most. "I love having dinner with the family every night and when I first went back to work I didn't have the energy and time to figure dinner out." So she spent an afternoon putting together a meal plan for her family for an entire year. While it seems daunting, she explains that she rotates meals each month for the season so her family doesn't get tired of it. This way, she has a few months of meals planned out which covers the entire year.



Candace Rochford at the recent eighth-grade graduation of her youngest, her son Taylor.

Surrounding yourself with good friends is something all of the women feel is important as well. "Surround yourself with people who have grace and are not judgemental," VanVleet recommends. Ferrerya has coffee with a group of mom's each Monday and it allows them to chat, vent and realize that they are all struggling with similar juggling acts. Relying on family and friends to help and support each other is vital to the success of motherhood.

VanVleet may have said it best, "I saw a quote the other day, 'Motherhood is not Rocket Science, it's harder' and it's so true!"

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