The Lewis and Clark

JOURNAL

December 2014 • Free

Culture Exchange | Art of Upcycling | Self Portrait

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Photo by Trisha Jones Photography

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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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Cover Photo:
A pivot sits in wait for warmer days, creating dramatic contrast against the white snow in this image by Three Forks' Charles Hedeen. See more on page 15. Photo © Charles N. Hedeen

News Room

COMMUNITY PARTY ON NEW YEARS EVE

Almost 10 years ago, a group of people at the Christmas Stroll were lamenting their woes over their Chicken & noodles. One of the main laments was that there was no place to celebrate New Years Eve with the family. Volunteers decided something could be done about that woe, and the Community New Years Eve Party was born. The Methodist Church has again volunteered to host this fun gathering, so make your plans for Dec. 31, 2014 at the Methodist Annex. This is a family-friendly old fashioned evening of games, cards, puzzles and a lot of sharing. All ages are welcome. Bring your favorite game & a snack to share. Coffee & punch furnished. Doors open at 7. Come when you can, leave when you must. For more information call Vicki at 285-0821.

CHRISTMAS PARTY AT MADISON SCHOOLHOUSE

The Madison Valley Women's Club is hosting an Old Fashioned Christmas in the Country Party and Potluck at the Upper Madison Schoolhouse (11900 Buffalo Jump Road Three Forks) on Sunday, December 7th at 4:00 pm. Santa's loaded lots of toys and goodies on his sleigh and will stop in to visit the children. (Parents are asked to bring a wrapped gift with their child's name on it for Santa to give. Please keep gifts under $5.)

The event will also feature an auction of wonderful homemade pies. All proceeds will go the maintenance of the schoolhouse. For more information contact Tracy Kamerman: 285-3584

CANDLELIGHT TOURS AT CAVERNS

Lewis and Clark Cavern Candlelight Tour tickets go on sale December 1 at 8:30 a.m. by calling 406-287-3541 during business hours, 8:30 a.m. to 4:30 p.m. daily. Tour size is limited and tickets are not refundable. Tickets are $20 .00 for adults (12 and Up), $8.00 for children (6 to 11). Children 5 and under are discouraged from attempting the tour. Candle lanterns will be provided. Tour is two miles and two hours. 1¼ miles of this is outside and may require walking to and from the cave through snowy conditions. Dress for walking in snow, wind and cold temperatures.

Coffee, hot chocolate, and cookies will be available at the visitor center. For safety reasons, the first (upper) half of the Caverns will be shown with the lights on. The lower half of the cave will be by candlelight. Parents need to use their own judgement if children will be comfortable in the darkness of the cave and in the outside cold temperatures. Young children will not be given a candle lantern. Tour dates are December 13, 20, 21, 22, 27 & 28. Eight tours are led each day between 10 a.m. and 2:45 p.m.

CHURCH OF CHRIST HOSTS CAROL SING-A-LONG

The Three Forks Church of Christ will be holding a Christmas Carol Sing-A-Long on Saturday, December 13th. There will be three guitar players there to accompany singers. Everyone is welcome and it will last about an hour.

THREE FORKS SCHOOL PUTTING TOGETHER STRATEGIC PLAN

The registration for the Three Forks School Adult Education Program is now open. The deadline for registration is December 17th. After that date, determination will be made whether or not to hold any particular class. This will be based on the number of students that register for each class. Registration forms may be obtained at the high school office, elementary school office, city hall, Main Street Office, the Senior Center or online at tfschools.com. Complete class listings and descriptions will be provided at those locations.

Eight week classes beginning January 12th include: Archery, Beginning Level Fitness, Beyond the Bread Maker, Bridge, Bus Driver Training, Montana History, Proper Nutrition for Safe Weight Loss, Running, Sign Language, Watercolors, Weight Training and Yoga.

Workshops (less than 8 weeks and dates will vary): Card Making/Paper crafting, Computer, Microsoft Excel, Computer, Photoshop, Fly Tying, Genealogy, Hand Building Decorative Pottery, Hand Building Functional Pottery, Head, Neck & Shoulder Massage, Massage for Self Care, Smartphone Use, Understanding Montana School Finance - A look at the Three Forks School District.

LIGHTING CEREMONY DEC. 1 AT DELAITTRE MEMORIAL PARK

Four years have passed since Highway Patrolman David DeLaittre was shot and killed just outside of Three Forks. As with the past two years, a ceremony will take place on the date and time of his death, 4:20 p.m. on December 1st.

The ceremony will take place at DeLaittre Memorial park and will include lighting of the patrol cruiser as well as a Christmas tree. Refreshments will follow the short ceremony.

Photo courtesy Sierra Fein

Exchange Program Brings High School Students to Montana

by Christina Kamps

Sixteen year-old Nelson Huang smiles widely as he walks the halls at Three Forks High School. He's happy to be here. He's one of three students enrolled at TFHS this school year who have left their home countries to experience life in an American school through International Cultural Exchange Services (ICES). Local coordinator for ICES Sierra Fein is currently in her third season working to place foreign exchange students with host families in the area. Statewide, ICES has fifty students studying in Montana high schools and out of those, half are in the Butte to Livingston area.

Aside from finding host families for exchange students, Fein's role as local coordinator extends to reaching out the community to increase awareness of other cultures as well as providing support to students and host families as needed. She also coordinates with school officials who must approve the ICES program before students can be placed.

For Finnish student Hanna Lampinen, the adjustment hasn't been as dramatic as one might think. Her English is very good and some of her fellow students were surprised to learn that she was a foreign exchange student. Hanna ran cross country this season and just started basketball--opportunities that she says aren't available in Finland through the schools.

South Korean student Junewoo Jung (June) also took advantage of the school sporting opportunities when he went out for football this season. Additionally, he's interested in track and likes what he calls "short running" such as relays or the 400 meter.

June is staying with the Amicucci family. His host-mom, Gail Amicucci comments, "He's a nice, pleasant kid. He's fun and he puts up with my cooking!" Gail and her husband Phillip say that they try to hold June to the same level as their son Ian as far a household rules and responsibilities go.

For June, the adjustment to life in Three Forks has been a bit more dramatic than it was for Hanna. "In Korea, there's lots of buildings. In the U.S., only maybe two floors," he says. Back home, his family lives in an apartment within a high-rise building. He's well aware, however, that life in Three Forks isn't representative of all of America. His trip here took him from Seoul to San Franciso. He then spent three

Photo: Exchange Students with International Cultural Exchange Services (ICES) who are enrolled in schools in Butte, Bozeman, Three Forks, Livingston and Belgrade got together this fall at Hyalite Reservoir.

Photo courtesy Sierra Fein

Nelson, Hanna and June hiked to waterfalls in the Hyalite Canyon this fall. All three are exchange students at Three Forks High School.

days in Los Angeles before completing the journey to Montana.

One major difference he's noticed here is the abundance of dogs. "Every house has at least one," he notes. The Amicucci's have three.

While here, June has discovered that he likes "eating food outside," having attended a Montana State Football tailgate this season. He's looking forward to visiting St. Louis with the Amicucci's and will attend a St. Louis Rams football game as well as a St. Louis Blues hockey game. Overall, June says that things here are kind of what he expected and they are going well.

As far as expectations go, Hanna says she tried not to have any. "I was told if I didn't have expectations, I wouldn't be disappointed," she says. Hanna stays with the Collins family and rides the bus to school from Clarkston with her two host-sisters, Molly and Jolene. In addition to playing sports here, Hanna enjoys her classes, but her favorite is yearbook.

Hanna is the second exchange student to stay with the Collins'. Last year they hosted a girl from Germany. Like Hanna, Chrissy made an easy transition to life here and fit in well with the family.

Host-mom, Rae Collins attributes the easy transition in part to their lifestyle. "We live pretty European. The way we live is a little little less main-stream," she comments.

Interestingly, Hanna's school in Finland is similar in size to Three Forks. Also her parents are both veterinarians and Rae just happens to works at Montana Veterinary Hospital, so there are a lot of common interests between the two families.

Rae says that having an exchange student has even helped with sibling rivalry between Jolene and Molly. "It's been really nice for the girls to have someone else in the house that's more neutral. They aren't super compatible most of the time. Having Hanna and Chrissy is like having a third sister on board--it eases things," says Collins. Hosting an exchange student has also helped broaden the family's world views. "In a lot of ways our countries are different, but in a lot of ways, people are people," she says. "There is so much in common."

The family will try to incorporate some Finnish traditions with the upcoming holidays. "I'll probably

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Nelson, Hanna and June hiked to waterfalls in the Hyalite Canyon this fall. All three are exchange students at Three Forks High School.

bake some Finnish food," says Hanna. She also plans to wear blue and white on December 6th as a way of celebrating Finland's Independence Day.

Growing up, Sierra Fein's family hosted multiple exchange students and she found the experience to be extremely beneficial. In fact, Fein herself became an exchange student while in college, studying abroad in Ecuador. It was through these experiences that she came to work for ICES.

Typically, volunteer host families complete an application process before meeting with an ICES representative to select a student. Students are selected based on common interests, family dynamics and host family preferences (just to name a few). Background and reference checks are conducted as well as an in-home interview prior to placement.

Sometimes though, for whatever reason, things don't go according to plan, as is the case with Nelson. As of this issue's deadline, Fein is working to find a placement for Nelson within the Three Forks area but has had little success in finding a permanent host family.

Nelson has been staying with the Story family for the past several weeks, a placement that was only temporary as Neal and his wife Ruth prepare to renovate their kitchen. Last year the Storys hosted Josefine, a Norwegian exchange student, and Neal says the experience was a lot of fun. "It's interesting to learn about their countries and what they're like." Neal offers advice to those considering hosting, "Just have an open mind and a willingness to learn new things from the kids."

While hosting is voluntary, host families can claim a tax deduction for each month they host in the following tax year. ICES students have their own spending money, cover their own personal expenses, and have full health insurance. Volunteer host families are asked to provide the student with meals and room and board during his or her stay in America.

If a host family cannot be found for Nelson soon, he'll have to transfer to Bozeman. Nelson mentioned to Fein that he'd be okay with the move, but would prefer to stay here. "Three Forks is my second home," he notes. "Yeah, I'd say I'm definitely a Three Forker," he says as he makes the group around him laugh.

Nelson has a knack for getting people to smile. He has a very outgoing personality and seems to have clear life goals, hoping to return to the United States to continue his education at the completion of this term. When asked what his favorite class at TFHS was, he responded, "all the classes here. But most favorite—Mr. Lauver's classes; Introduction to Marketing and Desktop Publishing."

While Nelson is in the States for the purposes of study, he says it's much different than school in China. There he attended a boarding school and his coursework kept him busy. "Homework ten times what is here," he compares. "I really take a long holiday here."

The first snowfall of the season was also a new experience for Nelson. "It was my first time seeing snow," he said. "I love snow, but not cold!"

Throughout the year Fein has planned activities to bring the exchange students together for outings. This fall they hiked Hyalite, soaked at Norris Hot Springs and found their way through the Bozeman Straw Bale Maze. Fein is currently coordinating an overnight trip for exchange students to Big Sky in December where they will stay in a cabin and get to experience winter-time recreation.

For those looking to learn more about International Cultural Exchange Services or to become a host family, you can contact Sierra Fein at 406-570-2218 or visit their website: icesusa.org.

Sierra Fein (left) is a Regional Director for ICES and is the local coordinator for exchange students at Three Forks High School. She's hoping to find a permanent host family for Nelson (right) through the end of this school year.

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A Trend in Creating New from Old: The Art of Upcycling

by Trisha Jones

Type the word upcyle into the search bar on the social media site Pinterest, and pages of pictures and tutorials of upcycled items will come up. Furniture repurposed and looking shabby chic, sweaters cut and used as boot socks and coffee cup insulators, mason jars painted and used a vases. I even saw a pencil holder made from casette tapes!

What exactly is upcyling and how is it different than recycling? According to Oxford Dictionary the definition of Upcyling is to Reuse (discarded objects or material) in such a way as to create a product of a higher quality or value than the original. The end product is typically the better or the same quality as the original. While recycling is to convert waste into a reusable material. It requires the the material to be broken down so the base material can be remade into a new consumer product.

In recent years, the number of vendors at farmer's markets and festivals who specialize in upcycling seem to have increased and there are more retail stores carrying upcycled and repurposed items, but upcyling is not a new concept. During the depression of the 1930s, families became resourceful, reusing everything they could. Feed sacks were turned into dresses and old doors became a new dining room table.

Today, being thrifty is still a big reason for the push in upcyling. It's also a form of art that can be aesthetically pleasing and can rival similar items found in many stores for more money. One of the biggest reasons the trend in upcycling has increased is because of the positive impact it has on the environment. Items that would normally sit for years in a landfill adorn people's homes and become conversation pieces.

Many people have been able to make businesses out of upcycling. In fact there are several here in Three Forks:

Simply Rustic

About fifteen years ago, Jake Schall needed to furnish his house, "I was too poor to buy furniture and there were extra pallets at work. I knew I could build with those," he said. What he created from the pallets ended up looking nice and were relatively easy for him to build. His business, Simply Rustic, was born. Today, Schall works out of his garage in the evenings and on weekends. In addition to pallets, he uses old fence posts and any scrap wood he can find. He works in construction so the scrap wood is plentiful and people often call him to let him know they are tearing down an old fence or have old wood lying around.

Jake prefers to use scrap wood. "It gives it a rustic feel. It's difficult to work with because it's so imperfect and I like to see what it looks like when I'm done," he explains. Almost every piece of furniture in his house is something he has created; from the dining room table to the bunk beds for his girls, end tables,

Jewelry hangers created by Jake Schall and Simply Rustic.

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Matt Hussung's Sundog Ski Chairs use old skis in fun new ways.

coffee tables and bookshelves. He never writes out plans, just gets an idea and builds it. In addition to furniture, Schall makes picture frames and he just recently finished creating earring hangers which feature a wood frame inset with a wire front to hang the earrings on and backed with a colorful fabric.

Schall saw a decrease in the demand for his products during the down economic times, but as the economy has rebounded he feels the market for his furniture has come back stronger than ever. "I'm surprised how busy I am without doing any marketing," he says. Schall displays and sells a lot of his pieces at his sister's hair salon in Four Corners, Sisters' Salon. He receives a lot of his work just by word of mouth. He does have a website in the works and hopes to become even more busy--busy enough for his hobby to become his full time business some day!

Sundog Ski Chairs

Matt Hussung also builds furniture-chairs in fact-but out of a very different material. He builds chairs out of old, discarded skis. Having grown up an avid skier in Minnesota and now living in Montana, he had a pile of old skis himself. Two years ago, while in Big Sky, Hussung saw a chair made of skis. "I went home and looked up plans and counted up how many skis I had," he says. Today through his business, Sundog Ski Chairs, he has built over forty five chairs for people. It's not uncommon for people to hold onto their skis, even after they have outgrown them or have bought new. "Ski's have stories," he explains. "People keep the skis their kids learned on, they have stories and memories attached to each pair they have used."

Hussung gives people a way to display their skis and stories instead of having them sit in storage. Some customers want specific skis on their chair, while others let him pick and choose from the pile he has himself. Matt's stash of ski's comes from friends who know of his hobby. His sister also works at a thrift store, so he has an in on used skis. "One time I stopped a guy at the landfill," Matt says. "I embarrassed the hell out of my daughter!"

Hussung has a couple of his chairs sitting outside of Bridger Feeds and receives a lot of calls from people who have seen them. He relies mainly on word of mouth for his business. "I really enjoy building something for someone that they really want," he says. But don't look for Hussung to quit his day job anytime soon. He enjoys the amount of work Sundog Ski Chairs brings him, but he's not ready to make it a big operation. "Each chair is custom made, no chair is alike. I like being local and small and I don't want to ever start mass producing," he explains.

Shifted Mittens "Revisited"

Yvonne Jewett is an artist. She has been an oil painter for over thirty years. Four years ago, Yvonne ventured into a new "medium", with her Shifted Mittens "Revisited" business.

She liked the mittens a friend had made and that friend shared the pattern with Jewett, "I needed something to do," she says.

Jewett takes gently used acrylic sweaters and creates beautiful mittens with them. "To repurpose items into something functional and beautiful is why I make these very warm mittens," Jewett explains. She begins by perusing the thrift stores of Three Forks, Belgrade and Bozeman for sweaters. She notes that she's very particular about the sweaters she selects. "They need to be a certain weight and have a lot of wear left in them. I like a lot of color." Once purchased she launders them, cuts off any buttons or zippers and then, "I get busy, creating with colors and patterns and designing each pair of mittens into something unique." Yvonne explains. She embellishes them with buttons, parts of necklaces or belts or whatever else catches her eye.

Last year Jewett made ninety three pairs of mittens and plans to continue to make them as long as people buy them. You can see her at this year's Christmas Stroll, she will be selling her mittens at 13 Main Street!

These local artists have found ways to create new things from old items and the results are beautiful and unique. If you would like to view more of their items or purchase something from them you can contact them here:

Simply Rustic, Jake Schall, simplyrusticmt@gmail.com; *Sundog Ski Chairs*, Matt Hussung, sundogskichairs@gmail.com; *Shifted Mittens "Revisited"*, Yvonne Jewett, 406-285-6605.

Yvonne Jewett's Upcylced mittens are crafted using sweaters.

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Let the Spirit of the Season Keep You in Good Cheer

By Dorothy Meyer

Last week I finished moving into a new house - a sweet little cottage within walking distance of everywhere. Last week also happened to be when that cold snap hit us hard, which made moving all the more difficult. Since the weather seemed to switch rather quickly, instead of folks finding the scenery to be a "Winter Wonderland" they were cursing it and complaining. Even I, who can be such a Pollyanna about weather changes, found myself not finding the beauty in my surroundings. (Of course, moving in snow and ice and cold can put a damper on even the happiest of people. I have cut myself a break on this one). To get over that chilly bump in my road I had to try to make the best of it. I looked out at the whiteness (my windows were frosted over) and decided to embrace the difficulty. I went outside in the bitter cold and laid myself down and gave it all up to Mother Nature and Old Man Winter in an attempt at a truce. When life has gotten in my way in the past, I have had to make a mean lemonade. But this time? This time I made a snow angel. Under the watchful eyes of my new neighbors and several bundled up children who happened to see me make a spectacle of myself as they braved the cold to get to school, I plopped down and waved my limbs like I've never waved them before. Luckily, kids find me quite amusing and their laughter, coupled with the hesitant, yet welcoming waves of my neighbors' hands, I gained a new perspective on my circumstances. It was a Winter Wonderland outside and my new neighborhood of smiling faces made another moving day seem all the more special. At times, we all need some way to get us out of a funk and into feeling better. I thought of some ideas that might be helpful to jump start the spirit of the season ahead. Just consider me to be one of Santa's little helpers.

Put on some Christmas music to get you in the mood. Elvis singing, "Blue Christmas" makes me sway and listening to Paul Simon's rhythmic beat in "Getting Ready for Christmas Day" always hits me in all the right places. Find your favorites and find your mood lifted.

While dancing around your house to Christmas carols, simmer some seasonal potpourri on the stove. Add orange rinds, whole cloves, cinnamon sticks, vanilla bean, ginger and nutmeg to some water in a small saucepan and keep it on low heat. Pretty soon, the scents of the season will fill your air and home and heart with warmth. Scent can be a powerful emotional trigger so keep the pan handy. If you don't have all the ingredients it doesn't matter, just sprinkle a hefty tablespoon of pumpkin pie spice into a water and orange juice mix and you'll get the same result - warm, fuzzy feelings.

Buy candy canes and use them as stir sticks for your coffee. Peppermint is a mood lifter and coffee will get you going - what a combo! If you don't like peppermint, the grocery store usually starts stocking eggnog around this time and I will add a little to my coffee instead of my regular creamer. If they have pumpkin flavored eggnog all the better!

Give back. Find a cause. Find a reason to feel good by giving your time and resources to the greater good. Contact the Lion's Club, United Way, Kiwanis, the Food Bank or a host of other organizations out there that need help to help those in need. If you aren't ready to join up, ask one of the Ministers in town how you can be of aid. There is no shortage of folks who could use a helping hand so offer yours up. The return is more than you could ever imagine.

Send out those Christmas cards and make those calls. I realize that we are all busy and with the current technology it is easier to email, text or even put a generic post out on Facebook; but nothing is as personal as a handwritten card or a familiar voice. We need those connections and even if it takes up a little more time and energy, it is well worth the effort.

Enter an Ugly Sweater Contest or wear one for the day. Go to Goodwill or the local thrift store or your Aunt's closet and find a frumpy sweater. Staple gaudy garland around the collar, hot glue candy canes, small ornaments and pipe cleaner pine trees all over it and wear a Santa hat or reindeer headband and get out and be seen, if only at work or the store. You'll be the cause of many smiles and one of those will be your own.

Take a stroll through the displays in the stores about town and shop for a few ornaments or decor items for your home. While there is the need for tradition,

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you don't have continue using the same-old, same-old year after year. By adding new decorations, even if only one nutcracker or a handful of glass icicles to your tree, you will feel a renewal in spirit, as well.

Watch the old Christmas programs on TV. Laugh at the antics of the elf who wants to be a dentist, melt when Burl Ives sings his Frosty tune, boo when Burgermeister Meisterburger comes on the screen or let yourself get a little teary-eyed over that Charlie Brown tree. Let those feelings of nostalgia take over and get a little sentimental. Make those calls to long-lost loved ones afterwards.

My morning spent finishing up this article has been a little rough with life events trying to invade what I have been trying to convey. Good thing I have some Mandarin oranges and eggnog sitting on the shelf in the fridge. Since my evidence of a good time in the snow disappeared with the arrival of a Chinook, I need a quick pick-me-up. I think I'll listen to Elvis while I sip on my eggnog spiked coffee. I hope that all of you look for ways to let the spirit of the season into your hearts and that you also find ways to give or let others give to you. Add a little peace on earth and give goodwill to men. Be one of Santa's little helpers.

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 Manager of the Historic Grand Union Hotel. She holds a special place in her heart for Southwest Montana and is glad to maintain a connection here through her writing.

Meeting Medication Challenges as You Age

Sponsored by Railway Drug

According to the Robert Wood Johnson Foundation, 75 percent of people older than 65 have more than one chronic health problem. So, at this stage of life, it's common to take many different drugs.

The problem is it can be hard to keep track of more than one drug. And how your body responds to medicines can also change as you age. Challenges like these may explain why one-third of hospitalizations among older patients are due to drug-related problems.

Communicating well with your doctor and your pharmacist can help you stay safe and ensure your drugs work the right way. Each person's situation is unique, so get the personal attention you deserve. Ask your pharmacist any questions you may have.

In the meantime, here are some ways to manage common challenges you may face:

1. Multiple Medications. It helps to use one pharmacy for all your prescriptions and refills. That way, they can check for potential interactions between your medications. They can also suggest supplements that would be safe for you to take along with those drugs.

Bring a list of all your prescription and over-the-counter medications and vitamins and supplements to your pharmacist so you can discuss ways to synchronize or simplify your medication schedule. Ask about their refill reminder program—you never need to miss a dose!

If you notice any side effects, tell your doctor and pharmacist right away. This can be a reaction to a drug or a combination of drugs. It may also be due to an interaction with alcohol or certain foods.

2. Forgetfulness. You may find it helpful to write down your medication schedule. Note the day and time to take each drug, and what it's for. Include special instructions such as whether to take the drug with food and where to store it.

Special pill boxes may also help. Also, set a daily routine and tie it to another well-ingrained habit. For example, if you need to take a medication at night, keep those pills near your toothbrush.

3. Cost. On fixed Incomes. Many older adults are concerned about the high cost of medications. First of all, know that skipping doses or not filling your prescription is not a safe solution. You need to take the drug exactly as directed. Talk to your pharmacist about ways to reduce costs. For example, a generic version of your drug may be available. Or you may be eligible for a prescription assistance program. Also, ask your insurance company if you can get a senior citizen discount.

Before filling a prescription, your doctor may have free samples available. This isn't a long-term solution. But you can try a drug for free while seeing if it works with a minimum of side effects.

4. Swallowing or dexterity problems. Do you have trouble swallowing pills or opening pill bottles? There are solutions to this. For example, easy-to-open containers are okay if there are no children in your home. And, you may be able to take a liquid medicine instead of pills. Check with your pharmacist first before chewing or crushing tablets.

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.

Three Forks Video

NEW RELEASES FOR THE MONTH OF DECEMBER

December 2
- Dawn of the Planet of Apes
- Hundred Foot Journey
- As Above So Below
- Justified: Season 5
- The Strain: Season 1

December 9
- Guardians of the Galaxy
- Dolphin Tale 2
- When the Game Stands Tall
- Under the Dome: Season 2

December 16
- Teenage Mutant Ninja Turtles
- Maze Runner
- This is Where I Leave You
- Stonehearst Asylum
- Americans: Season 2
- Extant: Season 1

December 23
- After Dark Originals Sanitorium
- Dominion: Season 1
- Intruders: Season 1

December 30
- Equalizer
- Stephen King's: A Good Marriage

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Holiday Wish List

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- apple sauce
- cranberry sauce
- sweet potatoes/yams
- canned fruit
- jello
- french-fried onions
- cream of mushroom soup
- pie crust
- evaporated milk
- canned green beans
- roasting pans
- pumpkin pie filling & spices

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Business Spotlight: Little Wolves Preschool

by Trisha Jones

When Teri Whitesitt decided to stay home with her third child, she thought providing daycare to a few other children would be a good way to help offset the loss of her income. But she quickly realized that "daycare" was not for her. "I wanted to use my skills and passion for teaching," she explains.

Whitesitt graduated from Montana State University in 1993 with a degree in Elementary Education. She and her husband, Dave then moved to Oregon where she taught Kindergarten and First Grade for ten years. After moving back to Three Forks in 2005, Whitesitt taught Pre-Kindergarten through Third Grade at Willow Creek School. Wanting to be home and more available for her children, she created not just a daycare, but a preschool as well.

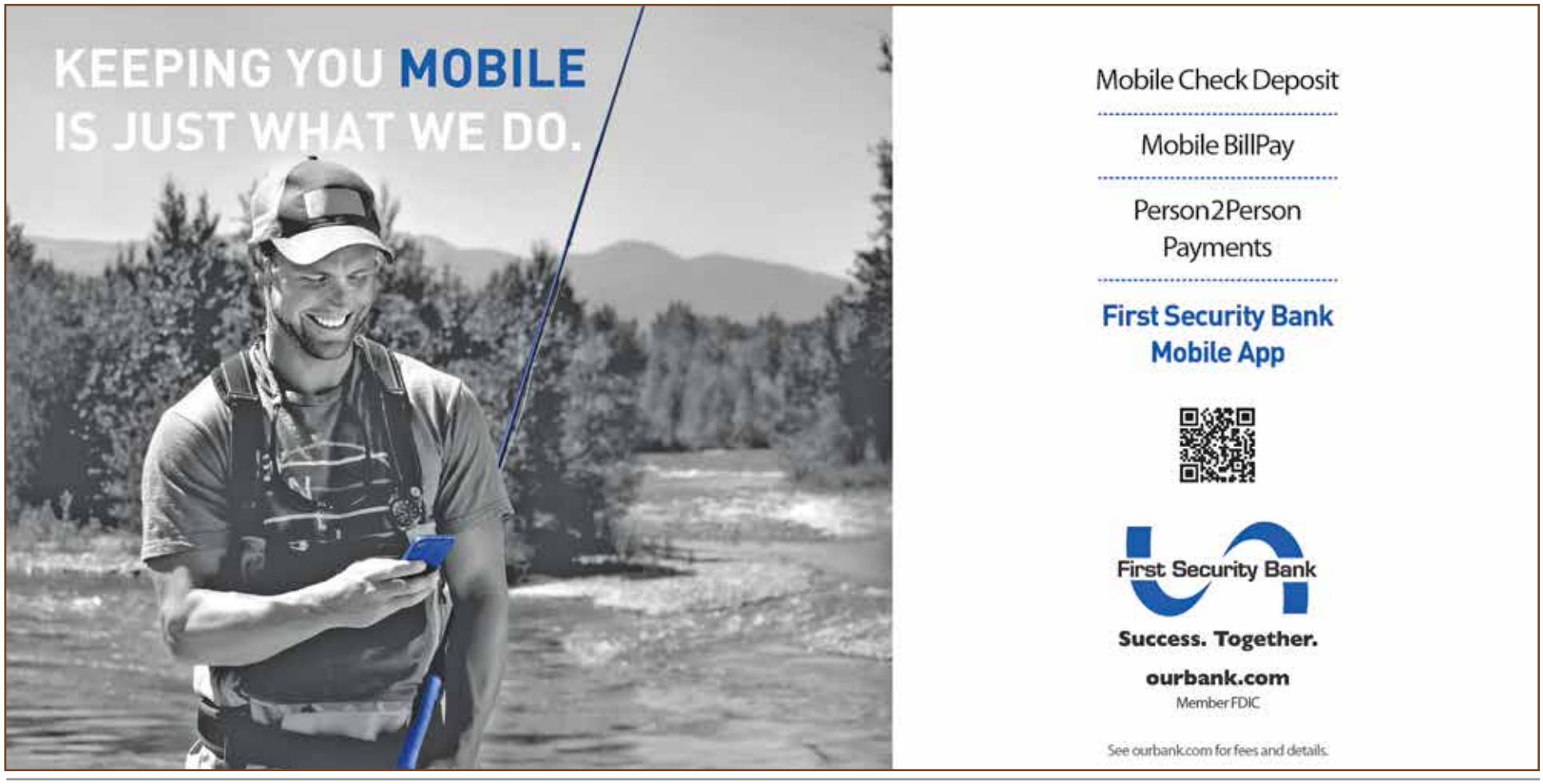
Taking the rental unit of her home and turning it into Little Wolves Preschool, Teri is serving a niche for small home-care for children while providing an education to them as well. Regardless of their age, all of the children are involved in learning in one way or another during each day. "I have a vision that every child is getting an education during their time at Little Wolves," she explains.

Trisha Jones

Teri Whitesitt, owner of Little Wolves Preschool, reads to kids during circle time.

Regulated by the state, Little Wolves can only have twelve children at the facility at one time, with a teacher/student ratio of six to one. While Whitesitt is the head teacher, she has one full time employee, Quinn Pruett, whose focus is the younger children. Pruett also fills in for Teri when need be. Pruett has worked in several daycares and homeschooled her children for several years. "I have a great relationship with Quinn," says Teri "I really like how we work together." Part time employees Theresa Roadarmel and Amber Veltkamp are also a great fit into the Little Wolves program.

Each morning all of children gather together for circle time. During this time they read books, dance, sing and work on their sign language for simple words. Whitesitt purchased a pre-school curriculum this year called Starfall Early Learning. This is a research-based integrated curriculum which is aligned



with the common core the kids will see when they get to elementary school. It integrates math, science, health, creative arts, physical movement, early literacy, and social and emotional development through guided instruction and imaginative play.

Each week students focus on a letter and specific concept and Teri shares with parents what the kids will be learning each week. An example week is:

Concept: The Four Seasons

This week we will demonstrate why we have day, night, and the four seasons on Earth, and why we can't see the sun at night. We will encourage the children to consider the different seasons on our planet, and the changes in weather they bring. The children will also:

*Learn /r/ and identify initial and final /r/ words
*Discover some of the sun's effects on Earth
*Realize that day and night and the four seasons are patterns
*Identify and discriminate rhyming words
*Create compound words
*Clap and count words in sentences
*Blend syllables to form words

Vocabulary: globe, Earth, nocturnal, lullaby, orbit, rotation, seasons, winter, spring, summer, fall, cracked, reflections, starved, autumn, hibernation

After circle time each morning, the children are split into two groups. The older kids work in centers continuing to apply what they have learned. The younger children head to a different room where they read, play legos and blocks and work on fine motor skills.

A weekly highlight for the kids is show and tell. Students are encouraged to bring something that begins with the letter of the week to share on Monday and Tuesday. For many of the student's, it's a family affair helping the young ones decide what to bring. After lunch, the kids stand up and tell their peers what they brought, where they got it and what they do with it. It's a great way to get kids comfortable speaking in front of others.

Photo courtesy Little Wolves Preschool

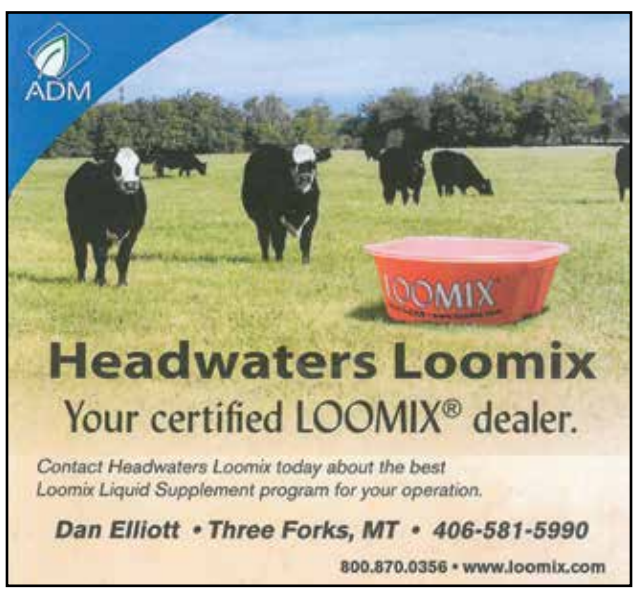
Members of the Three Forks Volunteer Fire Department came by Little Wolves Preschool recently during a week where kids learned about community helpers.

Another important component of Little Wolves is that it is faith-based. They read from the Bible daily and pray before lunch. "The kids circle up and hold hands before lunch to pray," Teri says proudly. "We don't even ask them to do so, they just do."

This is Little Wolves' third year in operation and Whitesitt has a few goals for her preschool. She is currently taking on the task of getting accredited by the State. There are many standards that the daycare and preschool must meet. "There are a lot of things we need to accomplish, but the goal is to get accredited," says Whitesitt.

Little Wolves keeps learning exciting. One way was by inviting local firemen to stop by with a fire engine when they were learning about community helpers. But, she would love to take the children on more field trips such as the Museum of the Rockies and Rocky Creek Farm and even just to the library, so Whitesitt says they are looking to purchase a bus.

Watching the kids listen to Whitesitt read then seeing them all dance together to "get the wiggles out", it's apparent how much she enjoys teaching and how much the children enjoy learning.



Dumpster Drama

by Art Kehler

Recently, I spent time reminiscing about the many, storied misadventures involving Harrison and Pony residents. While pondering past times, it soon became apparent that many of those hallowed events had occurred at an underappreciated location: the local dumpster.

As a case in point, one day a few winters ago, I watched as a pickup truck, pulling a garbage trailer with high plywood walls, backed up the dumpster's snow-covered ramp. The driver came to a stop with the trailer just inches from the waste container's edge and the truck positioned on the slope. Soon, trash bags and other unsavory items virtually flew from the back of the trailer.

Suddenly, a shout of alarm rang out! The old boy's zeal for his work had shook the trailer so vigorously as to cause the truck tires to lose grip with the ramp's icy surface. Consequently, the pickup and trailer, with its hapless occupant still onboard, were streaking downward toward some bushes at the bottom of the ramp.

In shocked amusement, I witnessed a splendid athletic feat unfold before my very eyes. With feet spread wide, knees bent deeply and upper extremities flailing frantically, the valiant rubbish slinger desperately tried to maintain balance. He did a swell job too; right up until the truck hit those bushes--whereupon, the victim suffered a very nonathletic face-plant against the trailer's front wall.

As foul words coursed the air, I struggled mightily to stifle unfitting snickers and chortles. Of course, upon recovering my composure, I fairly dashed to offer aid. Fortunately, other than a barked nose, the disheveled victim was fine. Finally, it occurred to the old boy that it might be advantageous to put chains on the truck tires. After so doing, the remaining garbage was gingerly expelled without further theatrics.

Another dumpster drama occurred during the summer months. It seems that, while throwing trash from his pickup's tailgate, a friend of mine lost his balance and fell, head-first, into the container. Luckily, said waste depository was partially full at time, and he landed on semi-soft garbage bags. Nevertheless, there was some bitterness regarding the stale french-fry that, on impact, lodged in one of his nostrils. Though unintentional, there's no denying that my amigo's performance elevated dumpster diving to a purer form.

To that point in time, the only positive aspect concerning said incident was that no one had witnessed the embarrassing exhibition. Hoping to avoid further humiliation, my pal hurriedly stacked garbage bags against a corner of the dumpster. After climbing the stack, he managed to grasp the metal container's top edge and began to pull himself up. Naturally, as is the way of life, before the poor wretch could extract himself; two vehicles arrived on the scene. Word of his mortifying misfortune spread like a sonic boom.

Finally, I recently observed two teenage girls flinging garbage bags into the local dumpster. They used a spinning motion like that of a discus-thrower. The young ladies' exaggerated ballerina-like trash bag release was a thing of beauty. Not only that, their aim was unerring. Soon, it struck me that what I was seeing was the next generation of dumpster drama contestants, honing their skills. Smiling inwardly, I drove home, knowing the torch had been passed.

©Art Kehler

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

Trooper David DeLaittre Memorial Park

Remembering Our Fallen

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December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TF: Three Forks Schools WC: Willow Creek Schools SC: Senior Citizens Center TFYTF: Three Forks Youth Recreation Task Force	JH B BB @ Belgrade B: Pancakes/Sausage L: Soft Shell Taco Lighting Ceremony @ DeLaittre Memorial Park 4:20 p.m. **1**	TF FIre Dept Business Mtg B: Biscuit Sausage/Egg L: Hamburger SC: Baked Chicken **2**	B: French Toast/Bacon L: Chicken Strip SC: Tater Tot Casserole **3**	JH B BB Three Forks Tourney B: Breakfast Pizza L: Pork Chop Patty SC: Beef Roast **4**	JH B BB home vs. Belgrade B: Bagels L: Super Ole's **5**	**6**
Daylight Savings Time Ends **7**	Kiwanis Meeting at Sacajawea Hotel 7pm JH B BB @ Belgrade B: Pancake/Sausage L: Oriental Chicken SC: Stew **8**	City Council Meeting 7pm TF Fire Dept. Training JH B BB @ Whitehall B: Biscuits & Gravy L:Chili SC: Chicken Fried Steak **9**	B: French Toast/Bacon L: Hot Dog SC: Meat Loaf **10**	JH B BB home vs. Ennis B: Ham & Egg Croissant L: Chicken Alfredo SC: French Toast Breakfast **11**	Three Forks Imerys Tournament Early Dismissal 11:10 B: Muffins Girls BB Reedpoint Tourney **12**	Three Forks Imerys Tournament JH B BB @ Twin Bridges **13**
14	B: Pancakes/Sausage L: Pizza Pasta **15**	TF Fire Dept Training B: Sausage & Egg Biscuit L: Spaghetti & Meatballs SC: Bacon Mushroom Burgers **16**	SC Menu: Tacos B: French Toast/Bacon L: Corn Dog SC: Split Pea Soup **17**	BB @ Big Timber BB Home vs. WSS B: Breakfast Pizza L: Just Like KFC SC Christmas Dinner **18**	BB home vs. Whitehall HS BB @ Lone Peak B: Muffins L: Pizza **19**	**20**
21	Kiwanis Meeting at Sacajawea Hotel 7 p.m. Winter Break No School **22**	City Council Meeting 7pm TF Fire Dept Training Winter Break No School SC: Chili **23**	Winter Break No School **24**	Winter Break No School *Merry Christmas!* **25**	Winter Break No School **26**	**27**
28	Winter Break No School **29**	Winter Break No School SC: Pork Chops **30**	Winter Break No School SC: Goulash **31**			

Stageline Pizza

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Sidewalk Talk

Photos by Trisha Jones

The Holiday Season can be a stressful one for many. So we asked,

"WHAT DO YOU DO TO RELIEVE STRESS DURING THIS TIME OF YEAR?"

Amy Rowan
"I spend time in the Bible. It relieves my stress and makes me realize how much I have to be thankful for!"

Tara Forsberg
"Get outside and get some fresh air!"

Janie Strickland
"I focus on having fun with the grandchildren and eat lots of good food!"

Kristen Schillinger
"Start my Christmas shopping early (I'm finally learning to budget) so I can stay in with this guy and relax...and wine helps too!"

Doug Pickering
"Ignore all advertising and commercialism of the season."

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Three Forks Man's Selfie Published in National Geographic

Charles Hedeen's career as a crane operator has taken him all over the country and one thing that he always packs with him is a camera. Over the last eight or so years Hedeen has taken thousands of photos, working mostly in black and white. His work covers the gamut, from landscapes to wildlife and action to self-portraits.

While he has sold prints in the past, it's not something Hedeen pushes. "It's just an overblown hobby," he says about his photography.

Hedeen shares his work through social media, posting to Twitter and Google+. He also submits his work through Your Shot, National Geographic's photo community. It was through an assignment asking members for self portraits that photo editors at National Geographic discovered one of Hedeen's images and loved it.

When he got the call, Hedeen says he replied, "You've got to be kidding me. You want to put that picture in your magazine?"

Originally taken in 2012 for a Google+ Selfie Sunday Challenge, the image of Hedeen standing in a lineup of his work boots can be found in the November 2014 issue of National Geographic.

More of Hedeen's work can be found through online searches or at cnhedeen.com.

Charles N. Hedeen

This self-portrait image of Charles Hedeen recently appeared in National Geographic magazine.

While Hedeen's work includes landscapes and achitecture, his favorite subject is birds.

Charles N. Hedeen

Far right: Hedeen captured this solemn image during a memorial procession honoring slain Montana Highway Patrol Trooper David DeLaittre. DeLaittre was also from Three Forks and December 1 will mark the 4th anniversary of his death.

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