

# Crest Lines

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# Hillcrest Neighbors In Aspen Pointe

By Tony Garcia, Resident

## Meet Karin Utzinger

Karin entered the world in 1936 at Geneva, IL. When she was 6, she and her older brother moved with their parents to a ranch in Lewistown, MT. She graduated from high school in Glen Ellyn, IL, and went to the University of Colorado in Boulder, CO, majoring in journalism. She met her future husband, Bob, in her sophomore year while skiing in Aspen over semester break. Bob who was years older than Karin, went off to the Pacific for sea and shore duty.

Karin accepted his proposal to be married and he came home to Lewistown where they were married in June 1958. Bob got his Master's degree in Architecture at the University of Michigan while Karin worked to help with the finances. Bob then joined the faculty at the University of Michigan until Bob got a job offer at MSU in Bozeman. They moved to Bozeman in 1979 where Bob became Director of the School of Architecture and eventually Interim Dean of arts and architecture.

They have two girls and one boy and now 6 grandchildren. When Karin brought Bob home to meet her parents, her mother told her, "Your life with Bob will never be dull." Her prophecy turned out to be true. In the 64 years they were married they lived in 6 states and moved over

20 times. They visited more than 50 countries around the world. They fished in Mongolia, trekked in Nepal, hiked in New Zealand, Chile and Argentina where they also fished. They also fished in Alaska and backpacked in the Rockies and the Alps. They skied around the tips of 3 countries at the Arctic Circle, enjoyed "roots" trips to Europe, provided temporary homes for

students, enjoyed opera in Santa Fe, Milan and elsewhere, served on numerous visual and musical arts boards garnering some honors and awards and meeting wonderful people along the way. Sadly the journey through life together ended with Bob's passing May 15, 2022.

Karin continues to enjoy life at Aspen Pointe, meeting new residents and delighting in activities with her children and grandchildren. She has a loom and likes to weave. She also likes to cross country ski, hike with the

Bozeman Women's Activities Group's, fly fish and has served on the boards of Arts organizations such as the Bozeman Symphony, Intermountain Opera, and Sweet Pea Festival.

Judging by the life she has lived, residents of Aspen Pointe have endless topics to talk to Karin about. I hope you do it soon!



Karin and Rico



## Remembering The War of 1812 Part Two

by Tony Garcia, Resident

In December 1814, British forces were mobilized in New Orleans for what they hoped would be the campaign's finishing blow to the Americans. They knew American troops would be coming to New Orleans. What they didn't know was that it would be led by a guy called with unconventional tactics, namely Andrew Jackson.

Andrew Jackson was born March 15, 1767 near the border of North and South Carolina. The exact location is not known. Jackson himself claimed that he was from South Carolina. He was born in poverty to Irish immigrants and had very little formal military training. When the British invaded the Carolinas in 1780-81, his mother and two brothers were killed. This left Jackson with life long hostility for the British. In his late teens, Jackson read law books and was admitted to the North Carolina bar in 1787. He then moved west to what would become Tennessee to the town of Nashville, where he began working as a prosecuting attorney. He then opened up his own practice. Jackson met and married Rachel Robards, the daughter of a local colonel. He became wealthy and built a mansion called the Hermitage outside Nashville, then bought slaves to maintain the property.

In 1796 Jackson worked with a group to draft the Tennessee constitution and became the first man elected to the U.S. House of Representatives from Tennessee. He became a judge of Tennessee's Superior Court and was chosen to be the head of the state militia when the War of 1812 began. Unlike other generals, Jackson never had formal military training. He commanded U.S. forces in a five month campaign against the Creek Indians, who were allies of the British. That campaign ended in a decisive defeat over the Creek Indians. His soldiers called him "Old Hickory" because he was as tough as wood.

In December of 1814, the British had set up their defenses around New Orleans. If they could keep control of New Orleans they could

## It Happened in January

by Tony Garcia, Resident

Jan. 1, 1863 President Lincoln issues the Emancipation Proclamation.  
Jan. 2, 1777 George Washington's army fights the second Battle of Trenton, NJ.  
Jan. 3, 1870 Brooklyn Bridge construction began.  
Jan. 5, 1914 Henry Ford began a wage of \$5 per day at his automobile factories.  
Jan. 6, 1942 Pan Am's Pacific Clipper completes its first round-the-world trip.  
Jan. 7, 1927 Transatlantic telephone service began between New York and London.  
Jan. 8, 1815 General Andrew Jackson's army defeated the British at New Orleans.  
Jan. 9, 1776 Thomas Paine published his book *Common Sense* in Philadelphia.  
Jan. 12, 1906 The Dow Jones Industrial Average closed above 100 for the first time.  
Jan. 13, 1778 George Washington's troops built a hospital at Valley Forge.  
Jan. 14, 1784 The Treaty of Paris was ratified by Congress ending the Revolutionary War.  
Jan. 16, 1920 Prohibition began, outlawing the sale of liquor.  
Jan. 17, 1917 The U.S. buys the Virgin Islands from Denmark for \$25 million.  
Jan. 19, 1953 People watch on TV Lucille Ball give birth to a son on *I Love Lucy*.  
Jan. 20, 1892 the first official basketball game was played at the YMCA, Springfield MA.  
Jan. 21, 1954 USS Nautilus, first nuclear submarine was launched at Groton, CT.  
Jan. 22, 1797 Abigail Adams writes to John in Philadelphia with news from home.  
Jan. 24, 1848 James Marshall discovers gold at Sutter's Mill, CA, sparking a gold rush.  
Jan. 25, 1915 Alexander Graham Bell makes a call from New York to San Francisco.  
Jan. 26, 1784 Ben Franklin suggests a turkey as a better national symbol than the eagle.  
Jan. 27, 1973 The Paris peace talks officially end the Vietnam War.  
Jan. 28, 1986 Space Shuttle Challenger explodes 73 seconds after liftoff, Cape Canaveral.

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# Hillcrest Neighbors In Birchwood

By Sarah Snider, Activities Assistant

## Meet Betty Larson

Betty, which before you ask is **not** short for Elizabeth, was born in the small-town of Carpenter, South Dakota. The youngest child of four, and the only girl, Betty's mother was a homemaker. Her father was a salesperson for a large equipment company, think tractors and snowplows. Although her father always teased her that "she caused the Great Depression when she was born," as her birthday was in November of 1929, she will be the first to say she had the perfect childhood complete with piano lessons! Her family "made do" in the depression. Betty was much of a tomboy growing up, spending her time bowling, golfing, and shooting guns with her brothers.

Betty attended South Dakota State University in Brookings, SD where she received a degree in Nursing Education. She then spent 6 or 7 years working in the healthcare industry. In fact, it was there she met Wayne Larson, while he was in school and working in the hospital setting as an orderly. The two struck it off and eventually married in Clark, SD. They would spend 67 years happily married.

Wayne's own schooling and teaching jobs moved the young family (2 daughters and 1 son) from SD to Washington State, to Missouri and then finally Bozeman, where Wayne had a 25 year-long career as a professor of sociology at MSU. In addition, at MSU, Betty worked as the official assistant to the provost. Having spent a career working in college athletic departments across the country while Wayne was in school, Betty was familiar with the university atmosphere and will be quick to say it made for "a very interesting life."

Betty and Wayne enjoyed a beautiful retirement, wintering in Arizona and spending summers in Bozeman for many years. The time was spent golfing, travel (Nova Scotia and New Zealand to name a few!), hosting parties, playing bridge, and enjoying Betty's stellar baking and cooking. One of the highlights of Betty's life was designing the plans for the home she and Wayne had built for their summers in Bozeman during their "golden years." They lived in the home (not far from the Valley View golf course) for nearly 2 decades! It was in 2017 when the two decided they needed a bit more help and moved in to Aspen Pointe. Eventually, the pair moved to Birchwood.

Although Wayne has since passed, these days, Betty enjoys listening to NPR on the radio, music events, and visits from friends and family. If you have ever had the pleasure of one of Betty's visits, you can certainly consider yourself lucky! She truly cares about her fellow Birchwood neighbors and staff, and delights in learning about the lives of those around her.



## Spiritual Offerings

Sunday worship service is at 9:00am in the Birchwood Activity Room and 10:00am in the Aspen Pointe Commons.

Jan. 1 Chaplain Allen Jones

Jan. 8 Chaplains Allen Jones & Kristen Hamburg HRDC

Jan.15 Chaplains Allen Jones & Grant Barnett Christenson

Jan. 22 Chaplain Allen Jones

Jan. 29 Chaplain Allen Jones & Poetry Sunday

**Catholic Rosary & Communion** at 2:00pm  
Wednesdays in the AP Chapel.

**Lutheran Communion** at 3:00pm the 3rd  
Wednesday of each month in the AP Chapel.

**Methodist** at 2pm the 2nd Thursday in AP Chapel  
**Bible Circle** at 10:00 am on Thursdays in the  
Birchwood BW Act Rm.

**Spiritual Care** from 9-4, every Tuesday,  
Wednesday, and Thursday. For an appointment,  
call Chaplain Allen at 907-460-8109.

## A Kid Grows up Reminiscing by Bob Kelly

Electricity enabled the telephone. Next came the radio. Ours was a forty-inch-high Zenith console in high fashion cabinetry. A copper antennae wire was strung from the tops of two tall poles bordering the driveway. We got one station. The radio was high tech of the 1940s. But I needed another 'high tech' implement for full radio enjoyment. That was a twelve square inch grated opening in the living room ceiling over the heating stove which allowed heated air to pass into my second story bedroom. The air register was my version of today's ear pods. Lying on the floor with my ear pressed to the register, I listened to whatever evening programming the family radio was tuned to. The *Grand Old Opry* on Saturday night was a regular with toe-tapping music and comedienne Minnie Pearl reporting all the news from Grinder Switch. I remain a country music fan. I once lost a relationship because I played too much Willie Nelson (there may have been more to that). I have enjoyed Broadway Musicals, orchestra performances and the real opera but on my most remembered songs list remains the Chet Atkins country music classic somebody-done-somebody-wrong-song: *I Still Write Your Name In the Snow*.

Ours was the first and for a time the only radio in the neighborhood. In the fall, my mother and her very-reluctant-son picked chokecherries along Bear Canyon Road. She processed what seemed like about 4000 pounds of those wastes-of-nature to make a few gallons of chokecherry wine. When there would be a Joe Lewis heavyweight championship boxing match broadcast, the neighborhood men would gather. I would sneak in to listen. As the wine flowed, I improved my vocabulary of male expletives. That part of my education did not always serve well. Mother had ears.

### DAILY TO GO MEAL ORDERS

When you want to take your meal back to your home, please follow these instructions:

On the day of:

Come to the front desk before 10:30am and complete a form

Write your name and apartment number on the form

Circle your choices, include the pickup time (11:30am or 1:00pm) OR you can have it delivered (\$6.00)

After 11:00am, the order forms for the next day are out for your convenience. This means you have all evening and the following morning to order your next meal.

**Please do not tie up the front desk phone to order; only call the front desk to order if you are ill.**

### When residents should call 911

The front desk is always happy to help with your concerns, questions, and needs but if you have a medical emergency it is always best to call 911.

### Reminder for the New Year:

Provider Orders for Life-Sustaining Treatment (POLST), are to be placed on your refrigerator or the back of your door, Emergency Services will locate your POLST upon arrival. When not in your apartment, they will check records they are able to access and check your persons for an indication of wishes. Consider visiting with your health care provider to discuss your wishes and fill out the POLST form.

Sun	Mon	Tue	Wed
<b>1</b> 10:00am Worship Service in Commons 2:00pm Bingo in ARC	<b>2</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:30pm Creative Minds in ARC</b>	<b>3</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>4</b> 10:00am Chair Exercise in Commons 2:00pm Catholic Rosary/AP Chapel <b>4:00pm Name that tune v Steve Merritt</b>
<b>8</b> 10:00am Worship Service in Commons 2:00pm Bingo in ARC	<b>9</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:00pm Debi Naccarto Bird classes</b>	<b>10</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 2:00pm Technology Support in the Library 3:30pm NO Singing Souls 6:30pm Bridge in FSR	<b>11</b> 10:00am Chair Exercise in Commons <b>11:45am-12:30pm Bookn in AP commons)</b> 2:00pm Catholic Rosary/Communion in AP Chapel <b>2:00pm Book Club in A-V 3rd Floor Lounge</b> 3:00pm Community Smarties in Commons
<b>15</b> 10:00am Worship Service in Commons 2:00pm Bingo in ARC	<b>16</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:30pm Creative Minds in ARC</b> <b>7:00pm Cliff &amp; Edis in Commons</b>	<b>17</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>18</b> 10:00am Chair Exercise in Commons 2:00pm Catholic Rosary/Communion in AP Chapel <b>3:00pm Lutheran Commn in Chapel</b> <a href="#">7:00pm Wayne Hanson, Musician &amp; Folk Singer in commons</a>
<b>22</b> 10:00am Worship Service in Commons 2:00pm Bingo in ARC	<b>23</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:00pm Debi Naccarto Bird classes</b>	<b>24</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 2:00pm Technology Support in the Library 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>25</b> 10:00am Chair Exercise in Commons <b>11:45am-12:30pm Bookn in AP commons)</b> 2:00pm Catholic Rosary/Communion in AP Chapel
<b>29</b> 10:00am Worship Service in Commons 2:00pm Bingo in ARC	<b>30</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC	<b>31</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	



	Thu	Fri	Sat
n  Mass in  <u>with</u>	<b>5</b> 9:00am Yoga in LC  10:00-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Albertson's 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 2-4:00pm Pinochle in ARC Rm. 3-4:00pm Gentlemen's Beer:30 in FSR	<b>6</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 3:30 pm Ladies Wine Gathering in FSR	<b>7</b> 2:00pm Movie in Commons
cise in  <u>mobile</u>  el  <u>Wing</u>  art Se-	<b>12</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <b>10:00am Resident Council Mtg in ARC</b>  10:00-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Rosauers/Macys <b>2:00pm Methodist Group in AP Chapel</b> 2-4:00pm Pinochle in ARC Rm. 3-4:00pm Gentlemen's Beer:30 in FSR	<b>13</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 2:30pm Dr. Patricia will speak in Commons 3:30 pm Ladies Wine Gathering in FSR	<b>14</b> 2:00pm Movie in Commons
n  el  <u>union</u>  <u>n AP</u>	<b>19</b> 9:00am Yoga in LC 10:00-12pm Wii Bowling in Commons 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 1:30pm Shopping Bus to Rosauers/Macys 2-4:00pm Pinochle in ARC Rm. 3:00pm Wine & Cheese in Commons 3-4:00pm NO Gentlemen's Beer:30	<b>20</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <b><u>2:00pm Bob Flaherty presents "Aging &amp; the Brain" in Commons</u></b> 3:30 pm Ladies Wine Gathering in FSR	<b>21</b> 2:00pm Movie in Commons
n  <u>mobile</u>  el	<b>26</b> 9:00am Yoga in LC 10:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:00-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Rosauers/Macys 2-4:00pm Pinochle in ARC Rm.  3-4:00pm Gentlemen's Beer:30 in FSR	<b>27</b> 10:00am Chair Exercise in Commons  1:30pm Cribbage in FSR 3:30 pm Ladies Wine Gathering in FSR	<b>28</b> 2:00pm Movie in Commons



#### Abbreviations:

BW: Birchwood  
 AP: Aspen Pointe  
 FSR: Fireside Room  
 LC: Learning Center  
 ARC: Act/Rec/Crafts Center  
 BW Act: BW Activity Room  
 BW DR: BW Dining Room  
 BW NS 1 or 2: Nurses Station



Aspen Pointe

## January Activities:

### 01/04 Name that Tune Melodies by Stephen Merritt

Stroll down memory lane with Stephen as he plays your to your favorite Sinatra tunes.

### 01/05 New Shopping Location, Albertsons

Albertsons extends a 10% senior citizen discount on the first Thursday of the month. Please sign up at the front desk.

### 01/09 & 01/23 Debi Naccarto Bird Presentation

First presentation will be about "Chickadees"

### 01/10 & 01/24 Technology Support with Christy

Castronovo including help with various hearing aid settings on your phone.

### 01/11 Community Series

"So No One Faces Cancer Alone" presented by Bozeman's Cancer Support Community

### 01/13 Various Eye Conditions

Dr. Patricia Cosgrove has been practicing as an ophthalmologist for over 20 years. Her presentation will educate about the various eye conditions, how they effect us, and the various tips and tools that can help your eyesight.

### 01/18 Wayne Hanson

Musician & Folk singer at 7:00pm in Commons.

### 01/19 Wine & Cheese Party

Gather for this special social event on the 3rd Thursday of the month.

### 01/20 "Aging & the Brain"

"Why can't I remember that person's name?" "I forget why I came into this room?" "What was I going to do next?" These kinds of things happen to all of us. But are they a part of normal aging or do they indicate something worse?

**Every Monday, Wednesday & Friday: Chair Exercise** in the Commons:

**Every Tuesday: Timely Topics** in ARC

**Every Tuesday & Thursday: Yoga** in the Learning Center at 9:00am.

**Every Tuesday and Thursday Shopping Trips:** sign up at the front desk to catch a ride.

**Every Thursday** try WII bowling in the Commons; it's fun!

**Every Friday** is Ladies Wine Gathering in the FSR

## The Real Dirt—Part One by Bob Kelly, Resident

Pearl Robertson in 1911 writing about her Judith Basin Montana Homestead: "Alec plowed a small plot for a garden...I attempted planting it...amid hard dry chunks of sod...no loose soil...disillusionment sat heavy...I watered my furrows with tears."

In, "*A Memoir of Growing Up in Northeastern Montana*," Ruth McLaughlin, wrote of her youth on a farm south of the Missouri River near Culbertson. "The soil was rocky and thin, better suited for grazing—my grandfather had chosen the land near Mona not for its soil but for its sweeping views."

On 1900, Gabriel Berg filed for a homestead near Melville about 35 miles north of Big Timber in central Montana. Gabriel turned soil for a garden. His wife Bertha recalled that the potatoes were flat because the heavy soil did not allow potato the tubers to penetrate the earth.

From Montana, "The Last Best Place," John M. Bozeman in 1864, recognized the good soils in the Gallatin Valley and he influenced Daniel E. Rouse and William J. Beall to lay out a town. In a short time, some 20,000 bushels of wheat produced in the Gallatin Valley.

Why was the soil around Bozeman so fertile?

The Gallatin valley (which contains Metro-Bozeman) is roughly circular with about 540 square miles enclosed by tall, tall mountains. It is where the glaciers went to die at the end of the last ice age. As they melted and slid down the mountains the glaciers pushed tons of mix for top soil into the valley floor. The resulting Glacial Excreta combined with other forces of nature to result in what at one time referred to as the richest farm valley in the world. (OK all you geologists quit swearing at me. I know excreta is not the proper scientific term, but a guy has to have a little fun at the keyboard.)

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## Wise & Well: Myths About Old Age & Exercise

Happy New Year! Another trip around the sun completed! Often people take this time to set New Year's Resolutions focused around improving their health. Even though we don't need to wait until New Years hits to take action on those goals, this is the time when many new habits form. And I am a huge fan anytime someone puts forth a goal to improve their health, which is why I got into this career! But like you, I hear all the same information surrounding health and fitness. The problem is, there is so much contradictory information, and often being put out by unreliable sources. It is even hard for me to sift through all the nonsense to find the important and truthful information. One of those topics I want to clear up for us today is one all of our residents can relate to, old age and exercise. This article will explore some of the common myths regarding our population and starting an exercise program.

**Myth's:** "Exercise isn't safe for someone my age (seniors), I might fall and get hurt"; "I never exercised before, it's too late to start now!"

**Truth:** Exercise is for everybody. Our bodies were designed to be physically active. And when we think about health conditions like osteoporosis (bone loss) and sarcopenia (muscle loss), both of which start to have develop steadily after the age of 50, it makes it even more important for seniors to get physical activity regularly. Physical activity is a healthy stress placed upon the body helping it grow strong and healthy in order to combat the negative health effects that could be brought on by aging and being sedentary. Some tissues in the body (ex. thigh muscle, lunge tissue, heart tissue) even show signs of growth into old age as long as proper stress is placed upon it. Yes, that means you can better your strength and overall health in your senior years. If you live a sedentary lifestyle, without putting those proper stressors on the

body, the body will follow the path towards sarcopenia and osteoporosis. With physical activity, there is always a place to start! Finding the right exercises and setting them up safely can help you get stronger and reduce your risk of falling.

**Myth's:** "I don't have time"; "I'm too weak to do start exercising; I'm disabled, so I can't exercise"; "I do not have enough energy"; "I am in pain, so I can't start now."

**Truth:** We are all human, which means we have made excuses. When it comes to exercise, everyone seems to have one. Above are some of my favorites, such as "I don't have time." No matter what we have going on in our lives, everybody, not just residents of Hillcrest, but everybody can find a spare couple hours throughout their week for some exercise. Next, being too weak or too disabled is non-sense. Exercise and strength training does not need to be heavy weights. If you scale the exercises to what your physical ability can handle, there is always a place to start! Plenty of disabled people workout daily throughout the world as well as some people in this building right now! It is possible! In fact, exercise has been proven to improve physical ability despite various limitations. Some cases where pain is present in the beginning report strength improvements and reduction of pain in the individuals daily activities. More often than not, pain is strongly associated with muscle weakness. Therefore, the stronger we can get in certain areas, the less pain we may have.

**Myth's:** "Older adults should not exercise without supervision from a physician"; "Older adults should not follow the same physical activity or exercise guidelines as younger adults."

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## Meet Our Hillcrest Staff — Tana Chandler

by Edis Kittrell, Activities Assistant

We are happy to introduce you to our new Activities Coordinator, Tana Chandler. Tana will be taking over many of our former Program Supervisor's duties.

Tana had a "wonderful" and inspirational upbringing. She grew up in the Little Rocky Mountains in a place called Eagle Child, part of the Fort Belknap Indian Reservation. Her Native American culture is an important part of her life. She belongs to the Gros-Ventre tribe where she has been closely involved with the elders on the Reservation, including her own grandparents when they were alive. She also enjoys participating in pow-wows and Sun Dance ceremonies.

Tana was raised by a single mom who placed a strong importance on education and provided her with "everything I could ever need," says Tana. She attended school from Head Start to second grade in Harlem Elementary and then switched to St. Paul's Mission School in Hays, Montana, where her home was, from 3<sup>rd</sup> grade to 6<sup>th</sup> grade, returning to Harlem for junior high and high school. Harlem was off the Reservation and an 80 mile round trip every day, but important to her in order to receive a good education. She always achieved a 3.8 GPA and earned Honor Roll distinction. High school was a "fun and meaningful experience." Her graduating class consisted of 44 motivated and hardworking students, with 6 or 7 valedictorians. She found herself with like-minded "good kids" who almost all went on to college. She also lettered in cheerleading for four years and volleyball for three years. On top of all those achievements, she often volunteered at local senior citizen centers for special events by serving food and decorating.

College came next, with some time working as well. She had a significant break to give birth to her beloved daughter, JorLeigh who is now a seven-year-old. Once JorLeigh was born, Tana went back to school in earnest and graduated shortly from MSU in December of 2017 with a Bachelors in Community Health. She then worked for Hopa Mountain, a non-profit organization, for two years as the Story Makers Coordinator. Tana has always been an advocate of early literacy, reading to her daughter from the

time she was a newborn. At Hopa Mountain, she worked with other families to help them prioritize reading in children age 0 to 5. She also distributed children's books to low income areas around Montana. As she had seen in her own daughter, early reading helps cognitive development and basic vocabulary. JorLeigh was talking in full sentences by the time she was a one-year-old.

Tana is now working on a Masters in Community Health and hopes to graduate in 2023. She has been an inspiration to her family as the first of her four siblings to earn a college degree which inspired her older brother to go back to school and finish his bachelor's degree!

Tana is one busy and dedicated gal. Besides raising her daughter as a single mom, she has helped take care of her three-year-old niece, Jaislyn, since she was born. She also has a one-year-old female dog, Oreo, who is half blue heeler and half Australian Husky. She says she loves "spending time with my girls." Tana claims, "My daughter motivates me. I just want to make sure she's taken care of and has a wonderful childhood."

Tana also loves music and going to concerts, particularly R&B and Hip Hop. Although she admits she can be introverted at times, she can be outgoing when needed. She considers herself loyal to family and friends. She likes to "help people out in any way I can." We are fortunate to have such a diversified and dedicated woman on the Hillcrest team.



Tana and her 3 yr. old niece (Jaislyn) and 7 yr. old daughter (JorLeigh)

**The Real Dirt—Part One** —Continued from page 8

*Heard in my ear: “Hey keyboard person if you had ever taken a beginning writing course you’d have learned to start a historical discussion at the beginning which would be us: Metamorphic Rock. Without us the end of the story could not have occurred. So, we—not the glaciers—deserve to be first.”*

A few billion years ago when the Earth was in the violent throes of being born. There were earthquakes, volcanic activity and severe weather fluctuations. Over the eons, original rocks such as granite were broken into sand like elements and in time buried several miles below Earth’s surface. Those rock fragments, along with various minerals, were affected by heat from the super-hot magma core below then pressed together from the miles of pressure above. One of the results was a hard, smooth rock with a glassy appearance. A Metamorphic (changed) Rock shows the composition of various fused sediment layers. The different colored bands may be wide or narrow, short or long and wavy or straight. They may be black, gray, or a mild reddish shade. In Montana, we can see these Gneiss rocks (pronounced ‘nice’) in rock walls, scattered in fields, in streambeds and in decorative gravel.

So now early in our developing fertile valley scenario the nice Metamorphic Rock is down there waiting.

*Next heard: the Tectonic plate movement sounded a “how about us call?”*

Tectonic plates are gigantic pieces of the Earth's crust and uppermost mantle. Millions of years ago, violent Tectonic Plate action (one plate sliding beneath another) caused the Bridger Range and surrounding mountains to rise. Deep beneath the earth’s crust, the bottom plate pushed under causing the top plate and all the land mass above it to move up. The mountains were born. That raised land mass contained among lesser bits large amounts of Metamorphic rock, and, in some cases, slabs of limestone (Bridgers) or lava rock (Hyalites).

*Then the Volcanos said “Wait a minute you glaciers and rocks and Tectonic plates can’t get all the glory. We played a part also.”*

To the south of the Gallatin Valley the Hyalite Mountains formed, in part, from volcanic action with black lava flows (when magma escapes the earth’s super-hot core flowing up and out onto land or becoming airborne it is called lava). These eruptions were followed by severe tectonic plate uplifts. After the mountain uplift period the lava had formed into high mountains with sheer cliff faces which host waterfalls and provide the famous Hyalite winter ice climbing walls.

Instead of forming mountains some volcanic eruptions result in black lava flows on the ground such as those that occur in Yellowstone National Park’s Yellowstone Caldera and in Island Park just over the Idaho border from West Yellowstone, Montana. Fortunately, for farming, we do not see those large lava flows on the Gallatin Valley floor. However, the volcanos did contribute to the fertile soils in the Gallatin Valley in the form of tuff. Tuff is a type of volcanic ash ejected from a vent during a volcanic eruption. Following ejection and depositing on the ground, the ash becomes a grayish brown rock. Volcanic tuff is usually soft and porous allowing it over time to become a component of soil. Volcanic soil includes fertilizing elements such as iron, phosphorus and potassium. In the years after an eruption, a process known as chemical weathering slowly makes volcanic soil more fertile than ordinary earth. So eventually, tuff and tuff containing soil was found on concave mountainside slopes.

*Forward in time, we go to the age of earthquakes.*

Following the tectonic plate uplifts, came a long period of strong earthquakes. Subsurface voids left during the mountain range uplifts were filled when the earthquakes loosened unstable mountains. Thus, the ground sank down. Basins were formed. The crest of the Bridger Range arch slowly down-dropped one earthquake at a time to form the modern Gallatin Valley.



## Wise & Well

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**Truth:** Going from sedentary to starting an exercise program can be scary, but getting a doctor involved is not always necessary. The American College of Sports Medicine (ACSM) has put together an algorithm to try to cut back on unnecessary doctors' visits which can lead to unnecessary financial burden, wasted time, and stress. It states that if you have not been diagnosed with any disease and do not show any signs or symptoms, you do not need approval from a physician to begin exercising. But, if you want to stay on the side of caution, there are various assessments that an exercise professional (like myself) can do to help rule out some signs and symptoms and get you started on a good program. Once you do get exercising, age does not matter. It is recommended for all adults to do 2-3 days per week of resistance training and 150+ minutes of moderate aerobic work every week. Obviously, a 20 year old and an 80 year old may have different exercises, but the guidelines and intensity requirements are very similar. When we talk about intensity, something I will ask many people I work with regardless of age is "on a scale of 1 to 10, how difficult was that?". Using this scale to gauge exercise intensity is a great tool for any age and allows us to find the right level of intensity for you. And for people on medications such as for blood pressure, this is often recommended for aerobic activity instead of monitoring heart rate. But no matter what age the message is clear, exercise is part of a healthy lifestyle.

There are many fitness myths out there. Hopefully this article can put some fears of getting started to rest. Getting older happens, but it does not need to stop you from being physically active. Being active leads to good health. Don't wait, it's always time to get started!



Trica Skidmore: Here is a photo of my ancestor, who lived on the coast of Maine, and who was forced to host some British officers during the War of 1812. One of the British officers painted this portrait.

## The War of 1812-Part Two

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control the Mississippi and the trade going up and down the river. Jackson was itching for the chance to confront them in battle. He remembered that when the British killed his mother and two brothers, the British took him prisoner. One day a British officer had given young Andrew his boots to polish and Andrew refused. The British officer took out his sword and struck him on his face, leaving a deep slash and a lifetime scar.

Jackson had been attacking the British all along the Gulf Coast and finally reached New Orleans. His troops spotted British forces near Lake Borgne, right at the mouth of the Mississippi River. Jackson quickly declared martial law and ordered every available man to join his forces. They were a motely bunch of hunters, backwoodsmen, free negroes, and Choctaw Indians. Jackson even accepted the help of a famous pirate named Jean Lafitte, a famous smuggler and privateer. Jackson's army grew to 4500 fierce fighters about to face 8,000 British regulars. On December 23, it happened. Jackson was launching a daring night time attack on British forces camped 9 miles south of the city of New Orleans. There he began his unconventional tactics. He had his men build a ten foot wide canal into a defensive trench, piling the dirt on top with logs as additional protection. This defense line was a mile long on the east bank of the Mississippi. Jackson told his men, "We will plant ourselves here and we will drive the red coat rascals into the river." Jackson yelled to his troops, "Let us end this here today." After a few successful advances on Jackson's lines, Jackson's army began a maelstrom of artillery and small arms. It was over in 30 minutes. The British regulars suffered 2000 casualties, including three generals and seven colonels. Jackson's ragtag "army" had less than 100 casualties. The remaining British boarded their ships and disappeared into the Gulf.

Later, President James Monroe praised Jackson, saying, "History records no example of so glorious a victory obtained with so little bloodshed on the part of the victorious." News of the Treaty of Ghent reached Washington a month later and was ratified by Congress on February 18, 1815. The War of 1812 was over.