



Crest Lines

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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

We are excited to share the reorganization of Hillcrest leadership to increase staff and resident support. Liza Medina has been promoted to the position of Resident Services Clinical Manager and Ashley Guevara has been promoted to the position of Resident Services Clinical Supervisor. This will provide another layer of Hillcrest oversight, Liza being second in command in my absence, and more leadership support in Birchwood.

Liza Medina, LPN, came to Hillcrest last October, gaining the position of Resident Services Supervisor, with a strong work ethic that she attributes to her mom, a retired nurse. In the short time Liza has been at Hillcrest, she has made many quality and safety improvements for our staff and residents. Liza has 13 years of memory care experience, coordinating care of residents with families and clinical staff, and training direct care staff and Director of Nursing staff. She specializes in Namaste Care, personally trained by the founder of the program Joyce Simard, quality of life care, and geriatric care.



Ashley Guevara, CNA, has worked in Birchwood for the last 7 years. First as a Resident Associate while she was attending Montana State University. After receiving her degree in Cell Biology and Neuroscience, she was awarded the position of Resident Associate Coordinator and has held that position for the last 3 years. Prior to coming to Hillcrest Ashley had a year of experience working as a CNA in a skilled nursing facility. Ashley's years of experience, hard work towards improved safety, and dedication to all facets of Hillcrest are a great asset to our staff and residents.



Please congratulate Liza and Ashley on their new roles and their dedication to making Hillcrest a great place to live and work!



Resident Satisfaction Survey Results By Rachel Clemens, Director of Senior Services

Residents & Family Members,

Thank you for participating in our annual Resident Satisfaction Survey. A total of 78 residents and family members completed the survey for a 46% response rate. We truly appreciate your thoughts and confidence in our staff. We welcome your comments and suggestions as we strive to improve our services over the next year.

I would recommend Hillcrest to others.

YES 100% NO 0%

Our Hillcrest Staff show care and compassion when providing services.

YES 100% NO 0%

Our Culinary Service Staff provided the services you expect at mealtimes.

YES 99% NO 1%

Our Maintenance Staff responded to work orders in a timely manner.

YES 100% NO 0%

Our Housekeeping Staff provided the services you expect.

YES 97% NO 3%

Our Activity Staff provided programs that meet your expectations.

YES 93% NO 7%

Our Transportation Staff provided the services you expect.

YES 100% NO 0%

Our Front Desk Receptionists provide service with friendliness and respect.
(Aspen Pointe)

YES 100% NO 0%

Resident Associates provided the services you expect. *(Birchwood Only)*

YES 100% NO 0%

Resident Associates responded to calls promptly. *(Birchwood Only)*

YES 100% NO 0%

Newly Remodeled Spa has Familiar Face By Megan Reichert, Programs Supervisor

Celebrating her eighth year at Hillcrest, Shelli Collins says, "I'm so excited to be back in the building!" The Bridger View Salon & Spa was closed in March of 2020 due to Covid and the salon has only intermittently taken hair appointments for the past 15 months to keep residents safe.

The nail tech with over 25 years experience earned her Manicurist License in Arkansas while still attending High School. "I was in High School and beauty school at the same time, while also working at an assisted living facility as a server in the evenings," she notes.

She continued doing nails after graduating and owned her own business until she was 25. In 1993 she became mom to a daughter, Logan, and after vacationing in the Bozeman area a few years later, she closed her beauty shop and moved across the country with little Logan in tow. Shelli got a job at Spring Meadows as an RA and loved taking care of the residents, but soon realized she missed being self employed. After a year as an RA, she transferred her business license to Montana and worked at Shear Perfection for six years.

Married in Bozeman on Pierre's Knob in Bridger Bowl on January 1, 2004, Shelli and husband Tim met through a friend three years prior. Combining their two families made them parents to three children, then ages 7, 9, and 11. Expanding the family once more in 2008, they welcomed another daughter, Haedyn.

For work, Tim had to move to North Dakota to be near the oil fields and ran his own trucking company there for over 6 years. Shelli put a lot of miles on her car with little Hayden to visit often and even sat behind the wheel of the big rigs for three years herself! Tim was finally able to move back home to Bozeman in 2014 when the construction economy started to bounce back and the oil fields slowed down.

In June of 2014, they were blessed with their very first grandson, Paxton, whom she absolutely loves to spend time with. "He is now a first grader at Monforton School and my daughter, Logan, earned her brokers license and is working as

a recruiter for insurance companies across the nation," she says proudly.

To keep herself busy during Covid, Shelli started a sign business called, Sign Dreamers of Southwest Montana. You may have seen her handy work on the lawn of Hillcrest.(see below)



Manicures and pedicures are her specialty and these services will be provided in the newly remodeled spa room of the salon. The new pedicure chair complete with its own tub is installed and ready to go!

Shelli will still provide mobile services for any residents unable to get to the salon. Available by appointment only, **call 406-539-2934 to schedule your next spa day!**



Shelli testing the new pedicure spa chair.

Hillcrest Neighbors By Tony Garcia, Resident

Betsy Crabs, you have been discovered ! You have lived here for 4 years and Crestlines has found you....

Born in 1947 in Oklahoma City, and with a much older sister, Betsy explained how she was named. Her father was reading the newspaper one day about the Queen Elizabeth and Madam Mayling Chiang Kai-Shek, so Betsy was named for both, Elizabeth May-ling.

She went to school in Edmond, a suburb of Oklahoma City. She met her husband-to-be in fifth grade. "I was really upset", she said. There were already 20 kids in her class when a boy named Jerry was brought in to join her class. Well, by the time they were in Junior High School, Jerry and Betsy were certified sweethearts. They both went to Central State College in Edmond and became teachers. They were married a few years after college. For their honeymoon, Jerry decided to drive from Oklahoma to Acapulco, Mexico. That's 1553 miles! Lucky for them their VW Beetle had air conditioning.

They moved to Evergreen, Colorado for better teachers pay. They were quite happy there. Jerry taught math in high school. Betsy taught first and second grade, and got checked out as Librarian. They loved skiing at Aspen and Vail.

The Crabs took a trip up to Bozeman and decided to move here. Jerry taught at Bozeman High School. Betsy was the librarian at Longfellow

School. On the side, Jerry became a fishing guide. They bought Charlie's Restaurant, the site of the present Chalet Sports, across from the Hotel Baxter. Jerry decided to quit teaching.

They were hired as managers of the famous Flat Rock Fishing Club on the Henry Fork River in Idaho. Jerry could guide there, too. They hired others to run Charlie's Restaurant until they moved back to Bozeman for the winter.

One day a man walked in and offered to buy Charlie's. He wrote a check for the entire amount. Retirement was instant. Jerry died from a heart attack and Betsy had a knee replacement. Lucky for us, Betsy moved to Aspen Pointe.

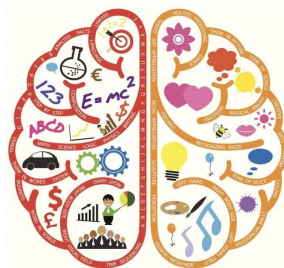
She has toured Western Europe, New Zealand, and St. Petersburg, Russia. She frequents the Fireside Room around 9 a.m. and the afternoon. Just look for the tiny lady in the room. She's fun to talk with, so don't miss the chance.



Memory & Brain Health By Megan Reichert

As we age, many of us are concerned about dementia and memory loss and try a variety of measures to slow that process down. Ginger will lead brain fitness classes the whole month of June to educate us on just that.

You will learn useful information about what is normal loss, age-related changes, and what are not necessarily age-related changes in our brains. She will discuss some of



the latest scientific findings about what really works for brain fitness and there will be an opportunity to talk about what you are already doing, what's working, and the concerns you have.

As usual, Ginger will bring plenty of conversation, fun and handouts to this presentation. **This class will meet in the Commons each Tuesday in June at 3:00pm and everyone is welcome.**

Spiritual Offerings


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

June 6 - Tim Spring June 13 - Tim Spring

June 20 - Wendy Brown June 27 - Allen Jones

Spiritual Care: Wednesday's from 10:00am - 2:00pm
Chaplain Allen Jones is available for individual companionship and can be reached at 907-460-8109.

Bible Circle: Thursday's from 10:00-10:30am in the Birchwood Activity Room.



June Birthdays

Helen Gianas	6/1
Clint Frazee	6/4
Connie Haas	6/12
Lorraine Deming	6/15
Will Price	6/26
Patrick Hemingway	6/28
Ellen Burgess	6/30

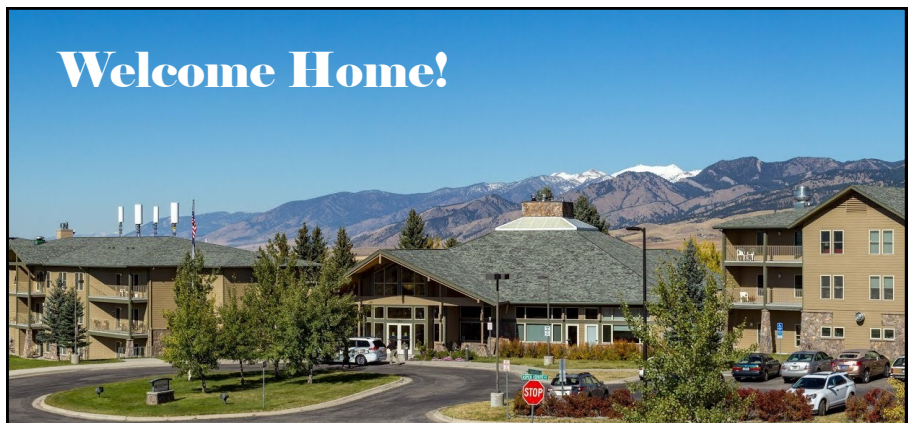
Announcements:

- **Shopping bus limitations have now been lifted.** Hillcrest will once again be able to transport residents to and from any locations within the Bozeman city limits. Shuttle request forms are available at the front desk and must be turned in at least 24 hours in advance. Shopping bus trips will now allow 12 passengers and will continue to leave for Walmart/Heebs on Tuesdays at 9am and Town & Country on Thursdays at 9am.

When scheduling shuttle requests, please keep in mind Tuesday and Thursday mornings are busy with shopping and we may not be able to fulfill your request.

- **We've had a busy spring at Hillcrest! Many new residents now join us:**

- Kathleen Reid A120
- Doris Janes A305
- Rodger & Shirley Hyem B310
- Patricia Peterson A201
- Mary Anne Hayes A105
- Tom and Jean Roll D107
- Jeanne Clark D211
- Barbara Beckett B306



- **Usters Boosters** group will be lead by our own Edis Kittrell, June 1, 8, and 15th at 1:30pm in the Learning Center. Chaplain Allen Jones is on vacation from May 31 through June 21.

If you are interested in planting or helping to care for the back garden area this summer, let the front desk know!

Sun	Mon	Tue	Wed
<h1 style="font-family: cursive;">June 2021</h1>		<p>1 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC 9:15-11:00am Gallagator Trail Hike 11:15am Tai Chi in ARC 1:30pm Usters Boosters with Edis in LC 3:00pm Brain Fitness in Commons 6:30pm Bridge Meeting in FSR</p>	<p>2 BBQ 10:00am Chair Exercise 10:00am-2:00pm 2:30pm Catholic Mass 3:30pm Glacier Sky Concert (video stream)</p>
<p>6 10:00am Worship Service in Commons</p>	<p>7 Spring into Motion Starts 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC 3:00pm Singing Group in Commons 4:00pm Spring into Motion Kick off Meeting in Commons</p>	<p>8 9:00am Shopping Bus to Walmart/Heebs 9:15-11:00am Tuckerman Park Trail Hike 9:30am Yoga in LC 11:15am Tai Chi in ARC 1:30pm Usters Boosters with Edis in LC 3:00pm Brain Fitness in Commons 6:30pm Bridge in FSR</p>	<p>9 BBQ 10:00am Chair Exercise 10:00am-2:00pm 2:30pm Catholic Mass in Chapel</p>
<p>13 10:00am Worship Service in Commons</p>	<p>14 *Log steps by noon 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC 3:00pm Singing Group in Commons 4:00pm Spring into Motion Meeting in Commons</p>	<p>15 9:00am Shopping Bus to Walmart/Heebs 9:30am Yoga in LC 9:15-11:00am Cherry River Hike 11:15am Tai Chi in ARC 1:30pm Usters Boosters with Edis in LC 3:00pm Brain Fitness in Commons 6:30pm Bridge in FSR</p>	<p>16 BBQ 10:00am Chair Exercise 10:00am-2:00pm 11:30am-12:15pm 2:30pm Catholic Mass in Chapel</p>
<p>20 Father's Day 10:00am Worship Service in Commons 12pm Father's Day BBQ with Music by Jim Averitt.</p>	<p>21 *Log steps by noon 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC 3:00pm Singing Group in Commons 4:00pm Spring into Motion Meeting in Commons 7:45pm Edis & Cliff in Commons</p>	<p>22 9:00am Shopping Bus to Walmart/Heebs 9:30am Yoga in LC 9:15-11:00am Story Mill Park Hike 11:15am Tai Chi in ARC 1:30pm Usters Boosters in LC 3:00pm Brain Fitness in Commons 6:30pm Bridge in FSR</p>	<p>23 10:00am Chair Exercise 10:00am-2:00pm 2:30pm Catholic Mass in Chapel 3:00pm Lutheran Chapel</p>
<p>27 10:00am Worship Service in Commons</p>	<p>28 *Last day-log steps by noon 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC 3:00pm Singing Group in Commons 4:00pm Spring into Motion Party in Commons</p>	<p>29 9:00am Shopping Bus to Walmart/Heebs 9:30am Yoga in LC 9:15-11:00am Sourdough Creek Trail Hike 11:15am Tai Chi in ARC 1:30pm Usters Boosters in LC 3:00pm Brain Fitness in Commons 6:30pm Bridge in FSR</p>	<p>30 BBQ 10:00am Chair Exercise 10:00am-2:00pm 2:30pm Catholic Mass in Chapel</p>

Wed	Thu	Fri	Sat
<p>Exercise in Commons</p> <p>Spiritual Care</p> <p><u>Mass in AP Chapel</u></p> <p><u>mpphony Orchestra</u> <u>reameed in Commons)</u></p>	<p>3 9:00am Shopping at Town & Country</p> <p>9:30am Yoga in LC</p> <p>9:30-12pm Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Open Wii Bowling in Commons</p> <p><u>1:45-2:30 Neighborhood Walk</u></p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR</p>	<p>4</p> <p>10:00am Chair Exercise in Commons</p> <p><u>1:00pm Cribbage in FSR</u></p> <p><u>1:30pm Bingo in ARC</u></p>	<p>5</p> <p>2:30pm Movie in Commons</p>
<p>Exercise in Commons</p> <p>Spiritual Care</p> <p><u>Communion in AP</u></p>	<p>10 9:00am Shopping at Town & Country</p> <p>9:30am Yoga in LC</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Open Wii Bowling in Commons</p> <p><u>10:30am Resident Council Mtg in ARC</u></p> <p><u>1:45-2:30 Neighborhood Walk</u></p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR</p>	<p>11</p> <p>10:00am Chair Exercise in Commons</p> <p><u>1:00pm Cribbage in FSR</u></p> <p><u>1:30pm Bingo in ARC</u></p>	<p>12</p> <p>2:30pm Movie in Commons</p>
<p>Exercise in Commons</p> <p>Spiritual Care</p> <p>m Bookmobile</p> <p><u>Communion in AP</u></p>	<p>17 9:00am Shopping at Town & Country</p> <p>9:30am Yoga in LC</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Open Wii Bowling in Commons</p> <p><u>1:45-2:30 Neighborhood Walk</u></p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR</p>	<p>18</p> <p>10:00am Chair Exercise in Commons</p> <p><u>1:00pm Cribbage in FSR</u></p> <p><u>1:30pm Bingo in ARC</u></p>	<p>19</p> <p>2:30pm Movie in Commons</p>
<p>Exercise in Commons</p> <p>Spiritual Care</p> <p><u>Communion in AP</u></p> <p><u>Communion in</u></p>	<p>24 9:00am Shopping at Town & Country</p> <p>9:30am Yoga in LC</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Open Wii Bowling in Commons</p> <p><u>1:45-2:30 Neighborhood Walk</u></p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR Birthday Night</p>	<p>25</p> <p>10:00am Chair Exercise in Commons</p> <p><u>1:00pm Cribbage in FSR</u></p> <p><u>1:30pm Bingo in ARC</u></p>	<p>26</p> <p>2:30pm Movie in Commons</p>

Exercise in Commons

Spiritual Care

Communion in AP

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

6/2 Glacier Symphony Orchestra Concert: Enjoy works by Bizet, Fauré, Debussy and Ravel as well as the fiery *Carmen Suite*, the popular *Masques et Bergamasques*. Seattle-based Uruguayan-American composer Miguel del Águila's rousing and rhythmic *Malambo* for bassoon and strings takes center stage with our principal bassoonist, Alicia McLean-Brischli, as soloist.

6/10 Resident Council: All residents are welcome to join the council members in the ARC to hear what's going on at Hillcrest, voice issues, comments or concerns.

6/20 Fathers Day BBQ: This special BBQ will celebrate all dad's in the AP dining room and patio during the normal lunch seating time. Jim Averitt with his acoustic guitar and his jazzy, Americana and blues music will surely bring a smile to your face.

6/21 Edis & Cliff: This fun and entertaining duo will have you singing in your seats! Music starts at 7:45pm in the Commons and all are welcome.



Father's Day Sudoku

Every row, column and mini-grid must contain the letters F A T H E R.
Don't guess - use logic

R					T
		T	E		
	R	F	T	H	
	T	H	R	E	
		E	A		
H					E

About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Some people recognize **Chris Martin** by his deep, soothing voice. Others remember the one time he sang at Aspen Pointe, and they keep bugging him for more. Still others notice his (now gone) exceptionally large afro. If you're like me, you think, "What a voice. I've got to get this guy



on as a volunteer DJ on KGLT Public Radio." Mostly, though, everyone knows him as the tall, friendly Aspen Pointe server with a quick laugh and an easy-going personality. Chris actually describes himself as a "Happy-go-lucky person."

A self-described "army brat," his very early years in Hawaii still have a huge influence. He loves warm summer days and is not a fan of snow. At all. The middle of three brothers, he spent his next few years in Jacksonville, North Carolina. While he doesn't remember much about school, he does fondly remember playing outdoors in the forest and streams, trying to avoid ticks. He also claims he enjoyed observing hurricanes. A favorite, if not unusual memory, is his family's traditional pie-in-the-face throw for almost every birthday. He claims having Dad throw a pie in his face was great fun, except for having to clean pie filling out of his eyes and nose. Be sure to ask Chris before you try to do that now, however.

At around nine-years-old, he finally made it to Montana, first in Billings, then Bozeman. He grew up on comic books and loved when animation movies came along. He eventually worked at a movie rental store, and is quite an expert on movies. Ask him anything. One of his greatest passions, however, is singing. As he tells it, he had wanted a drum set as a child, but his mother encouraged him to sing instead. Although he was initially disappointed to miss out on the oppor-

tunity to drive his family members a bit crazy with his drumming, he found singing gave him an inner peace and overall good feeling that has lasted a lifetime. He joined the choir starting in middle school and eventually became part of a musical group in high school that included 235 vocalists and instrumentalists. This group, called The Ambassadors of Music, eventually toured Europe, visiting London, Venice, Paris, Lithuania, Switzerland, Germany, and Austria. Chris says that trip provided him with his best memories ever. Crans-Montana, Switzerland, remains his favorite place to visit, with its picturesque homes that resemble cuckoo clocks, with balconies full of flowers. Music has also provided an opportunity to learn various languages; he has sung in Spanish, Russian, and Hawaiian, to name a few. One of his favorite parts of singing with a choir is the feeling he gets from harmonizing with others—it warms his heart, as he puts it.

Although college was not in the cards for Chris, he does see himself eventually in culinary school. His dream is to someday cook a meal for the well-known chef, Gordon Ramsey. For now, his friends benefit from Chris' love of cooking. He's one popular guy, well known for his food and theme-based parties. For him, cooking is a creative endeavor. While he loves cooking Cajun, his friends most often request his famous macaroni and cheese. As Chris describes it, the "basic" version takes one-and-a-half hours to prepare, while the full version takes two to two-and-a-half hours! It's all about the cheese. A recent Chris creation included pulled chicken, Jamison barbecue sauce, and mac and cheese. At Halloween, he threw a party and made 31 flavors of moonshine. Not surprisingly, he's one popular guy. Friends play an important part in Chris' life, although there is no significant other at this point. As he describes himself, he's "single and ready to mingle."

Other than the stint working at a movie rental store, Chris has had various jobs in the service industry. He has worked for Hillcrest for almost three years.

Continued page 12

Wise & Well: Health from Head to Toe

A Healthy Heart ~ How Your Heart Changes with Age

By Jessica Kindzerski, Exercise Specialist

As we age, our hearts do too. People age 65 and older become more likely to suffer a heart attack, stroke, or develop coronary heart disease. Aging causes changes in the heart and blood vessels. For example, as we get older, our hearts can't beat as fast during physical activity or times of stress as it did when we were younger. The good news is there are things you can do to delay, lower, or possibly avoid or reverse the risk of these potential complications.

The most common aging change is increased stiffness of the large arteries, called arteriosclerosis, or hardening of the arteries. This causes high blood pressure, or hypertension. Specialists have said high blood pressure and other risk factors increase the risk of developing atherosclerosis (NIA, 2019). Because there are several modifiable risk factors for atherosclerosis, it is not necessarily a normal part of aging.

Plaque builds up inside the walls of your arteries and, over time, hardens and narrows your arteries, which limits the flow of oxygen-rich blood to your organs and other parts of your body. Oxygen and blood nutrients are supplied to the heart muscle through the coronary

arteries. Heart disease develops when plaque builds up in the coronary arteries, reducing blood flow to your heart muscle (NIA, 2019). Over time, the heart muscle can become weakened and/or damaged, resulting in heart failure. So what can you do to help lessen your chance of these conditions?

Here are five ways to care for your heart:

Physical Activity: Talk with your doctor about the type of activities that would be best for you. If possible, aim to get at least 150 minutes of physical activity each week. Every day is best. It doesn't have to be done all at once. Start by doing activities you enjoy; brisk walking, ZUMBA, bowling, bicycling, or gardening. Avoid spending hours every day sitting if you can!

Follow A Heart-Healthy Diet: Choose foods that are low in saturated fats, added sugars, and salt. As we get older, we become more sensitive to salt, which can cause swelling in the legs and feet. Eat plenty of fruits, vegetables, and foods high in fiber, like those made from whole grains.

Keep A Healthy Weight. Balancing the calories you eat and drink with the calories burned by being physically active helps to maintain a healthy weight. Some ways you can maintain a healthy weight include limiting portion size and being physically active.

Take Care of Your Health: Keep your diabetes, high blood pressure, and/or high cholesterol under control. Follow your doctor's advice to manage these conditions, and take medications as directed.

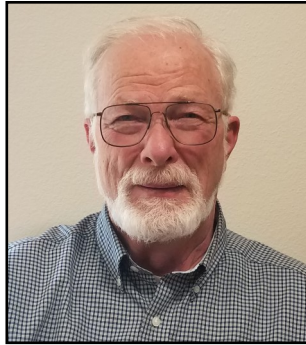
Manage Stress: Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as a stress management program, meditation, physical activity, and talking things out with friends or family.



Be a Good Human

By Allen Jones, Chaplain

With the tumultuous year of 2020 sliding into the rear view with its COVID aggravated societal discord and unrest that culminated in the events of January 6th, we can't help but wonder as we observe this Memorial Day, what kind of future our country has. While we don't have a lot of control over the larger events and the levers of political discourse, what we do have is the ability to choose how we will treat our neighbors or as the picture asks, "What kind of human do we choose to be?"



I asked a wise man, "Tell me sir, in which field could I make a great career?" He said with a smile, "Be a good human being. There is a huge opportunity in this area and very little competition."

Unfortunately most of us enjoy beating up on those who are so ignorant as to not think like us. We are happy to consider our thinking and opinions far superior to those...(you fill in the blank). We have, to our peril, allowed the yimmer and yammer of the cultural noise to push us into one camp or another. We've been swept up in the swirl of the popular mode of making others our enemies entirely forgetting that we are all citizens of this great country. We are brothers and sisters who all want the same thing; peace, an opportunity to earn a living, a decent place to live, and a tomorrow for our children and grandchildren that holds the promise of life, liberty, and the pursuit of happiness that this wonderful country has vowed to preserve for all generations to come. We have to choose. The kind of human we choose to be will produce the America our grandchildren will inhabit. It is really up to us.

It Happened in June

By Tony Garcia, Resident

- 1215** The Magna Carta set British liberties becoming the foundation of modern democracies, June 1.
- 1774** Britain closes the port of Boston in response to Boston Tea Party, June 1.
- 1775** Flag Day-Birthday of the U.S. Army, June 14.
- 1778** Washington leads troops from Valley Forge, retrained and eager to fight, June 20.
- 1812** U.S. declares war against Britain, June 18.
- 1876** General Custer and his 250 soldiers are killed after attacking about 3000 Sioux, June 25.
- 1884** The first American roller coaster opens at Coney Island, Brooklyn, NY, June 4.
- 1914** Austrian Archduke Ferdinand and wife were assassinated by a Serb, triggering WWI, June 28.
- 1919** Treaty of Versailles officially ends WWI, June 28.
- 1924** Congress grants U.S. citizenship to American Indians.
- 1944** D-Day, began WWII in Europe to liberate Western Europe, June 6. It worked!
- 1945** U.N. charter signed by 50 nations, June 26
- 1948** Columbia Records unveils the first 33 1/3 "LP" phonograph records, June 18.
- 1950** Soviet tanks rolled into South Korea starting Korean War, June 25.
- 1951** Univac 1, the world's first commercial electronic computer, began at U.S. Census Department, June 6.
- 1954** President Eisenhower signs bill adding "Under God" to the Pledge of Allegiance, June 14.
- 1948** Texaco Star Theater begins first TV hit show, starring Milton Berle, June 8.
- 1973** Secretariat wins Triple Crown at Belmont by 31 lengths, June 9.
- 1997** British gave Hong Kong to the People's Republic of China.
- 2019** U.S. Women's Soccer Team won the World Cup, June 7.
- 2019** Over 1 million protest for months over China's extradition law of Hong Kong citizens, June 9.
- 2020** Thousands ignore ban on celebration of Tiananmen Square Massacre, June 4.

Remembering Albert Gallatin

By Tony Garcia, Resident

His name was Abraham Alfonse Albert de Gallatin. He wasn't born in the U.S. and he never lived in Montana, yet he must have been important. Seventy businesses bare his name. There is a beautiful mountain peak, an entire mountain range, and a gorgeous river named for him. It is too bad he never saw all this beauty.

Albert Gallatin was born in Geneva, Switzerland in 1761. His father died when he was four and his mother died when he was nine. Albert was an orphan and cared for by an old friend of the family. He attended the University of Geneva, studying the great philosophers like Rousseau and Voltaire. He decided to go to the United States in 1780, and took a friend with him. He first lived in Boston and disliked it. He tried living in Maine, but it was only a little better, so he went to Pennsylvania.

Albert became a U.S. citizen in 1785 and got a job as an interpreter. Four years later Gallatin married Sophie Allegre, the daughter of a Richmond boarding house owner. Sadly, Sophie died five months later. Gallatin then met and married Hannah Nicholson. They had a son and four daughters, all of whom died as infants.

Fortunately, Hannah's parents were well connected politically. Gallatin used those connections to get launched into politics. Gallatin became a U.S. Senator in 1793 during the presidency of John Quincy Adams, but was removed because he had not been a citizen for nine years.

In 1795 he became a representative to Congress, and was best known for his knowledge of financial matters. He was appointed as Secretary of the Treasury under President Thomas Jefferson, and James Madison. Gallatin served in that role for 13 years which included the two years during the War of 1812. Gallatin sought to lower taxes and use import duties to lower the national debt. During his tenure in office he succeeded in lowering the national debt from \$83 million to \$45 million. In spite of his desire to reduce the national debt, Gallatin was in favor of the Louisiana Purchase and arranged for the financing. That turned out to be the best land deal ever made. He

also was in favor of the Lewis and Clark Expedition of 1804-1806 and helped plan it's financing.

Gallatin's next challenge was trying to fund the War of 1812. That war increased the national debt from \$45 million to \$127 million. At that point, Gallatin had no choice but to propose new tax laws and increase tariff rates. He went to Russia and helped negotiate a peace agreement to end the War. Even though those negotiations failed, Britain was tired of fighting and signed the Treaty of Ghent. Gallatin then negotiated a commercial agreement to resume trade between the U.S. and Britain.

Gallatin declined Madison's request that he continue to serve as Secretary of the Treasury. He chose instead to become Ambassador to France. Later, he turned down a nomination for Vice President, instead becoming Ambassador to Britain. When he returned to the U.S., Gallatin settled in New York City in 1828. He became president of the National Bank of New York and helped found New York University.

In 1849, the health of Gallatin and his wife Hannah declined. Hannah died in May 1849 and Gallatin died three months later at age 88. He is buried at the famous Trinity Church in lower Broadway, New York.

Lewis and Clark named the Gallatin River after Gallatin, the Madison River for President Madison and the Jefferson River after President Thomas Jefferson. So, let's recap and update the namesakes. We now have a county, a river, a mountain peak, a mountain range, a school district, a high school and seventy businesses named for him. If you go to Washington, D.C., you can see a statue of Albert Gallatin at the north entrance of the U.S. Treasury building. He never got to see any of this. Sad? Yes, but impressive.

Chris from page 9

One of Chris' favorite people is his maternal grandmother, whom he considers his "best friend." He calls often and visits her in Billings at least once a month. Chris' greatest advice to others? "Always use a carry on; never check your bag." Also, purchase doubles of everything you buy; that way you have a backup. We'll keep those in mind, Chris.