



Crest Lines

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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

Every year in May we distribute a Resident Satisfaction Survey to Hillcrest residents and Birchwood resident family members to evaluate services we provide.

These surveys will be distributed May 3rd. We ask that they are returned to the Aspen Pointe front desk or the Birchwood nursing office by May 17th. Once we have compiled results, a letter will be distributed to all.

This year's survey results will be unique, yet very valuable. During these unprecedented times many services we normally provide have been implemented differently or cancelled in order to prevent the spread of illness into and within our Hillcrest community. The last year has been a year of constant change and adjustment, but more recently, hope. It is important to survey how a team functions and how the services we provide are received even during a pandemic. Our Hillcrest team is here to improve community health and quality of life, by compassionately delivering the best care for each resident, every time.

Below are the questions for the survey:

1. I would recommend Hillcrest to others.
2. Our Hillcrest Staff show care and compassion when providing services.
3. Our Culinary Service Staff provided the services you expect at mealtimes.
4. Our Maintenance Staff responded to work orders in a timely manner.
5. Our Housekeeping Staff provided the services you expect.
6. Our Activity Staff provided programs that meet your expectations.
7. Our Transportation Staff provided the services you expect.
8. Our Front Desk Receptionists provide service with friendliness and respect. (Aspen Pointe)
9. Resident Associates provided the services you expect. *(Birchwood)*
10. Resident Associates responded to calls promptly. *(Birchwood)*



New Merrick Lane! By Megan Reichert, Programs Supervisor

Not many can say they have a street named after them, but a long time Bozemanite and resident of Aspen Pointe sure can!

Last month, Bill Merrick was recognized for his work and dedication to Gallatin Field. Serving more than 25 years on the airport authority and also as chairman, he was instrumental in the planning and construction of the main building, which still stands today. Bill noted, “We broke ground on the present terminal, which was a huge project back then.”

Beginning his tenure in the 60’s, in his first

years the Gallatin Field underwent several notable changes:

*1964 Northwest begins first Lockheed Electra service to Bozeman

*1967 Northwest operates the first 727 into Bozeman and Frontier Airlines begins Convair 580 service to Bozeman from Missoula and Salt Lake City.

*1973 Frontier began it’s first Boeing 737 jet service to Bozeman and enplanements surpassed 25,000.



Ted Mathis, far left, Bill Merrick, 3rd from left and existing airport board members present Bill with his sign in March.

*1976 Northwest began it’s first seasonal non-stop service to Minneapolis in January and enplanements passed 50,000.

*1977 Northwest operated it’s first DC-10 into Bozeman to carry MSU Bobcats to Honolulu and the new terminal building opened with one upper level and one ground level gate. In addition a new terminal ramp was added with a four aircraft capacity and later in 1977 the first overnight aircraft was scheduled.

*1978 Frontier begins non-stop service to Denver.



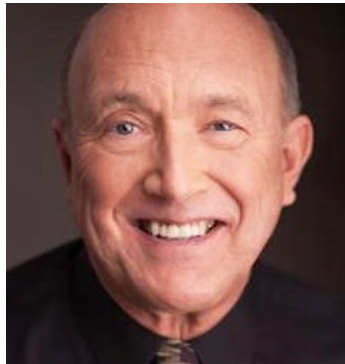
Gallatin Field, circa 1970s.

Thank you for your loyalty to Gallatin Valley Bill and congratulations on this very well deserved name sake!

If anyone would like to visit this new lane, it will be in place later this summer near airport road.

Bend, Don't Break

Dr. Tom Tursich practiced dentistry for 30+ years in Bozeman, Montana. His practice, Hyalite Family Dentistry, is still in Bozeman, but he has left for other pursuits. Several years ago he entered the professional speaking industry. In essence he went from working in the trenches fighting tooth decay to now fighting truth decay, from working in a dental cavity to now working in a mental cavity. He delivers presentations mostly to senior groups now, since he has officially entered those golden years himself. He may not be over the hill but he is at least on the top looking down in this wild and fatal race between obsolescence, senility and old age.



RESILIENCE-BEND DON'T BREAK

The most important attribute that you can demonstrate, especially over this difficult year of 2020, is the quality of resilience. It is resilience that will allow us to successfully emerge from this medically induced coma that has been imposed on our lives, our world and our businesses, during this virus crisis year of 2020. Resilience can be defined as the ability to respond proactively, productively and in a healthy manner to any crisis, challenge or difficulty. Resilience is composed of several characteristics, among them are persistence, optimism and a "try me lord, " type of attitude instead of a "why me lord," type of attitude. In this message we will discuss the lives of several individuals who have demonstrated resilience in their lives in the face of adversity.

You won't want to miss this message of hope **Tuesday, May 4th at 3:30pm , AP Commons.**

Jim Bridger Who?

By Tony Garcia, Resident

So what's all this Bridger stuff about? Bridger this, Bridger that. Do you know there are 39 Bridger's in the Bozeman phone book and if you look in Utah, Missouri, Oregon, Nevada, and Idaho, you'll find a lot more. If you're curious like me, you'd like to get to the bottom of this. Or is it the top?

Anyway, it's all on account of a mountain man called Jim Bridger. He was born in 1804 in Richmond, Virginia, just after Lewis and Clark left on their expedition. He was orphaned at age thirteen. Like others in that period, Bridger would leave on his own expedition twenty years later.

He never had a formal education but he was a blacksmith, a good shot and skilled outdoorsman, particularly with boats. He saw an ad looking for someone to travel the Missouri River to trade with the Indians. He signed on and left on the expedition in 1822.

Bridger learned several dialects of Indian languages along the way. He helped build the first fur trading post on the Yellowstone River. He was also among the first North Americans to see the natural wonders of Yellowstone and the Great Salt Lake.

Bridger was a fur trader until 1834 and married the daughter of a Flathead Indian Chief whom he called Cora. They opened a trading post in Green River, Wyoming and of course named it Fort Bridger. It was a popular overnight trading post for travelers heading west. He and Cora had three children, but sadly, Indians killed two and Cora died later. Bridger was devastated. He later married the daughter of a Shoshoni Chief in 1850. He called her Mary and they lived part time at Fort Bridger and part time with his wife's Shoshoni tribe.

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About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant



A true “local,” Hannah would say she grew up “outside of Bozeman,” when in fact, Bozeman has now grown to her childhood home. Her dad taught music and gym at Gallatin Gateway School and her mom was a lunch lady, so the whole family, including her two brothers, had summers and breaks off together. Summers always included a month-long trip around the country, including Ohio to see family. Lodging was a tent, with ONE motel room per vacation. Spring break might be rock climbing in California, or spending time in a Forest Service cabin.

If you’ve ever wondered what it would be like to have the Energizer Bunny for a dad, ask Hannah. Her dad, Joe, is known for his delightful, bouncy energy and his athletic ability. He has long, curly blonde hair to match. Life was active and “never boring,” as Hannah put it. They skied, hiked, and climbed together as a family. A unique activity she did with her dad was to build a wooden xylophone. It had “perfect” pitch. While skiing, they had a family game called, “Turn or Die”; when skiing through the trees, one had to make the turns and miss the trees, or else! Another family favorite was going to amusement parks. Cedar Point in Ohio was the biggest thrill with the Dragster ride that goes from 0 to 120 mph in three seconds. The entire family participated. Apparently, everyone survived, and Hannah happily states she had “the best time in childhood.”

Throughout her life, Hannah has enjoyed athletic activities, starting with informal, fun gymnastics when at Emily Dickinson, and then on to basketball and track in middle school. At

Bozeman High, she ran hurdles in track and played flute in marching band. Always hard working, she was employed at Cold Stone ice cream shop and Papa John’s pizza joint. Good thing she was active with all those temptations! She effortlessly graduated high school with Honors.

College at Montana State University (MSU) in Early Childhood Education included more dedication and hard work. While attending school full time, at one point she worked three jobs in order to take advantage of MSU’s Study Abroad program. She loved her six months in Perth, Australia, traveling throughout the country. Her favorite was the Outback, sleeping in tents and sampling kangaroo meat. An all-time treasured memory for Hannah is the Monkey Mia Beach on the western Australian coast where she swam in pure blue waters, saw wonderful dolphins, fish, manatees, and sea turtles, and walked on white sand beaches. She was also able to travel to Indonesia and see temples, rice fields, and monkeys. A full three years after that student exchange, she reunited with friends from Australia and traveled to seven European countries in ten days! Her favorite place in Europe was Rome, Italy. Hannah definitely has the travel bug, and hopes to do more soon.

Another college highlight occurred unexpectedly during a drama class when she met the one and only Bill Fagerbakke who played Patrick in *SpongeBob SquarePants*. No lying.

All her hard work at college paid off when once again, she graduated with Honors, after which she spent a couple of years as the Lead Teacher in the infant classroom at a Montessori School. Then she decided to try something new and work with folks at the other end of the life cycle, and sought work at a memory care facility. That’s how we lucked out to have her at Birchwood as a Resident Associate.

A few years ago, she started volunteering with men and women struggling with drug and

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Spiritual Offerings

Sunday worship service is at 9:15am in the Birchwood Activity Room and 10:00am in the Aspen Pointe Commons.

May 2 May 16 May 30
 May 9 (Mother's Day) May 23

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.

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



May

Jane Gallagher	5/12
Walter Ainsworth	5/13
Bill Bryant	5/15
Janet Breuner	5/16
Jim Eidson	5/17
Huguette Coghlan	5/20
Gloria Hansard	5/22
Lilly Lund	5/22
Lois Ringo	5/26
Mary Gracia	5/28
Ernie Vyse	5/30
Katie Cady	5/30

"It Happened in May"

A look back in history for the month of May, kindly shared by Tony Garcia....enjoy!

1607 Colonists found Jamestown, first English settlement on May 13.

1697 Dutch explorer Peter Minuet buys Manhattan from Indians for \$24 on May 4.

1805 Lewis & Clark boat overturns. Sacagawea saves their instruments on May 14.

1819 First bicycles, or velocipedes, appeared on New York city streets on May 21.

1868 Memorial Day, last Monday of May to honor our war dead began on May 30.

1899 New York taxi driver arrested for speeding at 12 mph, Lexington Ave on May 20.

1914 Mother's Day set by Congress as second Sunday of May.

1923 First transcontinental flight in 26 hours, 50 minutes on May 3.

1927 Charles Lindbergh makes first transatlantic non-stop flight on May 21.

1931 The 102 story Empire State Building is dedicated on May 1.

1937 German dirigible Hindenburg explodes in flames at Lindenhurst NJ on May 6.

1937 San Francisco Golden Gate Bridge opens on May 27.

1945 VE Day WW II in Europe ends on May 8.

1947 B.F. Goodrich announces development of first tubeless tire on May 11.

1949 Soviet Union blockades West Berlin, starting Berlin airlift on May 12.

1961 Astronaut Alan Shephard becomes first American in space on May 5.

1964 The Verrazano Bridge, NY to NJ is the longest bridge in the U.S. on May 28.

1965 First transatlantic TV pictures sent on May 2.

1970 U.S. population grows to 200 million.

2011 Bin Laden is killed on May 2.

2017 Congress set the Friday before Memorial Day as National Poppy Day May 28.

Sun

Mon

Tue

Wed

May 2021

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

2 10:00am Worship Service in Commons	3 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC	4 No Yoga Today 9:00am Shopping Bus to Walmart/Heebs <u>11-11:30am Strength Class in Commons</u> 11:15am Tai Chi in ARC <u>No Great Courses</u> <u>3:30pm Dr. Tom Tursich presents: "Bend, Don't Break in Commons"</u>	5 10:00am Chair Exercise 11:30am-12:15pm Boo 11:30am-1:30pm Spirit <u>2:30 Catholic Mass in AP</u> <u>2:00 & 3:30pm Cinco de</u> <u>Dining Room</u>
9 Mother's Day 10:00am Worship Service in Commons <u>3:00pm Mother's Day Wine and Dessert in Dining Room</u>	10 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC	11 Podiatry Clinic Today 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC <u>11-11:30am Strength Class in Commons</u> 11:15am Tai Chi in ARC 3:30pm Great Courses in Commons (Scientific Secrets for a Powerful Memory)	12 10:00am Chair Exercise 11:30am-1:30pm Spirit 2:00pm Catholic Prayer & Chapel
16 10:00am Worship Service in Commons	17 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC <u>7:45pm Edis & Cliff in Commons</u>	18 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC <u>11-11:30am Strength Class in Commons</u> 11:15am Tai Chi in ARC 3:30pm Great Courses in Commons (Scientific Secrets for a Powerful Memory)	19 10:00am Chair Exercise 11:30am-12:15pm Boo 11:30am-1:30pm Spirit 2:00pm Catholic Prayer & Chapel 3:00pm Lutheran Comm
23/30 10:00am Worship Service in Commons	24/31 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC	25 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC <u>11-11:30am Strength Class in Commons</u> 11:15am Tai Chi in ARC 3:30pm Great Courses in Commons (Scientific Secrets for a Powerful Memory)	26 Breakfast Social 10:00am Chair Exercise 11:30am-1:30pm Spirit 2:00 Catholic Prayer & Chapel <u>3:30pm Bob Yaw Meteor</u> <u>Presentation in Common</u>

	Thu	Fri	Sat
			1 <u>3:00pm Kentucky Derby Cocktails in Commons</u>
e in Commons kmobile ual Care <u>Chapel</u> <u>Mayo Party in</u>	6 Being Mortal Book Study Today <u>No Yoga Today</u> <u>9:00am Shopping at Town & Country</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	7 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	8 2:30pm Movie in Commons
e in Commons ual Care & Comm in AP	13 Being Mortal Book Study Today <u>9:00am Shopping at Town & Country</u> <u>9:30 Yoga in ARC</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons <u>10:30am Resident Council Mtg in FSR</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	14 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	15 2:30pm Movie in Commons
e in Commons kmobile ual Care & Comm in AP in Chapel	20 Last Being Mortal Book Study <u>9:00am Shopping at Town & Country</u> <u>9:30 Yoga in ARC</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	21 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	22 2:30pm Movie in Commons
e in Commons ual Care omm in AP <u>ology</u> <u>s</u>	27 Birthday Night <u>9:00am Shopping at Town & Country</u> 9:30 Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	28 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	29 2:30pm Movie in Commons

5/1 Kentucky Derby: The derby will be shown on the TV in the Commons beginning at 10:30am. Mint Juleps will be served from 3-4:30pm with the actual race starting at 5pm. See page 5 for more info.

5/4 Dr. Tom Tursich-Bend, Don't Break: See page 3 for more info.

5/5 Cinco de May Party: Grab a fiend and head to the Commons at 2pm or 3:30pm for music, food and beverages. Dress for the occasion with a fun sombrero or wild shirt and don't forget to sign up at the front desk!

5/9 Mother's Day Wine & Dessert: This special party honoring all mom's will be held in the AP Dining Room at 3pm. Enjoy music by Kate and Cliff. Please sign up at the front desk.

5/13 Resident Council: Members only will join in the **ARC** at 10:30am.

5/17 Edis & Cliff: This fun and entertaining duo will have you singing in your seats! Music starts at 7:45pm and all are welcome.

5/26 Bob Yaw Presentation: Come expand your mind with the processes and phenomena of the atmosphere!

Fuzzy & Joyful Visitors in Birchwood!



“Lynx” the 20lb therapy cat, came to visit Birchwood for the first time in over a year! His owner, Jaelyn Katz, had Lynx approved and registered with Intermountain Therapy Animals and he loves to cuddle. Seen here with Jo Hudson.

Doris Ward, Lynx the Cat , and Phylis Somers.

Homeschool “World Changers Choir” playing for Birchwood residents in the beautiful spring sunshine!



Hillcrest Neighbors By Tony Garcia, Resident

When you see Bob Yaw, don't let him get away. You'll recognize him by his contagious, gentleman's smile. Have him tell you of all of his experiences. He'll soon be 100 years old, so I assure you he has a lot to tell you. It's interesting that he has lived at Aspen Pointe for 10 years and no one has heard his story. We could not do his complete near 100 year story, so here's just a little about him.

Bob's had a tough childhood. He was born in Los Angeles in 1921. His mother died at childbirth so he was raised by his grandmother until he was four. His Dad moved six times around the country, which meant a difficult change of schools and friends for Bob. His dad died when he was fifteen. Bob lived with an aunt in Boulder, Colorado and another aunt in Buffalo, New York until he graduated from high school in 1939.

He attended three years of college at the University of Colorado when he met Margaret Simonds. They were engaged in 1942 but Bob had joined the U.S. Army Air Corps Reserve and his unit got called to active duty. WW II was on, so it was time to go war. Bob became a 2nd Lieutenant and a navigator. He was sent to India as a replacement navigator on a B-25 twin engine attack bomber. He had flown 75 combat missions when the war ended September 2, 1945.

Bob, was now 25 and went back to finish his last year at the University of Colorado. As love stories go, Bob found Margaret, got married and went back into the Air Corps. This time it was called the U.S. Air Force. That kicked off a whole new career.

Bob and Margaret went on a twenty year tour of the world having new experiences at each place he was stationed. He became a meteorologist, flew as navigator during the Korean War Air-lift, forecasted weather in Rapid City, South Dakota; London, England; Lincoln, Nebraska; Lare-

do, Texas; Tokyo, Japan and finally Malmstrom Air Force Base in Great Falls, Montana. In 1966, Bob retired as a well decorated Lt. Colonel with 4500 hours flying time. If you think he just went fly fishing and read books in his hammock you're wrong.

Bob and Margaret must have pressed the "restart button", because their careers ignited again. He and Margaret moved to Bozeman. He taught at MSU for 17 years and "retired" for the second time. It didn't work. He continued to teach by volunteering with the Museum of the Rockies. Bob became part of a two man team.

They put on educational programs at high schools and Indian Reservations all around Montana.

Finally, he decided to make retirement permanent. Margaret's philosophy was "Bloom wherever you're planted". She did just that. Margaret had volunteered for the Red Cross wherever they moved in military service. She was

very active with the Officers' Club wives group, had written for the base and sometimes local newspaper. When they moved to Bozeman, Margaret taught at Bozeman High School and was active in the P.E.O, and various local, state and national Garden Clubs. Bob and Margaret were also active in the Pilgrim Congregational Church here in Bozeman. "I am so proud of all she did", said Bob. They had two sons. Rob, is a retired teacher in Helena, and Ken is an Orthopedic Surgeon who works at the VA Hospital in Albuquerque. They also had 13 grandchildren and 11 great grandchildren.

When you see Bob, please thank him for his service to our country. There are only 325,000 WW II veterans left. That's not all folks. Get Bob to tell you about his unique experience hiking up Mt. Fuji, or his motorcycle trip to see castles in England and Scotland. Also, do let Bob know how lucky we are to have him here at Aspen Pointe.



Wise & Well: Health from Head to Toe ~ *Stiff Neck Muscles*

By Jessica Kindzerski, Exercise Specialist

Anyone who attends Chair Exercise Class regularly knows how I always stress the importance of stretching our neck muscles. Young or old, neck tension can be caused by so many things and truly is “a pain in the neck”. Tight and stiff neck muscles can be the result of stress, tension, or overuse. Poor posture and improper alignment of your body can also play a part.

Michael Silverman, a physical therapist from New York, says that most adults have overactive upper trap (trapezius) muscles, which run from the base of the skull to the shoulders. “By keeping your shoulders constantly hunched forward or simply using these muscles when you should be using others, the traps get pulled tighter and tighter”. (Zimmerman, 2019). Over time, space in between the vertebrae actually decreases through the decades, Silverman says. This can increase aches and pains by lessening shock absorption in the neck. (Silversneakerblog, 2019).

Fortunately, the solution may be as simple as stretching. A regular stretching routine can reduce pain and improve mobility in adults with chronic neck pain (Silversneakerblog, 2019). Silverman suggests starting with a one-minute stretch. By focusing on the sides of your neck, it helps elongate and ease tension in the traps without promoting the head-forward, hunched-over posture we all know too well.

Sit tall in a chair. Reach your right hand over your head, and gently draw your right ear toward your right shoulder. At the same time, relax your left shoulder. You should feel a gentle stretch on the left side of your neck. Breathe slowly and deeply, holding the stretch for 30

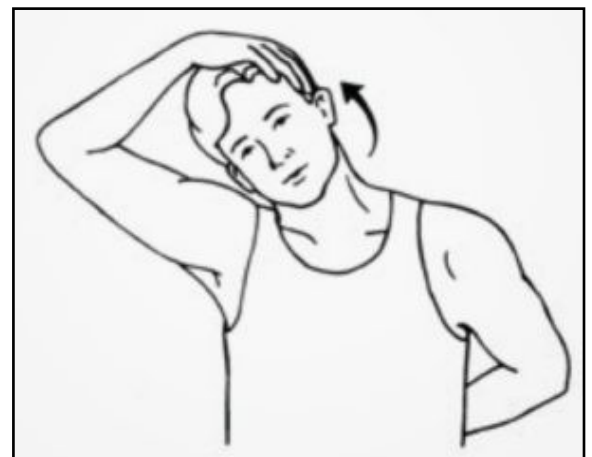
seconds. Repeat on the opposite side, reaching your left hand over your head, and relaxing your right shoulder.

If you can't reach your hand over your head, simply relax your hands in your lap as you perform the stretch. You'll feel some relief immediately, but the best results come with a regular stretching practice.

Perform this stretch every day, and even up to two or three times per day if you're feeling particularly tight. For more ideas on how to stretch sore muscles, join our Monday, Wednesday, and Friday Chair Exercise Class in the Aspen Pointe Commons from 10-10:30am or call Jessica in the Fitness Center at 414-2029.



Left hand draws head toward left shoulder.

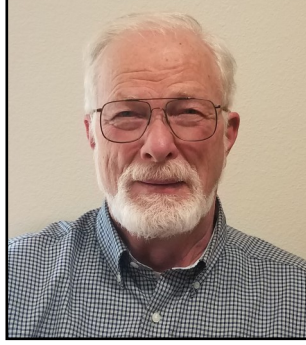


Right hand draws head toward right shoulder.

Here it Comes

By Allen Jones, Chaplain

Oh, we've been waiting! As the first notes of spring are beginning to be felt, it warms us all over. Not so fast, Montana says and so winter tickles us again with cold and snowy mornings. But we know spring is coming. The daffodils and crocuses are blooming outside and we see robins. We are beginning to think about what we'd like to do as it gets warmer. It seems we spend a lot of time waiting for something to happen. We've waited a whole year and then some for the virus regulations to ease up so we can go back to living. So, it's coming, but what can we do now? Life is not lived tomorrow; life is lived today. Planning is one thing, living is another. We need to stuff today full of all the life we can. So, first what can we do for someone else that will brighten their day and let them know you are thinking of them? A card, a call, a connection, an e-mail, a text or a thank you. Secondly, what can you celebrate today? Our lives have been so full with family, children, careers, travel events, achievements and recognition. Remember those things with gratitude and share them with those who were involved. That will give the above connections some content. "Let me tell you about the time...." and you've got a conversation going with some friends and an afternoon has been stuffed full of life, sharing and living. Next we can think about how we can improve our own health and well being. As the days warm, the trail on Pete's hill is filled with walkers and dogs. Anytime we can get outside is marvelous and healthy for us. If we can team up with a partner, getting outside is better yet. Go for it, get out there, make it happen, and your life and the lives of other people may be better for it too!



Bridger from page 3

Members of the Latter-day Saints opened up a trading post near Fort Bridger and took unkindly to the competition. They tried to arrest Bridger, claiming he was an outlaw and burned Fort Bridger and all its supplies to the ground. Bridger escaped with his family into the mountains and moved near Westport, Missouri.

Bridger went off hunting for furs in 1856, this time with a younger friend, Kit Carson. They were just outside Bozeman and discovered what is now called Bridger Canyon. He became a guide and Army scout in 1858. He was fifty four and continued that work for ten years. Failing eyesight and other physical problems forced him to retire. He stayed home and took care of his apple trees until he died at age 77.

I'll bet he would have been thrilled to hear that 39 businesses in Bozeman and five other states plus a beautiful mountain range were named for him. Jim Bridger was a hero to many. He was buried in Kansas City, MO in 1881.

Hannah from page 4

alcohol addiction. The calling stuck, and she now plans to begin an on-line grad school program in June to become a licensed Addiction Counselor in two years.

Meanwhile, she still loves to rock climb, camp, hike, and travel. She also enjoys scrapbooking and taking photos. Her primary focus these days is her upcoming nuptials to one lucky man, Cody Wolfe. They met at church, followed by a MacKenzie River Pizza lunch. Then came the "Mom Approval" and six months later, they were engaged. MacKenzie River Pizza will cater the reception. Church and community continue to play an important role in her and Cody's life. So does a 90lb "goofball," mixed breed dog named "Buddy Jones.

So if you see a lovely gal with beautiful, red hair walking the Birchwood halls, be sure to say "Howdy" and congratulations!



CRGANI
TPEATIN
FLUEUTAIB
LUTHFHUOTG
EGUERSON
OIVNLG
OSGRNT
ARTECIEV
ITPURSEPVO
NLLTEINGTIE
TNEELG
UNYNF



