

*There will be no Council of Commissioners meeting this Weds. the 29th of August.
Regularly scheduled meeting will be on Sept. 5th.*



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New Community Service program shows promising results

By Robin Jordan

In Butte-Silver Bow, a new program offers adults convicted of non-violent, misdemeanor crimes an alternative to large fines or jail-time—community service.

And, although the program only began this July, it is already reaping positive results, according to city-county officials.

City Court Judge Jerome McCarthy, who was appointed to fill the position after Glen Granger retired early this summer, talked about developing the community service program during his interview with commissioners. His first day as judge was July 2 and the program was begun July 9.

McCarthy said he served as a law enforcement officer for Butte-Silver Bow for 27 years, retiring last January. In 2004, while he was administrator of the Detention Center, he said, he put together a similar community service program, using personnel from the jail, but due to their workloads, they were unable to maintain it.

The new program is supervised by Troy Hansen, the county's misdemeanor probation officer, who coordinates with the community enrichment department, which provides the work and the equipment needed. So far, participants have been picking up litter, removing graffiti, clearing weeds and trimming trees and bushes in city parks, along walking trails and around the courthouse and jail as well as working at the Community Café on Park Street.

Hansen said 61 people have been sentenced to community service since July 9. Of 2,210 hours ordered by Judge McCarthy, 576 hours of community service have been served. Hansen said approximately 85 percent of participants have reported for duty.

If participants don't call in with a valid excuse and don't show up for work, the consequences are harsh. A warrant is issued and the individual is sentenced to 30 days in jail.

McCarthy said the program rules are strict, but those convicted are offered a choice of paying their fines or doing community service. If they choose community service, they sign an agreement that spells out the rules and consequences.

McCarthy said the rules are strictly enforced and they have to be if the program is to be successful.

"It has to be a tight program. Otherwise, word would spread like wildfire in the community," he said.



The Butte Exchange Club's annual Field of Honor displayed hundreds of flags near the Belmont Mine headframe last weekend to honor veterans, those currently serving in the military, first responders, law enforcement, personal heroes and victims of child abuse in Montana. *Photo by Robin Jordan*

McCarthy said the program provides accountability for offenders, giving them a chance to work off fines, rather than getting into a cycle of unpaid debts, hiding from police and ending up in jail.

"The fine for driving with a suspended license, for instance, can be up to \$500," McCarthy said. "We give them \$100 per day credit for community service and then they pay a minimal fee for administrative services. It makes fines manageable."

As well as providing a benefit to the community through work done, the program also helps alleviate jail costs, McCarthy said.

"It costs \$88 per day per inmate at the jail," he said. "That doesn't include medical, prescription and dental costs, which are on the rise. The majority of inmates need some kind of medical treatment or prescriptions, and it's only gotten worse with the rise in methamphetamine use."

The program is already getting a positive response from the public, which has seen crews doing work around the community. Han-

sen said it has also been getting a thumbs-up from participants.

"When they get done, they say, 'I feel good,'" he said. "One guy even said he wanted to come back the next day, even though he was done with the program."

McCarthy said he is working with Sheriff Ed Lester to expand the program to include some non-violent misdemeanor inmates currently housed at the jail.

He and Hansen have also begun talking with the Butte Food Bank to have program participants work there. In addition, the community enrichment department plans to purchase some additional equipment and put participants to work cleaning alleys and other troublesome areas in the community.

McCarthy is asking the public to suggest areas where community service workers could be put to work. To suggest an area that needs attention or a specific job, call the community enrichment department at 497-5024.



Bill Foley

Over the last seven decades, the Butte Civic Center has been host to some great state championship basketball games and some classic Butte High-Butte Central battles.

It has hosted the Harlem Globetrotters, Johnny Cash and every Butte Sports Hall of Fame induction banquet since 1987.

In a few weeks, the Civic Center will host the WWE.

The one event that was going to top them all, however, was set for Oct. 12, 2020. That was when we were going to celebrate Grandma Mary D'Arcy's 100th birthday.

Grandma Mary had been planning her party for the last several years. She was going to charge everybody \$100 to get in, and, despite the high price of admission, she was confident that she would pack the storied arena.

BUTTE SPORTS

Grandma Mary decided to get mad and go home

The nurse at her doctor's office and a couple of her favorite priests were going to get in for free. The rest had to pay.

That included her 38 great-grandchildren and her 11 great-great-grandchildren. They all had to pay full price.

Some days she said she was going to take a trip with the money raised. When she was my guest on KBOW's Party Line in April, she said she would need the money for the nursing home.

Unfortunately, that party will not happen. Grandma Mary passed away after a short illness on Aug. 20. At 97 years, 10 months and 8 days, Grandma Mary died 784 short of her 100th birthday.

Well, it is better to say that Grandma Mary decided to get mad and go home.

She had a bunch of sayings – many that cannot be included in a newspaper column – and that was my favorite.

Whenever she was ready to head home, she would often announce her departure by saying, "I'm going to get mad and go home."

Of course, in 44 years I honestly cannot remember ever seeing Grandma Mary mad.

Then, even at 97 years old, she would put on her jacket, her gloves and the oversized sunglasses that

covered her regular glasses and drive home.

The saying Grandma Mary liked the most was, "I'm going to bless myself," and it was definitely not like it sounds. It was a threat.

You didn't want to be sitting next to her when she said that. She'd make the sign of the cross with her hand: In the name of the Father, the Son and the Holy – whack.

She said she could deliver that backhand with a left or a right. We had to take her word for it because she never followed through with the threat that we all heard thousands of times.

We'd tease her and she'd go, "Oh, I'm going to bless myself." Then she would feign the motion of the cross that led to the backhand.

At her funeral, Father Hall described Grandma Mary, who insisted there be three priests at her funeral, as a character.

He said she he would see her at church and say, "Mary, you look even younger today than you did yesterday."

To that, Grandma Mary would say, "If (B.S.) was music, you'd be a brass band." She'd say that in church. To a priest.

While in the last couple of years she kind of became a caricature of herself because she really seemed to revel in the role of the old lady who might say something inappropriate in public, Grandma Mary was definitely the genuine article.

There was nothing fake about her.

That is why she will be missed so much by so many. That's why she was still the life of the party when she was 97 years old.

She married Grandpa Jerry on April 10, 1939, and she took care of him until he died on June 2, 2011.

"That's a long time to take care of somebody else's daughter," Grandpa Jerry would say.

"That's a long time to wait on somebody," Grandma Mary would counter.

Grandma Mary was as tough as she was kind and funny.

She worked at a state-owned liquor store. During the height of the Bad Boys of Butte, Grandma Mary was robbed at gun point by a gunman (most likely a police officer) who knew exactly where the money was and exactly what time to arrive.

If she was scared, she surely never showed it.

Grandma Mary calmly gave the gunman a bag full of \$20,000. She didn't give him the other bag of \$20,000 that was right next to it.

Later, Grandma Mary joked that she gave away \$20,000 and got a letter from the state telling her what a great job she did.

"I should have kept the other bag," she told my children two weeks before her death.

Of course, she was joking. I think.

Grandma Mary was the last living member of Butte High's Class of 1938. She was proud to tell anyone who would listen that she was classmates with the great Eso Naranche, the namesake of Butte High's Naranche Stadium.

"He was such a nice boy," Grandma Mary said. "He wasn't an ass like a lot of those boys were."

That was another one of her favorite sayings. She'd often end phone conversations by saying, "Oh, you're an ass. G'bye."

I would tell Grandma Mary that nobody is going to pay \$100 for your party. She was going to have to drop the price.

"If you charge \$100 to get in, you can hold the party in (Civic Center manager) Bill Melvin's office," I told her.

She insisted that I was wrong, and now I really think I might have been.

At Butte High's football game Friday night, I realized that Grandma Mary's love actually stretches well beyond our large family.

At the game, I ran into young Beau Henderson. Beau, 10, has been on my baseball team the last three seasons, and he is not related.

"I'm going to the church tomorrow morning to say I'm sorry about Grandma Mary," Beau said. "I loved Grandma Mary. She was so nice to me."

I had no idea that Beau even knew Grandma Mary. I was blown away to learn that he also called her "Grandma Mary."

It turns out Beau was one of the many kids Grandma Mary helped take care of at the Small World Preschool. Grandma Mary volunteered her time there every morning for years. She'd joke that she was there to teach the kids how to swear.

Apparently she made quite the impression.

The next morning at Grandma Mary's funeral, Beau and his little sister Brea were there to offer hugs to everyone in the family.

The funeral was packed, and hundreds offered their condolences. None meant more to me than those two kids.

They would have definitely been at the Civic Center for the party on Oct. 12, 2020.

And what a party it would have been.

Grandma Mary would have had us all laughing right up until the time she decided to get mad and go home.

– Bill Foley is the editor of ButteSports.com, where you can also find Bruce Saylor and up-to-the-minute news on the Bulldogs, Maroons, Ore-diggers and much more. Email him at foley@butesports.com.



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77° 43° F Sunny 0 in	71° 39° F Partly Cloudy 0 in	66° 35° F Mostly Sunny 0 in	73° 39° F Sunny 0 in	74° 40° F Partly Cloudy 0 in	74° 39° F Sunny 0 in	71° 44° F Mostly Sunny 0 in	Looking for a new Sponsor Call us today at 782-3820

City Scene

Music

Silver Dollar Saloon

- Wed Open Mic 9:00 133 S. Main. For information, call 782-7367.
- The Red Elvises - Tues 8/21
- Yabba Griffiths Reggae Thurs 8/23

Dinner Dance with the Butte Big Band, Saturday, Sept. 8, 6-11 p.m. at the Anaconda Elks Lodge. Tickets at the door, per person, \$10 for dinner and \$10 for dance. To reserve a table, email jpthermotech@gmail.com or call 490-7433.

Miss Massive Snowflake, Friday, Sept. 7, Covellite Theater, with Snailmate, Hibernator and Robbie-

hood.

Art

Martha U. Cooney Art Gallery, Metals Banc Bldg., Suite 301, will feature Wildlife Photographer, Ken Herrly for the September 6th Art Walk. Beautifully framed pieces or a photo from his portfolios may be viewed and/or purchased. Ken's photography will be available at the gallery throughout September. For more information, call 498-5368.

Blue Door Gallery Debra Harrington Open studio Metals bank between 1st and 2nd floor Stop in.

Ghetto Gallery, 654 1/2 S. Montana St, a private gallery, is open by

appointment, call 490-0721 and ask for Patricia Schafer.

The Carle Gallery, 3rd floor of the Butte Public Library, presents "It Started with Aardvark" by print artist Elizabeth Dove during September. For details, contact the library at 723-3361.

Uptown Butte Art Walk, Thursday, Sept. 6, 5-9 p.m. Free, more than 20 locations. Two live demonstrations during the evening. Sara Beigel and Giao Hoang will demonstrate pottery in front of Gamers. Patricia Schaefer will be at 66 W Park demonstrating her painting of abstract art. Kid art activities will be offered by the Butte Public Children's Library and an after party will be at The Covellite.

NAIA Pow-Wow, Friday-Saturday, Sept. 7-8 at the Butte Civic Center. For more information, call 406-782-0461

Attention Bingo Players: Do you like to play bingo and help raise funds for charity? The Elks Lodge has bingo each Wednesday at 7 p.m. starting Sept. 5. The money raised is used for scholarships and youth programs, such as the hoop shoot for boys and girls 8-13 years old. The Elks also supply storage and meeting room for the Civil Air Patrol and other activities. Come early and get a good seat—the more players, the bigger the payouts to winners. For information, call 299-2443 or 490-3329.

To list an activity or event, please submit your information by Fri., 4 p.m. previous to the week you would like your event listed. Submit to editor@butteweekly.com or butte.news@butteweekly.com

What's Cooking

Debbie Sorensen
Zucchini Bread

Well, another garden season is upon us. That would be zucchini. To think that years ago, we had no idea what to do with this prolific squash. When folks from Great Falls shared it with us, that funny vegetable usually ended up going to the chickens or pigs, if you can believe that.

Once we figured out just what we were missing, baking has never been the same for us since then. My friend Mary Murnion shared the wonderful recipe from her kitchen in Jordan, Montana.

Zucchini Bread

3 eggs, beaten until fluffy. Add ¾ c. oil and add dry ingredients that have been sifted together.

- | | |
|----------------------|------------------------------|
| 2 c. sugar | 3 c. flour |
| 1 tsp. soda | 2 tsp. vanilla |
| 1 tsp. baking powder | 1 tsp. cinnamon |
| 1 tsp. cloves | 1 tsp. allspice |
| 1 tsp. salt | 2 c. peeled, grated zucchini |
| ½ c. nuts | |

Preheat oven at 350°. Grease two 4"x8" loaf pans. Pour batter into pans. Bake for 45 minutes.

Special Events

Farmer's Market, every Saturday, 9 a.m.-1 p.m. on west Park St. in Uptown Butte. Area vendors feature plants, produce, arts and crafts, much more. For more information, go to mainstreetbutte.org/fmarket.htm

Chamber seeking nominations for annual awards

Butte-Silver Bow's Chamber of Commerce is seeking nominations for the "Harold McGrath Award," the "Mike Venner Spirit of Butte Award" and the Marko Lucich "Spirit of Service Award."

The Harold McGrath Award, established by the Chamber in 1986, is presented to an individual business, non-profit organization, civic or government entity that has enhanced or contributed significantly to the quality of life of the Butte-Silver Bow community. Recipients must have an obvious and recognizable impact on the community.

The Mike Venner Spirit of Butte Award will be presented to an individual who exemplifies the resiliency, love of life, family and community that Mike had. Recipients of the award should have the ability to unite people, regardless of circumstances.

Nominees for the Marko Lucich Spirit of Service Award should exemplify Marko's devotion and commitment to serving others and the mantra of always putting Butte first. Nominees will have made per-

sonal contributions over a period of years that benefited community welfare and advancement. This personal contribution is typically rendered through civic, community or religious work. The nominee must be viewed as a consummate ambassador and cheerleader for the community. Contributions of the nominee should be of an extraordinary nature. The award is for an individual, not a business or team. The nominee must be a positive example of respectful leadership, team building and community impact.

If you know of a business or individual that fits the criteria and is deserving of one of these awards, please nominate them in writing by Friday, Sept. 7. Send nominations to Stephanie Sorini, Butte-Silver Bow Chamber of Commerce Awards Committee, 1000 George St., Butte, MT 59701. Winner will be announced at the annual Chamber of Commerce dinner Thursday, Sept. 20 at the Butte Civic Center.

NOW IS THE TIME

- Individual Membership
- Family Membership
- Student Membership (age 18-24)
- Punch Passes
- Day Passes

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Editorials

Still plenty to do after Labor Day

By Robin Jordan

As August comes to a close, we're starting to see a change in the seasons, but there's still plenty of work to do on summer projects before the first snows fly. Luckily, there's still plenty of time for outdoor fun as well.

Last week, my husband Dave and I got busy cutting down weeds on a lot my mom owns, just down the street from her house. The lot has a big garage on it, but the front part of the lot tends to get overgrown with weeds because we get involved in other projects earlier in the summer and forget how quickly it becomes a problem. At any rate, we hauled the mower and weed-whacker down late last Saturday and started the work.

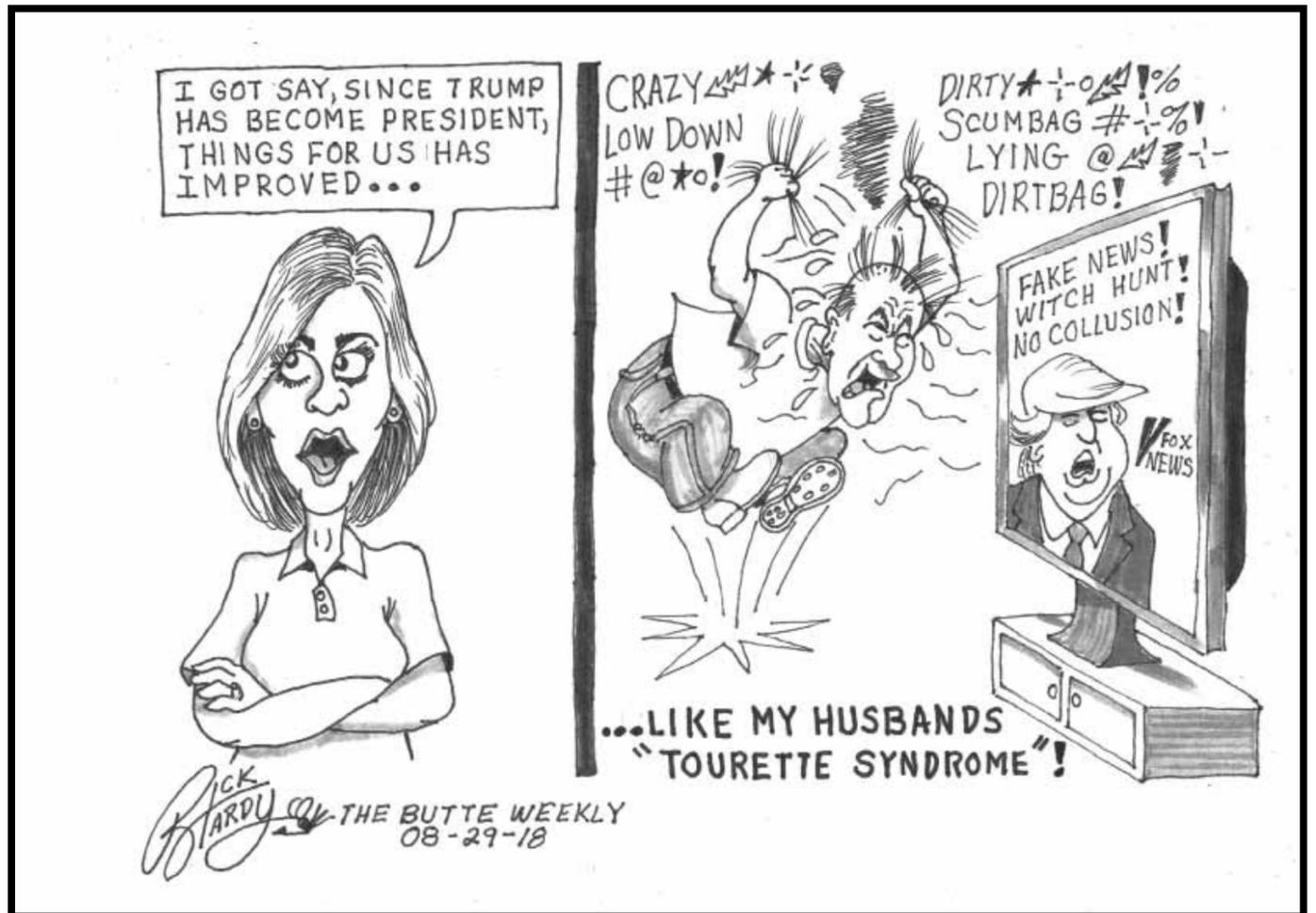
It always amazes me that the plants we want to grow, like flowers and vegetables, seem to grow so slowly and require so much watering, weeding, fertilizing and the like, while the weeds in the lot, ignored, unwatered and untended, grow, well, like weeds. When we started work last Saturday, the lot was filled with weeds that had grown to the height and thickness of small bushes. Undaunted, Dave fired up the mower and I started with the weed-whacker, swinging it through the woody brush to take down some of the tall stuff.

In the short time we had, we made a pretty good start. We finished cutting down most of the lot before the battery in the weed-whacker ran down and we realized we needed to go cook dinner. We'll still have to finish cutting the rest of the lot, gather up all the weeds and debris and take a load to the landfill.

Noxious weeds are a real problem in Butte and the surrounding area. They don't just take over vacant lots, they also spring up along walking trails and any other place their seeds can reach. When we're out playing with the dogs, we always try to pull as many knapweed as possible as well as cleaning up trash in our favorite spots.

That's why we feel guilty that we didn't get around to taking better care to keep the weed problem under better control at Mom's lot. We know that all those towering weeds have been spreading their seeds all over the neighborhood and causing a problem for others. We're just going to have to finish the job and remember to get busy earlier in the season next year.

There's another good reason to keep those weeds mowed down—Butte does have a weed control ordinance. Butte-Silver Bow's weed department does send out notices to property owners letting them know that they either need to mow the weeds or the department will do it at the owner's expense.



We didn't receive such a notice, luckily, but we still feel a bit guilty that we didn't attack the problem sooner.

Here's hoping the smoke from forest fires isn't too overwhelming and we can all get on with late summer projects.

The Priorities of House Republicans?

By George Waring

During his White House Roundtable with Republican Congressional leaders in late June, President Trump was lavished with praise for his determined effort to reduce federal spending on domestic programs and greatly increase funds for national defense. The Chair of the House Budget Committee, Steve Womack of Arkansas, informed his Leader that the restraints placed by President Obama on defense spending, restraints that required an equal sharing of discretionary funding between defense and domestic programs, were now history. The budget that his committee had just released would ensure that defense would receive the big funding increases that candidate Trump had promised. Henceforth, said Chairman Womack, our great military would be guaranteed at least 70% of all discretionary spending.

Womack's House Budget Committee's proposal entitled "A Brighter American Future: A Balanced Budget for 2019," fulfilled a February House Republican agreement that discretionary spending would be limited to \$1.2 trillion in the fiscal year beginning in October. (H.R. 1892). Of that sum, military spending will be \$647 billion and non-defense will be limited to \$597 billion. This split was in accord with the Bipartisan Budget Act of 2018. However, defense will also be

provided an additional \$69 billion during the next year for continuing to fight the nation's Global War on Terrorism throughout the Middle East and Africa. That puts next year's military budget at \$716 billion.

For the next decade, the ruling Republicans are authorizing increases of five per cent per year in military spending through 2021. Thereafter, the Republican budgeteers are projecting gradual annual increases until military spending peaks at \$736 billion in 2028. The Committee has authorized \$597 billion for next year in domestic discretionary spending. After 2019, as military spending increases, domestic spending must be reduced until it reaches its lowest level by 2028 at \$555 billion. Domestic discretionary spending must be cut by a certain percentage each year for the next decade.

Lindsay Koshgarian of the National Priorities Project sums all this up by reporting that by 2028, the House Republican budget would increase annual military spending by more than 13 percent. That does not include the billions to expected for the annual Global War on Terrorism funding. What is important is that domestic discretionary spending would be cut annually by at least 7 percent if Republicans get their way.

Please note that in addition to the reductions in domestic discretionary spending that Womack's House Budget Committee is demanding, his group demands that Congress make cuts in mandatory domestic programs like Medicare, Social Security and Medicaid in the amount of \$5.4 trillion over the next ten years. The House Budget specifies that the \$5.4 trillion figure is considered the absolute minimum reduction that must be made. In fact, the actual cuts could be even deeper.

On top of this Republican frontal attack on mandatory spending on crucial domestic programs, Womack's Budget Committee calls

for the use of a process called "reconciliation." This process allows the House budget legislation to be approved by the Senate with only a simple majority, rather than the usual 60 votes, to achieve many of the cuts.

Koshgarian notes that the House Budget Committee's proposed 2019 budget includes White House Budget Director Mick Mulvaney's roster of drastic cuts to domestic spending. These are cuts in domestic spending demanded by President Trump. That means "a total of \$15 billion in cuts or entire program eliminations, including cuts to the Children's Health Insurance Program, Environmental Protection Agency, the Federal Highway Administration, International Disaster Assistance, and watershed and flood prevention, among many others."

The July issue of CounterPunch featured a lengthy article by John LaForge, the co-director of Nuke Watch in Wisconsin, on President Trump's response to the Nobel Peace Prize being awarded in October 2017 to the International Campaign to Abolish Nuclear Weapons. That Nobel action was recognition of the Campaign's successful effort to persuade the United Nations General Assembly to adopt the "Treaty on Prohibition of Nuclear Weapons" in July. LaForge's article focused on the October Congressional Budget Office report, "Approaches for Managing the Costs of US Nuclear Forces 2017 to 2046." This report presented the Trump administration's wish list of projects that would "rebuild the entire US nuclear arsenal from top to bottom, including new warhead production facilities" at a cost of \$1.2 trillion by 2046. The already mentioned reductions in domestic spending demanded by the Republican House Budget Committee in its 2019 planning will provide the means to get this rebuilding project underway.

Road to BLM's Toston Dam Recreation Site re-opens

The road to the Bureau of Land Management's Toston Dam Recreation Site is once again open after a landslide damaged the route in early July.

Heavy rains in the area caused the hillside to begin sliding near the Missouri River last month, prompting Broadwater County Public Works to close Toston Dam Road from the east entrance at Missouri View Loop all the way to the dam site, which included the BLM's campsite, boat launch and day-use areas.

After weeks of excavation and repair, workers finished rebuilding the road this week, in time for the

public to enjoy full use of the recreation site by Labor Day weekend.

"The hard work by Broadwater County crews to repair and reopen the road in such a timely manner, to provide access for the public to BLM recreation sites before the holiday weekend, is greatly appreciated," said Corey Meier, Assistant Field Manager for the Butte Field Office.

For more information about the recreation site, call the Butte Field Office at (406) 533-7600.

For The Record

- Aug. 2—Eula Myrtle Compton, 76
- Aug. 9—Frank Abraham Richards, 97
- Aug. 10—Father Robert Noonan, 79, Helena
- Aug. 13—George Patrick Bailey, 79
- Aug. 15—Susan Ginther, 81
- Aug. 17—Eldon Roy Miller, 74, Anchorage, AK
Cathy Peoples, 79
John R. Petersen, 61
- Aug. 19—Lois Mae Braach, 85
Bernard "Bernie" Joseph Morgan, 79, Missoula
- Aug 20—Mychelle Elaine Shows, 63, Lawton
Mary Catherine McCoy D'Arcy, 97
Edward Gerard Cummings, 66, Missoula



Weekly Scanner

Weekend rundown of our local law enforcement and surrounding agencies Police/Agencies responded to over 267 calls this past weekend

<ul style="list-style-type: none"> - 6 Accidents - 17 Arrests - 4 DUI - 2 Drug Related - 20 Disturbance calls - 1 Lost Child - 36 Traffic stops - 24 Theft/Burglary - 4 Found Property - 4 Stolen/Abandon Vehicles - 8 Vandalism/Criminal Mischief - 17 Medical emergencies - 37 Suspicious activities 	<ul style="list-style-type: none"> - 10 Harassment/assault - 3 Unwanted Person - 2 Intoxicated Person - 3 Juvenile Misc - 1 Fireworks Complaints - 5 Fraud, Forgery Or Counterfeit - 2 Suicide Attempt/Threat - 2 Hit & Run - 75+ Numerous, well checks, complaints, wanted person, fraud, paper service, alarmsetc.
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Butte CPR Salvage Sale

Butte CPR is excited to announce that its next Salvage Sale will take place Thurs. Oct 19th, from 4-6pm. The Salvage Sale is located in the alley behind the Picadilly Museum, 20 West Broadway. We welcome donations and volunteers!

All sales from 4-6pm:

Proceeds support the Historic Improvement Program grants, and go directly back into the community. Volunteers are welcome. Just drop in at the sale site. Please bring a tape measure and work gloves.

Donations? Email us at info@buttecpr.org

Wednesday September 12

Local Sports Schedule

BUTTE HIGH BULLDOGS	BUTTE CENTRAL MAROONS
Football Aug. 31 vs Hellgate	Football Aug. 31 vs Ronan
Volleyball Aug. 30 @ Beaverhead Aug. 31 vs Billings Skyview	Cross Country Aug. 31 Twin Bridges Invite
Soccer Aug. 30 @ Great Falls CMR	Golf Aug. 30 & 31 Butte High Meet

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Sudoku answers

8	2	5	6	3	1	9	7	4
6	7	9	5	2	4	8	1	3
4	3	1	9	8	7	6	2	5
7	8	4	3	5	2	1	9	6
9	1	2	7	4	6	5	3	8
5	6	3	8	1	9	7	4	2
1	5	8	4	7	3	2	6	9
3	9	7	2	6	5	4	8	1
2	4	6	1	9	8	3	5	7

Crossword Answers

1	D	E	B	O	N	E	7	A	P	E	R	C	U				
13	E	V	E	N	E	R	14	A	L	L	R	O	U	N	D		
16	C	A	T	E	R	S	17	M	E	A	N	T	I	M	E		
18	O	C	A	T	E	D	20	U	C	T	S	21	S	O	L		
22	C	U	K	E	23	D	24	A	S	K	S	25	W	I	V	E	
26	T	E	E	N	27	A	V	E	S	28	P	A	N	E	D		
29	S	E	N	T	30	V	I	M	31	T	I	R	E	D			
32	W	H	I	T	E	L	I	E	S								
35	T	H	I	R	D	37	N	O	D	38	H	U	S				
42	I	O	N	S	43	S	T	A	Y	44	I	N	T	O			
45	M	E	T	E	46	R	A	P	T	47	P	L	U	S			
48	A	B	C	49	M	E	G	A	H	50	L	I	T	52	O	T	T
53	R	E	A	54	S	O	N	E	R	55	M	U	56	T	A	T	E
57	C	A	K	E	W	A	L	K	58	A	B	I	D	E	S		
59	M	E	A	S	L	Y	60	M	E	S	S	R	S				



Edward Jones

MAKING SENSE OF INVESTING



Debbie McLarnon

Have You Planned for Long-term Care?

If you are fortunate, you will retain your physical and mental capacities throughout your life and can always live independently. But there are no guarantees for any of us. If you ever require some form of long-term care, will you be prepared?

So what is the risk of needing long-term care services? According to the Department of Health & Human Services, about 40% of individuals over age 65 receive some form of paid in-home care, with an average care period lasting less than one year. However, about one-third of the population receives care in a nursing home: Of those individuals, about half stay less than one year, 30% stay between one and three years, and 20% stay longer than five years.

And, unfortunately, this care can be expensive. For example, it costs \$97,500 per year, on average, for a private room in a nursing home, according to the 2017 Cost of Care Survey produced by Genworth, an insurance company. In some major metropolitan areas, the cost is much higher. Furthermore, Medicare typically pays only a small percentage of these expenses.

So, how do you protect yourself against these potentially catastrophic costs? Essentially, you have four options:

Self-insure – You can try to build enough financial assets to cover the costs of a long-term care event. However, you would need to accumulate an extremely large sum to fully protect yourself, and you'd be diverting assets that could be used to help fund your retirement.

Long-term care insurance – A traditional long-term care (LTC) insurance policy will pay for qualified long-term care costs. The younger you are when you purchase your policy, the lower your annual premiums are likely to be. Keep in mind, though, that a basic LTC policy offers no death benefit or cash value – your premiums are only paying for a nursing home stay, home health care or other type of long-term care service. (Also, even a good LTC policy will include a waiting period before the insurance kicks in and a maximum amount of coverage, such as three years.)

Hybrid/linked benefit insurance – Because of some concerns about paying for insurance but never needing care with traditional long-term care insurance, this type of insurance provides a death benefit plus long-term care coverage. You can accelerate the death benefit to help pay for long-term care costs, and you can

also choose to create an additional pool for these costs after the death benefit has been exhausted. But if you don't need long-term care, you still have the life insurance death benefit. Due to the death benefit, your premiums will be higher than those of a traditional long-term care policy.

Life insurance with long-term care/chronic illness rider – By choosing a permanent life insurance policy with this rider, you can accelerate all or part of the death benefit to pay for long-term care costs. (Your death benefit will then be reduced.) This option generally provides more flexibility in paying premiums than a hybrid policy, which may require a larger dollar commitment. Similar to hybrid, you still have the life insurance benefit if you don't need care.

Which option is best for you? There's no one "right" answer for everyone, but a financial professional can help you choose the method that's most appropriate for your situation. And from an economic standpoint – and possibly an emotional one, too – you may be better off by taking action sooner, rather than later.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Lifestyle

Healthy Living

Holly McCamant

CAC, SHIP, DPP, Lifestyle Coach
SW MT Community Health Center

Dealing with Anxiety

We all have different personalities in our heads that influence our moods and our lives. These include the victim, the critic, the perfectionist, and the worrier. A good balance is best, but sometimes one of these personalities can dominate the others. Because anxiety – the worrier personality – is a growing concern for many these days, we are going to look at some ways to keep that personality in control.

Anxiety is not necessarily a bad thing. Without it we would not be prepared or do what is necessary to prevent disaster. When I was growing up and anxious about being on stage or speaking in front of people, my Dad would tell me it was because I cared



about how well I did. If I didn't care enough, I wouldn't take the time to practice and prepare and it would affect the outcome. Being anxious helped me in that circum-

stance.

The trick is to separate whether our anxiety is warning us about things we have control over and need to be paying attention to or if we are worrying about things out of our control. The first step is to think about what is going on and what we can do about it. If it turns out to be something out of our control, the best choice is to work on how to accept it, and then move on. Another approach would be to volunteer (if time permits) and make a difference in that way.

To let go of some of the unnecessary anxiety, it may be helpful to work on lifestyle components. There is scientific evi-

dence to illustrate that exercise reduces anxiety, and Yoga can be especially helpful. Maybe you just need to step back and relax, whether it is with music, a hot bath, a good book or anything that helps when you are feeling stressed and anxious. A good diet is also useful.

Recognizing our own physical responses to worry can assist us in knowing when we need to take a step back. These responses can be tensing up, wanting to run away, getting nauseous, losing appetite or wanting to eat everything in sight. You may feel it in your chest or your gut but if you pay attention, you can quickly learn to recognize the signs. Sitting down and taking deep breathes with the thought of letting the tension leave with your exhale can be an effective way to deal with these physical responses.

Getting unplugged, avoiding social media and letting go of our electronic world, even for a short period of time, can also be helpful. For those who have a hard time getting away from phones or tablets, using an app to help with

guided relaxation and breathing or meditation is another alternative. This can be especially useful for the younger generation, who are used to turning to their electronics for solutions.

If you are worrying about an issue you are responsible for or can do something about, act to put your anxiety to rest. Make an action plan and write down the steps you are going to take. Then get busy on the plan. Getting things done will give you a feeling of accomplishment. Be sure to acknowledge when you have done a good job at resolving the matter and reflect on the talent it took to handle the situation.

Anxiety can be crippling and figuring out solutions to make it more manageable is important. If you recognize that you suffer from anxiety, take steps to get it under control. Create a healthy routine that includes exercise, down time and a healthy diet. You may be surprised at what a difference it makes!

Healthy Lifestyles Program Focuses on Small Changes that Lead to Big Results

Mike Huotte remembers the day he heard about the Healthy Lifestyles Program at St. James Healthcare. It was February 13th, and just the day before he had told his wife JoLynne that his size was impacting more than just his health. It was impacting how he lived his life.

"I couldn't fit in our Jeep to plow snow or get into our Corvette to go to car shows," he recalls. "The next day I heard the ad on the radio, and the class started the following week."

JoLynne was also looking to improve her health, as she'd recently been diagnosed with high blood pressure. "On top of it, my joints ached and I was tired all the time. So when Mike said that enough was enough, it all fell together. We were both ready."

Both Mike and JoLynne signed up for the Healthy Lifestyles Program at St. James Healthcare. Offered for the last 9 years, it provides information for those at risk

of developing diabetes or metabolic disease. More importantly, according to RN and Certified Diabetes Educator Ida Reighard, it offers much-needed support.

"Almost all of us know what we need to do to achieve better health," she says. "But why don't we do it? A lot of it has to do with how we think. This program provides the camaraderie, encouragement and accountability that people need."

The Huottes attended classes once a week for 4 months, learning more about the mental and physical aspects that come with lifestyle changes. Once-a-month classes with Ida, Holly McCamant from the Southwest Montana Community Health Center, and other experts followed to help keep them on track. The program also includes a gym membership to encourage activity.

"We want to help people learn the joy of being active—instead of them thinking they have to exer-

cise. Our goal is for participants to have a 7 percent weight loss, and we want them to lose it slowly," explains Ida. "This program really is about changing minds as well as habits."

"It's not a diet—it's a complete change of how you live," says Mike. "A diet is just a fad, but we decided that this was the way we were going to live so we'd be healthy. The biggest thing for me was learning about accountability. We track what we eat and we're accountable to ourselves, to Ida and Holly and to others in our group."

JoLynne says that she and Mike have both lost weight and that they've seen other improvements in their health.

"My blood pressure is down, my cholesterol levels are better and I have better endurance," she

shares. "A friend of mine and I started walking for a half an hour during lunch, and Mike and I have been riding bikes. I would never have imagined that. One day, Mike grabbed a 40-pound bag of dog food and mentioned how once he had that amount of weight and more on his body. I call them God moments—when you just think how awesome it really is."

The St. James Healthcare Healthy Living Program begins again on September 10th with registration ending September 1st. The class costs \$100 per participant, with scholarships available for those with limited financial resources. To learn about the next upcoming session and enrollment criteria, contact Ida Reighard at 406-723-2960.

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Carousel Corner

By Mike Sawicki

Believe in Dreams

Dreams can come true if we believe it so. Specifically so as proven in the legacy of the Spirit of Columbia Gardens Carousel here in Butte, MT. Proof is in the pudding as the old saying goes but in our case the proof is in facts: the Spirit of Columbia Gardens has recorded more than 7,300 riders since our soft opening on July 22, 2018.

We really wish you all were here. The carousel band organ music is playing, the rounding board lights are on, popcorn is freshly popped, young kids and older kids are laughing with mischief and riding their favorite ponies. The eyes of boys and girls shine like stars when they walk in. Youngsters in their golden years get moonbeams in their eyes even while extending the effort required to throw a leg over a pony in anticipation of spinning around the circles to come!

Birthday dreams came true last week. Carousel staff really enjoyed the smiles on the faces of families of four young ladies- a 4 year old, two 7 year olds and a '40ish' celebrant. We decorated simply with balloons and pink tablecloths so not to 'upstage' the party girls. Everyone had loads of fun for sure. So, please keep the Carousel party opportunities in mind for your upcoming birthday occasions. We do a great job creating memories and smiles. Sometimes even a bit of impromptu dancing is involved! Speaking of dancing, we would love to host a flash mob if anyone has the dream and desire to do so.

We lost one of our true dreamers Monday August 20, 2018. Ed Cummings passed away to a place filled with powerful beliefs. Ed was one of our key electricians. Ed completed much of the complex wiring for the carousel power system. Ed was a quiet man when I worked near him but once a conversation started he was so likable and pleasant. We all wanted more time with Ed. The Carousel crew sends our condolences to Ed's

family. We thank you for allowing us the privilege of time with Ed as he shared our idea of making dreams come true.

Carousel volunteers are starting to participate in the dreams also. Lots of fun is had- interspersed with hard work of course. Yet blowing up balloons and decorating party tables can be fulfilling when rewarded by a child's smile. We are proud to be establishing a connection with the Retired Senior Volunteer Program (RSVP) with 13 believers joining the crew already!

Families are comfortable at the Carousel. Birthday cakes and sodas are a good fit in between pony rides. And, our gift shop has a great variety of items suitable for that last minute party gift (lest you forgot the present wrapped at home)! Party guests are given first choice picking a favorite steed. 16 flavors of ice cream (including licorice) are very popular and such cold treats are a perfect match for birthday cakes brought in by customers.

We also believe that someday soon all of the exterior construction will be complete. The fantastic concept playground is being assembled right now and the new road to the west has been roughed in. The ice skating ribbon behind the carousel has concrete formed. Tennis courts have new surfaces. The midway has been surveyed for brick pavers. We dream that the exterior landscape designs will soon be done while at the same time we admire the folks outside toiling in the heat and dust.

Please join us as soon as you can and keep watching and liking our Facebook page: Spirit of Columbia Gardens Carousel. Thank you all so much for the generous and continuing donations and memorials! Call us at 406 494-7775 and we can help book your next party! The carousel is open Monday through Saturday 11 am to 8 pm. Sundays we are open noon to 6 pm. There is a favorite pony for you to choose and chariots (often called boats by the youngsters-haha) that everyone can ride.

Our Readers Write

Montana Chamber's view hazy on concept of 'perpetuity'

I was dazed and confused after reading the arguments raised by the Montana Chamber of Commerce in opposing I-186. They claimed, "perpetual water treatment is among the most advanced processes that mining companies can utilize to follow through on their commitments to maintain the environment." That sounds like a talking point obtained by channeling Ayn Rand during a séance at the Bohemian Grove annual Satan convocation.

Perpetuity is one of those concepts like infinity. The human mind has trouble grasping what it is. Mathematicians take special precautions to render infinity non-threatening and allow them to manipulate equations. Rather than an advanced method of environmental responsibility, in this case, perpetual seems to refer to a way of deferring negative externality costs associated with a project to countless future gener-

ations. If they were included up front, the project would probably not be viable.

From what I have been reading, the confusion surrounding I-186 relates to the meaning of the word perpetuity. According to the Chamber, there's no confusion. Perpetual is a characteristic of the most advanced methods mining companies have to be responsible. How many economic cycles occur over perpetual time? What is the value of the commodity they are producing through all these cycles? What kind of hubris possesses people to think that any commitment to perpetuity could be honored?

Certainly, I-186 is one of the most polarizing issues of our day. I hope voters will not simply have knee-jerk reactions to the tsunami of propaganda that the initiative has elicited, but rather think about what they are voting for or against.

Steve McGrath, Butte



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This Week In Labor History

"The liberty of a Democracy is not safe if the people tolerate the growth of private power to a point where it becomes stronger than the Democratic state itself. That in its essence is Fascism: ownership of government by an individual, by a group, or any controlling private power."

-President Franklin D. Roosevelt

Wednesday, Aug 29:

Canada: Miners in Springhill, Nova Scotia decide to form a Provincial Miners' Association to protect their interests during a strike. -1879
Emma Tenayuca, a celebrated local labor activist, is scheduled to speak at the San Antonio Municipal Auditorium (the Mayor granted the permit). Accusing Emma of "Communism" 5,000 stormed the auditorium throwing bricks and rocks. Police managed to get Emma to safety. As part of the attack members of the Ku Klux Klan drove to Mayor Maverick's house and tried to kill him and his family. After the attack Emma was blacklisted in San Antonio, unable to work she was forced to move. Time and time again history proves all Red-Baiters and McCarthyists to be on the wrong side of history and in fact evil doers. -1939

Thursday, Aug 30:

Delegates from several East Coast cities meet in convention to form the National Trades' Union, uniting craft Unions to oppose "the most unequal and unjustifiable distribution of the

wealth of society in the hands of a few individuals." -1834

Poland: Polish government "allows" formation of independent Unions. The Unions were the leading force in bringing down the Communist rule in Poland. When strong Unions are in place Liberty, Justice and Democracy are most assured, even Communism is no match to the power of free democratic Unions. -1980

Friday, Aug 31:

10,000 striking miners began a fight at Blair Mountain, W.Va., for recognition of their Union, the United Mine Workers of America. Federal troops were sent in and miners were forced to withdraw after 16 strikers were murdered by the government. -1921
325,000 Union members gathered in Washington, D.C., for a Solidarity Day march and rally for workplace fairness and healthcare reform. -1991

Saturday, Sept 1:

Walter Reuther is born. He went on to become a founder of the United Auto Workers and was president of the CIO when it merged with the AFL in 1955. Reuther was a supporter of political action who said "There's a direct relationship between the breadbox and the ballot box, and what the Union fights for and wins at the bargaining table can be taken away in the legislative halls." -1907
3 week strike starts in Woonsocket, R.I., part of a national movement to obtain a minimum wage for textile

workers, results in the deaths of 3 strikers. More than 420,000 workers struck nationally. -1934

Sunday, Sept 2:

The Battle of Blair Mountain ended on this date. Mine owners and the U.S. Government bomb West Virginia strikers by airplane using bombs filled with nails and metal fragments in order to protect mine owner profits. It's the first time the U.S. Government used planes to bomb its own citizens. The battle began after Sheriff Sid Hatfield (an ally of the Union miners and hero from the Battle of Matewan) was assassinated by the "Free Market" Capitalist. -1921
President Eisenhower (Republican) signs legislation greatly expanding Social Security by providing much wider coverage and including 10 million additional Americans, most of them self-employed farmers, with additional benefits. -1954

Monday, Sept 3:

African-American cotton pickers organize and strike in Lee County, Texas, against miserably low wages and other injustices, including a growers' arrangement with local law enforcement to round up blacks on vagrancy charges, then force them to work off their fines on select plantations. Over the course of September a white mob put down the strike, murdering 15 strikers in the process. -1891
25 workers die, unable to escape a fire at the Imperial Poultry processing

plant in Hamlet, N.C. Managers had locked fire doors to protect profits by preventing the possible theft of chicken nuggets. 19 of the dead were single mothers. Disregarding Federal safety regulations to increase profits the plant had operated for 11 years without a single safety inspection. -1991

Tuesday, Sept 4:

Police and deputy sheriffs were relieved of their duties in Cripple Creek, Colorado, and all citizens were forced by a privatized security force to register their firearms, as pro-Capitalist mine owners took over the town in an attempt to crush the labor Union. Governor Peabody also sent in the state militia to protect profits of the "Free Market" Capitalists from the workers who created the profits. -1903

In what many believe was to become the longest strike in U.S. history, 600 Teamster-represented workers walk out at the Diamond Walnut processing plant in Stockton, Calif., after the company refused to restore a 30-percent pay cut they had earlier taken to help out the company. The two sides ultimately agreed to a new contract after 14 years. -1991

This Week in Labor is compiled by Kevin D. Curtis

The Great Outdoors

Upland bird seasons open September 1st

By Paul Vang

You can mark on your calendars that a week ago, Monday, August 20, was the first day of autumn. Yes, I know that a lot of people keep their calendars on their smart phone or laptop. I still kind of like the one hanging on the side of the refrigerator.

Of course, you might ask, "Isn't that supposed to be in September?"

Indeed, the autumnal equinox, the moment when the sun again crosses the equator, also called the astronomical beginning of autumn, will be at 7:45 p.m. (MDT), on Saturday, September 22.

But, as for the beginning of autumn, I usually look at when the weather changes, when you go outside in the morning and there's a serious chill in the air. After a rainy few days, it's chilly, and the lawn is starting to green up, again.

Of course, that mini cold snap doesn't necessarily mean there won't be more warm weather (my tomatoes are counting on it), and we'll continue to have smoke haze in the air until we get some mountain snows. Still, I figure that the cold, wet weather of last week

broke the back of summer.

Those long summer evenings are almost a thing of the past. As of last Thursday, our daylight hours are a full two hours shorter than at the summer Solstice in June, and each day we lose another three minutes of daylight. Another sure sign of autumn is the beginning of hunting season, just three days away, on September 1.

The upland bird seasons open on September 1 every year, and archery seasons for deer and elk begin on the first Saturday of September, and those days are the same in 2018.

I don't do the archery-hunting thing. I'd probably like it and I know lots of people who love it. In fact, I spent a lot of time in my youth wandering around the farm with a bow and arrow. Still, I figure my autumn days are too full to take on another passion, and for those of us who count as priceless those days in the mountains and prairies, carrying a shotgun and walking behind a bird dog, there simply isn't time for archery.

Besides upland bird hunting,

September is a great time for fly-fishing, as well. A perfect fall day would start with walking with my dog in the mountain aspen thickets in search of ruffed or blue grouse, and then heading for the Big Hole River, or other trout stream, for some fly-fishing. A welcome addition to such perfect days would be finding some edible mushrooms in the process.

It's a tall order, but I've done it successfully (and unsuccessfully)



and hope to do it again many more times.

A role model for those of us who live all year for the upland bird season was the late George Bird Evans (1906 - 1998). In the 1930s and 1940s, except for a stint in the Navy, he worked as a freelance artist as a magazine illustrator, branching out, with his wife, Kay,

as a mystery writer. He also was a dog breeder, developing a line of English setters he called Old Hemlock, after his West Virginia home, a Revolutionary-era farmhouse.

Evans built his life around ruffed grouse, his Old Hemlock setters, and writing about it. He continued to hunt and write to the end of his 91 years. One of my favorite books about hunting, which I've read many times, is *The Upland Shooting Life*, Evans' first of some 20 books about dogs, hunting, and grouse.

So, this Saturday marks the first of the general hunting seasons, and we can mark the progression of late summer into winter by further season openers, with antelope and pheasants on October 6, and the general big game season on October 20, followed by the gradual closing of seasons until mid-January, when our late waterfowl seasons bring it all to an end.

Yes, it's autumn. It's a great time to be alive, and, even better, a great time to be living in Montana. It can't get much better.

Paul Vang's book, "Sweeter than Candy, A Hunter's Journal" is available at Books & Books, Cavanaugh's County Celtic, The Bookstore in Dillon, or online at <http://writingoutdoors.com>.

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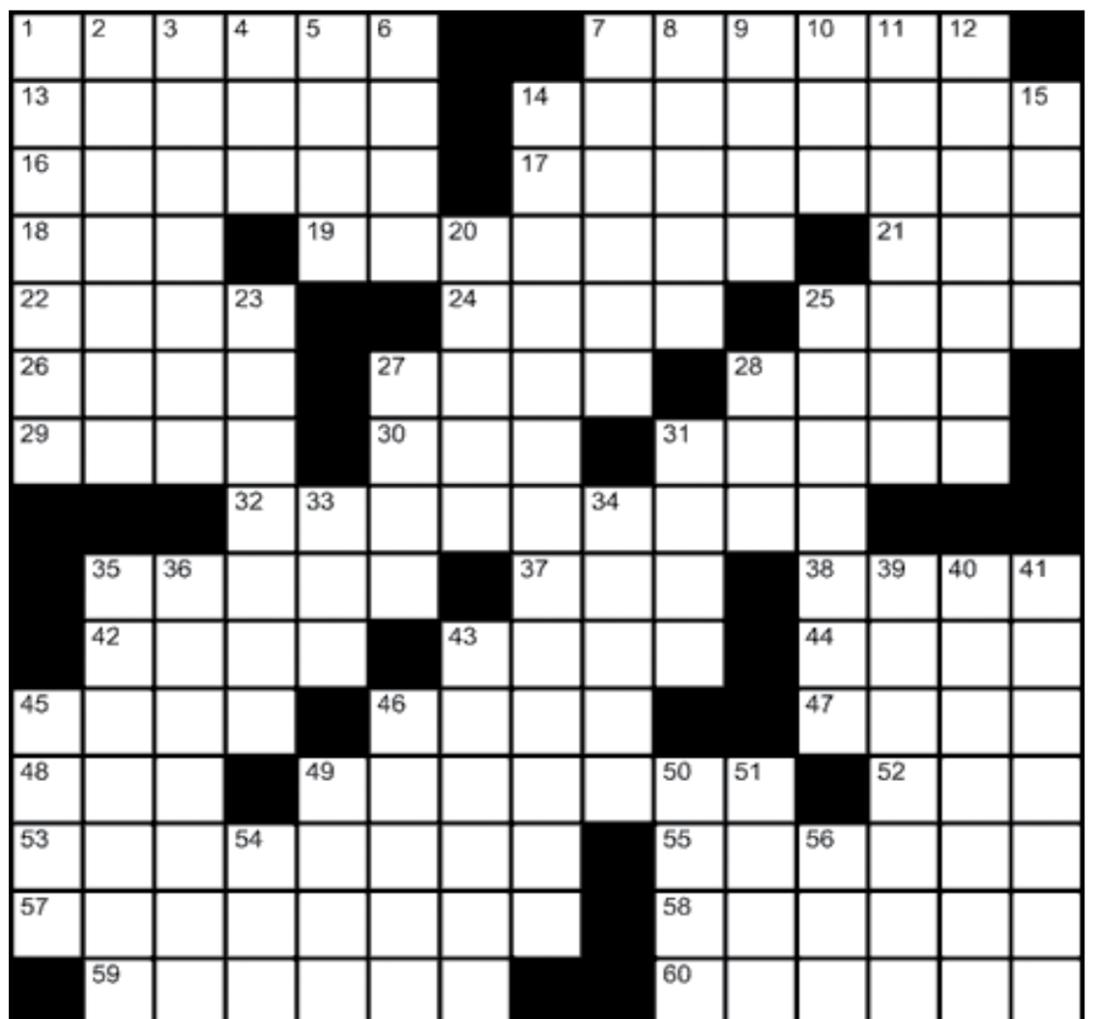
Across

- 1. Fillet
- 7. Outline
- 13. Plane, e.g.
- 14. In every respect (2 wds)
- 16. Supplies
- 17. (In the) period between
- 18. Mozart's "L'___ del Cairo"
- 19. Subtracts
- 21. Costa del ___
- 22. Salad veggie
- 24. Says "When?"
- 25. Marry a woman
- 26. Freshman, probably
- 27. Ancient greetings
- 28. French door part
- 29. Cast
- 30. Animation
- 31. Beat
- 32. Well-intentioned fibs
- 35. Show place
- 37. Affirmative action
- 38. "Pipe down!"
- 42. Charged particles
- 43. "Don't go!"
- 44. "What's gotten ___ you?"
- 45. Allocate, with "out"
- 46. Absorbed
- 47. "Not only that..."
- 48. "20/20" network
- 49. Blockbuster
- 52. His NY Giants "4" was retired in 1949
- 53. Logician
- 55. Undergo change
- 57. Sure thing

- 58. Puts up with
- 59. Slight
- 60. Gentlemen: Abbr. Down
- 1. Boils down
- 2. One who departs from a dangerous area
- 3. Was caused to go
- 4. "___ moment"
- 5. Doofus
- 6. European language
- 7. Smart ___; wise guys
- 8. Pieces of land
- 9. Coastal raptors
- 10. Decay
- 11. Style of cooking
- 12. Emotionally unaffected
- 14. Six Flags, e.g. (2 wds)
- 15. Drop
- 20. Lifeboat lowerer
- 23. Fold
- 25. Armed vessel
- 27. All fired up
- 28. Pandowdy, e.g.
- 31. Fastidious
- 33. "48___"
- 34. Disinclined
- 35. Wooden rafter support (hyphenated)
- 36. Grilled breakfast favorite
- 39. Removes cargo
- 40. Job for a speech

- coach
- 41. Restaurant greeter
- 43. In a wise manner
- 45. Artist Chagall
- 46. Kidney-related
- 49. Cuts (down)
- 50. Mosque V.I.P.

- 51. IV part
- 54. Caribbean, e.g.
- 56. "___ the season ..."



Community Calendar

Community Calendar is available to list events in Butte. To list and event email it to editor@butteweekly.com. Please clearly state it is a calendar item in the subject line

After Hours Book club meets Wednesday, September 5 at 6:00 at the Park 217 Wind-ebar. The discussion is be on "Last Bus to Wisdom" by Ivan Doig. Copies are available for check out from the Circulation desk on the first floor of the uptown branch. For more information please call the library at 406-723-3361 or www.buttepubliclibrary.info

Butte-Silver Bow Health Department is having a walk-in immunization clinic so that children can get vaccines needed as they head back to school. Clinic will be held

from 8 a.m. to noon Wednesday, Aug. 29. Those who can't make the clinic can call to schedule an appointment at 497-5020.

Greeley Neighborhood Community Gathering, 7:05 p.m., Wed., Aug. 29th, Race Track Fire Hall. Points of interest to be discussed; Storm Water Control, School Building Use, Task Force/Alliance. Facilitated By Greeley Neighborhood Community Coalition. Contact Ed Banderob, 723-3736 for details.

The Butte School District #1 Retired & Senior Volun-

teer Program is looking for new school volunteers for the 2018-19 school year. This year marks the RSVP Program's 20th anniversary. If interested, contact Cathy Pomroy at 406-533-2508 or email at pomroycl@butte.k12.mt.us.

Greater Butte-Silver Bow Harmony Day, a celebration of harmony in our community and 9-11 day of service and remembrance, will be Tuesday, Sept. 11, 7 p.m. at the Civic Center Annex, 1340 Harrison Ave. All community moral leaders, as well as instrumental, vocal, dramatic

and dance performers are invited to participate Details and RSVP forms are available at www.GreaterBSB-HarmonyDay.webs.com

The Mother Lode Theatre is offering free tours Tuesdays and Thursdays at 2 p.m. Donations are welcome. For more information, call 723-3602.

Entries are being sought for the annual Alma Higgins Commemorative Gardening Photo Contest. Awards will be given for landscape, flower bed, container and vegetable garden photos. Deadline for submissions is Aug. 31. Contest rules and

entry forms are available at www.GreeleyNeighborhood-Butte.webs.com

Butte Silver Bow Water Utility Division has resumed water sprinkling restrictions. Sprinkling is restricted from 10 a.m. to 6 p.m. to mitigate the evaporation of water during the hottest part of the day. Residents with even house numbers are allowed to irrigate lawns on even days, and those with odd numbers may water their lawns on odd days. Watering is not allowed on the 31st

Continued on page 11...

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FOR RENT

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Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: M.C. No. DN-17-115-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO KANDACE CARUTHERS, THE BIRTH MOTHER OF M.C.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 19TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 17th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: B.W. No. DN-17-114-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO KANDACE CARUTHERS, THE BIRTH MOTHER OF B.W.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 19TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 17th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

LEGALS

Montana Second Judicial District Court, Silver Bow County, In the Matter of the Name Change of Sonja Rae Foster Herrera, Sonja Rae Foster Herrera Petitioner, Cause No.: DV-18-317 Dept. No. 2 Notice of hearing on Name Change This is notice that petitioner has asked the District Court for a change of name from Sonja Rae Foster Herrera to Sonja Rae Foster. The hearing will be on 10/05/2018 at 9:30 am. The hearing will be at the Courthouse in Silver Bow County. Date this 8th day of August, 2018 Tom Powers Clerk of district court by B. Parks deputy clerk of court 4, 5, 6, 7

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: J.B. No. DN-16-58-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO NICOLE BENTON, BIRTH MOTHER OF J. B.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 5TH day of September, 2018 at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Permanent Legal Custody, Termination of Parental Rights with Right to Consent to Adoption and Request for Hearing, Re: Birth Mother filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 6TH day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 2, 3, 4

BRAD L. BELKE Attorney at Law - P.L.L.C. 444 East Park Street P.O. Box 4079 Butte, Montana 59702 (406) 782-9777 E-mail: b.l.belke@gmail.com Attorney for Estate MONTANA SECOND JUDICIAL DISTRICT COURT, SILVER BOW COUNTY In the Matter of the Estate of: Cause No. DP-18-85 Shirley Ann Permann, NOTICE TO CREDITORS Deceased. NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four (4) months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be mailed to Brad L. Belke, the Personal Representative, return receipt requested, in care of Brad L. Belke, as the Personal Representative and Attorney, at P.O. Box 4079, Butte, Montana 59702, or filed with the Clerk of the above-entitled Court. I declare under penalty of perjury that the foregoing is true and correct. DATED THIS 19th DAY OF JULY, 2018. Brad L. Belke Personal Representative PO Box 4079 Butte, Montana 59702 2, 3, 4

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: S.G.W. No. DN-18-75-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO ROBERT SAYLER, THE BIRTH FATHER OF S.G.W.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 5TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 8TH day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 2, 3, 4

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: S.G.W. No. DN-18-75-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO KAYLA WHEELER, THE BIRTH MOTHER OF S.G.W.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 5TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 8TH day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 2, 3, 4

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: B.D. No. DN-18-74-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO TRENT DOYLE, THE BIRTH FATHER OF B.D.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 12TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 15th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Montana Second Judicial District Court, Silver Bow County, In the Matter of the Name Change of Aviana Rose Whittington, Ashley Wine Petitioner, Cause No.: DV-18-245 Dept. No. 2 Notice of hearing on Name Change of Minor Child This is notice that petitioner has asked the District Court for a change of name from Aviana Rose Whittington to Aviana Rose Wine. The hearing will be on 9/14/18 at 9:00 am. The hearing will be at the Courthouse in Silver Bow County. Date this 21st day of June, 2018 Tom Powers Clerk of district court by B. Parks deputy clerk of court 3, 4, 5, 6

BRAD L. BELKE Attorney at Law - P.L.L.C. 444 East Park Street P.O. Box 4079 Butte, Montana 59702 (406) 782-9777 E-mail: b.l.belke@gmail.com Attorney for Estate MONTANA SECOND JUDICIAL DISTRICT COURT, SILVER BOW COUNTY In the Matter of the Estate of: Cause No. DP-18-103 Louis Joseph Chatriand, NOTICE TO CREDITORS Deceased. NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four (4) months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be mailed to James Nelson Chatriand and Jenetta Ann Miller, the Co-Personal Representatives, return receipt requested, in care of Brad L. Belke, attorney of record for the Co-Personal Representatives, at P.O. Box 4079, Butte, Montana 59702, or filed with the Clerk of the above-entitled Court. I declare under penalty of perjury that the foregoing is true and correct. DATED THIS 17TH DAY OF AUGUST, 2018. James Nelson PO Box 11 Melrose, Montana 59743 Chatriand Jenetta Ann Miller Personal Representative Personal Representative PO Box 71 Wise River, Montana 59762 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: D.C.M. No. DN-18-57-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO ANNABELLE DAWN FOSTER, THE BIRTH MOTHER OF D.C.M.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 19TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 14TH day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: L.S. No. DN-18-71-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO TRENT DOYLE, THE PUTATIVE FATHER OF L.S.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 12TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 15th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: W.D. No. DN-18-72-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO TRENT DOYLE, THE PUTATIVE FATHER OF W.D.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 12TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 15th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: S.D. No. DN-18-73-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO TRENT DOYLE, THE BIRTH FATHER OF S.D.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 12TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 15th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: L.C. No. DN-17-113-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO KANDACE CARUTHERS, THE BIRTH MOTHER OF L.C.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 19TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 17th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: L.W. No. DN-17-116-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO KANDACE CARUTHERS, THE BIRTH MOTHER OF L.W.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 19TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this 17th day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 3, 4, 5

Ed McLean, District Court Judge Second Judicial District 155 West Granite Street Butte, MT 59701 (406) 497-6420 MONTANA SECOND JUDICIAL DISTRICT COURT SILVER BOW COUNTY IN THE MATTER OF: B.S. No. DN-18-77-BN Youth(s) In Need Of Care. CITATION THE STATE OF MONTANA SENDS GREETINGS TO CHRIS STILES, THE BIRTH FATHER OF B.S.: By Order of this Court, you are hereby cited and required to appear before this Court, in the County of Silver Bow, State of Montana, at the Court Room thereof at the Courthouse in said County of Silver Bow, on the 12TH day of September, 2018, at 9:00 o'clock a.m. of that day, then and there to show cause, if any you have, why judgment should not be taken against you for the relief demanded in the Petition for Emergency Protective Services, Adjudication of Child as Youth in Need of Care and Temporary Legal Custody, Re: Birth Father filed by the Department of Public Health and Human Services in the office of the Clerk of this Court. WITNESS the Hon. Ed McLean, District Judge of the State of Montana with the seal of said Court affixed this day of August, 2018. ATTEST: TOM POWERS - CLERK OF COURT By: Deputy Clerk 4, 5, 6

Montana Second Judicial District Court, Silver Bow County, In the Matter of the Name Change of Kimberley Ann Wyatt: Kimberly Ann Wyatt Petitioner, Cause No.: DV-18-300 Dept. No. 2 Notice of hearing on Name Change This is notice that petitioner has asked the District Court for a change of name from Kimberley Ann Wyatt: to Kimberley Ann Insko. The hearing will be on 10/26/18 at 9:30 am. The hearing will be at the Courthouse in Silver Bow County. Date this 21st day of June, 2018 Tom Powers Clerk of district court by B. Parks deputy clerk of court 4, 5, 6, 7

MONTANA SECOND JUDICIAL DISTRICT COURT, SILVER BOW COUNTY In the Matter of the Estate of: Cause No. DP-18-106 Patrick James O'Connell, NOTICE TO CREDITORS Deceased. NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above-named estate. All persons having claims against the said deceased are required to present their claims within four (4) months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be mailed to Rebecca Lynn O'Connell, the Personal Representative, return receipt requested, at 2525 Grand Ave. Butte, MT 59701, or filed with the Clerk of the above-entitled Court. I declare under penalty of perjury that the foregoing is true and correct. DATED THIS 21st DAY OF AUGUST, 2018. Rebecca Lynn O'Connell, the Personal Representative 4, 5, 6

Community Calendar
Continued from page 10..

day of any month. Failure to observe the restrictions could lead to fines and fees up to \$150 and the loss of sprinkling privileges. Please contact the Butte Silver Bow Water Utility with any questions, comments or concerns.
Greater Butte Silver Bow Harmony Day

A Greater Butte Silver Bow Community Celebration Of Harmony In Our Community 9-11 Day of Service and Remembrance 7:00 pm, Tuesday, September 11, 2018 BSB Civic Center Annex, 1340 Harrison Ave. All community instrumental, vocal, dramatic, dance performers are invited to participate. All are invited to attend and stand up for Harmony In Our Community Details and Interested Participant RSVP Form are available at: www.GreaterBSBHarmonyDay.webs.com > Contact

First Fridays, new informational noontime series on the first Friday each month in the Big Butte room on the third floor of the Butte Public Library. In the tradition of the Westside Shakespeare Club (a Chautauqua here in Butte), First Fridays is dedicated to exploring our world, our history, and literary works. If you would like more information about this program, please contact Shari Curtis at 406-723-3361.

The Butte Public Library's Loosely Knit Club meets every Tuesday from 1-3 at the Library to knit, crochet, or craft together in a welcoming and supportive environment. For information, please call 723-3361 or visit buttepubliclibrary.info

Well, Well, Well

Brain Boosters

Judith Duryea

There are all kinds of jokes made about forgetfulness as we age, but no one is immune from forgetting where we put things, or our friends' birthdays, whether we are 18 or 80. Our theory is that as we get older, more information gets crammed into our brains, swamped with demands from our lives, appointments, obligations, and activities. Although I don't have trouble remembering what to buy at the Super Store when I get there, even when I've forgotten my list, I often forget to GO to the store if it's not on my daily note to myself. Specific errands, like my mother's maple bars, may just drop into the black hole of good intentions without a written reminder.

As we age, though, memory and brain function do often diminish, especially if not stimulated, and many researchers believe a combination of factors contribute to this loss. While there is no one magic pill to create mental alertness, there are natural supplements that can help us think more clearly and diminish the fog. When combined with lifestyle and dietary improvements, these nutrients can significantly boost normal

brain function and memory retention, while fighting degenerative brain dysfunction and dementia.

Numerous studies indicate that anti-inflammatory enzymes can prevent, or at least improve, symptoms of Alzheimer's disease (AD). AD deposits plaque in the brains of sufferers, leading to inflammation, and proteolytic enzymes, which are anti-inflammatory, increase the permeability of the blood-brain barrier, facilitating delivery of oxygen and nutrients. They also remove plaque along the arterial walls, improving circulation and reducing the potential for strokes, which is often a cause of mental decline.

Free radical damage can impair brain function, so supplementing with antioxidants like Vitamin E can protect against vascular disease and loss of memory. In studies, Vitamin E slowed the brain's deterioration of people with AD. Vitamins B12 and B1 also improve cognitive function and mental focus, even for those who already have mild dementia.

There have been successful studies with the use of coconut oil to improve symptoms in patients with dementia. Choline, and phosphatidyl choline and phosphatidyl serine are also often found in supplements for memory and mental acuity.

Herbs also contribute to mental vitality. Rhodiola, an herb native to Siberia, has long been used to eliminate fatigue and stimulate the nervous system. It has proven effective in improving short-term memory and increasing the ability to concentrate. Bacopa is an Ayurvedic (Indian) medicinal plant used to enhance memory, calm nerves, and treat insomnia. It also has antioxidant properties.

Ginkgo biloba has been used to treat AD because it enhances memory, improves learning and cognition, and improves circulation. It stimulates the activity of neurotransmitters, which help the nerves communicate with each other. Too much or too little of any neurotransmitter profoundly affects memory, learning, concentration and mood.

Ginseng and gotu kola are two herbs that have been used for centuries to improve mental and physical performance. Ginseng improves learning and memory and also decreases the destruction of neurons (nerve cells) after a stroke or other blood vessel blocking in the brain. Gotu kola has a positive effect in treating venous insufficiency, which can lead to mental decline.

Beneficial supplements include acetyl-L-carnitine, CoEnzyme Q10, DHA and Tyrosine. Acetyl-L-carnitine

has proven helpful for AD and depression by affecting brain energy, the transmission of nerve impulses, brain hormones and nerve nutrients. CoQ10, a strong antioxidant frequently used to prevent cardiovascular problems, also inhibits the development of atherosclerosis, a condition that can lead to dementia and other brain disorders.

Low levels of DHA, a polyunsaturated omega-3 fatty acid found in fish, but not made by the body, have been associated with the development of AD and depression. Phosphatidyl Serine boosts mental function and improves memory. Tyrosine is involved in the production of neurotransmitters in the brain and helps relieve depression, chronic fatigue and mental exhaustion.

Supplements are only one component of mental sharpness. A diet rich in fresh, enzyme-rich fruits and vegetables and low in sugars, refined ingredients, fat and chemicals; plenty of good hydration, especially water; consistent exercise; adequate sleep and relaxation; and a positive mental attitude supported by a stress reduction program all contribute to our mental wellness. Following a regimen based in health and good energy, we really don't have to get "old-timer's disease" as we age.

Groundbreaking Art Exhibition Returns as White Nationalism Escalates:

After a year of armed white nationalists marching in the streets and an overall increase in mainstreamed bigotry, many folks are seeking ways to understand, respond, and transform the current divisive state of our communities. One remedy is coming to Helena this fall in the form of the Speaking Volumes: Transforming Hate art exhibition and its accompanying programming.

Typical tools for confronting bigotry include rallies, statements from elected officials, and boycotts. However, sometimes unique opportunities, like Speaking Volumes, arise that can change how a community responds to hate. The origin story of Speaking Volumes began with the Montana Human Rights Network researching and organizing against a white supremacist group in western Montana for years. When the defecting leader of this group contacted the Network in 2003, it kicked off a chain of events that culminated with artists using their creative vision to turn hateful literature into art pieces for the Speaking Volumes: Transforming Hate exhibition.

The exhibition debuted at Helena's Holter Museum of Art in 2008 featuring pieces by artists from Montana and around the country. For the past decade, Speaking Volumes has appeared in dozens of distinguished venues across the country and showcased artists who transformed the message and books of the white nationalist movement into uplifting works of art.

Starting October 5, 2018, Speaking Volumes returns to the Holter Museum for a 10th Anniversary run through the end of the year. Additionally, starting in September, the Human Rights Network and eight other community organizations will sponsor programming in Helena that will provide opportunities to address bigotry in our communities through thought-provoking art, theater, and lectures that will challenge and move attendees.

When the defecting white supremacist called the Network in 2003, he said he wanted out of the movement. He needed help since leaving meant he would become a "race traitor" to his former associates. The Network helped him get out safely and purchased from him the contents of a storage locker in Superior, MT, which contained over 4,100 white supremacist books. This acquisition eliminated the hate group's main fundraising mechanism and helped end its presence in Montana. The Network sent sets of the books (13 different titles in all) to allied organizations and other interested parties around the country. However, that still left thousands of white supremacist books.

The Network conceived the idea of transforming the books into art that could be used as a tool to organize resistance to white nationalism. Helena's Holter Museum and activist-artist Katie Knight curated the new exhibition and brought the idea to fruition. Together, the Net-

work and the Holter Museum

created Speaking Volumes: Transforming Hate. The exhibition stimulates discussion about the dangers of anti-Semitism, violence, racism, homophobia, and bigotry.

After touring for a decade, the Network and Holter are again coming together as the exhibition returns to Helena and the Holter Museum from October 5, 2018, through December 30, 2018. The exhibition will include six new artists whose work addresses the political, social, historical, and environmental consequences of white nationalism as it moves from the margins to the mainstream of American society. New to the exhibition are these artists: Corwin Clairmont, Maggie Rozycki Hiltner, Katie Knight, Lewis Koch, Wendy Maruyama, and Chris Riccardo. A list of all the artists that will be featured in Helena can be found at the end of this release or at www.speakingvolumes.net.

Speaking Volumes will also feature a display of creative, one-of-a-kind books that explore strategies for transforming hate. Anyone who would like to contribute an artist's book is invited to do so. Information about submissions, which are due Sept. 21, 2018, is available at the website, www.speakingvolumes.net.

The Network and other community partners are also offering programs that highlight the goal of transforming hate. These partners include the Lewis and Clark Library,



Lewis and Clark Library Foundation, Holter Museum of Art, YWCA, Myrna Loy Center, Big Sky Unitarian Universalists, Plymouth Congregational Church, Helena Symphony, local educators, and activists. A list of the programmatic events follows and can also be found at www.speakingvolumes.net.

PETS

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