



Youth ChalleNGe cadets mentor kids through BBBS program

By Elaine Spicer

Several cadets with Class XI of the Montana National Guard Youth ChalleNGe Program have cooperated with the Dillon Big Brothers Big Sisters organization in recent months in a special project, creating relationships between cadets and youths at Parkview Elementary and Dillon Middle schools.

Two of the cadets involved, Josh Moore of Corvallis and Jason Kaneen of Kalispell, said they've been enjoying the project immensely.

According to Moore, part of the reason he was interested in taking on a "Little" as they are called, was to help out little kids. "Before in my life, I wasn't really helped out as a kid, so I thought that might've affected some of my bad decisions." Both cadets agree it not only provides a sense of accomplishment to their relationships with younger youths, but, "it's fun".

Both tended to play sports with their littles, with Kaneen playing football, and Moore playing basketball.

Kaneen adds, that his little saw quite a bit of improvement over the 11 meeting times they shared. "My little wanted to learn how to play football," Kaneen notes. "When we first went out, he wanted to throw a football. He didn't want to play with the other kids because he didn't know how to play."

"My little joined up with a basketball program," notes Moore. "He's going to play next year."

Other than the fun of playing with an older "kid", the two cadets

felt their littles really got something out of the program.

Says Moore, of the sixth grader he met with, "I think he's gotten self esteem. His self respect has gone up. I got to know his friends and played with them a little. I tried to stick with my little. But, it was fun to work with them."

Kaneen agrees, "the kids, they're awesome."

Both found the young students were particularly interested in the Youth ChalleNGe Program and the reasons why their "bigs" were involved. Both were honest about the decisions that lead to their becoming a part of the Youth ChalleNGe Program, they note. Adds Kaneen, "my little wanted to know what I got in trouble for. I actually didn't. I dropped out of school. But, I got my GED." He adds that the kids have noticed the cadets marching by their schools. "We march by and shake the windows," says Kaneen with pride.

Both cadets say they would like to become more involved with children in the future. Kaneen has a newborn daughter who will be the focus of his efforts, while Moore says he would like to come back and visit his little again.

Moore says he learned some things himself from the Big Brothers Big Sisters program. "I learned that every little kid has their own way of doing things. It's good not to influence them too much and let them do what they're interested in. I think I learned how to react in some situations."

Kaneen notes, "I was surprised by how smart they are. Other than that, I was a human jungle gym out there [during recess]."

What else did the cadets learn?

Says Moore, "whenever you get the chance to be a companion with someone, do it. I learned how to be a friend."

4-H News

News of area 4-H Clubs

Wise River Rangers By Bob Larson, Reporter

This is our 4-H report for the Wise River Rangers. We had our meeting on the 3rd of December, 2004. In attendance Bobby, Zach, Cyrena, Kayla, Elli, Kari and her friend, Jena, Jerry, Sue, Kenzi, and Shana. Absent were Bob H., Cierra, Cooper, Kelli, and Shealan. We missed them. Minutes were read and old business was discussed.

New business consisted of:

Planning our Christmas party, Garrison Livestock judging, and fruit delivery.

Cyrena explained how to use the judging cards, and Bobby and Zach Larson demonstrated how to make Christmas ornaments. They make Christmas ornaments each year for their family members. They sent each child home with ornaments to make.

Our Christmas party is going to be on December 22nd. We are going to play bingo, go caroling, and eat really good spaghetti. Lou Kirkpatrick makes the spaghetti, and Janice Goody makes the French bread. Mmmmm good.

Beaverhead Stock-N-Stitch By Jorrey Stewart, Reporter

The club of Beaverhead Stock-N-Stitch held their November meeting on the 15th at 6:30 p.m. at the Lima School.

Officers were elected for the New Year:

President, Jillisa Stewart
Vice-President, Amy Allen
Secretary, Nathan Sutton
Treasurer, Courtney Slater

Reporter, Jorrey Stewart

Historians, Dani Koch and Abby Fitch

Call Officers, Amber Kluesner and Shelby Martinell

We talked about our club's Christmas party and decided to send the decision to a committee for discussion.

Our Christmas community service projects will be:

One, adopting a local family to provide them with a Christmas dinner. Two, collecting for the Angel Tree. Three, Christmas caroling in Lima.

Club by-laws were discussed.

Annual awards were presented to club members by Jackie Sutton.

Toy drive features KnockAbout

During the week of December 5-11, The KnockAbout is the featured business of the week for the Big Brothers Big Sisters Toy Drive.

Bring a new, unwrapped toy to be donated for the Christmas Toy Collection and enter your name to win a prize from The KnockAbout.

Don't forget that the KnockAbout has a wide variety of jewelry, clothing and accessories, that any child, especially older children, would love to find under the tree.

Toy collection boxes can also be found at Safeway and Kings every day of the week until December 21.

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Indulge without the bulge... Substitutions for lowfat holiday cooking

By Cameron Clark MSU Extension Service

As the holiday season approaches, we like to indulge in a little bit of rich cooking. Sometimes, our favorite recipes are not as low-fat as we would like. The same ingredients that make these treats wonderful tasting, like real cream, butter, and cream cheese,

also make them wonderfully fattening!

Before you give up your favorite goodies, try a few of these substitutions to see if you can keep that rich flavor and texture, without piling on the calories.

- For one cup of butter in baking, use one cup applesauce
- For eight ounces of cream cheese, use eight ounces of yogurt cheese
- For one cup of heavy cream in recipes, use two teaspoons of cornstarch or one tablespoon of flour whisked into one cup of non-fat milk

- For one cup of sour cream, use one cup of lowfat cottage cheese plus two tablespoons of skim milk plus one tablespoon lemon juice
- For sauteing, replace one cup of fat with four cups of fruit juice, wine or lowfat stock. Saute until it evaporates
- For one full egg, use two egg whites
- For one cup oil for basting, use one cup fruit juice or lowfat stock

Source: Food FAQ's: Substitutions, Yields, and Equivalents

Ice Sculpture Contest

Saturday, Dec. 11
1-4 p.m.

State Bank and Trust Parking Lot
Fun prizes for all!

Don't forget to stop by and see our Gingerbread House Contest Display in the window!

Also, check out our member artists' work at our Gift Galleries!
Give a gift from the heart -- Give original art!
Funded in part by United Way of Beaverhead County

Raffle held for medical fund

Soroptimist International of Dillon is holding a raffle for a glass candle holder and rings for a three-wick candle. The items were created by Leona Stanhope and are on display in the window at Womack's Printing Place.

Proceeds from the raffle will go to the organization's Medical Assistance Fund. Tickets are available at The Printing Place, for \$2 each or three for \$5.

Parents to discuss senior party

The parents of the Beaverhead County High school seniors will meet Monday, December 13 in the seminar room of the high school gym to continue planning of the drug and alcohol-free graduation party for the Class of 2005.

The meeting will begin at 7:00 p.m.

At this meeting, the vote will be taken to choose prizes for the fund raising raffle. All senior parents are encouraged to attend.

Winter Holiday Celebration

The UM-Western Community will come together for its annual Winter Holiday Celebration. This year Western is extending the invitation to the entire Dillon Community. Please join us at this holiday gathering on Thursday, December 16th, from 4-6:30 p.m. in the Lewis and Clark Room of Mathews Hall. Light appetizers and punch will be served.

In support of the Big Brothers / Big Sisters Program, UM Western will be helping with their annual toy drive. Those individuals attending the Winter Holiday Celebration are encouraged to bring an unwrapped, new toy to place under our Holiday Gift-Giving Tree.

Richard & Martha Storey
The University of Montana
Western

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