



Free (or Fairly Cheap)

Family Activities & Wellness Resources Newsletter

From

Missoula Early Head Start

2121 39th Street • Missoula, MT 59803 • 406-251-9410, ext. 302

2012 to February to Mid-March

READERS' GUIDE: *The following activities are arranged to include: 1) Special monthly highlights; 2) Community & civic events; 3) Health, wellness & safety resources; 4) Education resources for skill-building, parenting, & career development; 4) Resources for tight budgets; and 5) Ongoing activities & resources.*

FOR INFORMATION ON MISSOULA EARLY HEAD START (MEHS) OR TO SHARE COMMUNITY EVENTS FOR THIS NEWSLETTER, CONTACT: *Mary-Glynn Cromwell, Program Manager (251-9410, ext. 302); maryglynnc@ravalliheadstart.org, or Katy Griffith, AmeriCorps (251-9410, ext. 319) at americorpsehs@ravalliheadstart.org).*

MEHS reserves the right to publish items deemed relevant to the audience we serve and as space allows. NOTE: This newsletter is printed at the end of the first week of every new month or soon after, as time permits.

PURPOSE: *The purpose of the listings is to provide families, particularly with low-incomes, with an affordable opportunity to become acquainted with the wide range of activities and programs offered throughout the Missoula community for parent-child interactions, family self-sufficiency, recreation, and wellness for adults & children.*

REQUEST: *Missoula Early Head Start (MEHS) provides this information throughout the community as outreach, recruitment and promotion of our services. Please respect this and post the newsletter at your agency in its entirety with credit to Early Head Start. EHS is a FREE federal program serving prenatal mothers and children from 0-3 years in Home-Based and Center-Based programs. EHS is an equal opportunity provider and employer. It is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.*

UPCOMING HIGHLIGHTS

15TH ANNUAL KIDS FAIR & FASHION SHOW

The 15th Annual 102.5 Mountain FM Kids Fair is coming to Southgate Mall on **Saturday, March 10, from 10 am-9pm**. This year's attractions range from "A" to "Z", with booths sponsored and staffed by companies and groups from all around Western Montana. Stop by the 102.5 Mountain-FM booth for a chance to win great prize packages. 102.5 Mountain-FM will host SpectrUM educational exhibits and demonstrations, and the police department will have safety presentations with FREE fingerprinting. Also included: dancing, karate, singing tryouts, toys, games and a "Teddy Bear Clinic." The Kids Fashion Show begins at 12pm in JC Penny Court. Chance to meet Ollie the Osprey. For more information: 721-5140 or website at <http://www.shopsouthgate.com/events.php>.

HONORING OUR YOUTH POW-WOW

The 2-day event is **Friday, March 30 at 7pm and Saturday, March 31, from 1-7pm**. Come see the grand entry, dancing, drums, and more. This event is located at Big Sky High School Gym (3100 South Avenue West). For more information, call 207-8389 or 728-2400 ext. 1063. Visit the website at <http://www.facebook.com/pages/Honoring-Our-Youth/>.

ANNUAL VALENTINE CARNIVAL

On **Friday, February 10** from 5-9pm. All Missoula Catholic Schools will present this exciting annual event at St. Joseph Elementary School (530 Edith Street). This fundraising event is open to all! Event includes food, Bingo, carnival games, and a silent auction. For more information or to volunteer: contact Liz Manley liz.manley@firstsolution.com or Loyola Sacred Heart Foundation @ 728-2367

SPECIAL SEASONAL EVENTS & ACTIVITIES

8th ANNUAL BARNELOPET CROSS COUNTRY SKI EVENT FOR KIDS Sunday February 12 at 1pm is the 8th annual Baneløpet, a noncompetitive cross country ski event is just for kids! This is presented by Sons of Norway and Missoula Nordic Ski Club. Registration begins at 12pm. Come to the Lubrecht Experimental Forest, located off Montana Highway 200, 31 miles east of Missoula. At the event, there will be prizes, treats, medals for all participants, and a bonfire after the race. For more information, call Leslie at 273-2815 or Karen at 721-4947.

ZOOTOWN ARTS COMMUNITY CENTER – Valentine’s Day Workshop: On Saturday February 4 from 1-3pm, come to Zootown Arts Community Center for a **FREE** workshop on making Valentine’s Day cards and boxes. Resident art educator Maria Witham will be doing a letterpress demonstration! Zootown Arts will provide all of the card-making and art supplies you will need, and this event is free for all to attend. The community center is located at 239 North 1st St West. Call 549-7555 for more information.

MISSOULA ART MUSEUM – Saturday Family Art Workshops: Offered once per month from 11-12:30pm, family workshops are designed for parents and children to work together on art projects. The cost is \$5 per participant. Call 728-0447 X228 for more information. To register for the event, go to www.missoulaartmuseum.org (because space is limited, you must pre-register).

- **“It has to be Valentine’s Day”:** On Saturday February 11 the Missoula Art Museum will be hosting a Valentine’s Day workshop on making pop-up collages.
- **Shaving Cream Paper Marbling Classes:** On Saturday March 10 your family can learn how to make marbled paper using simple materials. If time allows, you can make your own memo or scratch pad out of marbled paper.

CATCH-EM-IF-YOU-CAN 5K RACE: Saturday February 11 9:30am at Toole Park at the end of 4th Street East. This is a fundraiser for the Hellgate High School Cross-Country team. The course is a flat 5K loop on Riverfront trail starting at the Madison Street footbridge, moving west to California Street, around Osprey Stadium, and circling back to the Madison Street footbridge. Register by mail no later than Tuesday February 7, drop off your form in person Friday February 10 at Runner’s Edge at 325 North Higgins Avenue, or register the day of the race. The race costs \$15 for Run Wild Missoula members (\$17 on race day) and \$18 for non-members (\$20 on race day). For more information, visit the website at <http://www.runwildmissoula.org/>.

2012 ANNUAL U.M. INTERNATIONAL CULTURE AND FOOD FESTIVAL: Sunday, March 25. The University of Montana will host the annual International Culture and Food Festival from Noon-5 p.m. Sunday, March 25, at the University Center. **Cost: \$1 for children under 12; \$2 for those 12 and older.** The festival will begin with a parade of flags in the UC, followed by the opening of the food bazaar, display tables, culture show and children’s world. More than 40 countries will be represented. Dishes are priced from 50 cents to \$3. Information: 243-6959 or www.umt.edu .

SOUTHGATE MALL BUNNY BREAKFAST: On Saturday March 25 at 10am, families are invited to enjoy a FREE breakfast and activities at Clock Court! You may have your pictures taken with the Bunny at Dillard’s Court. To attend the breakfast, you must register at Guest Services. Southgate Mall is located at 2901 Brooks Street. For more information, visit the website at <http://www.shopsouthgate.com/events.php> or call 721-5140.

BIG SKY DOCUMENTARY FILM FESTIVAL: Friday February 17 through Sunday February 26 at the Wilma and the Crystal Theater. This 9th annual event showcases more than 100 films. It has become the largest cinema event in Montana. Anyone who volunteers at the event will receive a **FREE t-shirt** and a **FREE screening pass** for each shift worked. Call 541-3456 or visit www.bigskyfilmfest.org for more information and the schedule of events. The Wilma is located at 131 South Higgins Ave and the Crystal is located at 515 South Higgins Ave.

MOPS (“Mothers of Preschoolers”) SALE: MOPS’ Spring Cosignment Sale will take place Wednesday February 22 to Saturday February 25 at the Christian Life Center on the corner of Russell and 39th Street. Expected items for sale include: infant and children clothing, shoes, furniture, toys, baby equipment and accessories, maternity and nursing clothes, children’s books, costumes, and sports equipment. All sale items will be in good condition. Wednesday will be a sale day exclusively for co-signers and volunteers from 3-5pm, Thursday and Friday will be open to the public from 10am-6pm, and Saturday will end the sale from 9am-12pm (with many items at half price). For more information contact Cori Schafer at 531-8588, email corishafer@gmail.com, or visit the MOPS website at <http://missoulamops.wordpress.com/>.

FAMILY & CHILD ACTIVITIES

FREE GRAND OPENING – “Fish Exhibit” at the FAMILIES FIRST CHILDREN’S MUSEUM

Tuesday February 14 10am-5pm. Come to the Families First Children’s Museum for FREE admission, yummy snacks, and family fun. Bring your family and tell your friends! For more information, call 541-PLAY. 225 West Front Street. Email info@FamiliesFirstMontana.org.

Also, don’t miss out on:

- **Play Group: Wednesdays February 15, 22, 29 and March 7 & 14** 11am-12pm. The weekly Playgroup gives kids and their grown-ups a chance to socialize in a fun setting. Participants enjoy activities with time for caregivers to relax and talk... and we’ll clean up the mess!
- **For Girls Only – A Heart to Heart Talk on Growing Up: Wednesdays February 29 & March 1** 6:30-8:30pm. This two-part class is recommended for girls 10 to 12 years old and a parent or trusted adult. The sessions use an informal and engaging format to present and discuss the issues most on the minds of pre-teens as they begin adolescence. Each session lasts two hours with a break in the middle for a snack. Cost is \$30 for trusted adult and child together. Contact Jordan at 721-7690 or jordan@familiesfirstmontana.org to register or if you are interested but unable to pay the full amount.

SpectrUM DISCOVERY AREA: spectrUM Discovery Area is an interactive science museum located in the Skaggs Building on The University of Montana campus, committed to inspiring a culture of learning and discovery for all. There are exhibits, activities, and demonstrations on site as well as super-fun outreach programs that bring our special brand of hands-on science to Montana communities and classrooms. Open to the public from 3:30 to 7pm Thursdays and 11am-4:30pm Saturdays. Admission is \$3.50 for those 4 and older. Teachers who would like to arrange field trips to spectrUM, which cost \$3.50 per student, can call 243-4828. Visit the spectrUM website at www.spectrum.umt.edu.

- **GRAND OPENING OF “ExploreSTEM”: Saturday February 11** 11am-4:30pm Come check out spectrUM’s newest exhibit, ExploreSTEM! Visitors to this exhibit will interact with eight hands-on interactive activities, each highlighting the work of a different researcher or professional in a STEM-related field. Visitors will explore exciting technologies at spectrUM’s Tech Lab, such as LEGO Mindstorm Robotics Kits and iStop Motion Animation. They will use microscopes to examine microorganisms, participate in engineering challenges, build polyhedrons, and more, all while they laugh, learn, and play. After STEM exploration, dissect and learn all about the wonders of the heart on the Saturday before Valentine’s Day.

WINNIE-THE-POOH: Missoula Children’s Theatre: Saturday-Sunday, February 18-19

at 3pm and 5pm in the MCT Center for the Performing Arts. Actors are area children in grades K-12 enrolled in MCT performing camps. Tickets \$5 and \$9. For info: 728-PLAY or www.mctinc.org

LITTLE BOOK LOVERS (An Early Literacy Program for Kids 1-3 years old): A FREE shared reading experience in a small group setting with activities, singing & snacks. The literacy class is designed for families with young children 1-3 years! Sign-up for the Spring Session and receive: Parent tips provided by graduates students on early literacy skills; language & literacy enhancing strategies based on latest research; and a FREE story book each session along with fun activities to do with your toddler. The sessions will be at the Child Development Center in Fort Missoula (near Community Hospital). Call or email Catherine at 549-6413, ext. 162 or chafziger@childdevcenter.org Event sponsored by Target Early Childhood Reading Grant, CDC and University of Montana Communicative Sciences & Disorders Program. The 4-week session will begin towards the end of March and will be featured in the next Free or Fairly Cheap newsletter.

KIDS CLUBS AT SOUTHGATE MALL Tuesdays February 7 & March 13 from 4-6pm. In February the children will do a **Valentine’s Day craft** and in March they will do a **St. Patrick’s Day craft**. Kids Clubs are regularly held on one Tuesday per month. Southgate Mall’s Kids Klubs are FREE, fun and educational crafts and activities in Sear’s Court. To be a member is FREE and you will get an identification card good for discounts at Southgate Mall. You may register at the Guest Services Center or attend the next Kids Klub event. For more information call 721-5140 or visit <http://www.shopsouthgate.com/kidsklub.html>. Southgate Mall is located at 2901 Brooks Street.

DOWNTOWN DANCE COLLECTIVE & TURNING THE WHEEL present: “ROMP!”

On **Friday February 10** from 6:30-7:30pm, bring your whole family to the Downtown Dance Collective to this guided expressive movement class. It is open to all ages and abilities. ROMP! will help you express yourself creatively and through movement, play, and live music. The suggested donation is \$5 to \$15. Downtown Dance Collective is located at 121 West Main Street. For more information, call 541-724 or email info@ddcmontana.com.

CoMOTION DANCE PROJECT: “FIRE SPEAKS THE LAND: on **Friday, February 10**, 7pm at the Montana Theater in the UM Performing Arts Center. Tickets \$4 and \$8. **This show kicks off the tour that is funded to be presented to children in their schools throughout the Northwest for the next three years.** Five dancers use original choreography with narration & music to explore fire science, forest ecology & traditional native perspectives on fire. A dance follows at 8pm with live music by Whizpops (a children’s band releasing a CD in February called “The Adventures of Stretch McCoy; the bands release party is **Friday, February 24**, at FAMILY FRIENDLY NIGHT at the Top Hat). For info: 240-6042.

MISSOULA URBAN DEMONSTRATION PROJECT – “MUD Mingle”: **Thursdays February 16 & March 15** 6-9pm at the Missoula Urban Demonstration Project office on 629 Phillips Street. Every third Thursday of the month, MUD host this FREE and family friendly community pot luck. Come gather with people in your community for great food and company. Be sure to bring a potluck dish, and your own plates, cups, and utensils. Contact MUD for more information at info@mudproject.org, call 721-7513, or visit the website www.mudproject.org.

The Montana Natural History Center Presents – “HIBERNATION CELEBRATION!”

Saturday February 25 2-3pm. What do turtles do in the winter? How long can a ground squirrel sleep? Do frogs really freeze solid? Hibernation is a fascinating state and an amazing solution to the challenges of winter. Significant drops in heart rate, respiration, and body temperature permit creatures to survive at a low metabolic rate. Despite months of inactivity, animals do not experience muscle atrophy. Scientists continue to study the mysteries of hibernation. Learn all about the amazing winter lives of local animals during this Saturday Kids’ Activity and paint your own (hibernating) pet rock! The cost is \$1 for MNHC members and \$3 for non-members. The Montana Natural History Center is located at 120 Hickory Street. For more information, visit <http://www.montanaturalist.org> or call 327-0405.

A CAROUSEL FOR MISSOULA – Celebrating 20-Year Anniversary: *“If magic can happen anywhere, it can happen in Missoula, where dreams are followed and promises are kept, and where people believe in making a life as well as making a living.”*

OPEN DAILY 11am to 5:30pm Sept. through May. 50¢ for children (<16) and seniors (>55) \$1.50 for adults; \$1 for an adult and child sharing a seat. People with disabilities are always welcome to ride free. 101 Carousel Drive. For more information: 549-8382 <http://www.carrousel.com>

ACTIVE 6 (A Program of the YMCA): All sixth grade students in Missoula County are eligible for **FREE one-year membership** at the YMCA! To promote wellbeing and healthy lifestyle choices, Active 6 offers structured activities specifically designed for sixth graders, as well as access to a climbing wall, swimming pool, and more. You may sign a child up for Active 6 at the YMCA at 3000 S. Russell St., but a caregiver / parent must be present to register. Call 721-YMCA (9622) for more information. For signing up in the Active 6 program your child will receive a **FREE T-shirt** and more information about the program.

THE PARENTING PLACE Located at 1644 South 8th West. Call 728-KIDS (5437) for info and reservations. **“CHILD’S PLAY” (FREE Respite Child Care)** is open two nights a week: Monday and Wednesday Nights 5:00-8:00 pm at THE PARENTING PLACE OFFICE. Qualified Children’s Program Assistants will care for children in a safe & nurturing environment. Creative & fun activities and DINNER provided while parents take time to nurture themselves. Limited space available. Please call for information about program requirements and to reserve space.

MISSOULA PUBLIC LIBRARY Located at 301 East Main. For information call 721-2665 or visit the website: www.missoulapubliclibrary.org.

- **TINY TALES for children birth to 3-years-old** with a parent/guardian lap at 10:30am. It is offered every Tuesday, Thursday & Friday of the month. Program introduces books, rhymes, songs and finger plays.
- **PRESCHOOL STORYTIME** for 3-to 6-year-olds at 10:30am on Fridays.
- **FAMILY STORYTIME** (all ages welcome) Fridays at 11am and 2:00pm on Saturdays
- **CHEAP DATE NIGHT** at 7pm on 3rd Friday of the month.
- **WORLD WIDE CINEMA** at 7pm on 2nd Friday of the month.
- **AFTERNOON CLASSIC FILMS** 2-4pm 2nd and 4th Wednesdays of the month
- **COMPUTER CLASSES – Free!** (See website above or the Education section below)
- **TEEN EVENTS:**
 - Scribbles** every other Wednesday at 4pm. This is a creative writing group for youth grades 7-9, held in the small meeting room on the lower level.
 - Writers Group:** Fridays at 3:30-5:30pm. A chance for teen grades 10-12 to share their writing with one another, held in the small meeting room.
 - VolunTeens:** Teens grades 7-12 are invited to volunteer at the library every 3rd Tuesdays of the month. To apply, fill out an application at the Young Adult desk or call 721-2665.

ADULT ACTIVITIES & RECREATION

SUPER BOWL 46 SUNDAY is on **Sunday, February 5** in Indianapolis. Nice time to bring family and friends together for an All-American football sports tradition of multi-generational fun viewing & eating festivities! Half-time entertainment features **Madonna** will headline the halftime show with Cirque du Soleil. Visit www.superbowl.com for more info.

COMMUNITY MEDICAL CENTER: Special Community Presentation & Support Groups

- **Free Depression Support Group: Tuesday February 28** from 6-7:30pm. On the last Tuesday of every month, Community Medical center will put on a FREE and confidential depression support group that is open to the public. This service is offered at Mountain View Family Medicine, Building 3, Suite 101. For more information, call 327-3920 or visit the website <http://communitymed.org>.
- **“The ABCs of Autism”: Thursday February 9, A FREE Public Lecture Series presented by the Minerva Society** 5:30pm in the Gallagher Board Room at Community Medical Center. Ann Garfinkle, Ph.D and associate Professor at the University of Montana will be presenting. CMC is located at 2827 Fort Missoula Road. For more information, call 327-4141 or email foundation@communitymed.org.

INCOME TAX HELP!

- **FREE ASSISTANCE:** Every Saturday at the University of Montana Gallagher Business School Building (corner of Arthur & Connell), Room 119, from 9am-4pm **February 5 through March 12, 2012**. For info, call 243-4831. Provided by VITA (Volunteer Income Tax Assistance Program). VITA is comprised of pre-qualified community & UM accountants and students. They will complete free basic tax returns for those who make \$49,000 or less annually. No appointment necessary. Refer to IRS website for list of what to bring to complete your taxes.
- **LOW INCOME TAXPAYER CLINIC – A DIVISION OF MONTANA LEGAL SERVICES.** For information and assistance with your taxes call: 1-800-666-6899 or visit the following website: www.MontanaFreeFile.org. You will fill out an application over the telephone and set up a phone appointment for consultation. The appointment will take place over the phone within three days of filling out the application.
- **EARNED INCOME TAX CREDIT:** The Earned Income Credit is a tax credit that can return as much as \$4,400 a year to a low-income working family. The average return for a low-wage earner is about \$1,600. The dollar amount of the credit increases if you have children. If you have not claimed the EIC before, you may be able to gain money owed to you over the past three years. If you make less than \$37,263 and are between 25-64 years old you may qualify and apply.
- **IRS WEBSITE:** For general information and lists of what is needed to complete your taxes: <http://www.irs.gov/individuals/article/0,,id=107626,00.html>

MISSOULA LABOR FILM FESTIVAL: Friday & Saturday February 3-4 at the Roxy Theater (718 South Higgins). Offerings include “Locked Out” and “Made in Dagenham” on Friday and “The Dark Side of Chocolate” and “Jaffa, the Orange’s Clockwork” on Saturday. Call 529-3875 for details.

ST. PATTY’S DAY DANCE! Presented by Downtown Dance Collective: On **Saturday March 17** 7-10pm, the Downtown Dance Collective (DDC) will host a night of dancing with The Funky Armadillos to celebrate St. Patrick’s Day. There will be food, dancing, live music and more. The cost is \$15 for adults and \$10 for students, seniors, and military. Half of the profits benefit local breast cancer screening programs. For more information or to reserve your ticket : www.ddcmontana.com or 541-7240. DDC is located at 121 West Main Street.

MONTANA MUSEUM OF ART & CULTURE EVENTS: Located at the University of Montana on 6th Street across from the Adams Center 243-2019 <http://www.umt.edu/montanamuseum>

- **Through Saturday February 25:** At the UM PAR TV Center Montana Theater, the Meloy Gallery will be exhibiting Fra Dana’s *American Impressionist in the Rockies*.
- Also **through Saturday February 25** the Paxson Gallery will be featuring Frances Carroll Brown’s *Bitterroot Portraits*.

MISSOULA HABITAT FOR HUMANITY SELECTIONS BEGIN!

The **Missoula Habitat For Humanity** has a new location: City Life Community Center (1515 Fairview Avenue, Suite 220 - Missoula); phone=549-8210; website= <http://www.habitatmsla.org> The next **FAMILY SELECTION** informational meetings are:

Sunday, Sunday, March 11, at 1 pm

In the City Life Community Center (1515 Fairview Avenue)
(No children, please)

or

Wednesday, March 14, at 7 pm

In the City Life Community Center (1515 Fairview Avenue)
(No children, please)

APPLICATIONS ARE DUE: FRIDAY, MARCH 30.

Families are selected based on the following:

1. **Need:** An Applicant's family have need if they pay more than 30% of their income towards rent, the home they are living in is too small for the number of people, their home is substandard, the roof leaks, the plumbing or wiring is bad, etc. and/or children (if applicable) do not have a safe place to play.
2. **Ability to Pay:** Habitat sells the completed home to partners at cost with no interest charged. We use a mortgage based on at least 25% of their income going to payments. Payments include taxes, insurance, and a principal payment. Currently we accept applications from people who earn a gross income of 30-60% of the area median income. As of February 2008 this was \$16,350 to \$32,700 for a family of four.
3. **Willingness to Partner:** Habitat requires each partner to be responsible for 500 hours of "Sweat Equity" (volunteer work time) with Habitat. The people who will be living in the home must work 250 and the additional 250 can be done by friends and family. 100 of these hours must be done on the actual construction of a home. The sweat equity gives a sense of self pride as well as a new knowledge and understanding of the building process and your home in general.
4. **Residency:** Habitat requires applicants must have lived or worked in Missoula County for at least one year prior to submitting an application.

Income Limits Chart - Missoula, MT

Based on Federal Housing and Urban Development Limits 5/20/2010

# of Family Members	Median Income	40%	60%
1	\$43,000	\$17,200	\$25,800
2	\$49,200	\$19,700	\$29,500
3	\$55,300	\$22,100	\$33,200
4	\$61,400	\$24,550	\$36,850
5	\$66,400	\$26,550	\$39,850
6	\$71,300	\$28,500	\$42,800
7	\$76,200	\$30,500	\$45,700
8	\$81,100	\$32,450	\$48,650

MISSOULA ART MUSEUM (MAM): Admission to the Museum is **FREE** to all. Call 728-0447 or visit www.missoulaartmuseum.org.

- **ARTINI:** Visit MAM for **FREE every Third Thursday of the month** at the new time 6-9pm. Come see live music, art, hors d'oeuvres, and a gallery talk at 7pm. **Thursday February 16** is called *We Too Like to Make Drawings*. There will be live models and an opportunity to anyone to draw. Doug Russell will be sharing his work and speaking at the event. **Thursday March 15** is called *Creative Improvements*. This night will focus on improving your landscape paintings, with exhibits by artist James Lavadour and instruction by Mary Ann Bonjorni. Feel free to bring old landscapes or ones you have found at thrift stores or garage sales. You can also learn how to make DIY frames for your landscape, and you can join in the karaoke fun with the VFW's Tom Helgerson.
- **Ongoing MAM Collections:** MAM's collection, *The Parade Route* will continue through Sunday February 12. The MAM permanent collection, *Self-taught* and *Art Brut* will continue through Sunday March 18. Haddon Hufford's exhibit *Silversmith* will continue to show through Sunday April 15. Also the popular *Ansel Adams Exhibit* will continue through Sunday April 15.
- **FREE Lectures and Tours:** Saturdays and Sundays through April 15 at 12pm you can take a tour of the *Ansel Adams Exhibit* with MAM staff members, photographers, and curators (excluding February 4-5 and April 8). **Wednesday February 22** at 7pm come to a FREE lecture called *Ansel Adams: The Making of a Photograph*, presented by Neil Chaput de Saintonge, the director of Rocky Mountain School of Photography.
- **Open Figure Drawing: Wednesdays through May 16** 6-8pm. This ongoing drop-in session provides artists an opportunity to draw from a life model in a relaxed and supportive atmosphere. Participants must be 18 years or older. Cost is \$7 or \$5 for members.

HISTORICAL MUSEUM AT FORT MISSOULA: Visit the Main Missoula Gallery to see the recently renovated, permanent exhibit, “The Road to Today: 250 Years of Missoula’s History.” This exhibit showcases artifacts and provides spectators with information about Missoula’s history. The grounds at Fort Missoula are always open and **FREE**. Call 728-3476 for details or visit <http://www.fortmissoulamuseum.org/>.

UNIVERSITY THEATRE WEEKEND MOVIES: Every Friday & Saturday 7pm-midnight, visit the University Center at the University of Montana for recently released movie screenings. The University Theatre is located on the third floor of the University Center. Prices with a Griz Card are \$3/single feature and \$4/double feature. Without a Griz Card the prices are \$5/single feature and \$7/double feature. Concessions are available for \$1-3. For more information call 243-FILM (3456), email Mary Lester at mary.lester@mso.umt.edu, or visit the website at http://life.umt.edu/uc/ucsi/weekend_movies.php. The upcoming features include:

- **Friday & Saturday February 10 & 11:** *The Rum Diary* will show at 7pm and *J. Edgar* will show at 9:30pm.
- **Friday & Saturday February 24 & 25:** *Harry Potter and the Deathly Hallows Part 1* will show at 7pm and *Part 2* will show at 9:30pm.
- **Friday & Saturday March 2 & 3:** *New Year’s Eve* will show at 7pm and *Tinker Tailor Soldier Spy* will show at 9:30pm.
- **Friday & Saturday March 9 & 10:** *The Muppets* will show at 7pm and *Hugo* will show at 9:30pm.
- **Friday & Saturday March 16 & 17:** *Extremely Loud & Incredibly Close* will show at 7pm and *The Girl with the Dragon Tattoo* will show at 9:30pm.

UM PRESIDENTIAL LECTURE SERIES: **Mondays February 6 & March 5** 8:00pm at the University Theatre. Seminars will be held the day of the lecture at 3:10pm in Gallagher Business Building room 123. Visit the Presidential Series website for more information: <http://www.umt.edu/president/events/lectures/>.

- **Monday February 6:** “**America and the Arab Struggle for Self-Determination**” will be presented by Ussama S. Makdisi, a professor of history at Rice University and the Arab-American Educational Foundation Chair of Arab Studies.
- **Monday March 5:** “**Three Decades of Genomics and AIDS: Tiptoe Towards a Solution**” will be presented by Stephen J. O’Brien, Chief of the Laboratory of Genomic Diversity in the National Cancer Institute.

14th ANNUAL COMMUNITY LECTURE SERIES: On **Tuesdays February 21 to March 27** from 7-8:30pm, the University of Montana Office of Alumni Relations and Alumni Association will present a lecture series at the University Center Theater. The theme for this series is *Seeking Justice: Hope in Hard Times*. Tickets for the complete series are \$20 for the general public, \$15 for U of M Alumni Association members, and \$10 for students. Or you may pay for each individual lecture you attend at \$5/each. Visit the website at <http://www.grizalum.org/events/cls/default.aspx> for more information.

- **February 21:** *Can Technology Promote Social Justice? Global Problems and High-Tech Solutions* by Dane Scott
- **February 28:** *Information Equality is a Prerequisite for Justice: Examples from the End of the World* by Rebecca Bendick
- **March 6:** *Occupying Wall Street: Why Has the Economy Marginalized So Many and Enriched So Few?* By Dick Barrett
- **March 13:** *Protestors, Politicians or Professional Change Agents? The Future of Activism in the U.S* by Daisy Rooks
- **March 20:** *Food as a Driver for Democracy and Justice* by Neva Hassanein
- **March 27:** *Global Free-riders: Environmental Services and the Common Good* by Jim Burchfield

UM UNCOMFORTABLE TRUTHS SERIES – “Race and Sexism”: **Tuesday February 7** 2:30-3:30pm. “Join the conversation! Reveal, reflect, respond.” This **FREE** talk is presented by University Center Diversity Programming. There will be a discussion about race and sexism. To register contact Devin or Sean at 243-5622. For more information see the Diversity Programming website at http://life.umt.edu/uc/ucsi/diversity_program.

PEACE & JUSTICE FILM SERIES: On select **Thursdays through May 3** at 7pm, the University of Montana Students for Peace and Justice and the Jeanette Rankin Peace Center will resume their Spring 2012 Peace and Justice Film series, showing documentaries and historical films. All films are shown in the Gallagher Business Building Room 122 (with the exception of February 16, as the film will be presented at the UC Theatre). After each screening, the hosts facilitate a discussion about the subject matter of the film. These films are **FREE** (suggested donation is \$2). For more information about the series, see the website at <http://www.peaceandjusticefilms.org>.

- **February 9** – *Tibet: Cry of the Snow Lion*
- **February 16** – *Bajo Juárez: The City Devouring Its Daughters* (shown at UC Theatre)
- **March 1** – *Incident at Oglala: The Leonard Peltier Story*
- **March 8** – *Your Mommy Kills Animals*
- **March 15** – *Music Within*

UM COLLEGE OF VISUAL AND PERFORMING ARTS: Gallery of Visual Arts presents *Portland State University Graduate Student Exhibition*, opening reception, **Thursday February 2** 6-7pm. Gallery hours Tuesday, Wednesday, Friday 11am-5pm, Thursday 11am-6pm, Monday by appointment, 243-2813. Exhibition from January 31 to February 17. <http://www.umt.edu/umarts/>. Located in the Social Sciences building at the University of Montana.

UM SCHOOL OF MUSIC CONCERTS: Prices vary, so for more information call 243-6880 or visit the UM Arts website at <http://www.ummusic.org/>. You have the option to order tickets online.

- **UM Student Ensemble Series:** Tickets are \$11 general, \$6 seniors, \$5 students. Series start at 7:30pm.
 - **Tuesday February 7** Nancy Cooper / organ at the UM Music Recital Hall
 - **Friday February 24** World Percussion Concert at the University Theatre
 - **Friday March 2** Keyboard Society Concert at the University Theatre
 - **Friday March 9** UM Jazz Band Concert at the University Theatre
 - **Friday March 16** Symphonic Wind Ensemble at the University Theatre
- **Faculty and Guest Artist Series:** These concerts are held at the UM Music Recital Hall. Tickets cost \$11 general and \$8 for seniors and students.
 - **Sunday February 12** at 3:00pm Margery McDuffie Whatley / Piano
 - **Tuesday February 14** at 7:30pm Johan Eriksson / saxophone
 - **Tuesday March 6** at 7:30pm Christopher Kirkpatrick / clarinet
- **Special Event Series:**
 - **Friday & Saturday February 17-18** at 7:30pm The Northern Rockies Tuba & Euphonium Festival at Sentinel High School on Friday and at the UM Music Recital Hall on Saturday.

READINGS AND SIGNINGS AT FACT AND FICTION BOOK STORE: Readings are from 7-8:30pm at 220 North Higgins. For more information call 721-2881 or visit the website: <http://www.factandfictionbooks.com/>

- **Tuesday February 7** Chang-Rae Lee, creative writing professor from Princeton University signing *The Surrendered*. Lee maintains that he is “fascinated by people who find themselves in positions of alienation or some kind of cultural dissonance” (See Fact and Fiction website for more details).
- **Thursday February 16** Richard Wheeler will be reading and signing *The Richest Hill on Earth*.
- **Friday March 16** Martha Ronk, English professor at Occidental College in Los Angeles, will be reading and signing *In a Landscape of Having to Repeat*, among her other books of poetry and short stories.

SECOND WIND READINGS SERIES: **Sundays February 12, 19, & 26 and March 4 & 11** at 5pm. Second Wind Readings occur most Sundays at 5 p.m. at the Top Hat, 134 West Front Street. All readings are free and open to the public. In February come see Emma Torzs & Joanna Klink (12th), Emily Jones & Robert Stubblefield (19th), and Dana Fitz Gale & Karin Schalm (26th). In March, check out Clint Garner & Debra Magpie Earling (4th) and Alison Riley & Zoey Farber (11th). Call the UM Department of English Creative Writing Program at 243-5231 or visit the website at http://www.cas.umt.edu/english/creative_writing/SecondWindReadingSeries.html.

JEANETTE RANKIN PEACE CENTER: “The Jeannette Rankin Peace Center exists to connect and empower people to build a socially just, non-violent and sustainable community and world.” JRPC is located at 519 South Higgins Avenue. For more information call 543-3955 or visit their website at <http://jrpc.org>.

- **Wednesday February 8 Nonviolent communication practice group:** 12-1pm in the JRPC library. This group is facilitated by Patrick Marsolek. He may be contacted at info@patrickmarsolek.com.
- **Saturday February 11 Film: *Farmageddon*:** 7-9pm at the Roxy Theater at 718 South Higgins Avenue. “This movie tells the story of small, family farms that were providing safe, healthy foods to their communities but were forced to stop, sometimes through violent action, by government bureaucracies.” A discussion will follow the film. Tickets will be sold at the Roxy box office for \$5.
- **Monday February 13 Community Pot Luck and Conversation:** 6-8pm at the Burns Street Square Community Room at 1500 Burns Street. Human rights attorneys and an NGO organizer from Mexico will be talking at the event about Femicide in Mexico. For more information, contact Itzel at 493-4117 or Rita at 544-9026.
- **Tuesday February 14 Film: *For the Love of Lilia Alejandra: Combating Femicide in México*:** 7-8pm at the UC Theatre at the University of Montana. This is part of a series of events highlighting issues of gender violence in Mexico. For more information, contact Itzel at 493-4117 or Rita at 544-9026.
- **Friday February 24 Intercultural dialogue:** 4:30-5:30pm at the JRPC Library. This group incorporates music, conversation, and compassionate understanding. For more information, contact Betsy at 543-3955.

FIRST FRIDAY GALLERY NIGHT – G.A.G.A. (Gallery Association for Greater Art)

Fridays February 3 & March 2. On the “First Friday” of every month, stroll Downtown Missoula art galleries from 5-8 pm to preview local and regional artists’ works and tour the Art Museum of Missoula. FREE. For information, 543-4238 or www.missouladowntown.com

- **MISSOULA CHILDREN'S MUSEUM:** Children can experience evening of art appreciation, snacks, & fun at the Missoula Children's Museum. Admission is **FREE** from 5-8pm.
- **FREE FILM 1st FRIDAYS AT THE ROXY THEATRE** (718 South Higgins) – donations welcome. Film starts at 7 pm; concessions & Lobby open at 6:30 pm. Sponsored by the International Wildlife Film Festival owners of the site. For information & film listings: 728-9380 or website: www.wildlifefilms.org
- **CHILDREN'S FIRST FRIDAY ARTWALK** – FREE admission to Missoula Children's Museum 5-8 pm.
- **Missoula Art Museum will not hold a First Friday event on February 3 due to a scheduling conflict.**

HEALTH & SAFETY RESOURCES

MISSOULA MARATHON 2012 TRAINING PREP: How's this for a New Year's Resolution! Resolve to jump in and run or walk this summer's Missoula Marathon or Half Marathon. The Good Food Store will be hosting a series of seminars designed to help the beginning marathoner get to the finish line feeling strong and help the experienced runner get there faster and more comfortably than ever. **The Second Monday of every month (January to June)** at 7pm the Good Food Store will host Missoula's finest runners and most-respected fitness pros. These presentations, with plenty of time for your questions, are designed for marathon and half marathon participants, both runners and walkers. **Admission is FREE** but seating is limited, so please plan to arrive early.

- **Monday February 13** 7pm How to Prevent Injury While Training for the Missoula Marathon
- **Monday March 12** 7pm Pace Yourself: Walking the Missoula Marathon or Half Marathon
- **Monday April 9** 7pm Cross Training for Injury Prevention & Enhanced Performance
- **Monday May 14** 7pm Nutrition for the Long Run: How to Eat & Drink to Fuel Properly
- **Monday June 11** 7pm Missoula Marathon Race Day Strategies & Post-Race Recovery
- **Monday June 25** 7pm Head Games: Winning Psychology for the Missoula Marathon

Group Training Programs – Three Inspiring Options: For more information or to register for any of the groups, stop by the Runner's Edge at 325 North Higgins or visit www.runwildmissoula.org.

- Jeff Galloway run-walk program begins in January
- Run Wild Missoula's specific running and walking groups starting in early March
- Twice each week runners and walkers of similar abilities and experience will get together and motivate one another to stay the course

ANNUAL SHAPE-UP MONTANA: February 1 – May 1, 2012

Shape-up Montana is a fun team fitness program with 4-10 people on a team. People are signing-up statewide for Montana's efforts to assist in group activity-based team weight loss efforts. Benefits include weekly fitness & nutrition tips; Shape-up t-shirts; prizes; and sponsorship in Big Sky State Games Fitness Walk category. Contact the website for information on this **FREE** program: www.shapeupmontana.org. Entries were due end of January, but late entries will be accepted.

FREE BIRTH AND BEYOND SERIES: 6-7:30pm at the Missoula City County Health Department. 301 W Alder Street. Partner or support person welcome. Open enrollment to the community, FREE, but you must pre-register. *Attend all 3 classes and be entered into a drawing for a car seat! Please call 406-258-4750 to register for classes or to request more information.

- **Thursday February 2 Birth Basics** (2nd Thursday of each month): stages of labor, medical procedures, comfort measures, presented by a certified childbirth educator.
- **Thursday February 9 Breastfeeding** (3rd Thursday of each month): benefits, positions, latch, presented by RN, board certified lactation consultant.
- **Thursday February 16 And Beyond** (4th Thursday of each month): preparing for life with a newborn, mother's recovery, presented by an RN certified in community health.

FREE MICROCHIPS FOR CATS A grant from the Missoula Community Foundation has allowed the Humane Society of Western Montana to offer free microchips for cats for a limited time. This is a great way to keep your cat safe and potentially returned to you in the event that you become separated. The Humane Society strongly encourages the use of microchips, because it is safe, permanent, and painless. The chance that your pet will be returned to you is 38% for cats and 52% for dogs. Call the Humane Society at 549-3934 to make an appointment for your cat to be microchipped. There is a limit of 2 cats per household.

MEADOWSWEET HERBS – FREE Winter Health Classes: All classes are held at 180 South 3rd Street and you must register early, as space is limited. Call Meadowsweet Herbs at 728-0543 or visit their website at <http://www.meadowsweet-herbs.com/> for more information. The following **FREE classes** are being offered:

- **Tilling the Soil – Prepare Your Body for Spring:** On **Wednesday February 8** from 7-8pm, Bryan Watrous, LAc and Caroline Burdulis, LAc, of Bitter Root Acupuncture & Wellness Center will be presenting an introductory class about

Chinese Medicine with the focus on the change from winter to spring. Learn about diet, lifestyle choices, and making healthy preparations for the warm weather.

- **Treating Osteoporosis Naturally:** On **Thursday February 16** from 7-9pm, as Dr. Jeffrey Friess from the Golgi Clinic will present a class on Osteoporosis. He will explore questions about how the kidney and gut affect your bones and what alternative and/or sustainable treatment choices you have besides drug therapy.

MISSOULA MEDICAL RESOURCES

- **CHILD SPORTS PHYSICALS:** Available for \$20 at Partnership Health Center (323 West Alder Street). Call 258-4789 to schedule. Walk-ins from 11:30am-5pm weekdays.
- **PARTNERSHIP PANDA PROGRAM – Partnership Health Center (Planning care; Preparing for tomorrow; Placing importance in your child’s health care):** Pediatric healthcare for children of all ages. Doctors and nurses available for low-income families. Center located at 323 West Alder or phone 258-4789 to schedule an appointment.

CHILD SAFETY EQUIPMENT FOR FAMILIES IN NEED - PROTECT YOUR HEAD WITH

REDUCED-COST HELMETS! **Wednesday, February 15**, from 11am-2pm at the OLD Western Montana Clinic Building in the main lobby at 515 West Front. The Trauma Services Program of St. Patrick’s Hospital and Medical Center (3rd Floor) has important safety equipment available for low-income families at reasonable rates. Frequent helmet sales are held in the Broadway Building in the 5th floor lobby. **Helmet prices - Bike \$7.00, Multi Sport (skateboarding, in-line skating, rollerblading, ice skating, kayaking) \$10.00, Ski \$16.00, Equestrian \$23.00.** Call 406-329-5660 for a current schedule or for more information.

WHERE SEX OFFENDERS LIVE – FAMILY WATCHDOG WEBSITE: Type in your home address or a family member’s address. The website will bring up a map of the neighborhood with small colored boxes on it. The small house icon represents the address; the colored boxes represent sex offenders in the area. Click on the colored boxes and it will bring up the offender’s photograph and the exact address, names and employers. Click ALL AROUND; you will be amazed at the information you get: <http://www.familywatchdog.us/>

FREE COMMUNITY CHILD CAR SAFETY SEAT CHECKS & INSTALLATION

IT’S THE LAW: ANY DRIVER TRANSPORTING A SMALL CHILD IN A VEHICLE MUST HAVE THE CHILD PROPERLY RESTRAINED IN A CHILD SAFETY SEAT. Make sure you are using your seat properly and find out how to access seats. ALL CHECK-UPS ARE FREE – JUST CALL FOR APPOINTMENT SCHEDULE!

Sponsored by the Safe Kids Missoula Coalition & provided by the Missoula Rural Fire Dept.

For clinic appointment call: Heidi at 549-6172

At the scheduled events certified passenger safety technicians are available to check safety seats for recalls, correct use & installation. Please bring your car seat manual and vehicle manual to any scheduled appointment. Community Medical Center asks expecting parents to make an appointment at an event prior to delivery. Individual appointments are no longer available at Community Medical Center. If you need assistance obtaining a child safety seat please contact First Call for Help at 211 on your home phone or call 549-5555.

MISSOULA EARLY HEAD START PARENTS, CONTACT LAURA BALIS, HEALTH & NUTRITION MANAGER!

LOCAL RECYCLE RESOURCES: Drugs-Equipment-Wastes

- **PRESCRIPTION DRUG DISPOSAL – Starting Fall of 2011: 24-hour drug drop box located at the back door of the Missoula Police Department (near the Mountain Line Bus Station).** Medications accepted with no questions asked. Syringes, sharps, and pressurized canisters (inhalers for example) will **not** be accepted.
- **RECYCLE UNBROKEN “cfl bulbs” – FREE:** Because these new compact fluorescent bulbs contain small amounts of mercury, they should be recycled & not thrown away! **ACE HARDWARE and HOME DEPOT** recycles them free of charge!
- **RECYCLE OLD THERMOSTATS – FREE:** **ACE HARDWARE** will recycle old thermostats that contain small amounts of mercury.
- **“KEEP MISSOULA CLEAN & GREEN”** with recycling all our green waste EKO COMPOST has opened the gates Monday-Saturday from 8 am-4:15 pm in April, May & June to leave all ORGANIC MATERIALS (leaves, limbs, lawn clippings, woody bio-mass or urban wood waste that has not been painted or treated)
- **LOCAL ELECTRONIC RECYCLE PROGRAM:** The **Staples Office Stores** collect the following for recycling – cell phones, PDA’s, pagers (portion of proceeds to Sierra Club); rechargeable batteries; inkjet & toner cartridges (donates \$1 to public education).

FREE WEEKLY SERIES OF COOKING & NUTRITION CLASSES offered by the Expanded Food & Nutrition Education Program (EFNEP)

EFNEP offers a series of 5, 1 ½ -hour classes to low-income families with children. Small groups of families learn cooking shortcuts and make low-cost recipes in class. They also discuss food safety, ideas for feeding children and grocery shopping. Adult EFNEP classes are held at a variety of places, including the Missoula Extension office, WIC, U of M, Young Families, Joseph’s Residence, Mountain Home or

places that serve limited-income families. For more information about EFNEP group classes (time, day and location) call Barbara or Kelly (EFNEP nutrition assistants) at 258-4207 or stop by the office at 2825 Santa Fe Court http://www.missoulaeduplace.org/efnep_adult.shtml

Healthy Montana Kids. The Montana Department of Health and Human Services administers the Healthy Montana Kids (HMK) insurance plan. HMK provides free or low-cost health insurance for families with children who are not eligible for Medicaid and cannot afford other health insurance. Families who earn more than the guidelines should still consider applying, because additional adjustments are made based on the number of family members who work and whether they pay for child care. **To apply for HMK, you will need: Social Security numbers for all family members, your income and insurance info for anybody in the home that is insured.** HMK applications are available at participating doctors' offices and hospitals, as well as local public health departments, Offices of Public Assistance, community health centers, Head Start locations, Indian Health Services, and Tribal Health Clinics. The application and more information about CHIP are also available online at www.hmk.mt.gov or by calling HMK toll-free at 1-877-543-7669. * If a child qualifies for Medicaid, health insurance will be provided by Medicaid. Some employment-related and child care deductions apply.

CURRENT INCOME GUIDELINES FOR HMK (Effective April 1, 2011 – no changes to date)

Family size (including adults) & Family annual income (approximately)

2	\$36,775
3	\$46,325
4	\$55,875
5	\$65,425
6	\$74,975
7	\$84,525
8	\$94,075

EDUCATION – Skills, Career Development & Parenting

23rd ANNUAL UM CAREER FAIR (opportunity for UM/COT students & alumni): The University of Montana's 23rd Annual Big Sky Career Fair is from 9am – 3pm on **Wednesday, February 22**, in the University Center Ballroom. The Fair is FREE to UM students and alumni. Registration begins at 9am. Participants can meet with company recruiters from local, regional, national and international employers. The event will offer recruiting opportunities for students in all academic disciplines, including professional full-time positions, summer internships, part-time employment and summer jobs. Many recruiters will return **Thursday, February 23**, to interview students and alumni for open positions in their organizations. Students and alumni can go online to <http://life.umd.edu/career/bsef/> to view a complete schedule and list of companies attending the fair, as well as add themselves to a mailing list. Through their Griz eRecruiting account, students also can see who will be on campus recruiting this semester and sign up for on-campus interviews being held the day after the fair and throughout spring semester. Students can contact the Office of Career Services to set up their free Griz eRecruiting account. Employers can register to attend the fair on the website. For more information call Career Services at 243-2022.

FREE BROWN BAG LUNCH SERIES: The Brown Bag Lunch Series is a component of the YWCA's Women's Economic Advancement initiative focusing on women's leadership. Each season, which follows the academic calendar, explores topics that impact women. **YWCA Missoula located at 1130 West Broadway. For more information, contact Michelle Williamson at 406-543-6691 or mwilliamson@ywcaofmissoula.org**

- **Friday February 17 12pm: Health Care Services and Its Impact on Women** with Kim Mansch, executive director, Partnership Health Center
- **Friday March 17 12pm:** with Sara Hayden, professor, UM Department of Communications Studies

MISSOULA EDUCATIONAL OPPORTUNITY CENTER – UM College of Technology

ONLINE OPPORTUNITIES: Through a recently formed partnership, anyone with an Internet connection can now access hundreds of courses offered by The University of Montana's College of Technology. The COT has partnered with [ed2go](http://ed2go.com), which offers online courses through a network of more than 1,800 colleges and universities, to provide hundreds of high-quality, noncredit courses on subjects ranging from Microsoft basics and webpage creation to the fundamentals of accounting and grant writing. Participants will gain knowledge at their convenience through the online lessons, expert instruction and interaction with fellow students. The courses can be accessed 24 hours a day, allowing participants to study at their own pace. Each course includes comprehensive lessons, quizzes, assignments and a discussion forum. New sessions of each six-week course start monthly, with two lessons released each week. Dedicated instructors teach every course to pace learners, answer questions, give feedback and facilitate discussions. Complete information: <http://www.ed2go.com/cot>.

HIGHER EDUCATION SUPPORT FOR LOW-INCOME STUDENTS: The Educational Opportunity Center (EOC) is a support & resource to Missoula community potential students, particularly who are low-income and/or

the first in their family to go to college. EOC is a federally-funded grant that helps potential students with financial aid, admissions, career exploration, college readiness and navigating the system. Please contact the coordinator, Jamie McGarvey, for assistance: 243-7917 or jamie.mcgarvey@mso.umt.edu FREE group sessions. To register: call 549-8765 at the Lifelong Learning Center (310 South Curtis)

COLLEGE GOAL MONTANA: On **Sunday February 12** from 1-4pm you can get FREE one-on-one help completing the FAFSA (Free Application for Federal Student Aid). Stop by the University of Montana Gallagher Business Building for this service. For more information, contact Student Assistance Foundation at 877-COLG4ME (265-4463) or visit <http://smartaboutcollege.org/CGM>.

“FAMILIES FIRST” EVENTS Most classes taught at FAMILIES FIRST (815 East Front). To register: 721-7690 or www.familiesfirstmontana.org. Contact Families First if you are unable to pay the fee for the class.

THE FREE SERIES: Join Families First Parent Educators throughout the school year for Pizza for Parents and the Thursday Night MCPS Series for a FREE class! Childcare is available upon request. Your child does NOT need to attend any of the schools for you to participate. This month, attend:

- **DIVORCED AND SHARED PARENTING:** Parental separation is tough on all members of the family, especially children. If you and your children's other parent are divorced or separated, we offer comprehensive, confidential and caring assistance. Families First provides a two-part series designed to help you do what is best for your kids. Classes are offered monthly in Missoula. Co-parents are asked to take separate classes. Cost* is \$35/class in advance or \$45/class the day of; childcare is included. Pre-registration required, call 406.721.7690 **Families will not be turned away due to an inability to pay. A sliding scale and payment plan are available*
- **NEW MOM SUPPORT GROUP:** Facilitated by Sara Polanchek, Sleep Consultant and Certified Happiest Baby on the Block Educator. **Tuesday February 7** from 10-11am. Come meet new moms, ask questions, and let your baby play. This is a wonderful opportunity for new moms and their babies ages 0 to 9 months. A \$3 donation is suggested.
- **INTER-CULTURAL ADOPTIVE SUPPORT GROUP:** Facilitated by Waganesh Zeleke, PhD. **Thursdays February 9, 16, 23, & March 1, 8, 15, 22, & 29** from 6:30-7:30pm. Are you the parent of an inter-cultural adopted child? Almost any adoption concern that you have encountered has been faced by someone else. By joining this group you and your family will gain support and education from the experiences of others. The goal is to provide information, resources, emotional support, and guidance to parents meeting the challenges of adoption across racial and cultural lines.

EASTER SEALS GOODWILL presents: Caregiver Support Group

The first group will be held on **Tuesday February 7** from 7-8:30pm at Integrated Therapy Works/ESGW, located at 800 Kensington, Suite 100. Easter Seals Goodwill provides services and support to children and families with disabilities. ESGW is starting up a **FREE** support group for caregivers and families who have a child with autism spectrum disorders, sensory processing needs, or any other disabilities (physical, behavioral challenges). The group would provide opportunities for caregivers to meet and learn from one another. There will be discussion and presentations on topics of interest to the group. For more information, please contact Abbey Hood at 217-8768 or by email at abigailh@esgw.org.

M.C.P.S. DICKINSON LIFELONG LEARNING CENTER REGISTER FOR CLASSES AT LIFE LONG LEARNING CENTER: Classes at the Dickinson Lifelong Learning Center at 310 South Curtis. THE CATALOG OF CLASSES THAT REQUIRE NOMINAL FEES IS AVAILABLE AT: www.dlhc.montana.com or 542-4015. Register for classes ASAP—they fill quickly! **SCHOLARSHIPS AVAILABLE FOR LOW-INCOME FAMILIES!** See below for classes and course descriptions from The Lifelong Learning Center:

- **Bounce Back Kids: Tuesday February 21** 6-8pm. “You can help children learn to bounce back from life challenges – whether it's big stuff like moving to a new home or coping with an absent parent, or little stuff that feels big like getting braces or fighting with a best friend. Parents, grandparents, teachers and caregivers can provide protective factors, model healthy responses and support children's responses to tough experiences. Help the child in your life be a bounce back kid.” (\$10)
- **Long Term, Team Players Needed....: Tuesdays February 28 and March 6, 13, & 20** 6:30-8:30pm. “Long term, team players needed...for challenging, permanent work in an often chaotic environment. No previous experience required. On the job training offered on a continually exhausting basis. Must assume final complete accountability for quality of the end product. If you are a parent, grandparent, or child care provider you may recognize this job description! You are doing some of the most challenging and important work possible. This class will enlighten and encourage you to approach the basics of raising children in a manner that reveals and enhances the really important things. Topics include dreams and expectations, growth and learning, daily routines and play, connection and communication.” This class is approved for Child Care Training hours. (\$22).
- **Anger Management for Parents: Wednesday March 7** 6:30-8:30pm. “Parenting is a rich emotional experience: joy, pride, frustration and sometimes anger. Understanding anger, especially our own, is the first step to managing aggression. Learn why we get angry, why we stay angry and what we can do about it. Feel free to bring your anger with you!” (\$9).
- **“Keep'em Moving”** - Organizing Young Children's Activities to Increase Cardio Health: Whether you have 2 toddlers,

a small playgroup or a class of preschoolers, there are techniques to structuring fun active games. Learn how to turn stories and theme into activities to keep'em moving. Approved for Child Care Training hours. Call Child Care Resources at 728-6446 to register.

- **TABE Testing:** Think you are ready for the GED but what you make sure? Missoula ABLE offers the Test of Adult Basic Education to assess your basic skills in reading, writing, and mathematics. You may take the TABE test to assess your educational needs and to determine if you are ready to take the GED. Call 549-8765 to schedule an appointment. Testing is offered mornings, afternoons, and evenings.
- **GED Testing:** Completing the General Education Development test demonstrates the attainment of skills normally acquired through completion of a high school program. The GED test is available to adults who have not received a high school diploma, are not attending high school, are at least 16 years of age, and are Montana residents.
 - **GED Registration:** You must preregister in person at the Lifelong Learning Center at 310 S Curtis. Bring the following to register: State or Government issued picture ID, Social Security Number, Additional required documentation if you are under the age of 19, and the testing fee (\$61).
 - **GED Testing dates: Fridays February 3 & 24, March 23, Saturday March 10**
- **Transition to College: Monday-Thursday February 13 to March 29** 8-11:30 am **FREE**. Have you ever thought about going to college but weren't sure if you were college material? Are you considering a mid-life career change or would you like to earn \$4,000-\$15,000 more per year? This intensive class will prepare you for college classes and move you closer to your educational goals. Let us help you improve your math and writing skills, learn time-saving study techniques, and the ins and outs of college requirements.
- **Is College Right for Me? Wednesday March 14** 6-8 pm. Have you ever wondered what it would be like to go to college? What it takes to get in and be successful in college? Or what your options are beyond high school or your GED? If so, register for this class and discover what colleges is like, what it takes you to go to college or get back in, and how you can avoid any potential pit falls as a college student. The Class is **FREE** and you will receive a GIFT if you attend 2 hours.
- **Show Me the Money! Wednesday February 8** 5:30-7:30pm **FREE**. Do you want to go to college, but you have no idea how you will pay for it? Learn about financial aid and how to get grants, scholarships, work study or federal student loans to help you pay for your education. There is money available, so find who is eligible for financial aid, how you apply, how to keep it, and common pitfalls you can avoid. Students can complete their Free Application for Federal Student Aid (FAFSA) at the end of class. If interested, bring your 2011 taxes, w2s and social security number and your application will be submitted online. The class is FREE and you will receive a GIFT if you attend.
- **Wire Working Wonders: Tuesdays March 13 & 20** from 6-8pm. "Beautiful twisted wire and chain maille jewelry is all the rage for boys and girls and this class gives you and your child the opportunity to make your own...Wire working develops fine motor skills, eye hand coordination, planning and problem solving, and creativity. Plus, you get to work with cool tools and gadgets! One child (age 10 and older) per adult. Supplies included." (\$29).
- **ESSENTIALS OF MATHEMATICS** tailored to you individual needs. Learn math at your own pace and in your own style. You can begin anytime. Tue-Thurs evenings. FREE!
- **COLLEGE PREP ALGEBRA** develops the essential ideas of algebra. Topics include rational numbers, integers, linear equations, polynomials, and rational expressions. Mon-Thur. Varied Times. FREE!
- **READING & WRITING ESSENTIALS** improve your reading and writing skills for GED preparation, college, or workforce re-entry. Instruction may be individualized, small group, and/or computer-assisted. Set a schedule that works for you! FREE!
- **WRITING FOR BUSINESS OR COLLEGE** refresh your writing skills in this class which will cover sentence structure, punctuation, grammar, and style. Prewriting, editing and rewriting will be emphasized. FREE!
- **COMPASS TESTING** in collaboration with the University of Montana-Missoula College of Technology, the ABLE program offers the ACT COMPASS college placement exam. Please call 542-4015 for information on TABE or COMPASS testing and to make an appointment.
- **ENGLISH AS A SECOND LANGUAGE**
 - ESL English as a Second Language (ESL) classes are classes offered to help adult, non-native speakers of English to communicate and increase their understanding of American culture. Communication skills such as speaking, listening, reading, writing and grammar are taught using real life situations. FREE!
 - EL CIVIC CLASSES provide an opportunity to increase your English skills in reading, writing, speaking, and listening in order to understand and effectively participate in government, education, and workplace systems and key American institutions such as banking and health care. EL Civis also provides classes in US citizenship preparation. FREE!

MISSOULA PUBLIC LIBRARY The Library offers classes and groups for families and individuals. The Library is located at 301 East Main. For information call 721-2665 or visit the website: www.missoulapubliclibrary.org.

- **MOM-ME TIME** will be held on **Tuesdays February 7 & March 6** from 11:30am-1:30pm. This is a group where moms can talk to each other about motherhood, their experiences, and their ups and downs. You are welcome to bring your babies. Contact Lara at laborandlove@bresnan.net or call 370-7747.
- **AN INTRODUCTION TO ELIMINATION COMMUNICATION:** "Honor the earth, honor your baby's natural desire to stay clean, and honor your parenting instincts." On **Monday February 27** from 10:15-11:30am, Melodie Stenger of the nonprofit organization DiaperFreeBaby will present an introductory class on Elimination Communication (or EC). Parents of children 0-12 months old will explore issues about potty training and

diapering. For more information, contact Melodie at 218-1016, by email at melodie@diaperfreebaby.org, or visit the website <http://www.diaperfreebaby.org/>.

- **COMPUTER CLASSES** are typically offered **Mondays 6-7pm and Wednesdays 12:30-1:30pm & 6-7pm** at the Missoula Public Library. The classes cover basic computing skills, how to search the internet, how to search for jobs online, how to edit digital photos, among other computer-related skills. For more information call 721-2665 or visit <http://www.missoulapubliclibrary.org/classes>.
 - Computer class topics include: Monday February 6 at 6pm **Computer Fundamentals**, Wednesday February 8 at 12:30pm **Excel Basics**, Wednesday February 8 at 6pm & Monday February 13 at 6pm **Beginning Word**, Wednesday February 15 at 12:30pm **Picasa Picture Simplicity** & at 6pm **Intro to Email**, Wednesday February 22 at 12:30pm **iCan eFile** (taxes), Wednesday February 22 & Monday February 27 at 6pm **Internet Searching**, Wednesday February 29 at 12:30pm **iTunes for You**, and at 6pm **Intermediate Email**.
 - Other offerings include **Thursday February 16** at 2pm **Online Job Applications**: Job services present a class on creating email accounts and creating online job applications.

THE PARENTING PLACE Located at 1644 South 8th West. Call 728-KIDS (5437) for info and reservations.

- **“CHILD’S PLAY” (FREE Respite Child Care)** is open two nights a week: Monday and Wednesday Nights 5:30-8:30 pm at THE PARENTING PLACE OFFICE (). Qualified Children’s Program Assistants will care for children in a safe & nurturing environment. Creative & fun activities and DINNER provided while parents take time to nurture themselves. Limited space available. Please call for information about program requirements and to reserve space
- **EFFECTIVE PARENTING CLASSES**: Registration for the next session of Effective Parenting has begun. Please call to register or for more information about this program. Located at the Parenting Place. This class focuses on parenting children ages preschool to pre-teen, and offers helpful information on development, misbehavior, family rules, choices, consequences, and communication. Call to reserve space. FREE childcare provided on-site.

HomeWORD “Get Ready for Home Ownership”: **Mon-Wed February 6, 7, & 8 and Mon February 13** 6-9pm. Thinking of buying a house? Topics covered include: selecting a lender, affordability, home inspection, distinguishing between different types of loans, understanding special financing program, working with a real estate professional, home insurance, and credit reports. The cost is \$20/person or \$35/household. This class is located at Lambros Real Estate ERA at 3011 American Way, behind Barnes & Noble. You may register and pay online at www.homeword.org or for more information call Holly at 532-4663 X10.

YWCA LIFE SKILLS GROUPS You must register for classes if you are attending. If you register and are unable to attend please call and let us know so other can attend the classes. Child care available for classes, call 543-6691 and let YWCA staff know 24 hours before the class if you need child care. The YWCA is located at 1130 West Broadway.

- **LIVING IN PEACE**: **Tuesdays February 7, 14, 21, & 28** 6:30-8pm, FREE group dinner 5:15-6:15pm. Living in Peace for women who want to continue to heal through mindfulness, connection with others, and exploration of a topic which includes developing a new tool for living. Topics include: February 7 – Staycations; February 14 – Yes to more self love; February 21 – Blame, acceptance, and forgiveness; and February 28 – Tools for managing life’s stresses. Call the YWCA for more information. Children’s groups for all ages. Please arrive by 6:15 if you have children.
- **DOMESTIC VIOLENCE TALKING CIRCLE**: Group led by Native Women for Native Women sponsored by the YWCA **every Tuesday** from 6:30-8:00pm at YWCA. Come early at 5:30pm for a free meal. Childcare also available. Drop-ins welcome
- **OTHER LIVING IN PEACE GROUPS**: The following groups also meet on **Tuesday nights** from 6:30-8pm: **The New Beginnings Group** is for first time attendees to explore group opportunities, share their experiences, and begin healing. **Alternative Groups** are offered periodically, including art, movement, yoga, and more. There are also **Teen Groups** for young women ages 11 to 18 for an opportunity to share and grow in a supportive setting.
- **RESUME WORKSHOP**: On **Thursday February 16** from 6-7:30pm, Jennifer from Rainmaker Resume will lead a workshop on resume writing and how to make improvements to your existing resume.

LIVING ART OF MONTANA Creativity for Life Workshops: **Saturdays February 11 & 18 and March 10 & 17** 10:30am-12:30pm “Release stress, connect with others, support healing, transform struggles into learning, relax and enjoy your creativity.” Living Art of Montana offers FREE expressive arts workshops for people facing illness or loss, including family members and care providers. Call 549-5329 or visit www.livingartofmontana.org for more information.

- **February 11 Simple Writing – “Yearning / Heart”** with Lori Mitchell
- **February 18 Creative Tangents – Mono Printing Techniques** with Nicole Pietrantoni
- **March 10 Creative Tangents – Exploring Color**
- **March 17 Paper Explorations – Chine Collé** with Bev Glueckert

RED WILLOW LEARNING CENTER: **“Parenting from the Heart”** is a **FREE class** on **Friday March 2** from 6-8:30pm. Daniel McMannis, Cheryl Ronish, and Greg Daly will present this course on matching your highest

parenting ideals to the actual relationship you have with your children. Learn how to “parent from the heart” and be your best self with your kids. Friday evening is **FREE** and open to the public. To attend Saturday’s course on March 3 from 9am-5pm, there is a fee of \$95/single person or \$140/couple. A SLIDING SCALE IS AVAILABLE, so contact Kathy Mangan for more information at 721-0033. Red Willow Learning Center is located at 825 West Kent Street. Visit the website at <http://www.redwillowlearning.org/>.

MISSOULA BIRTH NETWORK meets on the second Tuesday of the month at 7 pm in the Missoula Public Library. The Missoula Birth & Pregnancy Resource maintains a community resource website containing information about pregnancy & birth, including natural birth, a listing of Missoula-area midwives and doulas, and links to related topics. The address is <http://www.thelotusprojectmt.org/calendar/>. For questions call Heather Sundheim at 549-1701 or e-mail at heather@missoulabirth.com

RESOURCES FOR TIGHT BUDGETS

LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP) Applications are available to assist and/or discount fuel bills from **October 1-April 30** for households meeting income guidelines. Assistance benefits go directly to the home heating fuel vendors in one payment and are based on the type & size of dwelling. Applications are available at Human Resource Council (HRC) office at 1801 South Higgins. Call 728-3710 with questions. http://www.hrcxi.org/energy_asst.php

WEATHERIZATION KITS – Northwestern Energy

Contact NorthWestern Energy Division Office (1801 South Russell Street) for any free weatherization kits that may be available. Weatherization Starter Kits available only to NorthWestern Energy natural gas home heating space or water heating customers who have not received a kit at any prior event. For more information and a full schedule of upcoming Weatherization Events and videos on How to Install a Kit, visit www.northwesternenergy.com or call (800) 823-5995.

SECRET SECONDS “SAVER DAYS! Stop in at one of the YWCA’s three Secret Seconds thrift stores for gently-used bargains daily. Store Hours & Locations: STORE #1= 920 Kensington 10am- 6pm & Sunday Noon – 5pm; STORE #2 = 1136 W. Broadway 10am- 6pm & Sunday Noon-5pm; STORE #3 = 1221 Helen Ave. 10:30am-5:30pm & Sunday 9am-2pm. Questions: 543-6691 or eharrison@ywcaofmissoula.org

MISSOULA 3:16 THRIFT BOUTIQUE: *“Missoula has somewhere between 800 and 1200 homeless people...and if you spend \$20 at our boutique that would feed 10 people at our Day Center or provide 20 pairs of socks.”* Located at 400 West Front Street (on the corner of Orange and Front), the boutique sells discounted furniture, antiques, artwork, jewelry, shoes, clothing, and more. You may donate your gently used items during business hours as well. Stop by anytime Tuesday through Saturday 10am-6pm. For more information call 728-5538.

FIREWOOD PERMITS: LOLO NATIONAL FOREST - See Website www.fs.usda.gov/lolo for general information and conditions. *FIREWOOD PERMITS: Firewood permits are issued to individuals for private use. A permit costs \$5.00 per cord with a minimum purchase of 4 cords and a maximum of 12. Permits are valid from March 31 of one year to March 31st of the next. Firewood permits authorize an individual to cut and remove dead down trees and logs from National Forest and BLM lands. There is a requirement in effect on the Lolo National Forest that firewood cutting, or related disturbance, is not allowed within 150 feet of any running stream, pond, lake, or wet areas to protect water quality and fish habitat.*

HOME RESOURCE – SUSTAINABLE BUSINESS COUNCIL GET CHEAP HOME SUPPLIES!!!! Home Resource is part of the Sustainable Business Council: a non-profit network of businesses, organizations & individuals working towards a sustainable economy in Western Montana. Home Resource sells salvaged and donated building materials at bargain prices. Store is located at 1515 Wyoming, Suite 100. Hours: Monday-Thursday 9 am-5:30 pm; Friday-Saturday 9 am-5 pm; Sundays 10am-4pm. For more information call 541-8300, or visit the website: www.homeresource.org

MISSOULA COMMUNITY MARKET CO-OP HAPPENINGS Community Food Solutions (CFS), a community food market, is supported by the Community Food Projects Program of the USDA Cooperative State Research, Education and Extension Service. Annual membership starts at \$35. If that is more than you can afford, do not let the limitations of your wallet discourage you from joining CFAC. You can choose your membership level. Alternatively, if you would like to donate more, your gift will be well spent on our programs to conserve farmland, assist beginning farmers, build local markets, and educate the public. Look for them around town at various locations. Membership to the Co-op is a commitment to community, sustainability, and economic justice. As a member, you will be joining together with other members in creating a cooperatively-owned local marketplace that benefits not only consumers and producers, but the community as a whole. As a member you can start saving on local and natural foods

through the Co-op's buying club. <http://www.missoulacfac.org/> Call NMCDC for an application 829-0873 or 721-3425 or stop by our office to pick one up at 819 Stoddard.

“REAL MEALS” – Community Dinners for Women “Real meals,” a project of Women’s Economic Justice and Missoula Community Co-op, is a meal prepared and shared amongst women in collaboration to create community and opportunity. Women celebrate the sharing of vision, labor, skills and nourishment. Real meals' utilizes local food as much as possible for each meal. Participants will take portions of the meal home for freezing, family or healthy leftovers. Meals are held every second Thursday of the month at Orchard Gardens Community Barn, 210 N. Grove Street from 6:00-9:00 pm. Suggested donation is \$7 or whatever you can contribute. Food Stamps (EBT) are accepted. Call Kate for details or transportation arrangements at 728-2369. <http://www.nmcddc.org/cooprealmeals.html>

ONGOING: FAMILY ACTIVITIES & RESOURCES

WILDLIFE FILM FESTIVAL FILMS & MEDIA CENTER at the Roxy Theater (718 South Higgins). Call 728-9380. With wildlife films, there is a chance animal predation or mating may be shown. Film rentals available. Film schedule for the month at www.wildlifefilms.org

MONTANA NATURAL HISTORY CENTER - SATURDAY KIDS ACTIVITIES are at 2pm at the Natural History Center (120 Hickory Street). **Free for members or \$1 for adults and 50 cents for kids--FREE with admission.** Children must be accompanied by an adult. Be prepared to go outside in any weather. Programs run about 1 – 1 ½ hour. Great for kids ages 5 and older (unless otherwise noted). To learn more about the Montana Natural History Center located at 120 Hickory Street), call 327-0405 or online at www.MontanaNaturalist.org

MOVIE NIGHT AT THE GIRLS WAY: Every Friday from 7-10pm, girls ages 9 to 18 are welcome to join The Girls Way for a movie night. The Girls Way is located at 1515 Wyoming Street, Suite 300. For more information, contact Holly Rogers at 830-3018 or by email at thegirlswayinfo@gmail.com.

TRAVELER’S REST WINTER STORYTELLING From time immemorial, families have gathered during the cold months of winter to celebrate community, to share food and to hear age-old stories that have been passed down through the generations. Join us at Travelers’ Rest as we continue this ancient tradition with the Annual Winter Storytelling Series on Saturdays through March at 11 am. Travelers’ Rest State Park is located ½ mile west of Lolo on U.S. Highway 12. Admission is \$3, with children under 18 and all Travelers’ Rest members are admitted FREE.

PARKS & RECREATION: INDOOR SPLASH POOL, SKATEPARK & NORTH HILLS

HOMESTEAD! Call Parks & Recreation for information (721-PARK) or check website for locations, fees and hours of all city facilities: www.missoulaparks.org (600 Cregg Lane by the Orange Street Bridge):

- **CURRENTS AQUATICS CENTER POOL (indoors)**
 - FAMILY NIGHT:** Every Friday night at 6:00 p.m. at Currents Indoor Waterpark. Enjoy the Currents pool! Fun for the whole family! \$11.50 for two parents and 2 children. 100 Hickory Street.
 - Drop-In Water Aerobics:** Aquacize is a drop-in aquatics fitness program designed to accommodate all fitness levels. This class will increase flexibility, build strength in your core muscles and various muscle groups, and improve your cardio fitness. Certified instructors bring their enthusiasm and experience to make these classes fun and safe! This is a drop-in class and no pre-registration required. For more information, contact Currents Aquatics Center at (406) 721-PARK.
 - “Try It Free” Membership:** Take a swim, try Aquacize, or warm up in the hot tub—for a full week, on us! “Try It Free” membership is open to new customers only, ages 18 and up, and is limited to one offer per person per year. Free admission is granted for 7 consecutive days after start date. Register any time at Currents. Offer good year-round, to all adults!
- **YOUTH GRANT APPLICATIONS available for low-income families (documentation required).**
- **DISCOUNT CARD: Missoula Resident Discount Card for only \$1 (Regular price \$2)**
- **SCHOLARSHIPS FOR FAMILIES ON W.I.C.:** Scholarships are available for WIC Participants at Splash Montana and Currents Indoor Water Park! Show your WIC ID Packet at the Parks & Recreation office and receive up to a \$100 family scholarship for aquatics programs or family passes at Currents Indoor Water Park! FOR MORE INFORMATION Call Missoula Parks & Recreation at 721-PARK or stop by the Parks & Recreation office at 600 Cregg Lane
- **MOBASH SKATEPARK (located in McCormick Park).** The Park is open & FREE to the public from 7am-11pm daily. **HELMETS ARE REQUIRED.** Bikes are not allowed – skateboards only.
- **LAP SWIM -** Detailed lap swim schedule at Currents. Lap lanes available Monday through Friday, 6am to 8pm; Saturday, 9am to 6pm; and Sunday, 11am to 6pm.
- **LEARN TO SWIM PROGRAM -** Swim Lessons at Currents provide high quality, affordable instruction for infants through adults. The warm, shallow water provides a comfortable learning environment, and instructors provide a playful learning atmosphere so students look forward to their classes and learn through focused fun. New this fall: Level 6 Endurance/Pre-competitive class, a great way for older children to enhance their skills and get some exercise this fall and winter!
- **PRE-SCHOOL PLAY DATES -** Every Friday, from 10am to 12pm, admission for one adult and one youth under 6 is only \$7, or \$5.50 with a resident discount card.

FREE OUTDOOR PLAYGROUND OPPORTUNITIES Dragon Hallow Playground (at Caras Park adjoining the Carousel); or in the following city parks: Bonnor (Ronald & Evans), Fort Missoula (South & Ft. Msla. Rd.), Franklin (10th & Kemp), McCormick (Cregg & Hickory), Playfair (Bancroft & Pattee Cr.), Sacajawea (Orange & 6th), Southside Lions (Bancroft & W. Kent), or Westside (Scott & Sherwood). For more information call 549-8382.

A CAROUSEL FOR MISSOULA – New Season Hours September through May - The Carousel is open from 11am-5:30pm. Carousel info: www.carrousel.com or 549-8382

ROCKY MOUNTAIN ELK FOUNDATIONS' VISITOR CENTER is open from 8am-6pm Monday-Friday; Saturday and Sunday 9am-6pm (5705 Grant Creek Road). The Foundation has been named one of 112 "official learning sites" along the Bicentennial Lewis & Clark National Historic Trail. See exhibits of the Corps of Discovery and change of habitat over past 200 years. For information: 225-5355, ext. 545 or www.elkfoundation.org FREE!

WILDERNESS WALKS sponsored annually by the Montana Wilderness Association ranging from evening picnics to weekend backpacking. In Western Montana, 118 journeys are offered through September. All walks are FREE and open to the public – but reservations are required. Walks are published in a catalog, which includes details of mileage, difficulty & highlights. Call 106-443-7350 or its Website: <http://www.wildmontana.org/events/walks/index.php>

STEPPING LIVELY: MALL WALKERS CELEBRATE 20 YEARS at Southgate Mall. Mallwalkers is a free supervised walking program sponsored by Southgate Mall, St. Patrick Hospital and Health Sciences Center, and Western Montana Clinic. Whether you are veteran walker or a beginner, Mallwalkers provides a great way to exercise at your own pace in a safe, climate-controlled environment. For program details, visit the Guest Services Center or just show up at the mall's Community Room by 9 a.m. on Mondays, Wednesdays and Fridays

LE LECHE LEAGUE OF MISSOULA All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to our meetings or call one of our Leaders for breastfeeding help or information. Babies and children are always welcome at our meetings. LLL of Missoula meets at 11:30 a.m. on the second and fourth Tuesday of each month in the Large Meeting Room at the Missoula Public Library, 301 E. Main St., Missoula. Call for more information Jen 207-7554 Gail 493-6324 Janel 543-2675 Eva 544-3150 J.J. 880-1297 Erin 544-3746. Email: missoulall@gmail.com Website: <http://www.lllusa.org/web/MissoulaMT.html>

JACOB'S ISLAND BARK PARK is 6 acres at the east of Jacob's Island Park that is fenced to provide a secure place for owners & their dogs to romp, and have fun off-leash. Leashes are required in all other city parks. Owners must clean up after their pets. FREE. The fencing is not 100% dog proof. It is also noted that it has a water spigot, a creek, and shade trees. All dogs using the park must be licensed and have their shots. Please remember to pick up after your dog even in the winter; as this can still cause water contamination come spring. Van Buren & Fifth along Clark Fork River 6am-11pm <http://www.doggoes.com/parks/montana/jacobs-island-dog-park>

KIDS KLUB at Southgate Mall on first Tuesday every month with fun-filled free craft and creative activities. Children who would like to attend can register at the Guest Services Center. Membership is FREE and includes an identification card good for special discounts and other "extras" from participating Southgate Mall merchants.

KUFM RADIO at 89.1 FM

- "THE PEA GREEN BOAT" on MONTANA PUBLIC RADIO (89.1 FM) every Monday-Friday at 4:00 p.m. & "CHILDREN'S CORNER" every Saturday from 7:00-9:00 a.m.
- "Field Notes" and "Field Notes for Kids" sponsored by Montana Natural History Center include personal observation & discovery by local scientists & community members. Broadcast on Thursdays at 9:25 pm and Sundays at noon.

EAT SMART - MOVE MORE PROGRAM. *Missoula City-County Health Department's MOVE MORE Program* is looking at ways to increase physical activity in school-age children. We believe strongly in a holistic approach, and are particularly interested in different ways to increase kid's physical activity beyond school hours. Regular physical activity can improve concentration, decrease and prevent depression, decrease stress and anxiety, and even help kids' sleep better. <http://www.co.missoula.mt.us/healthservices/EatSmart/index.htm>

BARNES & NOBLE STORE EVENTS (2640 North Reserve Street). Children's Story Time Saturday 3pm, occasionally Tuesday 10 am (call ahead to verify). Once a month at Saturday Storytime they are joined by a costume character: For information: 721-0009.

FAMILY FRIENDLY FRIDAY 6-8pm at the Top Hat 134 W. Front Street 728-9565. Every Friday, from 6-8pm, the Top Hat gives parents and opportunity to enjoy free live music and cut a rug with the kids. See old friends and make new friends in a safe and fun environment.