



WISHING YOU, AND YOUR FAMILY,
BLESSED AND HEALTHY HOLIDAYS

DECEMBER

- 1st MC Library Storytime: Mondays & Fridays 11:15am-11:50am Miles City Library
- 3rd Holiday Coat Drive: 5-8pm at Sleep Inn & Suites
- 4th Christmas Stroll - 5-8pm Many stores open late with great deals, Carolers downtown, street vendors, photos w/ Santa
- 5th Holiday Vendor Show: 10am-5pm at 316 S. Haynes (formerly Rue21)
- 5th Burgers & Brews: 5-7pm at Town & Country Club Reservations required: 234-1600
- 11th Gingerbread House building: 7pm -12am at MC Youth Coalition - 908 Main For high school teens
- 12th Children's Christmas Store & Empty Stockings: 9am-4pm at Sleep Inn & Suites
- 19th Wreaths Across America 9am-12pm at Eastern MT Veteran's Cemetery 9am-12pm at Veteran's Cemetery

SEE THE COMMUNITY CALENDAR AT:

MILESCITYCHAMBER.COM

LET US KNOW ABOUT YOUR GROUP'S ACTIVITIES!



The [FREE](#) Miles City APP

MILES

COMMUNITY COLLEGE

December 2020

Learning Center...

opening doors to your future

Room 208 at MCC

(406) 874-6152

LC@milescc.edu



Want to Learn Something New?

While the Learning Center is closed the last two weeks of December, we want to offer you a gift! We have compiled a list of online learning sites which are free to use. Please contact us if you would like this information.



The Learning Center will be closed
December 21 - January 3.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		HISET testing		
7	8	9	10	11
14	15	16	17	18
		HISET testing		
21	22	23	24	25
--- Learning Center closed ---				
28	29	30	31	
--- Learning Center closed ---				

5 Tips

To Manage Holiday Stress

1



Keep It Simple

- Do Less and Enjoy More
- Establish a Budget for Gift Giving
- Make Homemade Gifts
- Start a Family Gift Exchange

2



Forget About Perfection

- Stick to Your Daily Routine as Much as Possible
- Plan Ahead
- Make Lists of Tasks and Errands
- Prioritize What You Want to Accomplish
- Keep Old Holiday Traditions That You Enjoy
- Add New Holiday Traditions to the Old Ones
- Slow Down and Enjoy the Season
- Don't Fret if You Can't Do It All!

3



Attend to Your Self-Care

- Don't Overindulge on Food and Alcohol
- Maintain a Healthy Diet
- Exercise - Even a Short Walk is Helpful
- Take 10 Minutes for Quiet Time When Needed
- Get Enough Sleep
- It's Okay to Say "No" to Requests
- Ask for Help When You Need It

4



Acknowledge Emotions & Feelings

- Holiday Time Can Make You Happy
- Holiday Time Can Make You Sad
- Holiday Time Can Bring Frustration
- Holiday Time Can Be Lonely
- Ride the Wave of Holiday Emotions
- Reach Out To Friends, Family, or a Counselor for Support
- ALL EMOTIONS ARE VALID

5



Focus on Kindness and Gratitude

- Enjoy Time With Family and Friends
- Pick Your Battles When Tensions Are High
- Donate Money or Time to Charity
- Practice Acceptance, Forgiveness, & Gratitude

Learning Center Hours:

Monday - Thursday: 8 a.m. to 4 p.m.

The MCC Learning Center prepares and empowers adults to achieve their educational, career, and personal goals.



A proud partner of the AmericanJobCenter network



facebook.com/mcclearningcenter

HELP US BRING THE JOY OF GIFT GIVING

EMPTY STOCKINGS + CHRISTMAS STORE

Jaycees will be collecting items for both events this year. Donations deadline Dec 1st.

DROP OFF AT:
FAMILY FLORAL
911 MAIN ST.
MILES CITY, MT

FOR QUESTION EMAIL
MILESCITYJAYCEES@GMAIL.COM
OR CONTACT JOSH AT 918-772-
8199



THE MILES CITY JAYCEES ARE
HOSTING A

Holiday Coat Drive!

THURSDAY, DECEMBER 3, 2020

5:00PM - 8:00PM

MILES CITY SLEEP INN & SUITES

1006 S HAYNES AVE

DONATIONS OF GENTLY USED/NEW
COATS, SNOW PANTS, SNOW BOOTS
MAY BE DROPPED OFF AT THE MILES
CITY SLEEP INN & SUITES BY
NOVEMBER 30, 2020





Christmas Stroll Schedule

- Many stores open until 8pm with great holiday sales
- Photos with Santa 5:30-8pm at Main Street Grind
 - Sponsored by Tenacious Dames
- MC Youth Coalition—908 Main / Fire pit, Smores, Cookies, Ruby Coffee Silent Auction
- Christmas Carolers
- Lots of small tables with goodies for sale
- No wagon rides
- The Tree will be lit, but not be a lighting ceremony



Face Masks are Required

-by State Mandate

Food

- **Vintage & Rustics:**
 - Roast Beest with fried potatoes & gravy
 - Dogs or Brauts with Pub Mac & Cheese
 - Loaded Sloppy Joes
 - Knoephla Soup or Mushroom Soup
 - Scotch Eggs
 - Lots of Hot Drinks & Desserts
- **Scoop MT**



Businesses Open Late



- **Big Sky Pharmacy**
- **BuyMT**—Receive \$20 Gift Card with a purchase over \$100, sample fudge, sales with up to 50% off Jewelry, Apparel, Pottery, Glassware, and more.
- **Creative Corner & Prairie Pickins'**
- **Dann's Rock Shop & Jewelry**—508 Main (inside Moran's Custom Leather Shop)
- **Family Floral**
- **Girl Ran Away**

- **LaCasa Diamonds**
- **MC Jewelry**—Any purchase over \$99 gets a spin on the wheel. Prizes include up to 30% off, gift cards, or free jewelry
- **Miles City Saddlery**—Big discounts throughout the store
- **Sullivan Furniture**
- **Vintage & Rustics**—Sales in many booths



Fun for the entire family!



PICTURES WITH SANTA

Main Street Grind

December 4th

5:30 PM to 8 PM

Presented by the Tenacious Dames

1-5x7 & 4 Wallette \$10
2- 5x7 & 8 Wallette \$15
Digital Copy \$15

VINTAGE & RUSTICS CHRISTMAS STROLL 2020

DECEMBER 4 FROM 5:00 PM UNTIL....

Supper at Remember When Café:

Roast Beast w/ Fried Potatoes and Gravy—\$12

Hot Dog or Bratwurst w/ Pub Mac & Cheese - \$8

Loaded Sloppy Joes w/Chips—\$9

Pacos or Compies—\$5

Knoephla Soup or Mimi's Creamy Mushroom Soup— \$7

Scotch Eggs - \$5

Dessert: Donuts, Caramel
Rolls, Cookies, K-Bars, &
More, More, More...

Drinks: Hot Cocoa, Mulled
Cider, Coffee



Ask about a glass of
Christmas Cheer for
the adults!



VINTAGE & RUSTICS CHRISTMAS STROLL 2020

SALES DECEMBER 4TH THROUGH
5TH FROM 5PM TO 9PM

Booth 3 & 5—50% off Jewelry

Booth 12—20% off All

Booth 17—25% off Christmas

Booth 15—10% off All

Booth 19—25% off Candles and Pot
Plants

Booth 20—20% off Ornaments

Booth 33—10% off All

Booth 47—20% off All

Booth 50—25% off Carnival Glass &
Cups in the Basement

Booth 78—10% off All

Booth 86—50% off Dishes, 20% off
All Dishes

Booth 90—20% off All

Booth 94—20% off All

Booth 96—20% off All

Booth 98—20% off All

Booth 106—10% off All

Booth 107—20% off Graphic Tees

Booth 110—20% off All

Booth 123—10% off All

Booth 128—20% off All

Booth 134—20% off Christmas Wear
and 20% off Jewelry

Booth 137—20% off All



VINTAGE & RUSTICS CHRISTMAS STROLL 2020

SATURDAY, DECEMBER 5TH AT 3PM

Have you ever wanted to decorate your Christmas Tree like the professionals who make them look absolutely amazing!!

Let us show you how with a demonstration on Saturday, December 5 at 3pm!!

All participants will receive 10% off Christmas floral picks from booths 3, 5, 15, 17, and 155!

Call or message us to save your spot!! 10 Available...no cost...just show up!!

406-234-7878



A collection of Christmas gifts and ornaments is arranged in the top-left corner of the image. The gifts are wrapped in red paper with white polka dots, red and white geometric patterns, and red paper with white stars. They are tied with red and white ribbons. Interspersed among the gifts are several gold and red Christmas ornaments, some with intricate patterns, and sprigs of dried pine needles.

NOW ACCEPTING
NOMINATIONS FOR
2020 SEASON

Santa's Little Helpers

Please contact Family Floral
at (406) 234-7673 to
nominate an individual or
family in need. Nominations
are kept anonymous, and
nominees private info is kept
confidential.





THE MILES CITY JAYCEES ARE HOSTING

CHILDREN'S CHRISTMAS STORE

**SATURDAY, DECEMBER 12, 2020
MILES CITY SLEEP INN & SUITES
9:00AM - 4:00PM**

Please enter through the door located on the southeast side of the hotel (not the lobby doors).



WREATHS ACROSS AMERICA CEREMONY
SATURDAY, DECEMBER 19, 2020



REMEMBER the Fallen.
HONOR those who Serve.
TEACH our children the value of Freedom.



Sponsor a wreath for our Eastern MT Veterans Cemetery online by visiting :
wreathsasscrossamerica.org/pages/42613/

On Saturday, December 19, 2020, the Miles City Jaycees (MT0014) will be helping Eastern Montana State Veterans Cemetery to Remember and Honor our veterans by laying Remembrance wreaths on the graves of our country's fallen heroes.

Please help us honor and remember as many fallen heroes as possible by sponsoring remembrance wreaths, volunteering on Wreaths Day, or inviting your family and friends to attend with you.

We will lay wreaths from 9:00am—12:00pm, or until finished

Thank you so much for supporting the Miles City Jaycees and Wreaths Across America!

Important Note: The start time listed on the WAA website for the ceremony is incorrect.

Family Floral



Lease our indoor

Green plants

**Want plants in your home or office, but can't care for them?
We will supply & maintain the plants for beautiful healthy indoor plants
year round!**

Monthly fee: call us for info! 406-234-7673



**Want to try something new for your lunch meetings, other than sandwiches?
How about hosting an sushi night but you don't have the time to make it!**

- **You can pick and choose what kinds of sushi to add to the order!**
- **Call us today and order a sushi tray for your next party, event , or work meeting!**

**Reynolds Market
2106 Valley Dr. E - Miles City
(406) 234-5385**

WATERWORKS ART MUSEUM
presents



2
0
2
0



Art on Weird Things

EXHIBIT OPENING
RECEPTION

Friday

November 20
4:00 - 7:00 pm

Exhibit runs
through

December 31

Questions?

406.234.0635

Where: 85 Waterplant Road



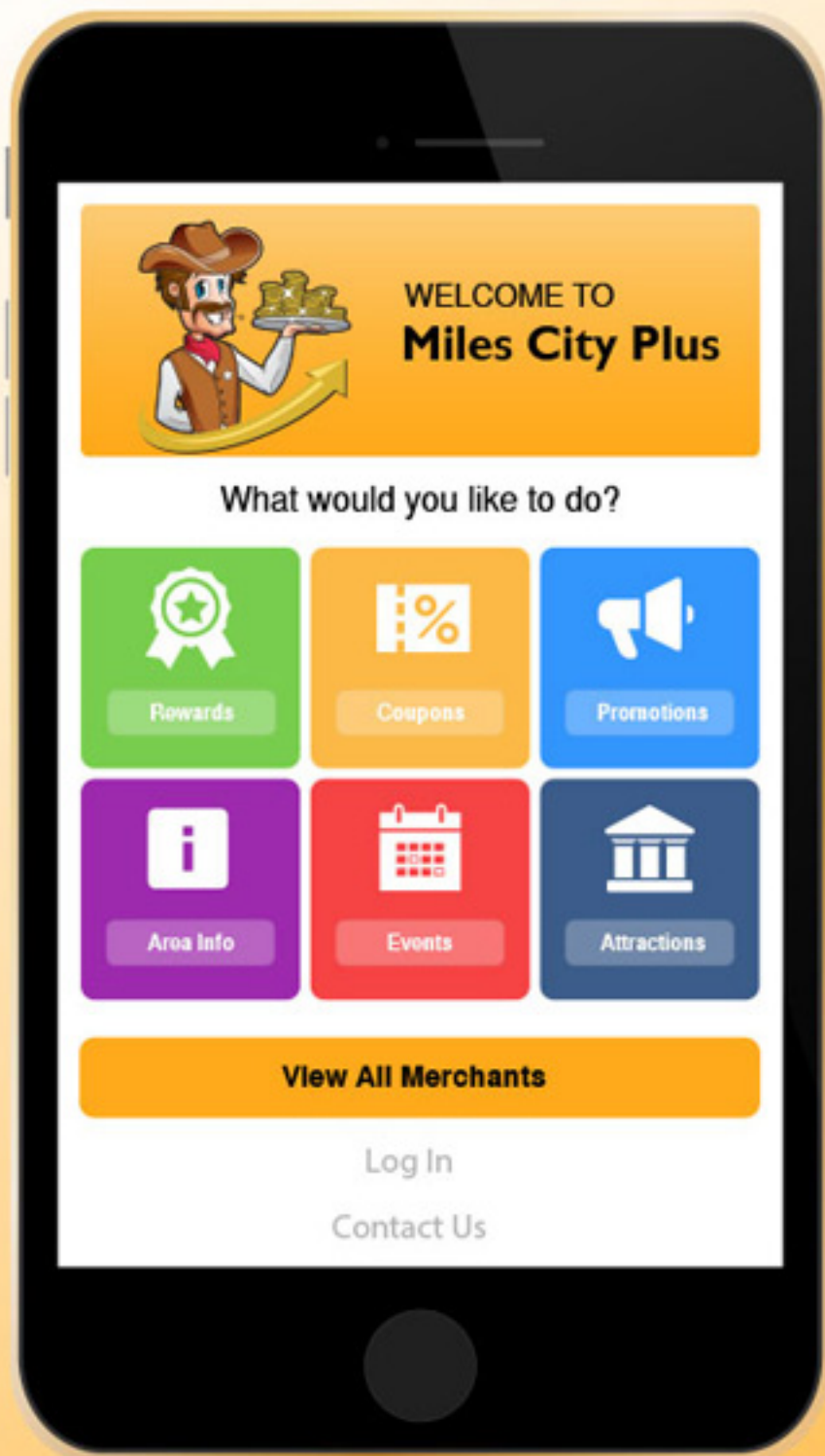
Holiday Sale



Pottery Sale

Thank you to
our Additional
Supporters:





The
FREE App
that puts
Miles City
at your
fingertips!



Download on the
App Store



GET IT ON
Google Play



2021

Short-Term Job Opportunity

With the National Assessment of Educational Progress

What is NAEP?

The National Assessment of Educational Progress (NAEP), often called the "Nation's Report Card," is the largest nationally representative and continuing assessment of what students in public and private schools in the United States know and are able to do in various subjects. Sponsored by the U.S. Department of Education, NAEP has been conducted since 1989 and is often considered the "gold standard" in large-scale assessments.

Required qualifications

- U.S. citizen
- High school diploma or GED
- Available for required online and in-person training
- Available to work during school hours, when work is available, between January 25 and March 13, 2021
- Willing to complete background check requirements, including an FBI fingerprint check
- Access to broadband internet connection and personal, private email account
- Valid driver's license, not currently under suspension, and regular access to an insured, reliable vehicle to travel to and from assigned schools
- Willing and able to lift and carry up to 20 pounds, with or without reasonable accommodations

Tell me more about this opportunity!

NAEP is conducted between the last week in January and the first week in March every other (odd) year, employing thousands of staff. NAEP has short-term opportunities at various positions to work on this important study of U.S. education. Job assignments begin in late 2020 and last until March 2021.

The data collection window may be extended due to weather or other delays.

Responsibilities include

- Administering assessment sessions in schools with tablets for approximately 25-40 students, and
- Ensuring quality control by following NAEP procedures.

Westat offers

- Paid training.
- Paid time and mileage reimbursement for local driving from home to schools and back, and
- Weekly paychecks (with direct deposit).

How do I find out more about this opportunity?

Visit <https://www.WestatNAEP.com> and provide your name and email. You will be contacted via email when the application is available with instructions on how to apply.

Protecting the health and safety of our employees and survey participants is a top priority for Westat. Based on recommendations from the CDC and other public health authorities, we require staff protect and monitor their health while working on their assignment, which may include the use of personal protective equipment, regular testing for COVID-19 or other screening activities.

Westat: DOE Minority/Disabled/Protected Veterans/Disabled

Candidates should

- Enjoy working in schools
- Be detail oriented
- Be able to work in a team environment
- Have good communication skills and be comfortable working with technology

Prior education or research experience is a plus, ideal for retired educators.



For more information about Westat, visit www.westat.com

Cannabis *FACTS*

1

Cannabis is NOT Harmless

Cannabis is harmful in many ways and children are most susceptible to its dangerous effects, which include increased risk of anxiety, depression and psychosis. Harmful effects include cognitive impairment, causing problems with concentration and thinking, leading to impaired judgment. Heavy use of cannabis can create short-term problems with attention, memory and learning, and mental health problems by leading to changes in the brain.

Degenhardt, 2009; attonetwork.org; Bechtold, J. et al, 2015; American Psychiatric Association, 2013; CDC.gov

2

Cannabis is NOT "natural"

There are various forms of cannabis including several synthetic forms of cannabis with unpredictable content. So although it is constantly promoted as "natural", cannabis smoke contains more than 400 chemicals. For example, 80% of cannabis dabs were found to contain pesticide residue from the extraction process.

Atakan, Z. September 2012. Therapeutic Advances in Psychopharmacology, v.2 (6) p. 241-254.

3

Cannabis is as harmful as tobacco

Cannabis and tobacco cigarettes share many of the same toxic chemicals. The amount of tar inhaled and the level of carbon monoxide absorbed by those who smoke cannabis, regardless of THC content, are 3-5 times greater than among those who smoke tobacco. There is 50-70% more cancer-causing material in cannabis smoke than in cigarette smoke.

Also, daily use of small amounts of cannabis (3-4 joints) has a comparable, if not greater effect on the respiratory system than the smoking of more than 20 tobacco cigarettes.

Bechtold, J. et al 2015; American Thoracic Journals; Office of National Drug Control Policy; Family, Adults, and Children First Council; attonetwork.org; CDC.gov

4

Cannabis is addictive

About 1 in 10 individuals who use cannabis will become addicted. For people who begin using cannabis before the age of 18, that number rises to 1 in 6.

Many studies show cannabis use can lead to dependence, and individuals who use heavily develop withdrawal symptoms such as irritability, anxiety, and difficulty sleeping while trying to quit use. According to the American Psychiatric Association, cannabis use is often associated with behavior that meets the criteria for substance use disorder.

Gorelick DA, Levin KH, Copersino ML, et al. Diagnostic Criteria for Cannabis Withdrawal Syndrome, (2012); National Institute on Drug Abuse