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Week of February 16, 2025

Fly That W Flag: Complete Team Effort in Bruins Comeback Win Against Rebels

Park County Dugout
By: Jeff Schlapp

The 61-16 loss to Manhattan Christian the Gardiner Bruins suffered ten days ago seemed a distant memory on Monday night when the Bruins overcame a 25-19 Rebels halftime lead to win 50-46 at Gardiner High School in Gardiner.

Or perhaps the Bruins were fueled by memories of that game.

The rare Monday night game was canceled after the team's scheduled games on Friday were canceled due to the blizzard that struck Park County on Friday, making driving impossible.

Since their loss on January 31st, the Bruins have played West Yellowstone and White Sulphur, both on the road. Against West Yellowstone (10-5, 5-2), the Bruins gave up 40 second-half points as the Bruins let a 24-23 lead turn into a 63-48 loss. One bright spot was the play of Franklin Lewis who had a career game when he scored 17 points.

On Saturday, the Bruins traveled to White Sulphur Springs (1-13, 0-9) where Lewis dropped 17 points again as he led a bevy of Bruins in scoring with Tyler Stermitz (12 points) and Parker Wyman (11 points) right behind. The Bruins had the game well in their control as they led 52-27 after three quarters. The 65 points represented the most points the Bruins had scored this season, so it is safe to say that Josh Young the Bruins' Head Coach had them playing at their peak when they took the court on Monday.

The Rebels faced that same #3 ranked Manhattan Christian (12-2, 8-0) team and didn't fare any better than Gardiner losing 71-38 on Saturday at home.

The Rebels played their best game of the season when they defeated Class B Sweet Grass High (6-10, 5-6) a

week ago 64-49 as Tanner Whiting got loose for 16 points, Jace Page scored 14 points, Robbie Anderson finished with 13, and Wyatt Dunkle added 11 points.

Earlier this year, Shields Valley defeated Gardiner by a bucket 46-44 in Clyde Park in a battle to the end. Braden Tuning for the Bruins stamped his name in the rivalry as the track star erupted for 14 points and showed his strength on the boards. But Jace Page matched him and Dawson Matzinger, Tanner Whiting, and Wyatt Dunkle had enough scoring punch to carry the night.

On Monday, the Rebels exploded out of the gates taking a 14-6 first-quarter lead. The Bruins were able to chip away as they outscored the Rebels 13-11 in the second quarter but just as important was the fact that the Bruins didn't fold. The Rebels are known for their aggressive team defense that Coach Jacob Fisher employs.

The Bruins were able to cut into the lead even more and found themselves trailing by only one, 35-34 going into the final eight minutes of the game.

Nine Bruins were able to dent the scoring column as they completed the comeback with a 31-21 second half.

Parker Wyman led the Bruins with 11 points and Lewis scored nine points. Brothers Joel and Tyler Stermitz tossed in seven and five points



along with Tuning and Cayden Hoppe who added five points. Noah Herrera, Toby Wilner, and Braden Dupree each contributed with two points.

With the win, the Bruins improved their conference record to 4-5 with two conference games left, one against Sheridan (7-6, 5-4) on Friday, February 14th, and the following night at home against Twin Bridges (5-8, 4-4).

The Rebels fall to 5-6 in conference play. They have two games left before districts, both non-conference matchups when they welcome Park City to Clyde Park for their final home appearance on Friday and then travel to Joliet on Saturday.

In the girl's game, the Lady Rebels turned a close game into a runaway when they outscored the Lady Bruins 48-21 over the final three quarters. Nora Dominick saved her best for last (regular season) rivalry game against the Bruins as she scored a career-high 21 points and Nicki Swandal

added 15 points.

Shayne Taylor and Kassidie Rock each scored seven points for the Rebels. Gaige Taylor added five points and Sierra Wilcox and Amanda Willis contributed four points and two points each.

Maggie Darr led the Bruins with 21 points who fell to 0-7 in conference play.

The Rebels record improved to 12-4 (8-2) as they cemented their hold on first place in the Western C conference.


The Lady Bruins travel to Bridger to play Bridger-Belfry-Fromberg on Friday and then return home where they will host Twin Bridges on Saturday.

The Lady Rebels host Park City on Friday and then travel to Park City on Saturday before beginning the 12C Western Districts on February 20th at Manhattan Christian School in Manhattan.

For more photos and great articles, check out the ParkCountyDugout.com.



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Glacier Park: Timed-Entry Vehicle Reservations Open Feb. 13th

Reservations Required June 13 through September 28th

Glacier National Park reminds visitors that 120-day advance timed entry vehicle reservations become available on Recreation.gov starting February 13, 2025, at 8 am Mountain Time.

This is a correction from a previous announcement that stated reservations would be released on February 12th. The correct date, February 13th, is exactly 120 days prior to June 13th, the first day timed-entry vehicle reservations are required.

A timed-entry vehicle reservation is required for the West Side of Going-to-the-Sun Road and the North Fork. Reservations can only be purchased on Recreation.gov.

The entry time blocks for Going-to-the-Sun Road and the North Fork will be in two-hour increments; 7 am to 9 am, 9 am to 11 am, 11 am to 1 pm, and 1 pm to 3 pm.

Visitors can enter reservation areas at any time during the time block they have reserved and can remain in the park for as long as they like on the day of their reservation. Visitors who miss their reserved time block can enter after 3 pm.

Timed-entry vehicle reservations will be available online through two booking windows. Starting Feb 13th, at 8 am Mountain Time, a portion of reservations will open daily on a rolling basis 120 days, approximately four months, in advance. The 120-day advance booking window is ideal for people who need to plan their park visit in advance to coordinate with other plans or services in the area. A second booking window, for next-day entry, will be available starting June 12, 2025, at 7 pm. Next-day booking is a good option for people who are already in the local area or are more spontaneous with their plans.

Each of the specified areas of the park requires a separate reservation. Visitors must create an account before booking and are encouraged to do so prior to the day reservations open.

The cost associated with booking a reservation is a \$2 Recreation.gov processing fee.

Visitors may also make a reservation through the Recreation.gov call center. Contacting the call center does not provide an advantage towards securing a reservation but provides an alternative for those who don't have access to the internet or are not as familiar with technology. Call centers are open every day from 8 am to 10

pm. Mountain Time and the processing fee remains \$2. The following lines are available for callers:

- Reservation line (Toll-Free) - (877) 444-6777
- Reservation line (International) - (606) 515-6777
- Reservation line (TDD) - (877) 833-6777

With limited amenities and services, the North Fork invites a more self-reliant visitor. The only services are outside the park entrance in the small community of Polebridge which is accessible without a reservation. There is no cell phone coverage. A four-wheel-drive vehicle and the ability to change a tire are recommended, as flat tires are common on the unimproved roads inside the park. First come, first served camping for this area can be arranged at the Polebridge Ranger Station on the first day of the visit and do not require a timed-entry vehicle reservation. Please do not make a reservation for the North Fork without thorough research of the area and full intentions of using the reservation.

As in 2024, visitors will be able to access Apgar Village, Two Medicine, and the East Entrance to Going-to-the-Sun Road at St. Mary without a timed-entry vehicle reservation. While visitors can access Going-to-the-Sun Road from the St. Mary Entrance without a reservation, visitors should be advised that if they drive west through the Apgar checkpoint into Apgar Village, they cannot reenter through the checkpoint driving east without a timed-entry vehicle reservation for the appropriate time block or until after 3 pm.

Like previous years, visitors with lodging, camping, transportation, or commercial activity reservations can access their intended service within the Going-to-the-Sun Road reservation area with proof of their reservation. Only commercial reservations that originate beyond the Apgar vehicle reservation checkpoint and west of Logan Pass will provide entry in place of a vehicle reservation. As a reminder, lodging, camping (including Fish Creek and Apgar campgrounds), and commercial activity reservations originating in Apgar will not provide access beyond the Apgar vehicle reservation checkpoint.

Due to extremely limited parking during construction in the Swiftcurrent area, the

park will restrict personal vehicle access into Many Glacier and provide a temporary shuttle service under a separate reservation system for a limited number of hikers to access Many Glacier and Swiftcurrent from July 1, 2025, to September 21, 2025. Visit the Road Construction and Infrastructure Project Work page to learn more.

In addition to a timed-entry vehicle reservation, each vehicle entering the park is required to have an entrance pass for any entry point into the park. These passes could include any of the following: a \$35 vehicle entrance pass, good for seven days; a valid Interagency Annual/Lifetime Pass; or a Glacier National Park Annual Pass. A timed-entry vehicle reservation does not include an entrance pass, and the park entrance pass does not serve as a vehicle reservation.

Pursuant to the American Indian Religious Freedom Act of 1978, vehicle reservations are not required for tribal members throughout the park.

As in past years, entry may be temporarily restricted in areas of the park that don't require reservations, such as Two Medicine, if they become too congested for visitor safety and resource protection. Visitors with commercial service reservations (e.g., boat tours, lodging, horseback ride, guided hikes) in these areas will be permitted entry during temporary restrictions. Sign up for text alerts to receive updates on temporary restrictions.

Parking at Logan Pass, Apgar Village, and other areas may be congested or temporarily unavailable. Visitors are encouraged to take advantage of free shuttles for hiker access to Logan Pass although waits for shuttles may be long depending on the time and location. Visitors are encouraged to check the park website frequently for updates and additional information.

When planning to visit Glacier National Park, take time to consider your preparedness, skills, fitness and experience. No matter how you choose to recreate, be prepared to turn back when conditions change or if you are being pushed to your limits. Weather and conditions can change quickly in the park. Before starting any trip, take time to explore the park's website and plan ahead for a safer and more enjoyable visit.

For more information visit the Glacier National Park website.

Consider a Sponsorship of the Community Journal



The Park County Community Journal is seeking help from our followers to continue its mission: promoting positivity in the local community. We do this by publishing stories about the people, organizations, businesses, and events that represent Park County, often times at request, and most importantly, to shine light on what makes this community special.

We promote local businesses and encourage their support; honor non-profit organizations dedicated to philanthropy; celebrate our vibrant arts community by showcasing its contributors and their work; praise the achievements of students and children in sports and education; recognize major developments in municipal and county government; and cover local events to spur participation and advance the concept of community.

Knowledge as power, though a cliché, is undeniably true, and our intention is to inform readers about the community so as to inspire positive change through mutual support and understanding.

The Journal currently publishes 2,000 copies weekly for distribution throughout Park County. In response to incoming tourists, this number will rise in the early spring to 2,500 and to 3,000 by summer 2025. Park County depends on tourism to thrive, and the newspaper has a role in sharing information with visitors about what our community has to offer through advertising and editorials

on businesses and events. In addition to compensating staff, this increase in printing is expensive (\$0.45 per copy; total annual printing expenses amounting to roughly \$50,000 contingent upon need), but our goal is to help the community flourish without placing a burden on our readers.

Up until now, the newspaper has been free of charge—a service provided to the community not intended to generate income through our consumers, much like a non-profit organization. Our desire is to continue this tradition via advertising fees, the Journal's current business model, and by exploring new avenues for raising money to fund operating expenses without shifting costs to readers. For example, we are currently working alongside non-profit organizations like Prospera and Park Local to consider and develop new strategies for increasing revenue, such as adjusting advertising rates for local businesses through the cool season. However, as we are not technically a non-profit organization, our options are somewhat limited.

We are therefore asking you to please consider the value of our newspaper to this community and to support our cause by making a donation that will be used to extend our outreach and impact to locals and visitors alike. Donations may be made once or on a recurring basis, if possible.

Because we are not a charity organization, your gifts are not tax-deductible. However, any donation, small or large, helps us in our effort to shape this community for the better. Even just two dollars each from a few thousand individuals would be extremely helpful in keeping this newspaper free as we continuously strive to benefit the community.

Thank you for considering a donation to our newspaper. If a gift falls within one of the following sponsorship levels:

**Bronze: \$250 • Silver: \$500
Gold: \$1000**

Donors will be recognized monthly in the newspaper. Qualifying business donors will be awarded discounted advertising rates during the warm season (June – September.)



Donations can be made using the QR code or mailed to PCCJ, PO Box 1851, Livingston, MT 59047. Thank you for your consideration in helping us to continue our mission!

Join Us for a Public Health Open House and Happy Hour!

What to Expect:

- **Delicious Supper:** Enjoy a chili dinner from Crazy Mountain Catering.
- **Meet the Team:** Get to know the Health Department staff.
- **Learn About Our Programs:** Discover the range of services we provide to Park County residents. Have your questions answered.

- **Flu vaccinations and blood pressure checks available on site.**
- **Interactive Displays and Family Activities:** CHECK OUT exhibits and hands-on activities that highlight both the Environmental Health and Public Health programs in our Department.
- **Environmental Health:** Our team of



two registered Sanitarians conducts inspections at restaurants, hotels, motels, short-term rentals, daycare centers, spas, and food trucks to ensure health and safety standards. They also manage permits for new septic systems and subdivision reviews in collaboration with the County Planning Department.

- including urgent and emergent messaging.
- **Immunization:** Our team, including many community volunteers, offers vaccinations throughout the year for vaccine preventable illnesses. We arrange visits to long-term care facilities, businesses and schools. Pop up clinics are also held around the county for the general public in Cooke City, Gardiner, Livingston and Clyde Park/Wilsall.
- **Disease Intervention Specialist (DIS):** Our DIS handles reportable lab cases such as tuberculosis, influenza, high lead levels, and potential rabies exposure. When a case is identified, the specialist ensures the patient receives proper care and helps trace the source of the illness to prevent further spread.
- **WIC Office:** Provides food assistance, diapers, parenting support, nutrition education and connections to other programs that help build strong, healthy families.
- **Behavioral Health:** Health Department staff participate in a number of behavioral health programs around the county including the DUI Task Force, Mental Health Local Advisory Council, Treatment Court which helps people with substance abuse issues that also involve the justice system and the Crisis Response Team.

Join us for this family-friendly event on Wednesday, February 19th, at the Courthouse from 4-6 pm. Meet your neighbors, share a meal, and learn how public health works for you.

For more information, contact the Health Department at 406-222-4145.

- **Public Health:** Our Public Health Nurse visits rural schools, offers health screenings (e.g., eye and hearing checks), assists students with medications, and provides health prevention lessons on topics like substance use, safe driving, and mental health first aid.

Special Programs:

- **Communities That Care:** This project works with city and county schools, businesses, and nonprofits to keep Park County a safe and healthy place for children. It's a multi-year, voluntary initiative that promotes universal goals and strategies for the community.
- **Public Health Emergency Planning:** The Public Health team works alongside the Park County Office of Emergency Management to prepare and practice plans that will be needed in the event of disaster, natural or man-made, biologic, radiologic, chemical, intentional or accidental. This team also manages the Park County Current project, the TV monitors located in most of the grocery stores countywide. The monitors display messages from the Emergency Management office and other local and state government offices to keep residents and tourists aware of local government activities

Upcoming SHIELDS VALLEY EVENTS

- **February 19th,** Waffle Supper to support a community member in need from 5 to 7 pm.
- **February 20th thru the 22nd** No School. District 12C Basketball tournament at Manhattan Christian.
- **February 23rd** Shields Valley BPA is hosting a BINGO Bonanza from 4-6 pm at Wilsall Elementary School. They will have food for \$10.00 a plate and \$5.00 Bingo Cards. Come help support this great group!
- **February 25th** Park County Spelling BEE
- **Beyond the Fit Academy** Our 10 week Boot Camp Challenge starts February 26th in the Wilsall Gym

at 6 pm. Registration starts today! Please sign up at either school office or call/text DeeDee at 406-570-8718 or email deede@beyondthefit.com to sign in. We are so excited to see all of you and get started with this fun challenge. All fitness levels and ages are welcome!

- **Shields Valley Mobile Pantry** Second Friday of every month in Wilsall from 10:45 am until 11:45 am. Located in the parking lot at Wilsall Dance Hall. In Clyde Park in the parking lot at the High School from 12:30 pm to 1:15 pm.

For more information and to join the program go to <https://livingstonfr.org/get-food/food-pantry.html> or call 406-222-5335.

If anyone has any news, events, etc. please let me know at Shieldsvalleynews@gmail.com

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Understanding the Yellowstone River's Movement: A New Mapping Effort for Park County

Park County is undertaking an important project to update the Yellowstone River Channel Migration Zone (CMZ) mapping, a critical tool for understanding how the river moves over time. Spanning approximately 86 miles from Gardiner to Springdale, this updated mapping effort provides valuable insights into how the river's natural migration can impact infrastructure, land use, and flood preparedness.

Why Is This Project Important?

The Yellowstone River is the longest undammed river in the lower 48 states, making it a dynamic and ever-changing waterway. Over time, rivers naturally shift course, a process known as channel migration. While this movement is a key part of a healthy ecosystem, it can also pose risks to roads, bridges, homes, and businesses located near the riverbanks.

In June 2022, historic flooding caused rapid changes to the Yellowstone River's course, altering areas that had remained stable for decades. This event underscored the importance of having up-to-date data to help communities, landowners, and emergency responders prepare for and mitigate potential future impacts.

Project Goals and Benefits

Funded by a Montana Department of Natural Resources and Conservation (DNRC) grant, this mapping update builds on previous CMZ studies, incorporating high-resolution imagery and new scientific assessments. The primary goals include:

- **Improving Flood Risk Awareness** – Identifying areas most susceptible to erosion and migration to better



prepare for future flood events.

- **Supporting Emergency Response Planning** – Providing crucial data for first responders and local agencies in case of flood-related emergencies.

• Guiding Smart Development

– Helping property owners and planners make informed decisions about building and infrastructure placement near the river.

• Protecting the River's Natural Functions

– Promoting a balance between development and maintaining the ecological health of the Yellowstone River.

What This Means for Residents

The updated CMZ maps are not

regulatory but serve as a resource to help residents and local officials make informed choices. Whether you own land along the river or simply value the natural beauty and economic benefits the river provides, understanding its natural processes helps protect both the community and the environment.

By taking a proactive approach, Park County aims to reduce future flood-related costs, minimize property damage, and ensure that the Yellowstone River remains a vibrant and sustainable resource for generations to come.

For more information on the CMZ mapping project or to view the updated maps, visit the projects page on the city website. <https://livingstonmontana.us21.list-manage.com/track/click?u=faf6646811b77c146ecf91bea&id=cb7e08ea9&e=09ba628369>

2024 Sampling Shows Overwhelming Majority of Fish are Healthy in Upper Missouri River Basin

Fish health sampling last year found that an overwhelming majority of trout from rivers in the upper Missouri River Basin are healthy.

Fish health sampling was part of the field work for joint studies between Montana Fish, Wildlife & Parks and Montana State University that began in 2024. This work also includes fish tagging and creel clerk surveys. Angler participation has been key in these efforts and will continue to play a crucial

role going forward.

Trout health

Fish health sampling and monitoring increased after trout with fungal infections and head lesions caught the attention of FWP staff and anglers in the years leading up to 2023.

Following recommendations from the Big Hole Fish Health Workgroup, extensive fish health sampling



began in the Big Hole, Beaverhead and Ruby rivers.

During spring and fall sampling, less than 1 percent of the captured fish showed signs of infection, and none of the nearly 5,000 juvenile fish that were captured in tributaries to those rivers showed signs of infection.

Of the nearly 8,000 adult trout that

FWP staff captured in the fall, only three fish exhibited signs of an infection.

"It's encouraging that almost all fish in last year's sampling efforts in the basin appeared healthy," said Mike Duncan, FWP's fisheries program manager in Region 3. "We'll continue to monitor trout health closely in 2025."

FWP staff also completed a count of trout spawning redds in the Big Hole River near Melrose. They counted 156 redds

See 2024 Sampling, Page 6

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OP-ED

by Adrie Min

The Archer, The Bow, The Arrow and The Government

Dear Editor,

I am writing in reply to the passing of Constitutional Prop 128 last November in Montana. I am not trying to be political, but I feel this issue is about the health and well-being of our whole society.

The founders of this nation, having suffered under the yoke of British tyranny and well aware of what history taught, declared that people should be free and independent. Their ideas, outlined in the Declaration of Independence, written by Thomas Jefferson, were further developed into what became the U.S. Constitution.

To protect the people's rights to **life, liberty and the pursuit of happiness**, we need government. Everybody for themselves with no rules to live by creates chaos and will not last. So, a republican form of government was chosen, representing the people; a government chosen from people among their peers: **of the people, by the people, for the people with no special rights for anybody.** Unique in world history! People steering their own destiny, instead of a few powerful families or a king ruling by decree!

So, representatives were chosen, employed by the people to entertain certain jobs necessary to PROTECT people's rights, run a smooth society, clearly outlined in the constitution. A republican form of government was born, not a democracy! A democracy is mob rule!

None of the elected government officials have special rights, but the same rights as the people that chose them. None of them can pass laws violating people's rights or excluding certain groups of people from exercising their God given rights. Laws legally passed have to apply to all equally!

The US Constitution limits the power of government; it gives the government certain enumerated powers. Not unlimited powers, as certain individuals think nowadays.

Everybody can hammer a nail in a piece of wood; some people are better at it than others and become carpenters. That doesn't mean that those who aren't carpenters can't still hammer a nail into wood anymore!

However, it seems that over time the 'real' carpenter saw the non-carpenter as a threat to the 'real' carpenter's livelihood. So, a carpenter's association was formed to petition the government to pass a law prohibiting non-carpenters from driving nails in wood to protect their livelihood.

Sorry, I mean to say that society can now be protected from quacks that think they can hammer a nail in a piece of wood the way only a real carpenter does it!

Many professional groups have been able to just do that certain thing! Petition government officials to pass laws prohibiting people from doing stuff that comes naturally to them unless they attend expensive schooling, pass numerous exams, have annual licensing fees and abide by the 'rules' set by the governing carpenter's body, all to protect society from a nail being hammered wrong!

To collect the annual licensing fees and to make sure that people stay within their turf, the government created a department of labor. All to make sure that non-carpenters do not drive a nail in a piece of wood the wrong way and also to 'protect' society.

Of course, we need enforcers of these laws and regulations so over time, agencies like the ATF, OSHA, DEA, TSA, FDA, CDC, BLM, Forest Service and other enforcing government bodies, also at state level, were born! All for the good of society and to protect us from ourselves!

And so, society became an entanglement of rules and regulations; even lawyers need to specialize! The people were not free anymore. Government became all-powerful. Now a government license was required for even the most mundane jobs, like serving food to your fellow man, selling fruit at a fruit stand or opening up your own business. You mention a profession, and you need a government license! And crossing the street at the wrong place lands you in jail.

Except the individuals running for office, they don't require a license, but they have proven to be the most dangerous of all! When this nation started, people were free. They could pursue their dream without

government interference and keep the fruits of their labor.

Gradually the people in this nation have been made to believe that government officials have more power than the 'regular' citizens and that they can pass laws for anything. Every year new laws enter the books, but very few are being repealed.

When you vote for a person to represent you, you delegate your authority. You do not relinquish it. The government official may now act on your behalf within the constraints of the constitution. But they cannot abuse that power to pass laws to control you. And they cannot pass laws to enable certain groups of people to have increased privileges, or by law take away certain rights from groups of people because of some perceived threat. A lawful law passed for one, is a law passed for all!

That brings us to the ultimate right that is endangered. The right to Life is the ultimate right! Without Life and the RIGHT to Life, all the other rights have no meaning. Everything starts with life! Life starts in the womb! All men are created equal, not born equal!

Take a bald eagle's egg, and you go to jail and get fined. The bald eagle's egg does not contain a chicken, a kangaroo or sloth. It is a bald eagle in the making!

And so is the human fetus. It is not a blob of tissue, a cancerous growth, nor will it grow into a donkey. It is a HUMAN being in the making, ordained by the creator with certain unalienable rights, the most important one: the right to life!

People have the right to life and so the right to protect that life. The prospective mother has the right to protect her own life and, as the temporary governor of an incoming soul, has the obligation to protect this incoming life; just as our elected government officials have the obligation to protect the people's rights to life.

Kahlil Gibran, Lebanese poet and artist

(1883-1931), speaks of children in his book, The Prophet. A woman, who held a babe against her bosom, asked, "Speak to us of children." And he said:

Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you yet they belong not to you. You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls.

For, their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you. For life goes not backward nor carries with yesterday.

You are the bows from which your children as living arrows are sent forth. The archer sees the mark upon the path of the Infinite, and He bends you with His might that His arrows may go swift and far. Let your bending in the archer's hand be for gladness, for even as He loves the arrow that flies, so He loves the bow that is stable.

Life is sacred, life is God. And as the great poet said, the mother is not the owner of that life, she is the temporary protector of an independent soul. She is the bow, not the archer. The bow is merely the instrument to compel the arrow, the new life, into the world.

Life is opportunity for the individual soul and for society as a whole! Abortion kills a human being, denies the soul and souls it would otherwise be connected with their destiny.

A government, which is We the People, condoning or even promoting abortion, promotes the cult of death, not only for the aborted soul, but also for society as a whole. What goes around comes around. When we cherish our God-given freedoms and want to keep these for posterity, life has to be nourished by government and the mother as the temporary governor!

Thank you.

Adrie Min • Ryegate, Montana

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Memoir and Obituary

by Linda Webb-Paradise Valley

John C. Webb was born Sept. 13, 1947, in Niskayuna, New York. His father was an engineer for General Electric and in 1954 was sent to Japan to help rebuild after WWII. John had two brothers, and a sister was born there. As an adult, he mentioned how impressed he was by the completely different culture. He had a strong recall of several times visiting one of Japan's well-known giant Buddha statues. He liked the fish markets; was offered what looked like a cookie and would be sweet, but wasn't. He said, Blah!

After returning to the States, they bought their own home in Manlius, near Syracuse, New York, with a convenient high school

nearby for him and his siblings. The family often went camping. He had a lifelong love of Nature. In his teens, he became a promising gymnast at Olympic level, but life had other plans for him. Early on, he taught high school in New Jersey which he called "mainly babysitting." After being called into service in Vietnam, he went for his Masters in Math and later a Masters in Computer Science, which he taught for many years.

Long before me, he had moved to California, and joined a church there. He also learned about herbs, and gathered them for fun and food; learned to cook from the ladies; all who rented together in a big ranch house. He taught the children and assisted in child-

care there for 10 years.

He then moved to Twin Cities, Minnesota, where we met and married in 1994. One day he was inspired to call Brown College and as an answer to a prayer—got hired on the spot. He was asked to bring in his credentials on the following Monday. He taught computer programming there, and later other schools including Sylvan Remedial, and online tutoring from home, including Chinese students in Ningbo, China.

In 2015, we moved to the famous small town in Montana, where you could walk or bike everywhere, "and a river runs through it." We lived on 9th Street close to Sacajawea Park where we walked almost daily, or pulled small hand carts to shop at Town and Country. After a short time in an apt. on Park Street, the opportunity came to rent an apartment at the pond in Emigrant, in January of 2021. We moved once more to the peaceful, friendly little town of Emigrant in the heart of Paradise Valley.

John had endured several years of declining health diagnosed as Parkinson as well as signs of ALS. He spent the last 6 months in



home hospice under my care. Neighbors sang to him for his 77th birthday this year but he could not respond.

It was extremely windy the night of January 10, 2025. I could hear the walls seemingly bend and shiver in the wind. John was in labored breathing and I went to lie next to him to comfort him. I fell asleep and later woke to quiet stillness. NO WIND. It was 1 am, January 11, 2025. My beloved soulmate, John C. Webb, had gone Home peacefully, perhaps, I thought, with the winds of The Holy Spirit.

2024 Sampling

from page 4

last year, up from 108 redds in 2023.

Angler participation

FWP staff tagged nearly 12,000 brown and rainbow trout in the Big Hole, Beaverhead, Ruby and Madison rivers last year. To date, anglers have sent almost 1,300 reports of catching the tagged trout, including about 50 reports of yellow tags that are each worth a \$100 reward.

Anglers who report catching tagged fish are helping biologists and MSU study trout population declines in parts of the basin. Fish managers can use

angling and annual sampling as ways to measure how environmental factors like flows and water temperatures are affecting fish populations by species, age class, waterbody and time of year.

Each tag has a unique number and is attached to the fish near the dorsal fin. However, the tags may not be as vibrant or obvious to anglers who land a tagged fish in 2025 because of algal growth or exposure to other environmental conditions over the last year.

Anglers should use clippers to remove the tag from the fish, then submit a report online for each tagged fish they catch. Blue tag reports put anglers into drawings for prizes, and yellow tag reports are worth cash rewards.

Last year, about 3,599 anglers and recreationists took part in surveys to better understand all recreational use on rivers. Similar efforts will continue for several years and expand to include the upper Yellowstone River in 2025.

Montana Trout Unlimited held six drawings for anglers who reported catching tagged fish and recreationists who completed creel surveys. Multiple prizes were awarded in each drawing, including a guided fishing trip, artwork, clothing and fishing gear. Montana Trout Unlimited also held a grand prize drawing recently that included more than \$1,000 in fishing gear to an angler who reported a tagged fish in 2024.

FWP staff will continue to tag trout and conduct surveys among anglers and other recreationists in 2025, and prize drawings will continue for members of the public who participate.

"Angler participation continues to be critically important to these studies that will help us manage for robust and healthy fisheries," said Duncan. "We are thankful to Montana State University, Montana Trout Unlimited, anglers and prize donors for their collaboration."

Annual interim reports of the ongoing MSU studies study will soon be available on FWP's website. To learn more, go to: <https://fwp.mt.gov/conservation/fisheries-management/trout-mgmt-sw-mt>.

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Eating Less Ultra-Processed Foods

by Jill-Ann Ouellette



You may have heard about the risks of consuming so-called ultra-processed food, or UPF. It's been in the news because California's Governor Gavin Newsom issued an executive order due to growing concern about UPFs and health hazards. He is requiring state agencies to "crack down on ultra-processed foods and further investigate food dyes." So, if your New Year's Resolution for 2025 is to lose weight or cutting back on UPF consumption, you're not alone.

What Are Ultra-Processed Foods?

Let's start with processed foods; any food item that has been canned, cooked, frozen, pasteurized, or packaged, which can be enjoyed as part of a healthy diet. The term "ultra-processed" includes the kinds of packaged treats loved by nearly everyone, particularly kids: fruit-flavored yogurt, granola and other snack bars, breakfast cereal, frozen dinners, deli meats, energy drinks and soda, and other packaged foods. Often these items are loaded with salt, sugar, additives, and preservatives, which can harm your health.

To further define Ultra-Processed Foods, they contain ingredients not normally found in a home kitchen and chemicals whose names most people can't pronounce, such as artificial flavors, colorants, and sweeteners, preservatives, thickeners, stabilizers, and emulsifiers. These taste enhancers, sometimes

called excitotoxins, may even be addictive. It's not surprising they're considered unhealthy to consume in large quantities. Study after study links the consumption of UPFs to a higher risk of health problems, such as:

- Cardiovascular disease
- Type 2 diabetes
- Obesity
- Some types of cancer
- High blood pressure
- Depression and anxiety
- Cognitive decline
- Early death!

But these foods, with their bright, fun packaging, novel taste sensations, and sheer convenience, can be the toughest to resist.

Start 2025 with Fresh Food!

The thought of swapping out those easy snack-time treats for simpler, less processed whole foods can seem overwhelming. Here are a few tips to help you get started. Pick any one of them and give it a go!

1. Avoid Going Cold Turkey

The all-or-nothing changes in your diet don't generally yield lasting changes to your lifestyle—it's unlikely most people will be successful going cold turkey. Consider reducing the amount of UPFs by half or let yourself eat them on the weekends only.

2. Fill Up Your Plate with Unprocessed or Less-Processed Foods

Try some beans or lentils, whole grains, fresh fruit, and vegetables. You'll have less appetite for UPF and before long, your desire for them will subside. Cook at home and prepare your meals instead of eating out. Avoid eating pre-packaged snacks. Make your own versions of processed foods, like healthier granola, breads, and salad dressings.

3. Swap Refined Grains for Whole Grains

Switch out those refined grains, like white pasta, white rice, white bread, and tortillas, for whole-grain alternatives, such as brown rice, whole-grain pasta, sprouted-grain bread, and whole-grain tortillas. Top your salads with nuts or seeds instead of croutons. Trade your sugary breakfast cereal for a bowl of oatmeal

with fresh fruit. But definitely skip the sugary donuts and pastries!

Not only are whole grains higher in important nutrients, like fiber, but research also shows they can protect against conditions like heart disease, diabetes, and certain types of cancer.

Kids may resist any "new" version of their favorites at first, and that's OK. It's even more important to avoid black-and-white thinking about what your children eat and instead focus on incremental change, since their developing bodies make them particularly vulnerable to toxic chemicals that can harm their health.



4. Cut Down on Fizzy Drinks (or Avoid Them Entirely)

Sugary drinks such as soda contain a huge amount of sugar. A 12-ounce soda contains more than what's recommended daily for women and about the same amount recommended for men.

Artificial sweeteners have been associated with a wide range of health harms, so diet soft drinks bring their own risks. Plus, studies show that these drinks may be counterproductive—they can lead to weight gain. Do what you can to cut back on sugary and artificially-sweetened drinks, especially how much you give your kids.

The best beverage is plain water, maybe with a splash of lemon or lime. Herbal tea and carbonated water are good choices, too. For some variety, you can infuse water with fresh fruit, a cucumber, or herbs.

5. Snack Better

Even "healthy" snacks, like some yogurts and granola bars, aren't great for eating at the playground or during a shopping trip. Fruit-sweetened yogurt from the grocery store, for instance, is often ultra-processed, containing harmful food chemicals, including artificial colorants, other "natural flavors," and lots of sugar.

Keep healthy snacks on hand, add chopped fruit, honey, jam or nuts to plain yogurt. Keeping your kitchen stocked with plenty of portable, nutritious snacks can make it much easier to make healthy choices on the go. If you have extra time, you can also prep some simple snacks in advance. Hard-boiled eggs, turkey roll-ups, cheese sticks, your own air-popped popcorn, homemade kale chips, and overnight oats are a few great treats that you can whip up quickly and keep on hand for the week.

Cut-up fresh fruit or vegetables in baggies in the fridge. Nuts and whole-grain crackers are also great portable snacks.

6. Read Ingredients Labels

It's important to know what you're eating, and that's often spelled out on ingredients lists. Look for and avoid heavy saturated fat, sodium, and sugar.

Focus on products with ingredients whose names you recognize. In general, it's best to avoid foods containing stabilizers and preservatives, as well as artificial colors, flavors, textures, and sweeteners, among other chemicals. This is especially true of products in a few specific categories, such as processed meat, instant soups, pizza, and other frozen foods.

7. Make Changes Gradually

As with any new habit, change is most successful when it's incremental. Don't try to overhaul the way you eat overnight. Consider making just one of these changes. Give your-

self time to adjust to new habits before tackling another idea on the list. You can slowly cut back on ultra-processed foods, eliminating one item at a time, or their frequency of consumption.

What's Ahead for UPF?

There shouldn't be any question about whether our food contains toxic chemicals. But the federal government has failed to protect us, allowing companies to approve harmful food chemicals without oversight from the Food and Drug Administration. No matter who you voted for back in November, let's keep an open mind about the future of the "Make America Healthy Again" movement, because being healthy goes beyond politics.

In response, states are stepping into the regulatory gap, and the Environmental Working Group (EWG) organization is supporting them every step of the way. They successfully led efforts with Gavin Newsom to ban artificial food dyes in California, setting an important precedent for other states.

And manufacturers are making formulation changes under market pressure fueled by the groundswell of skepticism about UPFs. Many manufacturers are already making healthy, less-processed versions of their products that are shipped to Europe, which has stricter regulations on ingredients. My hope is that the U.S. will quickly have these healthier products on our grocery store shelves.

What You Can Easily Do

If you're uncertain about what to eat and what to avoid, check out the online resources at the Environmental Working Group. They have a great tip sheet, "Dirty Dozen Food Chemicals," that offers a list of the 12 worst substances to avoid.

Change your Shopping Routine.

It's much easier to limit your intake of UPFs when you don't have any on hand. Next time you go to the store, fill your cart with healthy, minimally-processed ingredients, like fruits, vegetables, whole grains, and legumes.

Try Prepping Meals Ahead.

Preparing meals in large batches once or twice a week ensures that plenty of nutritious meals are ready in your fridge, even when you're too busy to cook. It can also make it much less tempting to run through the drive-through on your way home, ordering pizza delivery, or turn to frozen convenience meals when you're pressed for time.

Eat More Vegetables.

When you're preparing meals at home, include at least one serving of vegetables to increase your intake of healthy, unprocessed food. This can be as easy as adding spinach to your scrambled eggs, sautéing broccoli for a simple side dish, or tossing carrots or cauliflower into soups or casseroles. Veggies are highly nutritious and a great source of fiber.



Eat Less Processed Meat.

I know no one wants to here this but bacon, sausage, lunchmeat, and hot dogs are associated with several downsides and are even classified as carcinogenic by the International Agency for Research on Cancer. [Healthline.com] You can swap these foods for less processed meats like chicken, salmon, or turkey.

You can also substitute packaged lunchmeats for other sandwich fillings, such as tuna salad, chicken breast, or hard-boiled eggs, or you can eat more plant-based proteins like beans, lentils, tofu, or tempeh.

Try experimenting with just one or two of the strategies listed above each week, then gradually implement more. Remember that you can still enjoy dining out or eating processed foods once in a while, in moderation, as part of a healthy and balanced diet.

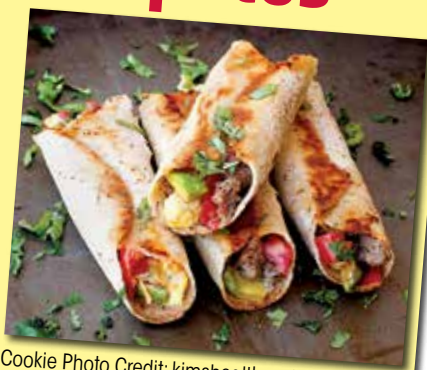
Recipe by
Carla Williams

RECIPE CORNER

Breakfast Taquitos

Ingredients

- 6 large eggs
- Salt and pepper, to taste
- 1 tablespoon olive oil
- ½ pound ground sausage or 12 breakfast sausage links
- 1 cup shredded cheddar cheese
- 12 small flour tortillas
- Optional garnishes: chopped cilantro, diced tomatoes, chopped onion



Cookie Photo Credit: kimshealthyeats.com

Instructions

- 1. Preheat the Oven:** Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2. Scramble the Eggs:** Beat the eggs with salt and pepper. Heat olive oil in a skillet over medium heat. Add the eggs and scramble until just set. Remove from heat.
- 3. Assemble the Taquitos:** Lay out the tortillas on a flat surface. Divide the scrambled eggs and sausage among the tortillas. Sprinkle with cheese. Roll up tightly and place seam-side down on the prepared

Notes

- For an extra crispy exterior, broil the taquitos for the last 2-3 minutes of baking.



Vince Lombardi - The Speech: Leadership

A Reminder From the GOAT That Football Mirrors Life

A year ago, in making a talk to a similar group in a similar situation, I had a difficult time in arriving at a method of approach: how to reach this intelligent audience?

Then, finally, I arrived at the only subject through which I could conceivably contribute anything—my own experience of trampling grapes in my local vineyard—namely, football.

I have been in football all my life, and I do not know whether I am particularly qualified to do much else except coach football. I can only say it is a great game, a game of great lessons, a game that has become a symbol of this country's best attributes—namely, courage, stamina, and coordinated efficiency.

It is a Spartan game, and requires Spartan-like qualities in order to play it. By that, of course, I don't mean the Spartan tradition of leaving the weak to die. I mean, instead, the qualities of sacrifice, self-denial, dedication, and fearlessness.

Football is a violent game. To play it any other way but violently would be imbecilic. But because of its violent nature, it demands a personal discipline seldom found in modern life.

Football is more than the National Football League alone. Football is Red Grange, Jim Thorpe, and the many hundreds of other stars who have made this the great game that it is. Football is all of the thousands of high school and college boys who play it and the many millions more who watch it, either in person or on television. Regardless of what level it is played upon—high school, college, or the professional level—it has become a game that not only exemplifies this country's finest attributes, but more than that, it has the means and the power to provide mental and physical relaxation to the millions who watch it from the sidelines.

I need no other authority than the great General MacArthur to prove my point, and I quote him:

Competitive sports keeps alive in all of us a spirit of vitality and enterprise. It teaches the strong to know when they are weak, and the brave to face themselves when they are afraid. It teaches us to be proud and unbending in defeat, yet humble and gentle in victory. It teaches us to master ourselves before we attempt to master others. It teaches us to learn to laugh, yet never forget how to weep. It gives a predominance of courage over timidity.

I sometimes wonder whether those of us who love football fully appreciate its great lessons. For example: that it is a game played by more than a million Americans and yet, a game uninhibited by racial or social barriers.

It is a game that requires, in early season, exhaustive hard work to the point of drudgery. A game of team action, wherein the individual's reward is that total satisfaction that is returned by being part of the successful whole. A game that gives you 100-percent fun when you win and exacts 100-percent resolution when you lose.

A game like war and also a game most like life—for it teaches that work, sacrifice, perseverance, competitive drive, selflessness, and respect for authority are the price one pays to achieve worthwhile goals.

And it has larger implications. Today, all of us are engaged in a struggle more fiercely contested and far more important to our future. It is the struggle for the hearts, the minds, and the souls of men. In this struggle, there are no spectators, only players. It is a struggle that will test our courage, our strength, and our stamina. Only if we are physically, mentally, and spiritually fit will we win.

We live in an age fit for heroes. No time

has ever offered such perils or such prizes. Man can provide a full life for humanity—or he can destroy himself with the problems he has created. The test of this century will be whether man confuses the growth of wealth and power with the growth of spirit and character. If he does, he will be like some infant playing with matches who destroys the very house he would have inherited.

You are the leaders of this country.

I believe it is the obligation of our leaders to see that we are awakened to this need. Unless we can do something to get everyone in America moving in this direction, we may not be able to keep America strong.

Calisthenics, exercise, and muscle toning are not the complete answer. There is also a need to develop a strong spirit of competitive interest throughout the nation. In other words, a strong body is only one-half of the answer. We fail in our obligation if we do not also preserve the American zeal to be first and the will to win.

American freedom—and I mean freedom, not license—could be lost and possibly succumb to the consequence of aggressive secularism and communism, unless the values underlying that freedom are thoroughly understood and embraced by our leaders.

For decades, we as individuals have struggled to liberate ourselves from ancient tradition, congealed creeds, and despotic states. In this struggle, freedom was necessarily idealized against order, the new against the old, and genius against discipline. Everything was done to strengthen the right of the individual and weaken the authority of the state and church. Maybe the battle was too completely won.

Maybe we have too much freedom. Maybe we have so long ridiculed authority in the family, discipline in education, decency in conduct, and law in the state that our freedom has brought us close to chaos. Maybe our leaders no longer understand the relationship between themselves and the people—that is, that the people want to be independent and dependent, all at the same time. They want to assert themselves and yet at the same time be told what to do.

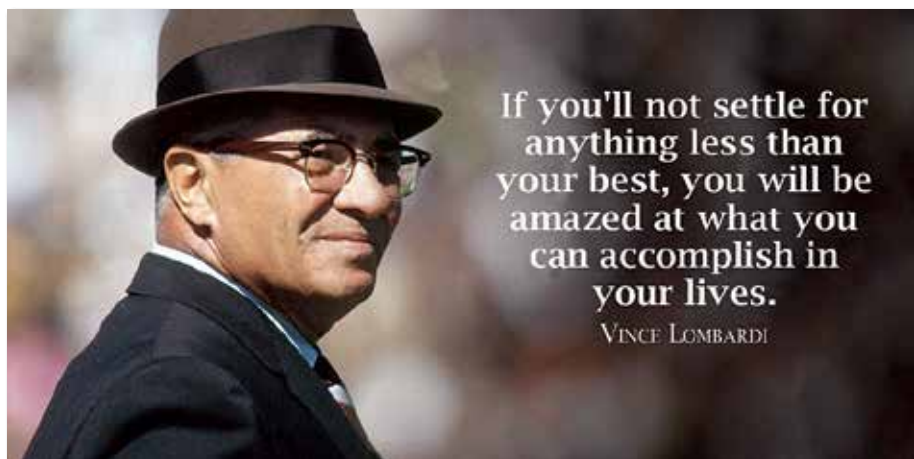
Management is leadership. When management fails, it reflects a lack of leadership. All of you possess leadership ability. But leadership rests not only on outstanding ability. It also rests on commitment, loyalty, and pride. It rests on followers who are ready to accept guidance. Leadership is the ability to direct people and—more important—to have those people accept that direction.

The educated man is the natural leader. He may not get all of his education in college; in fact, his inspiration may come from any place. If he studies the past, his country, his people, his ancestry, and the lessons of history, he is educated.

Leadership is not just one quality, but rather a blend of many qualities. And while no one individual possesses all of the talents that are needed for leadership, each man can develop a combination that can make him a leader. Contrary to the opinion of many, leaders are not born; they are made. And they are made by hard effort, which is the price we must all pay for success.

We are not born equal. Rather, we are born unequal. The talented are no more responsible for their talent than the underprivileged are for their position. The measure of each is what he does.

Our society, at the present time, seems to have sympathy only for the misfit, the ne'er-do-well, the maladjusted, the criminal, the loser. It is time to stand up for the doer, the achiever, the one who sets out to do something and does it. The one who recognizes the problems and opportunities at hand, and



deals with them, and is successful, and is not worrying about the failings of others. The one who is constantly looking for more to do. The one who carries the work of the world on his shoulders. The leader. We will never create a good society, much less a great one, until individual excellence is respected and encouraged.

To be a leader, you must be honest with yourself. You must know that as a leader, you are "like everyone else"—only more so. You must identify yourself with the group and back them up, even at the risk of displeasing your superiors. You must believe that the group wants, above all else, the leader's approval. Once this feeling prevails, productivity, discipline, and morale will all be high. In return, you must demand from the group cooperation to promote the goals of the corporation.

As a leader, you must believe in teamwork through participation. As a result, your contacts with the group must be close and informal. You must be sensitive to the emotional needs and expectations of others. In return, the group's attitude toward the leader should be one of confidence infused with affection.

And yet, the leader must always walk the tightrope between the consent he must win and the control he must exert. Despite the need for teamwork and participation, the leader can never close the gap between himself and the group. If he does, he is no longer what he has to be. The leader is a lonely person. He must maintain a certain distance between himself and the members of the group.

A leader does not exist in the abstract, but rather in terms of what he does in a specific situation. A leader is judged in terms of what others do to obtain the results that he is placed there to get.

You, as a leader, must possess the quality of mental toughness. This is a difficult quality to explain, but in my opinion, this is the most important element in the character of the leader.

Mental toughness is many things. It is humility. It is simplicity. The leader always remembers that simplicity is the sign of true greatness and meekness, the sign of true strength. Mental toughness is Spartanism, with all its qualities of self-denial, sacrifice, dedication, fearlessness, and love.

If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives.

VINCE LOMBARDI

Yes, love. "Love" is not necessarily "liking." You do not need to like someone in order to love them. Love is loyalty. Love is teamwork. Love is respect for the dignity of an individual. Love is charity. The love I speak of is not detraction. A man who belittles another—who is not loyal, who speaks ill of another—is not a leader and does not belong in the top echelons of management.

I'm not advocating that love is the answer to everything. I am not advocating a love that forces everyone to love everybody else. I am not saying that we must love the white man because he is white, or the black man because he is black, or the poor man because he is poor, or the enemy because he is the enemy, or the perverse because he is perverse. Rather, I am advocating a love for the human being—any human being, who just happens to be white, black, poor or rich, enemy or friend.

Heart power is the strength of your company, of your organization, of America. Hate power is the weakness of the world.

Mental toughness is also the perfectly disciplined will. The strength of your group is in your will—in the will of the leader. The difference between a successful man and others is not in the lack of strength, nor in the lack of knowledge, but rather, in the lack of will. The real difference between men is in energy. It is in the strong will, the settled purpose, the invincible determination.

But remember that the will is the character in action. If we would create something, we must be something. This is character. Character is higher than intellect. **Character is the direct result of mental attitude.** A man cannot dream himself into character; he must hammer and forge one for himself.

He cannot copy someone else's qualities; he must develop his own character qualities to fit his own personality. We should remember, too, that there is only one kind of discipline, and that is the perfect discipline. As a leader, you must enforce and maintain that discipline; otherwise, you will fail at your job.

Leadership lies in sacrifice, self-denial, love, fearlessness, and humility.

And this is the distinction between great and little men.

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The Value of Specialty

by Nurse Jill

For millennia the role of doctor has been considered a generalist career. There were only so many ailments known to man and so a doctor studied all of them. However as history has progressed so has research and with it—specialization of medicine.

In the 1800s, more and more doctors began to focus on researching specific events and/or diseases. As these individuals became more and more educated in one aspect of human health—specialties became a natural side effect. While many doctors' research benefitted the masses who practiced general medicine, more and more began to see patients with a specific set of symptoms that had been sent to them due to their unique knowledge.

Fast forward to today and even a general practice doctor seems to be their own type of specialty. The American Board of Medical Specialties officially recognizes only 24 specialties but within those specialties are over 120 subspecialties.

So this begs the question: When should I see a specialist?

Sometimes this is obvious and sometimes not. And sometimes this depends on how far you want to chase your symptoms to see if there is an answer.

One of the telltale signs that you should see a specialist is that your general practitioner tells you to make an appointment with one. Many patients see a cardiologist in addition to their primary care physician to keep on target with blood pressure medication, cholesterol medication, and regular monitoring of their heart health.

Another sign that you may benefit from a specialist is if the issue you are dealing with is isolated to one area of the body. If you have a foot problem you see a foot specialist (in the form of a podiatrist or an orthopedic who is trained in feet). If you have persistent stomach symptoms you seek out a Gastroenterologist or

GI doctor. If you can pinpoint where the issues are then a specialist may be able to better address the problem.

If you are dealing with a chronic situation and don't already see a specialist then that may be a sign to seek one out. Often times even if a chronic condition can be effectively managed by a general practitioner, it can still be helpful to see a specialist in the beginning of a chronic diagnosis for education, comprehensive testing, and advice on the recommended course of treatment. Once your chronic condition is well managed a general practitioner can sometimes step in and keep you on the treatment path until you have a complication or other concerns arise.

Well-known specialties include: Cardiology, Otolaryngology or ENT (Ear, Nose, and Throat), Orthopedic, Psychiatry, Gynecology, Ophthalmology, and Pediatrics.

Lesser-known specialties are:

Allergist or Immunologist. These doctors not only diagnose and treat allergies but can also manage autoimmune diseases. They can be a key part in figuring out respiratory, skin, or intestinal difficulties.

Rheumatologist. A rheumatologist specializes in autoimmune and inflammatory diseases. These doctors are often the sleuths to find the culprit behind chronic issues in a patient's health.

Surgery. While most people know that surgeons exist many are unaware that there are many, many different subspecialties of surgery. The more advanced our medical knowledge gets the more specialized surgery becomes. The more specialized surgery becomes the more education and experience it takes to perform it. Hence, more and more subspecialties in surgery. Anything from taking out non-functioning body parts to reconstruction of ligaments to replacing joints.

Pulmonologist. This is a physician who specializes in lungs. This can be either short-term or chronic issues in the lungs and the section of the circulatory system that goes into, around, and out of the lungs.

Endocrinology. These practitioners specialize in the glands of the body including the pancreas, the thyroid, pituitary gland, adrenal glands, gonads, and parathyroid glands. The balance of the hormones released by all these can be tricky and diagnosing and treating imbalances can be a life-saver for many.

These are just a few of the helpful specialties in medicine. We have a few that come to Livingston to share their knowledge and help with our community but there are even more specialists in the state and country that can also be helpful to achieving and maintaining health.

The question you can always ask in your appointment with your doctor is, "Is there a specialist for this?" While your general doctor may be more than capable of addressing your concerns sometimes a visit with a specialist with



all their unique knowledge and skill can be a step on a road to even better health. If you can't get into your regular doctor, give a quick call and just ask if a referral to a specialist is appropriate for your situation. Some insurances will even let you make that appointment without a referral.

As knowledge of ailments has increased so has the need for individuals who specialize. Both specialist and generalists are needed in today's medicine in balanced tandem to help each of us competently deal with health concerns as they arise.

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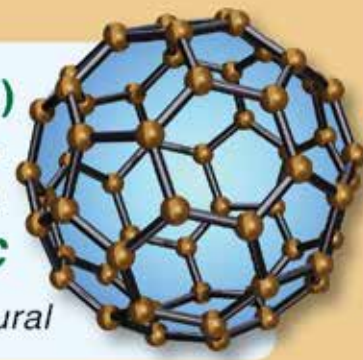


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I have an oil for that

by Dalonda Rockafellow
doTERRA Wellness Advocate

Winter Skin Care with Essential Oils

By Dalonda Rockafellow

Cold weather and dry indoor air can leave your skin feeling parched, cracked and uncomfortable. Your skin feels the subtle, yet real effects of the dry, cold weather of winter.

This dryness can feel tight, less nourished and vibrant. doTERRA essential oils are nature's perfect solution!! They offer deep hydration and healing properties to keep your skin soft and glowing all winter long.

Cleansing your skin is a good first step. **Tea Tree** essential oil will help purify your skin and keep it fresh and clear. It helps remove impurities and excess oil without stripping your skin of natural moisture. *Try this:* add drops of Tea Tree to your favorite face cleanser and clean as usual.

Hydration is necessary as the weather gets colder. Your skin's natural barrier can weaken leading to increased dryness and irritation. **Lavender**

essential oil has soothing and calming properties to help relieve irritation and redness from winter dryness, leaving your skin feeling soft and smooth. The delicate scent will soothe your senses as it nurtures your skin. *Try this:* add drops of Lavender oil to your favorite moisturizer day and night. It will help calm irritated skin and the aroma will soothe your senses.

For an extra boost of hydration, **Rose** essential oil is just what you need for nurturing dry and sensitive skin. Rose deeply nourishes and hydrates your skin while reducing fine lines and redness. It locks in moisture, giving your skin what it craves leaving you feeling soft and supple. *Try this:* using a roller ball, apply Rose essential oil to areas of concern on your face and skin where needed. Gently tap to distribute evenly and then apply your face cream.

Geranium essential oil is your go-to when you need balance in your skin routine and to boost hydration. It's great for flaky or uneven skin and gives you an all-over glow. *Try this:* add drops of Geranium to your hand or body lotion to fight cold weather dryness. For deep hydration and

nourishment to your skin, I recommend a combination of **Myrrh** and **Frankincense** essential oils. Myrrh is deeply nurturing and hydrating and a superstar at tackling cracked heels, fine lines and overall skin dryness. It supports healing for a smooth, radiant look and feel. Frankincense supports healthy cell regeneration and is wonderful for dry, aging skin. *Try this:* add drops of each to your body, hand and foot lotions when deep nourishment is needed.

Specific areas of your skin may need extra attention such as dry patches, blemishes and other skin imperfections. When your skin is in need of targeted care, reach for the **HD Clear** roller bottle blend which is designed for supporting a clear complexion. This blend of Ho Wood, Tea Tree, Litsea, Eucalyptus and Geranium combined in a Black Cumin Seed oil base is designed for troubled skin. The ingredients work together to keep your skin looking its best.

Helichrysum essential oil is also great to add to your routine. It has topical restorative properties that can help improve your skin's appearance and reduce the appearance of wrinkles and promote a youthful glow. *Try this:* for both the HD Clear and Helichrysum oils, using a roller bottle of one of the other, apply directly to the problem area morning and night. Cover with your favorite face lotion or cream.

Douglas Fir essential oil offers an invigorating and refreshing addition to a facial steam which can open up your pores and deeply cleanse your skin. The refreshing aroma will also provide a grounding effect that will leave you feeling balanced and revitalized. *Try this:* fill a bowl with hot water and add drops of Douglas Fir. Place a towel

around your head and lean over the bowl keeping your eyes closed. Enjoy the feeling of relaxation as your pores open up naturally and let the cleansing begin. Use any of the above suggestions to finish off your facial routine.

Hydrating Winter Balm

- 2 Tablespoons Shea Butter
- 1 Tablespoon Coconut Oil
- 5 drops Myrrh essential oil
- 4 drops Frankincense essential oil
- 3 drops Lavender essential oil
- 2 drops Rose essential oil

Instructions

1. Melt the Shea Butter and Coconut Oil in a double boiler.
2. Remove from heat and let cool slightly.
3. Stir in the essential oils and pour into a small jar.
4. Let it solidify at room temperature.
5. Apply the balm to dry areas, such as heels, elbows and hands for instant hydration and relief.

With these doTERRA essential oils, you can say goodbye to flaky, uncomfortable winter skin and hello to a hydrated, radiant glow. Your skin deserves the best of the season. Good luck in your journey and reach out if you have any questions or if I can help in any way!!

Dalonda Rockafellow has been using and educating about health and doTERRA essential oils for 10+ years. She maintains a website and has an active Facebook page; Lavender, Lemon & Learning that she uses to keep people up to date on the benefits of using CPTG (Certified Pure Tested Grade) essential oils for their health and well-being. You can contact her at dalonda@bigskyoils.com or mydoterra.com/dalondarockafellow.

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February 21st - 22nd (Fri-Sat) **SMOKE Country Rock**

Feb 28th - March 1st (Fri-Sat) **SHAKEDOWN COUNTRY Southern Honky-Tonk Rock and Roll**

March 7th - 8th (Fri-Sat) **710 ASHBURY Grateful Dead Tribute Band**

March 14th - 15th (Fri-Sat) **IAN THOMAS & BAND OF DRIFTERS Classic Country**

March 21st - 22nd (Fri-Sat) **GARY SMALL & COYOTE BROTHERS**

March 28th - 29th (Fri-Sat) **TEN YEARS Alternative Metal**

April 4th - 5th (Fri-Sat) **CLINT REIMANN BAND Country Music**

April 11th - 12th (Fri-Sat) **OLD MAN BEN Country, Bluegrass**

April 18th - 19th (Fri-Sat) **TSUNAMI FUNK F&B, Funk, Rock, Jazz**

April 25th - 26th (Fri-Sat) **SMOKE**

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Portraits of People, Pets and Wildlife

Meals for Feb. 17th - 21st

Monday, Feb. 17th - CLOSED

Tuesday, Feb. 18th - Tomato soup, grilled cheese, oranges, milk

Wednesday, Feb. 19th - Meatloaf, gravy, potatoes, green beans, bananas, cake, milk

Thursday, Feb. 20th - Scalloped potatoes and ham, roll, peas, fruit cocktail, milk

Friday, Feb. 21st - Salmon patties, coleslaw, pineapple, cake, milk

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Livingston Meals on Wheels

Lunch served cafeteria style
Serving food until 12:15 pm

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Salad bar included in meal price
If you would like a to-go meal please call before 9am

"Enjoying the Journey"

by Lois Olmstead

Snow and more snow here. My house in Clyde Park is 8 miles north of where we lived on the ranch and 20 miles from Livingston. I love living here and the drive into the church where I work is a delight, most days. This week it's been a bit scary.



That made me think of getting my car stuck another time. It was this time of year too in 2019. You will enjoy "looking back" with me: "We have been so blessed," I said to my Mom. We were coming back from breakfast in Clyde Park. We were both thinking of the cold temperatures (28 below Sunday) and deep snow (47" drift at my back door). I said "I am thankful we

have warm houses and groceries. I have been praying for those who don't."

My Mom said, "I remember one winter when it was 50 below at Wilsall. Us kids got scared because our house was making creaking noises." We were glad to get to her house because the drifts were getting deep on the road between our two houses. I carried in her groceries, laughing, "You got ice cream when it's this cold?" Then, "See you later, I'll call when I get to work."

I was thinking about being blessed and not thinking about my driving and got my car, Gracie, royally stuck! I tried reverse and drive and did not move an inch. There is a circle drive in front of my folks' log house, always a great place for snow to drift and it did.

I tried to open my car door. I couldn't. The snow was up to my door handle. I was trapped in my car 600 feet from my house!

I kept pushing against the drift until I could squeeze out the door. I could not move my legs in the snow. "I need some help here, Lord," I panted as I inched and pushed and squished myself between Gracie and the snow and got out.

As I walked down the tracks we had made coming in, I said, "Lois if you had been paying attention..." My dad and He-Who-Took-Long-Steps taught me to "gun it when I got in trouble" but that I did not do. I forgot. Drats.

Mom's Ford pickup with 4-wheel drive was in my garage. My house is closer to the road out. It was our exit strategy plan. I drove in our tracks close to Gracie, paying attention this time. Dad and He-Who would have been glad. I got my laptop and purse out of the car and drove to town—then called Ross.

Ross moved to Livingston when his dad and my dad went to heaven within a few weeks of each other. His job is with NAPA but his 'calling' is helping us on the ranch. Some days, like today, I wonder if he wonders "What was I thinking?" He said he'd come out after work and get me

unstuck. I said I'd be late getting home because of my tax appointment at 4 pm.

What could be a better day? Getting stuck and doing taxes? I parked Mom's truck beside the church still feeling blessed—really! I know some people don't even have a car, let alone a 'spare' pickup. And I'm glad my brain still works to get my tax stuff ready to be done.

March 12th, next month, is He-Who's birthday. Today is Day 1042 since he went to heaven. I miss him so much. He loved weather stuff. His daily journals are notes full of wind speeds, rain, snow and river depths he kept. This deep snow (and "Lois got stuck") would have been noted.

He would have shook his head and laughed. He would have been at the tax office with me. And he would understand that you can be stuck and still feel blessed! Let's read I Corinthians chapter 13 for our Bible reading this week in honor of He-Who and Mom and Dad. Looking back in the midst of the snow! I am still blessed!



Local Church Services

American Lutheran Church
129 South F Street, Livingston
Pastor Melissa Johansen
Sunday worship 9 am, elevator avail.
406-222-0512 • alclivingston.org

Church of Christ
919 W Park St, Livingston
Sunday worship 10:30 am
406-222-2017 • church-of-christ.org

Church of Jesus Christ of Latter-Day Saints
12 White Lane, Gardiner
David Gilbert branch President
Sunday worship 10:00 am
406-848-7509 • lds.org

Church of Jesus Christ of Latter-Day Saints
110 West Summit St., Livingston
Bishop Trevor Strupp
Sunday worship 10:00 am
406-222-3570 • lds.org

Emmaus Lutheran Church
801 East Park Street, Livingston
Reverend Daniel Merz
emmauslutheranmt@gmail.com
emmauslutheranmt.org

Expedition Church
27 Merrill Lane, Livingston
Pastor Darryl Brunson
Sunday worship 10:00 am
406-224-1774 • expeditionmt.org

First Baptist Church
Crossing Community Church
202 East Lewis St., Livingston
Pastor Bryce Maurer
Sunday worship 10:45 am
406-222-1603 • fbclivingston.org

Gardiner Community Church
318 Main Street, Gardiner
Reverend Jeff Ballard
Sunday worship 10:15 am
406-848-4060

Gardiner Baptist Fellowship
802 Scott Street, Gardiner
Pastor Britton Gray
Sunday worship 11:00 am
406-223-4478

Grace Methodist Church
302 South 9th St., Livingston
Pastor Mari-Emilie Anderson
Call/visit website for worship times
406-222-1041
www.methodistsontheyellowstone.org

Holbrook United Methodist Church
424 Lewis Street, Livingston
Call/visit website for worship times
406-222-1041
www.methodistsontheyellowstone.org

Kingdom Hall of Jehovah's Witnesses
1505 E Gallatin St., Livingston
Sunday Public talk and Watchtower 10:00 am
406-222-2012 • jw.org

Livingston Hope Church
226 South 3rd St., Livingston
Senior Pastor Shad Durgan
Sunday worship 8, 9:30 and 11 am
406-222-1577 • livinghope.church

Livingston Bible Church
329 North 5th St., Livingston
Pastor Monte Casebolt
Sunday worship 10:30 am
406-222-2714 • livingstonbible.org

Livingston Christian Center (Assemblies of God)
1400 Mount Baldy Dr., Livingston
Pastor Dave Brakke
Sunday worship 10:00 am
406-222-3144
livingstonchristiancenter.com

Livingston Church Of God
101 South O Street, Livingston
Pastor Ed Parrent
Sunday worship 10:30 am
406-220-0620

Mountain Bible Church
18 Pine Meadow Rd., Livingston
(off Pine Creek Rd and Hwy 89)
Pastor Brandon Reagor
Sunday Worship 10:00 am
406-219-7628 • mtbible.org

Mount Republic Chapel
240 US Hwy 212, Cooke City/Silver Gate
Reverend Don Taylor
Sunday worship 9:30 am
Check the website for seasonal worship times
406-838-2397
mtrepublicchapel.org

Mountain Springs Baptist Church
626 North 13th St., Livingston
Pastor Justin Sutherland
Sunday worship 11:00 am
406-222-1240
mountainspringsbaptist.com

Paradise Valley Community Church
1772 East River Rd., Livingston
Pastor Andrew Alberda
Sunday worship 10:30 am
406-333-4905
paradisevalleychurch.org

Pine Creek United Methodist Church
2470 East River Rd., Livingston
Pastor Mari-Emilie Anderson
Call/visit website for worship times
406-222-1041
methodistsontheyellowstone.org

Redeemer Lutheran Church
425 West Lewis St., Livingston
Sunday worship 11:00 am
406-222-1175
www.rclivingston.wordpress.com

The Summit Lighthouse
Contact us for worship service and conference times
63 Summit Way, Gardiner
406-848-9200
SummitLighthouse.org

Seventh-Day Adventist Church
1 Guthrie Lane, Livingston
Pastor Rene Marquez
406-222-7598
livingstonmt.adventistchurch.org

Shields River Lutheran Church
105 Ordway St. South, Wilsall
Sunday worship 9:00 am
406-578-2212
srclwilsall.wordpress.com

Shields Valley Bible Church
405 Fifth St. West • Clyde Park
Pastor Glen Helig
Sunday worship 11:00 am
406-686-4708

St. Andrew's Episcopal Church
310 West Lewis St., Livingston
Reverend Kristin Orr
Sunday worship 10:30 am
406-222-0222
saintandrewsepiscopalchurch.org

St. John's Episcopal Church
8 Story Road, Emigrant
Reverend Kristin Orr
Sunday worship 8:00 am
stjohnspv.org

St. Joseph's Catholic Church
910 McLeod St., Big Timber
Father Garrett Nelson
Sunday worship 2:00 pm
406-932-4728

St. Margaret's Catholic Church
206 1st Avenue North, Clyde Park
Father Garrett Nelson
Service Saturdays 4:00pm
406-222-1393
stmaryscommunity.org

St Mark's Church Universal And Triumphant
130 South D St., Livingston
Sunday worship 10:15 am
406-222-2675

St. Mary's Catholic Church
511 South F St., Livingston
Father Garrett Nelson, Pastor
Saturday 6:00 pm year-round
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Sunday 8:00 am October to March
406-222-1393 • stmaryscommunity.org

St Paul's Evangelical Lutheran Church
1116 W Geyser St., Livingston
Pastor Paul Stern
Sunday worship 10:15 am
406-222-3372 • stpaulslivingston.org

St. William's Catholic Church
705 West Scott St., Gardiner
Father Garrett Nelson
Sunday worship 8:00 am April-Sept
Sunday 11:00am October to March
406-222-1393 • stmaryscommunity.org

Valley Shepard Church of the Nazarene
Services are presently online. Please call for instructions to view a service.
Reverend Christie American Horse
Livingston • 406-223-1072

Wilsall Community Church
112 Liquin Hill Rd., Wilsall
(west of Hwy 89 North; take Clark St to Liquin)
Pastor Stephen Fanning
Sunday worship 10:45 am
406-578-2004 • wilsallchurch.com

United Methodist Grace Church
302 South 9th St., Livingston
Pastor Mari-Emilie Anderson
Sunday worship 5:00 pm
406-222-1041
www.methodistsontheyellowstone.org

Proverbs 3:6 - In all your ways acknowledge him, and he will make your paths straight.

Park County Community Journal

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Mark Your Calendars
UPCOMING EVENTS

Calendar of Events runs every week. To place your event on the calendar please email the information to community@pccjournal.com or drop off your information at the PCCJ office at 108 N. Main Street.

Cost is \$8/week for up to 50 words, 51-100 words is \$10/week, maximum word count is 100 words please. Deadline is Monday's at 5:30 pm for the following issue that will hit the streets on the following Friday.

Mondays
WEEKLY GAME OF UNO at the Park County Senior Center, 206 S. Main St., Livingston on Mondays at 1 pm. Free for members, \$5 per game non-members.

WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

Tuesdays
WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

CAREER ASSISTANCE - Livingston Chamber of Commerce and Job Services of Bozeman are collaborating to provide on-site career and employment services once a week in Livingston, MT at the Chamber. Workforce consultants will be available Tuesdays from 9 am to 3 pm in the Chamber's Conference Room at 303 East Park Street. Contact Leslie at the Livingston Chamber of Commerce (406) 222-0850 or Ellen at Job Service Bozeman (406) 582-9237 for more information.

Wednesdays
BINGO NIGHT AT THE OFFICE - The Office Lounge at 128 S. Main Street is hosting Bingo, 6:30-9:30 pm.

FAMILY KARAOKE NIGHT - 49er Diner at 404 E. Park Street is hosting Family Karaoke night from 6-8 pm. For more information call 406-222-8204.

WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

Mondays-Fridays
DAILY COFFEE WITH FRIENDS! Open to all ages 9:15 am to 12:15 pm. Free. Park County Senior Center, 206 S. Main St., Livingston. ParkCountySeniorCenter.org

February 16 - MEDIA SOCIAL - Cactus Blossom Collective, 111 West Callender Street, will host the fourth Media Social gathering from 6:30 - 9 pm, and for the first time this event is fully open to the public. Media Social is a fresh take on digital connection, shifting social media into an in-person experience. There are a limited amount of free tickets and RSVP is required through the website cactusblossomcollective.com. For more information please contact hilary@cactusblossomcollective.com.

February 19 - PUBLIC HEALTH OPEN HOUSE - Join us for this family-friendly event at the Courthouse from 4-6 pm. Meet your neighbors, share a meal, and learn how public health works for you. For more information, contact the Health Department at 406-222-4145.

February 22 - WINTER MAKERS MARKET is back for a THIRD year at the Livingston Depot from 9am to 4pm. Showcasing local artists, artisans, and makers inside the Depot for one day during the cooler season. Guests can enjoy a fun and relaxing shopping experience with a variety of talented vendors, PLUS delicious homemade goodies, hot drinks with indoor café seating. Admission is \$1 for adults, kids 12 & under free. All proceeds support the Depot Museum and programs. More information at www.livingstondepot.org/marketapp.html.

February 22 - WORDS & MUSIC, VOLUME II - Livingston's Blue Slipper Theatre hosts an evening of live poetry and song on Saturday, February 22nd. "Words & Music, Volume 2" features singer/songwriter Sean Devine, poets Henrietta Goodman and Marc Beaudin and jazz percussionist Adam Greenberg. Doors for this special event open at

7 pm and tickets are available at blueslipper.org. For more information, email info@crowvoice.com, or call the theatre at 222-7720.

February 24 - CRAFT MOVIE NIGHT - This unique series invites community members to gather with us and combine their love for crafting and cinema in a welcoming and creative setting at the historic Empire Twin Theatres. Attendees are invited to bring their stitching, knitting, or other portable craft projects. Craft Movie Night welcomes all, from seasoned crafters to anyone looking for an enjoyable night out. Admission is \$10. Presale tickets are available now at cactusblossomcollective.com. The film for this night is Legally Blonde starting at 7 pm. For additional information, please get in touch with Emily Johnson at director@empiretwintheatre.com.

March 4 - MANAGING RODENT PESTS in your Lawn & Garden with Stephen Vantassel from 5:30 pm - 6:30 pm at the MSU Extension Office at 119 S 3rd St, Livingston. This training addresses management techniques for voles, northern pocket gophers, and Richardson's and Columbian ground squirrels. Participants are eligible to receive 1 CEU towards their pesticide applicator license. Please RSVP to 406-222-4156 or park@montana.edu.

April 10 - OUT WITH THE TURF in with the Bloom, Abiya Saeed 5:30 pm - 7 pm at the MSU Extension Office, 119 S 3rd St, Livingston. Meadowscaping, xeriscaping, pollinator habitat - Abi will guide you through methods of turf removal, plant selection, and care when creating your (and a pollinator's!) dream landscape. Please RSVP to 406-222-4156 or park@montana.edu.



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BREAK time

CROSSWORD

Puzzle #385

Montana Fun Facts!

The first **permanent** settlement that was established in Montana by **Europeans** was the St. Mary Mission. In 1831, the Salish people brought a missionary to their village to teach them about the new religion and medicine.

New France was the claim France had, and they were the **first** Europeans to claim the area known as Montana. **The largest territory claimed by the French was later named Louisiana.**

Montana has two important revenue-generating industries. They are mining and agriculture.

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- ACROSS**
- Formerly, formerly
 - "Thou ____ not kill"
 - Base 8 number system
 - Behind
 - Daze
 - Level surface
 - Lavish fete
 - Regarding this matter
 - Pianist Blake
 - Augury
 - Music or dance, e.g.
 - Underground passage
 - Endorse
 - Scrap
 - Id's relative
 - Congeaed dish
 - Coffee server
 - Sell to the public
 - Like anchovies
 - Greeted
 - Spring back
 - Ostrich's kin
 - Ecological no-no
 - Auspices
 - Spread
 - Handrail support
 - Loss of hope
 - Bath beverage
 - Marketplaces
 - Boat propeller
 - Heathen
 - Toe dance
 - Lab letters
 - Fix text
 - Woman's purchase
 - Matterhorn's range
 - Shucks!
 - Pen
 - Commit a moral offense
 - Jug
 - Century plant
 - Variety of grape
 - Vaccines
 - Church plate
 - Very perceptive
 - Coal wagon
 - Style
 - Sheltered area
 - Asta's cry
- DOWN**
- Therefore
 - Paper amount
 - Garage event
 - Conveyance
 - Breastbone
 - Feel pain
 - Sight in a Tarzan flick
 - Numbers game
 - Freshwater fish
 - Undo
 - Detective's guide
 - Artistic grouping
 - Tropical bird
 - Ship side
 - Type of rug
 - Nose parts
 - Frigid
 - Woody Allen drama
 - Martini ingredient
 - more, as a TV program
 - Beloved actor
 - Desiccated
 - Celeb's resort
 - Employee's take
 - Oomph
 - Advance, as cash
 - Shankar's strings
 - Wane
 - Dent
 - Appease
 - Glow
 - Miles ____ hour
 - Pardon
 - Tibetan clerics
 - Luxurious
 - Poker-game starter
 - Chef's need
 - Rip up
 - Skim
 - "If I ____ King"
 - Pertaining to a time period
 - Sloping walkway
 - Disposed
 - Needlefish
 - Conductor's abbr.

- Out-of-date
- Lost
- Equivalent
- Electric lamp feature
- Lasso
- Black, poetically
- Lacquered metal
- "Cannery ____"
- Showed once
75. Skim
77. "If I ____ King"
78. Pertaining to a time period
79. Sloping walkway
80. Disposed
81. Needlefish
83. Conductor's abbr.

Sudoku

Puzzle #121

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

Sudoku - #120 SOLUTIONS Crossword - #384

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


C	R	O	W	N	E	T	C	H	A	T	L	A	S	
R	A	M	I	E	S	C	R	U	B	T	R	I	C	E
A	G	I	L	E	C	L	A	R	O	R	E	N	E	W
M	E	T	E	T	R	I	P	E	B	I	K	E		
		S	T	E	E	P		P	E	A	A	S	P	
E	E	L	H	A	W	S	I	T	O	G	E	E		
G	U	I	T	A	R	E	A	T	E	R	C	E	N	T
G	R	E	A	T			M	O	R	A	L	E		
S	O	U	R	C	E	Z	A	P	Y	E	L	L	O	W
			P	H	A	S	E	S	T	O	I	L	E	
A	L	S	O	R	O	A	S	T	A	T	T	A	I	N
G	O	W	N	N	I	L	R	A	K	E	R	O	D	
A	X	E	G	E	L		A	F	I	R	E			
	L	A	I	R	W	A	G	O	N	R	A	N	T	
T	E	T	R	A	D	I	N	E	R	I	G	L	O	O
P	R	E	E	N	A	N	O	D	E	T	O	T	E	M
K	A	R	A	T	D	E	N	Y		S	T	O	L	E



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JUST kiddling

Q: How do you find a princess?
A: You follow the foot prince.



JUST kiddling

Q: What did the penny say to the other penny?
A: We make perfect cents.



JUST kiddling

Q: What streets do ghosts haunt?
A: Dead ends.



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Two Carpenters (\$35 plus an hour) and one **laborer** (\$20 plus an hour) needed for full-time, year-round positions with benefits. Must have own 4x4 transportation. Contact Rudy Greger for interview at 406-222-6506 or 406-220-1703.

Arrowhead Elementary School is looking for a Food Service Cook. Hours are eight hours a day, 4 days a week, with some Fridays. Starting pay is \$20/hour.

- Experience with Commercial food preparation (Menu planning, Food Production, Serving Food (offer vs serve)
- Point of Service, Purchasing/ Procurement, Receiving and Storage, Food Safety and HACCP
- Ability to complete state/federal reports
- Attend State meetings
- Focus on using healthy fresh sustainable products
- Montana Driver's License
- Lift 50 pounds
- Honest, organized, reliable, self-motivated

Submit district application, resume, criminal background investigation form, Equal Opportunity Employer form, and fingerprints to Johanna Osborn, Principal, P.O. Box 37, Pray, MT 59065 or email to josborn@arrowheadk8.org. Application materials may be requested by contacting the District Clerk at 406-924-6865 or cself@arrowheadk8.org.

2024-2025 Vacancies Arrowhead School District #75

- **Paraprofessional** Monday-Thursday some Fridays, \$18/hour, health, dental, and/or vision
- **High Needs Paraprofessional** Monday-Thursday some Fridays, Hourly Wage D.O.E., health, dental, and/or vision
- **After School Assistant**

More details and Applications for all vacancies may be picked up at the Arrowhead Elementary School in Pray, or visit our district website at: Arrowheadk8.com. Questions please reach out to Johanna Osborn, Principal 406-333-4359 or josborn@arrowheadk8.org.

Key Insurance in Livingston

is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our

clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to alice@montanainsurance.net.

Non-Emergency Medical Transport Driver

Careway Shuttles is looking for individuals to drive wheelchair capable minivans. Full-time, part-time, and weekend positions. Call 406-206-0888 or email carewayshuttles@gmail.com to apply or request a ride! Like us on Facebook @ Careway Shuttles!

Come Join Our Kenyon Noble Team!

Kenyon Noble Lumber & Hardware's Livingston location is currently accepting applications & hiring for Warehouse Associates and Delivery Drivers. No experience necessary—we will train! Offering competitive wages and great benefits packages. For more information and to see the complete job listing visit us at kenyonnoble.com/jobs. You can also apply online!



Gardiner Public School is looking to hire a **Physical Education (PE) Teacher**, school days are Mon - Thu, part-time for approximately 6 hours a day. Position is exempt, salary DOE with a full benefit package. A bachelor's degree or higher with a major in physical education or a related degree with a physical education student teaching experience is required. Candidates must be certified in the State of Montana or be able to become certified. Candidates interested in this position should contact Jeannette Bray, Superintendent at jbray@gardiner.org or call 406-848-7563.

Gardiner Public School is seeking an experienced individual to fill the position of School Business Manager/District Clerk for our K-12 districts. This position is responsible for overseeing the financial operations of the school district, ensuring compliance with regulations, supporting administrative functions and district clerk duties. This position requires strong organizational, financial management, and communication skills. Candidates must have a Degree in Business/Accounting and/or previous experience as School Business Manager/District Clerk, Montana school district clerk experience is preferred. This is a full-time, potentially hybrid (remote and on-site) position, non-exempt, starting hourly rate \$25 - \$30 per hour (doe), and full benefit package. Please submit the following by email or mail to apply: Current resume, district application www.gardiner.org;

and three letters of recommendation sent to: Jeannette Bray, Superintendent

School Bus Drivers Needed.

Gardiner Public Schools is seeking applicants for School Bus Route Driver Substitute and Activities Bus Driver for the 24/25 school year, with potential for a Regular School Route Driver position for the 25/26 school year. Substitute position is responsible for being on call to drive a morning and afternoon bus route. Activities bus driving would include weekends and evenings or nights on an on call basis. Position requires background check, and drug testing. The school district will assist individuals with training to obtain appropriate licensure. The licensing process is very long and should be started as soon as possible. Individuals must hold a Class B license with a school bus endorsement after training. Individuals interested in the position should fill out the general application for employment on the schools' website, and contact Jeannette Bray jbray@gardiner.org. Application materials may also be picked up at the school district main office.

Firefighter/Paramedic – Full-time

To apply, send an updated resume, a cover letter with your interest in LFR, a completed City of Livingston Application and a copy of your certifications to HR@LivingstonMontana.org. The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Probationary Firefighter/Paramedic within the Livingston Fire Rescue (LFR). This is a full-time, benefit eligible role in LFR with the primary duty assignment in a shift staff role participating in and making a positive contribution to the operations of your assigned shift. This position reports to the Shift Captain, under the direction of the Fire Chief and helps with cross staffing and performs other duties as assigned. Livingston Fire Rescue is a unique fire department nestled in the mountains of Southern Montana with one of the most advanced EMS systems in the state. We are a growing city situated along the Yellowstone River with our own unique challenges in the Montana rural/urban interface. We offer structural fire suppression, all-hazard rescue response, advanced EMS (Critical Care Paramedic and Community Paramedic services), technical rescue opportunities, airport ARFF, HAZMAT, and wildland response teams. Come join our team and live and work in one of the most beautiful places in America. Less than one hour from Yellowstone National Park and the Bozeman Yellowstone International Airport. For outdoor enthusiasts this is an amazing destination for hiking, hunting, fishing, skiing and other outdoor winter or summer sports!

Engineer/Firefighter/Paramedic – Full-time, Year-round

The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Engineer Firefighter/Paramedic within the Livingston Fire Rescue (LFR). This is a full-time, benefit eligible role in LFR with the primary duty assignment in a shift staff role participating in and making a positive contribution to the operations of your assigned shift. This position reports to the Shift Captain, under the direction of the Fire Chief and helps with cross staffing and performs other duties as assigned. Performs as lead paramedic in most medical situations, directing crews for proper treatment and triage. Operates all vehicles and pumps, aerial ladder devices, and technical rescue equipment. Livingston Fire Rescue is a unique fire department nestled in the mountains of Southwestern Montana with one of the most advanced EMS systems in the state. We are a growing city situated along the Yellowstone River with our own unique challenges in the Montana rural/urban interface. We offer structural fire suppression, all-hazard rescue response, advanced EMS (Critical Care Paramedic and Community Paramedic services), technical rescue opportunities, airport ARFF, HAZMAT, and wildland response teams. Come join our team and live and work in one of the most beautiful places in America. Less than one hour from Yellowstone National Park and the Bozeman Yellowstone International Airport. For outdoor enthusiasts this is an amazing destination for hiking, hunting, fishing, skiing and other outdoor winter or summer sports! The job posting and forms can be located here: www.livingstonmontana.org/jobs

Angel Line Relief Bus Driver

Join our dynamic team as a Relief Driver with Angel Line Transit at Park County, where you'll have the rewarding opportunity to make a real difference in the lives of our community's seniors and individuals with disabilities. As a key part of our Angel Line service, you'll provide safe, dependable, and friendly door-to-door transportation, ensuring our passengers maintain their independence and mobility. This flexible role offers a unique chance to step in and support our full-time drivers during their absences, making every shift an important one. If you're looking for a fulfilling role with occasional hours and the chance to give back to your community, this is the perfect opportunity! Apply now—this position will remain open until filled.

Windrider Transit Relief Bus Driver

Park County is seeking a Transit Relief Bus Driver to join the Windrider Transit team. This part-time position (10-15 hours/week) involves safely operating buses, providing excellent customer service to passengers, and ensuring

compliance with safety regulations. Ideal for those who enjoy interacting with diverse community members. Candidates must have a valid Montana driver's license and will be subject to comprehensive drug testing. Join us in serving the community with friendly, reliable transportation services! This job will be open until filled with priority given to applications received by July 2, 2024. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Registered Sanitarian

Become a vital part of the Park County Health Department Team as a Registered Sanitarian! Under the guidance of the Health Department Director, you'll play a crucial role in safeguarding public health and the environment. From conducting compliance inspections to responding to emergencies, we're looking for someone who can apply their expertise in regulatory oversight and meticulous attention to detail. If you're a Montana Registered Sanitarian with a passion for environmental protection and public health, apply now to make a difference in your community! This position will be open until filled. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Administrative/Legal Assistant

Are you ready to make a difference in your community? This position at the Park County Attorney's Office offers a unique opportunity to play a crucial role in supporting justice and serving the public. You'll work closely with a dedicated team of attorneys, ensuring that legal processes run smoothly, from preparing essential case documents to assisting the public with professionalism and care. If you're organized, motivated, and passionate about making a positive impact, we want to hear from you. Join us in this rewarding and dynamic environment—this role will be open until filled! To apply go online to: <https://jobs.parkcounty.org/jobs>.

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Bozeman Symphony Storytime Features the Violin

The Bozeman Symphony invites children and families to experience the magic of music and storytelling at Symphony Storytime with a Violin on Wednesday, Feb. 19th, at 10:15 am. Held during the Bozeman Public Library's regular Toddler and Preschool Storytime, this interactive program is designed to captivate children ages 3 to 5 with the perfect blend of storytelling and live music.

This free event will feature special guest Kishi Bashi, an internationally acclaimed singer, and multi-instrumentalist, accompanied by the Bozeman Symphony's Music Director Norman Huynh as the special reader. Together, they'll bring two stories to life through words and music: *Two Trees See* written by Penny Snow and illustrated by Monica O'Neill, and *The New Neighbors* by Sarah McIntyre. Following the reading, Kishi Bashi will perform a short, engaging piece showcasing the violin, offering children an up-close introduction to the instrument's unique sounds.

Later that day, Belgrade HRDC Head Start students will also enjoy this enriching program as part of the Symphony's commitment to expanding access to arts education across



the community.

Mark your calendars for future Symphony Storytime sessions at the Bozeman Public Library at 10:15 am on Wednesdays, March 19th, April 23rd, May 14th, and June 4th.

For more information about Symphony Storytime or the Bozeman Symphony's education and outreach programs, visit www.bozemensymphony.org or call 406-585-9774.

The Shane Lalani Center for the Arts Presents My Fair Lady

The Shane Lalani Center for the Arts in Livingston is proud to present a community theatre production of Lerner & Loewe's *My Fair Lady* from February 28th – March 23rd.

Based on George Bernard Shaw's play *Pygmalion*, *My Fair Lady* is a true classic by which all other musicals are measured. The tale of a low-class flower girl transformed into an elegant society lady features one of musical theatre's greatest scores, including: "Wouldn't It Be Lovely?," "The Rain in Spain," "I Could Have Danced All Night," "On the Street Where You Live," and many more.

Eliza Doolittle is a young flower seller with a thick Cockney accent which keeps her in the lowest rungs of Edwardian society. When professor (and committed crank) Henry Higgins tries to teach her how to speak like

a proper lady, an unlikely friendship begins to blossom.

My Fair Lady weekend performances are from February 28th – March 23rd in the Dulcie Theatre. The Shane Center's evening showtimes have changed. Showtimes are now Fridays and Saturdays at 7:30 pm and Sundays at 3 pm. There will also be a special "Pay What You Will" performance on Thursday, March 20th at 7:30 pm. Tickets are \$25 for adults, \$19 for seniors/students/veterans, and \$13 for youth 17 & under. Make reservations at TheShaneCenter.org or 406-222-1420.

My Fair Lady is generously sponsored by Paradise Flowers, Dan Rust & Sarah Skofield STATE FARM, The Kitchen Shop, and Yellowstone Valley Lodge & Grill.

"Words & Music, Volume II" at the Blue Slipper

Livingston's Blue Slipper Theatre hosts an evening of live poetry and songs, "Words & Music, Vol. II," featuring singer/songwriter Sean Devine, poets Henrietta Goodman and Marc Beaudin and jazz percussionist Adam Greenberg. The event takes place on Saturday, Feb. 22nd at 7 pm, and features original songs, poems and improv pieces as solo, duet and group performances.

Montana native Sean Devine has traveled extensively around the U.S. and abroad in a music career spanning three decades, releasing four full albums of original music, an EP and several singles, as well as contributing music to two independent films. His fourth album, *Here For It All*, was recorded at Sonic Ranch in southwest Texas with Cody Jinks' producer and stage band, The Tone Deaf Hippies. The album spent 23 weeks in the Top 50 at Alt Country radio, peaking at #12 in the summer of 2021. His newest album, *Die Happy*, was recorded with local musicians on the Caribbean island of Anguilla, with mixing by Grammy-winning engineer Doc Wiley.

Henrietta Goodman is the author of four books of poetry: *Antillia*, *All That Held Us*, *Hungry Moon*, and *Take What You Want*. Her poems and essays have been published in *The New England Review*, *New Ohio Review*, *Terrain*, *Bennington Review*, *River Teeth*, *Cleaver*, and more. She has received fellowships and residencies from the Montana Arts Council, the Atlantic Center for the Arts, the Boyden Wilderness Writing Residency, the Kimmel Harding Nelson Center for the Arts, Fishtrap, and other organizations. She teaches in the English department of Rocky Mountain College in Billings.

Marc Beaudin is a poet, theatre artist and bookseller based in Livingston. He is the author of *These Creatures of a Day*, *Life List: Poems*, and *Vagabond Song: Neo-Haibun from the Peregrine*



Journals. His spoken word album, *From Coltrane to Coal Train: An Eco-Jazz Suite*, features music by members of the band Morphine, and he has performed and recorded with numerous jazz, rock and blues musicians including Bill Payne of Little Feat and the highly acclaimed, experimental jazz collective, The Northwoods Improvisers. His poetry has appeared in *Orion*, *Cutthroat*, *Whitefish Review*, *Deep Wild Journal*, and numerous other journals.

Adam Greenberg is a drummer, percussionist, and instructor who studied at the Cleveland Music School Settlement and Berklee College of Music and played jazz professionally in the Cincinnati area for ten years in several groups, including Rich Uncle Skeleton and the 20th Century Big Band. Since moving to Bozeman in 2002, he has had the privilege to collaborate with some of the best talent around including Jeni Fleming, Pinky and the Floyd, Six Strings Down, the String Jumpers, the Montana Mandolin Society, the Craig Hall Trio, the Mike Myers Trio, the Glen Johnston Big Band, Andrew Gromiller and the Organically Grown, as well as his own group, the Bridger Mountain Big Band.

Doors for this special event open at 7 pm. Tickets are \$20 in advance, available at blueslipper.org (<https://www.blueslipper.org/upcoming>), or \$25 at the door. For more information, email Beaudin at info@crowvoice.com, or call the theatre at 222-7720.



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JOKES ABOUT WINTER

Q What bites but doesn't have teeth?

A Frost.

Q What happens when you catch a cold?

A You get cabin fever.

Q What does Frosty's mom put on her face at night?

A Cold cream.

Q What kind of fish do penguins catch at night?

A Starfish.

Q What is a snow leopard's favorite type of candy?

A Snowcaps.

Q Who is Frosty's favorite aunt?

A Aunt Arctica.

Q Where does a snowman get the weather report?

A The winternet.

Q Why did the husband pour warm water on his computer?

A He had asked his wife what to do if windows froze.

Q Why did the bear keep getting fired?

A He always disappeared in the winter.

Q What do you call a ghost in the winter?

A Casp-brrr.

Q What did the icy road say to the car?

A Wanna to go for a spin?

Q What does a barbershop serve in winter?

A Cold cuts!

Q Why was the king penguin's wife so misunderstood?

A She was a total ice queen.



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