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# Community Journal

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Week of February 9, 2025

## A Winter Wonderland of Fun, Art, and Local Treasures

The heart of winter is the perfect time to gather the community for a fun, festive celebration, and the Winter Festival at The Sleeping Giant Boardwalk, scheduled for Saturday, February 15th from 11 am to 3 pm, promises to be an event for all ages. With a mix of treasure hunts, free activities, local food, and unique shopping, the festival will highlight the vibrant local culture and creativity of our beloved Montana businesses.

This year's Winter Festival brings a Boardwalk Treasure Hunt to encourage visitors to explore the charming shops that line the boardwalk. Each participating store will offer a clue that leads adventurers to a hidden treasure, offering rewards like coupons, stickers, or sweet treats. It's the perfect opportunity to wander, discover, and learn about the community's hidden gems.

Here's a look at what to expect at each participating business:

**Back Porch Quilts** Stop by for a "Design Your Quilt Patch" activity, where individuals can decorate small fabric

squares that will later become part of a community quilt. For sale, enjoy fun with keychain kits for under \$10.

**Windy Way Rock Shop** Rock enthusiasts can guess the number of gemstones in a jar during the *Gem Guessing Game* and take home a handmade origami crane.

**Hatch Finders Fly Shop** Discover the art of fly fishing with the *Catch & Release Casting Challenge*, where kids of all ages can try their hand at casting toy fish in a mini pool.

**The Buckhorn** For lovers of the Wild West, "Wild West Wanted Posters"



provide a creative space for kids to design their own cowboy and cowgirl posters.

**LuLu's Montana Market**

Enjoy a "Sip & Smile Hot Cocoa Stop" featuring free hot cocoa to keep you warm as you explore. Have fun at the "Berry Sweet Dipping Delight" chocolate station, courtesy of Lodge's Larder, offering strawberry chocolate dipping. Outside, the *Winter Festival Photo Booth* with a snowman and winter props will make for unforgettable memories. Don't miss the "Up In Smoke Demo"

with free tri-tip sliders and 30-minute mini paint classes led by Carly from Speakeasy Tattoo.

**Speakeasy Tattoo Shop** For those feeling bold, Speakeasy Tattoo offers temporary tattoos in Valentine and Winter themes.

Alongside these exciting activities, visitors can expect to find exclusive sales and offers, from mystery grab bags at Windy Way Rock Shop to mini paint classes at LuLu's Montana Market. Whether you're hunting for treasures, creating art, or enjoying delicious local food, there's something for everyone.

This year's Winter Festival will also feature a snowman-building contest, a colored snowball cornhole game, and a winter-themed photo booth to make your visit memorable.

It's a winter celebration you won't want to miss! So, bundle up, bring the whole family, and come enjoy the festivities at The Sleeping Giant Boardwalk this February 15th.

## Two Scholarship Offerings Available This Year

The Professional Employer Organization (P.E.O.) is offering a scholarship of up to \$2500 to a high school senior girl from Park County, Montana.

Applicants must have a GPA of 3.0 or greater and plan to attend a 4 year post-secondary educational institution in the fall of 2025. This scholarship will be awarded to a motivated young woman who has shown a commitment to community, leadership potential, initiative and a keen intellect. The link to apply is: <https://forms.gle/XFfStbPmQrrZq56Y8>

**A scholarship of up to \$1500** will be awarded to a young woman who has graduated from a Park County, Montana High School or were homeschooled in Park County, Montana. Applicants must have a high school GPA of 2.0 or greater and be 21 years old or younger. The scholarship is designated for young



women who plan to begin or continue studies towards a technical college workforce program degree or certificate or a 2-year Associate Degree in the fall of 2025. This scholarship

will be awarded to a motivated young woman based on demonstration of exploration and commitment to the chosen field, work ethic, initiative and the likelihood of successful completion of the course of study. The link to apply is: <https://forms.gle/MUV2s3QNbsjBVRqw8>

Additional information and a printed copy of the application is available at the school guidance office.

**Applications must be received by April 1st.**

P.E.O. is a philanthropic organization where women motivate, educate and celebrate women.

## The Dean Team



Daryn Hendrickson, Autumn Miller and Dean Hendrickson (Local State Farm Agent of 53 years 2-2-2025) Celebrate Super Bowl Weekend at Dean's local agency. The Dean Team is thinking the Eagles will soar over the Chiefs! Have a fun weekend and stay safe whomever you're rooting for!

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# Cactus Blossom Collective to Host Media Social Event

Cactus Blossom Collective announces that they'll host the next Media Social on Sunday, February 16th, from 6:30 to 9 pm at their Gather Studio space at 111 West Calender Street in Livingston, Montana. This marks the fourth time this event has been held, and for the first time, it is open to the public. The previous gatherings have been an incredible

success, fostering a supportive and creative environment for artists and community members alike.

Media Social is a fresh take on digital connection, shifting social media into an in-person experience. While online platforms offer opportunities for sharing art and fostering community, they also present challenges like algorithms, ads, and isola-

tion. This event aims to flip the script, bringing people together in real life to celebrate artistic expression without digital distractions.

"Our events keep growing, showing the impact of gathering in person to share ideas and create," said Hilary Honadel, event coordinator at Cactus Blossom Collective. "We're excited to gather as a community."

Nik Tenney, creator of Media Social, adds, "The magic that starts to appear at these gatherings is visceral. It lights me up to hear direct requests from people to keep hosting them. So here we are—another one for the people! My sense has

been that most of us love, and hate, social media for a lot of the same reasons," Tenney continues. "Sharing art, community, support, expression—nice! Algorithms, ads, isolation, data harvesting—not so much."

Attendees will have the opportunity to share their work, connect with fellow creatives, and experience a night dedicated to artistic exchange and collaboration.

There will be limited free tickets available, RSVP required through our website, [cactusblossomcollective.com](http://cactusblossomcollective.com). For more information, please contact: [hilary@cactusblossomcollective.com](mailto:hilary@cactusblossomcollective.com)

## Upcoming SHIELDS VALLEY EVENTS

- **February 12th** 5 pm Waffle Supper at Shields River Lutheran Church—put on by SRLC Men to help a community member in need
- **February 12th** 7 pm School Board Meeting
- **February 13th** JH Basketball at Sleeping Giant Tournament
- **February 14th** JH Basketball at Sleeping Giant Tournament 2:30 pm HS against Park City (Senior Night)
- **February 15th** JH Basketball Sleeping Giant Tournament 1 pm HS Basketball at Joliet
- **February 20th thru the 22nd** winter vacation—no school and District 12C Basketball tournament at Manhattan Christian
- **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 [deedee@beyondthefit.com](mailto:deedee@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](mailto:Shieldsvalleynews@gmail.com)



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# February a Joyous Month...

While February is known to be full of paper hearts and chocolate, it has a few things going for it, despite being the shortest month on the calendar. February isn't just about love; it's more well rounded than you think.



First off, let's cover a little history of the second month in the year. February joined the calendar with January around 700 B.C. During the ancient Roman festival Lupercalia, celebrants used thongs made from goatskin in purification rituals, which took place during the month, earning it the name *februarius*.

February wasn't always second. When Numa Pompilius first added February to the calendar in 700 BC, he placed it at the end of the calendar. That's right; February was the last month on the calendar. The adjustment aligned the calendar with the lunar cycle. However, Roman superstition avoided even numbers so the calendar resulted in every month having 29 days except one – February. Numa Pomplius placed this unlucky, short

month at the end of the year. And there, February remained for nearly 200 years when January and February moved to the beginning of the year.

Julius Caesar attempted to align the calendar with the solar season creating the Julian calendar. Under the current Gregorian calendar, the leap year functions differently. Leap years are divisible by four, with one exception. Centennial years must be divisible by 400.



February is the third month of winter in the Northern Hemisphere and the snowiest month of the year. It should be no surprise that the full moon in February is named the Snow Moon. Keep in mind,

though, that since February is a short month, it sometimes doesn't even have a full moon.

Interestingly, one of the earliest flowers to bloom in February is the primrose, which even blooms through the snow. It is also February's birth flower.

If you are born in February, you are either an Aquarius or a Pisces astrologically. Both are water signs, Aquarius represented by the water bearer and Pisces represented by a pair of fish. Your birthstone is the pretty purple quartz called amethyst.

### Five fast facts about February...

1. Those born in February share their birthdays with: Norman Rockwell, James Michener, Chris Rock, Tomas Edison, Nina Simone, Rosa Parks, Alice Cooper, Garth Brooks and two beloved U.S. Presidents: George Washington and Abraham Lincoln.
2. There is a 1 in 1,461 chance of a leap day birthday.
3. The Anglo-Saxons called February Sol-monath, meaning "cake month." Though they offered cake to the gods in February, we suggest having cake with some friends. And of course, there is a cake holiday—National Carrot Cake day on the 3rd.
4. February is derived from the Latin *febru* which means purity or to cleanse.
5. Because February usually has 28 days, once every six years, it's the only month to have four full 7-day weeks. In the years that aren't leap years (otherwise known as common years), February and March start on the same day of the week.

**There are many fun and delicious days to celebrate in February...**

**National Pizza Day on February 9th** celebrates one of America's all-time favorite foods. Whether it is thin crust, Chicago-style, deep dish, or anything in between, pizza is an American favorite.

**National Random Acts of Kindness Day on February 17th**, National Random Acts of Kindness Day grows in popularity. It is celebrated by individuals, groups, and organizations nationwide to encourage acts of kindness.

**National Cherry Pie Day on February 20th.** Some pie lovers will be eating their favorite pie during National Cherry Pie Day. Whether they eat it for breakfast, lunch or supper or a slice at every meal depends



on just how much they love cherry pie! It seems only right that we celebrate the cherry pie so close to Presidents Day as we all know the story (albeit untrue) of a young George Washington and the cherry tree. Cherries were, however, one of his favorite foods.

Everyone loves to talk about Ground Hog Day, Valentine's Day, and the Super Bowl in February. However, the big news in February is that pitchers and catchers report kicking off spring training for a new baseball season. What's a truer sign of spring?

## Before hitting the trails, let's talk coverage.



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# Livingston School District Receives \$3000 Grant from Elks Lodge

Livingston Elks Lodge is proud to announce a \$3000 grant awarded to Livingston School District in late January. This generous funding is earmarked for school lunches for students in need.



School districts across the state and nation lost funding for school lunches when emergency programs that were implemented during the COVID pandemic were terminated. At a monthly Elks lodge meeting last year, the members were discussing community needs ideas that could be applied to the Elks National Foundation for their Gratitude Grant. This national grant is aligned for people in need but has a wide range of parameters. An Elk's member posed the idea to cover unpaid or future lunches for middle to low-income children (not currently in the free or reduced-cost lunch program) in our community through the end of this school year. The grant writer connected with the school district and submitted an application for the grant.



tism; to cultivate good fellowship; to perpetuate itself as a fraternal organization, and to provide for its government. The Elks will serve the people and communities through benevolent programs, demonstrating that "Elks Care and Elks Share."

The National Elks have been serving our communities and neighbors since 1868. Do you want to help? Consider joining the lodge. The Elks Lodge is located at 120 South 2nd Street in Livingston. They can be reached at 406-222-2511, and you can find them easily on Facebook.

At the beginning of each school year all student families are encouraged to complete the lunch program paperwork. Many families meet the guidelines for free or reduced lunches, which are funded in full by the State. Oftentimes families that are in-between the income guidelines for those programs may still have food scarcity and difficulty paying. There are numerous situations that can reduce a family's ability to pay, which is the segment of students they wanted to reach.

School Business Director Pete Grady explained that students go through the lunch lines and give a code to the lunch staff and a tab is run for each student. The importance of nutrition for the students is paramount for learning and no student would be turned away due to an unpaid balance in their lunch account.

Pete provided reports for the application process on this grant. He says, "Many thanks to the grant writer, Elks Lodge Trustee Heather Green who successfully applied for and secured the grant. The District is very grateful and appreciative for this gift."

The Benevolent and Protective Order of Elks (BPOE) of the USA is a fraternal order with hundreds of thousands of members nationwide. Each year, local Elks invest in their communities through programs that help children grow up healthy and drug-free, and meet the needs of today's veterans and improve their quality of life.

The Mission of the Elks Lodge is to inculcate the principles of Charity, Justice, Brotherly Love and Fidelity; to recognize a belief in God; to promote the welfare and enhance the happiness of its members; to quicken the spirit of American patrio-

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# Sunset Alpenglow Skyscape Season

by Joyce Johnson



the last or first appearance or splash of light, like a cresting wave halts for a second at peak before breaking. Colleen's sky lit up the entire landscape with a glowing peach/gold that turned the snowy landscape below magically pink for a few minutes, and best not to blink as the curtain falls and it all fades to darkness fast.



accident! Stop and look at our sun shows please: our daily beginnings and endings. Applaud, and let gratitude in. I know many of you step outside in awe and "feel" the colors and get stinging eyes sometimes like me. Kids do too, and say, "Wow, looka that!," or just stare with mouth open. Or someone yells, "Close the dang door, I'm freezing." I chuckle. These days, that too, is real medicine.

So I share Ma Nature in this week's peek at one of her gorgeous, free, sky performances and hope you pause a second and "get it"—that Nature is a living, growing cosmic painting. A perfect (showoffy) glimpse of the reflection and art of Creation. We live in the Artist's Masterpiece—not an

Montana SASS for short. You may quote me. No day is all that bad, snow or no snow, here in the Rockies during a real winter... when you have a sunrise like this one to watch on the way to work, or like Colleen Singer of Treatment Court did: seen from north of Livingston, she pulled over to capture it excellently with her phone. Worthy of a column by itself I think, and so be it. Many of us saw that sky or some like it lately, from different points of view, masterpieces of art that only last a few moments. Colleen's capture—it was painted with gold, orange, indigo and snow light blues, and creamy sky white;

dark and light-balanced; harmoniously "placed" shapes and forms. All elements presented in balance. All that you ask? Yes. I learned in art appreciation class to look for those qualities... after first just feeling the soul of a painting. But this picture was a classical painting in the sky. A perfect composition and well framed in the viewer. Colleen Singer gets the SASS prize this week. I dare y'all to do that double-take, pull over, or step outside, and do some sky catching.

Other art appreciator-readers will nod at the image I think. Those who have also fallen in love with Montana sunrise/sunsets, when colors glow briefly with

# Happening Around Town—Two Questions...

By Grant Gager, City Manager

## Is the City conducting another study for a new railroad crossing?

The short answer is—not yet. The City is pursuing federal funding which would help the community evaluate opportunities to improve bike, pedestrian and vehicle crossings over the railway within the City. The current federal grant application follows last fall's state application and two recent federal attempts to help the City obtain federal support. These applications are part of the City's commitment to improving our rail crossings.

The current effort differs from past reviews in a critical way: it intends to examine opportunities along the entire length of the city rail corridor. Whereas the 2019 Northside Transportation Plan Update reviewed crossing opportunities

by exit 330 and the 2007 effort examined a crossing by the intersection of Front Street and Star Road. The City intends to review all viable locations in the corridor analysis. By doing so, the community will have the opportunity to evaluate the attributes and opportunities of several locations with the goal of selecting locally preferred projects for crossing improvements. Once the locally preferred improvements are identified, the City team will work to present construction funding options to the community.

Given the most recent voter rejection of funding crossing improvements, the City recognizes that it must present a compelling project that is shaped by community input in order to move forward. Obtaining federal funds for an alternatives analysis would help jumpstart that process in a meaningful and

taxpayer-friendly way!

## Why doesn't the city fix the 5th street crossing?

The 5th Street crossing is owned and maintained by the Montana Department of Transportation (MDT) as part of its urban route network through the City. The City did work with the railroad for certain improvements to the crossing in 2023. However, that work revealed greater impacts from stormwater than anticipated.

As a result, the City is working with

MDT and the railroad through the preliminary engineering stages of a rebuild of the crossing in the coming years. At this point, it appears as though the crossing will be widened to incorporate two southbound lanes starting at Front Street. Bike and pedestrian improvements are also a top priority to ensure a safe crossing for all!

Have questions you'd like the City to answer? Send them to [www.Livingston-Montana.org/contact](http://www.Livingston-Montana.org/contact).

# Zoning Code Survey

The City's efforts to implement the Growth Policy continue! As you may recall, the City embarked upon an update to the zoning provisions of the Livingston Municipal Code this fall. After initial feedback during an in-person visit from the team at SCJ Alliance, the public input process continues with a new survey opportunity!

This interactive survey asks users to

provide their opinion on building heights, allowed uses, scenic corridors and other zoning-related topics using an interactive mapping feature. I hope you are able to take a moment to offer your feedback as we work to bring the zoning code in-line with the Growth Policy.

Please go to <https://scj.mysocialpinpoint.com/livingston-update> and take the survey!




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# Apple Cider Vinegar—Take It or Leave It?

by Jill-Ann Ouellette

Apple cider vinegar (ACV), a staple in most kitchens, is used for everything from salad dressings, cooking, and pickling; to cleaning toilets, floors, windows, and unclogging drains; to personal care, like washing your hair, preventing foot odor, and stopping dandruff. As far back as 3300 B.C.,



Apple Cider Vinegar from fermented apples

apple cider vinegar was considered to have healing powers, such as to disinfect wounds and to treat infections and insect bites.

Thanks to social-media influencers, this sour-tasting liquid is now claimed to have the ability to promote weight loss and control diabetes, potentially improving cardiovascular health. TikTok abounds with apple cider vinegar drink recipes and products, while YouTube videos encourage people to mix it with warm water and sip it before bedtime. During the COVID-19 pandemic, it gained attention as a potential immunity booster.

Apple cider vinegar is an acetic acid that comes from fermenting apples. It's mostly water—nearly 94%—and also contains a tiny bit of iron, calcium, magnesium, zinc, sodium, sugar, and some potassium. ACV can be found in virtually all grocery stores and it's also sold in powder, tablet, capsule, and gummy form, found in health-food stores and, of course, online.

But is there any evidence to back claims of its health-boosting benefits? Although scientific evidence is mixed, here are some potential benefits supported by research reported by the M.D. Anderson Cancer Center in Houston:

**Blood Sugar Control:** ACV may help regulate blood sugar levels by slowing down the digestion of carbohydrates and improving insulin sensitivity. This may be beneficial for people with pre-diabetes or type 2 diabetes. A small study published in *Frontiers in Clinical Diabetes and Healthcare* in 2023, showed A1C dropped from 9.21% to 7.79% in people who consumed 30 milliliters (about 2 tablespoon) of apple cider vinegar daily for eight weeks and were encouraged to follow a healthy diet. "This is the best supported claim," says Lindsey Wohlford, a registered dietitian at the University of Texas, MD

Anderson Cancer Center.

**Heart Health:** Studies suggest that it may lower cholesterol levels and reduce the risk of heart disease. It may do so by improving blood-vessel function and reducing inflammation. The 2023 study also found people with type 2 diabetes lowered both "bad" LDL cholesterol and total cholesterol more than people who just received encouragement to follow a healthy diet.

**Weight Loss:** ACV may promote feelings of fullness and reduce calorie intake. However, more research is needed to confirm this effect. "I feel like so often, people are looking for a shortcut," says Wohlford. "When it comes to successful weight management,



Golden glow of Apple Cider Vinegar

what we really want are sustainable behaviors, things that contribute to the overall reduction of chronic-disease risk. ACV is not going to take the place of a healthy diet and lifestyle with regular exercise."

**Gut Health:** ACV contains probiotics, which are beneficial bacteria that support gut health. ACV may also help kill harmful bacteria in the gut. It contains natural probiotics because it is fermented. Probiotic-rich foods boost the number of healthy bacteria found in our gastrointestinal tract and have been linked to better immunity, brain health, and more. ACV is most definitely helpful in your diet if you want to keep your microbiome healthy and your good bacteria thriving.

**Skin Health:** ACV is a natural antiseptic and may help improve skin conditions such as acne and eczema. It is generally recommended for people with oily or acne-prone skin. ACV can be used as a toner, cleanser, or spot treatment directly on your skin. It can help improve circulation in the skin and can help treat age spots and other hyperpigmentation.

**Other Potential Benefits:** These include improved digestion, reduced bloating (by stimulating the release of enzymes that break down food), and strengthened hair and nails (stronger hair strands help prevent breakage). Apple cider vinegar has antibacterial and antifungal properties that may help reduce infections.

**Important Note:** It's crucial to consume ACV in moderation. Consult with a healthcare professional before consuming ACV, especially if you have an underlying health conditions or are taking medications, like diuretics, laxatives, or prescription meds for diabetes and heart disease. Be smart—include your doctor in your decision making.

**How to Consume ACV Most Effectively?** "If you want to drink it, you really need to dilute it with water or put some in your tea to minimize issues with the esophagus or tooth enamel," says Wohlford. We all know it does not taste great on its own.

The best and most pleasant way to consume it is as part of a meal. You can use it in homemade salad dressings, sauces, or marinades. When I don't serve a fresh salad for dinner, I normally cut up cucumbers or

tomatoes and cover them in vinegar. When our twins were little, they used "rock, paper, scissors" for the ability to drink the leftover vinegar in the dish after dinner. Use it to pickle vegetables. (Each year when the garden harvest is vast—we make lots of refrigerator pickles.) Enjoy the vegetables with their great fiber and nutrients as well as the apple cider vinegar.

**Morning or Night: What's the Best Time to Have ACV?** The *Times of India* reports that some proponents of morning consumption suggest that the acids in ACV can bind to toxins and help the body eliminate them throughout the day, making digestion more effective.

Some prefer having the drink before meals. Others still prefer taking it 2 to 3 hours before bed. (This can reduce the possibility of creating an upset stomach while lying down.) Truthfully, I couldn't find scientific evidence to support an optimal time of the day for having apple cider vinegar.

**Can ACV Be Harmful?** Apple cider vinegar is very acidic and can cause erosion to tooth enamel and damage the esophagus—if you drink it straight. So... you might want to skip taking it as a shot. Some people may experience an upset stomach or acid reflux directly after consumption.

**Take It or Leave It?** ACV is versatile for non-health related uses like cleaning, personal care, and in cooking. It tastes great straight on veggies and in salad dressings and marinades. It does kill bacteria and has many other health-related benefits.

My choice...take it! To start my day, I prefer to drink it in the morning with 8 oz. of hot water, a tablespoon of fresh-squeezed lemon, a teaspoon of honey, and a dash of cinnamon. It seems to clear my head. And throughout the day, I enjoy ACV as much as possible with veggies. It's more than just tangy!



Kohlrabi and Cucumber salad with ACV

Recipe by  
Carla Williams

## RECIPE CORNER

### Chocolate-Filled Cookies

- Ingredients**
- 1 cup unsalted butter, softened
  - 1 ¼ cups granulated sugar
  - ½ cup light brown sugar
  - 1 large egg
  - 1 large egg yolk
  - 1 teaspoon vanilla extract
  - 3 1/3 cups cake flour
  - ½ cup dark cocoa powder.
  - 2 tablespoons cornstarch
  - 1 teaspoon baking powder
  - ¼ teaspoon baking soda
  - ¾ teaspoon salt
  - Powdered sugar for topping
  - 6 oz semisweet chocolate
  - 2/3 cup heavy cream



Cookie Photo Credit: thecookedoughdiaries.com

- Instructions**
- Step 1**  
First, chop the chocolate finely and place it in a heat-proof bowl. In a small saucepan, heat the heavy cream on medium-low until it steams. Remove from heat and pour over the chocolate, cover, and let sit for 5 minutes. Whisk it until smooth and let it cool in the refrigerator.
- Step 2**  
In a large bowl, cream the softened butter with the granulated and brown sugars until light and fluffy. Add in the egg, egg yolk, and vanilla, mixing well. In another bowl, whisk the dry ingredients together and gradually incorporate them into the wet mixture. Chill the dough for 30 minutes.
- Step 3**  
Once the ganache is solidified, form it into small balls and place them in the freezer.
- Step 4**  
Preheat your oven to 375°F (190°C) and line your baking sheets. Roll the cookie dough into balls, create a small crater in the center, fill it with a ganache ball, and then cover it with dough.
- Step 5**  
Place the filled cookies on the baking sheet and bake for approximately 13 minutes. Optional: Flatten the tops of the cookies with a cup after they are baked. Allow them to cool and dust them with powdered sugar before enjoying.

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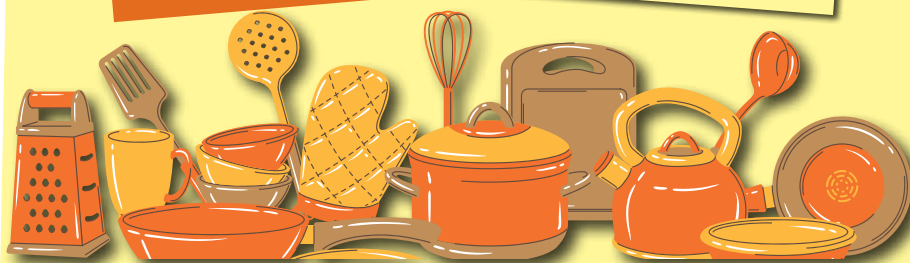
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# CPR: The Culmination of Discovery - PART 3

by Nurse Jill

We have already had a look at the first two components of CPR: rescue breathing and compressions. But there is a final component that is the unsung hero of cardiac arrest. The defibrillator.

Every muscle cell in the heart must work together in an organized rhythm that allows for an effective contraction. The blood (and oxygen it carries) will only move forward in the circulatory system if all the muscle works together. These cells are stimulated to contract with an internal electrical stimulus. This smooth top-to-bottom electrical signal is what you see as an ECG in the hospital, and it is what controls the coordinated and all-together-now contraction of the heart muscle cells.

When the heart suffers trauma (such as loss of blood, blockage of its arteries, or a blunt force) that electrical rhythm is interrupted, and the electricity becomes random and frantic. This is called fibrillation. The result is that each individual muscle cell in the heart begins to contract independently from all the other cells because there is no longer a singular strong electrical impulse stimulating the cells in turn. The heart is literally at a standstill in the chest just quivering.

No teamwork among the heart cells means no contraction. No contraction means no blood being moved forward. And no blood moving forward means no pulse. Effective CPR will get blood moving to important areas for a time, but it will not solve the problem of fibrillation. The only way to solve fibrillation

is to restart the central electrical impulse to restore the organized contraction of the heart once again. The heart must be de-fibrillated. And to do that we must use a defibrillator.

It is a common misconception that when a person is "shocked" it restarts the heart. This is perpetuated by the ever present (false) medical scene in movies where a victim has a flatline ECG on the monitor and the actors shock the victim back to life.

Defibrillators deliver a dose of electricity to actually stop the heart, not restart it. On the monitor this looks like a chaotic up and down line not a flat line. If the erratic electrical spasms are stopped it allows all the muscle cells to pause for a very brief moment. When they are paused the true, organized, central electrical impulse can restart and the cells will be calm enough to pick up on it and, hopefully, begin again their regular beat to sustain life.

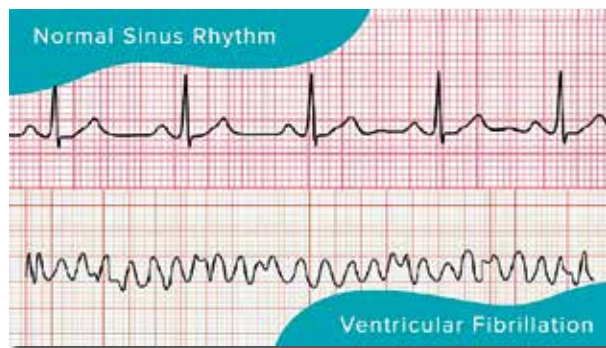
This idea was first considered by scientists trying to figure out why the newly available electricity was killing people in the 1870s. In 1899, scientists Prevost, Battelli, and Cunningham discovered that an electrical shock not only "stopped" an animal's heart but would also "restart" it if the shock was given again. The "stopping" and "starting" was in reference to fibrillation (stopped) and a regular healthy rhythm (restarted). This was the very beginning of the common lifesaving practice of defibrillation.

The actual first human defibrillation was in 1947 on a 14-year-old boy. The attempt was successful, and the boy fully recovered. This

event gained worldwide recognition and renewed the research efforts to fine-tune this new technology.

The biggest problem was portability. The units that provided the electric shock were large and bulky making it difficult to store, move, and utilize in everyday hospital scenarios. They were a far cry from the compact and easily moveable modern models. Early models weighed 250 pounds which researchers were able to shrink to 45 pounds by 1961.

In 1978, doctors pioneered a more portable device that was safe for bystanders to use with a minimal amount of training called



the Heart Aid. However it utilized an electrode going into the mouth which caused many concerns for side effects of vomiting and esophageal spasm.

Fast forward to today and we have a truly portable AED that usually weighs less than 5 pounds and has easy patches that stick to the chest of the victim. An AED is a simple straight forward device that has voice instructions

to guide any user through the process of defibrillating a patient.

Rescue breathing, compressions, and AED (defibrillation) are all parts of reviving someone suffering from cardiac arrest. Despite our ancestors' beliefs, the breathing is the least important in most situations. Most community CPR classes now teach just compressions and AED operation. No mouth-to-mouth necessary in many cases.

According to the American Red Cross over 350,000 people experience a situation that needs CPR each year. Of those, 70% happen in the home. They estimate that for every minute CPR (and defibrillation) is delayed it decreases the chance of survival by 10%.

Hopefully you never encounter a situation that requires CPR or an AED but just like wearing your seatbelt is an assurance against the "what-if" so is CPR. What if your loved one is a part of the 70%? What if your coworker collapses? With a few easy-to-learn skills you can be prepared. So get certified. You might be the next hero.

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# Community Closet and Curated Closet Donated Over One Million Dollars to Local Non-Profits

By Tony Crowder



Livingston's sister non-profit Community and Curated Closet thrift stores recently achieved a one-million-dollar milestone in contributions to local non-profit activities and organizations throughout Park County after nearly 20 years in operation.

Executive Director Caron Cooper, who relocated to Montana from California in the mid 1990s, opened Community Closet in 2005 after developing the business model while employed at the American Red Cross in Park County. Cooper was raised in Altadena, a mid-sized southern California town, and studied mechanical engineering at Cal-Poly. Upon graduating, she briefly worked for an oil company and completed graduate coursework in business administration before abandoning mechanical engineering and her MBA program to pursue a master's degree from Georgetown University in Russian Studies.

Once employed by the United States Agency for International Development (USAID), Cooper worked in Washington D.C. consulting on projects purposed with privatizing the electronic energy grid in the Soviet Union as it dissolved and became

modern-day Russia during the early 1990s, continuing this work following her PhD candidacy at UC Berkley (an interdisciplinary program with an emphasis in the USSR and energy), often traveling to Moscow up until 1995, just two years after arriving in Livingston. She eventually ascended the ranks to Chief of Party prior to leaving USAID and joining the American Red Cross for a three-year stint.

While working for the Red Cross, Cooper pitched a business plan: opening a thrift store to fundraise for the organization—Clara's Closet. At the time, the foundation's state director was considering new community service projects, and the recent closing of Livingston's Salvation Army presented an opportunity to serve a need within the community while generating crucial funding for disaster relief and other types of aid.

However, despite Clara's Closet having a positive cash flow, the American Red Cross faced extensive scrutiny following 9/11; all chapters, including the Montana Red Cross, began restructuring by terminating employees, including Cooper, who returned to her post in Livingston from Great Falls feeling discouraged and outmatched.

She said, "I will never forget standing by the register at work, putting my elbow up on the counter and saying to my manager Jamie Plummer that we were done for, and we are going

to have to close. That's when she said, 'what the hell do we need the Red Cross for?' And that's what started the Community Closet."

Rather than reapplying to Red Cross, Cooper, a struggling single parent who frequently shopped in thrift stores with substandard conditions—often lacking public restrooms and dressing rooms, creating a "demeaning experience," according to her—set out to improve upon the model she had previously developed. "I felt like it didn't have to be that way," she said, and "I had a sixth-sense that money could be

made [at it]."

Within two weeks, Cooper assembled a board of directors, recruited assistance to investigate the requirements for non-profit classification, completed the application process, secured a location, and acquired building insurance. With enough cash to pay for three months of rent, she took a chance and opened her doors to the public 20 years ago this October.

Community Closet now staffs 26 part- and full-time employees

See Community Closet, Page 16

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### Meals for Feb. 10th - 14th

**Monday, Feb. 10th** - Tacos on shell, refried beans, fixings, fruit cocktail, milk

**Tuesday, Feb. 11th** - Turkey noodle soup, crackers, applesauce, milk

**Wednesday, Feb. 12th** - Pork roast, gravy, potatoes, green beans, cake, applesauce, milk

**Thursday, Feb. 13th** - Hamburgers on bun, fixings, fries, bananas, milk

**Friday, Feb. 14th** - Cook's choice

**206 S Main St  
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UPCOMING **Mark Your Calendars**  
**EVENTS**



Calendar of Events runs every week. To place your event on the calendar please email the information to [community@pccjournal.com](mailto: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](http://ParkCountySeniorCenter.org)

**February 9 - VEGAN POTLUCK** - Join them at the Park County Senior Center at 206 S. Main St. at 4:30 pm. You don't have to be vegan, but the food does. Please bring a dish to share that is free from meat, eggs, dairy, honey, and gelatin. You can keep it simple by bringing chips & salsa, fresh fruit, pickles or olives, or a green salad. Sharing delicious food and recipes with fun people who care about their health, the planet and most of all—the animals!

**February 13 - THE MAKING OF WILL THE CIRCLE BE UNBROKEN** - The Shane Center Dulcie Theatre, 415 E. Lewis, invites you to join them for a screening *Will the Circle be Unbroken, Volume Two* at 7 pm. Produced by Joanne Gardner and Rosanne Cash, the film captures the band in the studio recording their groundbreaking project. This is a free event and doors open at 6:30 pm.

**February 14 - VALENTINE'S EVENING OF JAZZ** - Join us at The Hub at the Park County Senior Center, 206 S. Main St., for the 2nd Annual Valentine Gala! Catered dinner from 6-7 pm, music starts at 7 pm. Tickets are available online or at the door. Seating is limited to 190 guests, so get your tickets early! For more info, contact Garrick Fulmer-Faust, Executive Director at 406-333-2276.

**February 15 - FOR THE LOVE OF PARK COUNTY** - An evening of music and community for the county we all love! Join us for a silent auction and live music from Mercedes Carrol, Blake Brightman and Rancho Deluxe at the Elks Lodge, 130 S. 2nd St., Livingston. Doors will open at 6 pm, music starting at 6:30 pm. Tickets can be purchased early for \$25 from [Find.PCCF-Montana.org/LivingLife](http://Find.PCCF-Montana.org/LivingLife) or at the door for \$35.

**February 15 - WINTER FESTIVAL** at The Sleepy Giant Boardwalk from 11 am to 3 pm, 5237 US Hwy. 89 South. There will be a mix of treasure hunts, free activities, local food, and unique shopping. Each participating store will offer a clue that leads adventurers to a hidden treasure, offering rewards like coupons, stickers, or sweet treats. It's the perfect opportunity to wander, discover, and learn about the community's hidden gems.

**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](http://cactusblossomcollective.com). For more information please contact [hilary@cactusblossomcollective.com](mailto:hilary@cactusblossomcollective.com).

**February 22 - WINTER MAKERS MARKET** is back for a THIRD year at the Livingston Depot! Showcasing local artists, artisans, and makers, PLUS delicious homemade goodies, hot drinks and indoor seating. Doors open 9 am to 4 pm. Admission \$1 for adults, kids 12 & under free. More information at [www.livingstondepot.org/marketapp.html](http://www.livingstondepot.org/marketapp.html).

**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](http://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](mailto:director@empiretwintheatre.com).



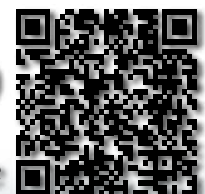
*Music for the Heart of Park County*

An Evening of Music and Community for the county we all love!

**Feb. 15th** Doors open 6 pm Music at 6:30 pm **Silent Auction**  
 Elks Lodge, 130 S. 2nd St., Livingston, MT

**Tickets:** \$25 early purchase \$35 at the door

Go to [Find.PCCF-Montana.org/LivingLife](http://Find.PCCF-Montana.org/LivingLife) or click the QR Code



Join local musicians Marcedes Carroll, Blake Brightman, and Rancho Deluxe for a Valentine's benefit concert and silent auction supporting the Living Life Fund.

The Living Life Fund provides grants to local nonprofits working to empower Park County's kids by fostering mental health and resiliency through outdoor experiences and mentorship opportunities.

100% of the proceeds benefit the Living Life Fund, held at the Park County Community Foundation





# BREAK *time*

# CROSSWORD

Puzzle #384

## Montana Fun Facts!

The name Montana has a Spanish origin. The earliest Spanish settlers named the state "Montaña" and it means mountain in Spanish. **Montana is one of the nine mountainous states located in the western United States.**

The Paleo-Indians lived in the area known as modern-day Montana **more than 10,000 years ago**. They were the first to settle in this area after the final glacial era.

**Bannack is the first territorial capital of Montana.** It is preserved as a ghost town today.

- ACROSS**
- Royal headdress
  - Carve
  - Motorist's aid
  - Nettle's cousin
  - Rub hard
  - Jiffy
  - Limber
  - Mild cigar
  - Extend (a subscription)
  - Dole out
  - Sheep's stomach, to a chef
  - Make like Greg Lemond
  - Soak, as a tea bag
  - Type of jacket
  - Nile menace
  - Sniggler's quarry
  - Turns left
  - Pose
  - Carpenter's curve
  - Stringed instrument
  - "Peter, Peter, pumpkin \_\_\_\_"
  - Penny, e.g.
  - Word for Gatsby
- DOWN**
- Disposition
  - Fountainhead
  - Bombard with current
  - Daisy color
  - Stages
  - Cotton cloth
  - Besides
  - \_\_\_\_ beef
  - Reach
  - Evening frock
  - Nothing
  - Do a yard chore
  - Straight stick
  - Chopping tool
  - Coagulate
  - In flames
  - Bear necessity?
  - Kiddie cart
  - Blow one's cool
  - Aquarium denizen
  - Barry Levinson film
  - Arctic shelter
  - Groom
  - Positive electrode
  - Clan emblem
  - Measure of gold
  - Withhold
  - Shoulder scarf

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77	78					79				80				
81						82				83				
84						85				86				

- Dock
- Yen component
- Goldfish, e.g.
- Fowl balls?
- Continental currency
- Stead
- Call it quits
- Wildcat
- Sport fish
- Bring together
- Pen pal's product
- Breadwinner
- Passion
- Con man
- Melange
- Go along
- Farmer's concern
- Eastern title
- Bagel topper
- Suffer from heat
- Disaster
- Alike
- Prior to, in Dogpatch
- Jack's foe
- Rye fungus
- Region
- Champagne or sherry
- Immediately
- Certain choir member
- December air
- Big book
- Major hwy.
- Period of time
- Family member
- Possessive pronoun

# Word Search

Puzzle #120

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

# KIDZONE

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## Amazing maze

Help the porcupine find its way home.

Sudoku - #355

**SOLUTIONS** Crossword - #320

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

1	P	A	T	H	S		6	P	E	E	R						
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16	W	I	N			17	M	A	L	L	S		19	G	U	N	
20	D	A	D			21	S	K	I	M			22	A	N	T	
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29	30	31	S	S	Y			32	P	A	S	T	33	I	34	T	
35	O	C	T				36	C	U	S	P		37	N	O	38	D
39	I	C	Y			40	L	A	N	K	A		41	F	R	Y	
42	S	U	L	43	T	A	N		44	E	N	45	T	I	R	E	
46	T	R	U	E	T	O			47	T	I	E	R	E	D		
			48	S	E	E	N			49	S	C	A	M	S		

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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>.

**For Need to Know Information During a Disaster or Emergency Sign Up for Nixle**

Text Your Zip Code to 888777 or Sign Up Online at [www.parkcounty.org](http://www.parkcounty.org)







# Landmark REAL ESTATE

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## FEATURED LISTINGS

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**NEW PRICE**  
**112 S Q Street**  
2 beds 1 bath | 1,519 sq ft  
#398011 | \$459,000  
Theresa Coleman | 406-220-1405



**JUST LISTED**  
**49 Paradise Found Drive**  
3 beds 2.5 baths | 1,925 sq ft  
#399261 | \$1,399,000  
Jessie Sarrazin | 406-223-5881



**115 5th Street W**  
Land w/Structure  
#394276 | \$320,000  
Tammy Berendts | 406-220-0159



**320 S C Street**  
1 bed 1 bath | 440 sq ft  
#385422 | \$300,000  
Ernie Meador | 406-220-0231



**NHN High Ground Ave.**  
Land Listing | 0.33 acres  
#395419 | \$200,000  
Julie Kennedy | 406-223-7753



**27 Royal Wulff**  
3 beds 2.5 baths | 2,668 sq ft  
#390722 | \$1,794,000  
Swanson Team | 406-220-4340



**107 S Main Street**  
Commercial Sale | 7,061 sq ft  
#395132 | \$1,950,000  
Ernie Meador | 406-220-0231



**759 Castle Mountain Road**  
3 beds 3 baths | 2,772 sq ft  
#397719 | \$810,000  
Tammy Berendts | 406-220-0159



**30 S Woodard Ave, Absarokee**  
Commercial Sale 2,560 sq ft  
#388822 | \$223,000  
Jessie Sarrazin | 406-223-5881



**7 Aquila Lane**  
Land Listing | 2+ acres  
#394836 | \$249,000  
Deb Kelly | 406-220-0801



**107 Elliot Street N**  
Commercial Sale | 3,104 sq ft  
#398072 | \$600,000  
Tammy Berendts | 406-220-0159



**49 Two Dot Highway**  
2 beds 1 bath | 1,160 sq ft  
#389858 | \$300,000  
Rachel Moore | 406-794-4971



**28 W Grannis**  
3 beds 2 baths | 9+ Acres  
#390575 | \$875,000  
Julie Kennedy | 406-223-7753



**331 S 7th Street**  
3 beds 1.5 baths | 1,340 sq ft  
#394563 | \$559,000  
Ernie Meador | 406-220-0231



**512 Miles**  
Commercial Sale | 4,212 sq ft  
#389433 | \$495,000  
Tammy Berendts | 406-220-0159



**619 N 12th Street**  
Multi-Family | Duplex  
#398691 | \$685,000  
Ernie Meador | 406-220-0231

## Meet the Team...

Kyra's passion for real estate started in 1996 when she worked as a licensed assistant for two brokers in Missoula. While she let her first license expire to chase other goals, her journey has been anything but ordinary. While studying at MSU for her BA in Art and Photography she fought wildland fires for the Forest Service and was a local Livingston bartender. After college, she freelanced as a food and editorial photographer, embraced being a stay-at-home mom, and recently

trained as an American Airlines flight attendant. When her kids were quite young, Kyra dove back into real estate, this time as an investor. Over the years, she's remodeled several homes; designed, subdivided and labored over a new construction infill project, bought and sold bare land, and purchased, remodeled and managed a VRBO in Great Falls, MT. She's had hands-on experience in nearly every type of real estate transaction there is.

### Kyra Ames

Sales Associate

406-223-3959

kyra@eralivingston.com

Kyra loves soaking up Montana's outdoor adventures, with a special passion for sailing and traveling with her family. Her proudest accomplishment? Walking 200+ miles along Spain's northern coast with her husband to celebrate their 20th anniversary. Originally from Helena, she's loved raising their two kids in one of the most walkable small towns in America.

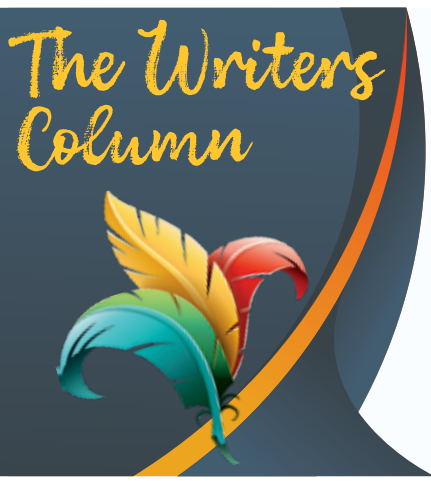


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by James Kozlik

What keeps us from moving forward with our creative attributes? Maybe it's the fear of criticism. That's easy to recognize, since inherently we have it within our own thought forms. When you read a book for instance, do you read with a critical eye or an open heart? The critic in me wants to give a novel a chance, like the first 50 pages. My mind lies in wait to find fault with the author's written word. I know some people who will read the ending first to decide if it's worth reading. Then there are others who think, I can write like that, even better!

I invite you to send a short story, a poem or other written word, especially one that might have some relevance to our local area or Montana in general. It might even be something that involved you. I'd love to post your musings. Send inquiries to jkozlik@gmail.com.

**Windy Morning in Montana**  
by Sheridan Stenberg

**Snowflakes spin round and round,  
chase each other to the ground.  
Blue Spruce shudders and  
chickadees fly,  
released to play in winter sky.**

**We don our gear -  
parkas, scarves, gloves, and hats,  
boots and crampons,  
two layers of pants!**

**Join the symphony,  
brave the wind,  
come in to get warm,  
and then do it again!**

*If you have a story to tell and can lace it with some Montana folklore, send it to jkozlik@gmail.com. Follow us at InspiredBookWriters.com.*

**Community Closet**

from page 11

charged with processing up to 200 donations daily, ranging from clothing to furniture, dishware, books and other miscellaneous items, an unpredictable and sometimes challenging business model, explained Cooper.

Unique and high-value donations are sold at the Curated Closet location at 117 S. Main Street in Livingston. Their space, significantly smaller in size relative to the Community Closet—which recently expanded to include an additional building purposed for storing and processing donations—features fewer pieces for an efficient shopping experience. Cooper explained, "Early on we discovered some people would prefer to look through less merchandise. The thrift store [Community Closet] can be hectic and time-consuming."

"Curated also," according to Cooper, "Helped people trust us with higher end donations, which helped us to grow as a business. People with higher end goods to donate are more comfortable knowing something they purchased for \$100 won't be sold for a dime."

Community Closet also shelves high-end gear like Patagonia (most of which is featured in bulk during the month of February, a strategy devised by Cooper to boost sales during the cool season) LL Bean, and others—quality merchandise sold at an affordable price.

Proceeds from purchases and monetary gifts are used to fund non-profit programs and events with no particular emphasis though initiatives

must be based in Park County and accessible to the general public—per their website, examples include but are not limited to the Park County Environmental Council, Livingston School District and The Shane Lalani Center for the Arts. Funding is awarded via grant applications available on the organization's website listed below.

In her experience, Cooper witnessed fundraising efforts by the American Red Cross within Montana become increasingly corporate and aimed at benefiting people outside of the local community, inspiring her to limit the non-profit's focus by drawing a geographical boundary around Park County.

Cooper, who spent two terms on the city commission, describes the thrift store as a marketplace for redistributing wealth where people who are financially distraught have an opportunity to fund their own services with support from the community. She says, "Where else in town do you buy something and feel like your money makes a difference?"

This difference has now reached new heights. At the January board meeting, Cooper announced that the foundation has now exceeded one million dollars in financial assistance to non-profit initiatives throughout Park County, a massive undertaking spanning twenty years of dedication to local philanthropy by Cooper and her employees.

The Community and Curated Closets are open Monday through Saturday from 10 am to 5:30 pm. The Curated Closet is also open for business on Sundays. For more information regarding volunteering, donations, available funding and more, please visit the organization's website at <https://www.communitycloset.org/>.

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406-333-2604

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**SHOWTIMES**

<p><b>DOG MAN</b> Friday, February 7th - Thursday, February 13th 4:30 pm and 7 pm</p>	<p><b>THE BRUTALIST</b> Fri., Feb. 7th - Thurs., Feb. 6th 6:30 pm WEDNESDAY 2/12 (Rom-Com Wed.)</p>	<p><b>WHEN HARRY MET SALLY...</b> Wednesday Feb. 12th 7pm Only Rom-Com Wednesday</p>
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