



Enduring style meets modern sensibility.

Benjamin Moore
LIVINGSTON • BOZEMAN • BELGRADE



FREE Park County Community Journal

Serving Livingston, Emigrant, Gardiner, Clyde Park, Wilsall & Cooke City

Week of January 12, 2025

Park High is Hosting the Largest Wrestling Tournament in the State, **Your Help is NEEDED!**



Volunteering

Holy cow, Scott! Where have you been?
As I told you in my last couple of columns back in June, I had just been hired by the school district to be the new Activities/Athletic Director for the school district. Having been in that job for 12 years in three different schools prior to that, I knew that the new job was going to suck up most of my writing, speaking, and coaching time.
And it has!



The AD job is one that requires many hours of actual in-the-office work time. However, it is the behind-the-scenes unseen hours things that take the most time.
I don't write this to have you feel sorry for me. I write it to explain why I just have not had the time to write this column for a while. However, as I am over six months into the job, and we are well into the winter seasons now, I have a handle on the time constraints a bit better, so I think it's time to start writing again.
Today, I want to address the concept of volunteering. And quite honestly, it is a self-serving reason why I want to talk about volunteering.

Well, that's actually not 100% true. It's not a "self" serving reason. It's a "school district, helping kids have a great experience" reason.
I imagine many of you may be thinking I am going to be talking about volunteering to coach a



out on January 24th and 25th. We are hosting the largest high school wrestling tournament in the state that weekend. It is called the Class A Duals, and we have never hosted it on our own here in Livingston before.
We will have 25 schools from around the state competing in a boys' duals tournament at Park High School

team right now. And while that is a great idea, and I think you should all consider that, that's not why I want to talk about volunteering at this moment.
I want to ask all of you to consider volunteering to help us

and a girls' individual tournament at Sleeping Giant Middle School over those two days. Approximately 350 wrestlers will compete in this tournament. That also means approximately 350 wrestlers' families will be here watching their kids compete. That

[See Wrestling, Page 9](#)

Empire Twin Theatres & Cactus Blossom Collective Present—Craft Movie Night

Cactus Blossom Collective is thrilled to announce a collaboration with Emily Johnson, Director of Empire Twin Theatres, to bring Craft Movie Night to Livingston. 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.

- Film Lineup:
- Meet Me in St. Louis (1944, Family/

- Musical, 1h 53m) Monday, January 27th | 7 pm
 - Legally Blonde (PG-13, Comedy/Romance, 1h 36m) Monday, February 24th | 7 pm
 - The Miseducation of Cameron Post (NR, 2018, Comedy/Drama, 1h 36m) Monday, March 24th | 7 pm
- Attendees are invited to bring their stitching, knitting, or other portable craft projects to the first two events while enjoying these classic and contemporary

films. The March 24th event will feature a special Tea + Chat hosted by Coffee Crossing, offering an opportunity for thoughtful conversation about the film.
Admission: \$10 per person
Location: Empire Theatre, Livingston, MT
"We're excited to partner with Emily Johnson and the Empire Twin Theatres to offer a community event that brings together both creativity and film," says Hilary Honadel, Event Coordinator for

Cactus Blossom Collective. "Craft Movie Night is a chance to unwind, get creative, and gather with us in a comfortable, social atmosphere."
Craft Movie Night welcomes all, from seasoned crafters to anyone looking for an enjoyable night out.
Presale tickets are available now at cactusblossomcollective.com.
For additional information, please get in touch with Emily Johnson at director@empiretwintheatre.com.

 **THE main print shop**
GRAPHICS • PRINTING • SOLUTIONS
business cards - large format printing
post cards - mailing - invoices
letterhead - envelopes...and so much more!

406-333-2191
themainprintshop.com
orders@themainprintshop.com
108 North Main Street
Livingston, MT

Index



Recipe Corner—Easy Zuppa Toscana Soup
by Carla Williams..... 8

Obituaries 2
Kevin Wayne van Uden

Community 2
Montana Working Lands Internship
Looking Back with Lindie 3
Shields Valley Upcoming Events

Local News 4
Human Trafficking Prevention Month
Financial Focus®
ServeMontana Awards Nominations 5
Passport Assistance
New Bridge Project

OP-ED/Letter to the Editor 6

Arts & Entertainment 7
Wheatgrass Books in January
Bozeman Symphony—Kishi Bashi

Foody 8
Recipe Corner by Carla Williams
Breakfast with a Powerful Punch

Sports 9
Direction the Park County Dugout is Heading

Health & Wellness 10
3 Myths to Deconstruct about Obesity

Church 11
Enjoying the Journey
Local Church Services
Meet Our Leaders

Calendar of Events 12

**Crossword/
Coloring/Sudoku** 13

Classifieds 14

The Writers Column 16
Quantum Hare—Poem by Sheridan Stenberg
Health Department Revisit



Park County Community Journal

Steph & Joel Martens, Publishers
Tony Crowder, Managing Editor
Denise Nevin, Sales Manager
Jill-Ann Ouellette, Staff Writer
Jacob Schwarz, Photographer

Nurse Jill, Columnist
Joyce Johnson, Columnist
Shannon Kirby, Columnist
Lois Olmstead, Columnist
Dalonda Rockafellow, Columnist
Scott Rosberg, Coach's Corner
Mary Rosewood, Food Matters
Jeff Schlapp, Contributing Writer
Carla Williams, Recipe Corner

PO Box 1851, Livingston MT 59047
406-220-0919 • pccjournal.com •
email: community@pccjournal.com
Published weekly on each Sunday of the month.

Disclaimer: While attempts are made to ensure the accuracy of all information, errors will occur. Independently verify all vital information before events.

We gladly accept the following cards:



All rights reserved by the publishers. Reproduction in any form, in whole or in part, without our written permission is prohibited.

The views, thoughts, and opinions expressed in The Park County Community Journal, including articles, Letters to the Editor, OP-ED or user-generated content, are solely those of the individual authors and do not necessarily reflect the official policy or position of The Park County Community Journal.

Any content provided by our contributors, or users is their opinion, and they are responsible for the accuracy, completeness, and validity of their statements. The Park County Community Journal does not guarantee the accuracy or reliability of any opinions expressed in the content. The Park County Community Journal is not liable for any content that may be considered offensive, inappropriate, or inaccurate.



Obituaries

Kevin Wayne van Uden

Kevin Wayne van Uden, 58, left our world suddenly and shockingly on December 28, 2024. Seems he felt it was time to “meander on home.”

Kevin was born in Chico, CA November 15, 1966. He was kicked out of the womb by his twin sister Dodie, and into the arms of his parents, Larry and Connie van Uden. He spent his younger years in California, and Nevada before finally settling in Montana. Fate did change course for his family, and his parents parted ways sending him to Missoula, MT and then to Libby, MT with his mother. At the prime age of 13, Kevin made the decision to move to Emigrant, MT to let his father try to tame the wild child that he was. He had many fond memories of those days of youth. There were many stories about his adventures with his sister, brothers, and dear friends. He particularly cherished the time he was able to spend at Silvertip Guest Ranch, working as a junior ranch hand while his aunt and uncle were managing the retreat.

Kevin graduated from Park High School in Livingston, MT in 1986. Afterward, he loaded up his Ford Maverick and headed to Casper, WY to earn his welding certifications. Over the years he stayed practiced with his welding, but he picked up other skills along his travels. Carpentry, logging, tinkering, and

flying were among some of them. He truly was a Jack of All Trades. He worked on jobs and projects on the west coast, and all the way to Maryland on the east coast, but his heart would always be in Montana.

Kevin eventually found himself in Wyoming pulling snow fence for Wild West Woods, and that is where he met Casey, a college student at the University of Wyoming. The courtship was brief, and the decision was quick that they should just go ahead and get hitched. Kevin and Casey packed up a camp trailer, his trusty “old green” Suburban, and her “piece of crap” Ford Bronco with everything they owned, and moved home to Paradise Valley. They were married on July 26th, 1997, and just a few months later welcomed their first daughter, Kristine, into the world. As it does, life goes on, and 4 years later they introduced Kimberly. Kevin worked hard, played hard, and built a wonderful home and life for his family in Emigrant.

Some people consider wealth in terms of money and possessions. Kevin was rich in friends and family. He was always quick with a joke, a smile, or a hug. He would invite anyone he met to come crack a beer with him, and be “welcome at his campfire anytime.” His absence in our lives will be felt for years to come.



Kevin leaves behind his wife, Casey van Uden, daughters, Kristine and Kimberly van Uden, mother, Connie Frederick, sister Dodie van Uden (Marvin), brother Shane Frederick (Tamitha), brother Robert Little, brother Bill Frederick (Patricia), sister Tammy Mack (Rick), numerous nieces and nephews, and at least a million friends. He was preceded in death by his father, Larry van Uden, brother Pat Little, step father Eugene Frederick, brother in arms, Randy Swainson, and his loyal dog, Bud.

A celebration of life is planned in the fairer weather of May. Announcements will be made as that day approaches.

Montana Working Lands Internship Program Now Accepting Applications. How Cool is this and What an Opportunity!

Park County Dugout
By: Jeff Schlapp

The Montana Department of Natural Resources and Conservation (DNRC) has announced it is accepting applications now until the deadline of February 3, 2025, for its Montana Working Lands Internship Program (WLIP).

The WLIP is a paid, three-month summer internship where interns work with and learn from mentoring ranchers across Montana. Room and board are provided by mentoring/host ranches.

The program is designed to offer beginning agriculturalists, natural resource and range specialists, biologists, soils majors or any student looking into natural resources, in the real world and hands-on experience implementing the educational tools already gained to a ranching operation.

The WLIP is open to all juniors and seniors in college. Students majoring in any natural resource-related field are recommended to apply for this opportunity.

The successful applicants will have the opportunity to spend 2-3 weeks at each of the host/mentor’s ranch operations. There are two parts to the application process for the Internship Program: approval of the application and a 2 part interview.

To apply visit <https://www.mtrangelands.org/internships>.

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



Franzen-Davis Funeral Home
Funeral Home, Crematory & Monument Company

Area Deaths

Ruth Brammer, Kenneth Ehrhart, Jackie Little,
Jordan Lindsay, Robert Eyman, Ronald Percival,
Marlene LaShomb, John Doolittle Jr.

Our dedicated staff is devoted to serve the families of our community with honesty, integrity, respect and compassion.

406-222-2531

118 N. 3rd Street / P.O. Box 638, Livingston, MT 59047

Website: www.franzen-davis.com

Email: franzen-davis@franzen-davis.com

Looking Back *with Lindie*

In 2018, I asked subscribers to my daily column, 'The Classmates Chatter' to send in their memories of growing up in Livingston—to share with other Classmates on the column. Here are some of the responses... Lindie

Some skated in hockey skates, while others chose to attack the goalie in figure skates. It didn't matter. One rule, however, was always followed: The cuffs of your jeans must be pulled down over the top of the skate, hiding your wool socks.

During cold Christmas eve nights and cold Christmas days, we worshiped in our own way. Some went to Mass, others went to darkened churches where slivers of light escaped through stained glass windows into the cold darkness. Candles were lit. The small flame passed from person to person across the pew, as our collective voice sang "Silent Night." A small white paper circle protected our cold hands from the melting wax. Perhaps a tear fell, because no one to the left or right was there to receive the candle's small flame. There was a void in our lives; a person we loved could not be with us celebrating the passing of the light. When the candles were extinguished, and the celebration finished, we wished each other, in muffled voices, a "Merry Christmas." A glance through the cold, pure air, toward the galaxies above reminded us of the importance of this night.

At home, some returned to a feast. Others quickly fell asleep in hopes a special gift was left under the tree by Santa. In the morning, our hopes were realized. Months before we had written to the North Pole citing virtues of this particular gift and there it would be under the tree. As I remember, you could hear your letter being read on KPRK, as the sound of a train whistle echoed in the background. Later, as we grew older, things with strange sounding names like: Lange, Rosemount, Head, Hart, Marker, and Look-Nevada, all were welcomed gifts. During the week between Christmas and New Years, many a carload of young skiers drove to Bridger Bowl, eager to try out new equipment. Memories of the old "T" bar and single chairlift bring a longing for the days of five-dollar lift tickets

From Howard Rediske- Class of '69

Memories of Christmas, for those who have long ago left Livingston and those still remaining, are like fall leaves blowing down Park Street, driven by the perpetual Livingston winds. The strong leaves survive, remaining together; others break apart, their pieces blowing randomly in the wind—forever lost.

Perhaps, the nights of winter are the catalysts to gather the leaves of our memories. Cold nights in Livingston, were a phenomenon few people will ever experience. The cold was pure. It was crystal. It allowed the multitude of stars over Baldy and the Absorkees to shine with an indescribable brilliance. Because of the cold, we grew as human beings. We gathered at the lagoon to skate, not as an organized activity, but as a young community whose sole purpose was to have fun. We rode our bikes, or walked to the lagoon with our skates tied to our handlebars or draped over our shoulders.

Moms in mini-vans didn't drop us off saying, "You've got my cellphone number. Call me when you are finished." We were strong, independent, and capable of taking care of ourselves. When the grayness of dusk began to fall over the ice, and the call of the geese could be heard over the Yellowstone, we returned to our homes, secure in knowing we had lived a good day.

The back waters of the lagoon provided a small arena to be Bobby Hall, or skate across the blue line shooting the winning goal for the Detroit Redwings. Our puck was a can and our sticks were just that—sticks. Our goals were whatever our imaginations could invent.

and friendships built on the slopes of Bridger. Can you remember the smell of greasy cheeseburgers being fried on the grill at the old upper lodge? Some leaves are strong. They survive while others crumble, lost to the wind.

I hope this Christmas season, the winds of time have not destroyed memories you hold close to your heart.

To be continued...

Who Remembers "Billy Beer?"



From Livingston native Mike Fuqua from the class of '68 and currently living in Longveiw, Washington...

"I still have an unopened can of Billy Beer. I keep it next to my 70 year old bottle of Crown Royal."

(How many remember President Carter's brother making Bill Beer?)

SHIELDS VALLEY
Upcoming EVENTS

- **January 13th** 4:15 pm Elementary/JH Boys Basketball picture day
- **January 14th** 4 pm Elementary/JH Boys Basketball at Big Timber
- **January 15th** 7 pm School Board Meeting
- **January 17th** 1 pm Elementary/JH boys Basketball against White Sulphur Springs, 4pm High School Girls basketball against West Yellowstone
- **January 18th** 10 am Elementary/JH Boys Basketball against Gardiner, 2:30 pm High School Boys Basketball against Joliet
- **January 21st** 4 pm High School Boys Basketball against Sheridan

We lost a member of our community on January 1, 2025, Robert Eyman, he leaves behind his beloved wife of 70+years Loraine Eyman and 2 children Bill(Gay) Eyman and Cheryl (Roger) Sitton. Funeral was held on January 7, 2024.

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

AMERICAN AUTOMOTIVE

Before the snows flies, be sure to get a safety inspection so that you are not left out in the cold!

CALL TODAY TO MAKE YOUR APPOINTMENT!

Your full service automotive service center with master certified mechanics are ready to serve you.

320 1/2 N. Main • Livingston, MT
406-222-0815

ROCKY MOUNTAIN DESIGN INTERIORS

WE DO WINDOW COVERINGS

www.rockymountaindesign.com
M-F 9-5, SAT. 12-4
601 W. PARK ST. • 406-222-6292

January is Human Trafficking Prevention Month

Lunch & Learn with ASPEN and Alexandra House, MLSA Human Trafficking Coordinator

ASPEN, Abuse Support & Prevention Education Network, presents its first Lunch & Learn of 2025 on Wednesday, January 29th from noon until 1 pm. The free talk and lunch is open to the public and will be in the Community Room at the County Building, 414 E. Calendar St., in Livingston. Attorney Alexandra House will discuss trafficking in Montana and how we can work to prevent it and support survivors.

Human Trafficking, also called "trafficking in persons" can be overlooked or misunderstood and is defined by the State Department as "a crime whereby traffickers exploit and profit at the expense of adults or children by compelling them (by force, fraud or coercion) to perform labor or engage in commercial

sex. When a person younger than 18 is used to perform a commercial sex act, it is a crime regardless of whether there is any force, fraud, or coercion involved." Forced labor may occur in many industries, both legal and illicit, including agricultural fields, factories, restaurants, hotels, massage parlors, retail stores, fishing vessels, mines, private homes or drug trafficking operations.

Well over 25 million people worldwide and tens of thousands in the U.S. are current victims of trafficking,



including cases throughout Montana. Awareness and education within communities; at workplaces, businesses, healthcare facilities and agencies, can help them more safely and

effectively identify, prevent and help to end these grave crimes.

ASPEN, as in all of its advocacy work, encourages trauma-informed support that empowers survivors and always considers safety planning that is carefully developed by each individual for their unique situation. The goal of events like

the upcoming Lunch & Learn is to give the community the awareness and resources they need to help in a similarly safe, empowering and effective way.

ASPEN recommends attendees RSVP to info@aspenmt.org by Friday, January 24th to facilitate an accurate lunch count and suggests a \$5 donation. Email the same address for additional information about Lunch & Learn: End Human Trafficking.

More information about ASPEN and its work to support victims/survivors and to prevent domestic and sexual violence, dating violence, trafficking and stalking can be found on their website at aspenmt.org. ASPEN's 24-hour hotline, answered every day of the year, is (406) 222-8154.

FINANCIAL FOCUS®



July Hardesty

Edward Jones
July T Hardesty
406-222-4803

New Year's Resolutions

Now that the calendar has flipped, it's time for some New Year's resolutions. You could decide you're going to exercise more, lose weight, learn a new skill, reconnect with old friends—the possibilities are almost limitless. This year, why not add a few financial resolutions to your list?

Here are a few to consider:

- **Reduce your debts.** It may be easier said than done, but if you can cut down on your debt load, you'll increase your cash flow and have more money available to invest for your future. So, look for ways to lower your expenses and

spending. You might find it helpful to try a budgeting app online.

- **Boost your retirement savings.** Try to put in as much as you can afford into your IRA and your 401(k) or other employer-sponsored retirement plan. If your salary goes up this year, you've got a good opportunity to increase your contributions to these retirement accounts. And once you turn 50, you can make pre-tax catch-up contributions in your 401(k) and traditional IRA. You might also want to review the investment mix within your 401(k) or similar plan to determine

whether it's still providing the growth potential you need, given your risk tolerance and time horizon.

- **Build an emergency fund.** It's generally a good idea to maintain an emergency fund containing up to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Without such a fund, you might be forced to dip into your long-term investments to pay for short-term needs, such as an expensive home or auto repair.
- **Keep funding your non-retirement goals.** Your traditional IRA and 401(k) are good ways to save for retirement — but you likely have other goals, too, and you'll need to save and invest for them. So, for example, if you want your children to go to college or receive some other type of post-secondary training, you might want to invest in a tax-advantaged 529 education savings plan. And if you have short-term goals, such as saving for a wedding or taking an overseas vacation, you might want to put some money away in a liquid account. For a short-term goal, you don't necessarily need to invest aggressively for growth—you just want the money

to be there for you when you need it.

- **Review your estate plans.** If you haven't already created your estate plans, you may want to do so in 2025. Of course, if you're relatively young, you might not think you need to have estate plans in place just yet, but life is unpredictable, and the future is not ours to see. If you have already drawn up estate plans, you may want to review them, especially if you've recently experienced changes in your life and family situation, such as marriage, remarriage, or the addition of a new child. Because estate planning can be complex, you'll want to work with a qualified legal professional.

You may not be able to tackle all these resolutions in 2025. But by addressing as many of them as you can, you may find that, by the end of the year, you have made progress toward your goals and set yourself on a positive course for all the years to come.

July Hardesty | Financial Advisor | Edward Jones
115 W Callender St. | Livingston, MT 59047
Office: (406) 222-4803 | Fax: (866) 537-6919
Offering strategies based on what's important to you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

SHANE LALANI CENTER FOR THE ARTS

conley's Books & music

MUSIC LESSONS
SPECIAL ORDERS
GUITARS! UKES! KEYBOARDS!
NEW & EXPERIENCED
INSTRUMENTS
BAND ACCESSORIES

406-222-7766
HOURS 10AM-6PM
TUESDAY-FRIDAY

Everything About Guitar
Musicians Made Here

CONLEYSBOOKSANDMUSIC@GMAIL.COM

- **Insulate** outside faucets and pipes near outer walls.
- **Ensure furnaces, heaters, fireplaces and wood stoves** are clean, well-ventilated and in good working condition.
- **Keep space heaters at least 3 ft. away** from walls and combustible materials, and don't operate these machines when you're asleep.
- **Never operate a generator or other fuel-powered device** inside a home, garage or other enclosed space (to prevent carbon monoxide poisoning).
- **Stock up on firewood and supplies**, including canned goods, bottled water and medication.

WINTER

WEATHER

SAFETY

Key Insurance

124 West Lewis, Livingston, MT
Office 406.222.0944
montanainsurance.net
alice@montanainsurance.net

Opportunity to Recognize Outstanding Community Volunteerism Through the Governor's Office ServeMontana Awards Now Open for Nominations

Helena, MT—The Governor's Office of Community Service (GOCS) has announced it is accepting nominations for the annual ServeMontana Awards.

In partnership with Montana's Credit Unions, these awards recognize Montana citizens who embody a strong commitment to others through community volunteerism, exhibit leadership through serving, and impact change outside of paid employment. The public is encouraged to nominate individuals and service groups of all ages and backgrounds across Montana. All service must be performed in Montana and by Montanans. Nominations are due March 31, 2025.

"The Governor's Office of Community Service encourages citizen nominations of outstanding community volunteers from across our great state" said Sarah R. Sadowski, Director of GOCS. "Montana's citizens who volunteer make meaningful impacts in our communities every day. We are excited to see what this year's nominations will bring!"

Ideal nominees are individuals of all ages and groups who:

- Impact change in others' lives through volunteerism
- Demonstrate a strong commitment to serving their community



- Engage in service that significantly benefits others
- Exhibit leadership through service
- Represent determination and perseverance
- Is an AmeriCorps Alum (State & National, VISTA, and NCCC)
- Are serving with AmeriCorps Seniors (Foster Grandparents, Retired Senior Volunteer Program, Senior Companions)

Group nominee categories include:

- **Group Service Award** (nonprofit, faith-based, general): A team of

people who positively impact their community through meaningful volunteer service.

- **Business Service Award** (small, mid-size, large, entrepreneur/ partnership, enterprise/ corporation): A business that has made an impact through community volunteerism or has a record of supporting volunteerism through policies and practices.

To learn more or submit a nomination, visit serve.mt.gov or go to <https://www.surveymonkey.com/r/2025SMA>. Selected awardees will be notified in May and honored at a ceremony in June.

Passport Assistance New Bridge Project

The Park County Clerk of District Court Office processes passports! Passports are processed on Wednesdays, Thursdays and Fridays from 9 am to 11 am and 1:30 pm to 3:30 pm. This is BY APPOINTMENT ONLY. Please call 406-222-4145 to make an appointment for a passport. Bring your passport photos with you!

NOTE: The Office does not take passport photos but you can get those taken at The Main Print Shop in Livingston.



Park County received grant funding (\$599,244) from the Montana Department of Transportation and Montana Department of Commerce toward the removal and replacement of the Hammond Creek Road Bridge (over Rock Creek) in the Shields Valley. The funding covers all activities associated with bridge removal and replacement.

Since the project was let to bid and contract documents were executed with Battle Ridge Construction, the old bridge has been removed, riprap has



been installed, piles have been driven for both abutments and concrete has been poured for bridge cap. The construction team is awaiting delivery of the bridge superstructure and the project is slated to be complete by July 25, 2025 (or sooner).



CARRYING LOCAL SPECIALTY WINES AND WHISKEY

**OPEN 7 DAYS A WEEK! 8^{AM} - 12^{AM}
406-222-9581**

110 Centennial Drive, Next to Subway, across from McDonald's



504 E. Park Street

406-333-3100

NORTH



Next to Taco Bell & Dominos

406-333-2142

SOUTH



CROWN ROOM CASINO

**ALL LOCATIONS
OPEN 7 DAYS A WEEK!
8^{AM} - 12^{AM}**

OP-ED FORUM *by Patricia Grabow*

Plow Forward!

"The sluggard will not plow by reason of the cold;..." - Prov. 20:4

This is a debate of sorts, even if an unevenly lopsided one (okay, maybe a rant), about getting the snowplows out for a serious snowfall.

As backstory, years ago, I had a conversation with our public works director when the city did not work the downtown streets after a serious snowfall, so I asked why not, we had budgeted the money. His reply was that the snow would melt anyway, they'd give it a few days and by then there was no need, so they'd save all of that money instead of spending it on plowing.

We could be making progress since then, but old ways don't always give up without a fight. I remember it snowing more recently not long after the new city manager Grant Gager took the job, the plows went out promptly, and it was a breath of fresh air. So, it was natural to ask what happened last Friday night, January 3, 2025.

In fairness we got a few inches more two days later, and I can now hear the loaders beeping as I write on Monday night. But anyone who drove around over the weekend knows, it was a messy small sea of snow out there.

The word from everyone I have talked to is, "If it falls more after a first drop, we plow again." Makes sense.

But I assure you, dear reader—I am watching.

Sure, in theory people should allocate resources intelligently. But we in the public never feel quite certain, as often happens, that it might not land in salaries and bonuses and department pet projects instead. And the reality is, holding back came at the expense of the 355 downtown businesses that paid in with reasonable expectations, and in the middle of the "off season" when things are down in some cases 20% for this year, customers were discouraged away instead.

Small town business revenue is nowhere nearly as dependable as a city check. We need to remember our businesses need every customer they can get. The owners and their staffs show up even on days that business traffic is deterred. They get in early. They open their doors and wait. The money that the public works department "saved" probably does not compare to what our economic heart lost when the plows never showed up for the weekend.

We are supposed to have the back of our economic core. They feed not only their own families but those of the rest of community that in turn depend on them.

It's bad enough that over the years

Livingston has developed a small reputation as a place that's hard or impossible to get around in after a heavy snowfall. That's hard to turn around if we're half-hearted about it or less. If people see snow and start to think, "Why would I go downtown, assuming I even make it out of my own driveway, if I have to plow it with my vehicle's oil pan, burn out my tires, and risk sideswiping someone, with no guarantee of finding a manageable parking space," that hurts us. Hard.

When we don't plow the night of a heavy snowfall, there is a significant amount of buildup in the parking areas too, which makes parking harder later. And in mid-winter, that then turns to hardpack and hangs around for days or weeks. That's a long aftereffect that can be penny-wise and pound-foolish.

That's not the end of it. When we don't get plowing right away, older and handicapped people (I admit to being one), have a difficult time getting from our cars to the sidewalk in ways the younger and more sure-footed don't appreciate. One fall and we might be badly burned toast. Injuries take a high human toll in not just wellbeing, but lost time and preventable medical expense. Why would we not prioritize safety more?

When there is a heavy snowfall, what does MDOT do on the Bozeman Pass? They plow and sand it right away. Why? They do not

want accidents. Are we wise enough to take a lesson from that?

It's no surprise to anyone from Montana there can sometimes form ice sheeting with the freeze and thaw cycle to make things slicker. It's often an unpredictable and uphill battle, but my son and other businesses like ours still try hard to work our walks better than a half-tail feathered run with a bladed ATV that just leaves a slick layer. And you have to be judicious with salt, because chucking it about lazily can destroy an expensive walk. A few businesses went overboard the first year after the new sidewalks, and spalled up the surfaces to trash. (And rumor has it they strong-armed the contractor into replacing them for free anyway.) So, you have to use your noodle. But on the roads just like the sidewalks, they call it snow removal for a reason.

I get that it's a budgeted process. But we'd like the confidence it's spent on what it was for instead of maybe, ahem, slushed around somewhere else. Were you to ask the average taxpayer in Livingston if they wanted those streets plowed speedily after a serious snowfall, I'd lay odds they'd reply, "Aren't we paying for that already?" Public service is ultimately service to the public.

Everything in life is balance, but we don't have to be too shy. As the old farmers used to say, hands to the plow!

LETTERS TO THE EDITOR



Park County Pandemic Influenza Plan. Quarantine Camps—Really?

Back in October there was a meeting with the Park County Commissioners and members of the Park County Health Board regarding the passing of the Park County Pandemic Influenza Plan. In the event of an infectious disease outbreak, this plan outlines the steps the county is to implement (the current plan is available by requesting a copy from Livingston.org or downloading from <https://www.pccjournal.com/>).

In addition to the County Commissioners and the Park County Board of Health, the meeting was attended by a number of interested citizens. During the course of the meeting, numerous concerns were raised:

- Some of these concerns were:
- The ambiguous wording of defining

what is an 'infectious disease' and the decisions of events that would result in the voluntary and then mandatory quarantine of individuals infected—or suspected—in house or other facilities (fairgrounds?).

- The unconstitutional suspension of individual rights based on speculation that a person 'might' have contracted an infectious disease. Such as was the case during the Covid period where people received letters implying criminal consequences on noncompliance—based solely on speculation. The closing of businesses and meetings where there are no State laws to arbitrarily close a business based on speculation.
- The silencing of viewpoints, later determined to be true, that the masks did not work, the forced vaccinations of children was unnecessary and harmful and that there were already existing

long-established medical protocols that better address the issue that were being suppressed.

- A question also raised was who is determining these decisions? Who is responsible? As it appears that the decisions would be made at the Federal level and more influenced by organizations that financially benefit rather than best practices. It is even more troubling when one considers that the Biden Administration ceded much of the United States health care authority to the World Health Organization (WHO). An organization greatly influenced by Bill Gates (a heavy vaccine advocate who has released experimental vaccines in Ethiopia, India and the Philippines causing great harm and such countries forbidding future tests) and the pharmaceutical industry.
- Why did the Biden Administration recently implement an Executive Order forbidding any criminal action against the two largest mRNA vaccine manufacturers (Pfizer and Moderna)? This is the first time two companies have been exempted from all liability of anything they produce. In the release of the mRNA vaccines, why was it okay for these two organizations to bypass numerous established vaccine development protocols? Why did these organizations try to suppress their own research documentation for 75 years? What were they trying to hide?
- As it has been established, the Covid virus was developed in a laboratory—just as Avian 'Bird Flu' is also being developed. Why is this being allowed at all! And why are the responsible parties

allowed to benefit financially and be exempt from all liability?

These are important and legitimate concerns in developing policies to protect the public health. All of the above concerns need to be considered in the creation of a County Pandemic Emergency policy.

The Park County Health Board and the County Commissioners have a huge task in balancing both the needs of the community with the rights of individuals. As this policy affects every citizen of Park County it is important that every citizen be informed and has a say in these decisions. The Commissioners have repeatedly stressed they want to hear from county citizens. The next Board meeting is January 14th and is open to all concerned parties.

The Health Board and the Commissioners are doing the best they can. They need your input. If you are unable to attend. The Journal will be posting a survey on their website that would help the Health Board and Commissioners in the development of a plan. Some of the items that will be in the survey are:

- In the event of an infectious disease outbreak, in addition to the Health Board (unelected) making an arbitrary decision, should the Commissioners be involved in determining a course of action?
- Should there be a volunteer board of other health practitioners who could weigh in on any course of action?
- Should there be community involvement in determining courses of action?

Please take the time to express your thoughts on this important issue.

Sincerely, Alan Engelbart

BERKSHIRE HATHAWAY HOMESERVICES
MONTANA PROPERTIES

#1 in MT

Merry Christmas and Happy New Year

217 W Park Street, Suite A | Livingston, MT | bhhsmt.com
A member of the franchise system of BHH Affiliates, LLC.

102 Rogers Lane
Livingston, MT
406-946-1286
406-333-2604

los pinos
Mexican Restaurant

Two Events Happening at Wheatgrass Books in January: "A Sunday Stretch" and "Library in a Bottle Open House, A Pop-Up Perfume Party"

Wheatgrass Books will host a Sunday Stretch Series with Anna Cleveland & Lilly Cole, on January 19th and February 2nd & 16th, and March 9th & 23rd from 10 am to 11:30 am.

Seasonally inspired classes offering a gentle fusion of yin yoga, deep fascia release, and breathwork techniques designed to ease tension, create space in your body, and leave you feeling more open, grounded, and restored. Sign-up online at <https://deciduousliving.co/sunday-stretch>.

These pop-up classes are open to all levels. Please bring a mat, and if you have your own bolster and blocks, bring them along to class. If not, no worries—you can select "no" at checkout, and we'll make sure you have what you need.

Anna Cleveland, born and raised in Dubois, Wyoming, holds a Bachelor of Science in Health and Human Performance and has

spent over a decade studying and teaching yoga, meditation, and breathwork. Her work explores how these practices can untangle personal narratives, release stagnant emotions, and cultivate a fulfilling, abundant life. Anna's teachings focus on aligning with the unique medicine of each season to unlock creativity and inner potential.

Lilly Cole, a Jackson, Wyoming native, stumbled upon yoga in junior high and has been on the mat for over 20 years. She holds a Bachelor of Fine Arts in Anthropology and completed her 200-hour Hatha yoga training at the Teton Yoga Shala in 2012 under Angela Tong and Adi Amar. Teaching yoga, breathwork, and meditation for over a decade, Lilly blends ancient yogic wisdom with the balance of Hatha—strong



and soft, effort and ease—to create a warm, nurturing space for her students. A devoted mother and talented cook, she gently reminds us to honor both our humanity and our divinity with each breath.

Wheatgrass Books will host Library in a Bottle Open House with Kendra Gaeta, Saturday, January 25th from 2-4 pm.

Join us as we introduce Imaginary Authors to Livingston.

Wheatgrass is pleased to debut a selection of products, including (unisex) fragrance, candles, and soaps for you and your home, from Portland-based independent perfume brand Imaginary Authors, a literary-inspired niche perfumery, offering wildly unique scents, exhilaratingly fragrant soap, and

hand-poured soy wax candles.

Kendra Gaeta from @ScentscapeMT is the real star of the free event. She is here to help celebrate the brand and its book and story theme. Guests will be invited to concoct their own fragrance to take home based on their favorite books. Each participant will leave with a 1mL bottle of their very own Library in a Bottle.

Pop by to check it out from 2-4 pm on Saturday, January 25th.

Kendra Gaeta has been working with scent since 2012. Her workshops focus on access to and curiosity for olfactory art through beginner-basic classes. Between her involvement with the Institute for Art and Olfaction and her own practice she's hosted events at The Getty Center, Santa Barbara Museum of Art, and Mediamatic (Amsterdam), and showcased scent-based explorations of hauntings, game shows, love, and the human body.

Bozeman Symphony to Perform with Kishi Bashi

Internationally celebrated singer, multi-instrumentalist, and songwriter Kishi Bashi returns to Bozeman in February to captivate Bozeman audiences with another stellar concert in the Bozeman Symphony Presents Series.

Kishi Bashi and the Bozeman Symphony concerts are the weekend of February 14th to 16th at the Willson Auditorium in downtown Bozeman. These highly anticipated performances will showcase Kishi Bashi's exceptional talents as a violinist, composer, and vocalist, accompanied by the orchestra in a harmonious fusion of Japanese and American influences. Known for his innovative approach to music, Kishi Bashi expertly weaves together a tapestry of sounds using not just the violin but also instruments like guitar and keyboard, along with vocal looping technology and beatboxing.



The program for this momentous concert features romantic favorites including Mendelssohn's famous Wedding March, Michel Legrand's theme from the film Summer of '42, the romance from Prokofiev's Lt. Kije Suite, and Tchaikovsky's remarkable Romeo and Juliet overture." Kishi Bashi will also perform solo numbers from his repertoire.

The virtuoso violinist and artist-activist will also serve as the Bozeman Symphony's inaugural Artist-in-Residence. He plans to conduct a Masterclass at Montana State University, perform a free family concert,

and read to children at a Symphony Storytime among other events during his two-week tenure.

Born Kaoru Ishibashi in Seattle and raised in Norfolk, Virginia, to parents who were professors at Old Dominion University. Kishi Bashi's musical journey began at Berklee College of Music in Boston, where he honed his film scoring and violin skills. Currently based in Athens, Georgia, Kishi Bashi was also the singer and a founding member of the electronic rock group Jupiter One. His music has been featured in various commercial campaigns, including Microsoft, Smart cars, and a Sony tablet.

The three performances will be Friday, Feb. 14th, at 7:30 pm; Saturday, Feb. 15th, at 7:30 pm; and Sunday, Feb. 16th, at 2:30 pm at the Willson Auditorium, 404 West Main Street. Tickets start at \$30 for adults, with discounted rates available for students, and are available at <https://www.bozeman-symphony.org/kishi-bashi-and-the-bozeman-symphony> or by calling 406-585-9774.

These exclusive concerts are made possible thanks to the generous support of sponsors Cal & Tricia DeSouza and Gary Kunis & Connie Wong.

ParkCountyDugout.com
where life stories are told



Your Daily Dose of Park County News

Covering Daily Events, Business News, Local Sports, and More

Park County Dugout is dedicated to covering the issues that impact everyday lives in Park County, Montana.

Our news services cover local community happenings including a calendar of weekly community events, business news, local sports, podcasts and more, 7 days a week.



Our services are designed to bring local community members and neighbors closer to one another with engaging, humorous, inspiring and heartwarming daily local stories.

Published & Created by former Enterprise Sports Editor,

Jeff Schlapp

312-506-7261
jeffschlapp@parkcountydugout.com



LIQUOR STORE

OPEN

7 DAYS A WEEK

10AM-10PM

SIGN UP FOR OUR BOTTLE PROGRAM AND GET REWARDS!

UNWINED
BAR & CASINO
218 SOUTH MAIN ST. LIVINGSTON MT



Breakfast with a Powerful Punch

(Culinary.net) You know the feeling: You eat breakfast, but by 11 a.m. your stomach is growling. You feel like you just ate but somehow you're hungry and craving something hearty and rich.

Switch up your breakfast habits with a wholesome and filling Breakfast Burrito. It's got protein to keep you full, veggies for a touch of added nutrition and hot sauce to pack a powerful punch of flavor in every bite.

No more snacking between breakfast and lunch. This hearty breakfast bite will keep you full and bursting with energy until it's time for your next meal. It's easy to make in a matter of minutes and it's totally customizable to accommodate every palate.

Made with beans, eggs and egg white proteins, it can help keep you energized and full until it's time for lunch. The red onion, red bell peppers, salsa, tomatoes and avocado provide some fresh, nutritious vegetable options and the chili flakes and hot sauce bring the heat.

To make this burrito, start with canola oil in a skillet. Add red onion and red bell peppers then cook for 8 minutes. Add black beans, chili flakes, salt and pepper then stir.

Whisk eggs and egg whites in a mixing bowl. Add pepper jack cheese then scramble the egg and cheese mixture in a hot skillet.

On a tortilla, spread sour cream, salsa, the bean mixture, scrambled eggs, tomatoes, avocado and hot sauce, if desired. Roll up the burrito and it's ready to serve.

Just like that you have a breakfast that is not only nutritious but equally as appetizing. Find more filling breakfast recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.



- 1 can black beans, drained and rinsed
- 1/4 teaspoon red pepper flakes
- salt & pepper, to taste
- 4 eggs
- 4 egg whites
- 1/2 cup shredded pepper jack cheese
- nonstick cooking spray
- 4 flour tortillas
- 1/4 cup sour cream
- 1/4 cup salsa
- 1 large tomato, seeded and diced
- 1 avocado, sliced
- hot sauce (optional)

Instructions:

1. In large skillet, heat canola oil over medium heat. Add red onion and red bell pepper; cook 8 minutes. Add black beans and red pepper flakes; cook 3 minutes. Season with salt and pepper, to taste. Transfer to dish.
2. In medium bowl, whisk eggs and egg whites. Stir in cheese until combined. Heat large skillet over low heat, add egg mixture and scramble 3 minutes, or until cooked through.
3. Spread sour cream over tortilla. Spread salsa over sour cream. Spoon 1/4 bean mixture over salsa. Spoon 1/4 scrambled eggs over bean mixture. Top with diced tomatoes and avocado. Drizzle with hot sauce, if desired. Roll-up burrito. Repeat three times with remaining ingredients and serve.

Breakfast Burrito

Ingredients:

- 2 teaspoon canola oil
- 1 small red onion, diced
- 1 red bell pepper, seeded and diced

Recipe by
Carla Williams

RECIPE CORNER

Easy Zuppa Toscana Soup

Ingredients

- 1 1/2 lbs Yukon Gold potatoes diced
- 1 lb ground Italian sausage
- 6 pieces bacon cooked and crumbled
- 5 cups chicken stock
- 1 cup heavy whipping cream
- 2 cups chopped fresh kale
- 3 garlic cloves minced
- 1 medium white onion peeled and diced
- salt and black pepper to taste



Photo Credit: cookingclassy.com

with the reserved grease and sauté for 5 minutes, stirring occasionally.

Instructions

1. In a large stockpot over medium-high heat, cook the sausage until it is browned and fully cooked, breaking it into small pieces as it cooks.
2. Use a slotted spoon to transfer the cooked sausage to a separate plate, reserving 1 tablespoon of the grease in the pot for later use, and discard the excess grease.
3. Set the sausage aside.
4. Add onions to the stockpot
5. Add garlic and sauté for another minute, stirring occasionally.
6. Add the potatoes, chicken stock, and cooked sausage, then bring the mixture to a simmer.
7. Reduce the heat to medium-low and simmer for 10 minutes, or until the potatoes are tender.
8. Stir in the kale and cream, and simmer for an additional 5 minutes. Season with salt and pepper to taste.
9. Serve warm, garnished with bacon bits.



Radioshack

- ✓ Electronics
- ✓ Arts & Crafts supplies
- ✓ Watch batteries installed
- ✓ Office supplies
- ✓ Toys
- ✓ Computer repairs/upgrades
- ✓ House calls

WE'VE GOT SOMETHING FOR EVERYONE!

You've got questions, we've got answers!

Open Mon-Thurs 9-6,
Fri 10-6
406-222-2712
1014 W. Park St. #6,
Livingston

Come in a check out our fun kits!

BACK PORCH QUILTS

5237 US Hwy. 89 South #14, Livingston • 406-222-0855 • backporchquilter.com

Fine Art Portraits & Illustrations

by Joyce Eley Johnson

You can text or email pictures, or book a private sitting.

PARADISE VALLEY MONTANA
406.224.0192
2jaysplace@gmail.com

Portraits of People, Pets and Wildlife

Meals for Jan. 13th - 17th

Monday, Jan. 13th - Sweet & sour chicken over rice, eggroll, fruit, milk

Tuesday, Jan. 14th - Hamburger soup, crackers, fruit, milk

Wednesday, Jan. 15th - Chicken al a king over a biscuit, veggie, fruit, dessert, milk

Thursday, Jan. 16th - Taco salad, fixings, refried beans, fruit, milk

Friday, Jan. 17th - Cook's choice

LIVINGSTON MEALS ON WHEELS

206 S Main St
Livingston, MT 59047
406-333-2490

Check us out on Facebook
Livingston Meals on Wheels

Lunch served cafeteria style
Serving food until 12:15 pm

**SUGGESTED DONATION \$6 PER MEAL IF OVER AGE OF 60
NO MEMBERSHIP NEEDED
\$8 if under 60**

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

What Direction is the Park County Dugout Heading in 2025

What We Discovered Our Readers Like on Substack and What They are Not Interested in Reading About.

By: Jeff Schlapp

I'm going to follow the advice of a fellow writer on Substack, who like me has discovered there are times you hit publish, and nothing happens. No likes. No shares. Silence.

The author opines that writing isn't about applause. It's about leaving pieces of yourself for someone else to find. Sometimes it takes days. Sometimes it takes years.

And he suggests - write anyway. I agree.

As the Dugout heads into its third year of local news coverage within Park, and now Gallatin County, we asked ourselves what direction is best for the future of the Dugout. What

stories will we cover? What stories do our readers care about the most?

I write most stories to give readers hope, and to offer encouragement through everyday folks' life stories. And to avoid doing laundry.

My hope in doing so is that you will find the stories worth your visit, engaging, humorous, inspiring, and heartwarming. Many of the Dugout's stories are about perseverance, effort, and people who refuse to give up despite the odds that are stacked against them.

About winning in life despite losing a game in high school.

Even if I don't receive any likes, new followers, or subscribers. My purpose in writing isn't to gain

popularity; instead, I want to provide warmth and light in a world that can often feel cold and dark. Plus, the subjects I often write about are ones I'm genuinely curious about and care about the most (business startups, sports, kids, and life in Montana).

For more photos and great articles, check out theparkcountydugout.substack.com



Our favorite picture of 2024 was of Aspen Boeh during her winning ride in the 4-6 year-old group of the Mutton Busting contest, which was part of the Park County AG Fair at the Park County Fairgrounds in Livingston.

Wrestling

from page 1

means our restaurants, stores, and other establishments will be dealing with approximately 1,500+ people enjoying all that our community has to offer. This stands to be a great boon to our town.

It also requires a lot of help to pull it off.

That's where you come in. We need help in a variety of ways to make this tournament the hit we would like it to be. At the end of this article is a link to a Signup Genius

form that you can go to and sign up for a slot to help out. We need table workers at each mat at both schools, people to help monitor the hospitality rooms (and all the tasty treats that many of the restaurants in town will be donating food to!), and people to help us set up the tournament on Thursday afternoon and evening (1/23) and clean it up on Saturday afternoon and evening.

Without volunteer help, tournaments like this don't happen. Kids don't get the opportunity to compete for their schools in front of hundreds of fans. They don't get to be a part of something so much bigger

than themselves that also helps shape who they are and the people they become.

We NEED your help to make this experience the best it can be for all who are involved.

Please consider helping us out on Thursday, Friday, and/or Saturday, January 23rd, 24th, & 25th. Check out the Signup Genius form at the link below and sign up for a slot (or multiple slots). We will have a training on Wednesday evening, 1/22, for those people who sign up to be table workers.

If you have any questions, or you would prefer to have me just sign

you up, you can email me at ad@livingston.k12.mt.us or call me in my office at 406-222-1760.

Thanks in advance to all of you who help us out at this tournament. While I appreciate all that you will do to help us have a successful tournament, it's our kids who will appreciate it even more.



To check out more materials from Scott, go to his website SlamDunkSuccess.com. You can email Scott at scott@slamdunksuccess.com.



Marcedes Carroll



Blake Brightman



Rancho Deluxe

Music for the Heart of Park County

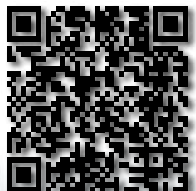
An Evening of Music and Community for the county we all love!

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 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



How's your

HEALTH?

3 Myths to Deconstruct about Obesity

Obesity often falls victim to unfair prejudices and misconceptions. Here are three misconceptions about this chronic disease.

1. "Body mass index (BMI) determines whether you're obese or not"

For a long time, having a BMI of 30 or more meant you were obese. However, this calculation no longer holds true. BMI doesn't consider factors like muscle mass or fat distribution. Waist circumference is a much more accurate metric in determining obesity than body mass index.

2. "Obesity is caused only by eating a poor diet"

This is probably THE most persistent myth. The truth is that obesity is a complex disease influenced by various factors. Different people can have varying amounts of body fat and weight, even with similar diets and exercise routines.

3. "Genetics don't play a role in obesity"

Nothing could be further from the truth. According to the latest scientific research, genetics and early exposure in the womb can significantly impact weight. These factors are often more influential than individual choices regarding physical activity and diet.

Finally, studies have shown that obese people who are physically active have fewer health issues, like cardiovascular disease and diabetes, compared to inactive individuals of normal weight.

No matter your size, an active lifestyle offers numerous health benefits.



Opening windows in winter: is it a good idea?

Does it seem counterintuitive for you to open your windows in winter? You may think it's a bad idea because it could make your home colder, force your heating system to work overtime and drive up your energy bill.

In fact, airing out your home or apartment is a good habit, no matter the season. Indoor air is often more polluted than outdoor air. Also, the excess humidity from showers, laundry and cooking can lead to mold growth.

Keeping your indoor air clean can help minimize issues like asthma or infections. Here are a few tips for keeping the air in your home fresh and healthy this winter:

- Open your windows wide for five

to 10 minutes every day.

- Avoid opening windows near a thermostat. You can also temporarily turn off your heating system while airing out your home.

- Turn on your bathroom fan and range hood to get rid of humidity.

Do you have an air purifier? It's a good device, but it has its limits. It won't replace all the benefits of clean outdoor air. Go ahead and let the fresh air in!



Remember, regularly refreshing the air in your home this winter is essential for protecting your health and the health of your family.

Yellowstone



TRAVEL PLAZA "The Truck Stop"



Scan for online ordering!
6am-7pm Daily

1226 Hwy 10 W. • Livingston, MT • (406) 222-6180

CONVENIENCE STORE OPEN 24 HOURS



DINER

SUN-TUES 6AM-10PM
WED-SAT 6AM-MIDNIGHT

SPECIALS & SOUPS MADE DAILY



CASINO

OPEN 8AM-MIDNIGHT EVERYDAY



Natural Life News!

Subscribers Can Download or Print the Complete Issue Online.

It's full of links for deeper digging...

Highlights from Our Jan.-Feb. '25 Issue

Why IODINE Is Essential for Women's Health & How to Get More in Your Diet
Crystal Maceira, CBP, MH
PositiveLifeChange.info



Spiritual Intelligence

What Would **LOVE** See Here?

Jennifer Butler, for the Hearts Center Community

Subscribe to NaturalLifeNews.com
It's FREE!



“Enjoying the Journey”

by Lois Olmstead



We can talk about Christmas gifts, giving and getting, after Christmas, in January, can't we? Actually, it's a perfect time because most of us have current opinions having just got and given some type of something to someone. He-Who-Took-Long-Steps loved Christmas. You read about some of my favorite memories of those times in our December columns. I sure could have used He-Who's help this year! We had so much fun buying presents when our three boys, Todd, Kevin and Ross were little. Many times, when times were tough, we'd wait until the day before Christmas when prices were slashed. Now the 'boys' are men, He-Who is not here, and it is up to me! And also – if your kids are like ours –

they definitely have different lifestyles and interests. They all like NASCAR and anything that has wheels and runs on gas but then they are different. If I have any technology problems in the cyber world, I call Kevin. If it is electrical or carpentry, I call Todd. He's been a first responder and now teaches rescue classes, so last week when the power went out with high winds, I called him. What should I shut off and was I okay sitting by my stove with the fan off? Later when the power came on, I called Kevin to get my computer on. Ross is pretty much on call to fix anything mechanical or anything in this house that breaks down and any other emergency that happens. Back to Christmas. I try to think "What would He-Who do?" Kevin was first. The techie one, a 672-piece Lego set special edition of his favorite NASCAR Chevy

Camaro! Perfect. Ross was next. He gets the most "Help, it's Mom" calls because he lives only 20 miles away. For a year he talked about a new TV, I heard yes, no, yes, no. I fixed that, I got one for him. Decision made! Perfect. Now the eldest, and the hardest, Todd. He has his hands full, with work in Colstrip, his business, Technical Rescue Options, and being on the Rosebud County Disaster Team. Plus doing lots of camping with his family. What, oh, what would He-Who get for this kid? Then I got a great idea—books! He likes to read. At the museum in Butte I found a book, "History of Montana in 101 Objects, subtitled Artifacts & Objects from the Montana Historical Society." With lots of photos. Perfect. Next, a new book on Jim Bridger. Todd likes history. Then a great find, "Three Ringlings in Montana" not even 50 miles from where we live. Lastly, Todd and Lisa camped at Glacier Park last summer, so rounding out this perfect set - a book on the "CCCorps in Glacier Park from 1333-1942." My three favorite words "Now that's

done!" Ross was delighted. Kevin thrilled. Todd and Lisa came up on December 30th so we could have Christmas together. On Christmas Eve day we went through Bridger Canyon over to Bozeman. I had bookstore gift cards! Lisa and I were shopping, picking out books. I felt smug about the packages under the tree for Todd. Until... Until Lisa said, "Todd aren't you going to get any?" He, my eldest son, says, "I don't need any. I've still got two left from the three you got me for my birthday last year." Oops. I was kinda quiet on the way home. Fast forward to that night when Todd, Lisa and I had our little Christmas around my tree I handed Todd his stack of wrapped presents... and said, "These are from me." Soon we were all laughing. He kept saying, "No these are great! Really good!" All I could say was "I thought so too!" I think He-Who-Took-Long-Steps would have loved this Christmas! Let's have Proverbs 3:5-6 be our Bible reading. It is good for the new year, don't you think? God Bless You!



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
Holding Services since 1891.
Sunday at 10:30 am April thru Sept.
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 • wilsallcchurch.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

Jeremiah 29:11 – For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Park County
Community Journal

Get your weekly dose of PCC Journal delivered to your door!

\$8/month (Delivered) or \$10/month (Mailed)

NAME: _____

ADDRESS: _____

PHONE: _____

INSTRUCTIONS: _____

Fill out this form and mail to:
PO BOX 1851 • LIVINGSTON, MT 59047 • 406-613-9615



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 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.

Happy New Year

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.

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

January 12 - 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!

January 12 - POTLUCK - The Beaver Creek Community Hall will hold its monthly potluck at 1 pm. Please bring a main dish, salad or dessert to share. The hall is located at 651 Swingley Road. The public is invited to attend.

January 14 - OPEN AUDITIONS: MY FAIR LADY - Join us for open auditions for the Spring 2025 Mainstage Community Musical! No preparation required, 7-9 pm at The Shane Lalani Center for Arts, 415 East Lewis, Livingston.

January 15 - ANNUAL MEETING - The January meeting for the Gardiner Chamber of Commerce will be the Annual Meeting of the Members from 6 pm to 8 pm at Sagebrushers inside the Super 8, 702 Scott Street West, Gardiner. All chamber members invited to attend. RSVP's preferred, please email executivedirector@gardinerchamber.com for questions or to RSVP.

January 22 - RANCHER ROUNDTABLE will take place at Park County Fairgrounds Exhibit Hall at 5:30 pm. Guest speakers will discuss cattle health and biosecurity. Please RSVP to the Park County Extension Office at 406-222-4156 or park@montana.edu by January 20th.

January 22 - TROUT UNLIMITED PINTS FOR PURPOSE
Come socialize and enjoy a beer while supporting your local chapter of Trout Unlimited. A portion of beer sales will be generously donated to Joe Brooks Trout Unlimited by Neptune's Brewery, 119 North L Street.

January 25 - GEL PRINTING WORKSHOP - Join local artists Kathleen McPherson-Glynn and Chris Miller for a hands-on workshop in Gel Plate Printing. Learn to create unique prints by layering colors, textures, and patterns on paper, perfect for collages, cards, or framed art. Explore new techniques in a fun, supportive environment! 12 noon - 3 pm, Livingston Center for Arts and Culture, 119 South Main Street, Livingston. Register online at <https://www.livingstoncenter.org/art-classes-and-workshops-1>.

January 27 - 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 Meet Me in St. Louis starting at 7 pm. For additional information, please get in touch with Emily Johnson at director@empiretwintheatre.com.

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 Marcedes 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 or at the door for \$35.

WOLF'S MERCANTILE

LIVINGSTON, MONTANA

A UNIQUE HOME DÉCOR & GIFT STORE

OPEN EVERYDAY 9AM-7PM
SUMMER HOURS: 9AM-9PM

Curated home décor, cowhide, leather goods, clothing, candy, gifts & more.



106 South Main St. Downtown Livingston

406-333-2412

@WOLFS.MERCANTILE

WE ARE HIRING!



LOOKING FOR A PREP/APPLICATOR FOR RHINO LININGS. REQUIRES PHYSICAL LABOR. \$20/HOUR DOE NO PREVIOUS EXPERIENCE NECESSARY, TRAINING AVAILABLE.

STOP BY 320 1/2 N. MAIN STREET AND SPEAK WITH HELENA FOR MORE INFORMATION.

Daily Specials

VOTED BEST LUNCH

THE OFFICE LIVINGSTON IN PARK COUNTY

Come taste for yourself

LIVINGSTON MONTANA The Office 128 S MAIN ST

[HTTPS://WWW.OFFICELOUNGEANDLIQUOR.COM/DAILY-FOOD-SPECIALS](https://www.officeloungeandliquor.com/daily-food-specials)

Crossword Puzzle Number 317

1	2	3	4	5	6		7	8	9	10	11	12
13							14					
15							16					
			17				18		19			
20	21	22					23	24				
25							26				27	28
29							30				31	32
	33		34	35					36			
			37						38			
	39	40					41	42				
43						44				46	47	48
49								50				
51								52				

- Across**
- 1 Lion groups
 - 7 Smooth and thick
 - 13 Engine adjustments
 - 14 Mommy's sis
 - 15 Turkish capital
 - 16 Dozing
 - 17 Stop!
 - 19 --- Fein (Irish political movement)
 - 20 Endures
 - 23 Affirmative votes
 - 25 Singer --- Laine
 - 26 Cake mix
 - 29 Monk's title
 - 30 Male sheep
 - 31 Contemptuous exclamation
 - 33 Mesopotamian river
 - 36 Programming language
 - 37 Job-discrimination watchdog: Abbr.
 - 38 Like a piano
 - 39 Depositors' protection org.
 - 41 Exposed
 - 43 Is adjacent to
 - 45 Took a break
 - 49 Edith's forthright husband
 - 50 Unidirectional
- Down**
- 51 City west of Chicago
 - 52 Indicate
 - 1 Harper Valley org.
 - 2 Manage
 - 3 Squid fluid
 - 4 --- the world (asleep)
 - 5 German currency
 - 6 Duration
 - 7 Aeronautics group.
 - 8 Reddish-brown
 - 9 Sign up
 - 10 Egyptian solar deity
 - 11 Bearing
 - 12 Short agreement
 - 18 Cajun condiment
 - 20 Flat panel TV type
 - 21 Loads
 - 22 Rig
 - 24 Thanksgiving dish
 - 27 Internet auction site
 - 28 All-night bash
 - 30 Spanish river
 - 32 Did possess
 - 34 Kyoto entertainer

JOURNEY INTO SPACE



Sudoku Puzzle Number 352 "Easy"

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

Crossword Puzzle Number 316 Solutions

	1	2	3	4		5	6	7	8	9						
	P	A	L	O		A	B	U	S	E						
10	C	R	E	E	P	11		12	N	O	S	I	R			
13	L	E	N	G	T	H		14	A	B	B	E	S	15	S	
16	A	Y	E			17	R	18	I	G		19	N	A	H	
20	R	O	A	21	D	22	S	I	D	E		23	O	N	T	O
24	A	N	S	E	L	M	O		25	A	M	A	Z	E		
			26	L	A	P		27	H	U	E					
28	S	29	30	R	A	W		31	L	O	N	G	32	33	34	H
35	W	H	E	Y			36	P	I	T	T	A	N	C	E	
37	A	R	M				38	L	T	D		39	B	A	R	
40	G	O	E	41	42	H	E		43	O	N	W	A	R	D	
		46	E	D	E	M	A		47	G	R	A	C	E	S	
		48	S	Y	N	O	D		49	A	S	K	S			

- 35 Show disgust
- 36 --- Interceptor, classic British sportster
- 38 Carolyn ---, Nancy Drew nom de plume
- 39 Sack
- 40 Set of cards
- 42 Nudge
- 43 Youth
- 44 Wyo. neighbor
- 46 Lowest card
- 47 Dine
- 48 Stain

Sudoku Puzzle Answers 351

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

We here at PCCJ love bringing you this outlet where our community can share their ideas, thoughts and events to everyone in Park County.

Our main goal is to keep this paper, and the website access, FREE to everyone!

Our generous advertisers are the main reason we can keep this going, so please, visit them and tell them Thank You!

We are also asking if you feel this publication has real value to you, and it is not a hardship, to consider signing up for a monthly donation...we sure would appreciate all the help we can get to keep this publication free and available to everyone!

You can make donations online at www.pccjournal.com - Thank you!

CLASSIFIEDS

FOR SALE

Double-sized sofa bed, like new, \$100/OBO. 406-222-4636

HELP WANTED

2024-2025 Vacancies

Arrowhead School District #75

• 2 Elem Teaching Positions (1 with P endorsement preferred)

• Music and Art Teacher Salary D.O.E.,

health, dental, and/or vision, certified

staff shall be given full step credit on

the salary schedule for up to (10) years teaching experience.

• 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

• Bus Driver

• After School Coordinator

• 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 alicemontanainsurance.net.

Non Emergency Medical Transport Driver

Careway Shuttles is looking for individuals to drive wheel chair 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!

School Bus Driver – Arrowhead School is looking for an individual who will be responsible for transporting students safely to and from school. Personal characteristics should include sound judgment, responsibility, calm, self-assured, and likes working with children. Hours are four hours per day, mornings and afternoons, Monday – Thursday with occasional Friday's. Wages start at \$35 per hour. Other requirements include: MT Commercial Driver's License (CDL) with an School Bus "S" and Passenger "P" endorsement, ability to lift 50 pounds, first aid/CPR, current medical exam, must complete State of Montana annual bus driver training, regular drug testing, driving record release. For more detailed information and job applications go to: <https://www.arrowheadk8.com/job-openings>.

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

Gardiner Public School is looking for a Custodian (part-time, or full-time with benefits). Salary will be based on experience. Applications are available on our website at www.gardiner.org and can be sent to Super@gardiner.org, or you may apply at the school (510 Stone St, Gardiner, MT, 59030). If you have any questions please call 406-848-7563. RV spot with hookups available for housing.

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

Maintenance 1 Water Department – Public Works

The City of Livingston is hiring a full-time Maintenance 1 team member in the Water Department under Public Works. This entry-level role involves tasks related to the maintenance, repair, and installation of the City water system and infrastructure. The position offers competitive pay, excellent benefits, and opportunities to learn and develop technical skills in various Public Works areas. A valid U.S. driver's license and the ability to obtain a Class B CDL within six months are required. The job posting and forms can be located here: www.livingstonmontana.org/jobs

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>.

Deputy County Attorney (Entry Level)

Join the Park County Attorney's Office as a Deputy County Attorney (Entry Level), where you'll take on meaningful work in both civil and criminal law, serving the community through diverse legal responsibilities. This role is specifically designed for recent law school graduates or attorneys at the start of their careers, offering an excellent opportunity to gain broad experience while working alongside a dedicated and collaborative team. With a competitive salary and a supportive environment, this position will remain open until filled—don't miss your chance to make an impact! For more information visit: https://jobs.parkcounty.org/jobs/140/Deputy-County-Attorney-3#job_140

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. To apply go online to: <https://jobs.parkcounty.org/jobs>.

How to Place your Classified Ad!

We have three classified ad packages to choose from, your ad will be displayed for 7 days, will also be added to the Park County Community Journal website.
1-40 words \$10 • 41-50 words \$12 • 51-70 words \$15
To place your ad go online at www.pccjournal.com or email community@pccjournal.com and someone will call you back for payment.

If you need more space, please call Steph at 406-220-0919 or email Steph at community@pccjournal.com for more information on placing a larger classified ad.

FOR SALE

FOR SALE

SERVICES

SERVICES





Landmark REAL ESTATE

Your Local Real Estate Market Experts

FEATURED LISTINGS

ERALivingston.com | 406.222.8700



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



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



112 S Q Street
2 beds 1 bath | 1,519 sq ft
#398011 | \$485,000
Theresa Coleman | 406-220-1405



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



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



107 Elliot Street N
1 bed 1 bath | 704 sq ft
398098 | \$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



205 S 11th Street
3 beds 2 baths | 1,606 sq ft
#396962 | \$550,000
Robin Nelson | 406-600-9034



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



1859 Old Yellowstone Trail S
Multi-Family | Cabins
#394796 | \$3,470,000
Tom Gierhan | 406-220-0229



TBD Moose Meadows Rd
Land Listing | 19+ acres
#394183 | \$395,000
Ernie Meador | 406-220-0231



508 Miles Avenue
Commercial Sale | 3,224 sq ft
#397976 | \$430,000
Tammy Berendts | 406-220-0159



401 S Main Street
Commercial Sale 10,375 sq ft
#384182 | \$2,200,000
Ernie Meador | 406-220-0231



NHN Gallatin Car Park #C-15
Commercial Sale | 277 sq ft
#395386 | \$50,000
Gillian Swanson | 406-220-4340



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



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

Meet the Team...

Baylor was born and raised in Livingston, attending the public schools and enjoying the lifestyle provided by rural Montana. Weekends were spent at the family homestead cabin up Mill Creek assisting his grandparents with ranching duties and sharing Sunday dinners. One of his greatest joys and

accomplishments has been playing music with his wife over the years. Music has led him to both coasts and included two separate stints in the northeast, living in New York City and Cambridge, MA. The scenic beauty as well as the slow paced and

Baylor Carter
Sales Associate, Distinctive Properties
406-223-7903
baylor@eralivingston.com

spacious quality of life has always brought him back to his home state. He gains much satisfaction with a career that allows him to share his knowledge and appreciation of his lifelong home with others.

"A pleasure to work with! Baylor Carter is who I would use again for a realtor. His knowledge of the area is as deep as his roots and his character lends itself well to the role that a real estate agent plays. Any questions or concerns I had were quickly met with an informed and intelligent response. It's not often that you can find such thoughtfulness in his line of work. I highly recommend considering Baylor for helping to navigate your real estate needs." - Mathew Labeau



REALTORS® in Livingston, Bozeman, Big Sky & Ennis

ERA Landmark Real Estate | eralivingston.com
406.222.8700 | 215 S. Main Street | Livingston, MT

Robyn Erlenbush CRB Broker Owner | Each office independently owned & operated.

Health Department Revisit

We often get a lot of questions about the Health Department and its role in the community. The beginning of a new and healthy year is a good time to refresh everyone on why counties have health departments.

Public health is important because it focuses on preventing diseases and promoting healthy lifestyles within entire populations, rather than just treating individuals after they become sick, thus improving the overall quality of life by addressing broader factors like environment, education and social conditions that influence health, ultimately leading to a healthier community with reduced suffering and healthcare costs.

Public health has made several important impacts to the health of the country over the past two hundred years. These included vaccinations which have prevented or eliminated smallpox, measles, diphtheria, pertussis, rabies, typhoid and polio. Public health has controlled and eliminated infectious disease spread through contaminated drinking supply and it has improved sanitation standards in our communities. Public health has also improved food safety, motor vehicle and workplace safety. In recent years, public health has shifted its focus toward chronic disease prevention and education, equal access to health care and safe communities and population or community level prevention priorities.

Montana passed laws as early as 1864, which focused on public health and gave the responsibility for public health to local jurisdictions. In 1895, Montana's laws outlined the establishment and duties of County Boards of Health to guard against contagious or infectious diseases. In 1901, the legislature established Montana's first statewide Board of Health which among other things, made small pox vaccine a requirement for public school attendance. Other health concerns of the time included Rocky Mountain Spotted fever, tuberculosis, food and drug safety, storm sewers, infant, maternal and child health and sanitation in schools, at tourist facilities and on passenger trains.

Today, the Park City-County Health Department, similar to all health departments

in the state, operates under Montana's public health laws which is found in the Montana Code Annotated. State law requires counties and cities of a certain size to have health departments. Some of the purposes of public health found in State law are to monitor the health status and identify solutions; investigate and diagnose health problems; educate on health issues; and, develop policies and programs to protect health and ensure safety. A health department is also required by state law to ensure disease prevention and control, regulate smoking in public places and inspect and permit retail food establishments, hotels, motels, wholesale food establishments and other licensed establishments.

The Park City-County Health Department consists of a Director and administrator, one public health nurse who works in our rural schools, a Disease Intervention Specialist who investigates cases of communicable disease in Park County, a Women, Infants and Children (WIC) program coordinator, a Public Health Emergency Preparedness Coordinator, a Communities that Care Coordinator and a Prevention Specialist. The Health Department has two Sanitarian positions who work on environmental health issues such as septic permits and licensed establishments. Vaccine clinics take place throughout the County including the schools, nursing home, group homes and assisted living facilities with the help of a volunteer staff.

The local Board of Health meets quarterly to review policy, Department updates and any public health concerns affecting Park County. The meetings are open to the public and take place on the second Tuesday of January, April, July and October.

Funding for the Park County Health Department comes primarily from the Montana Department of Health and Human Services, supplemented by outside grant funding and some general fund contributions.

Currently, grant funding pays for a majority of the Health Department expenses related to

programs including:

- Communities that Care
- DUI Taskforce
- Immunization
- WIC (which also funds the Breast Feeding program, Farmers Market and Supermarket program)
- Public Health Emergency Preparedness

- Montana Tobacco Prevention Program
- Workforce Development that helps fund the Disease Intervention Specialist
- Pathways – Public Health Accreditation Board program
- Wastewater Testing
- Maternal Child Health Block Grant
- Crisis Diversion



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's others who think, I can write like that, even better! I invite you to send in a short story, especially one that might have some relevance to our locale area or Montana in general. It might even be something that involved you. I'd love to post your musings. Send inquires to jakozlik@gmail.com

Quantum Hare

A 2nd poem by Sheridan Stenberg from her book of poems called SOUL... An Anthology of Poetry in a search for self-expression. Sheridan resides in Emigrant Montana.

Come with me, he said,
if you dare to follow.
I'll lead you down the rabbit hole,
where none of what you know
applies.

It's a journey for the fearless and
the trusting, once begun there's no
backtracking and the ease with which it's done
means you'll never find you're lacking
what the old way had supplied.

He halted on a grassy rise
that snowshoe hare encountered
on a winter's ramble, standing
still so I could see
that he had medicine for me.

I took a leap that day
and things began to happen.
I left the known behind
and, never looking back,
I followed.

I'd return to that spot,
but there is no spot,
only coordinates of time and space,
and lingering feelings of joy
and grace.

There is no place, there's only
thought and since that day
I've known that
between what is and what is not,
the choices are mine alone to make.

The book, SOUL... An Anthology of Poetry can be found on Amazon.

Look for the Writers Column in the next Community Journal. If you have a short story to tell and can lace it with some Montana folklore, send a short script to jakozlik@gmail.com. Follow us at: Inspiredbookwriters.com





NOSFERATU
Friday, January 10th -
Thursday, January 16th
4:30 pm, 7:15 pm



A COMPLETE UNKNOWN
Friday, January 10th -
Thursday, January 16th
4:15 pm, 7 pm

SHOWTIMES

**106 North 2nd Street
Livingston, MT
406-222-0111
livingstonmovies.com**



Turning 65?

You already know Medicare can be confusing
we can help answer all your questions

Free Consultation - call for details

Call us today to get started
406-222-6931

Quesenberry Insurance Agency
www.quesenberryagency.com
info@quesenberryagency.com

1313 W Park #9 • Livingston

