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Week of January 26, 2025

SGMS Students Becoming Active & Engaged Citizens

by Tony Crowder



The Sleeping Giant Middle School's eighth grade United States history class, spearheaded by instructor Brenda Speake, is currently fundraising for a trip to Washington D.C.

and Philadelphia through the Close Up Foundation, a non-profit and non-partisan educational organization dedicated to endowing the nation's youth and ensuing electorate with the civic skills necessary for becoming active and engaged citizens within their communities.

The five-day trip, which will take place from Sunday, April 20th to Thursday, April

25th, includes opportunities for attendees to experience the city and interact with other middle school students from throughout the country by participating in collaborative lessons, deliberations and simulations, a set of curricula and methodology designed by the non-profit to promote social responsibility and political activism.

The Close Up organization has existed for nearly 50 years, hosting over one million students with intentions of developing crucial skills and insights essential for participating in American democracy. The dynamic program is facilitated by trained instructors in small-group settings comprising discussion-based activities and the practical application of democratic principles. Lessons unfold sequentially as complimentary counterparts in a complex scheme designed to facilitate

integrative learning.

Speake, a lifetime educator who relocated to Livingston from Winifred seven years ago, has previously chaperoned students to Washington D.C., though not through the Close Up program. Up until this year, she primarily taught 7th grade world history, but when offered the 8th grade United States history class, she seized the occasion and set out to provide her students "an amazing experience"—an opportunity, according to her, Park County eighth graders haven't received in at least a decade, if not longer.

"I had so much fun the last time I did this, I thought there would be students and



families who could benefit from this [trip]." Speake began her quest in September by petitioning the school board to support the trip before receiving approval and recruiting students and parents to join the effort

See Tony, Page 2

Depot Center Hosts Wedding Open House

The historic Livingston Depot Center opens their doors to potential couples, families, and planners interested in hosting their special event at the Depot. The open house is from 10 am to 5 pm on Saturday, February 8, 2025.

The Livingston Depot Center is a lively intersection of past and present in the heart of downtown Livingston. The Depot is home to a seasonal museum from May to September and serves as an incredible community and event center throughout the remainder of the year. Complete with an elegant courtyard, shaded park, and local shops, the Livingston Depot Center is rich with historic detail, beauty, and grace.

The Wedding Open House at the Depot will display the options available to hosts including tables, chairs, dancefloor, stage, and specialty rentals like wedding arches or table decorations. Guests will see how the Depot can be transformed by each host to reflect their unique personality onto the classic backdrop.

No RSVP required and admission is free. Potential hosts can ask questions to the Depot event coordinator during the open house and start planning a great event that day! If guests are interested in



an exclusive tour, they can reach out via email or phone or book a tour onsite.

About the Livingston Depot Center:

The Livingston Depot Event Center serves as a community center and events venue for area residents and visitors. Presenting and promoting the visual and performing arts, hosting life celebrations, and a mainstay to gather and reflect on past successes or future endeavors.

More information available by contacting getinvolved@livingstondepot.org

2025 We Will Park County Grant Cycle Now Open

Letters of Interest Due on February 6th

The Park County Community Foundation awards annual grants to nonprofit and local government entities serving people living or working in Park County, Montana and in Mammoth, Wyoming. Between 2007 and 2024, the Park County Community Foundation has distributed over \$1.5 million in community grants, addressing a wide range of community needs from education to water quality, food insecurity to housing affordability, and much, much more. For more information about the community grants program and to view lists of grant recipients from previous years, please visit the Park County Community Foundation website at: find.pccf-montana.org/Apply-for-a-Grant.

Annual grants are awarded to select nonprofits most effectively addressing the issues identified by the annual survey of residents' opinions and hard data that is captured in the *We Will Park County* report.

The Park County Community Foundation conducted listening sessions in

PARK COUNTY COMMUNITY FOUNDATION

November 2024 following the release of the 2024 *We Will* report and heard directly from the community about high-level concerns. In response, the 2025 grant cycle will prioritize funding requests that propose solutions to the following community challenges: (1) Development pressures on Park County, including natural resource depletion; (2) Mental health across all sectors of our community; (3) Programs to address the financial pressures caused by high housing costs; and (4) Enhancing our capacity for emergency response and disaster preparedness.

You can learn more about the *We Will Park County* initiative and download the 2024 *We Will Park County* report on the Park County Community Foundation

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Park County Dugout
by Guest Author: Michael Kokot

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Student-Athletes Can Capitalize on Name, Image and Likeness... Sort of.

Park County Dugout
By: Jeff Schlapp

Montana High School Association (MHSA) also approves eighth graders to compete at the middle school and high school level concurrently. First American Indian nominated to serve on the MHSA's executive board.

The MHSA concluded its annual meeting on Monday and passed a proposal to revise an eligibility by-law to allow the opportunity for MHSA student-athletes to capitalize on their Name, Image, and Likeness (NIL).

Student-athletes shouldn't count their millions just yet—the new MHSA rule comes with safeguards for schools.

According to its language, the amendment does not allow for a student-athlete to use images or likenesses of themselves in uniform or other clothing or gear provided by their school or the MHSA, or to use any school or MHSA facilities, products or copyrights for NIL purposes.

The MHSA also approved a proposal to revise its awards rule to allow students to accept non-monetary compensation or items of value solely in recognition of ability, participation, and/or achievement if the total value of such non-monetary compensation or items of value does not exceed \$500 retail value annually.

NIL at the interscholastic level has been

a reality for many states for about 24 months.

NIL allows high school athletes to monetize their name, image, and likeness AND maintain their high school athletic eligibility. On its face, it seems only fair to allow athletes, even at the high school level, to "cash in" on their fame.

The advent of NIL in high school sports represents a seismic shift. For the first time, young athletes can leverage their talents and visibility to earn income while still in school, potentially changing their lives for the better. However, with this opportunity comes a new set of challenges—financial, emotional, and ethical.

Currently, 31 states have laws that permit student-athletes to capitalize NIL.

With its new amendment, it seems to me that the MHSA satisfied those who were for NIL at the high school level and those who were against it by adding a rule against the athlete being shown in uniform or other clothing or gear provided by their school or the MHSA, or to use any school or MHSA facilities, products or copyrights for NIL purposes.

Not sure how lucrative it will be for a high



school QB to be in an ad for a local pizza joint in blue jeans, a t-shirt, and a cowboy hat, while the high school continues to use his/her image in uniform for alumni fundraising purposes.

On Monday the MHSA passed a revision to eligibility requirements for participation in high school events for eighth graders, allowing them to be able to compete in junior high and high school. This will be a boost to Class C schools and their student-athletes.

Also on Monday, Dee Pretty On Top, the athletic director at Lodge Grass High School was voted to the newly created MHSA executive board position that was created solely for Native American Schools.

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

Tony

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in November. Altogether 17 students will attend with two adult chaperones present.

The trip's itinerary will include visits to historical monuments and government buildings like the Martin Luther King, Jr. Memorial, Arlington National Cemetery, Capitol Hill, the Smithsonian National Museum, the National Constitution Center and Independence Park—all supplemented with constructive activities aimed at stimulating critical thinking and engagement with concepts and institutions like democracy, civil rights, and liberty.

"Everything I teach in the classroom comes to life for these students when they experience it firsthand," said Speake.

The trip, however, is relatively expensive. Per student, including airfare and lodging for five days and four nights in Washington, D.C., and Philadelphia, costs amount to \$2,167. Each participating student was required to submit a \$500 deposit by January 10th, with final payment due February 20th.

Fundraising efforts so far include students bagging groceries at Albertson's and Town & Country, a bake sale at the Livingston Christmas Stroll, giftwrapping at Murdock's during the holiday season and a Christmas basket silent auction at a recent junior high band concert. Since receiving approval from the school board in November, parents and students have raised roughly \$5,000 dollars by planning, organizing and executing fundraising activities nearly every weekend. Students are entitled to funding proportionate to their involvement in fundraising activities by working shifts.

"We're trying to raise as much as we can by February 21st," said Speake.

Future activities will involve a bake sale at the upcoming wrestling tournament on January 24th and 25th and a community breakfast at St. Andrews Episcopal Church (located at 310 W. Lewis Street in Livingston) on Saturday, February 8th from 8:00 to 10:00 am. Students and parents will be cooking and serving pancakes, breakfast burritos and other items for either dine-in or carry-out and are requesting a minimum \$10 dollar donation. Students have also applied for scholarships offered by the school board and the group is accepting

private donations.

"My job is the easy part," says Speake, who explained that a special group of parents have organized a majority of the fundraising events. "And," she says, "students are learning responsibility by participating in activities to earn funding."

Please consider contributing to this cause by attending a fundraising event or submitting a private donation through the Park County School Board. For further information, contact Brenda Speake at brenda.speake@livingston.k12.mt.us.



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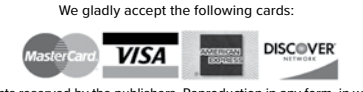
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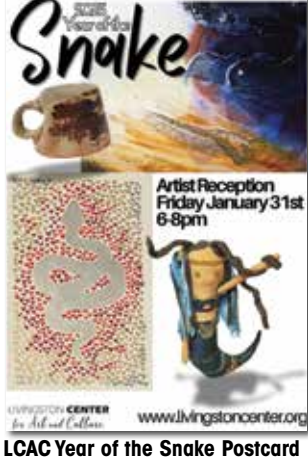
Year of the Snake Livingston Center for Art and Culture

2025 marks the Year of the Snake in the Chinese zodiac, a symbol of transformation and personal growth. In honor of this, the Livingston Center for Art and Culture is proud to host an exhibition featuring the work of over twenty artists, offering unique interpretations of a captivating animal and the many emotions it provokes. Participating artist Jennifer Boccadori enjoyed the challenge saying, "It's a fun subject. You can go in so many different directions with it. And being in the zodiac, you really can go everywhere with it. It is open for much interpretation." Kat Houseman, another participating artist,

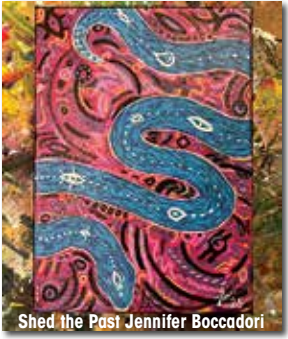
liked the opportunity to paint something new and shared "I think I've only painted a snake once before. So I was up for the challenge, which is fun. I think when artists commit to a show it can be a good excuse to try something new and go outside your norm." Year of the Snake will be on display from January 21st through February 8th. The public will

have the opportunity to meet participating artists at a reception on Friday, January 31st from 6 to 8 pm. The Center is located at 119 South Main

Street in historic downtown Livingston. To learn more, contact the Center at (406) 222-5222 or visit <http://www.livingstoncenter.org>



Don't be Rattled by Kat Houseman



Shed the Past Jennifer Boccadori

Community Foundation

from page 1

3920 or by emailing: Barb.Oldershaw@pccf-montana.org.
The Park County Community Foundation
 The Park County Community Foundation is your neighbor, a trusted community foundation committed to preserving the uniqueness of Park County for generations to come. Our first 20 years have seen us grow into the largest foundation solely serving Park County. But as our county continues to face rapid growth, the demands on our nonprofits over the next 20 years are only going to increase. Hence, Park County citizens and its nonprofits need a community-led foundation built on leadership, fiscal strength, permanence, and, well, love to navigate the years ahead.

website (find.pccf-montana.org/WeWill-ParkCounty) or by visiting the PCCF office at 104 S. Main Street in Livingston. If your organization would like to receive feedback on proposed programming prior to the completion of your Letter of Interest, Park County Community Foundation's program director, Barb Oldershaw, is currently scheduling conversations with potential applicants. You can reach her by calling the PCCF office at (406) 224-

1-3 pm February 6, 2025



MT Healthy Aging Presents a

Caregiver Respite Retreat

at the MSU Extension Office
119 S. 3rd St., Livingston

Contact Veronica Baca at MSU Extension with questions and to register at: 406-222-4156 or veronica.baca@montana.edu





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Girl Scouts of Montana and Wyoming Kickoff 2025 Cookie Season



Girl Scouts of Montana and Wyoming will kick off their 2025 Girl Scout Cookie season on January 31st. It's a time when Girl Scouts everywhere hone their entrepreneurial skills as they find new and inventive ways to sell cookies, unboxing brighter futures for themselves. With the much-anticipated cookie season back in full swing, cookie lovers can rejoice as they indulge in the classic cookie line-up.

The 2025 cookie lineup is jam-packed with the full spread of highly sought after cookie flavors, including Thin Mints®, Caramel deLites®, and Peanut Butter Patties®. Consumers can also enjoy Peanut Butter Sandwiches, Trefoils, Adventurefuls, Lemonades, Toast-Yay!®, and gluten and allergen free Caramel Chocolate Chip. At the close of the 2025 Cookie Season, the beloved cookie flavor, Toast-Yay!® will be retired. Toast-Yay!® enthusiasts can get their hands on the last of these favorite sweet treats by reaching out to a Girl Scout they know.

Girl Scout Cookies will sell for \$6 per package with the exception of the gluten and allergen free Caramel Chocolate Chip, which will sell for \$7 per package.

When girls participate in the Girl Scout Cookie Program, the largest girl-led entrepreneurial program in the world, they acquire a host of invaluable entrepreneurial skills, including goal



setting, money management, decision making, people skills, and business ethics. Each package of cookies sold allows Girl Scouts to develop an inextinguishable entrepreneurial spirit, gaining courage, confidence, and character as they conquer new feats and embark on new adventures. Girl Scouts obtain transferable life skills as they earn a variety of badges and awards, including Cookie Business badges, Financial Literacy badges, Cookie Entrepreneur Family Pins, and Entrepreneur badges.

This season, Girl Scouts of Montana and Wyoming calls on community members to purchase their favorite cookies—and support the girls behind each box. All proceeds from cookie sales stay local to fuel inspiring experiences throughout the year including camp, amazing trips, service projects and much more.

How to Purchase Girl Scout Cookies This Year

Girl Scouts will take pre-orders Janu-

ary 31st – February 16th, with delivery in late March. If you don't know a local Girl Scout, use the Girl Scout Cookie Finder (<https://www.girlscouts.org/en/cookies.html>) to purchase cookies.

- Beginning February 21st, customers who do not already know a Girl Scout will also be able to purchase cookies to be shipped directly to their homes by entering their zip code into the Girl Scout Cookie Finder. This link can also be used to find a local booth, purchase cookies, and/or to



donate cookies for local community causes.

- Cookies can be purchased at local cookie booths March 21st – April 13th.
- You can also text COOKIES to 59618 to stay informed about how to purchase Girl Scout Cookies and other exciting Girl Scout news.

For more than 100 years, Girl Scouts and their enthusiastic supporters have helped ensure the success of the iconic annual cookie program—and they've had fun, developed valuable life skills and made their communities a better place every step of the way.



Upcoming
SHIELDS VALLEY EVENTS

- **January 28th** 4 pm High School Boys Basketball at Sheridan 4:15pm Elementary/JH Boys basketball against Twin Bridges
- **January 29th** 2 pm Shields Valley Interlocal Spelling Bee
- **January 30th** 4:15 pm Elementary/JH Boys Basketball against Big Timber
- **January 31st** 11 am Elementary/JH Boys basketball at White Sulphur 2:30 pm HS Basketball against White Sulphur

- **February 1st** 1 pm High School Basketball against Big Timber
- **Shields Valley Mobile Pantry** Second Friday of every month in Wilsall from 10:45 am until 11:45 am. Located in the parking lot at Wilsall Dance Hall. In Clyde Park in the parking lot at the High School from 12:30 pm to 1:15 pm.
For more information and to join the program go to <https://livingstonfrc.org/get-food/food-pantry.html> or call 406-222-5335.

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

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Tom Becker: 50 Years of Sweeping the Competition

Park County Dugout | by Guest Author: Michael Kokot

Some folks may have noticed a gentleman sweeping the Park High basketball court with a shirt or sweater saying "50 Years of Sweeping the Competition." Well here is the story behind the man with the broom.

In 1974, a young boy of 11 began helping his father, who was a Park High basketball coach, by sweeping the gym floor at halftime and between games. Now, 50 years later, Tom Becker is not as young, but he still comes to home games a few times a year to make sure that every year since 1974 he continues to sweep the gym floor at half-time.

Tom Becker, the son of the late Marie and Leonard Becker, has spent more time in a high school gym than anyone I know. There are not many Ranger fans who can say they have been attending Park High basketball games every year since 1974, but

Tom can go a step further. He can say that he was part of the State Championship team of 1983.

Tom's affection for basketball became his passion in high school when he became a basketball manager. Tom was part of an outstanding manager team that took care of everything for then head coach, Tom Ferch.

Stats, uniforms, water, and keeping the gym floor clear were just a few of the duties they performed. Every night in practice they had three different stations to set up and take down for what we called 'the circuit.' The managers trav-

eled to every away game and were in the gym every night for 3-hour practices. In 1983, all this hard work paid off with a state championship.

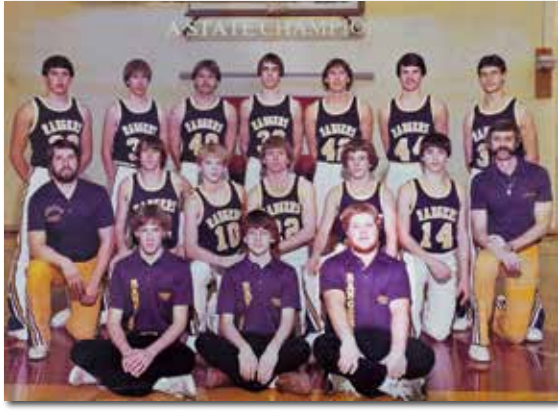
Following that, Tom Becker became a permanent fixture of the school and that gym for many years to come. I had the privilege of being part of the 1983 and 1985 Park High Championship teams. I spent many hours in that gym between those dates, and Tom was always there. After Tom's graduation, he started working as a custodian at Park High and he took great pride in keeping the gym and school clean for 33 years.

Many folks who have been attending games over the last 20 years and have seen Tom sweeping the gym floor have no idea what a halftime show Tom put on for many of those prior years.

While he was in high school, his halftime shows started to take form. Tom would sweep the floor (and back then he could do it pretty fast). He typically ran up and down the first half of the gym at a pretty rapid speed and at times used two brooms at once.



Tom Becker



Park High Rangers MSHA Class A State Basketball Champions. The author is shown second from the left standing and Tom Becker is seated on the far right.

See Tom Becker Page 6

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PARK COUNTY COMMUNITY FOUNDATION



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



Blake Brightman



Rancho Deluxe



COMMUNITY OPINION

by Patricia Grabow

December Grass Fire

In the latest update, Park County has not yet released a final report on the December 21, 2024 grassfire at Exit 330 near the Printing for Less Livingston West proposed subdivision, because according to the Park County Sheriff's office a criminal investigation as to the cause of the fire is ongoing.

The fire in question ignited at night on the Jesson Property and burned 26 acres in approximately 1.5 hours before it was brought under control. According to Dann Babcox, Fire Chief of Park County Rural Fire District #1, the fire spread especially quickly owing to both

relatively warm temperatures and 50-60 mph winds.

The area in which the fire occurred has been of past concern for several groups in Livingston. The local Yellowstone Bend Chapter of the Northern Plains Resource Council includes among its internal committees a Rail Watch/Fossil Fuels



Transport group intended to promote health and safety by expanding emergency services including attention to rail safety in the county.

It had apparently taken special concern for the area where the December 21st fire occurred—while the risk is much lower than the days of coal-fired steamers, it is still possible for diesel electric engines to generate grass fires by way of small exhaust embers, especially under deficient maintenance or especially dry conditions.

While earliest reports were focused on the possibility of a fireworks rocket of some kind,



the final report is still forthcoming, and any fire risk even in apparently colder weather remains a cause for concern, especially should that area succeed in significantly increasing its population density.

Tom Becker

from page 5

The second half was a cool-down to get him ready for the real show. Tom liked to shoot half-court shots. After making a few easy ones, he would back up to ¾ court, and if he could make one there, he would back up to a full-court shot. Tom made hundreds of half-court shots over the years and he tells me he made about 30 ¾ court shots and he is very confident he hit 13 full-court shots. It has bothered him over the years that he could never move beyond number 13.

There has been no athlete in that gym who has gotten more shouts of praise than Tom Becker. In the 80s and 90s, he got all kinds of cheers from half-time spectators all wondering if Tom would hit one from full court. I can still hear the oohs and aahs when he was so close and the roars when he would make one. The upper and lower decks on both sides of that gym were packed with fans and Tom was a crowd favorite.

When asked about his craziest memory in those 50 years of sweeping, Tom said when he was in Junior High, a fan threw a dead fish out on the gym floor. He did not want to clean that one up but when asked, he did it.

That's Tom for you. A kind, gentle soul and a hard worker. For so many years he has looked over that gym like a shepherd watching over his sheep. The next time you find yourself in the Park High gym watching the Rangers play basketball, take note of that gentleman out there pushing the broom up and down the court. You will surely see a smile on his face. "Why—You might ask? It is because he can still hear the roar of the crowd cheering him on."

I know I still hear them cheering for you, Tom Becker, the keeper and sweeper of the court!

Editors note

Michael Kokot was a member of the Park High Rangers basketball team that won the 1983 and 1985 MHSAA Class A Championship.

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

Meals for Jan. 27th - 31st


Monday, Jan. 27th -
Pancakes, eggs, sausage, fruit, juice, milk

Tuesday, Jan. 28th - Tomato soup, grilled cheese, fruit, milk

Wednesday, Jan. 29th - Meatloaf, potatoes, gravy, veggie, fruit, dessert, milk

Thursday, Jan. 30th - Chili hotdogs on bun, fries, fruit, milk

Friday, Jan. 31st - Roast beef, gravy, veggie, potatoes, dessert, fruit, milk



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Bozeman Symphony's Free Family Concert

The Bozeman Symphony's free Family Concert returns with *Adventures through Melody* conducted by Music Director Norman Huynh on Saturday, Feb. 22nd, at the Willson Auditorium, 404 West Main Street in downtown Bozeman. Designed for children ages 5-12, this engaging performance offers the perfect introduction to the orchestra for the entire family.

Adventures through Melody will feature a dynamic mix of traditional masterpieces and contemporary works. The program includes iconic pieces such as Beethoven's Promenade, Tchaikovsky's Romeo and Juliet Overture and Swan Lake, Mussorgsky's Pictures at an Exhibition, Copland's Hoe Down from Rodeo, Wagner's Ride of the Valkyries from Die Walküre, and Grieg's Morning Mood from Peer Gynt. The concert will also

spotlight new music by international singer, multi-instrumentalist, and songwriter Kishi Bashi, including his acclaimed works *Philosophize with It*, *Honeybody*, and *Manchester*.

A highlight of the event is the Bozeman Symphony's Instrument Petting Zoo, held after each performance. This interactive experience invites young attendees to explore a variety of orchestral instruments up close. With guidance from expert "instrument zookeepers," children can touch and examine different



instruments, learn how to hold them, identify their families, and even try their hand at making music. The event is an exciting opportunity to ignite curiosity and foster a lifelong love of music.

"For 30 years, the Bozeman Symphony has presented free family concerts to inspire young people and create opportunities for all to experience the joy of symphonic music," said Executive Director Jacob Blaser. "These concerts often spark a child's interest in playing an instrument, creating a ripple effect that uplifts and unites generations.

It's a wonderful way for us to fulfill our mission and see the direct impact of our work in the community."

Two performances of *Adventures through Melody* will take place on Saturday, Feb. 22nd, at 10:30 am and 1 pm. Additionally, all area fourth graders will attend a special concert on Friday, Feb. 21st. These events are made possible by the generous support of sponsors Cal & Tricia DeSouza and Gary Kunis & Connie Wong. The Bozeman Symphony also extends its gratitude to Eckroth Music for providing instruments and staff for the Instrument Petting Zoo.

Admission to the free Family Concert is complimentary, but tickets must be reserved. To secure seats, visit www.bozemensymphony.org/family-concert or call 406-585-9774.



by James Kozlik

What keeps us from moving forward with our creative attributes? Maybe it's the fear of criticism. That's easy to recognize, since inherently we have it within our own thought forms. When you read a book for instance, do you read with a critical eye or an open heart? The critic in me wants to give a novel a chance, like the first 50 pages. Yet, my mind lies in wait to find fault with the author's written word. I know some people who will read the ending first to decide if it's worth reading. Then there are others who think, I can write like that, even better! I invite you to send a short story or a poem, especially one that might have some relevance to our local area or Montana in general. It might even be something that involved you. I'd love to post your musings. Send inquiries to jkozlik@gmail.com.

Here is a new short story... that takes place in the Northeast Harbor at the southwest end of Acadia National Park, a place that Marian and I had a vacationed a few years ago.

What The Seashore Left Behind

The tide moved in overnight, as it always does. Jesse strolls the beach as the tide recedes, as he always does. And the tide washes surprises onto the seashore, as it

always does.

Along the northeastern seaboard the Right Whale starts its migration to the coast of northeast Florida for the mothers to have their babies. It starts up in Nova Scotia where regulations close off fishing areas so that the Right Whales don't get entangled in fishing nets and other things related to the fishing industry. As they enter the US waters the conservationist and environmentalist regulate with requirements that seem to dwindle the entanglements that lobster nets might cause. When a Right Whale has to drag the weight of lobster nets, the chance of mother whales to make it south start to diminish. The result is a diminishing population of Right Whales.

Susie arrives with a breakfast plate of eggs, with cubes of blue, white and sweet potatoes seasoned with fresh herbs and slabs of thick cut bacon cooked to perfection. Also homemade rye bread with cranberry jam and butter. She has a Holy Donut, shipped up from Portland for herself and an empty cup.

"Mind if I join you this morning, Jesse? I need some coffee and companionship."

He looks up, smiles briefly and nods while he utters, "Sure Susie, you going to ask if I'll be back next season to cook?"

"Nah, I know you will. What else you going do? And you can't leave this town, who else would clean up the trash left on the seashore?"

"Hah, yeah, it's my yoga."

"Your yoga? You going to get transcendental on me?"

"Susie, you are doing a great service feeding us and keeping this place open for us weary locals who need a place to meet. That's your yoga!"

"Oh, boy I wasn't expecting this conversation. You going to get esoteric on me?"

Jesse stays silent and enjoys the chewing of his mouthful of potatoes. He reaches for a sip of his coffee. And looks over at Susie, as she dunks her potato donut, glazed with a thick raspberry coating. He observes the aging beauty of Susie. He knows what she once looked like. His grandma used to show him pictures of the diner it's heyday. Susie was an effervescent beauty

with a mane of blonde hair.

Grandma is gone now. Jesse inherited her small cabin, tucked away in the thick woods, walking distance to town. He recalls his days back then, washing dishes while growing up—his summer job, then graduating to line cook. And finally given the right to make lobster rolls, using Susie's special recipe.

"Interesting that you think my time spent here is some sort of yoga. I thought yoga was a bunch of body manipulations that stretched muscle. So explain please. I am getting tired of talking about lobsters, whales and government regulations and law suits."

Jesse takes a bite out of the crisp slab of bacon he is holding with his fingers. He places it down on his plate and then licks his fingers.

Susie's Diner always has news and nostalgic music softly playing from the pass through that separates the kitchen from the stooled counter for singles. As Jesse and Susie

chat you can get the latest early morning local news. "Right Whales are a majestic sight to behold off the eastern coast of North America, but they are endangered and their numbers are shrinking. Many conservationists say fishing gear that causes entanglements is a big part of the problem. But lobster harvesters fear they may be driven out of business by pressure to change their practices even further. This is Miles O'Brien reporting from Bar Harbor."

"Well there is the physical yoga and there is the yoga of the mind and yoga of service. Where should I start?"

To be continued...

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

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FLOW Friday, January 24th - Thursday, January 30th 4:30 pm	SOMEWHERE IN MONTANA Friday, January 24th - Thursday, January 30th 4:15 pm, 7 pm	HOMESTEAD Fri, January 24th - Sun, Jan. 26; Tues., Jan 28th - Thurs., Jan 30th 7:15 pm	MEET ME IN ST. LOUIS Monday, January 27th 7 pm Only Craft Night
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How Healthy Are Your Oats?

by Jill-Ann Ouellette

The cold, windy, winter days in Montana often lead one to stay inside and stay warm, unless you are a hardcore winter sport buff, then this region of the country beckons you outdoors. Either way you experience January, it's National Oatmeal Month. Who doesn't like to warm up with a cozy bowl of oatmeal with a cup of cocoa or tea on the side?

My husband likes to make a big batch of oatmeal to ensure a few extra leftover bowls—which always get gobbled up. Our batch starts with fresh chopped apples, cinnamon, and dried cranberries or raisins boiled in water. Next, we add the whole, rolled oats and some mixed nuts. We bring it briefly back to a boil, stirring so it doesn't stick to the bottom, then let the



downside.

Oats can contain glyphosate, the weed killer in Roundup. Monsanto first sold glyphosate to growers in 1974. Glyphosate has been linked to severe health problems. Conventional growers use glyphosate widely on crops just before harvest to dry them out. This is bad for the environment and bad for consumers! The health risks of glyphosate include: liver and kidney damage, endocrine and reproductive issues, digestive issues, possibly cancer [webmd.com], and neurological damage [neurosciencenews.com].

On the positive side, glyphosate levels in oats have been decreasing in recent years. But, don't just think of whole oats, consider the common use of oats in processed foods—like so many cold breakfast cereals, granola/snack bars, even oat milk. Glyphosate does not belong in foods that children and adults eat every day!

Back in 2018, the Environmental Working Group (EWG) found glyphosate levels in oat products ranging from 0 to over 2,800 parts per billion (ppb). Tests were conducted on non-organic, conventional oats. They led an advocacy campaign to stop the use of glyphosate for farming. Several companies, including Kellogg's, pledged to not buy from growers using this technique.

By 2023, the EWG found that glyphosate levels in oat products were lower, with some samples having undetectable levels. In addition to EWG's campaign, there was the pandemic-related supply-chain issues and price increases that may have led to reduction in the use of glyphosate.

What brands of oats that contain glyphosate should you avoid? Both Quaker Old-Fashioned Oats and General Mills oat products have been found to have high levels of glyphosate.

How can you reduce your exposure to glyphosate in oats? Choose organic oats and look for glyphosate-free oat products. They are costlier, but your health is priceless! Here are some healthy and safe options: Back Roads Oats, Seven Sundays, Healthy Traditions, Avena Foods, Almond Cow, Laird Superfood, Red Tractor Foods, MUSH foods, and of course, the



organic options—Nature's Path, Simple Truth, Kashi, Cascadian Farm, and 365 brands.

As always, read the food labels when buying processed foods. Beware of oats that don't advertised they are glyphosate-free. Here in the U.S., a certified product must contain no

glyphosate residues (less than .01 ppm) as tested in a third-party lab. (Other parts of the world often have a higher threshold standard.)

Be a wise consumer and become healthier in the New Year through choosing healthier oats and oat products!



liquid soak up off the heat for five minutes. Then into the bowls it goes! I prefer a touch of brown sugar and a dash of cream in my bowl. My hubby likes Greek yogurt and honey atop his.

If you're a health nut, you may know this already, but for those who don't, the quality of your whole oats is very important. Before you pledge to have a bowl of oatmeal every day in the name of heart health, there can be a

Recipe by
Carla Williams

RECIPE CORNER

Mississippi Mud Poke Cake

Ingredients

- 1 box, Super Moist Triple Chocolate Fudge cake mix
- 1 cup Milk
- ½ cup Salted Butter, melted
- 4 Eggs
- 1 cup Heavy Cream
- 1 cup Semi Sweet Chocolate Chips
- 10.5 oz Mini Marshmallows, reserve ½ cup for sprinkling on top
- 1 stick Salted Butter, melted
- 3 Tablespoons Unsweetened Cocoa Powder
- 1/3 cup Heavy Cream
- 3 cups Powdered Sugar
- 1 cup Pecans, toasted and sprinkled on top



Photo Credit: fi.pinterest.com/

Instructions

1. Preheat your oven to 350 degrees F. Grease a 9x13 inch baking dish set aside.
2. Place chopped pecans evenly on a baking sheet and toast for 5-8 minutes. Remove from the oven to cool and use for topping later.
3. In a large bowl, combine the cake mix, milk, melted butter, and eggs until smooth. (This will replace the ingredients on the back of the cake box.) Pour the batter into the prepared baking dish. Bake according to the package directions, or until a toothpick inserted in the center comes out clean.
4. Allow the cake to cool for about 10 minutes. Then, using the handle of a wooden spoon, poke holes all over the top of the cake, making sure to poke all the way down to the bottom.
5. In a small saucepan, heat the heavy cream over medium heat until it begins

- to simmer. Remove from heat and stir in the chocolate chips until smooth and well combined.
6. Pour the ganache over the poked cake, making sure to fill the holes. Sprinkle 10 oz of mini marshmallows evenly over the ganache while it's still warm.
7. Return the cake to the oven for 1-2 minutes or until the marshmallows are slightly melted. Keep a close eye on it to prevent burning.
8. Let the cake cool some while making the icing.
9. In a medium bowl, mix together the melted butter, unsweetened cocoa powder, and heavy cream until combined.
10. Gradually add the powdered sugar, 1 cup at a time, and beat with a mixer until smooth.
11. Spread the icing evenly over the cooled cake.
12. Sprinkle the top of the cake with the toasted, chopped pecans and the reserved ½ cup of mini marshmallows.
13. Optionally, place the cake under the broiler for an additional 1-2 minutes to lightly toast the marshmallows on top, watching closely to prevent burning.

Helpful Tips & Substitutions

Can This Be Made Ahead of Time?

Of course! You can bake the cake a day in advance, adding the ganache, icing, and toppings when ready to serve. It's a perfect strategy for those who want to enjoy their own party without being stuck in the kitchen.

Substitutions & Variations

Not a fan of pecans? Try walnuts or skip the nuts altogether.

Want more chocolate? Add a layer of chocolate pudding under the icing for an extra decadent twist.

Helpful Cooking Notes

Cake Mix: Using a Super Moist Triple Chocolate Fudge cake mix makes this recipe foolproof, but feel free to experiment with your favorite chocolate cake recipe.

Poking the Cake: Don't be shy; those holes are what make the poke cake special, allowing every bite to be infused with gooey ganache.

Toasting Pecans: This little step adds a depth of flavor and crunch that elevates the cake to a whole new level.

This is a Rich Cake



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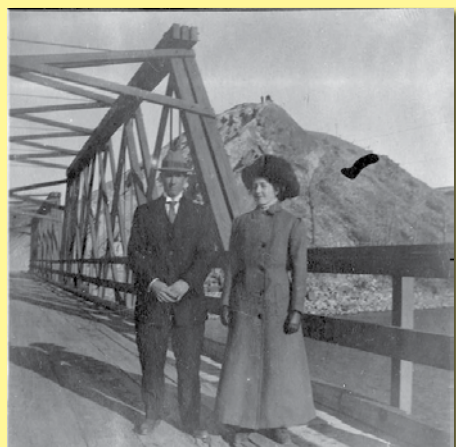
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Looking Back *with Lindie*



Here are Carl and Esther Wilcoxson a few years before 1918 standing on the original Harvat's Flat Bridge located at the east end of River Drive when flood waters washed this original bridge away. This spot was later named Mayor's Landing, a number of years after the bridge was burned down by high school pranksters. Today, a picnic table rests on the spot where the bridge crossed the Yellowstone that connected the original road in to Clarke City (later named Livingston after a railroad official from St. Paul/Minneapolis.)



My mother (Jody Fink) is sitting on the hood of the WILCOXSON's delivery truck, back in the late 30s. She started working there at age 13. You can barely see her head popping up between the two other girls. With mother being born in 1925, that would make the picture taken around 1938.



Carl Wilcoxson with his mom, in the 200 block of South 7th Street...

Carl Wilcoxson, an only child, with two friends, playing in their fort made of wooden crates, (probably used for freight,) from the store and ice cream factory, originally on 7th Street, the last street in town. Note the lack of development behind and around the house. In the 100 block of South 7th, on the west side of the street where the high curbs are presently (with houses) - was where Livingston's original golf course and country club was, and it was outside the city limits...



The 1962 ice cream plant crew... Marvin Dynnison, Dick Wright, Wally Case and Frank Houts.

Joe Ruegg, after he returned from WWI in about 1916. He began his passion for making candy and ice cream at Wilcoxson's at that time.



Wilcoxson's Ice Cream Parlour and Restaurant was next door and south of the Sport. Here is part of the crew on one 4th of July in the late 60s - L to R : Paulette Pollock, Bertha Footer, Joan Ashbacher, Bob Gilman, Claudia Karell, and Paulette's aunt, Juanita Tecca.

Does anyone remember the chocolate Easter eggs personalized with your name in white icing? Or the marzipan bacon, eggs and toast breakfast special... No? The Easter bunny left me a plate of this for years. I was underwhelmed but someone at my house was enjoying that stuff...



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I have an oil for that



by Dalonda Rockafellow
doTERRA Wellness Advocate

Thyroid Health & Essential Oils

By Dalonda Rockafellow

The thyroid is the engine that keeps the body running, regulating mood, metabolism, influencing the body's energy and your overall wellness. When it's out of balance—it can leave you feeling tired, foggy and just not yourself.

The good news is that you can take some natural steps to support your thyroid, regain control over your health and feel more like yourself. Tips like these, combined with the many benefits of essential oils, can help you reach your goals.

The thyroid relies on certain nutrients to function at its best. Food is your body's first line of defense... treat it like medicine!! Nourishing your body with selenium rich foods like Brazil nuts, eggs and tuna is an easy way to reduce inflammation and protect your thyroid. Iodine from seaweed and iodized salt can help your thyroid to produce

hormones. Zinc from shellfish, seeds and beans can support thyroid repair.

Using essential oils can play a big role in supporting your thyroid naturally and for targeted support. **Clove oil** is one of the most powerful antioxidants on the planet. It helps protect cells from damage. To use, you should dilute it with a carrier oil, such as fractionated coconut oil and apply to the base of the big toe (reflexology point) and front of the neck area near the thyroid. Diffuse it to promote wellness.

Frankincense is excellent for reducing inflammation and supporting cellular repair. This immunostimulant and healing oil can be used with or without diluting directly onto the thyroid and surrounding area for restoring, repairing and regenerating healing. Diffusing frankincense can promote wellness, as well.

Lavender helps manage stress and promotes sleep... two key factors

for thyroid health. It is likely the most used essential oil globally, as it serves all things calming. When in doubt, use lavender!! doTERRA's lavender is the purest, highest quality lavender oil on the market as backed by science. Add it to bathwater for a soothing soak, apply it to your temples and the back of your neck and add a few drops to your pillows, bedding or the bottoms of your feet to prepare for a restful night's sleep.

Chronic stress can throw your thyroid into chaos. Incorporate daily calming rituals to stay balanced. Practice yoga or deep breathing exercises. You can find many sources for each of these practices online or on phone apps to help you stay consistent. Diffuse relaxing oils throughout your day and in your work space to keep you focused, calm and to help you wind down and relax. Essential oil blends such as Citrus Bliss, Balance, Adaptiv and Serenity are all good choices.



Citrus Bliss is a combination of citrus fruits, tonka beans and vanilla. Citrus essential oils are both uplifting and stress-relieving. **Balance** is a blend of wood oils, frankincense and healing florals. The oils in this blend help to promote feelings of calmness, peace and relaxation. They also bring tranquility and a sense of balance. **Adaptiv** includes a blend of citrus, mints, florals, herbs and resins. They have all been studied for their ability to help relieve feelings of stress and anxiety that can build throughout your day. They work to relax and are beneficial for sleep.

Serenity is a mix of florals, woods,

roots and herbs, as well as vanilla. This restful blend helps to calm and soothe feelings of stress, excitement and anxiety to help the body restore.

Take short breaks in nature. Take a short walk around the block, step outside and breathe in deeply or simply open a window. It's so helpful for your mind and your hormones!!

Your liver plays a key role in processing thyroid hormones. Keep it in tip top shape by staying hydrated throughout your day with water. You can easily infuse it with a drop of a citrus oil, such as **Lemon, Grapefruit, Lime or Wild Orange**. Citrus oils are very detoxifying to your body. doTERRA's citrus essential oils are okay to ingest. Eat detoxifying foods such as leafy greens, beets and garlic. Consider a gentle cleanse to help the liver do its job more efficiently.

Understanding your thyroid and how it works can be a game-changer. The journey to better thyroid health starts with small, consistent steps. Combine good nutrition, stress management and the power of essential oils to help your body thrive.

Good luck in your journey and reach out if you have any questions or if I can help in any way!!

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

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"Enjoying the Journey"

by Lois Olmstead

How do you decompress? Or would you say, "What? I never need to decompress. I don't let things bother me."



Remember the TV days seeing astronauts step out of a space shuttle after landing? They were hustled away immediately to go somewhere to "decompress." I am laughing. Most likely that was the first time I ever heard the word! I never heard my folks say it. I like the word. Scientifically, it is "decompression of the aircraft cabin" or "decompressing after diving." Computers folks say it when data size needs compressed. Decompression.

For me, I like the dictionary definition - to undergo release from pressure - as in "I need a day off to decompress." You might

say "I need to loosen up, unwind, or mellow out." (Or maybe you aren't thinking about yourself. Is it someone else or your spouse who needs to relax or chill out?)

Plainly, I want you to know there is a big difference between serious mental anxiety over crisis situations, disasters and emergencies in life. My words today are for run-of-the-mill pressures, mostly those on which we comment to ourselves, "How did I get myself into this?" Or is it regular pressures of family, work, travel, caregiving, finances, even the weather?

Are you familiar with the Bible verse in John 16:33? It quotes Jesus saying, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation but be encouraged, I have overcome the world."

Some translations say, "In this world you will have trouble, be of good cheer - I have overcome the world." The Living Bible says,

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

So the bottom line? In this world we will face pressures. How much pressure, and how it affects us, is different. Two lessons I have learned: (1) Whether the verse says, be of good cheer, take heart, or be encouraged, Jesus said, "Find peace in Me." On some Christmas cards I saw printed in shiny red ink, "He is born, the Prince of Peace, Good news of Great Joy!"

Therefore, first, pressure? Pray, seek Jesus, speak with other believers, read your Bible. You don't have to believe what I say. Believe what He said.

(2) Have a strategy. You can call it your go-to Decompression Tool. I move furniture. Really. Coming home from a long speaking trip? Move furniture. Receive a bill, costs doubled? Move furniture. Weather, rain, snow, heat? Move furniture. Depressed? Move furniture. Ecstatic? Happy? Move furniture. He-Who-Took-Long-Steps always said, "It's a good thing I'm not a drinking man, I'd been dead a long time ago, falling

over furniture that wasn't where it was!"

No fooling, once a flight was delayed a day. I rearranged the furniture in the hotel room. It looked good! This last week I had to take my Christmas tree down. It stood in my front window facing the street. I left the lights on around the clock. (Who knows when a person might drive by that needs cheering up?) However, the cold air intensified when I didn't close the drapes. Normally my tree is up until February. Not this year. I took it down. Pulled the drapes.

Tree down? Sad. Move furniture. I rearranged my office/study. Moved the electric fireplace, bookcases, file cabinets, oh yes, and the treadmill to go beside my desk. I am sure you can see how much more inspired this column is as I write from my desk, now in the middle of the room. Decompressed? Yes! Works every time.

You do your thing. I have friends who walk, take a drive, read a book, watch a movie, call a friend, and maybe even bake bread or cook something! These things can help you. Despair does not. And remember, (1) Pray. This week our Bible reading is John 16:33. 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
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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
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406-222-1041
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Senior Pastor Shad Durgan
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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
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Redeemer Lutheran Church
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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 • wilsallchurch.com

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

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

Park County
Community Journal

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

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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.

Mondays

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

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

Tuesdays

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

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

Wednesdays

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

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

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

Mondays-Fridays

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

January 27 - CRAFT MOVIE NIGHT - This unique series invites community members to gather 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.

January 31 - YEAR OF THE SNAKE ARTISTS RECEPTION at Livingston Center for Art and Culture, 119 S. Main St., 6 to 8 pm. Everyone is welcome to come & meet the participating artist.

February 6 - CAREGIVER RESPITE RETREAT at MSU Extension Park County. Caregivers are invited to attend this free event from 1-3 pm. Join caregivers from around the area to engage in hands-on activities designed to help you recharge. Call 406-222-4156 or email park@montana.edu to RSVP by Feb. 3rd.

February 7 - NIGHT TO SHINE with the Tim Tebow Foundation and the Livingston Christian Center presents a worldwide celebration event. At this "Red Carpet" event, all guests are Kings and Queens and will be welcomed by a friendly crowd and paparazzi, sparkle stations, gifts, catered dinner, dancing and a crowning ceremony. A sensory room is also provided. This will be a night to remember! For more information or to register special guests (Ages 14+) : www.livingstonchristiancenter.com.

February 8 - WEDDING OPEN HOUSE - The Livingston Depot Center will host a Wedding Open House from 10 am to 5 pm to showcase options available to transform the Depot to reflect

each couples unique personalities onto the classic backdrop. Join us at 200 W. Park Street, no RSVP needed and admission is free.

February 8 - SONGS & DANCES OF LOVE - Yellowstone Ballet presents Songs & Dances of Love at the Willson Auditorium, 404 W. Main Street in Bozeman, at 7:30 pm. Purchase tickets online at <https://yellowstoneballet.info>.

February 8 - BOOTS & BUCKLES BALL will take place at the Park County Fairgrounds, 46 View Vista Drive, doors open at 5 pm, prime rib dinner starts at 6 pm, and dancing starts at 8:30 pm. The silent auction is from 5 to 8:30 pm, with live auction starting at 7 pm. Live music by Blake Brightman Band and a no host bar provided by The Owl. Purchase tickets by email at rodeo@livingstonroundup.com or call 406-222-3199 and leave a message.

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

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

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



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}

Crossword Puzzle Number 319

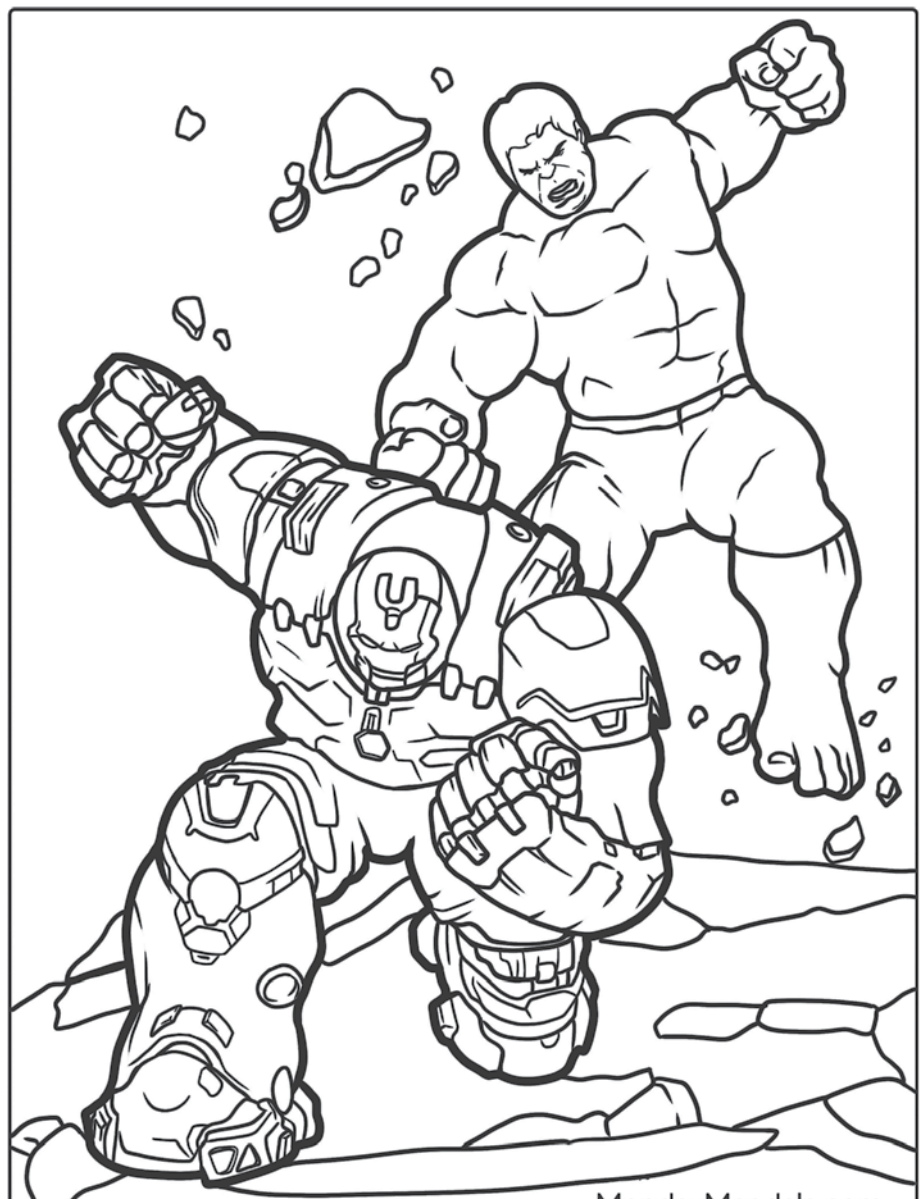
1	2	3		4	5	6	7		8	9	10
11				12					13		
14				15					16		
		17	18						19		
20	21					22					
23					24				25	26	27
28				29					30		
31			32	33				34	35		
			36				37				
38	39	40				41					
42				43					44	45	46
47				48					49		
50				51					52		

- Across**
- 1 Conservationist org.
 - 4 Throw
 - 8 Pursue ardently
 - 11 Geological time composed of periods
 - 12 Sloping trough
 - 13 Blunder
 - 14 Big Apple monogram
 - 15 Wore
 - 16 Fall behind
 - 17 Passionately
 - 20 Blanche ---, lead role in "A Streetcar Named Desire"
 - 22 Obtain
 - 23 "I am just --- boy, though my story's seldom told ..." (Simon and Garfunkel, "The Boxer")
 - 24 Words of departure?
 - 28 Chinese ultimate reality
 - 29 Begets
 - 30 Spelling competition
 - 31 Requests
 - 34 Moves cautiously forward
 - 36 Strike
 - 37 Australian tennis champ Lleyton ---
 - 38 California State University campus site
 - 42 Lubricate
 - 43 Bit of broken pottery
 - 44 P C to web link company
 - 47 Food label letters
- Down**
- 48 Nowadays
 - 49 Copy
 - 50 Range of knowledge
 - 51 Stalk
 - 52 Rural negative
- Down**
- 1 Type of cyst
 - 2 Ironic
 - 3 Company co-founded by Mark Zuckerberg
 - 4 Jaws
 - 5 B M W rival
 - 6 Yes-men
 - 7 Two fins
 - 8 Not ill
 - 9 Spoken
 - 10 Saturnalia
 - 12 Group of singers
 - 18 Low
 - 19 Consumed
 - 20 Collection of facts
 - 21 Poisonous Javanese tree
 - 24 Armed conflict
 - 25 Volcanic glass
 - 26 Bases
 - 27 Suffix for a focused event
 - 29 Maven
 - 32 Rider Haggard romance
 - 33 Groundbreakers
 - 34 Wanting
 - 35 Supposedly wise bird
 - 37 Whisky distiller --- Walker
 - 38 Damage
 - 39 Trusted assistant
 - 40 "The Birth of a Nation" group
 - 41 Slowly disappear
 - 45 Health club
 - 46 Bench with a back

Crossword Puzzle Number 318 Solutions

1	C	B	S		4	S	5	H	6	I	7	R	8	T		9	W	10	Y	11	O
12	A	A	H		13	O	O	M	P	H		14	H	A	N						
15	N	G	O		16	F	R	A	M	E	17	W	O	R	K						
			18	P	19	A	T	S			20	P	H	O	N	E					
21	D	E	P	P		23	E	P	I	L	E	P	S	Y							
26	O	V	E	R		27	H	U	M	A	N										
28	C	A	R		29	B	A	L	M	Y		30	B	S	32	A					
				33	G	U	I	S	E			34	P	L	U	M					
35	D	E	F	E	R	R	E	D			38	L	I	M	P						
39	A	L	L	E	N				40	I	P	O	S								
42	I	L	I	K	E	T	H	A	T			45	T	I	S						
48	S	I	N			49	R	I	O	T	S			50	E	V	E				
51	Y	E	T			52	S	P	E	E	D			53	R	Y	E				

THE INCREDIBLE HULK VS IRON MAN



MondayMandala.com

Sudoku Puzzle Number 354 "Easy"

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

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!

Sudoku Puzzle Answers 353

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

CLASSIFIEDS

FOR SALE

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

HELP WANTED

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

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

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

2024-2025 Vacancies

Arrowhead School District #75

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

Non Emergency Medical Transport Driver

Careway Shuttles is looking for individuals to drive 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

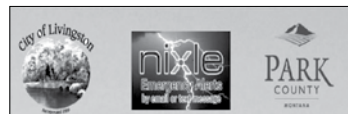
The City of Livingston is hiring a full-time Maintenance 1 team member in the Water Department under Public Works. This entry-level role involves tasks related to the maintenance, repair, and installation of the City water system and infrastructure. The position offers competitive pay, excellent benefits, 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



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april 5 contain regular comprise graphics cover
 vspaper half entirely two publication abbreviations even
classified ads
 listing publication



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JUST LISTED



619 N 12th Street

Multi-Family | Duplex
#398691 | \$685,000

Ernie Meador | 406-220-0231



107 Elliot Street N

Commercial Sale | 3,104 sq ft
#398072 | \$600,000

Tammy Berendts | 406-220-0159



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



30 S Woodard Ave, Absarokee

Commercial Sale 2,560 sq ft
#388822 | \$223,000

Jessie Sarrazin | 406-223-5881



759 Castle Mountain Rd

3 beds 3 baths | 2,772 sq ft
#397719 | \$810,000

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



1859 Old Yellowstone Trail S

Multi-Family | Cabins
#394796 | \$3,470,000

Tom Gierhan | 406-220-0229



508 Miles Avenue

Commercial Sale | 3,224 sq ft
#397976 | \$430,000

Tammy Berendts | 406-220-0159



NHN Gallatin Car Park #C-15

Commercial Sale | 277 sq ft
#395386 | \$50,000

Gillian Swanson | 406-220-4340



331 S 7th Street

3 beds 1.5 baths | 1,340 sq ft
#394563 | \$559,000

Ernie Meador | 406-220-0231



112 S Q Street

2 beds 1 bath | 1,519 sq ft
#398011 | \$485,000

Theresa Coleman | 406-220-1405



28 W Grannis

3 beds 2 baths | 9+ Acres
#390575 | \$875,000

Julie Kennedy | 406-223-7753



27 Royal Wulff

3 beds 2.5 baths | 2,668 sq ft
#390722 | \$1,794,000

Gillian Swanson | 406-220-4340



1296 US Hwy 10 W

Commercial Sale | 10,160 sq ft
#397843 | \$2,500,000

Ernie Meador | 406-220-0231



806 Gibson Circle

3 beds 2.5 baths | 2,024 sq ft
#398135 | \$629,000

Gillian Swanson | 406-220-4340

Meet the Team...

Ernie was born and raised in Park County, a third generation small business owner. He previously owned The Sport in Livingston from 1976-1980.

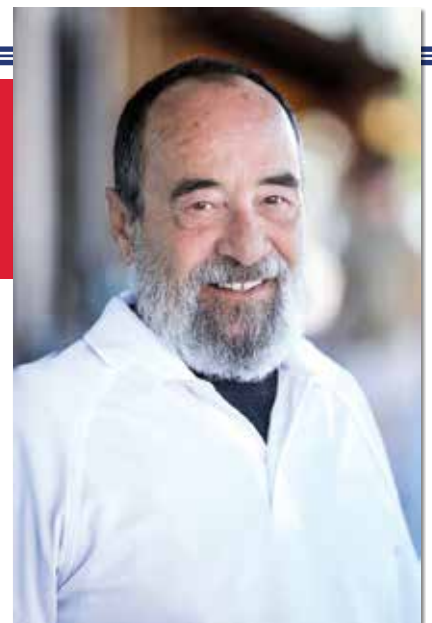
Ernie received his license in real estate in 1979, and he has been active full-time since 1980.

Ernie Meador

Broker

406-220-0231

ernie@eralivingston.com



"Ernie always answered my calls, and had the information I needed (very knowledgeable in his field). Very pleasant to work with, great attitude." - Tony Shinkle P.R.

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.



**LIVINGSTON ELKS
LODGE #246**

Thank you

The Livingston Elks Lodge #246 thanks the following individuals and businesses for their donations to our auction on December 7, 2024. Proceeds funded Christmas Food Baskets for our community and other charitable deeds in the community and at our Lodge! Thank you to **EVERYONE** who came to the auction and supported this amazing event!

We couldn't have done it without each and everyone of you.

INDIVIDUAL DONORS

VICTORIA BOND
JOAN BOZLEE
PAT & DEAN BRANDON
KATHI ELLISON & KENT HANAWALT
STEVE & KATHY ERICKSON
GARRICK FAUST
SANDY FLATTS

HEATHER GREEN
ANDREA GULLICKSON
DENNIS & BILLIE KAYE HARMS
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WHEATON PRECIOUS METALS/
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THEIR INCREDIBLE
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