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Week of January 5, 2025

John Olsens Project49 Update

by Tony Crowder

Western expansion in America began with William Clark's expedition during the first half of the 19th century and was catapulted by the construction of the railroad, a means for the distribution of agricultural products and, accordingly, eventual catalyst to Livingston becoming the area's economic hub and gateway to Yellowstone National Park. Grain elevators, revolutionary mechanistic structures used for weighing, storing and transferring wheat, barley, oats and other cash crops, were also foundational in this process.



Like the railroad, grain elevators are an important artifact of the industrial revolution and a precursor to mass agricultural commercialism in the United States. Built circa 1906, Livingston's historic Teslow Grain Elevator (formerly known and listed in the National Register of Historic Places as the Billy Miles Grain Elevator) was strategically situated alongside the railroad to facilitate the sale and distribution of the area's chief economic commodities and, as such, thrust local farmers into the global marketplace.



Once integral to Park County, the archaic structure then sat abandoned for decades, a towering 75-foot gravestone marking the passage of an era.

That is until a group of locals sought to preserve the illustrious structure as a monument to Park County's culture and history by establishing a non-profit organization tasked with determining a modern purpose for the building.

Following a windstorm during which the roof was severely damaged, the group first prevented its demolition and, with community support, began the renovation process shortly thereafter.

Unable to decide how the building would be used, the board recently sold it to Josh Olsen, a Park County native whose family long ago relocated from the area. Under fortuitous circumstances, Olsen returned with an extensive background in design, construction, and public service, and has since dedicated himself to sharing his experiences by repurposing the antique building as a communal space for both children and adults to explore creative outlets, build crucial skills and socialize with others—

creating opportunities for fulfillment within the community while preserving local history, a continuous effort he's taken to calling Project49.

His vision for the Teslow building is to create a shared "maker" space with an emphasis in education and recreation for adults and children alike. One popular idea is to transform the facility into a climbing gym. Others include providing technical training to young adults through internship programs and mentorship-based residencies for aspiring artists. Initiatives would be aimed at using resources to provide educational opportunities and a place of belonging, thereby promoting wellness in the community through evidence-based interventions linked to mental health and stability.

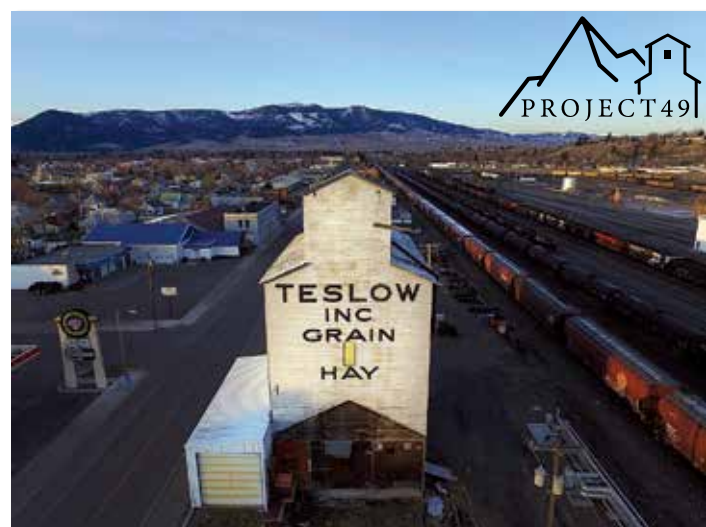
Currently the renovation project is in the planning and preparation phase. The structure has undergone analysis by an engineering firm to determine necessary repairs for ensuring the building's

structural integrity. Olsen and his team must also collaborate with railroad executives to coordinate construction, which will involve replacing the warehouse, a process slated to begin this spring that will unfold over nearly two years. Yet, how and when the building is used, Olsen says, depends upon future funding, which is currently limited to state and federal grant funding.

In the meanwhile, Olsen has teamed up with local artists Brett Ozment and Allison Vicenzi to build a prototype of what this space could be by leasing the former Educatio building (located at 129 S. Main Street in Livingston) as a studio for arts and skills-based education programs. Acquired in August, the studio currently hosts a curriculum-based homeschool program during the day and various evening workshops like Tuesday Open Art nights, the latter of which began in partnership with Educatio. Other offerings, including adult sewing programs, can be discovered on the studio's online events calendar.

The studio is accessible to youth and adults in Park County and the surrounding area, though it seeks primarily to benefit the local community.

For youth, the studio provides a comfortable space for creative expression,



PROJECT49

either to supplement the public school system or compensate for a lack of arts programming. Yet for Olsen and his team, the studio is an experiment to determine the best course of action moving forward—how to effectively and efficiently improve community health without duplicating efforts or competing for programming resources. In effect, the studio is an open forum for determining how programming can evolve to address specific community needs.



Olsen believes that the space already demonstrates a need in the community and, if widely successful, will reveal an opportunity for a large-scale project like the Teslow.

His inspiration for Project49 is multifold but begins with a growing concern for mental health in Park County—specifically driving down the area's notorious suicide rate by erecting a space

for children and adolescents to achieve purpose and belonging—factors essential for fulfillment. He pointed out that for much

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

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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
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email: community@pccjournal.com
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OP-ED FORUM by Patricia Grabow

In Search of Elusive Accord

If Tip O’Neill, former Speaker of the House, was right that all politics is local, we can take a lesson from the life of recently passed former president and peacemaker Jimmy Carter, when he said, *“The bond of our common humanity is stronger than the divisiveness of our fears and prejudices.”* He might be best remembered for his legendary struggles to negotiate one of the few Middle East peace agreements, the Camp David Accords. They helped the world see, even if through a brief keyhole, how different life can be economically, socially, and aesthetically, when instead of conflict, intelligence and peace prevail as people deserve.

In our tiny Livingston area microcosm, we have a small echo in our Growth and Smart Growth policies fought against by selfish interests who set their personal advancement above the well-being of others, but hard won nevertheless with the focus and perseverance of 1600 people, day by day, decision by decision, for the good of all.

Like the Accords, these policies were not won easily. However, the miracle of things was that when Livingston created its Growth Policy, it really was a coming together with diverse opinions, but negotiated out for the bigger picture. It was not “you belong to this political party and I belong to that political party and we cannot communicate,” but more like “how do we want to grow, since we know it will happen, and where and in what way?” And we are fortunate with our city manager and commission today who remain dedicated to making these visions as far as possible, our reality.

And just as in the woods of a presidential compound in Maryland decades ago, a keystone remains our ability to collaborate intelligently and get along. Without that, as then, we have nothing.

Part of our consensus was that we wanted Livingston to stay a “real town,” with a real, functioning downtown, with planned “smart growth” out from a viable, economically core commercial area outward—a key being economically viable. People like me were ecstatic when we decided on Smart Growth as a plank of this vision. We have over 350 businesses in our downtown, and if you saunter down Main or Second Street or any street in the area, you will see people coming to work day after day, putting their heart and soul into their businesses, decorating for Christmas, paying for sidewalks, you name it. And sometimes it doesn’t return for them financially soon or at all, in spite of the fact their kids needed new shoes or health care or food. They still show up ready to make the area a commercial success. And we need to have their backs.

The hard part of a Growth Policy often comes in the question of how we pay for what, and how vision translates into healthy growth while keeping our standards high. We want to be more specific than the person who prayed for a car and got a clunker instead of the proverbially possible Cadillac. Sometimes we keep the gods smiling at least a little.

But we know our history, character, and opportunity in the world. Fifty-two miles from Yellowstone with a charming historic downtown is a good start in anyone’s book, and as I am fond of saying, the original rail gateway to the first national park in the world, with our historic Depot anchoring over twenty beautiful hotels built in rough parallel to the creation of Old Faithful Inn, Canyon Hotel, and the Robert Reamer

remodel of Lake Hotel. Most of our beautiful hotel structures remain, as do once noisy railroad shops capable of service and potentially fabrication. We still sit on the edge of wilderness with a world draw, an amazing art element, and an amazing community, period.

I’ve pointed out the local economy is not, and must never be, confused with handouts from the wealthy, including billionaires. That is the model for non-profits, who rarely truly understand the private sector that sustains the majority of those who live here. It is therefore critical that these non-profits, however important, however well-intentioned in shelters and more, understand they cannot take over our critical downtown spaces and commercial infrastructure; there are always other places they can function not at the detriment of the engine that powers the train.

And there have been small smiles from the heavens on our aspirations.

Congress for example, despite our serious debt situation, has just passed a \$1.2 trillion EXPLORE ACT, with one of its policy initiatives being the “Gateway Community [e.g. to our national parks] and Recreation Enhancement Act.” The Park County Community Journal is planning future articles on its implications for our local economy, which may be significant.

Another relevant act I’ve noted is the Infrastructure and Investment and Jobs Act (IIJA, HB 3684). The possibility exists to even put our shops back to serious work. They were designed to make full repairs to trains and to make trains, and the technical prospect is no longer just DMUs (Diesel

Multiple Units) but HMU’s (Hydrogen Multiple Units). Little St. Regis, Montana, population 300, is looking to expand from just a tourist economy but through Congressional grant help taking green energy to generate hydrogen fuel, which could begin to replace fossil fuels to help our economy and make a difference for the planet. Win-win.

But we have two other welcome changes.

First, some of our downtown hotel buildings are exploring their past roles as guest accommodation to attract visitors and mitigate the effect when decades ago I-90 took our customers two miles out of town.

Second, investors are beginning to show up who understand our Growth Policy. Technically, if we are to engage Smart Growth with our historic preservation commitment, not destroying historic structures, the only place we can currently develop new structures in the downtown itself is three properties on the south edge of the south side of our downtown, one of which has already had a hearing before our Historic Preservation Commission. Those have sometimes faced what seems like needless resistance in past, so as a force for good I think we should wish them well.

Part of what we need today is affordable housing for our workers. The so-called Housing Coalition, which was kind of a coalition of elites without serious skin in the game, if we’re honest, and probably generous, really did not work. And, anyone with any kind of background in economics know that key public housing, namely

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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... and here are some of the responses... Lindie

From Deanna Rongstad LeMoureaux - Class of '61

My best Christmas memories are the Sunday School programs. And one of most outstanding was one where I sat on my dad's lap for his help in memorizing the Luke story. At the program I forgot my gift and had to pretend—that was so embarrassing! Afterwards, my dad assured the pastor he would bring "the gift" which he too forgot.

The first gifts of Christmas were dresses my mom made for my sister and me for the Christmas program. And most especially our black patent leather shoes. Reflecting on those days, I think my mother, like many made Christmas magical with their special gifts of providing Santa's list.

One Livingston Christmas was especially on-budget. I received a nice pair of popular plaid slacks, several sizes too big for my skinny legs. After Christmas, I stood in the middle of my friend Carol Martin's living room and her mom, a gifted seamstress, turned those slacks inside out and they were made-to-fit. My Aunt Mildred Divine knew my Christmas wishes too and

gave me stylish ear muffs in pink angora. They are still in the hat & scarf box but a little lackluster now. Do you all remember them and Pendleton skirts (Santa, I am still waiting for a matched set.)

Now I find myself shopping for Christmas in a new way. "Shopping my closet" as I hear friends say. This year I am giving my husband's steel guitar to my second daughter, my grandmother's simulated pearls in a grey velvet box to my oldest and my husband's blue sweater to my youngest daughter. She cut holes in the wrists for her thumbs so she should have it. Another part of my Christmas gift giving is to check to see what they really want. So I ask them and send pictures. I am always surprised at their choices. Slowly between my daughters, and anyone who admires the purse I am carrying or jewelry I am wearing, I will complete my shopping list and clean my closets too. I love Christmas and all its excess, especially the music and the worship services and also the joy of giving away favorites to family and friends and to those with special needs.

Merry Christmas

PS I just gave the grands gifts—a goat, rabbits to the newlyweds, and chicks to the young ones. I hope they understand they won't actually receive them!

To be continued...

Smith River Permit Applications Available Beginning Jan. 2, 2025

Applications for a permit to float the Smith River will be available beginning on Jan. 2, 2025, and will be accepted through Feb. 15, 2025. The permit drawing will be held on Feb. 19, 2025.

Celebrated for its spectacular scenery, remote location and excellent fishing, floating the Smith River is one of Montana's most sought-after outdoor recreation experiences. Permits are required to float the 59-mile section of river between Camp Baker and Eden Bridge and are issued each year through a lottery drawing. Parties of up to 15 people can float with one permit. A person applying for a Smith River permit must be a minimum of 12 years of age at the time they submit their permit application. There is no age restriction to participate on a Smith River float trip.

Applicants can apply for a Smith River float permit online beginning Jan. 2 through the Montana Fish, Wildlife & Parks Automated Licensing System, and pay a \$15 non-refundable permit application fee. Successful Smith River applicants will be notified via email shortly after the permit drawing is conducted on Feb. 19, 2025.

Links within the notification email to successful applicants will allow them to download and print their float permit, as well as access vital and detailed information regarding their upcoming Smith River float. Results will also be available online at stateparks.mt.gov. Those who receive a permit will be contacted by phone two days prior

to their scheduled launch date to complete the registration process, which includes declaring boat camps and paying the appropriate float fees.

In addition to the permit drawing, the public may purchase as many \$5 Super Permit chances as they wish.

Montana State Parks issues one Super Permit each year through a separate lottery. The recipient of the Super Permit will be allowed to launch on any date of their choosing for that float season.

The opportunity to purchase chances for the Smith River Super Permit will be available from Jan. 2 through April 1, 2025. The Super Permit drawing will take place on April 4, 2025. Super permit chances may be purchased online through FWP's Automated Licensing System.

As a reminder, all float parties, private and commercial, will be required to pack out their human waste from the Smith River corridor, and floaters will need to pack portable toilet systems. To see a list of FWP-approved, portable, hard-sided toilets that will be allowed click here. Alternative waste disposal systems, including bag systems, such as Clean Waste and RESTOP2, will not be allowed. Floaters can clean and sanitize their portable toilet system with a SCAT (Sanitizing Containers with Alternative Technology) machine, which has been installed at the Eden Bridge take-out.

For more information about Smith River State Park visit: stateparks.mt.gov/smith-river/

Project 49

from page 1

of Livingston's youth beyond age 12, a lack of structured programming apart from sports and activities at the Shane Center abandons children to isolation and idling during a crucial developmental period with potentially detrimental psychological effects.

Many of these children progress into adolescence without opportunities for career development—forsaken to a bleak existence of monotony and disillusionment. Internship and placement programs would emulate a trade school approach by emphasizing skill development for young adults interested in learning practical yet stimulating workforce skillsets as an alternative to attending college. Olsen believes these programs could support and offer guidance to middle and high school students eager to pursue meaningful careers without formal education.

Ideally, revenue generated through adult programming, such as the proposed

climbing gym, would be used to fund activities for children and adolescents. Current revenue sources, however, are extremely limited; the group is consistently exploring new avenues to enhance the studio's viability and fund expenses as they await aid to continue renovating the elevator, which will require more than two million dollars. Olsen and his team have raised nearly half a million dollars and intend to continue applying for long-term funding sources via state and federal grants in addition to seeking private donations.

Olsen says, "People like what we're doing and I believe this project represents a wider opportunity for the community at large."

Learn more about the project and how you can contribute by visiting <https://www.p49.org/>. Olsen also accepts online donations via the website, checks through mail or in-person at the studio. The organization is a 501c3 classified non-profit and all contributions are therefore tax deductible. For more information, please contact Olsen at project49mt@gmail.com.

OP-ED

from page 2

the Sherwood (workforce housing) and the Miles Building (affordable housing), in a commercial area had an element of substandard urban planning in not realizing the importance of encouraging, or at least not discouraging, abundant public market housing supply instead.

Once a critical mass is achieved with beautiful buildings built and intelligent

investments, then we can explore prospects of even something like a mini-Target or similar, such as at the old Enterprise site or somewhere similar, or small entities like grocery or similar retail, or other ideas to help mitigate the unattractive sprawl of places like and combine function and form.

If we use these opportunities well, we can spiff up our ride. We have great tools in our Growth Policy and its Smart Growth vision to revive our character and health for the 350 businesses, those who depend on them, and our visitors. It's early, but that "real town" character is out there if we look.



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DAY IN COURT... and... More Hero Hunting

by Joyce Johnson

Now is the time for all good men to come to the aid of their countrymen.



Why did that old typing exercise come down the chute to me just now? I typed that timed sentence 100s of times in Jr. High typing class over (gulp) half a century ago. But the words just lit up my mind for the first time, as I began to type out my spill here:

This week's column is a portrait of just around 20 brightly lit minutes in Judge Gilbert's Courtroom, Dec. 23rd at 12:30 pm, when friends, kin, and colleagues showed up to witness the swearing in of our newly elected officials. We heard their vows of loyalty to the Constitution, and the State of Montana, and their Commitment to us, whom they promised to serve and support. A few minutes early, I walked into the

courthouse and up the steps to see 30 or 40 people of mixed of ages, laughing and chatting in front of the big double doors of the courtroom. I thought it was a holiday office reception. Where, I wondered, is the formal swearing in ceremony? Likely in someone's office perhaps? But to be sure, I asked a woman if she knew of a swearing in event and she smiled and nodded at everyone. This is it? Then I saw a big poodle busy working the crowd. Ahha! Commissioner Wells' assistant, and security "paw-ficer," Britches, was greeting and sniffing just everyone while keeping an eye on Bryan.

I was wondering how that effervescent crowd was going to become solemn for anything formal, when the Courtroom door cracked open and a be-robed lady with attractive shoulder length hair pushed the door open and said, "Come on in!" I have been in Judge Gilbert's court a few times over the years, but her necessary reserve, and the Mantle and Responsibility she carried eclipsed her identity as she sat at the "bench." Oddly, I was still feeling a



pre-court shyness, but we were warmly invited in. People took their sweet time filling the room, still socializing. Hugs were everywhere.

I took a seat a few rows back, next to the wall where I had a good view of everything. I soon regretted it however, when Judge Gilbert stood smiling behind those little swinging doors, and addressed us... without a microphone. Ah phoey, me and my you know, hearing issues. But, it all took place right there below the Bench and I saw and heard it all. Further, I'll just say the gathering was about as formal as a picnic at the park.

What better way is there to praise and welcome in a new team? I could feel the pride, and sincere respect for the

newly elected and re-elected included Honorable Judge Brenda Gilbert, 6th Judicial District Judge; Clay Herbst, Justice of the Peace; Auditor, Kendra Fox; Commissioner, Bryan Wells; and Clerk of the Court, Molly Bradberry. Newly elected commissioner, Jennifer Vermillion could not be present. Thanks to Colleen of Treatment Court, for a few snapshots she captured. There was so much smiling and applause encores for them all which took up most the time, the room was filled with the stuff that makes us a united people—family feel, laughter, hugs, optimism and commitment to hard work and Service. I am so proud to live here. Thank you to everyone who was in that room that day. You make hope shine.

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POPCORN: COUNTLESS WAYS TO ENJOY

January 19, 2025
National
POPCORN DAY

6 FUN FACTS ABOUT POPCORN

January 19 is National Popcorn Day. Mark the occasion by exploring exciting ways to enjoy this classic snack. Get ready to elevate your popcorn game with these creative ideas:



- Herbs and spices. Fresh or dried herbs and spices are perfect for flavoring your popcorn without adding empty calories. Why not season your popcorn with chopped rosemary, herbes de Provence, freshly ground pepper or curry powder? Let your creativity run wild.
- Gourmet toppings. Are you in the mood for a decadent snack? You can go savory with toppings like crumbled bacon or cheese, or try something sweet with chocolate, caramel, coconut, candy pieces or maple flakes. Treat yourself to a flavor experience.
- Bold flavors. Awaken your taste buds with a kick of heat by coating your popcorn with hot sauce or vinegar. Use a spray bottle to avoid soaking the kernels. Another option is to sprinkle it with cayenne pepper or hot pepper flakes. Get ready to bring the heat!
- Pre-made seasonings. Do you want something easy? Explore a world of

unique popcorn seasonings in flavors like ranch, ketchup, barbecue, apple pie and maple. There's a seasoning out there to suit every taste preference.

- Trail mix. Mix dried fruits, seeds and nuts with plain popcorn for a healthy and energizing trail mix snack. It's as easy as that!

Happy snacking!

Popcorn makes the perfect topping for cakes, pies, ice cream, waffles, dessert coffees or even corn soup.

From buttered and salted to caramelized and spiced, popcorn is a must-have at parties, movie nights and sporting events. To celebrate National Popcorn Day on January 19, check out these six facts about this legendary snack:



1. The oldest popcorn kernels were discovered by archaeologists in New Mexico. They date back 5,600 years!
2. Although corn comes in thousands of species, only a handful produce kernels that can be popped and transformed into this irresistible snack. These special kernels have a high moisture content and a tough shell.
3. The country that consumes the most popcorn worldwide is the United States, with Americans enjoying 60 billion cups every year.
4. When a popcorn kernel bursts, it can travel almost a metre.
5. Popcorn first appeared in movie theatres during the Great Depression of 1929. The inexpensive treat helped these businesses generate extra revenue.
6. In the 1800s, it was common to eat popcorn like breakfast cereal—in a bowl with milk and sugar.



VISIT YOUR LOCAL FOOD STORES OR FAVOURITE MOVIE THEATRE TO CELEBRATE NATIONAL POPCORN DAY.

Recipe by
Carla Williams

RECIPE CORNER

Autumn Chopped Salad

Ingredients

- 8 cups chopped Romaine lettuce
- 2 cups Spring Mix lettuce
- 2 small Red delicious or Gala apples sliced thin
- 1 cup dried cranberries
- 1 cup chopped candied pecans
- 8 slices bacon **crisp-cooked and crumbled**
- 4 ounces Feta cheese crumbled
- Creamy Poppy Seed salad dressing



Food Photo Credit: lastingredient.com

Instructions

1. In a large bowl, add chopped romaine lettuce, Spring Mix lettuce, apples, cranberries, pecans, bacon and Feta cheese. Toss well to combine.

2. Divide salad among individual salad bowls. Top with desired amount of creamy poppy seed dressing. Serve and enjoy!

Really Good with a Cup of Soup Also.



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- January 3rd - 4th (Fri-Sat) **JACKSON HOLTE & THE HIGHWAY PATROL** Rock & Roll
- January 10th - 11th (Fri-Sat) **UNDER THE BLEACHERS** Rock & Roll
- January 17th - 18th (Fri-Sat) **EL WENCHO** Red Dirt Rock, Blues, Country, Americana
- January 24th - 25th (Fri-Sat) **TRENT BROOKS BAND** Outlaw Country
- January 31st - Feb. 1st (Fri-Sat) **THE SHUFFLEBUMS** Blues
- February 7th - 8th (Fri-Sat) **BLACKWATER** Top 40, Blues, Funk & Country
- February 14th - 15th (Fri-Sat) **THE DIRTY SHAME** Outlaw Country
- February 21st - 22nd (Fri-Sat) **SMOKE** Country Rock
- Feb 28th - March 1st (Fri-Sat) **SHAKEDOWN COUNTRY** Southern Honky-Tonk Rock and Roll
- March 7th - 8th (Fri-Sat) **710 ASHBURY** Grateful Dead Tribute Band

**Meals for
Jan. 6th - 10th**



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Monday, Jan. 6th -
Beef tater tot casserole, roll,
fruit, veggie, milk

Tuesday, Jan. 7th - Potato
soup, ½ sandwich, fruit, milk

Wednesday, Jan. 8th -
Pork roast, gravy, potatoes,
veggie, fruit, dessert, milk

Thursday, Jan. 9th -
Lasagna, garlic bread, veggie,
fruit, milk

Friday, Jan. 10th -
Salmon patties, coleslaw, fruit,
dessert, milk

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Essential Oil Spotlight Wild Orange

By Dalonda Rockafellow

Who doesn't love the fresh, citrusy scent of oranges? This sunny fruit just bursts with flavor and tantalizing freshness and fills your tastebuds and senses with an energizing feeling. doTERRA's Wild Orange essential oil can be your calming, uplifting and energizing companion for this upcoming new year.

Wild orange essential oil is so versatile. Its fresh, citrusy scent can instantly uplift your spirit, creating a joyful atmosphere throughout your home and body. It's a stress soother. Add drops to a diffuser to calm nerves, ease tension and pacify crying little ones. Wild orange is a natural cleanser. A quick wipe-down with wild orange infused in water leaves your kitchen sparkling and smelling so fresh.

Did you know that doTERRA's Wild Orange essential oil is a culinary wonder? Adding a drop to your favorite

recipes—like marinades, desserts or even beverages—will add a zesty flavor that supports digestion while tickling your taste buds.

This energizing, sedative, anti-carcinoma, carminative, antiseptic, antidepressant, immunostimulant essential oil can and should be used for **sleep issues** (put a drop under the tongue before bed), **mood enhancer** (inhale 1-2 drops from cupped hands or diffuse), **immune support** (gargle 2 drops with water, or apply to bottoms of feet), **digestion** or ailments related to digestion including to help with excessive appetite (take drops in a veggie cap or apply diluted to the abdomen), **concentration** (apply under nose or diffuse), **cellular regeneration** (take in a capsule or apply to affected areas), **cellulite** (add drops to body lotion and apply to affected areas), colds (apply to bottoms of feet) **menopause** (apply to abdomen, pulse points and diffuse), dull, oily **skin & wrinkles** (apply to areas of concern before bed; avoid exposure to sunlight or UV rays for up to 12 hours after application) and **cooking** (add a drop to dishes, frostings and smoothies for a sweet, rich citrus flavor).

Orange Zest Sugar Scrub
• 18 drops Wild Orange essential oil

- 6 drops Madagascar Vanilla essential oil
- ½ cup brown sugar
- ¼ cup fractionated coconut oil
- Zest of one orange
- Mix all ingredients in a small bowl then transfer to a glass jar.
- Rub a small amount onto the body and wash off with warm water.

- Pick-Me-Up Diffuser Blend**
- 3 drops Wild Orange essential oil
 - 3 drops Peppermint essential oil
 - Add drops to diffuser with water. Enjoy the invigorating scent.
- Happy Dance Roller Blend**
- 5 drops Wild Orange essential oil
 - 5 drops Lemon essential oil
 - 5 drops Grapefruit essential oil
 - 1 drop Cinnamon essential oil
 - Add oils to a 10 ml roller bottle and top with fractionated coconut oil.

- Apply to palms of hands, cup nose and inhale deeply.

Whether you need a quick pick-me-up in the afternoon or a calming ritual before bedtime, doTERRA's Wild Orange essential oil is your pick for creating a warm, welcoming and peaceful mind, body and soul experience. 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.

SHIELDS VALLEY EVENTS

- **January 4th** HS School Boys Basketball at Manhattan Christian 1 pm
- **January 8th** 7 pm School Board meeting
- **January 9th** Elementary/ JH Boys Basketball picture day 4:15 pm
- **January 10th** HS Girls Basketball at Ennis 2:30 pm
- **January 11th** HS Boys Basketball at West Yellowstone 1 pm



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

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Perfect Sautéed Mushrooms Every Time—Versatile, Nutritious and Delicious!

Jill Ouellette, Staff Writer
Park County Community Journal

Tale of 2 Brothers
A Long Life and a Loving Life

Catherine Nelson, Ph.D.
RockyMtnPathwork.org



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History of CPR - PART 1

by Nurse Jill

We've all watched the scenes of Hollywood with a would-be hero pressing the chest of a victim in order to restore the victim's heartbeat. But how did we actually develop CPR into the fine-tuned, scientific-based practice that it is today.

The true beginning of CPR is difficult to pinpoint. There is speculation that there may have been a man in the 1400s that raised victim's arms out perpendicular to the body and then pressed on the left side of the chest but this approach gained no popularity and faded away with history.

In the 1500s people made attempts at resuscitation using the flagellation method. Their methods were a little off-target, however, using stinging nettles or a wet cloth in an effort to rouse the unconscious with painful stimuli.

In 1530, the first strings of legitimate resuscitation begin. In what was known as the Bellows Method, a bellows from a fireplace was used to inflate the lungs. This method was tried because doctors reasoned that if death drained ones' lungs of air then re-inflating the lungs might stave off death. There is mixed reviews about the overall effectiveness of this method. It gained popularity among doctors for centuries, which leads one to think that it may have sometimes been successful. However, the force that was used to drive the air into the lungs and the uncleanliness of air from a common fireplace bellows undoubtedly did more damage than good in most cases. The Bellows Method was still a first step toward the understanding what was

needed to bring someone back from a failure to thrive.

A breakthrough came from Robert Hooke in the 1660s, who theorized that it was not just pushing air into the lungs that would help bring an unconscious victim back but rather a continuous flow of fresh air in and out of the lungs. In 1732, Doctor William Tossach (who was likely aware of Hooke's theory) successfully revived a coal miner in Scotland utilizing Hooke's idea of air in and out with mouth-to-mouth rescue breaths.

The next century would see divided opinions on how to rescue someone who had stopped breathing, in many cases of individuals who had drowned or almost drowned. While some began to adopt the mouth-to-mouth technique, others stuck with the Bellows Method. However these were not the only two opinions on resuscitation during the late 1700s and early 1800s.

One method was to place the victim

on a horse and rely on the motion of the horse to put pressure on the lungs to expel water and aid breathing when the pressure was released. Another approach was to drape the unconscious over a barrel and roll them back and forth over the barrel by holding their feet. The motion of going back and forth over the barrel was intended to do the same as



the motion of the horse. The Hall method had the rescuer roll the patient back and forth from laying face up to laying on their side. Some rescuers would even go so far as to tie the feet of someone not breathing with a rope and then hang them upside down raising and lowering the body to expel the water and aid breathing with the

increased pressure.

In the 1850s the Silvester method evolved from all these precursors. Silvester's method was likely the first that

didn't involve hoisting a limp body into different positions. He kept the patient face up and, while kneeling at the patient's head, used a rocking motion to alternately press on the patient's lower chest and then lift the patient's arms over their head to expand the chest. This was on the cusp of modern compressions. But the focus remained on the lungs/breathing of the incapacitated, not the heart.

Small discoveries through the next 100 years began to culminate into our modern practice of CPR. In 1956, Drs. Elam and Safar proved the effectiveness of mouth-to-mouth resuscitation thus propelling it into accepted and recommended practice for healthcare professionals. This came on the heels of a study done by Dr. Elam that evaluated whether or not using exhaled air would indeed be a sufficient oxygen source. He proved that it was adequate.

These advances in providing breathing for an unconscious victim eventually get paired with compressions to give us the first version of our modern CPR in 1960.

But artificial breathing is only one of 3 major pieces of basic life support. Interested in the whole story? Stay tuned as we investigate the rest of CPR's history: compressions and AEDs.



Photo Credit: <https://www.goredforwomen.org/es/resources/history-of-cpr>
Flagging, Bellows, Barrels, Smoke Up the Bum and Abraham Lincoln - Early CPR - mcdreamie-musings
Last week saw the start of induction of our new third year students starting the clinical phase of their time at university. I was on CPR duty for much of it. CPR as we know it was developed in 1960. For the centuries before that there were many different techniques attempted to revive a patient. mcdreamiemusings.com

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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 10 - 20TH ANNUAL BACKCOUNTRY FILM FESTIVAL

Join us from 6 - 10 pm at the Emerson Center for the Arts & Culture at 111 South Grand Avenue in Bozeman for our annual Film Festival. This annual fundraiser is for the Montana Backcountry Alliance, and we will be raffling off some cool gear including skis, poles, gift cards, and more winter swag! All proceeds assist Montana Backcountry Alliance in its mission to preserve quality, traditional, human-powered winter recreation experiences, reduce conflict, improve opportunity, and promote safety among backcountry winter users in Montana. We hope to see you there!

January 11 - MEND-O-RAMA

Come on down to Studio49, 129 S. Main Street, and drop off your mending needs! Drop offs start at 10am, pick ups by 7 pm. Buttons, darning, hems, seam reinforcements and more! We will be set up sewing & repairing all day. Bring them by and pick up the same day! There will also be a "creative repair" workshop from 2:30-4pm where you can mend & embellish your own items with our guidance! Entry for this portion is \$10. Sew excited to see you there!

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 - 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>.

February 15 - FOR THE LOVE OF PARK COUNTY

An evening of music and community for the county we all love! Join us for a silent auction and live music from Mercedes Carroll, 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.



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



PARK COUNTY
COMMUNITY
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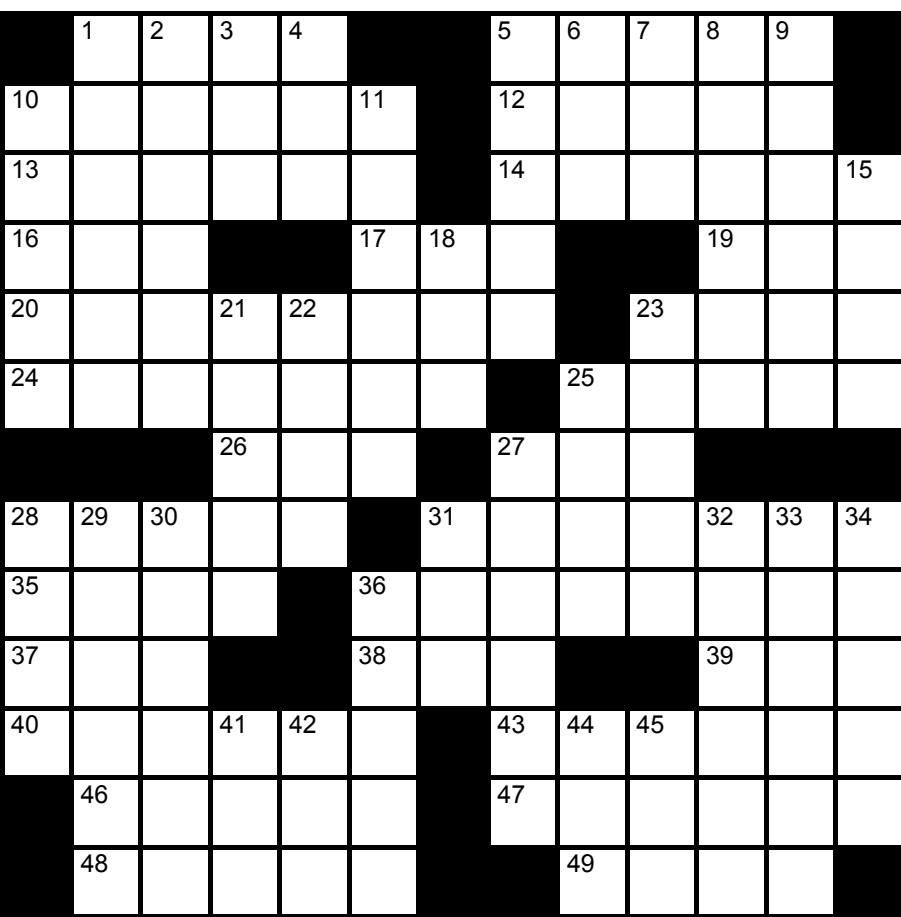


Join local musicians Mercedes Carroll, Blake Brightman, and Rancho Deluxe for a Valentine's benefit concert and silent auction supporting the Living Life Fund.

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.

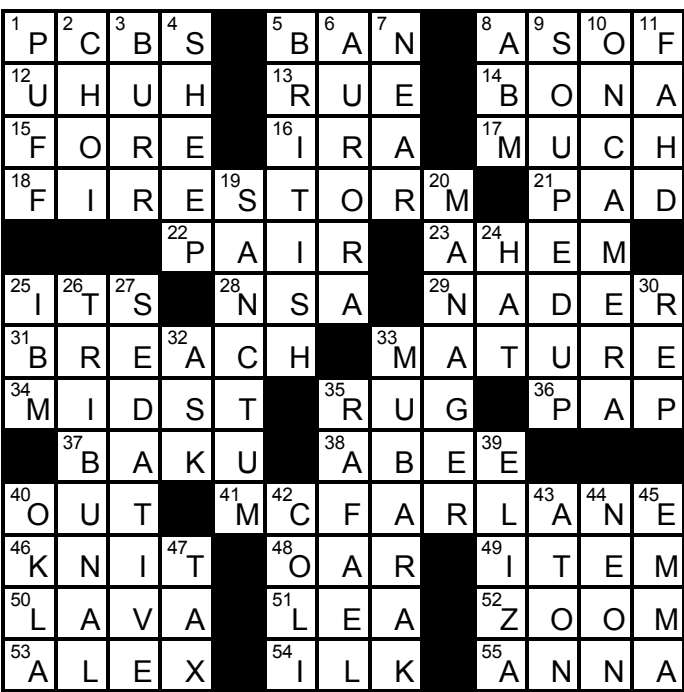
100% of the proceeds benefit the Living Life Fund, held at the Park County Community Foundation

Crossword Puzzle Number 316

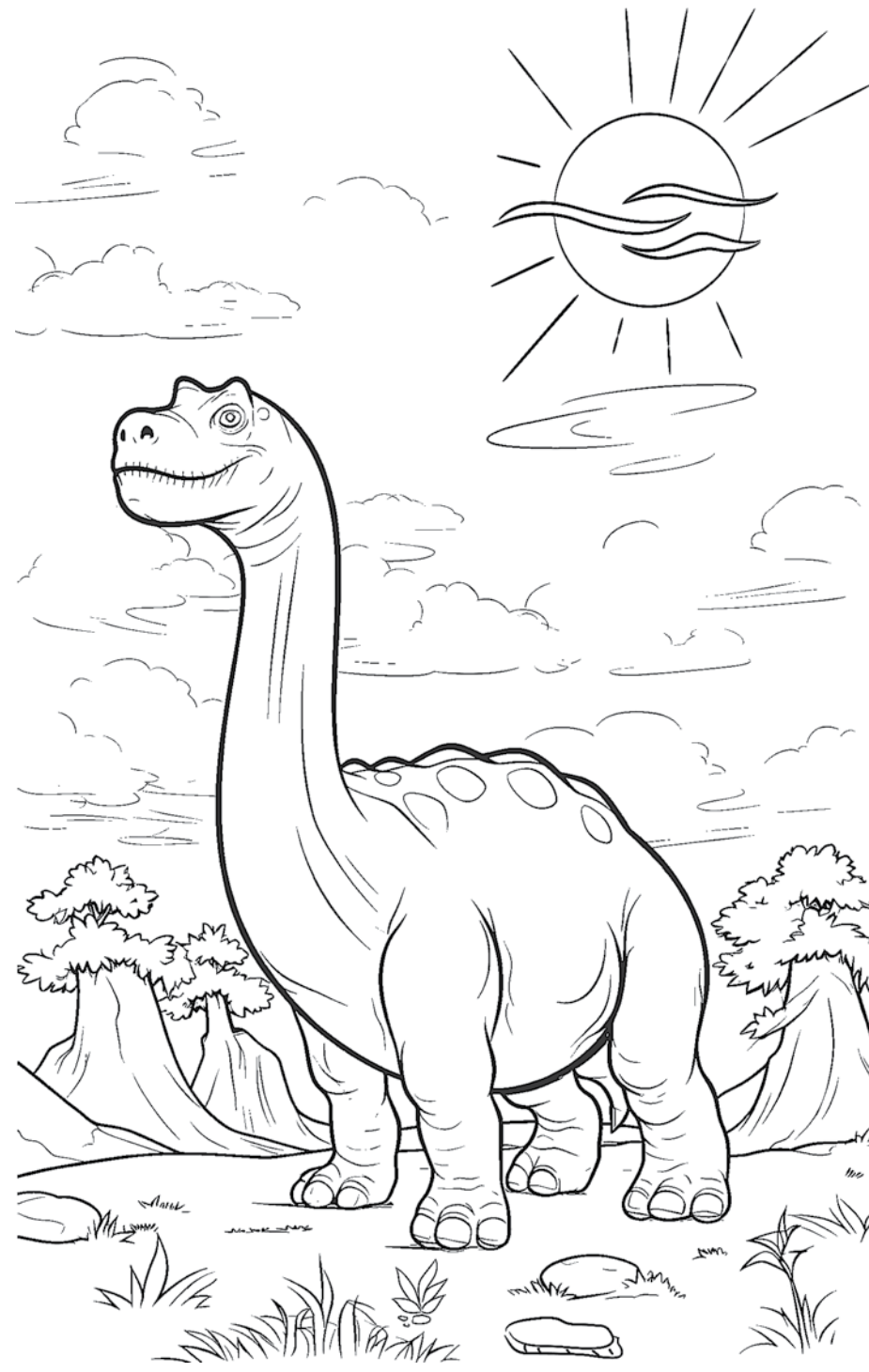


- Across**
- 1 --- verde (spiny tree)
 - 5 Harsh treatment
 - 10 Heebie-jeebies
 - 12 Emphatic denial
 - 13 Duration
 - 14 Superior of a convent
 - 16 Affirmative vote
 - 17 Oil well equipment
 - 19 Informal negative
 - 20 Shoulder
 - 23 Aware of
 - 24 San ---, California
 - 25 Astonish
 - 26 Once around the track
 - 27 Tone
 - 28 Chaff
 - 31 Somewhat drawn out
 - 35 Watery part of milk
 - 36 Small amount
 - 37 Weapon
 - 38 Classic Ford model
 - 39 Ingot
 - 40 German writer and statesman
 - 43 Ahead
- Down**
- 46 Watery swelling
 - 47 Adorns
 - 48 Ecclesiastical council
 - 49 Inquires

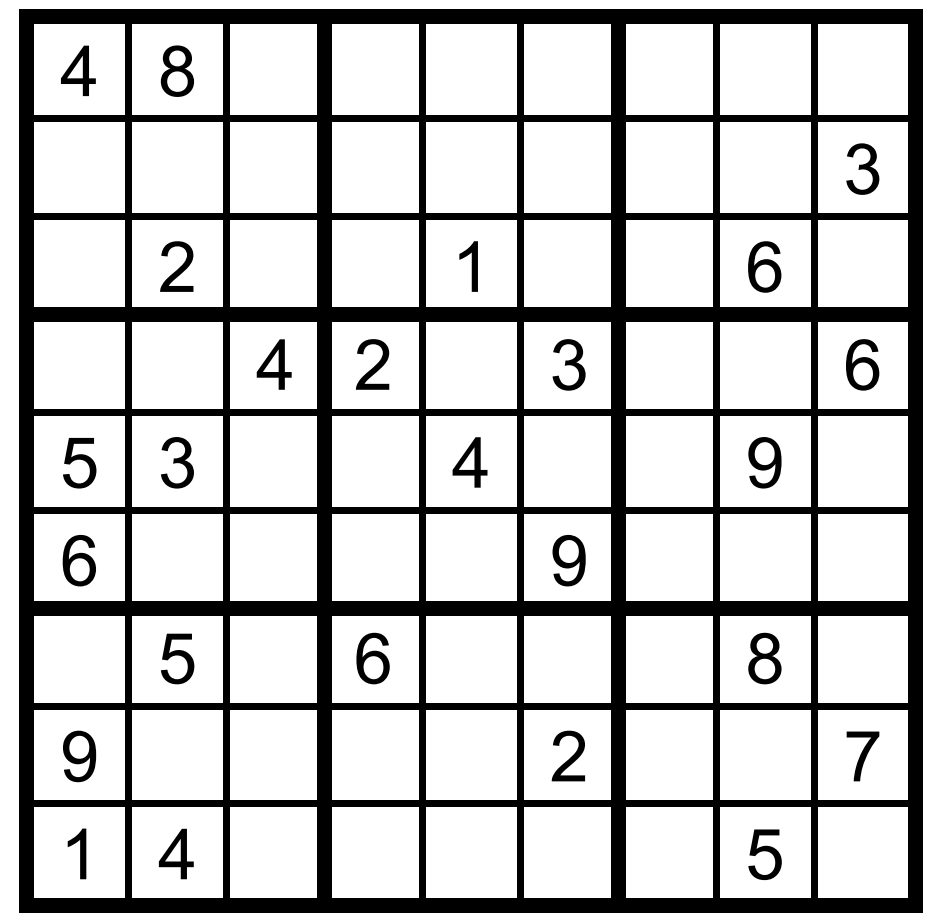
Crossword Puzzle Number 315 Solutions



- 29 Pangs
- 30 Medicament
- 31 Illuminated
- 32 Cab
- passenger's place
- 33 Frightens
- 34 Groups of animals
- 36 Appeal
- 41 Half a Jackson
- 42 Medical insurer
- 44 Gun owners' grp.
- 45 Used to be



Sudoku Puzzle Number 351 "Easy"



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

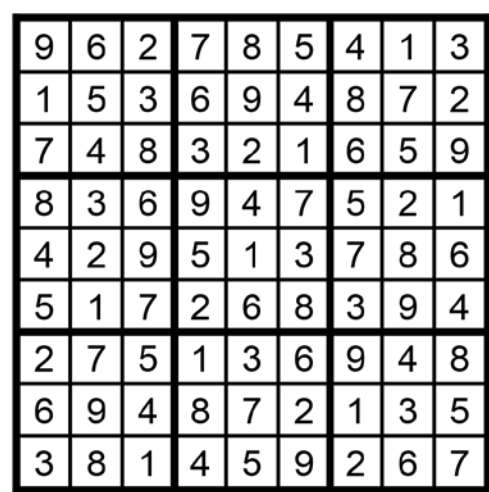
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You can make donations online at www.pccjournal.com - Thank you!

Sudoku Puzzle Answers 350



CLASSIFIEDS

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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 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 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

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>.

Short-Term Road Worker

Join our dynamic Public Works Department as a short-term Road Worker, where you'll be at the forefront of maintaining county roads and bridges. From operating patching

equipment to mowing scenic routes, your days will be filled with diverse tasks. With opportunities to work independently and collaborate with various stakeholders, including the public and governmental agencies, this role offers a blend of autonomy and community engagement. Embrace the challenge and make a tangible impact on the infrastructure that shapes our county's landscape. Apply now to drive change, quite literally, in Park County! There are multiple short term or seasonal positions available and this job will be open until all are 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



Livingston Film Series Presents *Funny Bones*

The Livingston Film Series is honored to present a free presentation of *Funny Bones* in the Dulcie Theatre at The Shane Lalani Center for the Arts in Livingston.



living his life to save his life; his aged uncles, The Parker Brothers (George Carl and Freddie Davies), brilliant vaudevillians in their time; and his mother Katie Parker (Leslie

This free presentation takes place on Thursday, 1/9/2025 at 7 pm. Doors open 30 minutes prior to showtime.

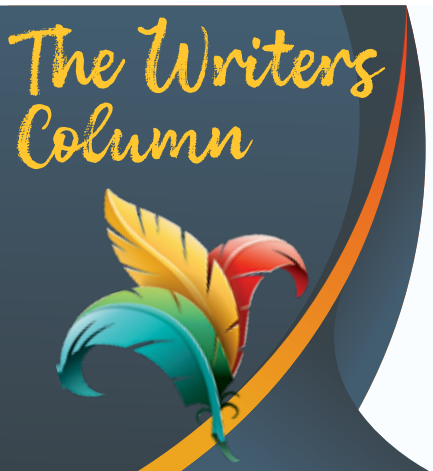
Peter Chelsem's *Funny Bones* pits comedy against tragedy, forming a razor's edge for the astounding assembled cast to walk. Tommy Fawkes (Oliver Platt) isn't funny, despite having a famously funny father (Jerry Lewis). He runs away to Blackpool where he lived until he was six. There, he finds the secrets of his past. Chelsem weaves incredible magic throughout the plot with the secretive and brilliant Jack (Lee Evans) who gave up

Caron) who links the three to reality. Add to these characters an ancient oriental powder for immortality, and all five performers (include Tommy Fawkes) give a performance of a lifetime.

Funny Bones is rated R (Under 17 requires accompanying parent or adult guardian). It includes brief violence and mild profanity.

The Dulcie Theatre and lobby are equipped with a UV air filtration system.

Livingston Film Series is generously sponsored by Marilyn Clotz & Mary Ann Bearden and Donald B. Gimbel.



Ancestor Rock

A 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.

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

As I sit and meditate upon
your corrugated sides.
smoke of a thousand fires
fills my eyes

and I travel back to the place
where I found you,
where I'd been before,
many lifetimes ago.

The story is old as man
and woman, huddled together
for safety and warmth around
their hearth, their sacred fire.
Day's work done - he downed
an antelope with bow and arrow,
she picked berries,
and dried them for winter.

The window closes,
the scene is gone,
still I bask in their love
and warmth of their fire.

My life is so different
from theirs and yet
there's something they have
that I want.

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



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January

Ring in a new year means new beginnings and endings. Celebrating the New Year is the first holiday on the calendar, but the world didn't always see January that way. Around 700 B.C., January replaced March as the first month of the year. Roman king Numa Pompilius revised the calendar and added two months to it. However, many religions continued to celebrate the New Year either on March 25th or December 25th according to their church calendars. Even the

Julian calendar did not indicate a clear beginning and end to the year. Then in 1582, Pope Gregory developed the Gregorian calendar and most of the world came around to January 1 being the beginning of the New Year. Janus is the Roman god of beginnings and endings. He's a protector of gates, doorways, and transitions. January takes its name from this two-headed god, and it makes us wonder why it took so long to celebrate the New Year in January, but it did.

Fast Facts about January:

- For anyone born in January, their birthstone is the Garnet, which comes in a wide variety of stunning colors.
- The carnation and snowdrop are your birth month flowers.
- Ellis Island opened on New Year's Day 1892.
- Capricorns and Aquarius are born in January. You share your birthday month with Elvis Presley, Virginia Woolf, JRR Tolkien, Martin Luther King, Martin Luther King Jr., A.A. Milne, Edgar Allan Poe and Presidents: Millard Fillmore, William McKinley, Franklin Roosevelt and Richard Nixon.
- The Earth always reaches perihelion in early January. Perihelion is when the Earth reaches its closest point from to the Sun.
- The Quadrantid meteor shower occurs every year in January.

Winter Jokes

From The Pioneer Woman Products

What bites but doesn't have teeth?
Frost.

What's the difference between ice and icicle?
Ice has noel.

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

Who is Frosty's favorite aunt?
Aunt Arctica.

What do you call a snapshot from the North Pole?
A polaroid.

What is the Mexican dish that snowmen like?
Burr-rito.

What do the elves eat for lunch in the North Pole?
Cold cuts and chilly.


Where does a snowman get the weather report?
The winternet.

Why did the bear keep getting fired?
He always disappeared in the winter.

What did the tree say after a long, cold winter?
What a re-leaf!

What did the icy road say to the car?
Wanna to go for a spin?

Why was the king penguin's wife so misunderstood?
She was a total ice queen.







MUFASA
Friday, January 3rd - Thursday, January 9th
4:30 pm, 7:15 pm




SONIC 3
Friday, January 3rd - Thursday, January 9th
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