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Week of March 2, 2025

Livingston HealthCare Foundation's Heartbeats and Hilarity Fundraiser: A Night of Laughter, Love, and Lifesaving Impact

The Livingston HealthCare Foundation is proud to announce the success of its recent fundraiser, *Heartbeats and Hilarity: Love, Laughs, and Lifesaving Care*, hosted by the Mint Bar and Grill in downtown Livingston. This community-driven event was organized to raise crucial funds for the Foundation's Clinical Excellence and Innovation Campaign, which will support the purchase of advanced medical equipment and help Livingston HealthCare continue to provide exceptional care for its patients.



Central to the success of *Heartbeats and Hilarity* was the unwavering support of Livingston's business community. Their generosity and steady

fast commitment to local nonprofits are a testament to the deep bonds between local businesses and the causes that

sustain the health and well-being of Park County residents.

"The business community has al-

ways been an essential partner of our nonprofit work," said Jessie Wilcox, Executive Director of the Livingston HealthCare Foundation. "Their support ensures that organizations like ours can thrive and fulfill our mission. Local businesses not only help us bridge the gap between what's needed and what our budget can cover, but they also play an essential role in uplifting the overall health of our community."

The *Heartbeats and Hilarity* event is just one example of how businesses in Livingston consistently step up to support nonprofits. Small businesses like the Mint Bar and Grill are more than just



local establishments—they are integral to the success of community organizations and share in the responsibility of caring for Park County's residents. By sponsoring events, making donations, and fostering partnerships, they help

[See LHC Foundation, Page 2](#)

Shane Center Hosts Annual Spring Sale This April

The Shane Center is proud to announce our third Annual Spring Sale! Friday April 4th through Sunday April 6th swing by the Shane Center Ballroom to browse our prop and costume sale. Proceeds from the sale are designated to improve costume and prop shop organization.

Our renowned Spring Sale includes appliances, clothes, home goods, shoes, furniture, knick knacks and treasures galore. Come on down and maybe even purchase a prop or costume you've seen on stage in the Dulcie Theater!

The Annual Spring Sale opens Friday, April 4th with a special Sip & Shop from 5 to 8 PM. A \$5 entry fee at the door includes one adult beverage for 21 y.o. plus. Join us for a sneak peek preview, and get the good stuff before it's gone! Items go quickly each year, so you won't want to miss out on the chance to be first in line.

The sale continues Saturday April 5th



from 10 AM to 4 PM and Sunday April 6th from 10 AM to 2 PM. Join us Saturday and Sunday in the Ballroom for free!

Our Annual Spring Sale offers the opportunity to load up on this year's Halloween costumes, household items, funky furniture, or just refresh your closet with some amazing secondhand pieces. All items are pay what you will.

Don't miss out on these three days of fun, Friday April 4th through Sunday April 6th!

Sending Love to North Carolina—Wilsall Style

The Shields River Lutheran Church ladies love to quilt! Every year in January, for one week, they rev up their sewing machines for outreach to those in need. In past years, they have given quilts both locally and globally to World Missions. It was brought to their attention one day at church, that there hadn't been a lot of help given to the people in the Asheville, North Carolina area after Hurricane Helene.

A church member has a friend in Asheville, North Carolina, so she contacted him to solicit help getting the quilts to victims of the hurricane. For some reason, they hadn't distributed last year's quilts, so they had 20 quilts already boxed and ready to go.

Then the following week, they mailed out 58 more! They had a member donate two quilts that her grandmother



Some of the talented quilters, their assistants and beautiful quilting work.

had made, and another one her mother had made. They were also given baby items from a neighbor who ran a fabric business. There were bibs, receiving blankets, and toys. They accepted cash donations too. A number of partitioners covered the shipping expense.

The ladies are thankful for the assistance of Wayne Lutz, who received the quilts in North Carolina and took them to a minister in the Asheville area. They de-

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LHC Foundation Sending Love

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nonprofits like Livingston HealthCare Foundation continue to meet the growing healthcare needs of the community.

In the last two years alone, the Livingston HealthCare Foundation has supported Livingston Healthcare with \$1,123,418.07 through the generosity of local donors and businesses, allowing the hospital to invest in essential medical equipment, renovations, and healthcare services, including:

- Urgent Care remodel
- Bladder scanner
- Laryngoscope
- Sterile processing renovation
- Hospice vehicle replacement
- Imaging stretcher
- Pharmacy compound hoods
- Vein finder for infusion
- Fit test masks
- Blood pressure cuffs for pregnant women

These contributions ensure that Livingston HealthCare can provide cutting-edge medical care and meet patients' needs while continuing to expand its services in response to a growing community.

"Nonprofits are the heartbeat of Park County, and our small businesses are the pulse that keeps them going," said Jackie Lewis, the Mint Bar and Grill owner. "Livingston's business owners understand that by supporting nonprofits, they directly support the health and well-being of their customers, friends, and neighbors. We're all in this together."

The Livingston HealthCare Foundation extends its heartfelt gratitude to the Mint Bar and Grill and all the generous businesses and individuals who helped make Heartbeats and Hilarity such a success. This event demonstrates the power of community collaboration and how every donation—whether big or small—makes a lifesaving difference.

For more information on how you can support the Livingston HealthCare Foundation and contribute to the Clinical Excellence and Innovation Campaign, please visit LHCFoundation.org or contact Anita Maxwell at anita.maxwell@livhc.org.

About Livingston HealthCare Foundation

The Livingston HealthCare Foundation is a nonprofit organization dedicated to enhancing the health and well-being of our community by financially supporting the programs, services, and capital equipment needs of Livingston HealthCare. The Foundation is committed to ensuring all community members have access to exceptional medical care. Every dollar raised is reinvested into healthcare services, advancing the mission of Livingston HealthCare.



If you are in crisis and want help, call the Montana **Suicide Prevention Lifeline**, 24/7: NOW DIAL 988. Much more than just a switch to an easier-to-remember number, it represents a holistic revision of the State's suicide prevention and mental health crisis-management system. Please feel free to download any of the programs and resources on our website: **Dphhs.mt.gov/SuicidePrevention/suicideresources**. **SuicidePreventionLifeline.org**. Dept. of MONTANA'S DEPT. OF PUBLIC HEALTH & HUMAN SERVICES

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cided to split the donated items between Asheville and Marshall, North Carolina, where they were quickly dispatched to folks in need.

Shields River Lutheran Church is located in Wilsall, Montana, and is a congregation that, knowing the power of belief in God and growth in faith, bears witness to God's love and forgiveness by reaching out, welcoming, encouraging, and loving all.

The church is located at 105 Ordway Street in Wilsall. They can be reached at 406-578-2212. Their web address is SRLCWilsall.wordpress.com. They encourage you to checkout their Facebook page



Patti Hoyem, Vanessa Bays, Cheryl Robinson and Judy Jenkins at the church preparing the shipments.

and read the thank-you notes from folks in North Carolina.

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Meals for March 3rd - 7th

Monday, March 3rd - Liver & onions, potatoes, roll, peas, bananas, milk

Tuesday, March 4th - Vegetable beef soup, ½ beef sandwich, crackers, oranges, milk

Wednesday, March 5th - Pork roast, gravy, green beans, potatoes, cake, applesauce, milk

Thursday, March 6th - Stuffed peppers, roll, pears, milk

Friday, March 7th - BBQ chicken, roll, potato salad, banana, milk



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Gardiner Community Center CHILI COOK-OFF AND COOKIE BAKE OFF

The 22nd annual Gardiner Chili Cook-off will be Saturday, March 8th at 5:30 pm at the Gardiner Community Center. Everybody loves chili, but everybody does it a little differently. Some like it spicy; some like it meaty; some like it, well, white with chicken! Contestants—please bring a ladle and a large crockpot of your best chili by 5 pm.



Cost is \$12 per person, \$6 for kids under 10, or by donation for large families. They will provide many topping options. BYO booze.

Taste testers—crops open at 5:30 pm and the sampling begins. The attendees vote for the top three chilis overall. Who will be Grand Prize winner of the Golden Ladle? The ladle is engraved

with each year's winner on it. The winner takes possession of the ladle for their year and brings it to the rematch. There will also be a Cookie contest where attendees vote for the best cookie. That prize is a trophy that passes along like the golden ladle does.

Come out for a night to celebrate the community, great music, dance, a delicious dinner, and cookies galore. BYO booze. All proceeds go to support the Gardiner Community Center. Please FB message, or text Shawn to sign up at 406-223-8595.



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Eighth-Grader Thorsten Herman Wins Park County Spelling Bee



Thorsten Herman spells "anxiety" to win the Park County Spelling Bee on Tuesday at Park High School in Livingston.

Park County Dugout
By: Jeff Schlapp

Sleeping Giant Middle School eighth-grader Thorsten Herman figured that he had a full week left to prepare for the Park County Spelling Bee that he had thought was scheduled for Tuesday, March 4th. Imagine his surprise on Monday when his mom asked him if he was ready for the contest which took place on Tuesday, February 25th.

Forget about studying that list of 450 words from the 2025 School Spelling Bee Study List the Scripps National Spelling Bee program puts out every year - Thorsten would instead concentrate on getting a good night's rest.

Twenty-four hours later Thorsten spelled "anxiety" to win the Park County Spelling Bee beating 25 other competitors.

Park County Superintendent of Schools Lisa Rosberg and Deb Tedstrom welcomed the Spelling Bee qualifiers on Tuesday afternoon to the RecPlex at Park High from, Shields Valley, Pine Creek, Arrowhead, Way Christian School, East Side, Sleeping Giant, and St Mary's Catholic School along with three students who are homeschooled.

After the rules were given and the Judges (all retired educators from Park County) and Pronouncer, Bruce Kron (20 plus years in the same role) were introduced, each contestant was given a practice word as a warm-up.

The official Spelling Bee began with Tenlee Looy spelling "spot" correctly.

The rounds served to whittle down the competition until there were four students left, Tenlee Looy an 8th grader from Shields Valley, Thorsten, Nihal Ratan a 6th grader from Sleeping Giant, and Anderson Chun a 7th grade student at St. Mary's.

One by one each kid misspelled the word they were given until Thorsten correctly spelled "realm" before he correctly spelled "anxiety" to become the county-wide spelling

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Soften Butter Quickly

Jill-Ann Ouellette

Need soft butter? This is a pet peeve of mine—a pesky inconvenience in winter, when it's cold, snowy and cloudy—I'm in the mood to bake! I have a great recipe that I want to whip up—some cookies, biscuits or bread. I take out all the ingredients and put them on the counter, and then I read the dreaded words: *butter, softened*. My butter is rock hard!



How long does it take to soften butter? If you have a full stick of butter and you leave it on the countertop at room temperature, it takes at least 45 minutes! If you're the type who plans ahead—good for you. If not, here are a few ways to quickly soften butter:

Method 1: This option is fairly fast and easy. It can be done while measuring and prepping the other ingredients. Simply cut the butter into cubes. The smaller the pieces, the quicker they'll soften. The cubes will come to room temperature in about 15 minutes.

Method 2: This takes more labor, but the butter softens even faster. Place the stick of butter between two sheets of wax paper. Then with a rolling pin, roll or pound the butter out flat. Whether rolling or pounding, the friction will warm the butter and the broader surface area will encourage faster softening. *Note:* Using two sheets of waxed paper prevents the butter from sticking to the rolling pin or the countertop—*brilliant!*

Method 3: This shredding method creates a dirty dish, but it's the quickest, manual method of the above three. Partially unwrap the butter (use the wrapped half as a handle to keep your hand clean)

and shred it using the larger holes of your box grater. The butter will reduce to a fluffy heap, similar in appearance to shredded cheese. The principle is the same as in the first method—smaller pieces soften faster. Shredded butter is ready to use in your recipe right away.

Tip: I also like to use this method when making piecrust, which actually requires *cold* butter. In that case, you should freeze the stick of butter before grating it. This creates small, hard pieces of butter that help make any crust tender and flaky.

Method 4: The laziest way... Just place the butter and sugar into a stand mixer, and start creaming on low speed. (Higher speeds increase the likelihood that butter will catapult out of the bowl!) You'll need to increase the mixing time to allow for the butter to warm and soften and for the aeration of the creaming process to take place.

Method 5: The easiest, most efficient way is to soften butter in the microwave. Place the unwrapped stick of butter on a microwave-safe plate and microwave on low power (usually around 30%), in short intervals (5 seconds at a time), turning the butter after each interval, until it reaches the desired softness; be careful not to overheat, as butter can quickly melt. I personally don't use a microwave in my kitchen, so my go-to option is to cube the butter and let it sit while I work on preparing the baking pan and the other steps of the recipe.

Method 6: Soften butter using a glass. Start by filling a sturdy, tall glass or mason jar with hot water, let it sit for a minute to warm the glass. Pour out the water and place the warm glass upside down over the stick of butter; the residual heat from the glass will gently soften the butter within a few minutes.

Now hard butter won't spoil your "Betty Crocker" day!

Garlic Herbed Butter

Enjoy this delicious recipe to add flavor to your steak, chicken, fish, etc. Now that you know how to soften butter, be sure to confirm that a recipe may call for salted or unsalted. Mixing this up will have a clear effect on the desired taste of the baked good. I choose grass-fed butter for the best flavor and the bright yellow hue.

Yield: 12 pats
Ingredients:

- 1 stick unsalted butter (softened)
- 2 cloves garlic (minced)
- Fresh herbs chopped—get creative, but narrow it down to 2 to 3 herbs. You can use one teaspoon each of parsley, chives, thyme, rosemary, dill, or tarragon.

- 1/2 teaspoon Worcestershire sauce (or soy sauce)
- 1/2 teaspoon finely grated lemon zest (optional)
- 1/4 teaspoon dried garlic powder

1) Soften the butter. In a bowl, mix minced garlic, fresh chopped herbs, and the butter. Add the Worcestershire sauce, lemon zest, and garlic powder and salt to taste.

2) Salt to taste—depending on what the garlic butter is going on. For instance, for kalamata olive bread, use no salt at all. For homemade, plain sourdough bread, you do want to use salt.

3) Roll into a log and wrap in wax paper. Refrigerate for at least 2 hours before slicing into serving rounds.

Recipe by Carla Williams

RECIPE CORNER

Sloppy Joe Casserole Recipe:

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 cup tomato sauce
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon brown sugar
- 1 teaspoon mustard
- Salt and pepper to taste
- 8 ounces pasta (elbow macaroni or similar), cooked and drained
- 1 cup shredded cheddar cheese

Photo Credit: pinterest.com



Worcestershire sauce, brown sugar, and mustard. Season with salt and pepper. Simmer for about 10 minutes.

4. Combine with Pasta: In the prepared baking dish, mix the cooked pasta with the sloppy joe mixture. Ensure the pasta is well coated.

5. Top with Cheese: Sprinkle shredded cheddar cheese over the casserole.

6. Bake: Place in the oven and bake for 20-25 minutes, or until the cheese is melted and bubbly.

7. Serve: Let the casserole cool slightly before serving. Enjoy the robust, tangy, and sweet flavors that make this dish a standout.

Directions:
1. Prepare for Baking: Preheat your oven to 350°F (175°C). Grease a baking dish and set aside.

2. Cook the Meat and Veggies: Heat olive oil in a large skillet over medium-high heat. Add ground beef, chopped onion, and bell pepper. Cook until the beef is browned and the vegetables are softened.

3. Add Flavors: Drain excess fat, then stir in garlic, tomato sauce, ketchup,



More Snow Rant, Lost at T&C, and other stuff

by Joyce Johnson



The adventure began with the weekly trip to town to shop last Thursday, with that persistent slippery white stuff still everywhere. I prayed for a safe road, while at the Emigrant Gen. Store gas pump and then heard the loud engine of the plow go by up on 89 (Wow! Thank you!) So with that fun coincidence, I confidently asked that animals be kept off the road. Should be easy. They don't want to be out in this stuff any more than we do, for instance deer sadly searching for scraps of weeds under the snow and settling for pine needles. A couple of mountain lions were sighted in Glastonbury yesterday, which is rare. They are likely hungry too.

Arriving in town, Livingston's sidewalks and roads were not a winter wonderland, covered with various stages of frozen or melting deep piles of dirt-frosted snow. It's not over either. High winds might blow everything around, and ice blocks break up the river and creeks could cause floods, oh my!?! March, in Montana, can be ornery. So, but for the last shout of Winter's resistance, Spring isn't here yet. Don't put your woollies away yet, and get your rubber boots out.

Lost at Town & Country: dramatic remodeling chaos is still going on and the noise and blocked aisles had us all confused and forgetting stuff... more than usual. But how else do you recreate and renovate a supermarket that needs to stay open? I salute them. It has been distracting

but entertaining to watch the slow transformation while we shop each week. They must be nearly done.

Ever notice that most of the customers are over 70 at least? Boomers. Ya gotta love us. We don't rush around. Whats the hurry? We laugh when our carts collide, and block the aisles to share wisecracks and or hugs with friends otherwise not seen often. We wander around the store as it is being recreated, and say to selves or anyone, "where the heck is the cabbage NOW? It used to be right here." Workmen were banging around everywhere making a lot of noise so you couldn't remember what you were looking for anyway. Fun to blame it on something else...

Some aisles were inaccessible. A young man up on a ladder in the middle of one of those crazy aisles where display equipment was being rearranged

or installed, laughed when I yelled over the noise, like his mom might have: "Will you clean up this mess!!" and for a split second, observers blinked and thought I was serious. T&C: on any given day, is a small town slice of life in a world... that is also going through major change.

But some things don't change, thank Goodness. We were trying to maneuver our full carts through the icy schlopp in the parking lot. Several of us noticed a Boomer fella with crutches unable to push his cart. A pretty young gal hopped over and grabbed the front end of his cart and pulled while he pushed

Ron however said, "Ah, I think we can handle this," and went past the area and down a few yards... and got stuck in the snow of course. He tried to back us out over and over. Nope. He sadly said, "...have to get pulled out I guess," who might be home with a hitch to come to the rescue? Nobody. Not uncommon with long-connected couples, one steps up when the other is stymied. For some reason I felt sure that we were going to get out of this somehow. A thought came to me: "Go get the shovel." I said, "I am going down to get a shovel" and schlepped boldly off in the knee high snow down the slope to get the one I envisioned everyone has in front of their home these days? And yes, there was not one but 4 or 5 varieties. I used 2 for ski poles to climb back up to the car.

We started shoveling and rewiring the engine again, stopping often to catch our breath. No success. I again got an *out of the blue* idea, so I said it: "Put something flat and dry behind the wheels for them to grab." Ron said "look behind you." The upstairs balcony of the building was the only something flat and dry in sight: some long pieces of old patio wood leaned against it. Ron has asthma and cannot do much labor in cold air, so I just took off and schlepped over to the wood, and with a kind of naive confidence, wrestled two of them, 10 feet long, to fall backwards toward the car and Ron placed them behind the wheels. He reved the engine. Didn't work! More digging. I stood outside and he gunned it again and frozen muddy snow flied into my glasses. I said, "God help us!" He gunned it again, and the car jumped onto the wood and up to the plowed spot... *No co inky dink*, Popeye. I put two thumbs up and had stinging eyes and



and they laughed while together they navigated the sea of snow and cars. It just sometimes takes two.

And now for the piece de' resistance: Last stop of the day was to drop off groceries for our neighbor. His instructions were to *not go past the plowed area*, and to leave the bags of groceries in the spot there described. Easy huh? My chauffeur,

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Does Diet Really Help Your Diet?

by Nurse Jill

In 1952, a revolution happened in the food industry. Two men by the name of Hyman and Morris Kirsch created and launched a sugar-free soft drink with Kirsch Bottling Company of Brooklyn. They used an artificial sweetener that was more potent than sugar meaning that they had to use less of it to achieve the sweet taste desired by consumers. The new fangled "diet" soda was initially developed to sell to diabetics and those with cardiovascular disease but it became extremely popular with another group of people: those that were trying to "be healthy" through dieting. Throw in a couple of skinny, glamorous celebrities to promote the sugar-free drinks and you have yourself the beginning of the Diet Soda rage that has yet to let go of the American people.

At first glance this kind of consumable seems to be a dream come true. Being able to drink your favorite beverage but with a small fraction of the calories from sugar in regular soda! This seems to be a no brainer.

So can switching to diet soda (and diet candy and diet foods) really help in one's pursuit for weight loss and overall health?

Yes and no. While a decrease in sugar calories is a good thing, not only for weight loss but also to prevent insulin resistance, using a sugar substitute does nothing for your overall health. If you still give into sweet cravings on a daily basis then you are preventing yourself from consuming foods that are beneficial for you. Even though you are not eating or drinking straight up sugar you are also not having an apple, or celery, or a handful of nuts, all foods that would

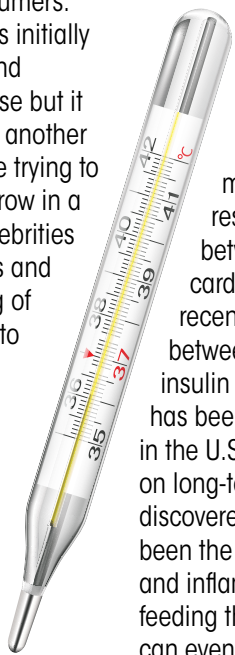
give you macro and micro nutrients to bolster your body. Research has shown that regular consumption of sweetened food (naturally or artificially sweetened) can alter your taste making it even more difficult to develop the habit of eating nutritious whole foods instead of uber-processed quick fixes.

So while the decrease in sugar calories is a good thing, drinking and eating diet foods still enables habits that prevent overall good nutrition if you are depending on diet foods every day.

A study just published this month has supported other research implying a relationship between artificial sweeteners and cardiovascular health risks. The recent study has shown a correlation between artificial sweeteners and insulin resistance. Insulin resistance has been a very popular health topic in the U.S. in recent years as its effects on long-term health has begun to be discovered. The biggest discovery has been the link between insulin resistance and inflammation in the arteries feeding the heart. This inflammation can eventually develop into hardening of the arteries or plaques in the arteries resulting in a heart attack. This new study was significant because while medical researchers have already observed higher rates of heart disease among folks who consume artificial sweeteners they did not, until now, understand the specific mechanism by which artificial sweeteners cause the greater risk. Now they know.

But even if we decided to give up our diet sodas would going back to regular pop be a good thing?

No. Unfortunately, all of our lovely, refreshing beverages that are sold daily are not good options. Even the lemonades, teas, coffees, bubbly, and sports drinks have either a massive



CELEBRATING
HEALTHCARE HIGHLIGHTS
By A Practicing **NURSE**



amount of sugar or artificial sweeteners. Next time you get a drink look at the label and note the sugar content or the presence of artificial sweetener.

There is no good substitute for soft drinks that will give you the same sweet buzz that you have become accustomed to.

But there are good options to cutting back and quitting.

Ask yourself why you are drinking or eating sugar? Are you just in the habit of doing so? Are you anxious? Are you bored? Do you just like something in your hands? The answer to this question will help you pinpoint an alternative to consuming sugar or sugar substitutes.

Can a piece of gum take the place of a sweet diet dessert? Before you eat a snack filled with artificial sweetener make yourself have a whole food: an apple, a handful of nuts, an orange, a banana, some carrots ... all are good options.

You can have a small amount of the snack, too, but start training your habits, and your taste buds, to have real food first. Drink cold, filtered water. Buy a water bottle that lets you diffuse the liquid with berries or cucumber or mint. Make your own tea or coffee so you can control how much sweetener is put in and then gradually decrease the amount you use.

Many foods and drinks are marketed to make you think you are making a healthy choice but it's just not true. Focussing on real food and real drink is your best bet to really start making healthy choices. Start noticing food labels and understanding that what you put in your body (and what you don't) makes a big difference in your health, your mood, and your future.



thelivinglifefund.com

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To sign up go by Yellowstone Sporting good, or call them at 406-222-5185 or sign up with hatch finders at 406-222-0989

all other inquiries please contact Brewer at 410-919-3391 or Eric Strader at 816-591-3535

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"Enjoying the Journey"

Columns Can Backfire

by Lois Olmstead



You do know I am 82 years old (I don't feel that old) and I am still learning new stuff all the time. I am also re-learning stuff I learned in the past and have forgotten! Please tell me you can identify with me?

One learning experience came when my folks and I were driving to Wyoming to visit Ron and Sherri when we saw what we saw. It was an overpass, with no road coming or going to go over it. "That's for the deer and the antelope," my brother told us.

"You got to be kidding," we said. I got home and wrote a column about deer overpasses, poking fun at the whole thing. What learning

experience came from this? The next week I was driving 190 near Livingston, 73 mph passing a semi. The way was clear and then it wasn't. Three deer ran in front of the semi. He hit two, I hit one. I always wondered if I hadn't written that column about the overpasses, would I have hit that deer? I should have learned. But I forgot.

Because in my last column I wrote about getting my car Gracie, royally stuck in a 4-foot snow drift in 2019. My husband used to tell me, "If you get in trouble in snow, gun it. Don't slow down." I didn't. I got stuck.

I am telling you that because last Friday I got stuck in a snowdrift. It was snowing and the wind was wild. Before noon I figured I best get home to Clyde Park. I got two miles out of town, and the road was blocked by a truck with flashing lights. Park County's Rural Fire Chief Dann Babcox

stepped out when I rolled down my window. "The interstate is closed," he said.

"I guess I won't be going home then," I said. He told me to turn right into the Industrial Park, go down that road to Swingley Road to get back to town. "Ok," I hollered.

With the snow drifts and blowing snow I could barely see. I rarely drive in that area. Then I saw the vehicle behind me was a semi! I was pretty sure he didn't know I had no idea where I was. The road was lined with warehouses, I slowed down, trying to see where to turn, hoping the semi slowed too. That's all it took. My car, Ellie the Edge, slid to the left and I was stuck. The semi barely got by me. That was scary. I did the forward, backward thing and was still stuck. Once again, I forgot to gun it!

Right then an angel came out of nowhere, dressed like a fireman, driving a pickup like the Fire Chief, but smaller with a Rural Fire logo and flashing lights. He came over, snow and wind swirling. I got out of Ellie. "Could you please get in and drive it?" I knew I

couldn't. He did and got her right back on the road.

He held the door for me to get back in. "You need to press that Traction Control button off when you are stuck so your wheels will turn." That was news to me. (Miraculously with the Angel Fireman pointing the way I made it to Swingley Road and the highway back to town.)

I stopped at a café to eat lunch. I do know that. When you are stressed, eating always helps. Then I took a different road out of town, drove carefully and got home an hour later.

Did you get my point? What I write about might backfire. And I am still learning new stuff and re-learning old stuff all the time. If you are too, know you'll find a kindred soul in me.

Our Bible verse this week is Nahum 1.7, "The Lord is good, a refuge in times of trouble. He cares for those who trust in Him." For that I am thankful. God cares about us—still learning as we journey along—even at my age!



Local Church Services

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

St. Mary's Catholic Church
511 South F St., Livingston
Father Garrett Nelson, Pastor
Saturday 6:00 pm year-round
Holding Services since 1891.
Sunday at 10:30 am April thru Sept.
Sunday 8:00 am October to March
406-222-1393 • stmaryscommunity.org

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

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

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

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

Hebrews 11:6 - And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Park County
Community Journal

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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

Saturdays

FREE YOUTH ICE FISHING Ages 8-16, one adult per 3 children needed. Every Saturday from 9 am - 12 pm, weather permitting, on Daily Lake. To sign up go by Yellowstone Sporting Goods at 1106 W. Park St. #22, 406-222-5185, or Hatch Finders Fly Shop at 5237 US Hwy. 89 Suite 12, 406-222-0989. All other inquires can be made with Brewer at 410-919-3391 or Eric Strader at 816-591-3535. Free Youth Ice Fishing is sponsored by the Living Life Fund mentors and fishing guides.

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

March 4 - SILENT BOOK CLUB Livingston now has its own official Silent Book Club Chapter! Meeting on the 1st Tuesday of the month from 6-7:30 pm, at Unwinded Bar & Casino, 218 S. Main St. This gathering of local book lovers has no pressure. Just bring a book to read, maybe talk about it a little, and have an evening dedicated to the joy of getting lost in a book, with others!

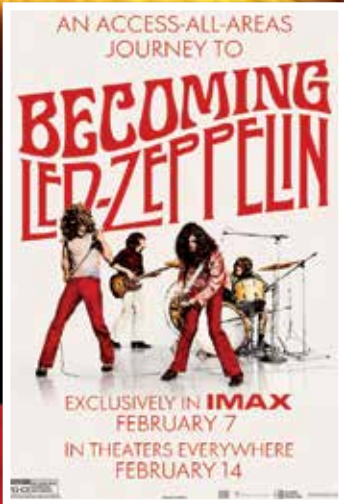
March 13 - LIVINGSTON FILM SERIES presents *Mollie's Pack* at The Shane Center Dulcie Theatre, 415 E. Lewis Street. Doors will open at 6:30 pm and screening starts at 7 pm. Admission is free.

March 15 - 10TH ANNUAL ST. PATRICK'S DAY DINNER with the American Legion Riders, Chapter 23, 112 N. B St. from 5 pm until all the food is gone. Tickets are \$10 per plate, kids 10 and under \$5. Live music by Davy Jones Locker, raffle basket and 50/50 raffle.

March 24 - CRAFT MOVIE NIGHT - This unique series invites community members to gather with us and combine their love for crafting and cinema in a welcoming and creative setting at the historic Empire Twin Theatres. Attendees are invited to bring their stitching, knitting, or other portable craft projects. Craft Movie Night welcomes all, from seasoned crafters to anyone looking for an enjoyable night out. Admission is \$10. Presale tickets are available now at cactusblossom-collective.com. The film for this night is *The Miseducation of Cameron Post* starting at 7 pm. This event will feature a special Tea + Chat hosted by Coffee Crossing, offering an opportunity for thoughtful conversation about the film. For additional information, please get in touch with Emily Johnson at director@empiretwintheatre.com.

March 27 - COMPOSTING PANEL - Whether you are a farmer, backyard gardener or growing in pots come join our lively discussion! Get your questions answered from people with lots of composting experience! Plant-based snacks provided. This free event will take place from 6 - 7:45 pm at the Livingston Library, 228 W. Callender Street. Sign up at ParadisePermaculture.org or call Mona at 406-222-9999.

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



SHOWTIMES

CAPTAIN AMERICA

Friday, February 27th - Thursday, March 6th
4:15 pm and 7:15 pm

PADDINGTON IN PERU

Friday, February 27th - Thursday, March 6th
4:30 pm and 7:00 pm



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livingstonmovies.com

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BREAK *time*

CROSSWORD

Puzzle #387

Montana Fun Facts!

Montana also has two popular slogans associated with its name - the "land of the shining mountains" and the "last best place." Montana has more than a 100 mountain ranges in its western half.

Montana is one of only five states with no sales tax, along with Alaska, Delaware, New Hampshire, and Oregon.

Montana has huge deposits of natural and mineral resources. Some of these resources are zinc, copper, silver, lead, oil, manganese, gold, timber and zinc.

- ACROSS**
- Greatest
 - Tartare
 - Scrape
 - World's fair, e.g.
 - Nimbi
 - Basic food item
 - Gyrate
 - Scallion
 - Bit of ash
 - Ref. work
 - Grain-storage bin
 - "God's Little ____"
 - Part of BYOB
 - Hole-cutting tool
 - Influence
 - Marched
 - Marched
 - Have a debt
 - Voided volley
 - Vamoose!
 - Out on a ____
 - Look-alike
 - Bog fuel
 - Where cowboys get a few bucks
 - Lass
 - Wrap
 - Hereditary unit
 - History chapter, perhaps
 - Staring intently
 - Mountain's melody
 - Pain
 - Eighteen-wheeler
 - Negatively charged atom
 - Nibble
 - "He ____ All the Way"
 - Nature's Band-Aid
 - Rumple
 - Flier's aide
 - Spanish monetary unit, once
 - Poker word
 - Pastrami seller
 - Image
 - Head
 - Strategy
 - Stagnant
 - Long narrative
 - Stop
 - Fortuneteller's card
 - Of the ear
 - Overly frank
 - Cove
 - Seven days
- DOWN**
- Stupefy
 - Authority
 - Arachnid
 - Cargo unit
 - Rajah's mate
 - Legal excuse
 - Romance
 - Squalid sites
 - Tin product
 - Coiffure
 - Went by airplane
 - Forest growth
 - Unicorn feature
 - Fierce flower?
 - Fun-house shout
 - Beat
 - Invent
 - Equine sport
 - Cats' prey
 - Alone
 - Extend
 - Abrasive stuff
 - London brew
 - Narrow-interest doctor
 - Feathered stole
 - Shaq, e.g.
 - Pack animal
 - Strict diet
 - KITT's fuel on "Knight Rider"
 - Writing tool
 - Indian bread
 - Metallic element
 - Boxcar rider
 - Piece of music
 - Perspective
 - Congressional body
 - Cigar
 - Shelley, for one
 - Crown
 - Frost or Keats, e.g.
 - Taken ____ (surprised)
 - Random attempt
 - Title of nobility
 - Hosiery shade
 - Satiate
 - "____ to Midnight" (Bronson film)
 - Check
 - Sty dweller

Sudoku

Puzzle #123

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

KIDZONE
A weekly hangout for the young and young at heart

Sudoku 4 x 4

		2	1
1			
			4
	4	3	

COMPLETE EACH GRID WITH NUMBERS FROM 1 TO 4, KEEPING IN MIND THAT:

- a number can only appear once per row
- a number can only appear once per column
- a number can only appear once in each box of 4 squares

1	2	3	4
3	4	1	2
2	1	4	3
4	3	2	1

Sudoku - #122 SOLUTIONS Crossword - #386

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

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

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CLASSIFIEDS

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

HELP WANTED

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

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

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

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

2024-2025 Vacancies Arrowhead School District #75

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

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

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

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

Non-Emergency Medical Transport Driver

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

Come Join Our Kenyon Noble Team!

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



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

Gardiner School has openings for the following coaching positions for the fall of 2025: **Head Jr. High Volleyball, Assistant Jr. High Volleyball, Head Jr. High Football, Assistant Jr. High Football.** The coach's responsibilities include developing practice plans and leading practices, providing motivation and advice during competitions, and fostering good mentorship with the Bruin athletes and staff. Outstanding candidates are highly motivated, committed, disciplined, and patient. Please send a letter of interest to Carmen Harbach at carmen@gardiner.org or call the Gardiner School at 406-848-7563.

School Bus Drivers Needed. Gardiner Public Schools is seeking applicants for School Bus Route Driver Substitute and Activities Bus Driver for the 24/25 school year, with potential for a Regular School Route

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



Firefighter/Paramedic – Full-time

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

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

The City of Livingston, Montana is seeking a highly motivated individual

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



Angel Line Relief Bus Driver

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

Administrative/Legal Assistant

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

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

Text Your Zip Code to 888777 or Sign Up Online at www.parkcounty.org

ANNOUNCEMENT

ANNOUNCEMENT

Arts & Crafts Spring Fling

VENDORS WANTED for the Arts & Crafts Spring Fling

Big Timber, MT • April 26th, 2025 • 9 am - 3pm

Contact Becky by email at: becky.todisco@ceterawealth.com or call 406-930-1880

P.E.O. chapters support the educational and charitable funds of the P.E.O. Sisterhood, but are not classified as charitable by the IRS. Therefore, donations to individual chapters do not meet the IRS requirements for a charitable income tax deduction. P.E.O. shall not be liable in any way for any goods and services supplied by third-party vendors or public establishments.





Competitors wait their turn in the Park County Spelling Bee on Tuesday at Park High School in Livingston. Among them was Mateo Hernandez (#14) the 2023 winner and the 2024 runner-up.

Spelling Bee

from page 1

bee champion!

Thorsten will represent Park County in the 60th Treasure State Spelling Bee in Bozeman, on March 22, 2025, at 1:00 p.m. in the Strand Union Building at the Montana State University campus in Bozeman at the state finals.

From there, if he wins, he will go on to compete in the 100th Scripps Spelling Bee

and represent Montana in the national contest held in Washington, D.C., from May 27 to May 29th.

I read an article recently written by the mother of a child who lost her Spelling Bee. In the article the mother was complaining about the Spelling Bee, writing that it does not promote good study habits rather it rewards those who have good memorization skills. Memorization may be a useful skill, but in the world in which our

kids are growing up, is a competition that puts rote memorization above all else relevant enough to our daily lives to make the spectacle worthwhile.

My God - can we just let kids have fun and learn life lessons about winning and losing?

Now remember Thorsten the state Spelling Bee Champion is March 22, 2025. Go get em!

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



Tenlee Looy, Nihal Ratan (Runner-up), Thorsten Herman (Winner), and Anderson Chun were the Final Four competitors at the Park County Spelling Bee.



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102 Elliot Street S

Commercial Sale | 5,676 sq ft
#397924 | \$1,500,000

Tammy Berendts | 406-220-0159



401 S Main Street

Commercial Sale | 10,375 sq ft
#384182 | \$2,200,000

Ernie Meador | 406-220-0231



27 Royal Wulff

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

Swanson Team | 406-220-2045



508 Miles Avenue

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

Tammy Berendts | 406-220-0159



7 Aquila Lane

Land Listing | 2+ acres
#394836 | \$249,000

Deb Kelly | 406-220-0801



112 Pritchard NW

3 beds 1 bath | 1,104 sq ft
#397220 | \$179,000

Rachel Moore | 406-794-4971



331 S 7th Street

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

Ernie Meador | 406-220-0231



28 W Grannis

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

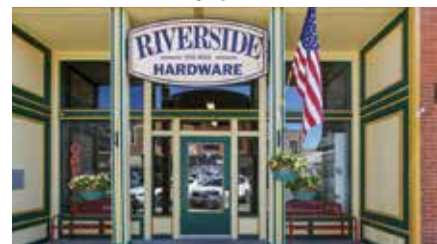
Julie Kennedy | 406-223-7753



30 S Woodard Ave, Absarokee

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

Jessie Sarrazin | 406-223-5881



107 S Main Street

Commercial Sale | 7,061 sq ft
#395132 | \$1,950,000

Ernie Meador | 406-220-0231



112 S Q St

2 beds 1 bath | 1,519 sq ft
#398011 | \$495,000

Theresa Coleman | 406-220-1405



325 N 3rd Street

Multi-Family | Five+ Units
#394662 | \$829,000

Swanson Team | 406-220-2045

SHIELDS VALLEY Upcoming EVENTS

March 5th
MT Shakes Elementary
6pm Live Fit and Strong Fitness
Challenge Bootcamp

March 6th
Parent Teacher Conference
8:30 amp Bike for Books Elementary
School Assembly

March 9th
State BPA Convention In Billings thru

March 11th, 4:15pm HS Track and
Field Practice Begins

Shields Valley Mobile Pantry
Second friday of every month
Wilsall 10:45 am until 11:45 am
Located in the Wilsall Dance Hall
Parking Lot, Clyde Park Town hall
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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I have an oil for that



by Dalonda Rockafellow
doTERRA Wellness Advocate

Essential Oil Spotlight: Oregano

Are you looking for a natural and powerful way to support your immune system and to fight and kill viruses? Well, look no further than doTERRA's **Oregano** essential oil! Often referred to as "nature's antibiotic," oregano is the go-to solution for all things related to infection.

Oregano is steam distilled from the leaves of the plant and has a pungent, penetrating herbal scent. It has anti-bacterial, antifungal, anti-inflammatory, antiseptic and anti-viral properties.

The immune system and lymphatic system collaborate to defend the body against pathogens and maintain health. Oregano offers a unique contribution to this balance by interacting with our body's chemistry and effectively targeting potential threats.

Oregano oil is a versatile and powerful remedy that can help you combat a range of health concerns. It is very effective in knocking out common

intestinal, skin and lung infections. It is helpful with colds, breathing difficulties, mental disease and skin and nail fungus and parasites. It also is your go-to for canker sores, warts and muscle pain.

Try these:

- When seasonal threats are high, put two drops of oregano oil in a veggie capsule to boost your immune and/or respiratory systems. This remedy will also help support your body with antioxidants and promote a healthy response to oxidation and free-radicals. It also will help support a healthy digestive system.
- To help with mouth sores, warts and fungal issues with the nails, apply directly to the area of concern with a toothpick amount, taking care in avoiding the surrounding skin.
- For muscle and joint pain apply, diluted to the area of concern.

Oregano is one of the best household cleansing agents known to the essential oil world. Simply add 10 drops to a 16-ounce spray bottle with water. Due to oregano's chemical makeup, it is a

powerful cleansing and purifying agent. This simple spray is great for surfaces and countertops, even natural stone.

Another obvious use of doTERRA's oregano oil is in cooking. This herbaceous flavoring can be added to appetizers, entrees and even sauces to enhance a variety of savory meals. Start with just a toothpick amount and proceed from there, tasting as you go to get the desired flavor. One drop of oregano oil can replace one tablespoon of ground oregano.

Psychologically, oregano is relaxing and can help you overcome insomnia. It can ease irritability and tension. It reduces stress and anxiety while restoring emotional balance. It helps to clarify thinking and promote a positive attitude.

Oregano cuts through the insignificance of life and teaches you to do the same. It clears negativity and removes blocks and attachments. Oregano is a powerful oil and may even be described as intense or forceful. It is a restoring oil and brings with it the power of humility and being unattached.

Try this:

Non-Attachment Diffuser Blend

- 1 drop Oregano
- 3 drops Lemongrass
- 2 drops Cypress
- Add to the water in your diffuser and enjoy the invigorating scent.

Cautions: Because of oregano

10 WAYS TO USE

OREGANO



DIFFUSE with Clove to clear negative energy.

DIP a toothpick and add to any stir fries, salads & dips.

APPLY diluted to soles of feet to support lymphatic drainage.

TAKE 2 drops in a veggie capsule to help boost progesterone.

APPLY diluted to soles of feet when feeling under the weather.

ADD 1 drop in place of dried oregano in spaghetti sauce

GARGLE 1 drop with water and gargle to soothe an irritated throat

MIX 1 drop with five drops of FCO & rub into hands as a cleansing agent.

BLENDS WELL WITH Basil, Clove, Lavender, Rosemary & Thyme, Peppermint, & OnGuard®.

ADD 5 drops to 4oz spray bottle with water & use to wipe down countertops.

essential oil's high phenol content, caution should be taken when diffusing or inhaling. Only one to two drops are needed. When applying topically, oregano oil should always be diluted with fractionated coconut oil.

Extending its use far beyond the kitchen, Oregano is the most powerful and potent essential oil. It has been used for centuries in traditional medicine. 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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