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Journal

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www.pccjournal.com • February 1, 2024

The City of Livingston Announces Appointment of Police Chief

LIVINGSTON, Montana – The City of Livingston announces the appointment of Wayne Hard to the position of Police Chief following a promotion ceremony at the City-County Building on January 17, 2024. “I am delighted to announce the appointment of Wayne Hard as the City of Livingston’s new Police Chief,” said City Manager Grant Gager following the ceremony.



Middle School) before graduating from Park High in 1994. Chief Hard has lived in Livingston since moving here and raised his now-grown children in the city. “Chief Hard’s deep ties to Livingston will ensure that the Police Department maintains its high level of service and commitment to the community in which our officers reside. I am excited that


Livingston’s new Chief has such deep ties to the community. I hope that all Eastside Huskies, Sleeping Giant Cougars and Park High Rangers are inspired to serve their community knowing that, with hard work and determination, they too may rise to the level of Police Chief,” noted City Manager Grant Gager.

The appointment of Wayne Hard to Police Chief follows the retirement of long-time Police Chief Dale Johnson in October 2023 after 25 years of service to the Livingston Police Department, including the last 8 years as Chief. The city conducted a national search that attracted applications from 49 individuals. First round interviews were conducted with 15 candidates by City Manager Grant Gager and Human Resources Director Cari Rubin. Following those interviews, 4 finalists were invited to Livingston for interviews. The finalists were interviewed by the Livingston Police Commission, a panel of employees and the City Manager.

With this appointment, the City of Livingston now turns to filling the Assistant Chief vacancy created by this promotion. “Through this process, the City had the opportunity to meet 49 well-qualified law enforcement professionals interested in Livingston,” offered the City Manager before adding, “I am confident that the city will have another exciting law enforcement leadership appointment to announce in the coming weeks.”

Originally from Laurel, Montana, Chief Hard moved with his family to Livingston at a young age when his father came to work in the Burlington Northern railyard. Chief Hard is a product of the Livingston Public Schools having attended Eastside Elementary School and Livingston Middle School (now Sleeping Giant

Captured Downtown



By Cassi Geiser

Alex Wiedrich and Brandon Johnson, a local couple, en route to their ceremony strolled down 2nd Street in downtown Livingston. They were looking joyous and sharp in their wedding attire. On this beautiful day in January, they stopped to pose for a photo. Best wishes on your wedding.

What is Missing from This Picture?

American Automotive’s Sign Blew Away—But They Didn’t!

by Jill-Ann Ouellette

American Automotive, your local full-service automotive repair and maintenance shop for both American and foreign vehicles, has been serving Livingston and the surrounding areas for the past 30+ years. Destri Adams, certified ASE automotive technician, worked there for 4 years before he and his wife, Helena, purchased the business. They are there—even if their sign blew away in the Livingston winds. It’s likely in Clyde Park by now.

They have plenty of happy customers. Here are a few Google reviews:

See American, Page 3



Valentine's Day

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LivingLife Sponsoring Free Ice Fishing for Kids

by Cassi Geiser

Ice fishing is off to a slow start "This year Park County has experienced crazy weather as we all know," said Living Life Non-Profit organizer Greg Johns. "We were very slow starting off with very little cold weather and/or snow."

The El Niño weather pattern this season has affected nature's ability to provide as much ice as The Living Life non-profit (a local non profit) would've liked to see starting out the winter. The non profit has been in the works since January of 2023.

This year Living Life partnered with Big Brothers Big Sisters in Livingston in order to get more exposure and give more kids an experience of a lifetime in the great outdoors.

Kids can sign up at Big Brothers Big Sisters located on 2nd Street in Livingston, Yellowstone Sporting Goods, or you can text Brewer Butler, preferably before Friday of each week, at 410-919-3391.

Johns said after the slow winter start, the kids were getting excited about fishing and finally we got the snow that we're looking for, but extremely cold weather. It's not at all fun for kids to go outside when it's -25°, and -30°, and that's without the windchill that Livingston is ever so infamous for.

Professional fishing guide, Brewer Butler, who is running the fishing program, said the organization is "...hopeful that we will continue to get some good cold weather and good ice fishing in the future." Any parents interested in signing up



Fishing January 20, 24 with LivingLife. Photo courtesy of LivingLife Fund.

their children (16 and under) can stop by Big Brothers Big Sisters at 111 South 2nd Street, or call 406-222-1930. The Living Life Non Profit is operated by Greg Johns through the Park County Community Foundation, you can reach Greg at 336-337-4542.

Community Wellness Center - Special Election



On December 19, 2023, the City Commission made a pivotal decision for community recreation by authorizing a referendum on establishing a citywide special district to fund the operations of a new recreation and wellness facility. Ballots will be mailed on February 28th to all active registered Livingston voters to decide whether the district should be created. At a rate of 30 mills, the district would fund the operations of the facility that the 4 Ranges Community Recreation Foundation is fundraising to construct. This initiative, supported by a partnership with the 4 Ranges Community Recreation Foundation, would mark a significant enhancement in the city's recreational landscape with the construction of a \$25 million facility and development of a \$5 million endowment to held fund operations.

The proposed Community Wellness Center, to be designed and constructed with the Foundation's support, is set to be a multi-use complex. The Wellness Center will include two swimming

pools, a gymnasium, fitness center, running track, community rooms and more. In addition to funding design and construction of the facility, the Foundation is committed to funding the election costs, highlighting the strategic collaboration between the City and the Foundation.

Ballots will be mailed to registered voters February 28th and are due back by March 19, 2024. If approved, the "Livingston Recreation Facility District" will fund the operation and maintenance of the new facility will be managed by city staff. The project's funding is thoughtfully planned and includes a commitment from the Foundation to raise a \$5 million endowment to supplement the funding from the district, ensuring minimal financial impact on the community.

For more information on the project, please visit the 4 Ranges Foundation website at <https://livingstonwellnesscenter.com/>



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LETTERS TO THE EDITOR



Dear Editor, I would appreciate a publication of my letter below, thank you!

The Park County Commissioner special meeting about the Gardiner Neighborhood Plan on December 21 was infuriating. The County Commission managed to come to Gardiner for a meet and greet earlier in December, but could not manage to hold a meeting about Gardiner in Gardiner? Instead, the meeting about adopting the Gardiner Neighborhood Plan into the Growth Policy was held in Livingston, at 9am on a Thursday. I questioned this with the Park County Staff and they replied that the commission works from 8-5. Let me remind the County Commissioners and the county staff that they all work for the taxpayers. Taxpayers vote you in and pay your wages! You all work for us, not the other way around! The county is big and it doesn't center around Livingston; that's the job you've chosen. With all due respect to Commissioner Wells, his reply to my comment was insulting.

When I mentioned that no one at a Gardiner meeting raised their hand when I asked the audience if the Gardiner Neighborhood Plan should be adopted into the Growth Policy. Commissioner Wells said that they didn't understand the question. How offensive. The question is pretty simple and the action very clear. Speaking of the adoption into the Growth Policy: it came out during the meeting that there's no funding for the Growth Policy. How then will the work commence? Why are we creating projects we have no funding for? Finally, a big thank you goes out to Commissioner Story! He questioned the logic in continuing to work on a policy that will go before the voters. So, until we know what the voters want, we should pause. I do not understand this push for projects that the taxpayers are not in support of and the county has no money for.

Sabina Strauss
P.O. Box 245 Gardiner, MT 59030

American

from page 1

"I was first introduced to American Automotive by my Ford dealer, who promised Destri would take care of me better than they could—no joke! Destri picked up my new F450 and installed a bed cover, bed liner, winch, bumper, lights package, auxiliary tank, and larger diesel tank. His labor charge was less than I expected, and it was completed quickly, with flawless workmanship. I had a couple minor adjustments (the fuel gauge was not reading correctly due to the larger tank size). I took it into Ford and they said they couldn't do anything about it. Destri updated the firmware and it works perfectly now." —P. Bower

"Twice I've had to take my truck (a 2012 Ram 3500 Diesel) in for repairs this year and both times they were top notch and fixed the repairs timely and correctly. Neither time did I feel I was overcharged! Everyone I have worked with there is a professional. Book your appointment there with confidence!" —K. Ballard

"I've been going to American Automotive for several years now and I am very happy with their service. It's always a friendly environment and

they will go out of their way to get your vehicle up and running at a reasonable price." —S. Phipps

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The new American Automotive sign is arriving in March, so be on the lookout! Stop by at 320½ North Main St. (just past the underpass), or call (406) 222-0815.

*The Warranty applies to truck bed liners only and is subject to restrictions and limitations.

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We gladly accept the following cards:



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Scholarship Available

Catholic Daughters Court St. Mary #645 is offering a \$500 scholarship to a high school student entering college or technical school in the fall of 2024. Applications are available at Park

High, Shield Valley and Gardiner Guidance Offices. The deadline for submitting the completed application to the guidance offices is April 29th. For more information, telephone 222-6937.

Guided ranger walks offered at Pictograph Cave State Park every Saturday in February

Pictograph Cave State Park, located just southeast of Billings at 3401 Coburn Road, is offering ranger-led walking tours every Saturday in February. Walks will be ¾ mile in length and last approximately one hour.

The interpretive walking tours will begin at 2 p.m. on the visitor center patio. Participants should dress for the weather and be prepared for potential snow and ice on the trail. Advanced registration is not required, and the walks are free to attend.

Pictograph Cave State Park is a designated

National Historic Landmark because of its archeological significance. The state park includes three natural sandstone caves considered some of the most important archeological sites in the Northern Plains and numerous pictographs, or rock paintings, dating back over 2,000 years. The walking tours will include information on the history and cultural significance of these features, and basic geology and ecology of the area.

For more information, call the Pictograph Cave State Park visitor center at 406-254-7342.

Franzen-Davis Funeral Home Area Deaths

Melissa Boyer - Livingston
Kimberly Casper - Livingston
James Morrison - Emigrant
William Gifford - Gardiner
Sandra Downer - Clyde Park

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Thank You one and all

Your support celebrated a 40 year tradition of having a
Community Christmas Dinner in Livingston!

The Community Christmas Dinner Committee would like to thank the individuals, families, businesses and organizations who donated resources and monetary donations and those who volunteered to help prepare food, decorate, deliver meals, serve, clean-up and those who served in many other ways. A special thank you to the City of Livingston for the use of the Civic Center to host the Christmas Dinner and to the Livingston Schools for use of the high school kitchen to prepare the meal.

Meals for February 1st—15th
Thursday February 1st

Pulled pork in-house salad bar
11:30am

Friday February 2nd

Pancake, eggs, bacon

Monday February 5th

Chicken al a king

Tuesday February 6th

Spaghetti

Wednesday February 7th

Orange chicken

Thursday February 8th

Hamburger hash in-house

salad bar 11:30am

Friday February 9th

Cook's choice

Monday February 12th

Polish sausage

Tuesday February 13th

Chili

Wednesday February 14th

Italian sausage pasta

Thursday February 15th

Beef stir fry



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OP-ED FORUM *by Patricia Grabow*

It's Called "Smart Growth" for a Reason

It's easy to forget, but the old saying "where there is no vision the people perish," is about not just downside, but upside too.

I've advocated in past that the best hope for the Livingston area's future is found in its past because it's not only what put us here but is the thing of greatest value we have to offer those who visit. And the greatest threats to that well-being in recent time have come from those who seek to make a quick killing off the destruction of that unique historic character, whether from the assault on our Growth Policy, the one on the Civic Center, or the related attempt to destroy our community's heart with constant sprawl plans out by the interstate.

Only recently did I more fully grasp that people have difficulty conceptualizing what they don't experience. I was talking with someone, here nameless, about how Livingston was built as the original rail gateway to Yellowstone and how the families, including my grandparents, who built the 20 hotels that constituted the core of downtown Livingston worked closely with families who built the hotels in Yellowstone like the Childs family. The person I was speaking to looked blank. And it happened heavily in a key boom time for the Yellowstone. For example, Josephine Kline's Elite/Murray and the NP's third Livingston Depot were built around the same time as Old Faithful Inn and other structures. They were all connected and mutually beneficial. As a child, I met and loved many key Yellowstone concessionaires. I spoke of the Yellowstone concessionaires as being good friends of my parents and grandparents: the Childs and Nichols families, who owned and operated Yellowstone's hotels and transportation, Elizabeth Trishman and Anna Kay Pryor who had Pryor Stores, Aubrey Haynes, photography, the Hamiltons and Povahs and their Hamilton Stores. He had never heard of them.

For whatever reason, my explanation barely registered. The person stood in the kind of silence that tries not to offend but

understood nearly nothing. The individual, originally from New York, basically took away no idea of what Livingston's unique role in the world as the first National Park's gateway city actually meant.

When I used to teach in rural Alaska, I remember evaluating reading comprehension with children who encountered the term skyscrapers. The problem was few Yup'ik Eskimo students had ever seen such a building. So, using our research tools, we found that the students basically combined in their mind's eye, a house and a tree, in a complex process and understood the word, to some degree, but nowhere close to those who had ever seen a skyscraper.

We might need something basic to explain to people whose only universal center is an urban metropolis the idea anything else in the world can be of significance. If not, we could lose our historically rich core including our Yellowstone 20 hotel buildings still standing, to save it from becoming a post-sprawl dead zone like Belgrade or Columbus. We had better as a community begin to create the verbal image and visual image of what a thriving, not dead, downtown could mean. There's not much time either, since our Master Plan for the downtown will be decided by this spring.

When I returned to Livingston 25 years ago, I realized that most folks here knew little to nothing about its hotels or its formative period. Fifteen years ago, a group of us created the Livingston Downtown Building Owners and Business Association (LDBOBA) to help. I served on the Historic Preservation Commission and produced the Walking Tour of the city's four historic districts. And the LDBOBA did things like the downtown mural that highlights the city's role as "The Original Rail Gateway to Yellowstone." After three years of persistent asking and going to Yellowstone, I persuaded Bruce Austin of the Jammer Trust to loan us the 1938 Yellowstone Bus he had

saved from destruction so we could help tell Livingston's early story. (Maybe a topic for a future guest opinion.) Practicing my preaching, my family and I worked to save my grandparents former hotel from years of neglect to serve once again.

Livingston was fortunate in one respect, because in a program in the 1970s, over 400 buildings in this community were placed collectively on the National Historic Register. I am told this effectively put more buildings on the listing than those in New York, Boston, and Philadelphia combined. Our Historic Preservation Commission was created to help keep the historic character of the downtown alive. Obviously, someone back then valued laying the foundation for Livingston's economic renaissance and vitality.

Challenges arose, of course. One was the crushing railroad pullout and shrinkage of the 80s. Another was the recent COVID lockdowns, and a third has been the shadowy infiltration, direct and indirect, of the uber-wealthy I have discussed in past guest opinions. (Is she really going to mention that book *Billionaire Wilderness* again? There, I got it out of my system. But there's a good similar one to note called *Winners Take all: The Elite Charade of Changing the World*, by Anand Giridharadas.)

With the lockdowns, the LDBOBA had to stop the historic district tours, and the direction of Livingston's economy began to change, but like the nation's, towards concentrated wealth and power, and not for the better.

Many of the billionaires that have planted some form of toehold into the Livingston area including the Paradise Valley and the Shields came from urban areas and did not grow up here. Critically, important players do not remotely rely on the local economy for their living, so Livingston's economy becomes more and

more distorted in invisible ways and our core threatened, unless we help grasp our past and see how critical things like our downtown and historic hotel structures are to our livelihood – as positive economic forces instead of negative as forced low-income housing. These are the simplest realities of any competent urban planning.

Flip the conceptualization around. If you've ever seen the extremes of urban decay, they're often anchored in the best-intentioned urban housing projects like Boston, New York, and Chicago, and they are government-fostered economic disasters. This is what awaits if we let well-meaning bungling entities like HRDC take over our downtown, funded by affluent grantors and their handmaidens who accept with little question whatever they read on some grant application, thereby often empowering demise instead of health. In fact, the economically elite individual I mentioned, being soft on our history, suffered this same lack of vision. People are assembling a housing coalition lacking in this same perspective and lessons from history. We already have over 140 low-income apartments in our commercial area squeezing out business attracting space and taking up valuable parking. It was the consensus of the downtown building owners attending the Master Plan breakfast that we do not need more affordable housing downtown, and even a nonprofit or two sited there were an unpositive influence. They can easily afford the rent, but they are not as such actual tax and economic value creators. There are those, however, who do it right, like Aspen. They have smaller units in town, but none in the commercial area.

On the LDBOBA Yellowstone bus tours front, things are hopeful again. This month a very helpful nonprofit, our wonderful Community Closet, made a small award

See Growth, Page 6



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A New Chapter Begins: Emily Kempe Takes the Helm at Community School Collaborative

In a significant transition for Community School Collaborative (CSC), Emily Kempe, a passionate advocate for youth development and career exploration, has assumed the role of Executive Director. Originating from Phoenix, Arizona, Emily brings a wealth of experience and a strong educational background to her new position.

After earning her bachelor's in Nonprofit Leadership and Management from Arizona State University in 2012, Emily's journey to CSC involved running a day camp for children at Mountain Sky Guest Ranch in Paradise Valley, MT, and serving as

the Outreach Coordinator for Haven, a domestic violence organization in Bozeman, MT. Her commitment to social work led her to pursue a Master of Social Work from the University of Montana, completing it in May 2021. Before joining CSC, Emily contributed her expertise to The JED Foundation as the Manager of Rural School Mental Health Initiatives on a national level.

Thrilled to be part of CSC, Emily's belief in the organization's potential to impact



young lives aligns with her vision for inspiring intentional life paths. "The hands-on, real-time enrichment provided by CSC is something I love. Students in our community can actively participate in programming and leave with a sense of inspiration and a greater sense of connection to

their own communities," she said. Career exploration holds particular importance for Emily, given its positive impact on youth mental health, a sentiment grounded in her firsthand experiences. She witnessed the transformative effect career

exploration has on young individuals, offering them avenues to discover purpose, fulfillment, and direction in their lives, ultimately instilling hope for the future.

Guided by a forward-looking vision, Emily aims to steer CSC's evolution to meet the ever-changing needs of the community. One of her primary goals is to expand CSC programming to include all students in grades 6-12 in Livingston and, eventually, throughout Park County. This inclusivity will broaden the reach and impact of CSC's work, providing valuable experiences, enrichment, and career exploration to a more extensive student population across the county.



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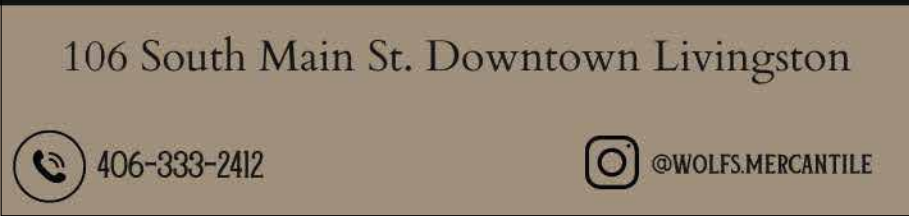
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Growth

from page 4

to help get our Yellowstone bus up and running again, and with a new wonderful volunteer driver, this 15-year tradition can resume. It has been received consistently with surprise and appreciation by learners both local and from afar. Good things can happen when people learn to appreciate what we have. (A shout out in passing to the Yellowstone Gateway Museum's walking tours while we're at it too.)

The LDBOBA has set out 18 objectives in its strategic plan to fend off threats to our well-being and preserve our downtown and economy. As part of that we envision creating another downtown walking tour like the one I put together, but this time telling the story of the Yellowstone tourist hotels, their relation to Yellowstone, and their potential interest to future visitor-based economic viability. It's early-stage: I have a decent archive on the Grabow Hotel, but little as yet on others. Perhaps readers can help. I have yet to find a copy of Patty Miller's book on the Murray. I also know of five people with extensive knowledge of

Livingston's 20 hotel buildings, but there are doubtless others out there. With John Fryer and others gone, it becomes that much more important to set history down, even roughly.

When I asked, the Yellowstone Gateway Museum said that they would be willing to gather historic hotel related contributions to help assemble this walking tour. If you have something to offer, consider being in touch with them for either an interview or to offer historic material to lend or donate for scanning and/or use as record.

The potential is not just rediscovering our own fascinating stories in the Yellowstone connection, but even imaginably better valuing existing structures, inspiring or enriching creative works like books, film, or more. Since structures then (as today were multi-use commercial, accommodation, and hotel rooms all at once), it can be a wide net.

We are still a significant destination as the world's first National Park even close to a century and a half later, not just another backwater town to be looted for sprawl. Like the basic laws of physics, intelligent planning can work today as much as it did then. We have little to lose except blank uncomprehending stares.



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Auto & Home Insurance Tips

AUTO—Have you noticed an increase in your auto-insurance premiums? If so, it's a good idea to talk to your agent or your insurance company. You could consider increasing your deductible on comprehensive and collision to save money. It just might be worth it!

HOME—We all know winter is here! If your home has a history of frozen pipes, make sure to leave the heated areas of plumbing at no less than 55 degrees. Some folks follow the recommendation to leave the hot water slowly dripping and the sink cabinet open. If you do freeze up, try using a blow dryer to slowly thaw the pipe. If that fails, call a plumber. During the slippery, wintry weather—make sure your sidewalks are shoveled and your driveway is plowed. If you have ice buildup on your walks, use magnesium chloride, cat litter, or snow melt to remove the ice. Be sure to consider your pets and flower/garden beds when using snow melt, you don't want to kill your plants and shrubs. Look for pet friendly products.

INVENTORY—If you have a free weekend and you're looking for something to do, take a video or camera around the



Daryn Hendrickson
R. Dean Hendrickson Ins Agcy Inc.

Born and raised in the Livingston area, I have been helping our customers with their insurance needs since 2002. I enjoy bike rides with my family, fishing, and barbecuing on the weekends. I am dedicated in providing Auto Insurance, Home Insurance, Life Insurance and Business Lines products to customers and residents of Park and Sweet Grass counties.

house and take some pictures of your personal property. Make it a fun family event, and let the kids try out the camera/ phone. This will give you a digital inventory of your personal property in the event of a claim on your renter's or homeowner's insurance. Be sure and save it to the cloud.

REVIEW—At your upcoming renewal, check your declarations pages to see if the company you are with made any changes to their policy language or adjusted coverages, deductible, or pricing. It's smart to get together with your agent and do an annual review of all your policies. You don't want to find out there is a gap in your coverage at claim time!

Daryn's goal as an insurance professional in the Livingston community is to educate and provide peace of mind solutions to his clients. Call him at Dean's office today.

El Niño and what to expect this spring, maybe...

by Cassi Geiser

Many people have been commenting on the lack of snow in January. However, according National Weather Stations Billings meteorologist on duty, Luke Arends, right now we are in our "climatologically" driest time of the year.

"When we get into spring, it gets into the wettest time of year." Arends said.

Arends said that there is a moderate (D1) drought in Park County at this time, with the drier and warmer winter. But he continued to explain how as that forecast goes out into the future it could change.

The forecast for spring, according to Arends, is a continued El Niño weather pattern through the end of April 2024. But he said that a few good spring storms could make up the moisture shortfall.

"Right now we are behind. Even if moister is not falling over the plains and lower elevations, it's falling in the mountains adding to the snowpack that will help us a lot," Arends said.

There will be a change in pattern but it depends on the direction the storms travel and if they come near us, according to Arends.

"It's a good time to be dry because it's typical of the time of year." Arends said.



Sub zero temps down to the -40 degree mark chilled through Park County in January. A windy day on Main Street in downtown Livingston, looking towards Livingston Peak, presents a brisk shot of drifting and blowing snow. Photo by Cassi Geiser

Spring outlook:

According to the Climate Predictions Center at NOAA, spring this year is leaning towards above normal temperatures, and equal chances of higher or lower than average precipitation, it's anyone's guess.

Snowpack in Park County SWE (snow water equivalent)

Basin wide, it's around 50-70% snowpack. There are areas in the mountains that are a lot lower than that.

Arends said that we are running behind the historical average for this time of year, but that can change with any substantial snow storms in the spring. He added we will have at least one Spring storm, so that's something to look forward to.

February usually brings some cooler temperatures and more snow will be on it's way. Don't pull out your shorts and flip flops just yet, Park County!



Yellowstone



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Where is your honey from?

by Jill-Ann Ouellette

Why buy local honey, you wonder? It's been told that "shopping local" has tremendous environmental benefits, no matter what you're looking to buy—and it's true. When it comes to honey, you're helping yourself, the planet, and community businesses, too. Here's how.

I asked Donna Moyer, from Alpine Peaks Country Store, about her local, pure, mountain-wildflower honey from Paradise Valley. She shared with me that beekeeping in her family goes back several generations. "My grandmother Pansy was in her 90s and still recalled having the job of *smoking the bees* as a little girl. Pansy fondly recalled that honey was a family staple that was always on the table. We named our first queen bee after her."

Donna continued, "Our bees are raised in Paradise Valley directly in the rugged and beautiful Absaroka Mountain Range. At 10,941 feet, Black Mountain is the second highest peak in the Absaroka Range and stands as a sentinel over the apiary. Our bees forage in some of the



honey that contains that pollen can possibly combat those allergies. While no formal studies have been conducted on the effects of local honey on allergies, the idea behind trace-exposure to allergens in order to desensitize patients to food allergies is one that is gaining momentum. The honeybees also

and anti-bacterial properties. Honey also contains powerful antioxidants. It's true—honey contains enzymes, non-heme iron, zinc, potassium, calcium, phosphorous, vitamin B6, riboflavin, and niacin.

People commonly use honey orally to treat coughs and topically to treat burns and promote wound healing. Numerous *in vivo* studies using animal models show that honey acts as a prebiotic, specifically by promoting the populations of probiotic bacteria, including *Bifidobacterium* spp. and *Lactobacillus* spp., and alleviating symptoms of constipation and ulcerative colitis.

Have you ever heard of someone putting honey directly into their hair? Honey has emollient and humectant properties that add moisture to your hair

follicles. This naturally smooths the hair shaft and restores shine and luster to frizzy, dry, curly, or dull hair. These natural properties seal in moisture to prevent future moisture loss, too. It's great in hand and body lotions, too.

If you just love the taste of honey, try adding a tablespoon to fruit smoothies, drizzling some on top of a sharp, dry cheese for a special snack or other hors d'oeuvres, or as a topping for plain Greek yogurt to turn it into a tasty, healthy dessert. It makes a great natural sweetener for hot drinks like coffee and teas, as well as cold ones like lemonades or iced tea. You can add honey to sauces and as a sugar substitute in baked goods, but if you really want to enjoy the health benefits of local honey, it's best to keep it raw and unheated.

The benefits of buying local honey surely outweigh choosing a cheaper filtered, commercially produced one at a grocery store. From minimizing seasonal allergies to supporting local wildlife, increasing bee population, for more natural beauty products, and as a prebiotic, the higher price for local honey is worth it. Plus, honey lasts forever, so it's a great investment in your family's future health.

You can find healthy, nutritious, and delicious local honey at specialty shops, health food stores, farmer's markets, and most grocery stores. Stop by Alpine Peaks Country Store in downtown Livingston at 105 W. Park Street # 5, (street level in the Albemarle) Donna has a full line of honey products that you will love!



most pristine scenery in North America. We believe the taste of our honey is a direct reflection. Raising bees at a higher elevation minimizes pesticide exposure while promoting winter hardiness. We are committed to raising antibiotic-free and synthetic-chemical-free honeybees."

Local bees collect and bring back pollen to the hive sourced from local plants. Honey can naturally come in different flavors, including the traditional wildflower, buckwheat, and fruit flavors, etc. The flavors are from the various plants' pollen. Since these same plants cause many seasonal allergies, eating

pollinate local plants that are beneficial to wildlife, the bee population and your backyard garden. Since bees are now endangered, it's vitally important to support local beekeepers who are helping to increase populations and maintain healthy bees.

In addition to potentially fighting allergies, another benefit of local honey is that it's unprocessed and pure. The stuff you find in the grocery stores is often filtered, a process that removes the trace amounts of pollen it might contain. The purer the honey, the stronger its medicinal benefits, like anti-inflammatory

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Volunteering in Your Community

by Jill-Ann Ouellette

"The best way to find yourself is to lose yourself in the service of others." —Gandhi

Volunteering is a great way to meet new people, build healthy relationships, learn new skills, explore new careers, experience personal fulfillment, improve social skills, etc. It can be lots of fun and rewarding to boot! No doubt, it will be work and challenging at times, but it will make your heart feel like smiling. Let's dive a little deeper.

Volunteering, it's pretty simple. It's the act of a group or individual giving their time and/or labor freely, often as a service to their community. Park County has so many deserving non-profit organizations that depend on volunteers. Nationally speaking, volunteers spend an average of 50 hours a year donating their time to the greater good. Over 71% of volunteers work at only one organization.

Probably the most common type of volunteering is within the social-services sector. Here in Park County, there are plenty of people who are in need. And lending a hand to others has benefits to the giver as well! For instance, it decreases social isolation and can improve physical and mental health.

"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."

—Heather French Henry

Volunteer positions can require little-to-no training. You can greet people, read to others at

the hospital/library, landscape at a non-profit office, judge parade floats, walk dogs and play with cats at the animal shelter, cook a meal at the local soup kitchen, become a local board member, sort donations at a food bank or community thrift store.

You can volunteer for annual community events. How about wrapping Christmas presents during the holiday season, or serving food at one of our holiday community meals?

Some positions need extensive training in the areas of education and emergency-response services, or on helplines. One important domestic-violence helpline we have in Park County is at Aspen. (Learn more at AspenMT.org.) These types of opportunities require a deeper commitment and may need volunteers 24/7. So, if you are available at odd hours, that shouldn't keep you away. Consider becoming either a reserve officer for the County Sheriff or a rural fire fighter in your district. Others serve on an as-needed basis, such as in response to a natural disaster, like the Red Cross, Emergency Services Department of local government departments, etc. Generally during a large-scale disaster, many churches and other organizations come into play, too.

"Volunteers do not necessarily have the time; they just have the heart."

—Elizabeth Andrew

If you're considering volunteering, here are a few ideas on where to go:

- Library, here in town, in your local school, or Gardiner Community Library
- Civic Groups, like Boy Scouts, Girl Scouts, 4H, Rotary, Kiwanis, Greater Yellowstone Coalition,

Youth Dynamics, etc. The Park County Community Foundation has a great list at:

www.pccf-montana.org/for-nonprofits/nonprofit-directory.html

- Community Arts Centers, including local museums, The Shane Lalani Center for the Arts, Livingston Center for Arts and Culture

- The Hospital. Livingston Healthcare has many options, check out their website: <https://www.livingstonhealthcare.org/>.

- School Districts. Check with your local school and see what they need. PTA members, teacher's aides, or school-board members, etc.

- Political Campaigns. Become an election judge, register new voters, polling-place greeter, or stump for your favorite candidate—we are in a presidential election year!

- Shelters. The Stafford Animal Shelter has a short training program for everyone to become a volunteer but getting in some quality furry baby time is relaxing for you. The Livingston Warming Center needs day and evening assistance.

- Food Banks & Pantries. Check out the Livingston Food Resource Center (LivingstonFRC.org), Loaves & Fishes, or the Gardiner Food Pantry, etc.

It doesn't matter where you volunteer—all volunteering makes this slice of heaven an even more beautiful place to live and flourish.

If you have an inclination to serve, and are concerned for the welfare of others... reach out to your favorite non-profit or social-service agency and see how you can offer your time to move their mission forward! Don't wait. Contact them today!

"The essence of life is to serve others and do good." —Aristotle

VOLUNTEERS WANTED



of Park County Montana's cultural and natural history through accessible collections and programs.

ON THE LOOKOUT FOR: We have openings for several catalogers, a researcher for research requests in our library, helpers for Family Days (a once-per-month program on Saturday mornings), and helpers for special events throughout the year. We always need stronger folks for carefully moving heavy and awkward treasures.

REWARDS:

If you're a History Buff and would love to discover more about Livingston & Park County in a bygone era—we got you covered! You'll learn new skills!

VOLUNTEER SPOTLIGHT

Suzanne Brown specializes in cataloging objects that are donated by the public to the Museum. She began volunteering at the museum six years ago after retiring from public service at the Park County Health Department.

Suzanne says: "I enjoy cataloging because it's so interesting what gets donated. I remember a donation of uniforms and medals by the son of a WWII and Korean War veteran. It was a joy and a challenge to get the history

accurate. Being a cataloger requires you to be versatile and willing to expand your range of knowledge about history in general. You also prepare the items for storage according to archival standards. It always feels great when you have completed a collection, which can range from one or two things to hundreds of items. It's a good place to volunteer because it never gets boring!"

The museum cataloger job involves taking photographs, measuring, scanning, and data entry—documenting in great detail.

Yellowstone Gateway Museum's Mission is to build community, connection and inspiration by sharing stories



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If your organization would like a **Volunteer Spotlight**, contact Jill Ouellette by email: jill@pccjournal.com

I have an oil for that

by Dalonda Rockafellow
doTERRA Wellness Advocate



Intimacy, Relationships & Love

By Dalonda Rockafellow

February brings us Valentine's Day full of love, compassion and, of course, romance. Many people celebrate the day by offering gifts to their loved ones to show how much they love and appreciate them. Intimacy is a great area to focus on... not just with your partner, but within yourself (think self-care), with your kids (think love languages) and with all of your relationships! Let's explore different ways to be intimate with those closest to us, dabble in some self love and of course, find ways to plug in our doTERRA products along the way.

Let's get started...

What are the five love languages?

1. Gifts - Enjoy surprise gifts & tangible symbols of thoughtfulness & effort.

Idea: Delight someone special with a personalized roller bottle of a beautiful blend of essential oils. Create blends that resonate with the recipient's

personality or needs, offering a unique and personal touch. Try any of the floral oils or mix up this blend;

10 drops each; Whisper, Citrus Bliss & Lemon

5 drops Ylang Ylang

1 Tablespoon Witch Hazel

¼ Cup Water

Combine water and witch hazel in a small glass spray bottle and shake. Add essential oils and mix well. Mist over the body or clothes to activate this wonderful scent. Shake well before each use.

2. Quality of Time - Giving your attention to another person, active listening & making time for loved ones. Idea: spritz yourself with Lavender and get close to the one you love. During your time with them, they will also benefit from the calming effects of the Lavender that you put on yourself.

3. Acts of Service - Doing things for others that brings them joy. Idea: motivate yourself by applying doTERRA's Motivate blend on your pulse points. This citrusy, minty, herbal blend will encourage you throughout your day.

4. Physical Touch - Love is felt through non-sexual touch, hugging & general physical presence. Idea: Give an

Aromatouch Hand Massage to someone special in your life. doTERRA's Balance blend is a great oil to use because its woody scent is very calming and the recipient will be left feeling relaxed and grounded.

5. Words of Affirmation - Verbal & written compliments; Unexpected praise & recognition.

Idea: Infuse your love letters or notes with the subtle fragrance of essential oils. It's a loving gesture that adds a sensory dimension to your words. Here's how; apply a tiny amount of your chosen essential oil on the paper. Try Bergamot for its calming properties. Frankincense for its emotional balance. Peppermint because it brings joy to the heart & soul.

What is self-care and how do you incorporate it into your daily routine?

The most important relationship is with ourselves. Taking care of yourself is something you should do everyday. Try a warm soothing bath. Use a deliciously scented body lotion, or sip a cup of tea while you catch up on your favorite book. It is the little things that add up and make you feel better about yourself. Here's an easy recipe for bath salts:

1 cup Epsom salts

5 drops Lavender essential oil

3 drops Roman Chamomile essential oil

Dissolve this soothing mix in your bath for an experience that calms the body and mind. It's a perfect way to unwind and relieve the day's stress.

Here's another for a Tea Tree & Lavender Face Mask:

1 Tablespoon Honey (I recommend Manuka for its healing properties)

2 drops Tea Tree

2 drops Lavender

Combine all in a small glass bowl. Smooth over face and let sit for 10 minutes. Rinse with warm water. Follow up with a face moisturizer.

Last, but certainly not least, let's talk about romance. Did you know that there are health benefits of intimacy other than the obvious? How about less stress, better blood pressure, better sleep, better self esteem, burning calories, and even less body pain? It's true!!

Using doTERRA essential oils can enhance your mood and libido. Let's get started...

What attribute are you seeking?

~The need for more passion and circulation rising - use black pepper or cinnamon.

~Black Pepper has an erotic aroma that adds zest and liveliness to a love life. It warms, strengthens, and can renew the flames of passion.

~Cinnamon is regularly used to relight fires and boost sexual desire. It is warming. It slowly and seductively spreads warmth through your entire body.

~The need for calming and openness- use Sandalwood or Ylang Ylang.

~Sandalwood has an erotic aroma. It promotes emotional openness and increases physical sensuality. It creates unprompted interaction and helps lovers get out of a sexual slump.

~Ylang Ylang is a powerful aphrodisiac. It increases sexual desire and boosts attraction between lovers. It opens emotions and encourages a more sensual and erotic experience during lovemaking.

~The need for connection and closeness—use Rose, Jasmine, Neroli, Whisper blend or Passion blend.

~Rose helps with low libido.

~Jasmine increases libido, greater connection and intimacy with your partner.

~Neroli promotes healthy libido.

~Whisper helps you to step into your femininity.

~Passion helps you to take risks, face fears and break free from limitations.

Create a special moment with a luxurious couples massage oil. It's an intimate way to relax and connect with your partner. You'll need:

3 drops Sandalwood

2 drops Ylang-Ylang

Carrier oil like doTERRA's Fractionated Coconut Oil

This blend is perfect for a romantic massage, offering both a soothing and sensual experience.

Whether you are looking to create a tranquil atmosphere at home, seeking a moment of relaxation, or hoping to add a spark of romance, using essential oils in various recipes will guide you to infuse love into every aspect of your daily routine.

I would like to give you a Passion roller bottle (no obligation) so you can experience some of the benefits that I have written about this month. You can contact me at dalonda@bigskyoils.com or mydoterra.com/dalondarockafellow and we'll make plans to get it to you. Thank you for your time!!

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.

*These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, cure or prevent any disease.



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What Your Lungs (and Heart) Don't Need

by Nurse Jill

Part 2 in a series about the factors that negatively impact your health the most: information to help you stay on the path to small health successes in 2024.

Let's talk about smoking. But before we do, I want to encourage you to stay on the path to health. Nobody knows it better than a healthcare worker who has assisted countless number of individuals overcome health crisis, both chronic and acute. Having good health to support you when you need it is so worth the extra effort to regain or keep it.

Remember we're not looking to totally overhaul our health in one fell swoop. We're just looking to make small improvements in order to avoid risks and complications that will be very unpleasant and costly.

So, keep at it! Even if you think you've already failed. Start again, start small, but be persistent. Small, persistent, and consistent habits is what got us to where we are today and small, consistent habits will get us to where we want to be.

Now about smoking...the habit described by the American Lung Association as "the number one cause of preventable disease and death worldwide." Over 480,000 people die each year in the United States alone from smoking-related diseases.

Not only detrimental to your health but expensive, too. If you smoke a pack of day you are likely loosing over \$300 a month and close to \$4,000 per year. Within ten years you'd have lost \$40,000 to a habit that is draining your health.

But putting smoking in the past is one of the hardest things to do. You not only have to remove an addictive chemical that has triggered your brain to feel good for years but you have also built habits around smoking which include social time, milestones in your day, and a coping mechanism for stress.

When you quit you will go through withdrawal which is difficult. It is best to have a buddy backup system to help keep you accountable but even more important

is to build new, healthy habits. If you merely take smoking out of your day it will be harder to quit. If you build something new into your day then you will have an easier time not fixating on what you're missing out on. Find a new way to socialize with friends. Find another way to mark the time passing during the day. Find a good stress coping mechanism that works for you. Finding good distractions is a tried and true method.

A word of warning: make the habit a healthy one. Don't get drawn into another addictive substance (like alcohol or vaping or chewing tobacco) and just end up with similar health risks.

When you try to quit be prepared for the side effects and make a plan to cope. Irritability, anxiety, nicotine cravings, and trouble sleeping are all common. Make plans for the first couple of weeks that take all of these into account. Plan a small trip away with a friend to distract you. Plan dinners over the first couple of weeks with family to keep you accountable. The longer you go without smoking the easier it will get.

Talk to your doctor about possibly using Nicotine Replacement Therapy. If you use one of these products you can tackle building new daily habits without cigarettes before having to tackle all the side effects from detoxing your system from nicotine.

The point is: know that it is going to be a bit of a challenge and make a plan to deal with those challenges before jumping onto the wagon. There are a lot of resources online that offer tips and tricks for successfully quitting.

Mayo Clinic reported that 60% of adults who try to quit eventually are indeed successful but not usually on the first try. So be persistent. Even if you've tried before and weren't able to make the change permanent, try again. Even if you don't quit perfectly—keep trying to quit so you can claim all the health benefits that your body is craving.

What will quitting smoking do for your health?

- Within just 2 weeks of quitting smoking your circulation and lung function start to improve. The longer you stay away from

smoking the better this gets.

- As early as 1 month into your smokeless life your smokers cough and shortness of breath can start to decrease, though this can sometimes take up to 9 months to notice a big difference.

- Quitting can add ten years back to your life.

- Staying away from cigarettes lowers your risk for 12 different cancers.

- Your risk of coronary heart disease drops quickly during the first 2 years of fresh-air-only living and then continues to get better every year after that.

- Your risk for pneumonia and COPD

(a chronic lung condition that progresses throughout your life) also drop when you put out that cigarette.

There are a long list of other benefits to a smokeless life. You probably already know that smoking (and vaping for that matter) are bad for you. What you need is a plan to make the first few weeks manageable. So find a friend, make a commitment, make a plan, find your why, and don't give up.

For more help:

[CDC.gov/quit](https://www.cdc.gov/quit)

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ALL ARE WELCOME

Girl Scouts of Montana and Wyoming's Cookie Program

Girl Scouts of Montana and Wyoming (GSMW) will kick off their 2024 Girl Scout Cookie season in Montana and Wyoming on February 2, 2024. The annual event in which Girl Scouts learn new skills as young female entrepreneurs through the world's largest entrepreneurial program for girls.

During this highly-anticipated time of the year, girls flex their entrepreneurial muscles and acquire important life skills such as, goal setting, decision making, money management, people skills and business ethics. All proceeds from cookie sales stay with local councils and troops to power Girl Scouts' amazing experiences year-round.

This year's theme, **Unbox the Future**, aims to remove social barriers that often keep girls boxed in. When bold, goal-getting Girl Scouts sell a package of cookies, they're doing much more than what's seen at face value. Girl Scouts are entrepreneurial powerhouses creating a more equitable future for themselves and the world. Every box

of cookies sold provides invaluable experiences for Girl Scouts such as service projects, troop travel, and summer camp.

This season, beginning February 2nd, cookie lovers can enjoy the full assortment of Girl Scout Cookies, including fan favorites such as Thin Mints®, Caramel deLites®, and Peanut Butter Patties. They can also enjoy Peanut Butter Sandwiches, Trefoils, Adventurefuls, Lemonades, Toast-Yay!, and gluten and allergen free Caramel Chocolate Chip.

Girl Scout Cookies in Montana and Wyoming will not see a price increase this year and will sell for \$5 per package with the exception of the gluten and allergen free Caramel Chocolate Chip, which will sell for \$6 per package.

How to Purchase Girl Scout Cookies This Year

- Girl Scouts will take pre-orders February 2nd – 18th, with delivery in late March.

- Beginning February 16th, customers who do not already know a Girl Scout will also be able to purchase

cookies to be shipped directly to their homes by entering their zip code into the Girl Scout Cookie Finder. This link can also be used to find a local booth, purchase cookies and/or to donate cookies for local community causes.

- Cookies can be purchased at local Cookie Booths March 22nd – April 14th.

- You can also text COOKIES to 59618 to stay informed about how to purchase Girl Scout Cookies and other exciting Girl Scout news. Learn more about the Terms and Conditions and the SMS Privacy Policy.

For 112 years, Girl Scouts and their enthusiastic supporters have helped ensure the success of the iconic annual cookie program—and they've had fun, developed valuable life skills, and made their communities a better place every step of the way. Girl Scout Cookie season is recognized nationally from January through April, but local timing varies; visit www.girlscoutcookies.org to sign up to be notified as soon as your local troops begins selling in your area.

Bozeman Symphony to Perform Beethoven's Symphony No. 3

Guest Pianist Rodolfo Leone to Present Ravel's Piano Concerto in G Major

The Bozeman Symphony's third classical concert performance of the 2023/24 season, Norman Conducts Beethoven's Symphony No. 3 in late February, features the Beethoven's Symphony No. 3 "Eroica." This symphony is considered to be one of the groundbreaking musical events of the 19th century. Also guest pianist Rodolfo Leone will be performing Ravel's Piano Concerto in G major.

Classical music fans are invited to watch Music Director Norman Huynh's interpretation of Beethoven's Symphony No. 3 in E flat major "Eroica." Conveying both turmoil and triumph, this piece is known as a crucial turning point for both Beethoven and symphonic composition, which was pivotal in the transition from the Classical period to the Romantic Period. The one-two punch of Eroica's opening chords is followed by the solemn, majestic *Marcia funebre* (funeral march). The buoyant Scherzo departs from the intensity of the previous two movements, and the final movement uses music from Beethoven's own Overture to the ballet, The Creatures of Prometheus.

Renowned pianist Rodolfo Leone

returns to Bozeman to perform Maurice Ravel's "lighthearted and brilliant" Piano Concerto in G major. Described as a true sound philosopher, the Italian-born pianist is a top prize winner of several major piano competitions. He made his orchestral debut in 2013 and has performed extensively with numerous orchestras throughout Europe, North America, and China. Leone is currently based in Los Angeles. He earned both a Master of Music degree and an Artist Diploma at the Colburn Conservatory of Music.

Ravel's Piano Concerto in G major begins with Allegramente, opening with a slapstick snap, a jaunty piccolo, and a bright, bouncy trumpet. Although present in the background from the opening bars, the piano makes its first solo declaration with a languid, bluesy melody. Throughout the first movement, rapid-fire bursts of energy are alternated with rhapsodic, jazz-influenced episodes. The serenity of the Adagio assai belies the tremendous effort it requires from the pianist. A snappy snare drum roll announces the Presto, a return to the jazzy energy of the Allegramente.

Performances are Saturday, Feb. 24th,



Rodolfo Leone photo by Jeff Fasano

at 7:30 p.m. and Sunday, Feb. 25th, at 2:30 p.m., at the Willson Auditorium, 404 West Main Street in downtown Bozeman. These concerts would not be possible without the support of sponsors Cal and Tricia DeSouza, Kimberlie and Bruce Jodar, Barbara and Ben Phinney, Ken and Mary May, and Sharon Eversman.


Individual tickets are available at <https://www.bozemansymphony.org/normanconductsbeethoven.html> or by phone at 406-585-9774. Tickets at the door are based on availability. Adult tickets start as low as \$29 and discounted student tickets are available.



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Chatting with Heather Green – Livingston Elks Lodge 246

Volunteer Grant Writer, Fundraiser, and Veterans Steak Dinner Organizer – a neighbor you should know

By: Jeff Schlapp
Park County Dugout

January 19th was the Livingston Elks Lodge 246 steak dinner, free to all Veterans and spouses. Trust me, I had a behind-the-scenes look, those were amazing steaks. Ribeyes that are big, bright red, with perfect marbling. The woman behind the dinner, Heather Green, sat down and talked with the Dugout, despite her need to help prepare the dinner, about the Elks Lodge and its need for repairs.

The Livingston Elks Lodge received its Chapter in 1892, making it the fifth oldest Lodge in Montana. It made its home in its present location (Lewis and 2nd Street), built in 1926. Green told me the building needs an overhaul, including new electrical and plumbing.

I toured the building last summer as part of the Elks open house and fundraising efforts. The building is two stories with a basement, which includes a large open room and a kitchen. The first floor comprises the bar and a ballroom used as a multi-purpose room. The top floor has unused office spaces and a beautiful walkout balcony. But it's deteriorating and in dire need of repairs.

So, Green did what she does best, writing a series of grants and fundraising. A teacher by background, she is now retired and has been a member of the Elks since 2018. The Elks Lodge is a Chapter of a national organization formed in 1868 to promote and practice the four cardinal virtues of Charity, Justice, Brotherly Love, and Fidelity; to promote the welfare and enhance the happiness of its members; to quicken the spirit of American Patriotism and cultivate good fellowship.

"Every year, we put together Health Bags for Veterans," Green said. "There are just bags they need, packed with all sorts of goodies, such as toiletries, laundry detergent, socks, soap, toothbrushes, and toothpaste. We hand them out to nursing homes, senior centers, and VFW around Park and Sweet Grass County."

This past December was the Elks Lodge's most successful fundraiser, they raised over \$60,000. They held their annual Christmas Basket Charity Auction, which raised \$40,000, and they raised an additional \$22,000 for repairs to the Lodge. The Elks Board recently hired architect students from MSU to come up with drawings and a budget for repairs and ideas for the use of the building, Green said. It will take an initial outlay of \$100,000 to repair the electrical and plumbing and new boilers, so money is needed. The Elks Lodge has a Building

Improvement Committee that is working on a lot of grant opportunities. It's really in bad shape," Green told me.

"We put together Christmas baskets for needy families and individuals at Christmas. The Livingston and Bozeman Community Food Resource Centers helped us with turkeys, but we bought most of the turkeys and all the trimmings. The Elks Lodge fed 354 families with Christmas Baskets thanks to the kindness of local businesses and individuals.

Our Christmas Basket Charity Auction was very successful, with both a silent and a live auction conducted by Jim Logan. This year, we included symbolic bricks from Texteriors of Bozeman that people could buy in the auction. Sal and Carol Lalani matched the first \$1,000 bricks we sold, which was very nice. And Jim Logan did a great job getting people to bid on the bricks we sold."

In February, the Elks Lodge sponsors The Elks National Hoops Shot, a free throw shooting contest for ages 8-13. Locally, the contest will be held at Park High School on February 3rd, 2024, with the chance for the winner to compete in Chicago to become the National Champion in April on the 18th-21st.

The monthly Friday night Veterans Steak dinner is something that Green and Chef Brad Nolan have been putting on for the past few years. Held in January through April, then again in October and November. It features steak, baked potatoes, dinner rolls, salad, and dessert. It's a big event with the two of them busy preparing for the dinner from sun up. She gets the steaks at a discounted rate from Austin Daniels, the owner of Daniels Gourmet Meats (<https://danielsgourmetmeats.com/>) in Bozeman. Over 200 potatoes were donated by Matt Foth of Foth Farms in Toston, Montana.

Daniels told me when I visited his shop (the best butcher west of Chicago shop for every imaginable kind of meat) that his dad is a Veteran.

"I'm glad to be able to help," Daniels told me. "Heather does a great service with this dinner for such a good cause, veterans. My dad served, so respecting our veterans comes naturally. We work with Warriors and Quiet Waters Foundation and anything veterans-related. I'm a third-generation butcher dating back to



my grandfather, a butcher, and a sausage maker, and I started this shop seven years ago. We provided Heather with Premium Agnus beef ribeyes for the dinner."

Everyone working at the dinner at the Elks Lodge is a volunteer except for those working behind the



bar, Green told me. This means that there are a lot of good people who are members of the Elks Lodge.

Green wanted me to run an ad thanking all the businesses and people who gave at the auction (you'll find it on the back page). But I doubt any of it could have been possible without her help. When I told her I served, she offered me a seat Friday night, as did Chef Nolan, but I passed. Not satisfied with my answer, she asked if I wanted a steak. I laughed and said no, it would be a waste of good meat as I no longer have any taste buds after my stroke.

You can donate to the Elks Lodge any time. Stop in at 130 S. 2nd St. in Livingston. Say hi and thanks to Green if you are going to the steak dinner. If you don't know her and you are at the Lodge, you should make the time to introduce yourself.

Heather Green, a neighbor you should know.

Mallard's Rest FAS Road Realignment Project Decision Notice

Because of impacts from a June 2022 flooding event, the access road to Mallard's Rest Fishing Access Site is unsafe for travel and therefore not available for use by administrative personnel and/or the public. Improvements planned under the proposed action would mitigate impacts from the 2022 flooding event by relocating a portion of the access road through adjacent DNRC land that is more suitable for such purposes.

The proposed action is necessary to facilitate the following essential attributes of the existing FAS:

- Safe public access to the Yellowstone River



- Limited potential for future impacts associated with flooding events, and
- Full use of Mallard's Rest FAS

Based on the environmental review provided in the Draft EA, and in accordance with all applicable laws, rules, regulations, and policies, FWP determined the proposed action

(Alternative 2), will not have significant adverse impacts on the human environment associated with the proposed action and constitutes a reasonable and appropriate strategy to achieve identified objectives. Therefore, preparation of an EIS is unnecessary. FWP hereby adopts the Draft EA as final and approves Alternative 2, the proposed action.

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DATES, LOCATIONS, TIME:
5:30PM-7PM

January 2nd, @ The Owl Subject: Kitchen	March 5th, @ Katabatic Brewery Subject: General Household
February 6th, @ Unwined Wine Bar Subject: Travel	April 2nd, @ Neptune's Brewery Subject: Yard and Garden

Presented by Yellowstone Bend Citizens Council

Harmony in Learning: Middle Schoolers Dive into Musical Careers with Bozeman Symphony

In a harmonious blend of education and inspiration, a group of 20 middle schoolers from Sleeping Giant Middle School in Park County recently embarked on a musical journey with the Bozeman Symphony.

The Community School Collaborative's Cougar Career Days are designed to give students a firsthand look at various career clusters through hands-on workshops with local and regional employers. Beyond these career days, students have the opportunity to explore their interests further by participating in special Pop-up

Clubs. The recent Club focused on the symphony, bringing Norman Huynh to Sleeping Giant Middle School to share his experiences as a symphony conductor and then transporting students to Bozeman for a special concert.

Norman Huynh, an acclaimed American conductor, captivated the 6th, 7th, and 8th graders



Beyond the concert, youth had the opportunity to explore a menagerie of musical instruments before the concert. The Bozeman Symphony's instrument "petting zoo" provided a hands-on encounter with real orchestral instruments. Guided by expert instrument zookeepers, the students touched, examined, and even tried out various instruments. This interactive experience not only demystified classical instruments but also ignited the students' curiosity and passion for music.

For the 20 middle schoolers, the journey into the world of the symphony

was not just an educational experience but a transformative one. The symphony had not only entertained them but had sown the seeds for potential future musicians, conductors, and lovers

of classical music. Through initiatives like these, the Community School Collaborative continues to shape the educational landscape, fostering a harmonious blend of learning and inspiration for students in Park County.



with his journey to becoming a symphony conductor. He not only shared insights into his career but also answered questions from the curious students about different musical instruments. The interactive session laid the foundation for the students to connect with the world of classical music and understand the diverse career opportunities it offers.

The culmination of this immersive experience was the Bozeman Symphony's Family Concert on Saturday, January 20th. The students were treated to Prokofiev's beloved "Peter and the Wolf."



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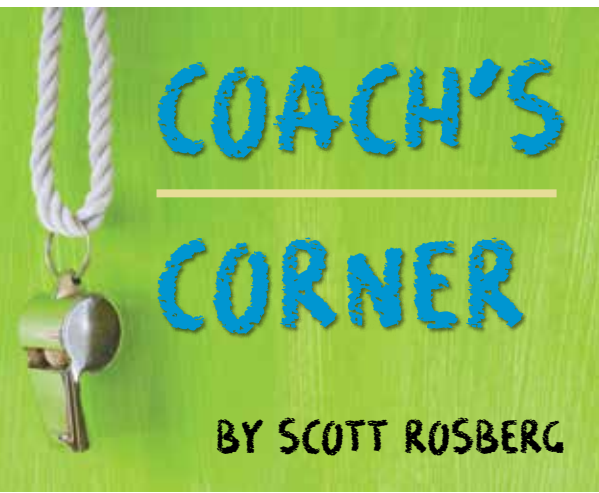


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Discipline & Trust



Last month, I told you that my boys' basketball team had come up with four **Core Covenants** that we decided we wanted to live by. Those four covenants are **Discipline, Trust, Team-First Attitude**, and **Respect**. Today I am going to talk about the first two—**Discipline & Trust**.

As a reminder, what we call Core Covenants, others might call *Guiding Principles, Team Standards, or Program Values*. These are the standards/values that we want to live by and be known for. We like the term "Covenants" because a covenant is a binding agreement where action is visible. The biggest key to a covenant is the second part of the definition—you can see it in action. Covenants are only as strong as the actions associated with them.

Discipline

Our first covenant is **Discipline**. While the boys did not specifically say they wanted Discipline as our first covenant, I chose it for our first one because my coaching staff and I determined that of the four covenants, this is the one that we needed to establish the earliest and the one we would have to get really good at for us to have the success we seek at becoming the best team we can become. Quite honestly, it has been a challenge for us to get to the level of discipline that we need to get to in order to have that success, but we continue to stress the importance of it in many different ways.

Discipline is focused attention & focused effort. When you focus your attention and effort on doing what needs to be done, doing it the proper way to accomplish the task at hand, and doing it that way every time you are working to

accomplish that task, you have discipline. Sometimes, though, there is no task—there is just living your life. When speaking of discipline in this situation, one has to have the discipline to live one's life as s/he should in order to be all that s/he can be.

Some people think of discipline in a negative way. Usually, those people are focused on discipline as punishment. However, discipline is a positive term & personal characteristic. Discipline is a choice. Disciplined athletes understand that they need to make sacrifices in order to achieve what they want to achieve. Those sacrifices help them to accomplish more, have a greater sense of pride, and be great teammates. They are reliable and trustworthy. Having discipline is essential to being "coachable." Once discipline is learned by athletes, they can carry that ability to every situation they face outside of sports.

Developing positive discipline is finding the correct balance between work and fun. All work becomes forced labor, and all fun is simply unproductive silliness. Discipline is the characteristic that sets teams apart and gives them the edge. That edge is called pride. Pride is never felt by poorly disciplined teams made up of selfish individuals who play carelessly and without passion. Pride is reserved for those special teams that can accept discipline as love and can learn to apply it in their own lives.

We talked about a few quotes on discipline, and the boys brought in some of their own. Three of my favorite quotes on discipline follow. Not coincidentally, all three are from very successful coaches.

"Discipline is: knowing what to do, knowing when to do it, doing it to the best of your abilities, and doing it that way every single time." — Bobby Knight

"Discipline is not a dirty word." — Pat Riley

"Without self-discipline, success is impossible... period." — Lou Holtz

Trust

We then moved to Trust as our next covenant. We told the boys that as they move through life, they will find that trust plays a key role in each of the relationships they develop. No matter where people are or with whom they are interacting, trust is a bond that holds them together. When people trust one another, the possibilities are endless. When there is no trust, it is hard to find any possibilities anywhere. Trust takes a long time to develop, but it only takes a few seconds to destroy. It is developed in the daily habits that people have for how they treat others and how they treat the world around them.

I told the boys that there are 3 Cs involved in *Trust*, along with a bonus C. The first way to develop trust is to show people you are **Competent** at what you are working on with them. You have to be a

person who gets things done. People trust others who have demonstrated their ability to perform successfully. It is hard for people to trust you if they have never seen you perform well at the things for which you need them to trust you.

Second, you have to show genuine **Care** for people. No matter how competent or talented someone is in any walk of life, if they do not care for people, they will not be trusted. A caring spirit is a critical component to developing trust. People are naturally drawn to others who care for them, and they trust that those people have their best interests at heart.

Third, you have to be a person of great **Character**. This is the most important quality one must possess when it comes to building trust. No matter how talented you are or how well you treat people, if you lack character, people will never trust you. A person's character is either the *pièce de résistance* or the deal-breaker for people when it comes to feeling that they can trust someone.

Finally, the bonus C, when it comes to trust is **Consistency**. Trust is not a one-time thing. If you only show your competence, caring spirit, and character occasionally or in certain situations, you are not going to become trusted by others. You must consistently demonstrate each of the characteristics discussed above over an extended period of time.

Think about the people in your life who you trust and why you trust them. Then consider who trusts you and why they trust you. Are you living your life the way the people you trust are living theirs? By handling yourself in the manner discussed, you have control over the level of trust that other people have in you.

We talked about a lot of great quotes on trust, but I felt the following four were extremely powerful:

"Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships." — Stephen Covey

"Consistency is the true foundation of trust. Either keep your promises or do not make them." — Roy T. Bennett

"Trust is the lubrication that makes it possible for organizations to work." — Warren Bennis

"A team is not a group of people who work together. A team is a group of people who trust each other." — Simon Sinek

In the next column, I will talk about the other two covenants that we have chosen—**Team-First Attitude & Respect**.

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

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Your Daily Dose of Park County News

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

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

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

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

Published & Created by former Enterprise Sports Editor,

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Recipe by
Carla Williams

RECIPE CORNER

Blueberry Coffee Cake

Ingredients

For the Coffee Cake Batter:

- 2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 cup granulated sugar
- 1/2 cup softened butter
- 2 eggs
- 1 tsp vanilla
- 1/2 cup milk
- 1 1/2 cups fresh blueberries (or frozen)

For the Crumb Topping:

- 1/2 cup flour
- 1/3 cup brown sugar
- 1/3 cup sugar
- 1/2 tsp cinnamon
- 1/4 cup softened butter

For the Coffee Cake Batter:

Preheat the oven to 375 degrees Fahrenheit. Grease a 9in springform pan, or 9inch square pan, and set it aside.

In a large bowl combine the flour, baking powder, salt, and cinnamon. Set aside.

In another large bowl beat together the sugar and butter for a couple of minutes, or until light and fluffy.

Add in the eggs and vanilla and stir until just combined.

Alternate adding the flour mixture, and milk by adding half the flour, and mixing until combined, then half the milk. And repeating with more flour, and more milk.

Coat the blueberries in a small bowl with 1-2 TBS of flour. Lift them out of the bowl and fold them into the batter.

Pour the batter into the prepared pan.

For the Crumb Topping:

Combine the flour, brown sugar, granulated sugar, and cinnamon in a medium bowl. Add in the butter and cut it into the dry ingredients, until you have pea sized crumbs.

Bake in the preheated oven for 40-45 minutes or until a toothpick comes out clean.

Allow to cool, slice and serve.

PCCF Launches Park County Arts Council

Expressions of Interest due on February 8th

To help realize a coordinated vision for the arts in Park County, the Park County Community Foundation is working to establish a Park County Arts Council. Comprised of Park County residents with a passion for the arts, the Arts Council will serve two important roles: (1) support the development of a broad strategic vision for the arts in Park County, and (2) collaborate with the Park County Community Foundation staff and board members to allocate grants specific to the Park County arts community.

"Park County has a long history as a center of Montana's arts culture and our 2023 *We Will Park County* community survey confirmed that many residents count our local arts and cultural opportunities as one of the top three things they like most about living here," shared Gavin Clark, executive director at the Park County Community Foundation. "As Park County continues to evolve, it is incumbent on us to ensure that Park

County's arts culture remains healthy and sustainable."

The Park County Community Foundation invites residents from throughout Park County to be volunteer members of this newly launched arts council by completing the Expression of Interest form online at <https://find.pccf-montana.org/Interested-in-joining-the-Park-County-Arts-Council>. Additional background information about this program, along with the specific roles and responsibilities of members of the arts council, can be found on the Park County Community Foundation's website: <https://find.pccf-montana.org/Support-the-arts>.

Please reach out with any questions by calling the Park County Community Foundation's office at 406-224-3920 or by sending an email to their program director: Barb.Oldershaw@pccf-montana.org.

The deadline to let them know of your interest is Thursday, February 8th.

Our Town: Who's Afraid of a little drama?


Livingston's newly formed theatre meet-up will read the scripts and then meet up monthly to discuss the play. Each fourth Sunday of the month, you're invited to join with other theatre lovers to discuss one of the upcoming plays being produced in the Livingston / Bozeman area. Directors who are available will join for a talk-back style chat about the play.


The schedule for winter / spring 2024:
February – Tiny Beautiful Things by Nia Vergalo, directed by Katie Mangett for The Blue Slipper Theatre
March – My Barking Dog by Eric Coble, directed by Alex Miller for the Verge.
April – Sweat by Lynn Nottage directed by Sarah Sherman for The Blue Slipper Theatre

May – Fuddy Meers by David Lindsay-Abair, directed by Jaelyn Silvey for theVerge.
Our Town: Who's Afraid Of A Little Drama is open to all. Email Lisa at WheatgrassBooks@gmail.com with questions.

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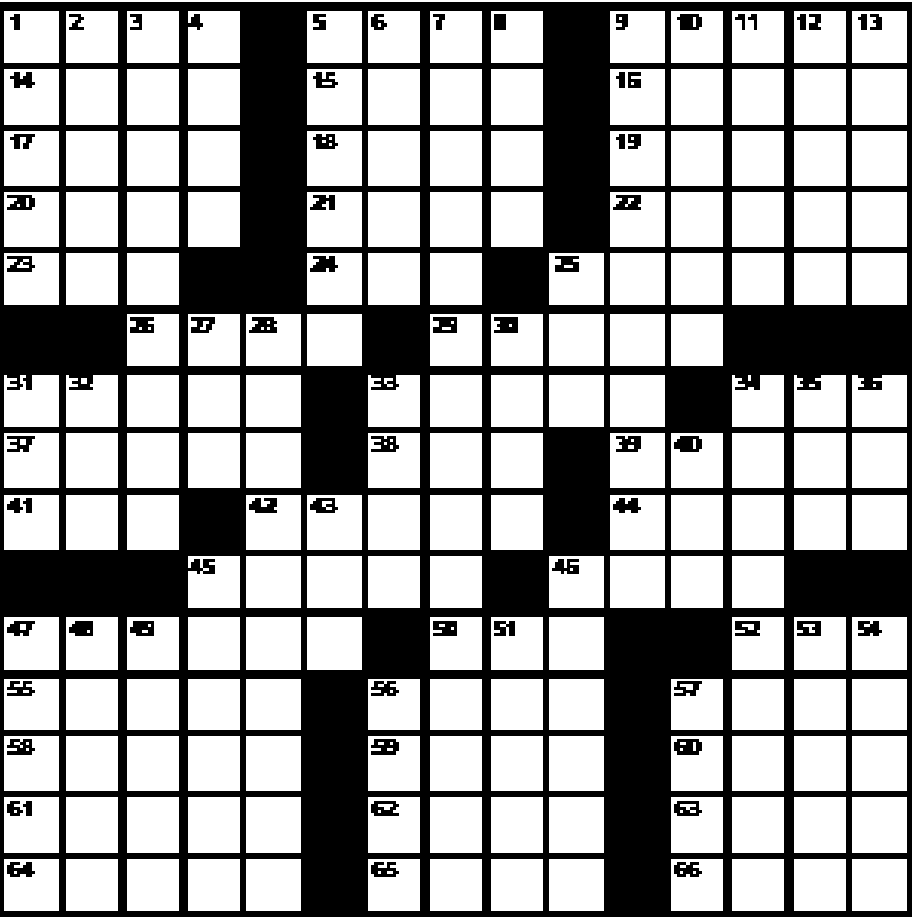
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Crossword Puzzle Number 318



- Across

1 Pitcher's error

5 Hall amphibian?

9 Enhancement

14 Country singer/songwriter

Jake ---

15 S American flightless bird

16 Light gray-brown

17 How to start a pudding race?

18 Bring in

19 Garden tool

20 Slant

21 Marx or Warners, e.g.

22 Adjusted

23 Longing

24 Place for experiments

25 Series of church intercessions

26 Prom partner

29 Sarcastic praise

31 Reluctant

33 Ugly encounter

34 Oil well equipment

37 Arc

38 Apollo 11 lander

39 New in Tijuana

41 Arid

42 Stand-in

44 Wept

45 Thin pancake

46 The Volunteer State (Abbr.)

47 Wooden hammer

50 Batter's stat.

52 A long way

55 Castaway locations

56 Bathtub residue

57 Where to find Pikes Peak
- (Abbr.)

58 Trim

59 Rent

60 Saturnalia

61 "Peace on earth, good will ---"

62 A k a C C C C P

63 College sporting org.

64 Commence

65 Court dividers

66 Unload for cash
- Down

1 Dictatorial

2 Up

3 Fabled

4 Recognize

5 Junior's voice

6 Vivien Leigh's G W T W role

7 Strenuous activity

8 Aykroyd and Quayle

9 Teetotalism

10 Second-in-command

11 Actress --- Rigg

12 Poet --- Nash

13 Wanting

25 Wolf Man --- Chaney

27 Off-roader

28 Now

30 --- Martin, cognac

31 Flat panel TV type

32 Belonging to us

33 Pigswill

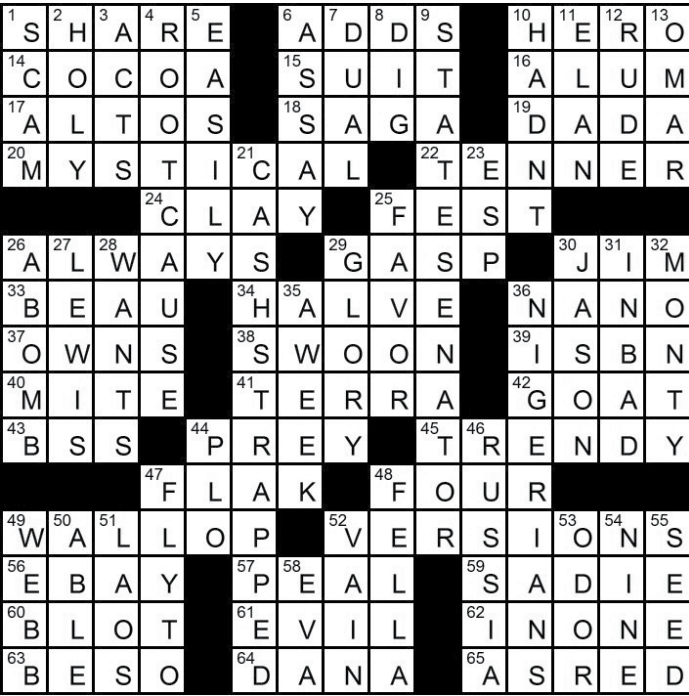
34 Strengthen

35 "--- Got No Strings..."

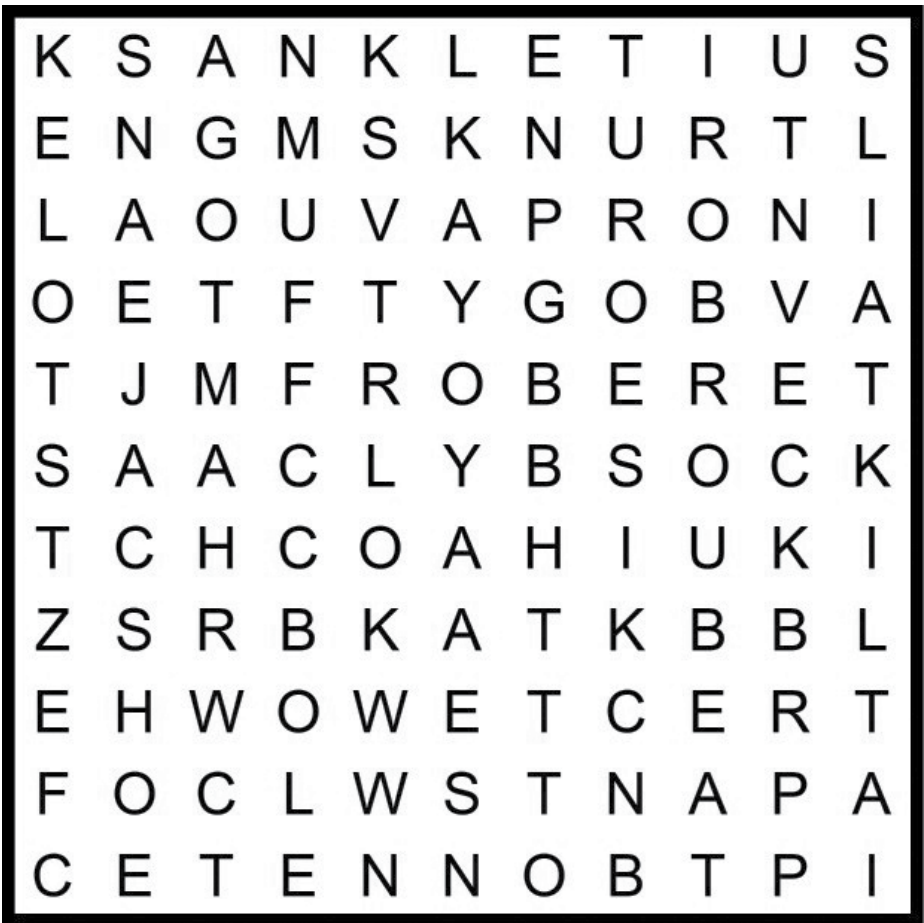
(Pinnochio)

36 Deity

Crossword Puzzle Number 317 Solutions



- 40 Gravetop vase
- 43 On a pension (Abbr.)
- 45 Brainy
- 46 Stopwatches, e.g.
- 47 Light fogs
- 48 --- in the arm
- 49 South American ruminant
- 51 Pop
- 53 Kind of pond bloom
- 54 Kingly
- 56 Ostracize
- 57 Drawbacks



- Anklet

Apron

Beret

Bib

Bonnet

Bra

Busby

Caftan

Clog

Coat

Cowboy boots

Crown

Fez

Flat cap

Hat

Jacket
- Jeans

Kepi

Kilt

Muff

Pants

Robe

Shawl

Shoe

Sock

Stole

Suit

Tails

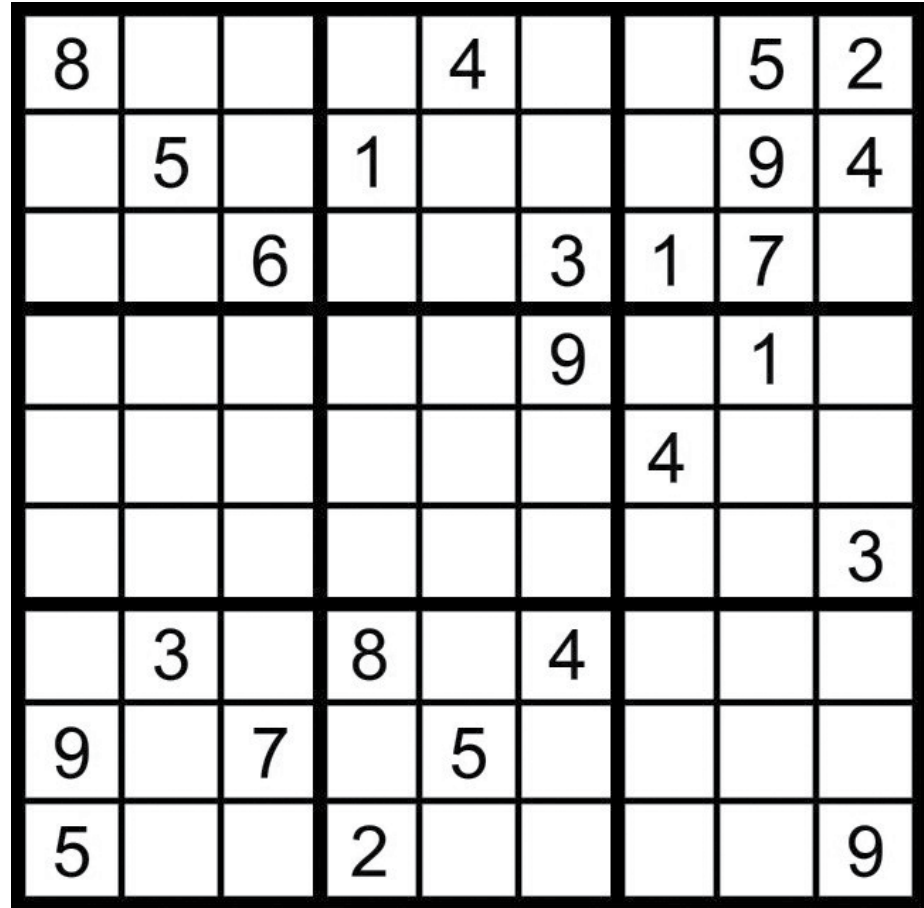
Tam

Toga

Trunks



Sudoku Puzzle Number 317



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

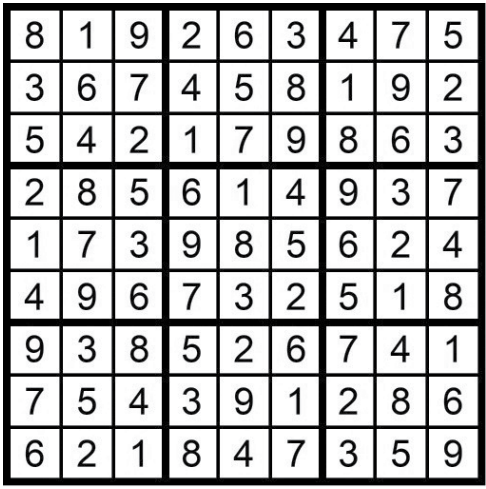
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Sudoku Puzzle Answers 316



Classifieds

ANNOUNCEMENTS

Trash Talk
Join us the first Tuesday of the month for a conversation about working towards living zero waste in your household and community. What actions do you take that help reduce overall waste and impact on the planet? We want to hear them! Come share your habits, objectives, ideas, and questions in a structured, education, open conversation.
Dates, Locations, Time:
• February 6th, 5:30pm-7pm
Unwined Wine Bar
Subject: Travel
• March 5th, 5:30pm-7pm
Katabatic Brewery
Subject: General Household
• April 2nd, 5:30pm-7pm
Neptune's Brewery
Subject: Yard and Garden
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Park County Community Journal is looking for a general assignment reporter. We are looking for a individual willing to get involved in the local community with writing briefs to in-depth stories about people, events and issues facing the community. May require evening and/or weekend work. Schedule is very flexible. Please email your resume to Steph at community@pccjournal.com to schedule an interview.

911 Communications Officer
The City of Livingston, Montana is seeking a highly motivated individual to

perform role of 911 Communications Officer in the Livingston Police Department. Please apply at www.livingstonmontana.org/jobs.

Heavy Equipment Operator
The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Heavy Equipment Operator within the Public Works Department. This is a full-time role in Public Works with primary duty assignment in Water/Sewer. Heavy Equipment Operators perform a variety of duties involved in the installation and repair of City infrastructure. This position performs highly skilled operations near gas, water, sewer, telecommunications infrastructure and also performs work in the public right of way. This position is a vital position working in consultation with the Superintendent and other public works staff and leadership. Please apply at <https://www.livingstonmontana.org/hr/page/heavy-equipment-operator>.

Water and Sewer Maintenance 1
The City of Livingston, Montana is seeking a highly motivated individual to perform role of M1 – Water and Sewer Maintenance within the Public Works Department. This is a full-time role in Public Works with primary duty assignment in the Water and Sewer Department. M1 team members work under the direction of the Lead and Foreman and perform tasks associated with the daily operation, maintenance and installation of the City water and sewer system. Skilled maintenance and excellent communication skills are all key deliverables in this role. This position is a vital position performing repair and maintenance work in our City infrastructure. Role requires work in any conditions and all weather outdoors. Please apply at <https://www.livingstonmontana.org/hr/page/water-and-sewer-maintenance-1>.

Athletics Program Coordinator - Do you enjoy serving your community? This position performs advanced and responsible administrative work planning, coordinating, implementing, and directing all varieties and aspects of the City's athletic programs and sports activities. Work involves administering organized league sports and programs; recruitment, training, and coordination of coaches, officials, scorers, timers, etc. More information about our programs and department can be found here: <https://www.livingstonmontana.org/rec/page/athletics-program-coordinator>

Assistant Police Chief - Assists the Police Chief in the administration and supervision of the Police and 911 Communications Departments. Performs administrative and supervisory law enforcement and 911 Communications duties in enforcing a variety of federal, state and local laws and regulations in order to provide for the safety and well-being of life and property. Is directly responsible for internal affairs investigations, department training, scheduling, and managing the activities of the detective's office as well as the daily operations and scheduling of the 911 Communications Center. Assumes responsibility of the Police Chief in

his/her absence. May assume limited patrol and investigative duties as necessary. Please apply at <https://www.livingstonmontana.org/hr/page/assistant-police-chief>

Yellowstone Forever is hiring! Our summer season 2024 positions are posted on our website. We also have several full-time year-round positions open. Retail is seeking immediate hires for Park Store Associates for the Mammoth and Gardiner Stores. Please apply as soon as possible if interested in this position to start work this winter season. We are also looking for Campus and Program Volunteers these volunteers assist with our education programs year-round based out of Gardiner and Lamar. We are able to work with locals who have intermittent availability. <https://www.yellowstone.org/who-we-are/jobs/> to see all position openings.

Part-time Elementary Aide.
Gardiner School is looking for a part-time aide to work in our combined 3rd/4th grade classroom. Hours will be from 8:30-11:30 AM, from Monday through Thursday. Salary based on experience. Certification and teaching experience preferred. Please complete the application on our website.

Gardiner Public School is looking to hire a qualified candidate to fill the position of Director of Maintenance and Supervisor of Grounds. Applications are on our website at www.gardiner.org and can be emailed to Super@gardiner.org. org or at the school (510 Stone St, Gardiner, MT, 59030). This position is greatly needed to assure the District's buildings and grounds are in such a state of operating excellence that they present no problems or interruptions to the educational program.

Gardiner Public School is looking to fill the position of Night Custodian. This is a full-time position, salary based on experience plus benefits. 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.

Gardiner Public School is looking to hire a head golf coach for the 2023-2024 school year. Please contact Carmen Harbach, AD (carmen@gardiner.org) or call the school at 406-848-7563.

Gardiner Public School is desperately seeking applicants who possess or are willing to obtain a Class B CDL license w/passenger

endorsement and air brakes endorsement. Anyone interested, please contact Patricia Baltzley, Board Chair, baltzleyp@gardiner.org or call the school @ 406-848-7563.

Outlaw's Pizza is currently hiring for various positions, including in the kitchen, front of the house and bar. Full-time or part-time. Please contact Erin by phone at 406.848.7220 or by email at jkempenterprises@gmail.com to apply.

Frontier Mercantile, Bugling Elk and High Country Gallery are currently hiring for sales associates positions. Full-time or part-time. Please contact Erin by phone at 406.848.7220 or by email at jkempenterprises@gmail.com to apply.

Chico Hot Springs is always looking for great new employees. Are you ready for a new opportunity? Do you want a long-term, steady job with room for growth? We are hiring Cooks, Guest Services, Housekeepers, Servers, and more! Do you want great benefits and competitive pay? Come join our spirited, service-focused culture. Please stop by our front desk to complete an application or call Andrew at 406-333-4933.

Justice Court Clerk - Park County Justice Court is looking for a detail oriented person to work as a team member in the Justice Court handling misdemeanors from the Sheriff's Department, State Highway Patrol, and Fish, Wildlife & Parks, as well as other criminal and civil complaints. Montana court experience is a real plus for this position! Check out the complete job description and application. The position is open until filled, with preference given to applications received by February 6, 2024. Apply online at https://jobs.parkcounty.org/jobs/47/Justice-Court-Clerk#job_47

Deputy Clerk - Clerk & Recorder's Office - Park County Clerk & Recorders Office has an opening for a Deputy Clerk/Election Administrator to work with a skilled department of clerks and the Park County Clerk & Recorder. This is a great opportunity to learn the ins and outs of local government and earn a good wage and great benefits! See full job description for details. Job will be open until filled with preference given to applications received by September 8, 2023. Apply online at https://jobs.parkcounty.org/jobs/114/Deputy-Clerk-Clerk-Recorder-s-Office#job_114.

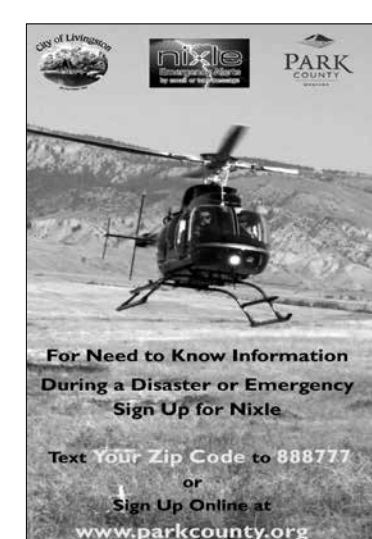
Detention Captain
Join the Park County Sheriff's Office team as the Detention Captain and take charge of a dynamic and

dedicated team in ensuring the security and smooth operation of our detention facility. Bring your leadership skills and experience to contribute to the safety and well-being of our community while advancing your career in law enforcement. This position will be open until filled. Please apply at https://jobs.parkcounty.org/jobs/120/Detention-Captain#job_120.

Detention Officer - Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full-time team member interested in a career in a law enforcement capacity with our Detention Center in service to Park County residents and visitors. Open until filled. For more information and to apply online go to: https://jobs.parkcounty.org/jobs/37/Detention-Officer#job_37.

Sheriff Deputy - Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full-time team member interested in a career in a law enforcement capacity in service to Park County residents and visitors. To apply go online to: https://jobs.parkcounty.org/jobs/7/Sheriff-Deputy-JOB-10301019-open-until-filled#job_7.

Public Health Nurse/Prevention Specialist - The Park County Health Department is hiring for a Public Health Nurse/Prevention Specialist. This is a multifaceted job with daily fluctuations based on the needs of the community. It requires strong RN nursing skills and knowledge as well as the ability to quickly change roles. This position will facilitate programs that include home visiting, immunization clinics, chronic disease prevention activities, community collaboration and outreach, community educational offerings and innovative approaches to reach at-risk populations to improve public health in Park County. To apply, go online to: https://jobs.parkcounty.org/jobs/119/Public-Health-Nurse-Prevention-Specialist#job_119.



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 AND the Park County Dugout 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

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.



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19 Hyalite Creek
1 bed | 572 sq ft
#389011 | \$199,900
Jon Ellen Snyder | 406-223-8700



29 Reservoir Road
Land Listing | 53+ acres
#382447 | \$650,000
Jessie Samazin | 406-223-5881



48 O'Halloran Road
2 beds 3 baths | 2712 sq ft
#386989 | \$860,000
Julie Kennedy | 406-223-7753



9 Emigrant Creek Road
Land Listing | 45+ acres
#383711 | \$1,700,000
Jon Ellen Snyder | 406-223-8700



5040 US Highway 89 S
2 beds 1 bath | 1302 sq ft
#383818 | \$421,000
Julie Kennedy | 406-223-7753



625 N 5th Street Unit #T
3 beds 2.5 baths | 1292 sq ft
#387810 | \$455,000
Theresa Coleman | 406-223-1405



26 Cedar Bluffs Road
4 beds 3 baths | 4,286 sq ft
#384752 | \$1,650,000
Ernie Meador | 406-220-0231



132 Balfour Loop Road
Land Listing | 20+ acres
#384597 | \$310,000
Aurora Fritz | 406-224-2501



78 Arcturus Drive
Land Listing | 706 acres
#378949 | \$320,000
Deb Kelly | 406-220-0801



89 Deep Creek Road
3 beds 2 baths | 1771 sq ft
#388136 | \$3195,000
Amanda Murphy | 406-220-4848



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



100 Bridger Meadow Ln
4 beds 3.5 baths | 6,469 sq ft
#381554 | \$4,300,000
Jon Ellen Snyder | 406-223-8700

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Notes From India

A letter from James and Marian Koslick



The Koslicks, long time residents of Paradise Valley, are known for their property in No. Glastonbury that has a stunning view of the valley and the Crow mountains. Their land is dotted with many little greenhouses, and, has a beautiful mural of flowers and foliage above the entrance to their home painted by visiting garden helpers called "Wwoofers." For those who have serious garden operations on their property, you might be interested. The Wwoof Org. sponsors young people to work along side, and learn, from farmers in exchange for room and board during the growing season. They often end up like "kin." Here is a link: <https://wwoof.net/>

James and Marian are also members of an International Meditation Org. called Ekam, based in Southern India, from which they share the healing tools of meditation and eastern teachings of peace with neighbors at regular group meditation gatherings that are also fun socializers and potlucks. The Koslicks are temporarily living in an ashram in Southern India, so we asked them to send us notes now and then describing their experience. Here is the first one:

"Thanks for asking to hear snippets of our lives in India! Our day starts at 6am with early morning yoga, then we meditate together for 10 minutes, and then sit in nature for 30 minutes in huge lovely gardens listening, smelling and sometimes tasting." (This is heaven like for Marian as she is very knowledgeable about herbs and plant life, and has

led edible plant hikes around the Emigrant hills). Then breakfast in the dining hall followed by free time or rest, and we usually do our Sadhana. (A Sanskrit term for a daily individual spiritual practice using tools such as yoga, breath work and chant. It also includes daily study of yogic or spiritual scriptures.)

"We take daily walks in this beautiful paradise watching bamboo grow, flowers bloom, and birds and bugs play! It's slow, relaxing and we do whatever we want until lunch. We have lots of free time, and donate our skills to serve local needs. Several days a week we gather with students from all over the world, for ongoing 'enlightenment and wisdom' teachings.

We share and have open discussions of our mental/emotional state and whether we are suffering or not in any way. We are taught that suffering is a choice, and a habit we have learned. It can be very subtle and we often aren't aware of our own suffering. When we are having stressful thoughts from our past or into our future, it is suffering. We are living with no suffering when we are in the present moment. Then we are truly living." Namaste!, Marian

As an aside: a lot of the time they are on a voice fast, meaning no talking. It is believed that the saving of energy from silence is very empowering. Right now it's sunny and about 75 degrees there. Namaste back at you dear Koslicks! Looking forward to more notes!



As the New Year and winter come in, we'd like to take a moment to thank our customers for their business over the past years, we know you have a choice in town and appreciate that you choose Guardian-Title.

With mortgage rates stabilizing, our staff is ready to help make your home and property dreams a reality. Whether a home/land purchase, sale, property profile or long term escrow, Guardian Title remains the team ready to guard your investment with title services.

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**Thanks to the following individuals
and businesses for their donations
to our auction on December 2, 2023.
Proceeds funded the Christmas Food
Baskets for our community and other
charitable deeds in the community
and at our lodge.**

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

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Thank you to Sal & Carol Lalani for matching the first \$1000 donated.
CALL Heather at (406) 220-9963 if you can donate or stop into the Lodge. Thank you.**