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K9 Care Montana

Can I Get a Service Dog?

It's Not So Easy, Says David Riggs

by Jill-Ann Ouellette

David "Dogman" Riggs has spent his life dedicated to wildlife, the outdoors, and most importantly, the breeding and training of Labrador Retrievers. David has trained dogs since 1986, in over 20 states, using the training philosophy of "praise, positive reinforcement, and repetition." He derives great pleasure in seeing an owner with a well-trained dog.

In Philipsburg, Montana, 14 years ago, David donated his first service dog to a recipient of the Helena Chapter Project Healing Waters. Additional pups from the same litter were trained and donated to other like-minded organizations.

With the loss of a Philipsburg native, PFC Kyle Bohrsen, who died on April 10, 2007, David observed an entire community in mourning and felt the need to help. Three years later, his life's mission changed and K9 Care Montana, Inc. (K9CM) began. It's a non-profit 501(c)(3). K9CM's move to just outside of Livingston five years ago now gives veterans better access to their operations. They provide service dogs at NO COST. They also offer customized, outdoor activities such as fly-fishing for wounded warriors and special-needs children with their families in a relaxing, therapeutic setting. K9CM



David Dogman Riggs with K9 program graduate and his satisfied recipient.

customizes programs to meet each family's needs and expectations in true Western fashion. They found that including service dogs makes it a unique experience, which can set the stage for confidence building and other improvements for wounded veterans and special-needs children. The personable staff will ensure an enjoyable and safe outing in one of the most beautiful, mountainous settings of Montana. Let's answer some frequently-asked-questions that David gets about K9CM.

What does the training process look like for a dog?

K9CM takes a three-phase approach with their service dogs—Training, Experience & Maturity, which takes one

See K9 Care, Page 4

Park County Community Journal

GOING WEEKLY

On March 3, 2024 The Park County Community Journal newspaper is going weekly! There will be a Sunday edition every week available on Saturdays.



Main Print Shop in downtown Livingston at 108 N. Main Street. Stop by and check us out. You can always email us at community@pccjournal.com or call us at 406-220-0919, if you have

As always, the paper is free but we are offering delivery service to people in Livingston for \$8/month. Outside of Livingston, deliveries will be by mail for \$10/month and you can still pick one up around the community in Livingston, Gardiner, Cooke City, Emigrant, Clyde Park & Wilsall at many locations. You can also visit us on the web at www.pccjournal.com which is updated daily with more news and info.

We have a new location, bringing Park County Community Journal in with The

any questions or if you have a story or events you think Our Community would be interested in.

More columnists have joined our publication, covering local news, events, entertainment and more.

Whatever your needs are, we would be happy to work with you to get the Journal into your hand. Pick one up around the community. We have many ideas how to keep you informed about all the great news happening in our community. We hope you enjoy what is to come.

New to you Arts & Antique Sale

If you find yourself looking to buy or sell antiques, if you are a solid community supporter, or if simply enjoy a gathering of fun people (and who doesn't), you won't want to miss the NEW TO YOU ARTS AND ANTIQUE SALE March 22 and 23, 2024 at the Shane Center in Livingston, MT. This event is sponsored by the Park County Affiliate of the American Association of University Women (AAUW). This popular biannual event raises funds to support the group's educational activities. AAUW awards scholarships, honors Park High's academic achievers, and hosts candidate debates during elections.

Attendees get full access to the two-day event for \$10.00. This includes the Friday evening opening party (5:00 pm-8:00pm) featuring wine and light appetizers, and an opportunity to look at items for sale and bid on silent auction items. One of our members declared it "... the best party in town." The Saturday event

runs from 9:00-Noon. Patrons wanting to attend only the Saturday event, the cost is \$5.00.

With this event just 6 weeks away, AAUW volunteers are busy looking for quality items to sell. "We are asking friends and neighbors in the community to check their attics for things they would like to donate or sell on consignment" explains AAUW President, Lani Hartung. "One of the things about New to You is that people can come enjoy themselves, support a good cause and walk away with a great find or even a nice check."

If you are interested in donating or selling items or want to learn more about the event - contact Lani Hartung at (406) 223-2123, Désirée Pihl at (406) 223-4381 or Priscilla Dysart at (406) 222-6937.

March is a chilly time of year and New to You always warms up the season with community spirit and excitement!

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Park County MSU Extension Office Offers Master Gardener Level 1 eight-week course

MSU Park County Extension will be offering Master Gardener Level 1 this year from March 5-April 23. Participants will gain intellect and skills relating to home gardening in addition to a sense of community spirit. This 8-week course will be held Tuesday evenings from 6:00-8:00pm at the Park County MSU Extension office. To learn more or register, call 406-222-4156 or email park@montana.edu.

Class size is limited, so be sure to register early.



The cost of the course is \$175 and we can only take cash or check at this time. Registration includes your textbook and class materials. Class size is limited to 20 participants - please call, email or stop by the office to reserve your spot. Reference books will be available for pickup two weeks before the start of class.

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Obituaries

Lori Tang-Nord

On December 29, 2023, in the afterglow of Christmas, Lori Lynn Tang-Nord passed suddenly into the arms of her Lord & Savior Jesus Christ. She was born May 31, 1965, to Roger and Linda (Rank) Tang in Livingston Montana.

Lori was a vibrant source of love, light, and laughter in our lives. She had a servant's heart always! When she was growing up, Lori was greatly influenced by her participation in Campfire and Rainbow Girls. She began her first job at Pioneer Pies and Children's World Pre-School not knowing she was on a lifelong path in caregiving and food service. When her family was young, she started her in-home day care and later moved to waitressing and excelled at both. Kids loved her and patrons never had an empty coffee cup. When her nephews needed daycare, she stepped up and filled the need so mom and dad could go to work knowing the boys were in safe, loving hands.

Much later when Roger's health failed, she was there for him so Linda could carry on at the salon. Besides these passions, Lori loved yardwork, especially her 'rock garden'. She was very creative and enjoyed crafting, traveling, and time spent with extended family every chance she got. Lori loved a multitude of pets and dog-sat for many friends. She was an organizer and helped several friends clean out stuff and make sense of their space.



Her final job at Wesley Homes in Auburn, WA. It filled her heart with joy as she served "her residents" in the dining room. It was here she proclaimed, "I have found my purpose!"

Lori was preceded in death by her Dad, Grandparents Joe and Gerry Tang, John Rank and Genevieve and Bob Adams, all of Livingston. She is survived by her Mom, children Matthew and Kendra, her brother Jeff (Michele) Tang, treasured nephews Gunnar and Cooper Tang, numerous Aunts and Uncles and Cousins whom she dearly loved and some very special friends!

Interment was at Mountain View Cemetery in Livingston, Montana where Lori was laid to rest next to her dad.

Past YGM Director, Paul Shea, Passes

Yellowstone Gateway Museum staff and board are saddened to hear the news of Paul Shea's passing on Saturday, February 10. Paul was the director of the Yellowstone Gateway Museum from 2009-2020. He truly cared about Livingston, local history, his staff, and volunteers. Paul was an accomplished historian, excelling at Yellowstone, Montana, fur-trapping, and western history. He was excited to share his knowledge of the area.

Before his move to Livingston, Shea was the founding executive director of the Yellowstone Historic

Center in West Yellowstone, a position he held from 1998 to 2008. Paul also oversaw the restoration of West Yellowstone's historic railroad district. He played a major role in the Museums Association of Montana of which he was a board member and president for many years, benefiting

museums across the state. Shea lived and worked in and around Yellowstone National Park beginning in 1979. A formal obituary will follow.

A lot of people are going to miss Paul Shea. We are grateful for everything he did to support local history.

Editor's Note: A great way to memorialize Paul Shea, would be making donations to the Yellowstone Gateway Museum in his name.



Above: Paul Shea at the museum. Right: Paul Shea and Rob Park at Park Photography.



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Area Deaths

Bruce Place, Beth Bedbury, William West, James Green, Harry Kolkmann, John Houston, John Hogenson, Theodore Stephens, Odete Andren, Curt Johnson, Virginia O'Hara

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OP-ED FORUM

by Patricia Grabow

With Heritage So Rich

Just eight years ago, although it's hard to believe it's been that already, Lake Hotel in Yellowstone celebrated its 125th anniversary. The words "With Heritage So Rich" that graced the occasion's pretty commemorative poster came from the 1966 National Historic Preservation Act that helped save historic structures from misuse wrecking balls and lets us ask today, what stories would they tell if these walls could talk? And if we could, we'd all sign up for an evening of that in a heartbeat.

In a way, many of those stories might echo our own. The people of other days just sought to thrive by enriching the experience of visitors

just as businesses in our downtown and wider community do today. It's relevant because in creating a viable central business district for our Growth Policy through "smart growth," we can also build an economic base for not just ourselves but those in the future, and when structured from the heart out, it turns into the proverbial rising tide that lifts all boats.

This weekend I was rereading an eight-page letter my grandfather wrote to Pabst Blue Ribbon for a loan to finance his dream for the Grabow Hotel, and it was an interesting experience. I have mentioned in past that then as now, our relationship with Yellowstone Park was not just important, but literally what put Livingston on the map. For those still new to our history, in about 1882-3, we became the original railroad gateway city to the world's first national park. Subsequent to Yellowstone, there have been 425 national parks created in the US and over 6000 around the world. But scant years after the ink went to paper, this is where visitation seriously began. It's not an exaggeration to say in a sense we were and are still today an extension to it.

In a way we see reminders daily, even in bears sleeping off a fruit

meal in a tree in Sacajawea Park, or confused moose stumbling through town. Pelicans announce spring flying in over Sacajawea Park as we take the dogs for a walk. Forgotten by many, pronghorn have made the Voyich Ranch area west of town their birthing areas for many millennia. We live next to and barely think of the undammed Yellowstone River, which takes its origin in Yellowstone Lake only 83 miles away.

And we have twenty hotel structures from the heyday, including the Murray, the Montana Block, the Parks (2), the Montana Block, the Callender Block, and others, that like our beautiful Reed & Stem third Northern Pacific Depot, were built about

the same time that Lake Hotel and Old Faithful were built. I mentioned before my realizing in going through records that Livingston hoteliers and Yellowstone concessionaires worked cooperatively to open the Park to guests, and I hope to write further in the future on some of this history. My son jokes that the closer you live to something, the more you take it for granted, which might be why we don't step back more often and appreciate what a "heritage so rich" means.

The closing of the shops and passenger service in the 80s was a clobbering, but in a way, you could argue the creation of I-90 was even a greater blow. True, we were next to a major thoroughfare, but it lay at the two-mile periphery instead of starting people's visits from within as the railroad and highway through our downtown did. And now people missed out on the charm as not one but three exits were created. Convenient in one sense, but destructive in others. Many other downtowns fell victim to the bypassing by the nearly two million annual visitors that I call the Belgrade and Columbus effect. Few drivers even imagine there is more to a community than the gas stations and motels that sprout like weed patches and obscure

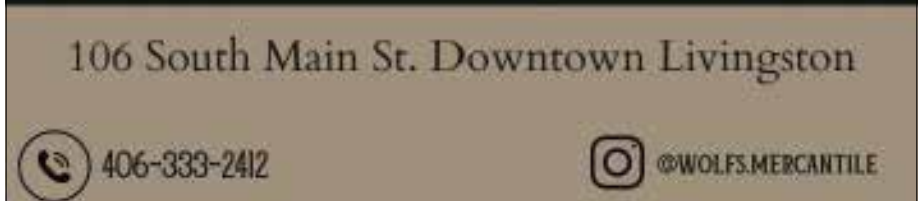
the rest, and barely one in twenty ventures further to discover downtown Livingston.

Small wonder then there was destructive pressure on the historic hotels that were once part of Livingston's fabric and lifeblood. The picture attached takes in the Grand Hotel, the Opera House, and the stunning Albemarle with its fabled three-story aviary, all gone today, but also a small Pabst Blue Ribbon sign,

tied to the grandfather I mentioned. As things disappeared, the late Warren McGee compared the new empty spaces to missing teeth and, rightly or otherwise, quipped that anytime a town bank, back then, another pretty historic building seemed to mysteriously catch fire or just be torn down.

My grandfather's first hotel was the Tivoli, which was where the Soup Bar recently used to be just off Main and

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Park County Community Journal

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The Blue Slipper Theatre's 60th Anniversary Celebration

Honoring the Past, Celebrating the Present, and Embracing the Future

As The Blue Slipper Theatre commemorates six decades of artistic excellence and community engagement, we invite you to join us for a special evening of celebration, reflection, and anticipation. Our 60th Anniversary Celebration will be held on March 23, 2024 at The Elks Lodge in Livingston, and promises to be a fun event honoring our rich history and inspiring future.

The festivities will kick off with a cocktail hour from 6:00 to 7:00 PM, featuring an array of delectable appetizers and opportunities to mingle with fellow theater enthusiasts and supporters. Guests will have the chance to reminisce about cherished memories and share their excitement for the impressive milestones yet to come.

At 7:00 PM, we will gather for a sit-down dessert accompanied by a champagne toast. It will be a time to raise our glasses in celebration of the countless individuals who have contributed to The Blue Slipper Theatre's success over the past six decades.

The program for the evening will include:

- A special scene from "A Mighty Man

is He," the first play presented by the Park County Theatre Guild in March of 1964, paying homage to our humble beginnings and the visionary leadership of our founder, Don Johns.

- A heartfelt tribute to Gary Fish, a beloved member of The Blue Slipper Theatre community whose passion for the arts and unwavering dedication have left an indelible mark on our organization and the lives of those around him.

- Reflections from past performers, volunteers, and patrons, highlighting the impact of The Blue Slipper Theatre on our community and the enduring power of live theater to inspire, entertain, and unite.

Tickets for The Blue Slipper Theatre's 60th Anniversary Celebration are available for \$15, with proceeds supporting our ongoing mission "to entertain, educate, and enrich the community through the performing arts." We invite you to join us as we celebrate the past, embrace the present, and envision a future filled with endless possibilities.

For more information, visit blueslipper.org or call (406)222-7720

Year of the Dragon

Livingston Center for Art and Culture

For hundreds of years the Dragon has played a role in mythology, legend and art. And 2024 is the Year of the Dragon in the Chinese Zodiac. To commemorate, the Livingston Center for Art and Culture is presenting a show of Fiber Art, Wood Sculpture, Pen and Ink Drawings, Paintings, Multi-Media and more—all to celebrate the Year of the Dragon.

Artist, Tara Burg, created a dragon sculpture from driftwood, "I'm an avid Agate hunter. I spend a lot of time around the Yellowstone River and in the mountains. And during my Agate hunting, I started noticing unique pieces of driftwood. It's definitely the first dragon



Dragon by Lucia Binder (10 years old)

that I've done." Another work on display was created by ten year old, Lucia Binder. Her mother Kristen wrote, "My daughter has been drawing dragons for a couple years now, so she was inspired to create a drawing for submission to the Year of the Dragon Show."

Year of the Dragon will be on display between February 6th and March 2nd, 2024. The public will have the opportunity to meet participating artists at a reception on Friday,

February 16th from 6 to 8 p.m. The Center is located at 119 South Main Street in historic downtown Livingston. To learn more contact the Center at (406) 222-5222 or visit <http://www.livingstoncenter.org>

K9 Care

from page 1

and a half to three years, depending on the type of service dog.

1) When the puppy is eight-to-nine

weeks old, the recipient fosters, with explicit instructions, for **bonding purposes** for three months.

2) Next up is a three-to-four-month period of **strict obedience training**, followed by a transition period from trainer back to owner. This is also when they take the veterans and their dogs fly-fishing or

other outdoor activities to get to know the veteran and to better customize the dog to meet his or hers needs.

3) Finally, advanced, client-specific **task training** begins. Dogs learn advance tasks like turning on lights, retrieving objects, etc. Also, through out the process they learn about public access, which

can be crossing the street, positioning themselves for protection of the veteran, etc.

Do you only provide service dogs to wounded warriors, first responders, and children facing autism?

Yes, but due to the overwhelming response of applicants, K9CM does not have the resources to provide service dogs for demographics other than those mentioned above. They do train psychiatric service dogs, which is a specific **task training** to assist a handler with a psychiatric disability, such as post-traumatic stress disorder, or autism.

What dog breeds are best?

Although they have a shelter program using some mix breeds, their primary focus is on the highest caliber of breeds: German Shepherds, English and American Golden Retrievers, Labradors and some doodles. These breeds have the best temperament for success. K9CM has established relationships with high-quality breeders through out the US. (FYI, they do not accept donated puppies.)

What disabilities can you train the service dogs to assist?

They provide dogs for autism, PTSD, TBI (traumatic brain injury), and mobility challenges. Although service dogs have traditionally helped people with physical disabilities such as blindness or deafness, there is a wide range of other disabilities that a service dog may be able to help with as well. Not all disabilities are visible. They specialize in psychiatric service dogs mitigating Autism and Post Traumatic Stress, along with mobility challenges.

How much does a service dog cost?

The average price for a service dog in the United States is approximately \$22,000. It can range to more than \$60,000 for more complex training, depending on what and how many tasks the dog is required to know in order to help mitigate the handler's disability. K9CM covers nutrition and veterinarian bills and provides them to our recipient at no cost. In fact, all K9CM dogs, activities, and resources are provided at no cost to recipients.

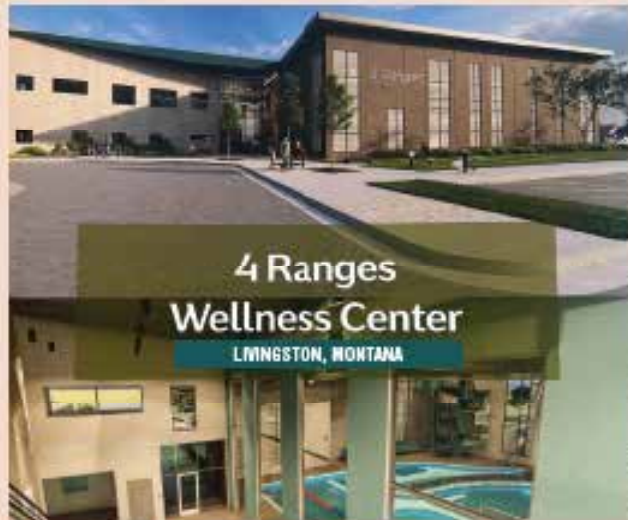
On getting a service dog, it may not be so easy, but "nothing worthwhile in life comes easy." Together we make a difference! The K9CM team and participants have experienced positive, life-changing success with our programs and events.

Since COVID, they have experienced a decrease in their volunteer base. If you love both dogs and people, consider volunteering. To contact K9CM directly, visit: K9CareMontana.org.



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WHAT WILL IT COST ME?

For the average city taxpayer based on a city home value of \$372,500 it will cost \$12.67 a month (.03% times taxable value of property). These funds cover partial annual operating expenses which will be combined with out of area usage fees, rental fees, and funds from a private endowment. **There will be no fee to any city residents to use the Recreation Center.** There is no design or construction cost to the community as this has been raised through generous private donations.

HOW/WHEN DO I VOTE?

Ballots for Livingston city residents will be mailed February 28, 2024 to active, registered voters within the City of Livingston District. Voters will have until March 19 to return ballots. Voters may also register and vote in-person at the Park County Election Office if they miss the registration deadline of February 20, 2024.

Paid for by: VOTE YES FOR THE REC CENTER DISTRICT, 410 S. 8th St. Livingston, MT 59047



FOR MORE INFORMATION VISIT:
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Art History Lesson and what we wear

by Joyce Johnson

I wanted that arty-hooded coat on the rack, before I even tried it on! It had a sketch of winter woods printed on soft, blanket material that you can toss in the washing machine! Yes! Never before have I received so many approval comments from people, even strangers, about a piece of clothing worn around town. I always reply, "Thank you, I love it too. I got it at an estate sale of someone I admired." I confess too, that I like secondhand clothes that are roomy and loose—and proudly brag to visitors and each other that Montana is not fashion enslaved. At all.

We are not our clothes. We just wear costume—clothes go way beyond practical use and are statements of how powerful we want you to think we are, or promote what we are selling, or oppose. An outer design of our inner moods, or selves. Add hats and hair design, and the unsurpassable Crown. There's also protection costumes, armor, regalia and very creative disguises. Art in other words. Human costuming is a big deal really. I guess its because we are so bare? Blank canvases sorta.

Naked Apes! - In 1967, Desmond Morrison, English Zoologist, after studying humans in big cities, called us the Naked Ape. He wrote two well-known books about it. I don't think he meant clothes fashions though, but to an artist, how we cover and decorate ourselves, is so interesting over the ages. My mom was in a drawing



class that studied historic costume design in college. The student's drawings used fashion trends of different eras, recreated new in watercolor. She designed clothes for me and my sisters' paper dolls later.

History of Art from the start – Cave art is at least 45,500 years old. That's enough to express "old" huh? I thought of tattoos being originally of the New Zealand Maoris, but then I read that mummies had them. Tattoo comes from the Samoan word tatau. The oldest evidence of tattoos are on mummies dated around 55,000 years ago. Tattoos have decorated bodies on all continents and cultures. Uses were for scaring the enemy in battle, religious symbols, tribal lineage and standing, and beauty. In more modern times, tattoos were put on the chest of European women to decorate the bosom in the mid 1700s for low cut dresses; also used as permanent face decor as "makeup." Maoris no

longer needed tattoos in combo with the sensational Haka dance and scary-faces and war chants, to scare the enemy. Haka dance and chant is "a celebration of life" they now say, and can be seen performed at football games to intimidate the other team, but also to honor heroes or beloved friends and kin who have died. To me, it is the passion and power of male energy which is no small thing. Tattoos, chant, ritual dance and fascinating, magnificent regalia is universal. Beautiful really. Even though I am a classic type. Simple, comfy lines. I would change the fashion back to Roman Togas if I had my way.

I saw a little tattooed butterfly on a woman's ankle which I thought was sweet. Last summer in the dressing room at Chico a lovely young woman had all-over beautiful body tattoos, not very dark, blending harmoniously with her light skin—very feminine, obviously designed

with care by an artist. I practice giving praise where praise is due, so I said they were the most beautiful I'd ever seen. I found myself in acceptance rather than silent criticism. It's the idea of the pain in tattoo application sometimes makes people flinch. But we smiled at each other, elder-to-youth, woman to woman validation—a heart (& art) connection with a stranger for a moment. Young generations often react creatively if rebelliously to the adult world they are born into—it's ageless. The slam dunk present example is the trend of absurdly holey jeans, a strong statement of our kids defiance, but of what? And what does cold bare knees mean? Who started a fashion that mocked beauty and why? Other than bell bottom pants, which were elegant when I was 14, I am no follower. Here's my "wrap": Our outer expresses what is within. Life is Art, and you are unique Artists. All of you. Choose beautiful. And defend it.





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LETTERS TO THE EDITOR



Dear Editor,

Money and power are rearing their unattractive heads here in rural Montana once again. No, it is not an episode of that popular Yellowstone show. It is the local Park County Referendum 1 coming up on the ballot this June. Simply put, it is about your property rights. Are your property rights fodder for city and county bureaucrats and special interest groups? Or are they still your hard-earned rights and paid-for property.

What brought this to mind was a recent article entitled "Groups register to oppose referendum on county growth policy."

With my curiosity peaked, I took a deeper dive into the information and found Park County Environmental Council (PCEC) represented by Robin Addicott and city commissioner Karrie Kahle; Friends of Park County (FPC), represented by their new full-time director, Randy Carpenter, and a new entity called No on Referendum 1, represented by Colin Davis (ex- Chico Hot Springs owner) and Jared White. These are all city residents raising and spending money to "educate" those of us outside of their jurisdiction in the unincorporated county. Hoping to buy our vote.

According to filings PCEC is doing the "education organizing" for these combined groups already spending \$43,896.88 in one month for our vote even though they have only \$9,750. 00 in the bank, donated by the FPC.

What exactly are they spending that money on to get us to give our property rights to them? \$19,550 for a Colorado com-

pany to survey 150 people online; \$21,000 for campaign management and communications to Tenacious Campaigns of Missoula (unknown to google); \$2,000 to Mr. White's company Strategies North of Livingston and finally PCEC gets \$1396.88 for their office work and overhead.

Do you notice the trend there? All the big money gets sent out of town and out of state to buy "a plan" with which to educate the rural population and there by manage their voting power.

This is exactly what our county and city commissioners have been doing with our growth policies for years. Farming them out to people that don't live here and have no understanding of our local desires. What better way to confuse and distract.

We are forever being told to *Buy Local* but that is something our commissioners and non-profits don't think applies to them. We all complain that outsiders come here and change our area in ways we don't like. We need to take a closer look at our elected officials and the non-profits that influence them. They are the ones bringing in out-of-town consultants and managers whose ideas are out of sync with our communities.

Referendum 1—For repeal of the Park County Growth Policy, is on the ballot this June for citizens of the county. The 2017 Park County Growth Policy is a perfect example of being out of touch with the people it was supposed to serve. It was written by consultants from Missoula. The oil and water of planning.

I can understand that the city people, PCEC, FPC and Mr. Davis, paying to re-educate us, might like a Missoula social

concept group. But, we are voting about a Park County Growth Policy not a city growth policy. Park County rural is independent, self-sufficient and not wishing to be micro-managed. We want to be left alone.

So why are these city people and non-profits spending other people's money to buy the county voters off? Power and money. Power over your land and your family's future. Money because what better fundraiser for the non-profits than a henny penny the sky is falling land-use issue.

Some of you may remember this has been going on for many years since the city sued the county into hiring an outside

Dear Editor,

Two years ago I started the Living Life non-profit fund in conjunction with Park Community Foundation. I also have partnered with Big Brothers and Big Sisters here in Livingston. Currently, every week I pay fishing guides to take kids ice-fishing or swimming at Chico or hiking, just to get them out of the house, get them doing something different .

I have been a resident of Livingston for the last seven years and been visiting here for 40 years. I have watched firsthand the depression of individuals and the community trying to deal with the highest suicide rate in the country per capita.

It really hit home to me several years ago when I was studying more about the suicide rates. I realized that it was primarily males 14 to 34 years of age. It was primarily during the months of January, February, March, and April. There is a lot of contributing factors, but trying to understand why, it was really hard to pin it on one or two things. But to name a few factors, poverty definitely is a factor! So, we are at over 20% poverty in Livingston, that's definitely a contributing factor along with drugs, alcohol, cold, dark, windy, depressing winters. Of course, unemployment goes up during the wintertime; we're basically a fishing tourist village, which does very well seven months out of the year and struggles consistently the remaining months of the year.

Unlike Big Sky or Red Lodge, and many other places in Montana, we do not have a tourist tax, figure that out? I will never understand that!

So, two years ago over the holidays I was visiting my daughter in the small town of Staunton, Virginia. Each day I would get up with my daughter and my three-year old granddaughter and go to the YMCA. My daughter would put my granddaughter into childcare and go work-out! I would work-out on the machines and then go swim, followed by the sauna, have a hot tub soak and then play basketball. As I was doing this it started really hitting me, gosh, seeing all these people at 8:30 in the morning, all these seniors playing water aerobics in the pool, mothers chatting with other mothers, seeing boys and girls playing basketball and running on the track made me realize this is what we really need in Livingston. This would be a game changer.

A place to go for young and old, a place to work out, meet other people and get exercise. We know exercising creates endorphins, which makes us all feel good.

As soon as I got back to Livingston, I wanted to figure out how I could help build a YMCA because I was positively sure it

consultant to write our growth policy. Much time and money has been wasted since then in the battle for who determines the fate of rural county lands.

The people who own the lands have always come up wanting in this equation. This is why the June, Resolution 1 ballot, which lets the people vote For repeal of the 2017 growth policy, if they so wish, has brought out the special interest money once again. You may own your land but they want to control it.

Ann Hallowell
PO Box 1445, Livingston, Mt 59047

would make a huge difference in the lives of many. Having a place to go during those long, dark winter months, a place to meet other people, a place to change peoples lives forever!

I immediately went to see Gavin Clark at Park County Community Foundation and that's when he told me great minds think alike. He told me that Arthur Blank already donated \$10 million and his ex-wife had donated five and they were raising money to build The Four Ranges Wellness facility, which is basically a YMCA. It would be managed by the city of Livingston! So, I immediately became involved and made a five-year commitment financially to build this facility and that's where we are right now! But it takes more than one person to make a dream that big into reality. It takes at least \$20 million in private donations, enthusiastic volunteers, fearless leadership, and a supportive community. I am honored to contribute and be a part of this cause.

After years of hard work, hundreds of volunteer hours, and unwavering perseverance—our big moment has finally arrived.

To date, a staggering \$20 million in private donations has been raised to design, construct, and furnish the Community Wellness Center.

From February 28th through March 19, Livingston voters will get to decide whether they want a Community Wellness Center equipped with two swimming pools, three pickleball courts, two basketball courts, an indoor walking track and gymnasium, and more. If yes, it's go time! The Community Wellness Center will open next year and be available to every single city resident, with no membership fees.

A lot of attention has been placed on the price of the facility. Folks, the facility is FREE. We have been offered a \$20 million dollar gift. All we are asked to do, is to help keep the doors open and lights on by chipping in a little each month toward operations and maintenance.

To say it again, voters are not being asked to cover the cost of the design, construction or furnishing of the Community Wellness Center. Voters are only being asked to cover roughly half of monthly operations and maintenance costs, estimated to be a little more than \$12 per month for a median home on your annual property tax bill.

If you want to get involved and be a part of history in the making, send us a message through the contact form on the website. Learn more at <https://livingstonwellnesscenter.com/>.

Greg Johns
104 S. Main St, Livingston

Before hitting the trails, let's talk coverage.





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Proposed I 90 Striping Upgrade



GALLATIN AND PARK COUNTIES, Mont. - The Montana Department of Transportation (MDT) would like to announce and invite the public to comment on a proposal to upgrade striping on about 38 miles of Interstate 90 (I 90), in both the eastbound and westbound lanes, between Manhattan and Livingston. Work will be completed in two sections. The first section begins near the Manhattan Interchange (Exit 288) and extends east, ending at the Jackson Creek Interchange (Exit 319). The second section begins just west of the Old Highway 10 Livingston Interchange (Exit 330) and extends east, ending at the US Highway 89 (US 89) Livingston Interchange (Exit 337). Proposed work includes restriping the fog lines and centerline with inlaid 6-inch striping. This is a proven safety countermeasure. The purpose of the project is to enhance roadway safety features in response to single vehicle road departure related crashes. Construction is tentatively planned for 2024 depending on completion of design and availability of funds. Partnering with the community is an important part of properly planning for future projects. MDT welcomes the public to provide ideas and comments on the proposed project. Comments may be submitted online at www.mdt.mt.gov/contact/comment-form.aspx

or in writing to Montana Department of Transportation, Butte office, PO Box 3068, Butte, MT 59702-3068. Please note that comments are for project UPN 10429000. The public is encouraged to contact Butte District Preconstruction Engineer David Gates at 406-494-9636 or Project Design Engineer David Relph at 406-444-1280 with questions or comments about the project.

About MDT:
We are B.U.I.L.D.E.R.S. At MDT, our mission is to plan, build, operate, and maintain a safe and resilient transportation infrastructure to move Montana forward by setting the gold standard for a highly effective, innovative, and people-centric department of transportation. For more information about MDT and the work we do on behalf of Montana's traveling public, visit www.mdt.mt.gov. Alternative accessible formats of this document will be provided on request. Persons who need an alternative format should contact the Office of Civil Rights, Montana Department of Transportation, 2701 Prospect Avenue, PO Box 201001, Helena, MT 59620. Telephone 406-444-5416 or Montana Relay Service at 711.



With Jon Albert

They say an ounce of prevention is worth a pound of cure. That's especially true for your electric water heater. What makes a water heater sick? Hard water! In Montana, both well water and city water can be hard, meaning it's heavy in minerals such as calcium. Over time, the mineral buildup in your tank can reduce its capacity by up to several gallons, increase corrosion, and increase power consumption by encapsulating the heating element. Corrosion can cause the tank to fail much faster. All those "ills" can be prevented with a once yearly draining and cleaning of the tank.

To complete the job, you will need a garden hose, an element wrench, a shop vacuum, and potentially a piece of vinyl tube. You can hook a hose to the valve located at the bottom of your tank and drain the water outside or into a floor drain, etc. Please make sure the power supply is off before you empty the tank. Once the tank is empty, you can remove the bottom heating element, and through that opening, use a shop vac to vacuum the mineral buildup at the bottom of the tank.

If the heating element shows signs of corrosion, replacing it will probably improve the efficiency of your tank. This simple process will increase lifespan of your water heater.



City Fire Report

From the desk of Josh Chabalowski, Livingston Fire & Rescue

Between 29 January and 12 February LF&R responded to 90 calls for service; of those calls 69 were medical in nature, 21 were fire related.

Here is the breakdown:

- Chimney fire 1
- Dumpster fire 1
- Hazmat leak/spill 3
- Alarms 6
- Public assist 5
- Gas leak 1
- Motor vehicle accidents 3

There was also 1 mobile home/structure fire a few weeks ago at 1413 Gallatin Rd. Despite the blaze, residents and a dog survived w/o injury. That's one lucky dog.

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A Valentine Story Like None Other



by Julie Fink

It was the summer of 1971. I had just graduated high school in Livingston, Montana, when walking down the street, I noticed a big red and silver bus with the

lettering: COLLEGIATE CRUSADE FOR CHRIST, from Hensley, Arkansas, with young people unloading in front of a church, preparing to perform concerts each evening for a week. I walked over and started a conversation with some of them. Long story short, I ended up not only attending each evening, but also auditioning and joining the group, when one of the ladies noticed my singing along to the gospel songs from the audience.

My first gig with them was at the Last Chance Stampede in Helena, Montana. We even visited the Capitol Rotunda in Helena and sang, "How Great Thou Art." One morning before rehearsal, while writing thank-you notes for my graduation gifts, one of the young men came over and asked for one of my senior photos. I simply signed it "Julie" with no last name. He was handsome and 6'5" tall, with a beautiful voice, but he was extremely shy. So much so, that he sat by me once before a performance and didn't say a word. The drummer for the group happened by and took our picture.

In the fall, I flew back to my home in

Montana. I married my college sweetheart, moved to north-central Montana, and began having babies. I was happy in my role as homemaker and mother. My husband Tim McCartney passed away following an accident when he was twenty-nine and I twenty-seven. For thirty-nine years, I was a single mother of three, and then five children, after a short marriage five years into widowhood.

I was very content being a mother, and was self-employed as a "Jill of All Trades," which allowed me to be at home with the children. In 2016 or so, I started having dreams about this young man who sat by me way back then. I knew he was smitten, but there is either chemistry or there isn't, and for me, there simply was not. Yet in these dreams, I was so enraptured and in love with him. I would find myself wide awake wondering where THAT dream came from!

My curiosity got the better of me, and having remembered his name, I decided to do a search on social media and sure enough, there he was: status—single. I wondered if he, too, had known the pain of divorce or widowhood. Meanwhile, after the crusades ended, he had gone on to become a music teacher and counselor in Brinkley and Cotton Plant, Arkansas, and was now retired.

The day before I logged on to the Internet, he had attended an outdoor concert, folded up his chair and went home.

Everyone else was in couples and families and he had never married. It made him depressed. Down through the years, he would run into one of the singers in the Crusade and would ask if they recalled my last name. No one knew it.

The Monday of Labor Day weekend of 2009, W. L. Brantley logged on to the same social media site and saw a friend request from someone named Julie, yet it did not dawn on him that it was me until he saw Montana in my personal description. He later told me he commented out loud, "There's MY Julie!"

We wrote back and forth, then began to converse over the phone for the next two weeks. He'd been in touch with the others in the Crusade, who were now watching this romance unfold, knowing he had a major crush on me back in the day. One Sunday after church, I got a phone call from him during the daytime, whereas our phone calls had been each night, often lasting all night long. He told me he had a very important question for me. I KNEW he was going to want to fly up to Montana to see me. Then he asked, "Julie, will you marry me?" Two weeks after re-connecting after a thirty-eight-year absence, he proposed!

After our very first all-night conversation across one thousand, seven hundred seventy-seven miles, I fell so deeply in love with him, just like in those dreams. I flew down south. We got married in his own little

home-town church that as a young boy he had watched his Papa and other men plane boards from trees off the Brantley land, in Crossett, Arkansas. As I walked down the aisle to become his bride, he sang Andre Crouch's "My Tribute," with words that tell God: "How can I say thanks for all the things you have done for me?" I joined him on the chorus. There wasn't a dry eye in the church as W. L. Brantley was now sixty-one years old and marrying—for the first time—the love of his life whom he had searched thirty-eight years for.

That day was seared into our hearts and minds on several levels, as seven from the group of twelve performers from back in 1971, and their spouses, surprised us and flew in from Georgia, Florida, South Carolina, and Arkansas to Crossett, to witness the hand of God in two completely different lives—now sweethearts for life. One Crusader commented as she came through the reception line that she cried as soon as I walked into the church and started down the aisle, knowing how much W. L. had loved me since forever, and how he had prayed and looked for me, and now his miracle was happening right before her eyes. At our wedding reception we all gathered, arm in arm, and sang the theme song from the Crusade, "Win the Lost at Any Cost." This moment in time was a testimony to the faithfulness of a loving God, and a man's faithful prayers.

Op-ed

from page 3

Callender, and he would go on to host John D. Rockefeller's first trip through Yellowstone with his then 12-year-old son, JDR Jr. I've mentioned some of this before, but it's an important reminder to value what in our origin is unique.

Call me suspicious but I remain nervous when previous city managers were no help, supporting the replacing of the First Interstate Bank building here, or outrageously backing tearing down our iconic Civic Center anchoring Miles Park there, and more. It's not always all at once.

So it's no wonder then that I and others feel defensive when the downtown is probably still in the crosshairs as terrain for public housing instead of the economically productive activity, accommodations in particular, that any city planner with an IQ above room temperature, will tell you need in order to prosper instead of slowly degenerating into slums and quasi-projects. It's alarming how many people involved in planning processes lack the most basic concepts of how economies work. I doubt a century ago my grandfather could have foreseen the small industry that can grow up around government or non-profit remedies for problems requiring intelligent cure instead, or the fentanyl that kills people like that individual in the warming center in Bozeman. It takes the perspective of experience and common sense to grapple with new challenges in our own day, like the highly-mobile roots now often underlying modern homeless, or not-so-modern things like flooding. But if we step back and think before we sketch up things on a dry-wipe board, we can shape our own future for the better. And sometimes that takes us stepping in to participate instead of just leaving matters to city processes alone, because otherwise we can meet with unpleasant surprises we never knew about. If the issue is important enough, it's well to remember the expression that when the people

lead, the leaders will follow.

There is good example in the visionaries of the 60s and 70s who helped keep historic preservation on the map. I mentioned we are a rare case in that our National Historic register lists over 400 buildings. I used to serve on our Historic Preservation Commission, and when we weren't straining at gnats and swallowing camels, we did good things. When we do it right, we sometimes garner attention, like the mention once in Architectural Digest, of Livingston as having one of the most beautiful downtowns in America.

The National Historic Preservation Act above said,

"The historical and cultural foundations of the Nation should be preserved as a living part of our community life and development in order to give a sense of orientation to the American people....the preservation of this irreplaceable heritage is in the public interest so that its vital legacy of cultural, educational, aesthetic, inspirational, economic, and energy benefits will be maintained and enriched for future generations of Americans."

With a little basic sense, we can build on our wonderful Growth Policy and overcome the interstate effect. Private sector accommodations, sometimes the punching bag of ill-informed bureaucrats, kept us alive before and can do so again today. The Murray is an example to the rest of the downtown, well worth an extra mile or two for the stay. Now imagine a half dozen or more others reinvigorating the city. It might not be the full strength of the 20 or so in the heyday, but it would be a good step. I, myself, frequently hear from people who love making a serendipitous discovery of our hamlet while lodging downtown. They discover what they would have missed lodging at a chain. With the support of online booking services or independently, we don't have to die slowly on the vine. Diversified or focused, like a revived immune system, it can let us create value and rebuild in health.

We have every reason to bring people in to stay, with our art galleries,

writers, filmmakers, beautiful stores, and even world-class restaurants, and they ask little more than customers walking in the door instead of sailing by on the asphalt.

Livingston is doing a Master Plan. It can be a force for good if it seeks to optimize possibilities in the commercial

center and remembers what it means to be the earliest Yellowstone gateway city. We have the creativity and the heritage so rich. We are no longer the roadkill of the 80s. Every classy city you've ever visited started with people with economic intelligence and vision, and a story. We can too.

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News from the Livingston City Manager, Grant Gager

In 2024, the City of Livingston will continue its work to ensure that the City's zoning code reflects the Growth Policy. The City team is putting the finishing touches on a request for proposals related to the overhaul of the zoning provisions of the Livingston Municipal Code. Our newly appointed Consolidated Land Use Board will help manage the public process and I look forward to undertaking that work with them.

Before we undertake that work, the City will welcome the team from Crescendo back on February 26th and 27th to review their initial findings and results of the Downtown Master Plan. Please mark your calendars!

While Crescendo is in town, they're also going to help us start envisioning Livingston's Gateways! The City is working to plan workshops with the community to help gather data which will inform the possible creation of overlay districts in the City Gateway areas, as called for in the Growth Policy. More information will be forthcoming but I hope you are able to join us in late February!

City News Wellness Center - Special Election March 19, 2024

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.

The proposed Community Wellness Center, to be designed and constructed with the Foundation's support, is set to 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.

Ballots will be mailed to registered voters on 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 which will be managed by city staff. The project's funding is thoughtfully planned and, in addition to the design and construction costs, includes a commitment from the Foundation to raise a \$5 million endowment to supplement the funding from the district.

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

Frequently Asked Questions

What is the Wellness Center?

If constructed, the Community Wellness Center will be a multi-use complex that will include two swimming pools, a gymnasium, fitness center, running track, community rooms and more.

Where is the Wellness Center?

The Livingston City Commission has identified Katie Bonnell Park as the home of the Wellness Center. Additionally, the City is working with private landowners that are interested in providing additional land to the project. When complete, the City expects a new 5-acre park will surround the facility providing another unique park for city residents.

Why is the City pursuing this?

The current City pool is near the end of its useful life. Confronted with that challenge, several local community members began fundraising for a replacement. Seeing greater community recreation need than current facilities can accommodate, the scope was widened to include a gymnasium and walking track. With the creation of the 4 Ranges Community Recreation Foundation, funds have been raised to construct the facility at no cost to taxpayers.

Shouldn't we use this money on a grade separated rail crossing?

The funds being raised by the Foundation are limited to use on a Wellness Center. If the district is not approved, the funds are not available for other projects of the City.

What happens to the Civic Center and City Pool if the Wellness Center is approved?

Construction of the Wellness Center is separate from the future of the Civic Center. The City expects to keep the Civic Center in place for community use regardless of the Wellness Center's future. The pool, however, will need to be replaced regardless of the Wellness Center's construction.

How much will the District add to my property tax bill?

If approved by voters, the District will be funded by a property tax assessment of not more than 30 mills. To determine the impact to your property tax bill, multiply the "Taxable Value" line in the upper right corner of your property tax

bill by 0.03. Alternately, one can review the "State Equalization" line on their tax bill, which equals 32.9 mills, for a close approximation of the property tax associated with the District.

What do I get if the District is approved?

If approved by voters, all Livingston residents and individual property owners will receive access to the facility free of charge. Such access will enable residents and individual property owners to use the gym and pools when they are not hosting programmed events. Additionally, access to the fitness center and other amenities will be provided to residents and property owners.

If I live outside the District can I use the facility?

Citizens living outside of Livingston will be able to use the facility for a membership fee.

Who can vote?

All registered voters within city limits will be mailed their ballot on February 28th.

Those not registered can register up to the election date at the elections office.

Anyone registered can vote at the elections office.

Those who own taxable property but reside outside the city limits must request a landowner ballot be mailed to them.

More information is available at <https://www.parkcounty.org/Government-Departments/Elections/CURRENT-ELECTIONS/>.

VOLUNTEER SPOTLIGHT

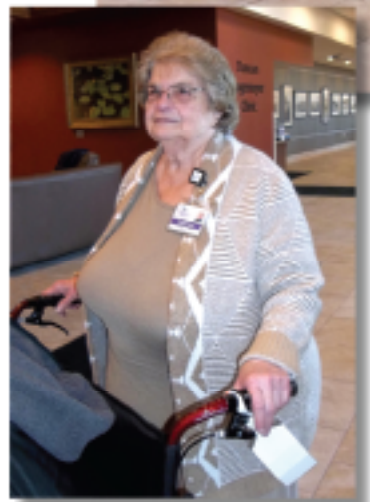
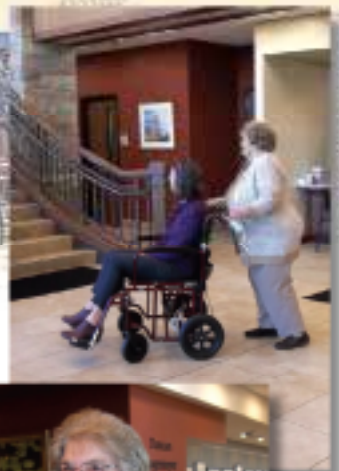
Sister Virginia Jakobe is a *Greeter Extraordinaire* at Livingston HealthCare. You may recognize her from her 20-years of teaching at St. Mary's Catholic School in Livingston. In 1983, Sister Virginia became a nurse—her license is still active, just like her! She worked at LHC in many capacities for 30 years and retired in 2014.

When the new facility was being built, she saw a need and told the CEO that someone should be greeting people when they arrive, because everything is new, and for those in wheelchairs. Not long after, she received a handwritten invitation to be just that.

In her words, "Being a greeter is like being an ambassador. It's fun for me to see my friends, and to make new ones." Her favorite part is seeing faces light up when she greets them.

Sister Virginia recalled one morning as she greeted a lady. Later that day, the same lady came back to thank her for greeting her earlier. The lady went on to say, a family member was dying, and she just couldn't think straight when she arrived that morning. Tears were shared.

She says, "Volunteering is great, it gets me out of the house, and it's a fun way to give back to the community in a nurturing way."



**Livingston
HealthCare
Foundation**

**320 Alpenglow Lane
Livingston, Montana**

406.823.6256

LivingstonHealthCare.org

Livingston HealthCare Foundation's Mission
is to advance the health and wellness of our community
by financially supporting the programs, services, and
capital equipment needs of Livingston HealthCare.

GREETERS & EVENT WORKERS NEEDED!

Greeters work a four-hour shift once a week (preferably), which requires standing, sitting, and transporting wheelchair visitors and patients throughout the facility. They also need **Event Workers** who are crucial for set-up and breakdown of the Foundation's many events throughout the year, like the annual **Tree of Life Ceremony** for Livingston HealthCare's Hospice Program. Event workers need good physical strength for moving tables, chairs, displays, etc. Other event workers can also assist with fundraising mailings, thank-you notes, our year-end appeal, and more.

Also, the Foundation is gearing up to reinstitute the **Book Cart Program** and the **Companion Program**. The Companion Program is where volunteers spend time with the "swing bed" patients reading, playing a game, working a crossword puzzle, watching a TV program, etc. If you're considering volunteering in any of the above capacities, contact Livingston HealthCare Foundation.

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



WINTER WELLNESS WITH ESSENTIAL OILS

Here we are in the middle of what has been an incredibly mild winter. We worked hard, played hard, and celebrated like mad from Halloween to New Year's. And we may have overdone everything, exhausted ourselves trying to do it all, and in turn we may have weakened our immune system. And it is also the time of year that everyone passes around the winter bugs.

That means that now is the time for a little self-love and taking good care of ourselves to insure we have WINTER WELLNESS. You have to take care of yourself first before you can effectively take care of anyone else...just like the airlines tell you to put on your oxygen mask first and then help others.

Yes, there are things we can do all year-round to stay healthier like making sure we get enough quality sleep, exercising, eating well, etc. But using essential oils can also be affective tool in your wellness toolbox.

For immune support, my go-to-oil is doTERRA's OnGuard oil, also known as the Protective Blend. And there is a reason it is one of the most popular oils at doTERRA. A drop in a hot cup of tea when I am feeling a little under the weather not only

tastes great but I know I am giving myself an extra helping hand. I also frequently use doTERRA's lemon, tea tree, and oregano.

OnGuard: this blend is a powerhouse for immune support. It contains oils that support the immune system. There is an entire line of OnGuard products. They are fantastic.

Lemon: not only is this oil excellent for cleaning surfaces but when you add it to a diffuser, it helps to cleanse the air of impurities as well. Added bonus – it is also known to be a natural mood booster.

Tea Tree: although it can be intense, this is a versatile oil I have come to love. Topically, it is a cooling oil so it is great in conjunction with peppermint if you are overheated, etc. Like lemon, it is a great oil to reach for when you are looking to clean and purify surfaces and the air.

Oregano: Most of us think of oregano as a spice associated with pizza, spaghetti sauce, etc. As an oil, it is very high in antioxidants and is excellent at supporting the immune system when used internally. It has antiviral, antibacterial, and antifungal properties making it a powerful tool in the fight against the winter bugs. If you apply this oil topically, it is considered a “hot” oil

so you will definitely want to dilute it with a carrier oil.

For respiratory support, I reach for these oils frequently: Breathe, eucalyptus, peppermint.

Eucalyptus: this oil is useful for helping to clean the air and surfaces. I diffuse it in the winter with peppermint and lemon and get a great mood booster from the lemon but the eucalyptus helps with clear breathing and it is wonderful if you are stuffed up.

Peppermint: a clean, crisp scent that I love to diffuse to help with easier breathing. It is also very energizing at the same time. I love it diffused with a citrus oil.

Breathe: doTERRA's wonderful blend of oils that truly work hard to help me breathe a little easier. I diffuse and I use the Breathe “stick” on my chest and beneath my nose and it works so fast and so well.

DIFFUSING. I am a huge fan of using cool mist diffusers – I have them in my car, at work and in my home. During the winter months, when immune systems are being tested by everything that is being passed around, I am diffusing oils that support the immune system and oils that promote easier, more open breathing. Almost any combination of the oils listed above work very well. One to two drops of a few oils is sufficient. And with diffusers, the wonderful part is that everyone in the area benefits. Also, even if the diffuser shuts off, the microdroplets of water with the essential oils stay suspended for hours after the diffuser quits, so you will still be enjoying those benefits long after the diffuser shuts off.

TOPICAL: anytime I am having respiratory issues and need breathing support, I apply doTERRA's Breathe to my chest in some fractionated coconut oil or apply their Breathe stick. You can also apply any of the oils to your feet, back of neck, spine, in fractionated coconut oil, to get extra support as you need it.

INTERNAL: NOTE: THE ONLY OILS I WILL EVER USE INTERNALLY ARE FROM doTERRA AND THEY ARE LABELLED AS SAFE FOR SUPPLEMENTATION.

This rollerball is another great way to give yourself or your family members a little extra support...

IMMUNE ROLLERBALL
One of my absolute MUST-HAVE'S is a

FLOOT roller ball for Immune Support.
Use a 10ml roller ball and add:
10 drops Frankincense
15 drops Lemon
10 drops OnGuard
10 drops Tea Tree (aka Melaleuca)
Fill the rest of the bottle with fractionated coconut oil.
Apply as needed to back of neck, chest, spine, bottoms of feet.

STEAMING CUP
If you get knocked down and are fighting the fight but need some extra oomph, or you feel something coming on and want to head it off at the pass, this recipe is amazing and will have you back on your feet in no time. Don't use this every day for more than 4 or 5 days – you want to give your body a break from the oregano as this is pretty intense stuff.

In a large 16 oz mug, filled with HOT HOT HOT water....add the following:
1-2 drops Frankincense
1-2 drops Lemon
1-2 drops OnGuard
1-2 drops Oregano
1-2 drops Thyme
1-2 drops Peppermint or Cardamom
1 T honey
Put a towel over your head and breathe in the steam. It will probably make you cough a little and your eyes water a little but let it work for you.

When it has cooled a little, sip it all down. I usually have one in the morning and one at night if I feel something coming on—and I love it! I haven't been sick enough to stay in bed or home from work in YEARS.

Please feel free to reach out to me with questions or if you are curious—I would love to hear from you. If you feel as though some of these oils might be beneficial to you, reach out to me, I am happy to share some with you. You will be amazed at the results you get!

Shannon Kirby
doTERRA Wellness Advocate
athena68@bresnan.net
406-930-2174

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

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Livingston

community choir

SPRING CHOIR SESSION

rehearsals begin
monday, february 19th
park high school choir room
7pm-8:30pm

directed by Mark Mills
pianist Sarah Kirk

ALL ARE WELCOME

Risks of a sweet tooth...

by Nurse Jill

Part 3 in a series about the factors that negatively impact your health the most: information to help you stay on the path to health successes in 2024.

If you were asked to name the biggest risk to your overall health you probably wouldn't name what we're about to talk about.

This insidious agent is in almost everything we consume, sometimes overtly and sometimes covertly. It has even been purported by some to be just as (if not more) addictive and harmful than smoking. But the general public considers it fairly harmless and innocent—so much so that children receive it in seemingly unmitigated amounts. We use it to bribe friends and to reward ourselves. But this addictive ingredient is constantly wearing away at our health.

Have you guessed it? It's sugar.

Sugar is necessary for our cells to function at the microscopic level. But our bodies are skilled in extracting sugar from grains, fruits, and vegetables. The trouble is not sugar in and of itself. The trouble comes when we start increasing, adding, and isolating sugar in our diets.

In 2014, a study was done that found sugar not only impacted weight and diabetes risk but heart health risks as well. The 15-year study published in JAMA Internal Medicine by Dr. Frank Hu, professor of nutrition at Harvard T.H. Chan School of Public Health found that the more added sugar that was ingested by an individual the higher their risks of dying from heart disease.

Added is the key term. When sugar is ingested in its natural form within grains, fruits, vegetables, and other whole food sources it is metabolized slowly along with the protein and fiber also contained in those whole foods. However when sugar is added to the foods and drinks we consume, we disrupt the natural balance of slow sugar metabolism and the body has to cope with a sudden increase of sugar. These sudden spikes in blood sugar levels is what contributes to the increase risk of obesity, diabetes, heart disease, fatty liver disease, high blood pressure, chronic inflammation, and even stroke.

The first step is awareness. Start looking at labels. You will be amazed at how much sugar is added to simple ingredients. There is no official recommendation for sugar intake as added sugar is not essential to our diets. Entities such as the Heart and Stroke Foundation as well as the American Heart Association recommend that we consume no more than 24 grams of sugar a day. That's about 6 teaspoons per day. Seems like a lot of sugar! But there are more than 10 teaspoons in one small twelve ounce can of soda. Suddenly our daily intake begins to add up fast.



Here are some ways to cut down on sugar intake:

Keep track. Take note of what you're taking in. Keep a little tab in your phone notes with your daily total. You may help yourself realize a change may be needed. Make sure that you pay attention to serving size.

Many snacks and meals list a sugar content per serving and there may be more than just 1 serving in the package.

Drink water. We all like a little flavor in our day but sugar in pop, juices, sports drinks, and other store bought beverages are the number one culprit of a high sugar intake. If you can't bear giving up your favorite beverage then strive to limit yourself to just one or even better find a substitute such as sparkling water. Pro tip: don't switch to artificial sweeteners, they have their own risks and can actually trick your mind into craving even more sweets.

Buy (and eat) whole foods. There are a lot of resources out there to help you identify and utilize whole foods in your daily diet. The basic concept is that the less that is added to the original food or the less it is processed the better it is for you. For example: an apple whole is better for you than applesauce but

applesauce is better than apple fritters. The produce section, the freezer section, and even the canned food section have good options for less-processed foods.

Make simple recipes. Find a few good simple recipes that you can make instead of relying on pre-made meals that have added sugar. Did you know that you can make an amazing marinara sauce with canned tomatoes, garlic powder, dried basil, dried oregano, and a little salt? No added sugar and it tastes super fresh. There are many simple items you can easily make with whole, or nearly whole, foods that cut down on the sugar intake.

Avoid high fructose corn syrup. The uber concentrated sweetener is added to a lot of grocery items. If you even just avoid buying the things that list it as an ingredient you will find yourself steered toward healthier options and less sugar intake.

Limit the treats. Everyone loves a sweet cap to end a meal but limit yourself. Find a friend to share dessert or do only one dessert on certain days of the week. Even small decreases will help build a habit of healthier eating. The less sugar you eat the more alive your taste buds will become to enjoy less sweet foods.

The biggest tip is to make a plan. Sugar is addictive. It will be hard to cut down, let alone quit. Have quality snacks full of protein and fiber at the ready for when those cravings hit. With your plan in place, being more aware, ditching the high added sugar foods and drinks you may find that your healthier habits may just soothe your sweet tooth a bit which will make your heart happy.

Group Urges Support for New Wellness Facility Through Special District

Livingston voters will soon be asked to help turn a once-in-a-generation opportunity into reality. Generous donors, led by the AMB West Foundation, have offered the city a brand-new wellness and recreation center. Local voters have only to agree to pay for a portion of its staffing and upkeep. For most homeowners, this would amount to about \$15 a month in extra property taxes. A new grassroots group of city and county residents is urging people not to let this opportunity slip away. Here's what we stand to gain: A safe and supervised after-school and weekend destination for youth, open all year. The ability to attract competitive swim meets, drawing athletes, their families and fans from around

the state, adding to our year-round economy. Boosting the overall health of the community. Teaching water safety and swimming lessons. (Our existing summer-only city pool is on its last legs.) Meeting and gathering spaces. Sports opportunities ranging from pickleball to basketball to an indoor walking track. Creation of up to eight living-wage jobs. Free use of the facility for all city residents. After a public survey was conducted five years ago by local Livingston entities, they found a recreation facility was the number one request. AMB West Founder Arthur Blank and others volunteered to raise the funds for the construction, estimated at \$25 million, that's the biggest gift anybody has ever offered this

community. Accepting it, by passage of this levy, will provide benefits for generations. City government has endorsed the proposal and ballots will be arriving in your mailbox soon. The "Vote Yes for the Recreation Center District" members urge all of our friends and neighbors to accept this gracious offer. For the price of a monthly restaurant lunch, Livingston residents can point to a state-of-the-art recreation and wellness center, a healthier population, and a boost to the local

economy. Let's not let this generous gift slip away. Watch for your ballots in the mail at the beginning of March. Mark "yes" and return them promptly. Members of the Vote Yes steering committee include Stacy Jovick, Gina & Scott Morrison, Kristy Aserlind, Marcene Huson, Lesa Maher, Jeanette Waldron, Jennifer McMillion, Emily Kempf, Rachael Jones, Donna Patrick, Holly Sienkiewicz, Veronica and Jeff Collins. For more information, please contact specialrecdistrict@gmail.com

The MOUNTAINS OF COURAGE 2024 Conference: "Conversations with the Living about Death & Dying"

Most of us don't like to talk about death and dying. Many of us have grown up in a culture that doesn't talk much about death, and even hides those who are at the end of their life away from their loved ones.

What if there were distinct advantages to being aware of our mortality? What if the best way to love your life is to be ready for, and at peace with, your own mortality? What if you asked yourself every morning, "Is this the day I will die?" and then let that possibility influence your thoughts and behavior in a positive way throughout the day? You could be acting not from a fear of death, but from the exact opposite—acceptance and familiarity with death.

Fact: 80% of us don't put our personal affairs in order before we die. Fact: The vast majority of us want to die at home, but 75% will die in a hospital or nursing home, and about 20% of us will spend our last days in the ICU, in part because we don't talk with each other in advance.

Reverend Bodhi Be, the keynote speaker



Reverend Bodhi Be, this year's keynote speaker
DoorwayIntoLight.org

at this year's conference, says: "We will die and we don't know when. Everyone we love and care about will die and we don't know when. How and whether we use this information will shape the course of our lives, our relationships, and our attunement to the sacred. It will shape who we are as a community and how we care for each other now and when we are dying."

Mountains of Courage is a one-day conference open to everyone. It will feature a diverse array of topics, speakers, resources, and workshops. This wonderful conference—shaping up to be the best one yet—will explore the practical issues, emotions, myths, and traditions of dying in America.

"We teach people in our culture how to drive and how to cook, but we don't have classes on how to die." —Dr. Susan Krietzberg, co-founder of Mountains of Courage

Tickets are on sale now at: MountainsOfCourage.com.

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Produce—Is it Safe Enough to Eat?

The Dirty Dozen and The Clean Fifteen

by Jill-Ann Ouellette

The Environmental Working Group (EWG) puts out a list each year of the fruits and vegetables that have the most herbicides and pesticides. The EWG is a non-profit organization that researches toxic chemicals in everyday products including produce. A visit to their website, EWG.org, just might change your life and health for the better!

As you probably know, herbicides kill herbs and weeds and pesticides kill bugs and pests. Using these two "cides" had become the common practice nationally many years ago in commercial farming in order to increase yields. Whereas, smaller, organic farming utilizes more natural approaches.

The EWG does a good job with the analysis and updating the lists each year. However, they do not test for glyphosate, which is a widely used herbicide suspected to be carcinogenic by the World Health Organization. Unfortunately, our toxic loads are

getting higher from foods, personal-care, and cleaning products each year.

I'm not suggesting that you never buy produce on the Dirty Dozen list. Buying organic will reduce your toxic load. This summer, go to the local farmers markets that offer a great selection of locally grown, organic produce and toxic-free, handcrafted, personal-care products.

Always, always wash produce before

consuming it, unless you're picking it in your back yard. There are many produce cleaners available at most grocery stores.

You can choose a spray-on cleaner like ECOS® Non-Toxic Fruit & Veggie Wash, Fit Organic Produce Wash, or Rebel Green Fruit & Veggie Wash, to name a few. You could get an ultrasonic cleaning unit, like AquaPure or Roots & Harvest. These units range in cost from \$50 to \$300.

Head to your pantry and make a do-it-yourself produce cleaner. Add three parts of purified or distilled water to one part of white vinegar. Soak your fruits and vegetables in the solution for

ten minutes, and then rinse them with water to get rid of pesticide residues.

This traditional home remedy also works against bacteria and fungi. You can't detect the vinegar taste after a thorough post-soak/rinse with clean water.

The US Food and Drug Administration, the US Department of Agriculture, and other scientists suggest using a cold-water soak with baking soda to effectively remove dirt, chemical residues, and other unwanted materials from your fresh vegetables and fruits.

There's lots of advice to choose from—but do pick one!

See boxes for both the Dirty Dozen and the Clean Fifteen. The list is rated with the worst first on the dirty ones and the cleanest first on the clean ones. So watch out for those strawberries!

On your way home from the grocery store, don't go grabbing an unwashed handful of grapes or that crisp apple for the ride home—unless they are organic, of course!



The Dirty Dozen

These are the fruits and veggies that contain the most pesticides and herbicides, so buy organic if your budget allows. Otherwise, definitely clean them thoroughly, maybe even twice! And grow them in your own garden, then you'll know how clean they are.

- Strawberries
- Spinach
- Kale, collard, and mustard greens
- Peaches
- Pears
- Nectarines
- Apples
- Grapes
- Bell peppers and hot peppers
- Cherries
- Blueberries
- Green beans

The Clean Fifteen

These fruits and veggies are safer to buy conventionally-grown, because they have the lowest pesticide/herbicide residues. It's still good to wash them (those that can be), before consuming. Some of these are naturally resistant to pests. Buying these conventionally grown will be easier on the pocketbook.

- Avocados
- Sweet corn
- Pineapples
- Onions
- Papayas
- Sweet peas (frozen)
- Asparagus
- Honeydew melons
- Kiwis
- Cabbages
- Mushrooms
- Mangoes

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SHANE LALANI CENTER FOR THE ARTS

Park County Community Foundation’s 2024 Nonprofit ACTion Program Offers Top Notch Training for Park County Nonprofits

Livingston, Montana—The Park County Community Foundation recently launched the Nonprofit ACTion Program to meet the professional development needs of Park County nonprofits. The program has received funding from both the Arthur M. Blank Family Foundation and the M. J. Murdock Charitable Trust, which has enabled the Park County Community Foundation to expand upon the 90-minute monthly trainings they have been offering since 2018.

The Nonprofit ACTion Program began its 2024 schedule in January with a fun and engaging half-day seminar. Held in the ballroom at the Shane Lalani Center for the Arts, “Story Wrangling for Nonprofits, 2.0” was the second in a two-part series that began in December. It was presented by facilitator and storyteller extraordinaire, Bex Frucht.

Bex is Livingston’s own self-described “Story Wrangler” whose eclectic personal and professional journey has taken her from the red carpet to the Rocky Mountains. Before moving to Livingston, Bex worked in Los Angeles as a host, anchor, writer, and producer for MTV, POPSUGAR, the Young Turks, and more. Bex brought her signature style and humor to the 4-hour seminar, which was attended by 30 of Park County’s nonprofit professionals, board members, and volunteers.

Although storytelling might not seem like a standard nonprofit skill, Bex explained, “Storytelling is humanity’s

superpower—when we’re authentically sharing our lived experiences, it’s an open invitation for connection and transformation. Nonprofits can harness a narrative approach to animate their work and energize support. My goal is always to ignite story sparks that will light up our community.”

The back-to-back sessions on storytelling were aimed at supporting area nonprofits as they ramp up their grant writing and fundraising efforts for the coming year.

Park County Community Foundation’s board member and Grants Committee Chair, Ken Cochran, attended the training and shared his impressions with the class: “This has been so illuminating; listening to each of your stories here today, I’ve learned so much about your organizations and your impacts in Park County. Thank you for sharing your stories with such vulnerability.”

After a strong beginning to this year’s Nonprofit ACTion Program, Park County



Photo by Rusty Fox Media

Community Foundation is excited to present its next training on February 20, “Strategic Planning For Nonprofits in Today’s [Wild] World” with Liz Moore, founder and lead trainer at the Planning School, based in Belgrade.

Liz brings a fresh perspective and current approach to strategic planning for nonprofits. In a virtual Zoom session that promises to be both fun and full of information, Liz will share insights that nonprofits can use immediately to make their planning process more relevant to the community they serve. To explore the Planning School’s unique approach to strategic planning, visit their website at <https://www.gotoplanningschool.com/>. Planning School offers programming for both nonprofit and for-profit entities. They also offer a unique train-the-trainer course to equip individuals to conduct

strategic planning sessions within their own organizations.

Shannon Stober, founder and principal consultant at Jumpstart Training and Development, will be presenting another two-part series beginning in March with a 90-minute in-person session titled “Introduction to Coaching.” Jumpstart Training and Development is a consultancy located in Livingston that serves clients nationwide.

In April, Shannon’s second session will be an in-person 4-hour, in-depth exploration of Developmental Coaching. This approach teaches managers and leadership how to coach staff holistically, with a focus on the entire person, rather than simply their job performance.

Gavin Clark, Park County Community Foundation’s Executive Director, commented, “So many highly skilled professionals call Park County home, many of whom operate on a national scale. We’re fortunate to have such a depth of talent in this area. Park County Community Foundation is proud to bring that talent to our hard-working nonprofit organizations through our Nonprofit ACTion Program.”

For more information about the Nonprofit ACTion Program, contact program coordinator Keva Ward by emailing Keva.Ward@pccf-montana.org or calling 406-224-3920, or visit the Park County Community Foundation website at <https://find.pccf-montana.org/NonprofitACTionTrainingProgram>

Prospera Opens Standing Office Hours in Livingston to Serve Park County Businesses

Livingston, Montana - Prospera has established standing office hours in Livingston, to better serve Park County businesses through its business development programs. Prospera helps business and communities find their pathway to success, acting as the navigator, problem solver, and catalyst for a strong Montana Economy. Prospera does this by offering access to capital, business advising and training, community development and peer networking.

Starting in February 2024, Prospera will hold office hours on the third Friday of every month at the Explore Livingston office located at 124 South Main Street, Suite 210. Explore Livingston Coalition is a collaboration of non-profit organizations whose goal is to build a sustainable

year-round economy in Livingston while providing strategic stewardship to preserve quality of life and place for residents and quality of experience for visitors. This partnership of shared office space is to help businesses in Livingston gain access to resources that will help them to succeed.

For businesses looking to schedule a no-cost business advising appointment with our business counselors please visit prospermt.org or email us at info@prospermt.org.

About Prospera: Prospera helps businesses and communities find their pathway to success, acting as the navigator, problem solver, and catalyst for a strong

Montana economy. For nearly 40 years, our focus is helping people start and grow their local business – which in turn strengthens our region’s economy and communities. Prospera is dedicated to accelerating business through our no-cost business counseling, business training, grant assistance, business networking, and business loans. Today, Prospera is home to a Food and Agriculture Development Center (FADC), a Small Business Development Center (SBDC) and the Montana Women’s Business Center (MTWBC) and serves over 1,200 businesses annually.

For more information, please call 406.587.3113 or visit prospermt.org. 865 Technology Blvd, Suite A, Bozeman, MT 59718

Sage Lodge Welcomes Jon Martin as General Manager

Martin brings over 20 years of experience to the Montana resort and will oversee lodge operations and guest experience.

PRAY, Montana (February 1, 2024) – Sage Lodge, an outdoors-focused resort located in the idyllic Paradise Valley 30 miles north of Yellowstone National Park, welcomes Jon Martin as General Manager. Established in 2018 by the Joshua

Green Corporation, which is also parent to Sage Fly Fishing, the Lodge has become a coveted destination for anglers, hikers and adventurers of all levels, blending raw and rugged beauty with distinct Montana hospitality. The Lodge has continued to solidify its reputation as a premier luxury destination, earning recognition in Travel + Leisure’s “2023 World’s Best” awards and ranking in the top ten percent in the world in Tripadvisor’s “2023 Travelers’ Choice” awards. Sage Lodge is managed



and operated by Columbia Hospitality.

Offering the quintessential Montana getaway with 1,200 acres of stunning rural landscape, the Lodge provides on-

site amenities such as a private casting pond, hiking and biking trails, over a mile of Yellowstone River access and a robust offering of daily adventures, led by local guides and experts. Guests return from their daily explorations to settle into the comforts of Sage Lodge. The Spa at Sage Lodge provides locally inspired treatments such as a Yellowstone River Rock Massage, as well as a sauna, steam room and outdoor hot tub overlooking Emigrant Peak, one of the tallest peaks in the Absaroka Mountain

range. Two onsite restaurants, The Grill and the Fireside Room, showcase the best of Montana cuisine, in a comfortable, casual atmosphere.

As General Manager, Martin will be responsible for continuing to grow the successes of Sage Lodge and its offerings, serving as an ambassador for the resort in the Paradise Valley community and further strengthening the Lodge’s reputation as a world-class destination. He will lead Lodge operations, including on-site activities, community partnerships, the spa, and overseeing elevated dining experiences at The Grill and the Fireside Room.

“I am excited to join the team at Sage Lodge and share my passion for luxury hospitality,” said Martin. “I look forward to upholding the Lodge’s legacy, as well as creating incredible adventures and lasting memories for guests.” Martin joins an on-site team of professionals who are stewards of hospitality and Montana’s outdoors, inviting guests to share in the natural

landscape that they call home.

Martin brings over 20 years of experience to Sage Lodge, having worked at esteemed resorts and properties across the United States. He began his career as a Guest Services Manager at the Four Seasons Aviara in Carlsbad, California, where he was promoted seven times during his tenure. He then joined the team at The Fairmont Grand Del Mar in San Diego, opening the property in 2007 and was instrumental in earning its triple Forbes Five-Star designation. Martin then relocated to Montana to become General Manager at luxury ranches, including The Resort at Paws Up and The Ranch at Rock Creek, before becoming CEO of AMB West, a collection of four ranches in Paradise Valley.

Martin enjoys a variety of outdoor activities, and in his free time, he can be found cycling, hiking, and fly-fishing against the backdrop of Emigrant Peak with his spouse, Brenda, and two children, Blayne and Jules.

Montana Pro Rodeo Circuit Association Committee Person of the Year: Bruce Becker

by Jill-Ann Ouellette

The Montana Pro Rodeo Circuit Association (PRCA) presented Bruce Becker, president of the Livingston Roundup Association (LRA), with the award for Committee Person of the Year 2024. Becker was selected for the award out of 32 other Montana circuit rodeo nominees. The PRCA has 13 circuits. Each circuit nominates an outstanding individual from their circuit.

The Montana circuit of the PCRA, in their presentation of the award, referred to the volunteer forces of the Livingston Roundup Association as a "dying breed." They commended Becker for close to 30 years

of service—nearly a third of the Livingston Rodeo's 100 years of existence.

By profession, Bruce is an attorney who still finds time for the LRA. Starting back in the 1990s, he flipped burgers at the food concessions. They sought him out to be their new president—that was many moons ago. Even though Bruce, who isn't a cowboy, has been steering the Board for quite some time, a lot has been accomplished. Bruce mentioned, "It takes a lot of good people and organizations to be this successful." He is appreciative of everyone's efforts for the LRA—not just his fellow board members, but also the volunteers, sponsors, ticket-selling locations, vendors, those working with the stock and arena,



etc.—but especially the Park County Fairgrounds where the rodeo takes place. "It takes a village to bring our largest annual event to Park County and to be supported by the community for food and lodging. This is a community award."

The LRA recently looked back on their accomplishments, which include:

- Replaced the old fiberglass, cracked bleachers with aluminum ones, which also enables the rodeo arena to hold five times more people.
- Added high-rise bleachers, increasing the arena's spectator capacity by 525 seats.
- Implemented a modern, electronic ticketing system under Becker's supervision, bringing the rodeo into the 21st Century.
- Replaced the railway-car ticket office with a new, \$100,000 ticket office.
- Replaced the fence, added two portable sheds and other storage.
- Built the new, \$80,000 crow's nest.
- Bought the new, much-needed John Deere Tractor along with the fairgrounds. LRA's half was \$40,000. Last weekend was the LRA's major

fireworks fundraiser, the 2024 Boots N' Buckles Ball, on February 10th. They featured a prime rib dinner, dancing to the tunes of Plowed Under, and a silent auction. It was a great success!

This year, in honor of the 100th Anniversary of the Rodeo, the LRA is adding an additional day to the rodeo. This summer, the rodeo will start on July 1st thru the 4th—with an extra night of fireworks! Timed event slack will be held on June 30th at 3:00 pm. Barrel slack will be on July 4th at 11:00 am. Slack events are free to the public.

Because it's the Centennial, Livingston Roundup Rodeo was feeling like more celebration was in order. On June 28th, they are hosting with an arena concert featuring John Michael Montgomery, McBride & the Ride, and three local musicians. As usual, the Livingston Roundup Rodeo Parade is on July 2nd, hosted by the Livingston Chamber of Commerce.

For updated information you can visit the website, LivingstonRoundup.com or call 406-222-3199

Shane Lalani Center for the Arts presents *Sunday in the Park with George*

Stephen Sondheim's Pulitzer Prize-winning musical follows a fictionalized version of painter Georges Seurat in the months leading up to the completion of his most famous painting, *A Sunday Afternoon on the Island of La Grande Jatte*. Consumed by his need to create meaningful art, Seurat alienates the French bourgeoisie, spurns his fellow artists, and neglects his lover, not realizing that his actions will reverberate over

the next 100 years. Stephen Sondheim and James Lapine's stunning masterpiece merges past and present into beautiful, poignant truths about life, love and the creation of art.

Sunday in the Park with George runs weekends from February 23 – March 17. Performances take place in the Dulcie Theatre at the Shane Lalani Center for the Arts in Livingston. Show times are Fridays and Saturdays at 8

pm and Sundays at 3 pm. Tickets are \$23 for adults, \$17 for seniors/students/veterans, and \$11 for youth 17 & under. Make reservations at theshanecenter.org or 406-222-1420.

Sunday in the Park with George is generously sponsored by Spectec - Walter & Regina Wunsch, Foodworks, Dan Rust/Sarah Skofield State Farm, and Yellowstone Valley Lodge & Grill.

**Meals for February 16th–
February 29th**

February 16th– Ham dinner
February 19th– CLOSED
February 20th– Ham &
bean soup
February 21st– Chicken
salad
February 22nd– Pork roast
In house salad bar at
11:30am
February 23rd– Fish fillet
February 26th– Liver &
onions
February 27th–Loaded
baked potato
February 28th–Scalloped
potatoes & ham
February 29th–Meatloaf in
house salad bar at 11:30am

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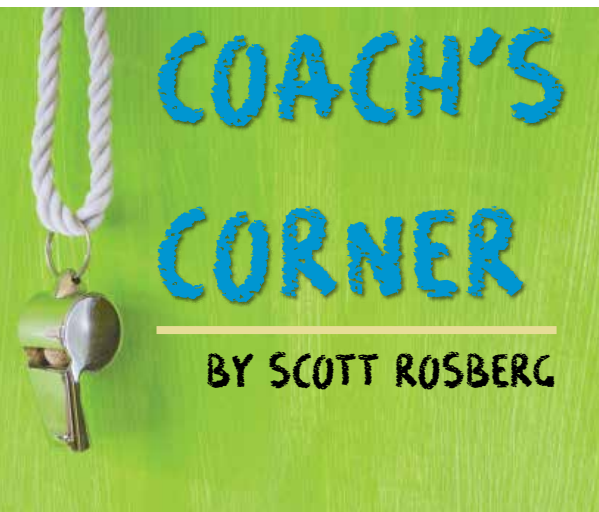
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Team-First Attitude & Respect

Over the last couple of months, I told you that my boys' basketball team had come up with four **Core Covenants** that we decided we wanted to live by. In the last column, I told you about the first two—**Discipline & Trust**. Today we move to our final two covenants—**Team-First Attitude & Respect**.



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.

Team-First Attitude

We told the boys that the experience of being on a great team is priceless. It is something that will influence who you are for the rest of your life. Few experiences can be as helpful in the growth of young people as being part of a selfless group working toward a common goal. It is our job to teach, promote, and build this attitude, and not leave it to chance. While the coach must work to develop a **team-first attitude** within the players on the team, it is up to the members of the team to also work within this spirit. As with most concepts, if those who are most affected by the idea don't buy into the idea and then work to develop it, it will not be accomplished in the best way possible.

People must find opportunities to encourage their teammates and develop their unselfishness every day. While people involved in a team experience such as a sports team will develop many great personal friendships through the team experience, most of their favorite memories will be of teams—teams that learned the lessons they were trying to teach and accomplished the goals together that they could have never done by themselves.

Some keys to us developing as a team are as follows:

Selfishness is unacceptable. Eliminate any selfish attitude you have. **The team comes first in all decisions we make.**

You must accept team standards and ethics.

Everyone has a role to fill on a team. Not everyone will be a scorer or a rebounder or a passer or a screener or bench player, but different people must accept and embrace these important roles.

Spotlight great performances of team standards by teammates. When you see a teammate behaving with great discipline, developing the trust of teammates, displaying a selfless, team-first attitude, or being respectful to the entire experience, **PRAISE HIM/HER FOR IT!**

Great teams are made up of people who have given up their quest for individual glory, who have willingly and wholeheartedly accepted the character traits of a team player and who have fully committed themselves to the group effort!

Following are a few of the great quotes about **Team-First Attitude** that we discussed:

"The power of 'we' is stronger than the power of 'me'." Unknown

"Commitment to team- there is no such thing as in-between. You are either in or out." Pat Riley

"The strength of the wolf is the pack, and the strength of the pack is the wolf." Rudyard Kipling

"The first thing any coaching staff must do is to weed out selfishness. No program can be successful with players who put themselves ahead of the team." Johnny Majors

"Regardless of his personal accomplishments, the only true satisfaction a player receives is the satisfaction that comes from being part of a successful team...Individual commitment to a group effort—that is what makes a team work, a company work, a society work, and civilization work." Vince Lombardi

Respect

We finished up with **Respect** as our final covenant. We started with the definition of Respect in Webster's Dictionary. The one we focused on most was "high or special regard: ESTEEM; the quality or state of being esteemed; expressions of high or special regard or deference."

We then talked about some ideas on respect from a paper entitled, "The Psychology of Respect", on the website of the **International Organization for Migration**. They say:

"Respect is an important component of personal self-identity and interpersonal relationships. It tends to be a self-reinforcing behaviour. Treating someone with respect means:

Showing regard for their abilities and worth
Valuing their feelings and their views, even if you don't necessarily agree with them
Accepting them on an equal basis and giving them the same consideration you would expect for yourself."
(IOM - UN Migration)

You may have heard the statement, **"Respect is (always) earned, never given."** What a crock! The problem with this statement is that it does not allow people to learn about others from a standpoint of respect first. It starts with the negative—"I don't think you're worthy of my respect until you show me that you have earned it."

WRONG!

In true cultures of respect, it is the other way around—"I will respect you until you show me that you don't deserve my respect." But even that has a negative vibe to it. We should focus on giving our respect to others... period. Only when someone has done something egregious enough that it warrants us to lose respect for them should we then not respect them.

Respect is a critical component of any team setting. With it, the sky is the limit for productivity; without it, the team concept falls apart, and we are left wandering in a desert of doubt, confusion, and discord.

We wrapped up our discussion on **Respect** with some quotes. A few of them follow:

"Knowledge will give you power, but character respect." Bruce Lee

"I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being." Jackie Robinson

"There is no respect for others without humility in one's self." Henri Frederic Amiel

"That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong." William J.H. Boetcker


"We may not be able to stop evil in the world, but how we treat one another is entirely up to us." Barack Obama

"If we lose our love and self-respect and respect for each other, this is how we will finally die." Maya Angelou

Well, that wraps up our look at the **Core Covenants** that my boys' basketball team came up with for this season. By the time you read this, our season will be over, and we will be looking ahead to next year and starting our off-season skill work to become the best we are capable of becoming. But we will still use the Core Covenants of **Discipline, Trust, Team-First Attitude, & Respect** to guide us and help us on our road to the success we seek. I hope you have found these columns about our covenants helpful to you and that you can find some inspiration from them to help you to become your best, too.




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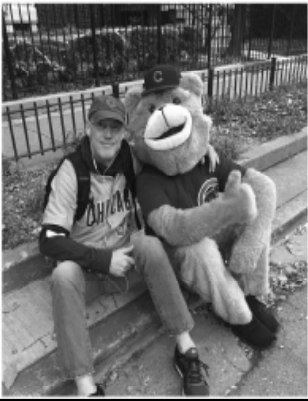
Park County Dugout is dedicated to covering the issues that impact everyday lives in Park County, Montana.

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

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

Published & Created by former Enterprise Sports Editor,
Jeff Schlapp
312-506-7261
jeffschlapp@parkcountydugout.com





Recipe by
Carla Williams

RECIPE CORNER

Raspberry Oatmeal Crumble Bars

Ingredients

- 1/2 cup (1 stick) butter, melted
- 1/2 cup granulated sugar
- 1/4 cup light brown sugar, packed
- 1 tsp. vanilla extract
- 1 cup all-purpose flour
- 3/4 cup old-fashioned whole-rolled oats (don't use quick cook or instant)
- Pinch of salt
- 1 cup of raspberry preserves (seeded or seedless will work)

Instructions

1. Preheat oven to 350F. Line an 8x8-inch square pan with aluminum foil and spray with cooking spray (or you can just spray the pan), set aside.
2. In a large microwave-safe bowl add the butter and cook until melted, about 1 minute.
3. Whisk in the sugars and vanilla.
4. Add the flour, oats, optional salt, and stir to combine.
5. Set aside 1 heaping cup of the oatmeal mixture.
6. Press remaining mixture into prepared pan. Evenly spread the raspberry preserves over the crust making sure you cover the entire crust. (jam should be about 1/8-inch to 1/4-inch thick).
7. Evenly sprinkle with the reserved heaping 1 cup crumble topping mixture. (For bigger chunks, squeeze some of the mixture in your hand).
8. Bake for about 30 minutes or until edges are set and center has just set and is lightly golden browned.
9. Place pan on a wire rack and allow bars to cool for at least 2 hours before slicing and serving.

Blue Slipper Theater presents
Tiny Beautiful Things

Based on the best-selling book by Cheryl Strayed and adapted for the stage by the Academy Award nominee Nia Vardalos, Tiny Beautiful Things personifies the questions and answers that the pseudonymous "Sugar" published online from 2010-2012. When Strayed – a struggling writer – was asked to take over the unpaid position of advice columnist, she used empathy and her personal experience to help those seeking guidance for obstacles large and small. Tiny Beautiful Things is a play about reaching out when you're stuck, healing when you're broken, and finding the courage to take on the questions that have no answers.

"What's incredible about this play is that the material is based on the stories and struggles of real people," director Katie

Mangett shared. "These stories help us to find hope and look for all the tiny, beautiful moments in life. I gravitated towards this play because it fits the intimacy of the Blue Slipper space beautifully."

Tiny Beautiful Things runs March 1-3 and 8-10. Showtimes are Fridays and Saturdays at 8pm and Sundays at 3pm. Due to sensitive content, this play is recommended for ages 17+. Interested parties may learn more about the content and reserve tickets at <http://www.blueslipper.org/tiny-beautiful-things/>

Tiny Beautiful Things is generously sponsored by an anonymous donor. This production is presented through special arrangement with Concord Theatricals on behalf of Samuel French, Inc.

Poetry
Spotlight

Living In My Car

Written by: Robert Nehls

It wasn't planned or by design,
But somehow it turned out just fine.
My bank account was fairly high.
I lost my job and said goodbye,
To all the things that tied me down.
I sold my house without a frown.
Got rid of almost everything.
Could hear my spirit start to sing.
Packed up my clothes and old guitar,
And started living in my car.

The city never held my heart,
Was just a game, I played my part.
Said, "See you later," to my friends.
One story starts, another ends.
I filled my tank and hit the road,
Without a care and nothing owed.
The pages opened up for me,
'Till freedom's all that I could see.
Just followed notions and a star,
And cherished living in my car.

My clock was sunset and the dawn,
It's all that I relied upon.
I'd sleep by streams and sometimes share,
The forest with whatever's there.
Nights silence was a welcome change.
My thoughts would soar to places strange.
I blended in with natures plan.
Just me and God and my sedan.
I learned of life and journeyed far,
When I was living in my car.

February is Teen Dating
Violence Awareness Month

Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors.

Each February, young adults and their loved ones nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This annual, month-long effort focuses on advocacy and education to stop dating abuse before it starts.

The 2024 theme for TDVAM is "Love Like That." Selected by the love is respect Youth Council, "Love Like That," illuminates what "that" means regarding healthy and unhealthy relationships. We know that love is more than a feeling; no matter how you define it, it's essential to ensure you're on the same page with your partner about the definitions and boundaries of your relationship. Teens and young adults

express their love for one another in many ways, which differ from person to person or community. All expressions of love are valid. However, the essential aspect of "Love Like That" calls on us all to create a world of positive actions to express and show healthy love in various ways (information from: <https://www.loveisrespect.org/get-involved/tdvam/>).

ASPEN has resources available to help when a teen is in an unhealthy relationship or if you are a parent and want to know how to talk to your teen about relationships. Visit us at: <https://www.aspenmt.org/datingviolence>. You may also call ASPEN's 24-hour support line at 406-222-8154.

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, EDUCATIONAL, OPEN CONVERSATION.

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

TEEN DATING VIOLENCE AWARENESS MONTH

1 in 3

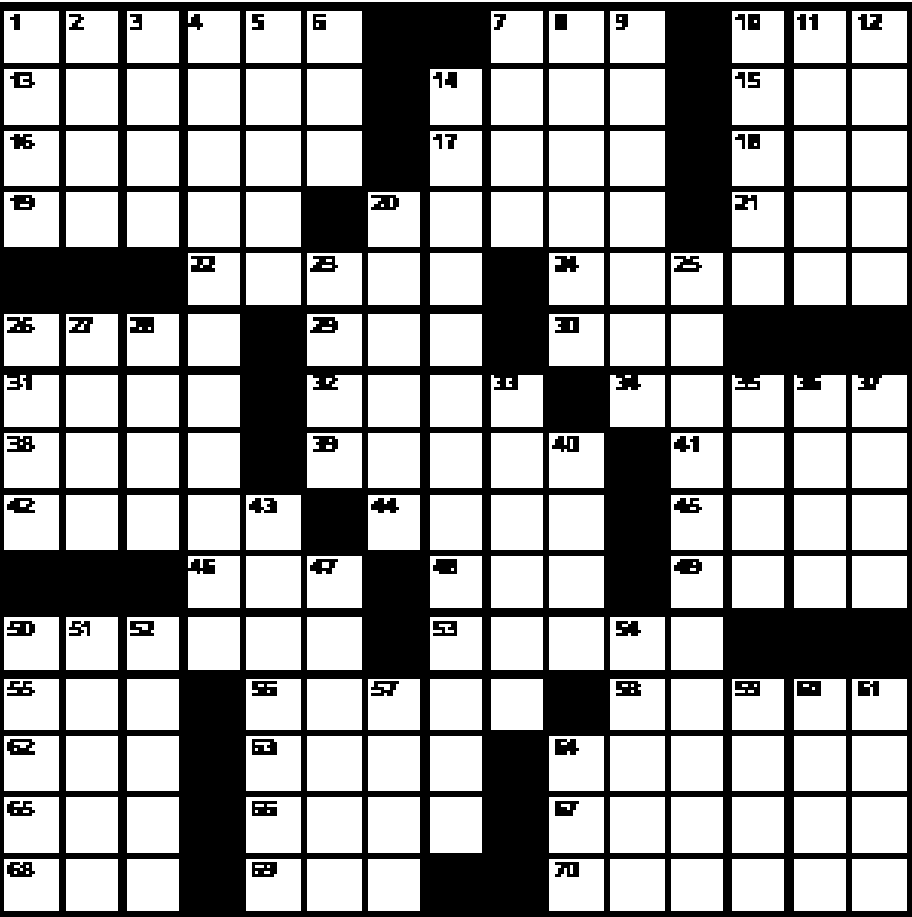
U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults

43%

of U.S. college women report experiencing violent or abusive dating behaviors.

Source: Teen Dating Violence Awareness Month - loveisrespect

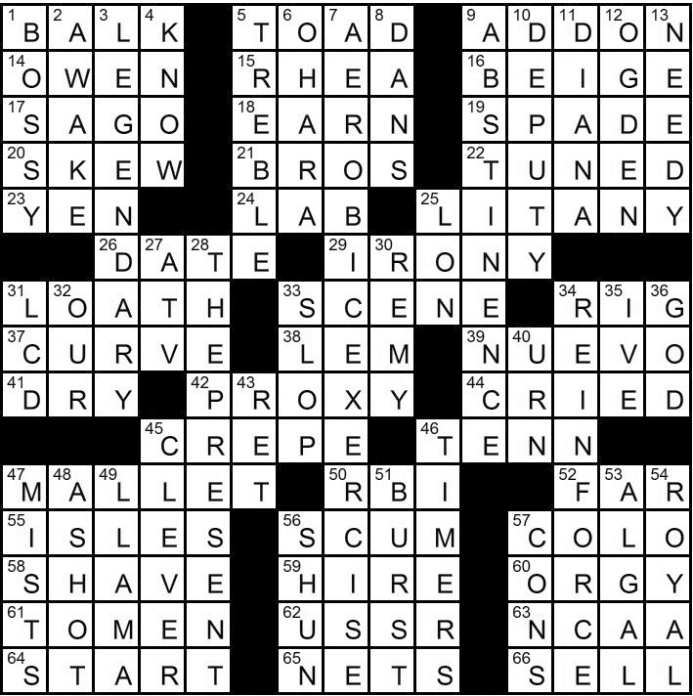
Crossword Puzzle Number 319



- 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 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..." (Pinnocchio)
 - 36 Deity

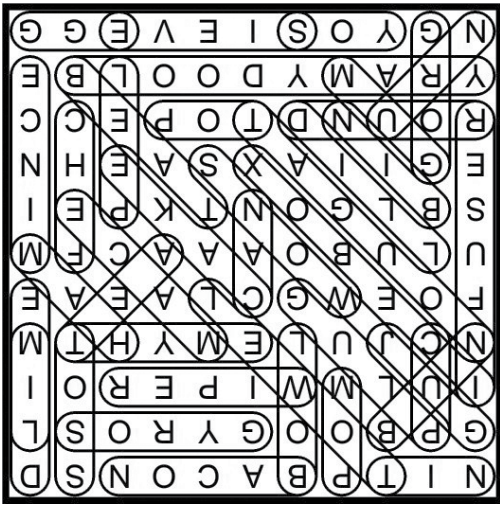
Crossword Puzzle Number 318 Solutions



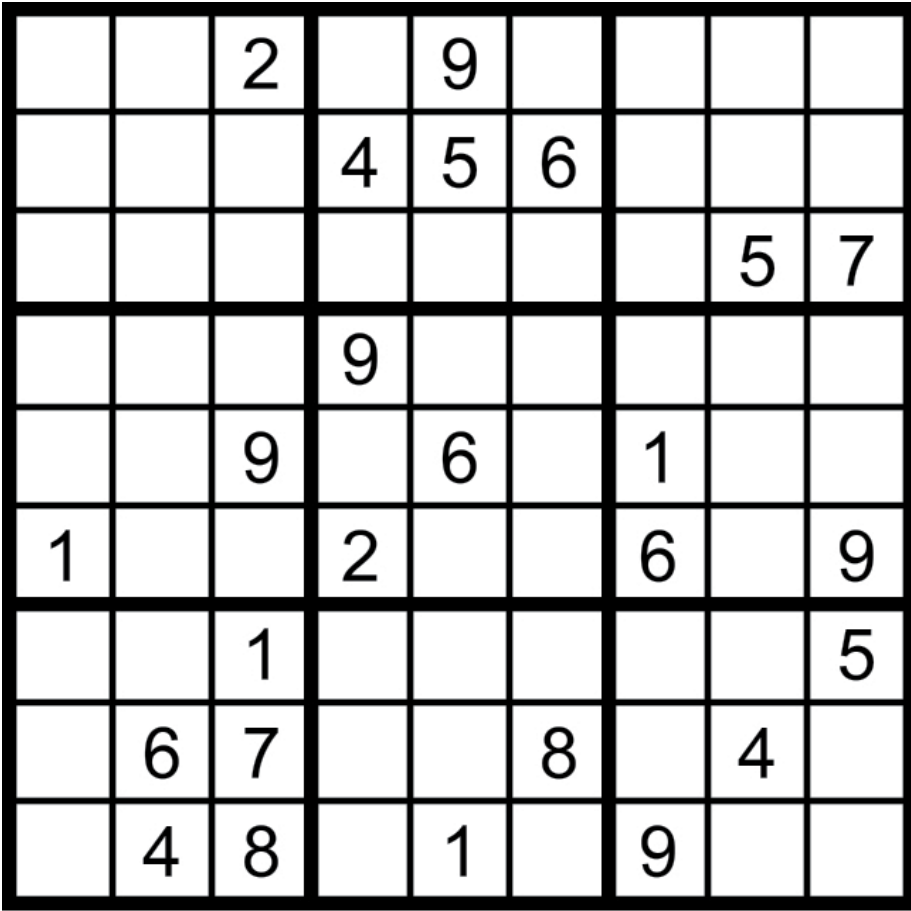
- 40 Gravetop vase
- 43 On a pension (Abbr.)
- 45 Brainy
- 46 Stopwatches, e.g.
- 47 Light fogs
- 48 --- in the arm
- 49 South American ruminant
- 51 Pop
- 53 Kind of pond bloom
- 54 Kingly
- 56 Ostracize
- 57 Drawbacks



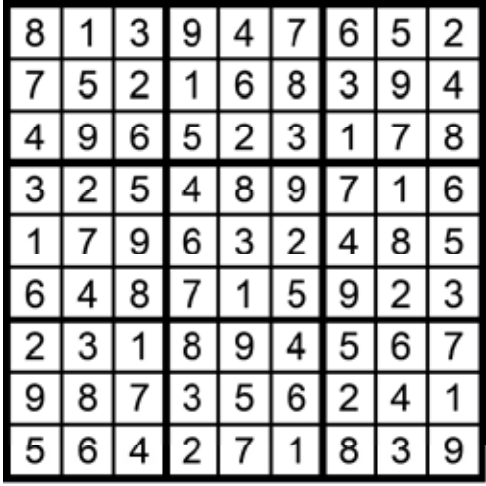
- Bacon**
Beat
Bin
Bloody Mary
Bowl
Bun
Cake
Can
Chef
Cup
Dill
Egg
Grog
Gyros
Ham
Ice box
Infuser
Jug
Lime
Mace
- Mild**
Mince
Mop
Mug
Nougat
Peel
Plug
Pot
Round
Sieve
Snow
Soy
Tea
Thyme
Tin
Toss
Towel
Urn
Wiper



Sudoku Puzzle Number 318



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

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:
• March 5th, 5:30pm-7pm
Katabatic Brewery
Subject: General Household
• April 2nd, 5:30pm-7pm
Neptune's Brewery
Subject: Yard and Garden
Presented by Yellowstone Bend Citizens Council.

For need to know information during a disaster or emergency, sign up for Nixle. Text your zip code to 888777 or sign up online at www.parkcounty.org.

HELP WANTED

Key Insurance in Livingston is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to alice@montanainsurance.net.

Now Hiring at The Office!
Since our remodel we have really stepped up our food service game! Now hiring prep cooks, line cooks, dishwashers. Salary based on experience and health & retirement benefits available to full-time employees. Stop in for an application or drop your resume today! 128 S Main ST Livingston or call 406-222-7480.

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>.

City Pool Manager – Summer 2024 – Seasonal, Temporary. The Seasonal Pool Manager is responsible for the overall daily operations of the municipal swimming pool, associated aquatic programs, activities, employee training and supervision. This position will report to the Recreation Director. The Pool Manager will serve as the Manager-on-duty at the City of Livingston City Pool. This position will supervise approximately 12 part-time, seasonal pool attendants. Please apply at <https://www.livingstonmontana.org/hr/page/city-pool-manager-%E2%80%93-seasonal-2024-%E2%80%93-seasonal-temporary>.

Public Works – Streets and Parks – Spring and Summer 2024 – Seasonal, Temporary. The City of Livingston, Montana is seeking multiple 2024 spring and summer seasonal employees to work in the Public Works department supporting tasks in the Parks Department (including Cemetery) and the Streets Department.
• Parks and Cemetery assists with performing maintenance on the City parks, mowing, weed removal, and minor repairs to playground repairs, pool maintenance, trails, and trees.
• Streets assists with street sweeping, pot hole patching, painting, chip sealing, and other street activities including alleys. Please apply at <https://www.livingstonmontana.org/jobs>.

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 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.

Gardiner School is searching for a junior high track coach for the spring 2024 season, and high school football coach for the 2024 fall season. The coach's responsibilities include developing practice plans and leading practices, providing motivation and advice during competitions, and fostering good mentorship with the Bruin athletes and staff. Outstanding candidates are highly motivated, committed, disciplined, and patient. Anyone interested, please contact Carmen Harbach at 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.

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.

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.

Elections and Records Deputy - Join our dynamic team at the Park County Clerk and Recorder's Office as an Elections and Records Deputy, where you'll immerse yourself in the exciting world of elections and local government. As a crucial member of our community-centric office, you'll play a pivotal role in ensuring the smooth execution of elections, learning the intricacies of the democratic process while actively engaging with your fellow citizens. This is not just a job; it's a unique opportunity to contribute to the heart of our community, where every vote and record matters. This job will be open until filled with preference given to applications received by February 16, 2024. Please apply at https://jobs.parkcounty.org/jobs/121/Elections-and-Records-Deputy#job_121.

Justice of the Peace (Early Term Vacancy)- We are seeking a qualified individual to fill an early term vacancy for the position of Justice of the Peace. The appointed individual will serve in this capacity through December 31, 2024, pending the election and qualification of a successor. The deadline to apply is March 22, 2024 at 5pm. The Board of County Commissioners will make their decision on an appointee on March 26, 2024 at the 9am Commission Meeting. Please click Please apply at https://jobs.parkcounty.org/jobs/122/Justice-of-the-Peace#job_122.



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#383818 | \$421,000
Julie Kennedy | 406-223-7753



101 Hannaford Street N
1 bed 1 bath | 570 sq ft
#389276 | \$239,000
Tammy Berendts | 406-220-0159



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



27 Royal Wulff Road
3 beds 2.5 baths | 2,668 sq ft
#384306 | \$1,899,000
Gillian Swanson | 406-220-4340



414 W Main Street
Land Listing | 0.48 acres
#386841 | \$149,000
Tammy Berendts | 406-220-0159



119 South H Street
4 beds 2 baths | 2,822 sq ft
#389470 | \$610,000
Jon Elen Snyder | 406-223-8700



7 Clear Springs Road
Land Listing | 22.3 acres
#388239 | \$599,000
Julie Kennedy | 406-223-7753



30 S Woodward Ave, Absarokee
Commercial Sale | 2,560 sq ft
#388822 | \$275,000
Jessie Samazin | 406-223-5881



402 Miles
2 beds 2 baths | 2,330 sq ft
#387708 | \$350,000
Tammy Berendts | 406-220-0159



89 Deep Creek Road
3 beds 2 baths | 1,771 sq ft
#388136 | \$3,195,000
Amanda Murphy | 406-220-4848



78 Arcturus Drive
Land Listing | 7.06 acres
#378949 | \$320,000
Deb Kelly | 406-220-0801

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STOP! Breathe.

by Monica El Amari

In the coming days, you will see these **STOP! Breathe.** pocket-sized booklets appearing around town. They are free. Pick one up for yourself, a friend, a child, even a stranger.

The booklet is a guided reminder for each of us to *STOP!* the busy doing and chatter in our heads and to take a moment to *Breathe.* When we focus on our inhale and exhale, our breathing becomes a direct pathway to our center. From within the safety and sanctuary of our center we find clarity and stillness.

Many of us are feeling the mental, emotional, physical, and even spiritual unsettledness of this time of great change—and many of us are struggling to keep it together. Focused breathing is a secret tool you can use in the classroom, in your car, in a meeting, while you wait in line, when you feel scared, confused, frustrated, or when your mind is overstimulated.

When you feel powerless, for whatever reason, *STOP! Breathe.* Focused breathing is like a reset button. It stops the

continuous thoughts in your mind, and it stops the commotion of the world around you. It gives you the power to get calm, centered, and to choose what feels right for you in any moment.

Try it. Practice it. You will see for yourself that focusing on your own breathing is immediately calming and self-empowering. Carry this little guide booklet in your pocket, car, backpack, purse or keep it in your locker, desk drawer, or under your pillow. Keep it within reach until the art of *STOP! Breathe* becomes a natural everyday part of your awareness.

The full booklet is printed here too. Cut it out and hang it on your mirror or refrigerator.

I created the *STOP! Breathe* booklet to reach and remind people—of any age or life circumstance—that our inner strength and power is as accessible as taking a focused inhale and exhale. My intention is for this booklet to be reprinted, ongoing, as a community endeavor. If this booklet has inspired you and you can foresee its positive effect for others, please consider donating to its reprinting costs. Donations can be made at The Main Print Shop located at 108 N. Main St. in Livingston or by contacting monica@onewhosees.com.



STOP! Breathe	You just found your super power!	I breathe into my Center and my super power calms me.
In and out through nose, mouth closed.	Keep hands on belly.	I respond when I am ready or I walk away.
Stop thinking. Stop talking. Stop scrolling. Stop judging. Stop trying. Stop worrying.	Inhale ...slowly hold Exhale ...slowly	When I breathe into my Center, I feel connected and clear in my body. Nothing and no one has power over me. I am free to choose what feels right for me.
Just Stop!	Say to your belly, "I am here now."	
Breathe.	Pause ... feel into this.	When I am in Nature, I STOP all chatter and distraction. I Breathe in wonder and I feel connected.
Inhale ...slowly hold Exhale ... slowly.	Inhale ...slowly hold Exhale ...slowly	I am fully present wherever I am, when I STOP and Breathe.
Breathe into belly. Close eyes.	Say, "I am in my Center."	This is the greatest gift I can give to anyone, especially to myself.
Put your hands on your belly.	When I am in my Center: I am in my super power. I am All That I Am. I am invincible. I am loved. I am connected.	
Inhale ...slowly hold Exhale ... slowly	Inhale ...slowly hold Exhale ...slowly	Inhale ...slowly hold Exhale ...slowly
Feel your belly push out? hold breath	When I feel scared I STOP! I Breathe.	Smile! You've got You!
Exhale ... slowly	When I feel confused, angry, hurt or sad, I don't react, I STOP! I Breathe.	
Feel your belly pull in?		
Inhale ...slowly hold Exhale ... slowly	Inhale ...slowly hold Exhale ...slowly	
CONGRATULATIONS!		
		STOP! Breathe The Odonata Wisdom Series Book 1 By Monica El Amari monica@onewhosees.com



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Tales from Middle School: Students Shine during CSC Pop-up Storytelling Club

In a recent immersive after-school experience, the Blue Slipper Theatre echoed with laughter, camaraderie, and the enthusiastic voices of seven middle school students who participated in Tales from Middle School, Community School Collaborative's (CSC) latest Pop-up Club. A collaboration between Sleeping Giant Middle School, Elk River Arts and Lectures, and CSC, this unique initiative not only provided a platform for these students to explore the art of storytelling but also served as an impactful opportunity for career exposure. The Pop-up Club unfolded over three afternoons, two of which were spent brainstorming, writing, and practicing storytelling. It culminated in a mesmerizing live performance on the Blue Slipper stage. Experienced storytellers from Elk River Arts & Lectures, Bex Frucht and Tessa Moeckel, guided



students as they discovered and refined their storytelling abilities while reflecting on careers in communication. Students were introduced to the art of storytelling as a form of expression and

their ideas with clarity. Gina Morrison, the driving force behind this initiative, emphasized the broader impact on students' futures. "This Pop-up Club not only aimed to foster a love for storytelling but also served as an excellent platform for career exposure. The ability to articulate ideas, share experiences, and captivate an audience is a skill that extends far beyond the stage. It's a crucial skill in any career, from public speaking to marketing and beyond," explained Morrison. The pinnacle of the Pop-up Club was the live storytelling night on Friday, January 26, where students took center stage to share their tales with friends and family. The theatre was abuzz with anticipation as each student bravely stepped into the spotlight, delivering narratives that ranged from humorous



anecdotes to heartfelt reflections. The live performance not only showcased the progress made by the students but also highlighted the transformative power of storytelling. As the young storytellers shared their experiences, the audience was taken on a journey, providing a unique perspective into the lives of middle schoolers and the challenges they navigate. Morrison states "It's not just about academics; it's about preparing our kids for the real world. The skills they learned here—confidence, storytelling, and public speaking—are invaluable, regardless of the path they choose in the future."



communication—an essential skill in various professional fields. The students learned how to capture an audience, maintain engagement, and convey

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WHEN: Tuesday,
March 26 at 6pm

WHERE: Livingston Park
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WHEN: Saturday,
March 30 at 1pm

WHERE: Gardiner
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