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Decoding Your Egg-Carton!

Jill-Ann Ouellette

There are so many new terms on egg cartons these days. How do you know which egg is the best tasting, most nutritious, or the best egg for your money?

Let's start with some terms and labels on that carton. Everything from Free-Range, Pasture-Raised, Organic, Non-GMO, Certified Humane, Cage-Free, to Omega-3, and the list goes on. With all of this lingo, it can be hard to remember what they all mean. Here's a quick guide to understand the difference.

What makes an egg Free-Range is the amount of outdoor space the hens have. To be considered free-range, each hen must have a minimum of two square feet of outdoor pasture to frolic and forage. Many farms will notate on the carton how much space their hens have. Price per dozen range is from \$5 to \$7.

A Cage-Free egg is from a hen without a cage. Yet, it doesn't require outdoor access at all. Generally, the hens have about 1 sq. ft. each. Prices range from \$4 to \$6.

Organic eggs are from hens fed organically grown grains. The grains must be certified as grown without herbicides, pesticides, and managed without antibiotics or hormones, and the hens have access to the outdoors. They also must be cage-free. Prices range from \$5 to \$7.

For an egg to be considered Non-GMO, the hens are fed a vegetarian diet of traceable ingredients not derived from genetically modified organisms. Most Non-GMO eggs are from hens that are free to roam outdoors. Prices range from \$5 to \$7.

Certified Humane eggs are from hens meeting the certification standards: they are not caged, have perches, nesting boxes, and dust-bathing areas. They are not required to have access to the outdoors. Prices range from \$5 to \$7.

Pasture-Raised eggs come from hens



that live and forage freely outdoors and come back to the coop at night for safety and shelter. These hens have 108 sq. ft. each. The diet of the hens is foliage, ants, insects, larvae, and worms. Prices range from \$6 to \$9.

Omega-3 eggs are the priciest. While all eggs have small amounts of omega-3 fatty acids (the healthy fat), hen keepers can increase these levels by feeding flaxseed, fish oil, or alfalfa meal to their hens. Naturally, these are more costly than other types of feed. Prices range from \$6 to \$10.

Conventional eggs are from hens packed into cramped cages, fed a low-quality diet of corn and soy (usually GMO). Hence, they are high in Omega 6 (the wrong kind of fat). Prices range from \$3 to \$5.

The ability to stretch their wings, frolic in pastures, and just be a bird, enhances the dietary elements in eggs and provides richer and darker yolks—and they taste better! Although, not on the carton, when you crack the egg open, the brighter orange the yolk, the more carotenoids the egg contains. This is a healthy egg with great nutrition. The obvious other benefits of foraging hens is their humane treatment.

Pastured hens produce eggs that contain 10% less fat, 34% less cholesterol, 40% more Vitamin A, and four times the amount of omega-3. (Pastured chicken meat contains 21% less fat and 50% more Vitamin A than the USDA standard.)*

Likely the best eggs come from a

See Eggs, Page 3



"Nothing so lovely as a rare seen lady antelope up close and personal."
Photo by Wildlife Photog, Norman Kwiecien, Paradise Valley, Mt.

Livingston Center for Art and Culture presents Tumbleweed Functional Art from the American West

The Livingston Center for Art and Culture will host *Tumbleweed* - an exhibit displaying contemporary and traditional functional Western artwork. The show opens January 16th and runs through February 3rd.

Life in the West often finds the intersection of items created to be both functional and artistic - from the saddles we ride in and the boots we wear - to tools, hats, clothing, knives and home ornaments. These items can be utilitarian and beautiful - rugged, but full of thoughtful design and storytelling.

Chloe Nostrant, a photographer and



co-curator of *Tumbleweed* notes "Living not only in Livingston - but Montana and the West in general - has inspired me and countless other artisans to emerge from the landscape and create art that not only looks beautiful but has incredible

functionality. To bring these works together is a celebration of the intersections of hard working, practical, artistic and masterful sides of life in the West."

Participating artist Grace Brogan notes "Craft - be it traditional, contemporary, or

See Tumbleweed, Page 3



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What Goes On at the Chamber?

2023—A Year in Review

Livingston Area Chamber of Commerce

We have been assisting travelers and local businesses for over 115 years. Our main focuses are to help prosper local businesses and to welcome travelers to our Visitors Center. As the Community Information Center, we are the “go to place” for residents, visitors, newcomers, and business referrals in the area—and we do a whole lot more! Let’s look at what we’ve accomplished in 2023...

We welcomed 3600+ people at the Visitors Center. We hosted the Lewis & Clark Exhibit at the Chamber that had over 450 dedicated visitors. We sold over 1200 Livingston Rodeo and Event tickets. Our Information Call Center assisted over 2600 folks with questions about our area, and we provided 270 days of clean public restrooms at the chamber office.

We’ve been busy non-stop hosting many events all year long like the Annual Livingston Roundup Parade on July 2nd and Christmas Strolls in Livingston and Clyde Park, our Annual Chamber Fall

Gala at the Livingston Bar & Grill, the Livingston Wheels Car Club Car Show, our Annual Job Fair, our Annual Membership meeting at the Elks Lodge (where we had some outstanding speakers), we held Meet and Greets, and we hosted several Business 2 Business networking meetings last year. Our website offers an Events Calendar where anyone can submit posts for special events, fundraisers, or live music in Livingston, Shields Valley, or Paradise Valley. Find out where the fun is... Bingo, Karaoke, Trivia Nights, Museum Happenings, Spaghetti Dinners, Speaker Series at local bookshops, Golf Tournaments, etc. There is also a full member directory to make it easy to find our Business Members in your neighborhood.

We were instrumental in Marketing Campaigns with the Fall Fly Fishing Guide, National Media Tourism campaign, International Tourism Targeted Marketing campaign in United Kingdom and Germany, Fall Hunting & Fishing Guide national campaign, and the Montana

Television Christmas marketing for Park County events. We had ten media interviews for Park County events and local business development stories.

We participated in over 130 local, regional and statewide meetings with the City, County, and State Commissions, committee and local board meetings, summits, Zoom meetings including the Governor’s Conference, Annual Montana Chamber Conference, and State Department of Commerce, where we provided input on community needs, housing, and child care facilities, as well as business needs. We attended several other conferences and, of course, we held our regular Board of Director meetings.

We take it seriously to have a pulse on our community and to work with various agencies for the betterment of our Park County. In 2024, we are celebrating the 100th year of the Livingston Roundup Parade, be sure to mark your calendar for July 2nd! We invite you to stop in and visit us at 303 East Park Street, Livingston.

Have a Fun and Prosperous New Year!



Leslie is in her tenth year at the Chamber and she loves the communities in Park County and beyond—but especially, she enjoys how the Chamber helps businesses get informed and network with each other. The “mammoth” tourism industry through the visitor center, especially in summer, brings new faces to us each and every day. You can check us out on Facebook, X, and Instagram.

Bozeman Symphonic Choir Sings at Winter Bloom

BOZEMAN, Mont. – Everyone is welcome to attend the Winter Bloom Lantern Parade, Bozeman’s free lantern parade celebrating creativity, community, and magic, on Saturday evening, Feb. 10, at Gallatin Regional Park. The event is led by Random Acts of Silliness with music by the Bozeman Symphony.

Once the sun sets around 6 p.m., the magic will begin. The delightful parade of hundreds of illuminated lanterns will proceed along a mile of paths around the park’s pond,

bringing a trail of lights into the darkness that can be seen from all directions. Everyone is welcome to make a lantern to bring and march with neighbors, artists, and musicians. The public is also welcome to line the parade route to watch the brilliance of beautiful handmade lanterns made by Gallatin Valley artists, Montana State University art students, and area residents wind through the night and spark joy. The procession will include music from Bozeman’s Symphonic Choir

and members of the Greater Yellowstone Threshold Choir.

Other event sponsors include Design.5 Landscape Architecture and Sarah Day. In case of extreme cold or high winds, the parade will take place on Saturday, Feb. 17.

A variety of community lantern-making workshops will be held leading up to the parade. More details are available at <https://www.randomactsofsilliness.com/winter-bloom-2024>

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**Meals for January 16th-
January 31st**

Tuesday January 16-Beef Hot Dogs
Wednesday 17- Salisbury Steak
Thursday January 18- Pork Roast In house salad bar at 11:30
Friday January 19-Tomato Soup Grilled Cheese
Monday January 22-Sweet & Sour Chicken
Tuesday January 23-Loaded Baked Potato
Wednesday January 24- Chicken Salad
Thursday January 25-Meatloaf in house salad bar 11:30
Friday January 26-Beef Pasties
Monday January 29-BBQ Chicken
Tuesday January 30-Lasagna
Wednesday January 31-Chicken Alfredo

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The Danforth Museum of Art Presents “River Trip”

by Livingston Artist Tandy Miles Riddle

The Danforth Museum of Art (DMA) is honored to present “River Trip” by award winning plein air artist, Tandy Miles Riddle. The exhibition will run throughout the month of February 2024, during which time the artist will be on site, painting and accessible to visitors. The museum will host an opening reception on Friday, February 2nd, from 5:30-7:30 pm.

The work in this exhibition is the result of a culmination of recent events and a lifetime of hard work and perseverance. Riddle’s most recent inspiration for this show was work made while co-leading a watercolor plein air painting trip down the Yellowstone River. These works intend to encapsulate the wildness and freedom of movement while traveling down and camping along the river. The magic of the water reflects the sky and the water, creating worlds upon worlds, surrounded by a cornucopia of nature. Throughout the past several decades, Riddle has been pushing the boundaries of form and scale within the genre of plein air painting, creating a cohesive style and body of work as represented in this show. Motivated by the land, water, and wind that is inescapable in Montana, she hopes her art will reflect the essence of this place, reminding people of its power, beauty, and integrity.

Riddle was born in Coral Gables, Florida, into a world filled with art as the daughter and niece of practicing artists. She attended The Corcoran School of Art in Washington D.C., then continued her education at Montana State University, taking multidisciplinary art classes as well as pursuing a degree in philosophy and religion. Her perceptive and curious mind,



and her ever-present sense of wonder inform her art which is characterized by expressive brushwork, vibrant color, and sensuous line.

A resident of Livingston, Montana, Riddle has exhibited widely and has works in collections throughout the United States. Other work can currently be viewed at Medicine Bird Gallery in Livingston.

“At certain intervals in your life it becomes clear that everything has led to this moment in time and these paintings feel this way,” said Riddle.

The reception is free for all to attend and will feature light refreshments. The “River Trip” exhibition will be open for viewing from February 1 – March 1, 2024. The DMA is located at 106 North Main Street in downtown Livingston. Hours are Tuesday through Saturday, 12:00 noon to 4:00 pm. Admission is free.

For more information, please contact DMA Executive Director Storrs Bishop: <storrs@thedanforth.org>.

Eggs

from page 1

neighbor who has chickens that are pasture-raised and fed organic feed when they can’t forage during winter weather. You can readily find local folks selling eggs to local markets, farmer’s markets, or on Facebook.

Eggs are one of the healthiest and most nutritious foods out there. They provide

protein for building and maintaining muscle. You can also increase your LDL cholesterol, improve your heart health, protect against age-related memory loss, and support eye and brain health and development. As outlined above, the cost difference between low and high-quality eggs is not that great, so choose the best eggs for your budget and your body! Now you can decode that carton and make a better choice for your eggs this week.

*Living Green in Wichita Falls, TX, blog July 2009.

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Tumbleweed

from page 1

something in between - sings of a place. At some point in humans’ exploration of making objects, crafts played the notes of the materials held in the environment, the experience and tools needed to make a livelihood in a particular spot on earth.”

The public will have the opportunity to meet participating *Tumbleweed* artists at a

Reception on Friday, January 26th from 6 to 8 p.m.

Three workshops on making English Bridal Belts will coincide with *Tumbleweed*. Brian Pickering from St. Johns Supply in Livingston will teach participants how to create a belt of their own design.

To learn more about *Tumbleweed* and the Bridal Belt Workshops, contact the Center at (406) 222-5222 or visit the website at www.livingstoncenter.org. The Center is located at 119 South Main Street in historic downtown Livingston.

Correction

In the January 1st article regarding the Community Christmas Dinner, in error it stated that 175 people were served when it actuality was over 500 served with the

generosity of local individuals, churches, and businesses. The 40+ volunteers, some of which starting cooking days before, were instrumental in making the event such a success. **We all thank you for such dedication and generosity!**

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Celebrating Montana Winters - *The test of a true grit pioneer woman...*

by Joyce Johnson

I often think of our old timers when extreme weather hits. It has been dramatic, here, historically. Not only a blizzard or cold day or two now and then, but life threatening deep freezes that, for instance in 1936, sank to minus 22 degrees for the whole month of February and off and on through April. Fifteen deaths and countless life stock losses. How did they cope? I have my story too. Back in 1989, 6 months after I moved here from L.A., it was 40 below for many days which was only 10 months after the huge fires. (*What planet is this?*) In Dec. 2013, we had a deep freeze here in the valley, with 20 below for a few days and so my story is about that one and "coping," more or less. We were not warned, and soon as Ron drove off to Missoula on business, we valley folks got the 4 or 5 coldest days since that extended minus 40 thing in 89. I was left alone with 3 shizoos, a parrot and a pile of logs outside.

Piece a cake...I kept tossing wood in the stove, of course, and had little electric heaters aimed under the sinks to keep the dripping pipes from freezing... but Ron's pay-as-you-go, flip-top phone was out of time, so I couldn't call him to ask what to do, or to just whine. We had frequent power outages in those days. We did not use propane heating except for the kitchen stove—but the sustained minus degrees for any number of days required keeping a wood fire going 24/7. Hauling in logs was back punishing, and I had to wake up several times each night to feed the woodburner. As it turned out I hardly slept at all anyway. We had a few...lets just call them... power "blinks," and add minus 20, ongoing, is life threatening, and uh... keeps a lot of fair weather fans from living here full time I guess.

But, the one room that must be kept at constant 70 degrees or so here was the parrot's room/Ron's office, and the electric floor heater there lost power several times briefly...but how would I know it went off if I'm asleep, or if it was just going to be "brief?" In retro, my native friend said with a straight face, "put the bird cages in the room where the wood burner is." Oh well of course...I knew that. The 3 shizoos slept through it all in front of the stove, the little



layabouts...did their business very fast outside.

Late the first night, the wood burner started to smell strange. I looked in it's glass window at the inferno, and sniffing, decided it smelled like burnt fruitcake. Not at all like smokey tar, which I read the dreaded Creosote smelled like. But I saw a slim crack of orange light in the pipe where it screwed onto the base. Real panic was born. I opened the vents so it would burn through up & out faster (?) recalling only that if the pipe glows red, it is not a good thing. So I watched it for a while, scared, alone, sleepless in paradise valley.

I creatively began to envision steps to evacuation in case of emergency and here it is: Put on boots and "Herbert" (a big man's old heavy duty wool thrift store greatcoat), get 2 large parrots out of cage and put inside coat, button it, grab the key to absentee neighbor's house from wall hook, and drop in pocket – no – pockets have holes in lining! Put key between teeth – no! First call 911! Ok, then call the dogs and hurry outside. Slow down! It is icy under the snow, and pitch black, dark, treacherous walk to neighbor's house. Wait! Go back and get flashlight! So I *mentally* hugged 2 screeching and nipping parrots inside a heavy coat while me and shizoos tiptoed into my neighbor's empty house... *in my mind*. I know you're thinking "what a wacko!" but you'll be relieved to hear that the smell in the woodburner had become much less, and the little crack of fiery orange seen in the stove pipe diminished some. I felt better having devised a plan, and gotten everyone evacuated... *in my imagination*. So I put the alarm on for 2 hours, laid down on the sofa and fell asleep.

Next day—The wood is getting low and I could not get to the wood pile because the door was frozen closed. Grrrr. I threw hot water at it of course. Didn't budge. By now I'm getting a little mean, so I threw my body against the door and it jarred loose and I didn't even notice the pain in my shoulder, but later found out I had broken the hardware. I carried in the remaining wood, and closed the door and it refroze again almost immediately. *I'm so done with all this nonstop, frozen vs. fiery, disastrous, grunt work!!* Ron is to blame for this whole thing. I tossed the empty wood carrier box outside the front door which he will have to climb over and read an accusing nasty note attached, when

he got home...(but the poor guy would be driving home from Missoula tired, and not in the best or safest conditions, and I felt a small trickle of mercy and crumpled the nasty note.)

But everything looks better after a cup of coffee doesn't it? Next morning I reached for the...I was out of coffee! Grrrrr. I went to boil water for last ditch Folgers instant, but the propane which we used only for the stove had run out! Naturally the electrical power was out too, I think I mentioned that. I couldn't use the little single plug in burner. This is all just nuts. But then I got a vision of the Coleman camp stove stored somewhere inside the kitch which was good thinking by Ron, now out of the doghouse. I found and set it up, and when I saw the flame I thought it was a miracle. Then the little propane canister fast ran out and I was running on pioneer, wild-woman-bug-eyed, adrenaline now.

But I heard a voice inside my head, "call Emigrant General Store to see if they carry propane." I did—and of course, they did! They seem to have everything. Get in the car and go to store. It took about 15 mins to suit up (another reason why fair-weather folks avoid Montana) 10 pounds and 7 layers of clothes later I was getting in the car when I heard another thought knock on my skull, "Joyce, don't forget to unplug the car." Oh yeah, I got out and tugged on the cord, but it was was old and perhaps corroded, and it took all my remaining strength to pull the prongs out during which I fell back on butt, wool

scarf slid off my neck and took my thick fuzzy hat with it leaving my pony tail lying on my face. Grrrr! And brrrr! You're thinking, "NOW she's going to really lose it." Wrong, I got up and into the car whose door was miraculously not frozen, and it started right up! I smiled and patted my stalwart Subaru on it's dusty dash...and exhaled finally and fully for the first time in days of holding my breath. All was well.

Got Your Back—When Ron came home, happy, innocent as a little kid, and handed me a chocolate bar and 6 half-eaten, cold "to go" boxes from the Wok, I laughed, and said calmly, "So glad you're home," ... about 6 times. I ate some cold low mein with shrimp while I told him my story. He was surprised and said he was proud of me, and that I *did* everything he would have. But you know what, aside from the absurd, I did do pretty doggone good! I am not helpless—learned that there are always options, and I stick my chin out now in retro and typical "jj" to myself I say, "be the hero within!"

Post Script: I cannot believe the wimpy thing that I did last nite, 1/10/24: I turned the burner on the stove to warm up some beans, and there was no flame. Oh no, I've just written about this!! I dash into the office and say "Ron! No flame on stove!" He came to the kitch, lifted the lid and relit the pilot, and said, "nice to have a man around the house huh?"

[Rewritten from the pccj archives of winter solstice, 2013]



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- Was there any major life changes: married or divorced, children being born, children leaving the house, bringing aging parents into your home, paying off a mortgage?
- As our home ages, do we need to update our home-owners policy? *Some things like sewer backup coverage might not be in your standard homeowners policy.*
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History Lesson - The Waterproof Slicker

by Joyce Johnson

During the Civil War a tobacco farmer named Thomas McCoy enlisted in the army, leaving his wife and seven children to fend for themselves. He entrusted the family farm to his twelve-year old son, Caden. In August of 1861 Thomas was injured at the battle of Bull Run and though he survived the initial wounds, he was left outside wrapped in his blanket and slicker and contracted pneumonia and died. Thomas' wife began to sew blankets, clothing including cotton duck slickers, to support the family. One evening, 12 year old Caden accidentally knocked over a candle which spilled wax on the tablecloth. While cleaning up the mess, he noticed how the water beaded where the wax covered the cloth. He ran to get his dad's slicker from the barn and dripped some wax on the sleeve. Then he poured water over it. Ahah! And so it was: Caden's mother decided to help soldiers stay warm by using her son's experiment. She and her daughters sewed the cotton duck, slit-back riding slickers, and Caden and his brothers coated the fabric with candle wax;



the new slicker became the staple of the confederate cavalry uniform and was so valuable, it is said the cavalry stationed troops near the McCoy farm to prevent Union troops from raiding the supplies to make the slickers. When Caden headed to Texas after the Civil War, cattle drivers appreciated the slickers, nicknaming them "fish" because they could live in the rain. At that time, the cowboys noticed that the slickers made excellent covers to keep the trail dust from their clothes, thus the name "duster" was added.

Enter Hollywood:

The Long coats can give a character a menacing appearance. For one thing, They flap dramatically, like (bat) wings almost, and they are long enough to

conceal things, including a shotgun. Films often have a character pull an unexpected weapon out from under a duster to surprise an opponent. Additionally, because the coat is non-form fitting, it can also be used to disguise a character. In the 1993 movie classic, "Tombstone," a figure in a long roomy duster walks down the road towards Johnny Ringo, with his hat pulled down, but it turns out to be Doc Holiday. And you know the rest.

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Meet this year's Guest Speaker

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Join Whitney Pratt from *Land to Hand Montana* in learning about the how and why of seed saving. We'll be discussing how small changes in gardening habits can result in big changes in terms of seed production and community resiliency in terms of seed and food production and sharing. Whitney will also share some simple tips and tricks for planning and implementing seed saving in your garden.



Whitney has been working in farm-to-school and agriculture in the Flathead Valley since 2014. Whitney served two terms with FoodCorps and was a farm manager. Before moving to Montana, she WWOOF-ed and worked in community gardens in Vermont, Washington, D.C., France, and Thailand. Whitney has been involved with the Free-the-Seeds event since it started in 2016 and has been learning and teaching about seeds ever since. She first began learning about seed saving from her mentor at Purple Frog Gardens, Pam Gerwe, and then went on to learn so much more from Robin Kelson, owner of the Good Seed Company. Seed saving, like gardening, is a practice that Whitney is constantly being humbled by and learning more about. For her, the joy is in the challenge and the unexpected!

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by Shannon Kirby, doTERRA Wellness Advocate

HAPPY NEW YEAR

Here we are a couple weeks into the brand new year of 2024...did you make resolutions? Set intentions? If you did, you are not alone – millions of people around the world make resolutions to start the New Year off right.

It is widely known that creating a new habit takes 21 days. Most of us make resolutions because we want to do things differently, or do more of them (or less of them).

Most of us start off the New Year excited by the possibility...and then a few weeks in, often our energy or commitment flags a little. Are you at that point where you are having trouble sticking to your resolutions or focusing on them? Essential oils can help.

Most of us tend to make resolutions that center around health, such as losing weight, being more active, gaining muscle, increasing flexibility, sleeping better, living a more natural life, etc. Others make intentions that are all about happiness, such as increasing self-care, starting to meditate, starting yoga, practicing mindfulness, etc. Some

of the resolutions involve prosperity; that includes things like saving more for retirement, putting away money each paycheck for investment, going back to school for a degree or new skillset, finding a new job/promotion, etc.

Why not put essential oils to work for you to help you stick to your resolutions? Here are a few that can be extremely helpful.

Peppermint essential oil...is a great oil to reach for when you need to focus, need to clear the cobwebs from your mind, need a boost of energy, or need a push to overcome procrastination. It also has a cooling effect due to its menthol content which can be used on sore muscles after a workout and it is fantastic in water to freshen breath.

Rosemary essential oil...if you are juggling a lot of things, and have decided to take on going back to school, this is an oil that can be incredibly useful. It helps with focus and cognition, use it when you are studying for a test or struggling to learn new

materials. Pair it with lemon essential oil to help with clear thinking, focus and boosts alertness.

Frankincense essential oil...if you are embarking on mindfulness, meditation, yoga or any other activity to increase being present in the moment and quieting the mind, frankincense can be very helpful. It has been used for thousands of years in many types of religious ceremonies due to its ability to support calm and peaceful environments. It contains a-pinene, a compound that research suggests is soothing to the body. It is also thought to be beneficial to skin. If you are working on self-care, add it to your moisturizer or to a massage.

Citrus essential oils...we all face challenges and have days that we aren't quite as cheerful or upbeat. That is when you call on citrus oils like wild orange or lime. Citrus essential oils tend to be very uplifting and one chemical component often found in citrus essential oils, d-limonene, has been shown to boost emotions like happiness and positivity. When you need to put a smile on your face or give your mood and attitude a little positive adjustment, reach for a citrus oil.

Ylang Ylang essential oil...everyone struggles with stress and it can be very difficult to interrupt the "cycle" when it gets started. We start imagining the worst, fear and stress kick in, our bodies become tense, send signals of stress to the brain, and so on. It is a similar process with anxiety. There is a long history of ylang ylang being used in ceremonies to help create a calm environment. Breathing in this gentle, exquisite floral and pairing

it with mindful breathing will help you interrupt the cycles of stress and help you come back to a centered, balanced state.

Lavender essential oil...this oil is incredible and can be used for a myriad of issues. From burns on skin to relaxation or sleep. Lavender is my go-to essential oil for promoting a calm, peaceful environment. Add it to a diffuser in your bedroom to help create a serene environment. Enjoy in a bath to help you wind down before bed, make it part of a routine that prepares your body and mind for nightly restorative sleep. Put on your pillows, chest, and use on dryer balls when drying bed sheets.

Tea Tree essential oil...this is the oil to turn to for cleaning and purifying. Diffuse it to cleanse the air. Use it in your laundry to impart a lovely, green, clean scent. It is also great for cleaning as microbes don't stand a chance against it.

Feel free to reach out to me with questions or if you are curious about essential oils, 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
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Does Health Really Matter? Part 1

by Nurse Jill

Part 1 The factors that negatively impact your health—information to help you stay on the path to health successes in 2024.

Let's talk about weight.

There used to be a pretty consistent stereotype in American culture about health. The super skinny, airbrushed models lurking in the grocery register aisles and in our mailboxes used to have a monopoly on the standard for health, regardless of how unrealistic it was. However, there is now a growing number of people who are embracing the extreme opposite in rebellion against the presented Hollywood perfection and arguing that health has swung to the other side of the weight spectrum.

Both camps actually have the wrong focus. There is a lot of emphasis on appearance instead of truly understanding the impact of weight on our health, both high weight and low weight.

The best way to know if your body weight is healthy is to keep track of your body mass index, also known as BMI. This is a number that accounts for your height and your weight. The target for healthy BMI, according to the CDC, is 18.5-24.9. If you aren't sure where you sit: google BMI calculator and it will calculate your BMI for you. Your

doctor can also tell you what your BMI is when you have an appointment with them.

Too low of a BMI (less than 18.5) is mostly associated with nutrition difficulties which can lead to anemia (low blood levels), low bone density, lower immune ability, and vitamin deficiencies. Not keeping your weight up can also impact heart health, energy levels, and ability to heal well after surgery. Low BMI can be caused by medical conditions. Talk to your doctor about your diet, lifestyle, and any other symptoms you may have that keep you from maintaining your weight in the normal range.

BMIs that are 25-29.9 are considered "overweight" and BMIs 30 and above are considered "obese." Unfortunately, these levels of BMI are also associated with health challenges and increased risks of a myriad of conditions that can not only decrease life expectancy but also quality of life.

Loosing weight is difficult and a life-long struggle for some but let me encourage you to keep trying. The benefits of even a little success in this area can carry a noticeable improvement in health as well as prevent difficult complications if you do find yourself in need of surgery or hospital treatment. Remember, we're aiming for small successes not sensational overnight transformation. Life seems easier to just accept our

routine and not fail once again in weight loss but the risks of extra weight are worse than the effort to become active again.

Heart health. Many studies have shown that increased BMI is associated with an increased risk for heart failure, cardiovascular disease (and events), and heart failure. For every one point increase in BMI your risk of heart failure increases 5-7% depending on your gender. For every 5 point increase in your BMI you have over 25% more risk for atrial fibrillation: an abnormal heart rhythm that can cause a stroke.

Cancer. Obesity has been studied for its effect on cancer. Some studies found that obesity increased the risk of cancer by up to 17% as well as increased the risk of complications from treatments for cancer. Obesity is a risk factor for at least 8 of the most common cancers.

Joint health. It is estimated that when we are active our joints feel 3-6 times the actual weight that they are supporting. Just 10 extra pounds increases the load on our joints by 30-60 pounds. This extra burden can certainly add to the wear and tear that happens in the joints but there is also some evidence suggesting that obesity is a contributing factor aside from the obvious wear and tear. Total joint replacements have increased in frequency as America's collective

weight has also increased.

The CDC states that having a BMI of 25 or higher is also a risk factor for diabetes, gallbladder disease, stroke, high blood pressure, high cholesterol, sleep apnea, and even mental illness. Generally speaking as your BMI gets higher your risks get higher, too.

Life is busy and having healthy lifestyles is difficult and time consuming. But 20 minutes today investing in health far outweighs hours and days of recovery and pain when all the risk factors finally become reality instead of just a theory.

Walk 20 minutes, eat only half a dessert, take the stairs, park further away from the door, walk to your colleague's office instead of emailing or calling, say no to the office candy jar, join a once a week yoga class... there are many low-intensity options for starting on a path for success. Start small and your health will slowly, but surely, begin to turn around for the better.

At the end of the day it isn't how you look, there is beauty in all human life. It's how you are taking care of your one body in this one lifetime. We can't truly control all our health outcomes but we can definitely give ourselves the best odds by doing what we can to decrease our risks of chronic conditions that will steal quality and quantity of life.



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Friends of the Livingston-Park County Public Library Annual Meeting Keynote Address by Mark Sullivan

Livingston, Montana: Friends of the Livingston-Park County Public Library will hold their annual meeting on January 22nd, 2024, at 7:00 PM in the Bev Stevenson room of the Livingston-Park County Public Library. This meeting is open to the public and will include a keynote address from author Mark Sullivan. Elections for officer positions will also take place during this meeting.

The FOL Annual Meeting provides an opportunity each year for members and supporters of our library to come together and learn about what we've been up to, enjoy some refreshments, and chat with friends old and new. This extraordinary event will feature acclaimed author Mark Sullivan as our guest speaker. In addition to a captivating presentation from Mark, there will be a brief business meeting and refreshments. Don't miss out on this fantastic opportunity to connect with fellow library supporters and enjoy an evening of literary inspiration.

Mark Sullivan is the acclaimed author of eighteen novels, including the #1 New York Times bestselling Private series, which he writes with James Patterson. Mark has

received numerous awards for his writing, including the WHSmith Fresh Talent Award, and his works have been named a New York Times Notable Book and a Los Angeles Times Best Book of the Year.

To learn more about Mark Sullivan, please visit his website marksullivanbooks.com

About Friends of the Library:
Friends of Livingston-Park County Public Library raises funds to support programming and preservation of the Livingston-Park County Public Library by providing enhanced services and resources not funded by tax dollars alone. The Friends help the Library throughout the year to purchase books, periodicals, furnishings, technology, and fixtures, as well as sponsor internships and programs. FOL is an independent non-profit (501(c)(3)) whose members strive to raise awareness of and interest in the library.

For more information on the Friends, please attend one of their monthly meetings at the Library on the second Wednesday of the month at 10:30 AM or visit us at friendsofthelpcpl.org.

News from the Gardiner Chamber

We are organizing a book club to start on Sunday, January 21st at 4:00pm at the Scout House and will be held on the third Sunday of the month through May. Anyone interested in being a part of the book club is welcome to come. We have selected a book for our first meeting, *All the Light We Cannot See*, just as a way of getting conversation started. We will organize the rest of our meetings at that first meeting, so come with your ideas for books you would like us to read. Bring snacks/beverages for yourself (and others if you want to share). For questions, please contact Pat Baltzley at 410.979.1594 or Heidi Anderson at 406.641.0960.

Attention Gardiner Businesses: The Secretary of State is waiving the filing fees for your 2024 Annual Report. Complete the 2024 Annual Report online at biz.sosmt.gov by April 15

and the fee will be waived. Montana businesses have saved millions of dollars with the Secretary of State's recent reduction and elimination of fees as a result of increased efficiencies and record business growth. Learn more at biz.sosmt.gov. Thank you for doing business in Montana!

Are you a Gardiner Chamber of Commerce Member who would like to be a part of our mission to serve the membership and elevate business commerce for Gardiner? If you answered yes, we urge you to consider serving on the Chamber Board of Directors. There are a few vacancies on the Board beginning this year to be voted on at the January Annual Meeting of the Members. Your voice can make a difference for the community! Contact Terese to learn more at executivedirector@gardinerchamber.com.

MSU Park County Extension Upcoming Events

• Rural Energy for America Program (REAP)

Class will be held on Friday, January 19th at 1 PM at the Extension office. REAP provides grants and guaranteed loan funding for renewable energy system installations and energy efficiency improvements for agricultural producers and rural small businesses. For accommodation requests and to RSVP, call 406-222-4156 or email park@montana.edu.

• Silent Book Club

Share your love of reading in a quiet, introverted way on Tuesday, February 6th from 6:30-8:00 PM at UnWined Bar & Casino. This is a free event. To learn more, call 406-222-4156 or email park@montana.edu.

• Cup Charcuterie Class

Enjoy a night out with friends for this hands-on class on Tuesday, February

13th from 6-7:30 PM at UnWined Bar & Casino. The cost is \$10 per person. Class size is limited- RSVP by Feb. 6 to reserve a spot: park@montana.edu or 406-222-4156.

• Caregiver Respite Retreat

On February 16th from 10 AM- 3 PM at the Shane Center. This research-informed program utilizes social engagement while completing activities to improve and sustain the well-being of caregivers. Registration is required for this free event. Call Veronica Baca at MSU Extension with questions and register at, 406-222-4156.

• 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.



January is Human Trafficking Awareness Month

Join ASPEN on
Tuesday, January 30th
Noon - 1:00 pm on ZOOM

Louie Greek is a Coalition Build Specialist with Truckers Against Trafficking (TAT), a 501(c)3 organization that exists to educate, equip, empower, and mobilize members of the transportation industry to combat domestic sex trafficking. He speaks around the county about TAT's mission to law enforcement and the transportation industry. Mr. Greek has over 22 years of law enforcement, military, and humanitarian aid experience and has been fighting human trafficking since 2013. In Thailand, he assisted in the creation of the Thailand Internet Crimes Against Children (TICAC) Laboratory at the Royal Thai Police Academy, which is responsible for hundreds of arrests related to human trafficking. From recovering victims while working on human trafficking investigations internationally, to working local U.S. law enforcement, to overseas military deployments.



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Cassi Geiser

My name is Cassi Geiser, travel agent, local photographer (Beautiful Works Photography), and writer. I recently launched Journeybug Travel out of Livingston. Journeybug is a custom-curated, fee-free, travel, adventure and vacation-planning service.

I am your travel concierge. Anything that you want to plan, I can find and put together—a flawless travel experience. Of course, I book the basics: flights, hotels, car rentals, transfers, cruises, and traveler’s insurance. But I also book the extraordinary: jungle tours, vineyard tours, concerts, sporting events, historical tours, snorkeling, sailing, diving, whale watching, excursions to Antarctica, and other off-the-beaten-path locations, such as the Amazon River in Peru.

Do you want to climb K2? Maybe you’re looking for a local adventure? How about a guided trip through Yellowstone by dog sled? Tired of skiing locally and want to step it up? How about an all-inclusive trip with a guide to Switzerland? Or maybe you’re over winter and thinking you’d like to escape to a remote, tropical paradise where you’re drinks come poolside? OR maybe you and the guys need to take that ocean fishing trip you’ve been pondering? What about Fido? A dog-friendly vacation is actually a thing, and I can help you plan that, too. I also handle group rates for religious, corporate, educational, sports, family unions, weddings, bridal showers and more.

With access to over 4600 suppliers through my host agency and travel consortium—which assists me in agency connections, supplier connections, agent-only pricing, research tools, and specialized agent training—I am able to dig deep into options that maybe you didn’t even know existed. I have access to agent-exclusive pricing, making it easier for me to find you a better deal than you can find online. Many of my suppliers also will price match if a client finds the option cheaper elsewhere.

From your initial travel questionnaire to your arrival back home, I will check in with you every step of the way. I will make sure all of your arrangements are solid and in place, any fees due at check-in or port



fees will be fully disclosed up-front, and any delays will be tracked. It’s my job to ensure that these things are handled diligently, confidentially, and with care, as is all of your information.

Journeybug Travel takes the stress out of planning, so you can just go and enjoy your trip, resting assured that every aspect of your trip is in good hands.

Trip Exploration—It’s What a Good Travel Agent Is All About

Having a niche for finding, researching and learning all about what my clients want in a destination is essential. Because, although for my client it is a simple trip, to me it is a well planned, thoughtful itinerary based on the clients interests. If possible, I will always try to hook up your bucket list into the mix.

Are you a foodie? This is my specialty. As the wife of a French chef and restaurant owner, I learned a lot about international dining and about what the star ratings mean. If you need meal plans and reservations, grocery orders arranged, or anything else, I am happy to be your all-inclusive, go-to assistant. Anything you need on your trip, I am happy to arrange (as long as it falls within the legalities of my position, of course).

Just Cruise

I have relationships with Norwegian, Carnival, AmaWaterways, Holland, Viking, Princess, Disney, and more. I can book ocean and river cruises to nearly everywhere in the

world! There are even world-cruises that last about a year through Viking. From a \$325 Carnival Cruise to the Caribbean or Mexico to a lavish AmaWaterways Inclusive adults-only European river cruise down the Rhine or Seine Rivers, to a multi-continent cruise, and cruising in groups, couples, families, or solo, with so many options, a trip advisor will be valuable.

A Disney Specialist

I have completed the Disney College of Knowledge, which means that I’m trained in all the different


vacations that Disney has to offer. Disney offers inclusivity and kids clubs for children with most of their packages. Disney is also the host-guiding provider for National Geographic Expedition Trips. These are inclusive packages that include adventures, with private guides to places like Antarctica and Peru. Disney Cruises include all food and activities, and also age-appropriate kids clubs, where licensed therapists lead organized fun and engaging activities for young kids, tweens, and teens. Parents can relax, have a drink, enjoy a show, or just have some quiet time, knowing their kids are in good hands. Since everything is custom, we can build your personal Disney vacation, or go with the Disney-only exclusives—it’s up to you.


Feel free to reach out if you’re curious. If nothing else, you’ll walk away with a custom quote and a good idea of your dream vacation with all the details.

There is only so much time we are given in life. There’s only so much vacation time one can take. If transforming your life through travel is something you’re exploring, I can help with that. People love to take vacations. It makes them smile. I can think of no better way to get that smile than to assist them with their ideal trip and save them money at the same time by booking with Journeybug!

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Water Service Line Questionnaire/ Inventory

The City of Livingston Public Works Department is working hard to ensure that all of the materials in the water system are known, inventoried, and up to modern standards. As there's no lead in the water delivered to your home, particles of lead can get into your drinking water as it passes through Lead Service Lines. While monitoring water quality is nothing new, we are asking for city residents' help to complete the questionnaire below, pursuant to the EPA's forthcoming Lead and Copper Rule Revisions released in December 2020. Those revisions require the city to take an inventory of all the locations of lead, non-lead, galvanized, and unknown water service lines within the City limits before the October 16, 2024, deadline. We will do this by utilizing our existing asset management software researching city records, and in public outreach and citizen engagement.

When a tap is made to a water main, this is the point in time when a water service line is installed. The City also maintains records of every "re-tap"

made to a water main; a re-tap is a replacement of a water service line at the same location or serving the same lot as the original tap. The city can show that all new water service lines installed after 1970 and all water service lines replaced after 1980 are Non-Lead. Therefore, prior to these dates water service lines installed or replace are of unknown material type and have the potential of being Lead or Galvanized.

Those who received a letter and do not respond to the City's efforts will have their water service material types identified as "Unknown." The EPA requires that all services with "Unknown" material types be mailed a letter every year starting in 2025 that provides a statement about service line material, lead health effects, steps to minimize lead exposure in drinking water, and an opportunity to verify the material of the service line. More information can be obtained by reviewing the supporting documents at the bottom of the page or by calling the City's Water Service Inventory Hotline at (406) 222-5667, or

by emailing Public Works.

Text Instructions and Example (complete prior to responding to questionnaire below)

Tools Needed:

1. Flathead screwdriver, copper penny, or similar metal tool
2. Magnet

First, locate the water service line coming into the building. You will typically find it located in the basement, mechanical room, or in a wall panel. A water meter is installed on the water service line pipe after the point of entry into the building, see the example pictures below for additional information.

Identify test areas on both the inlet and outlet sides of the water meter. The inlet is the side coming into the dwelling from the street AND the outlet side, or the portion that leaves the water meter and goes into the dwelling. If the pipe is covered or wrapped, peel back the cover to expose a small area of the pipe, about 6 inches, to clearly see the color of the pipe.

Using the edge of a screwdriver, penny, or another similar tool, scratch or scrape through any corrosion that may have built up on the outside of the pipe so that the color of the pipe can clearly be seen. Then use the magnet

and the color of the pipe to identify the material of the water service line from the following criteria:

If the scratched area is shiny and silver-gray, your service line is lead. A strong magnet will not stick to a lead pipe.

If the scratched area remains a dull silver-gray, and a strong magnet sticks to the surface, your service line is galvanized.

If the scratched area is copper in color, like a penny, your service line is copper. A strong magnet will not stick to copper.

The service pipe may be plastic and plastic pipes may vary in color. Plastic pipes are rigid, non-metallic, and may have information regarding the characteristics of the plastic printed on the side of the pipe.

Take a photo of the water meter showing both inlet and outlet sides of the water meter and service lines coming into the building and attach it to the bottom of this questionnaire

If, after completing the above and you are still uncertain about your water service line material. Please schedule an inspection with a representative from the Public Works Department at (406) 222-5667.



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THREE EYED JACK

Rock and Roll

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Rock and Roll

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March 5th,
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February 6th,
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Subject: Travel

April 2nd,
@ Neptune's Brewery
Subject: Yard and Garden

Presented by Yellowstone Bend Citizens Council



A special moment, Captured.

On a dreary November afternoon, a child plays checkers with David Boie inside the foyer of the Empire Twin theaters an entrance to Coffee Crossing in downtown Livingston. Livingston is a very magical place, here we have found friends can come in all ages. David calls me "buddy" and it makes me feel happy and warm. David, thank you for your kindness and, always, great conversation. We love our local cafes and the people that frequent them.



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COACH'S CORNER

BY SCOTT ROSBERG

Our Core Covenants



In my mid-December column, I talked about the concept of Core Covenants that I use with my teams. Today, I am going to begin talking about the specific covenants that my PHS Boys' Basketball team has chosen as our Guiding Principles, Team Standards, or Program Values that we want to live by and be known for. As I told you in December, the reason why we like the term "Core Covenants" is because "covenant" is a stronger word than the terms I just mentioned.

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. When teams establish covenants, if they are merely making statements about what they want to be known for, but they are not willing to follow through and live those covenants through their actions, it is worse than not having covenants at all. Teams without covenants (standards) are certainly a problem. Teams that claim they have standards but do not live by those standards are hypocritical, and they are living a lie.

Establishing covenants and then living by those covenants can be one of the most important things that any team does. It sets a tone for the season. It says, "This is who we are. This is what we stand for. Because of that, this is what you will see from us." When all members of a team buy in to the covenants that have been established, it is an extremely powerful force in helping a team become all that it is capable of becoming. In essence, team members are saying, "I commit to living my life the way that we as a team have decided we need to live in order to be the best we can be."

Many boys who were going to be trying out for our team met for an hour a week in October and November, before the open gyms we had prior to the start of our season. We had players from 8th grade all the way through seniors who met each week to discuss what we wanted to establish as our covenants to live by this year. We came up with 16 different behavioral traits that the players and coaches thought were important for our team to live by.

We then put them into a bracket, much like the country does at March Madness time. We had each term play against the term opposite it in the bracket to determine which one would advance. We had great discussions during this time, as every single one of the 16 behavioral characteristics on the bracket were important traits for teams to possess in order to become their best. However, our goal was to come up with four—The Final Four—that we felt were the most important ones for our team to live by this year.

After a lot of great discussion about the various terms and the subsequent movement across the bracket by the terms that won each round, our players and coaches decided on the following four characteristics to be our Core Covenants: Discipline, Trust, Respect, & Team-First Attitude.

Consider those four values. Who wouldn't want to work, play, or live in an organization that was founded on and then lived by those qualities? Imagine if the teams you have been a part of or the place where you work or any other organization in your life were to make those four characteristics the foundation

of everything you did. Think about what you could accomplish and how much you would love being a part of that organization.

That is our goal with these four covenants: to have the members of our basketball program commit to living by these four standards as we make our way through this season and beyond. I invite you and encourage you to come watch us and see how we are doing at them. Keep in mind that we are human, and we will stumble at times. We are also a program of 14 to 18-year-old boys and their coaches, so we will need to continually work to reinforce what we are trying to accomplish.

There are times where you will see us living by all four of these, times where you will see us good with one or two and not so good with the others, and times where you will wonder where any of those four characteristics are. That is the nature of teams, and it is the nature of a new concept as a team tries to establish a new culture.

I ask that you have a little patience with us and have a little faith that we are working to bring these values into existence in our program. I also ask you to help us hold ourselves accountable to them. If you see us behaving in accordance with these covenants, let us know, as that will be a great reinforcement for us that we are doing things the right way. If you see us falling short in some way, let us know that, too, as that will also be a great reminder to us that we need to constantly be working to become who we say we want to be.

In the next column, I will talk about the specifics of the four covenants that we have chosen. I will either cover all four in that one column or break them up over multiple columns. Either way, stay tuned to find out what we expect you will see from us when we are living by our covenants—Discipline, Trust, Respect, & Team-First Attitude.

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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Wonderful, at last, our snow cycles have been activated! I'm sure you have all been waiting for more terrain to open and to stop thrashing your skis to heavily. While I really enjoy tuning and caring for my skis, I'm looking forward to not spending so much time at the bench. I hope some of my tuning tips have helped you improve your skills there. I would still recommend keeping the skis sharp under the foot, bevels maintained and making sure your tips and tails are properly detuned. These qualities make a huge difference even on soft and powdery conditions.

This session I wanted to drop a couple simple drills and a sensations that will surely improve how you stack your posture and overall positioning on your skis. When things are lined up, you are much more able to apply pressure at the right time. Applying these pressures accordingly, leads to being more agile and nibble on whatever terrain you encounter. Another way to think about this is what your feet can do. Your ability to flex and roll your feet controls what your skis are doing with effortlessness. They are the last connection to the snow. Whether you're out carving groomers or attacking some advanced tree filled lines.

The first drill is a static drill on a flat

surface. I like to find a flat spot at the top of the lift. You can find some correlations on the pitch. This drill involves keeping your skis on. Start with your feet closer to hip width. You can even have your boots touching if you would like. Now, with your hands out wide for balance, gently shift weight into one foot and slowly extend your other foot and ski. The slower the better. Ultimately, it will take some balance to slowly extend your boot and ski and then a subtle weight shift so you can properly have any weight on the outside skis. Alternate each side a handful of times. What this does is give you a good idea of what body positions are required to place any weight on the extending foot and ski. The subtleties are key here. Your main takeaway is that if you are automatically creating a "C" shape with your body in order to have weigh on the extended ski. Place these sensations and the positions created in your memory bank.

The next drill is static to begin with, and then you will add some movement to it. This drill is on the pitch. You can choose a steep pitch if you would like. Begin by

standing with your skis hip width apart, and your arms outstretched for balance. Your skis are parallel to the fall line. Now, jump equally off both skis and place them down the hill one foot or two. This will require some effort and some absorption of the landing using your knees. In order to do



this, you will automatically be landing with some angulation in the feet and your arms will feel best outstretched. This drill gives you another sensation of what body positions are required to achieve balance on the balls of your feet and with edge awareness. Once you get the hang of this statically, you can start doing this slowly as you are moving across the hill in slow, methodical turns. There is a lot to unpack and discover here. It is a great drill for creating sound positions automatically. The key is to become aware of these positions in your own way. Then you can slowly begin

to take them to your normal skiing.

The final drill is to place your poles at your hip creases while making mellow turns on relatively low angle groomers. I like to apply some pressure to keep the poles in the hip crease. Once you get the hang of this drill you can take it to a steeper pitch. As you begin, feel like your hips are somehow tethered to the poles and there is a sense of levelness in the poles and hips. The sensation you are looking for is that you are attempting to keep the poles and hips level throughout the turn. This will indeed be a challenge. The main takeaway here is that your hips need to be parallel to the slope and be facing down the fall line. The poles should remain perpendicular to the fall line. This drill will once again create some automatic positions that dramatically affect how your hips are positioned over your boots and that makes it much easier to apply pressure to the tough of your boot. Notice how much easier it is to flex your boots throughout the turn, especially at the

bottom, when the pressure and apex of the turn takes place.

I hope these drills give you some great sensations that you can take to your free riding. I recommend giving these several days before you can translate them to natural skiing. Remember to feel how differently your feet feel. You should be noticing some very new things when it comes to flexing into the boot. The ski will behave in a new way! Ski hard out there and keep snow dancing!

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Published & Created by former
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Jeff Schlapp

312-506-7261
jeffschlapp@parkcountydugout.com

Crossword Puzzle Number 317

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21				22	23			
			24					25						
26	27	28					29					30	31	32
33						34	35				36			
37						38					39			
40						41					42			
43					44					45	46			
			47					48						
49	50	51					52					53	54	55
56						57	58				59			
60						61					62			
63						64					65			

- Across

1 Portion

6 Totals

10 Champion

14 Hot chocolate

15 Deck division

16 Styptic pencil ingredient

17 Countertenors

18 Heroic tale

19 Unconventional early 20th century art movement

20 Occult

22 Two fins

24 Very fine-grained soil

25 Suffix for a focused event

26 For ever

29 Puff

30 Huckleberry Finn’s pal

33 Boyfriend

34 Split fifty-fifty

36 Prefix: very small

37 Admits

38 Faint

39 Book ID

40 Small amount

41 Roman Earth

42 Lecher

43 Technical degrees

44 Quarry

45 Fashionable

47 Adverse criticism

48 Little Joe

49 Hit hard

52 Editions

56 Global auction website

57 Bong
- 59 --- Hawkins Day

60 Stain

61 Wicked

62 How golfers want to finish every hole

63 Spanish kiss

64 Funnyman --- Carvey

65 --- as a lobster
- Down

1 Bunco

2 Sacred

3 Deeds

4 Underlying reason

5 Without difficulty

6 Analyze

7 Two-fold

8 Excavate

9 One of a hundred in D C

10 In case you --- noticed ...

11 Panache

12 Bad-mannered

13 --- Bradley, five-star general

21 Broke

23 Sibyl’s power

25 Act of kindness

26 Big banger

27 Jerry Lee ---

28 Collector’s list

29 State of high honor

30 Skipper of the Argo

31 Out of favor

32 British W W II general

35 Had eight days according to the Beatles

36 Residents of Abuja, for example

44 Gaza Strip grp.

46 World’s largest land

47 Reach by air

48 Chap

49 “Dragnet” creator Jack ---

50 Competent

51 Its capital is Vientiane

52 Conceited

53 Scent

54 Diamond team

55 New plant in the making

58 Walking in space

Crossword Puzzle Number 316 Solutions

1	L	A	C	E	Y		6	S	T	U	D		10	C	L	A	W		
14	A	W	O	K	E		15	W	I	F	I		16	O	U	T	A		
17	N	A	M	E	S		18	A	P	O	S		19	T	O	L	I	C	
20	D	I	M			21	C	B	S		22	C	A	L	L	T	O		
23	S	T	I		24	G	M	A		26	S	O	I	L					
			27	T	A	U	T		28	T	E	N	N	Y	29	S	O	31	N
32	N	33	O	T	I	M	E		34	R	A	N	T		35	C	P	U	
36	A	X	E	L		37	R	E	U	S	E		39	W	R	E	N		
40	Z	E	E		41	O	P	A	L		42	C	43	L	E	A	N	S	
44	I	N	S		45	A	N	I	T	Y		46	T	A	R	P			
				47	B	E	L	S			48	E	D	E	M	49	A	50	S
51	C	52	53	O	R	A	L		54	55	M	I	D			56	E	L	E
57	H	I	M	A	L	A	58	Y	A	S		59	U	N	T	I	E		
61	A	D	A	M		62	R	O	A	M		63	G	R	A	S	P		
64	D	E	N	S		65	S	U	M	S		66	H	A	L	T	S		

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

- Brag

Bunko

Canasta

Carlton

Crib

Demon

Fan-Tan

Faro

Fish

Gin

Grab

Hearts

Hi-Low
- Misere

Nap

Ombre

Poker

Red Dog

Rouge et Noir

Rummy

Skat

Solo

Spades

Stop

Whist

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

Sudoku Puzzle Number 316

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

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

Our main goal is to keep this paper, and the website access, FREE to everyone!

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We are also asking if you feel this publication has real value to you, and it is not a hardship, to consider signing up for a monthly donation...we sure would appreciate all the help we can get to keep this publication free and available to everyone!

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

Sudoku Puzzle Answers 315

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

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:

- January 2nd, 5:30pm-7pm
The Owl
Subject: Kitchen
- February 6th, 5:30pm-7pm
Unwined Wine Bar
Subject: Travel
- March 5th, 5:30pm-7pm
Katabatic Brewery
Subject: General Household
- April 2nd, 5:30pm-7pm
Neptune's Brewery
Subject: Yard and Garden

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.

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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.

Rhino Linings of Livingston is looking for a prep/applicator. Requires physical labor. No previous experience necessary, will train. \$20/hour DOE. Stop by American Automotive at 320 1/2 N. Main Street and ask for Helena.

Park County Community Journal is looking for a general assignment reporter. We are looking for a individual willing to get involved in the local community with writing briefs to in-depth stories about people, events and issues facing the community. May require evening and/or weekend work. Schedule is very flexible. Please email your resume to Steph at community@pccjournal.com to schedule an interview.

911 Communications Officer

The City of Livingston, Montana is seeking a highly motivated individual to perform role of 911 Communications Officer in the Livingston Police Department. Please apply at www.livingstonmontana.org/jobs.

Heavy Equipment Operator

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

Water and Sewer Maintenance 1

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

Year-round cleaner needed immediately! The **Gardiner Chamber of Commerce** is seeking a cleaner for our building and public restroom facilities. Offseason 1 - 2 cleans per week, summer schedule 3 - 4 cleans per week. Time of day for cleaning is flexible, we can work around your schedule! ICEC (independent contractor license) is preferred but not required. Pay is a minimum \$27/hr. If interested contact Maria asap at operations@gardinerchamber.com, 406-848-7971, or stop in at 216 Park ST. Gardiner, MT.

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 hire a qualified candidate to fill the position of full-time Custodian to fulfill janitorial needs for the school district. Applications are on our website at www.gardiner.org

and can be sent to Super@gardiner.org or to the school (510 Stone St, Gardiner, MT, 59030). Salary based on experience with benefits.

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 in need of a Kitchen Sub. This Sub would run the kitchen and feed the students when the Kitchen Manager occasionally needs to be off work. Applicant shall have good health awareness, ability to lift and carry heavy items, time management skills, basic food preparation and cleaning skills. Training will be provided. Please call the school at 406-848-7563.

Gardiner Public School is desperately seeking applicants who possess or are willing to obtain a Class B CDL license w/passenger endorsement and air brakes endorsement. Anyone interested, please contact Patricia Baltzley, Board Chair, baltzleyp@gardiner.org or call the school @ 406-848-7563.

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

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

Chico Hot Springs is always looking for great new employees. Are you

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

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

Detention Captain

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

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

[parkcounty.org/jobs/37/Detention-Officer#job_37](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.

Short-Term Road Worker - Park County Road and Bridge Department is hiring several short-term road workers to assist with the operation and maintenance of county roads and bridges. The work will mostly involve road patching equipment and mowing county roads and installing snow fencing. The job involves driving a tractor, side mower or other equipment in a safe and efficient manner. Road Department employees operating safety-sensitive equipment are subject to pre-employment drug testing. Apply online at https://jobs.parkcounty.org/jobs/107/Short-Term-Road-Worker-1#job_107.

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.



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Comm. Sale | #388822 | \$275,000
Jessie Sarrazin | 406-223-5881



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



720 N 11th Street
3 beds 2 baths | 1,810 sq ft
#386721 | \$575,000
Gillian Swanson | 406-220-4340



625 N 5th Street Unit #T
3 beds 2.5 baths | 1,292 sq ft
#387810 | \$455,000
Theresa Coleman | 406-223-1405



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



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



48 O' Halloran Road
2 beds 3 baths | 2,112 sq ft
#386989 | \$860,000
Julie Kennedy | 406-223-7753



1010 Prairie Drive
3 beds 2.5 baths | 1,904 sq.ft.
#388296 | \$445,000
Gillian Swanson | 406-220-4340



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



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



5040 US Highway 89 S
2 beds 1 bath | 1,302 sq ft
#383818 | \$421,000
Julie Kennedy | 406-223-7753



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

Tracking Winter Wildlife at YGM January Family Days

The Yellowstone Gateway Museum in Livingston announces its Tracking Winter Wildlife Family Days on Saturday, January 27th, from 10am to 12pm. Families and individuals can participate in a track scavenger hunt throughout the museum, looking for wildlife tracks of animals that live in the Greater Yellowstone Ecosystem. Educational facts about each animal will also be available. Track coloring pages and other activities are planned, and the museum will be open for exploration.

Family Days is a program at the museum held on the last Saturday of each month. Families can visit the museum and participate in different activities that encourage exploration of the museum through different themes. Admission is free. The program is made possible in part by a grant from the Community Closet.

Visit <https://www.parkcounty.org/Yellowstone-Gateway-Museum/>, Facebook or Instagram for updates. Call 406-222-4184 for details.

Together Again

By Robert Nehls

I am a writer! That sounds pretty good rolling around in my empty head. I am a writer! But, of course, it is a lie. A lie that I have mumbled for so long now that sometimes I believe it. Yes, it is true that at one time in my life the words flowed out of me like a great untapped fountain. They gushed from my heart to my hand, and through the pen filling the many pools of inspiration that I called poems, and stories, and lyrics that sang to my soul. It was a wonderful time of joy and happiness. Oh, I was a writer and could not wait to rise each morning. I welcomed the muse into my world and together we formed a bond I thought would go on forever.


Sadly, "I am a writer," no longer rings true and I have never been good at lying to myself. Forty years, the muse and I danced to the sounds of life. But the friendship faded until finally it vanished in the wind that once blew visions into words.

I must admit that I am lost without my friend and desperately need that relationship back once again. For months I walked in the park listening to the sounds of nature, hoping for words to come. Silence, nothing more, silence. I sat on my favorite bench and gazed upon the beautiful mountain that is affectionately known as the Sleeping Giant. I prayed for the giant to come alive and speak to me. Still, nothing.

Then, one cold and cloudy morning, I closed my eyes, leaned back, and felt something pressing against my spine. Turning around I saw a small plaque. Funny, I hadn't noticed it before. I read it aloud. "Dedicated to the best friend I have ever known."

Well, slowly I turned my eyes to the mountain and the Sleeping Giant opened his eyes and spoke to me. "Hello old friend, nice to see you again. Sure, it seemed a little strange, but I invited my old friend into this rundown shack I call me, this rundown shack that used to be our beautiful home. Together we swept up the dust of forgotten thoughts and dreams of long-lost stories that yearn to be told. We poured the dust into a large pot and watered it, every day, with hope and happiness. Our relationship blossomed into flowers with petals of poems, and stories, and lyrics of songs that we sing once again, together. Yes, together, we are the writer. And maybe, just maybe we were both lost and searching for the one that made us whole.

Thank you for coming home my dear friend.



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LIVINGSTON ELKS
LODGE #246



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Proceeds funded the Christmas Food
Baskets for our community and other
charitable deeds in the community
and at our lodge.

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

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