

PHS Brentin Allgood

selected as Baseball Factory Rookie Pre-Season All-American

December 26, 2023 | Park County Dugout



Brentin Allgood is in action against Ennis last summer during the Babe Ruth League in Livingston. Allgood is part of a strong, young foundation that the 2024 Park High Rangers new baseball team will count on to help build their team. Photo by Jeff Schlapp

By: Jeff Schlapp

Park High will play baseball for the first time this spring. Freshman Brentin Allgood gave up a promising wrestling career to concentrate full-time on baseball, and he hopes it pays off with the Rangers. Still, in the meantime, he was recently selected as one of Baseball Factory's rookie pre-season All-Americans.

Brentin will compete in the 2024 Baseball Factory Rookie Pre-Season All-American Tournament on January 19th-21st at IMG Academy in Bradenton, Florida. Brentin was hand-picked for the honor by the IMG Academy baseball scouts out of 50,000 players countrywide as one of the best 8th or 9th-grade baseball players.

Last year, as an 8th grader, Brentin wrestled at the Middle School State Championships, the first 8th grader to do so for Sleeping Giant Middle School in 20 years. He would have had a promising

career at Park High on coach Linton Jett's wrestling team, but he bypassed at least his freshman year to play baseball.

Last March, the Livingston School Board voted unanimously to approve baseball as an official high school program at Park High. The Montana High School Association sanctioned boys' baseball in 2022, and 21 teams in Montana played the 2023 season. The first playoffs were held at Cooper Mountain Park in Butte, with Polson defeating Whitefish 10-4 to claim the championship title.

The season begins at the end of April when temperatures are cold in Montana. Hitting a baseball in perfect 80-degree weather is hard enough. Finding your stroke when it's 45 degrees outside is another challenge altogether. As a parent, you almost have to figure out a year-round program for your child if he wants to be

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Livingston resident, Chad Peterson, rides the slopes of the concrete waves in the skatepark next to the Civic Center at Sacajewea Park.
Photo by Norman Kwiecien, Paradise Valley Photographer
(Chad, contact Norman at njkwiecien@gmail.com for a copy)

Open Audition Call at the Shane Center

On Tuesday, January 9th at 7pm, Director Russell Lewis will hold open auditions for a community theatre production of *Sunday in the Park with George* at the Shane Lalani Center for the Arts in Livingston.



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 "finish the hat," Seurat alienates the French bourgeoisie, spurns his fellow artists, and neglects his lover Dot,

not realizing that his actions will reverberate over the next 100 years.

Roles are available for actors ages 12 and up. No prepared audition material is required. Rehearsals for this production will take place weekday evenings from January 15 through February 22. *Sunday in the Park with George* runs weekends from February 23 through March 15.

More info at theshanecenter.org.



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Community Christmas Dinner in Livingston served up a special meal as Compassionate Neighbors celebrate their 40th year.

December 25, 2023 | Park County Dugout | Livingston

By: Jeff Schlapp

The Compassionate Neighbors served a Community Christmas Dinner for free at the Civic Center in Livingston on Christmas afternoon. And it was delicious!

Thanks to the generosity of local businesses, the Civic Center was ready to welcome in more than 175 people and offer them a complete turkey dinner for free with all the sides you would hope for.

The volunteers (40 came to offer help) began cooking four days ago as the turkeys needed to be cooked in advance at Park High School. Those same volunteers

helped set up the tables and chairs, decorate the Civic Center, and waited on those who showed up to offer refills of their drinks.

The Christmas Day meal was served from 12:00 p.m. to 2:00 p.m. and ensured that those who were alone or had family out of town or maybe a husband working, whatever the reason for joining in, didn't go without Christmas dinner and friendship on this day meant for giving.

I doubt there were any leftovers, but if there were any, the volunteers were prepared to send people home with leftovers, and the remainder would be

given to Loaves & Fishes Soup Kitchen.

It was a nice afternoon. Great food, and plenty of smiles to make even Scrooge's heart warm. The people who volunteered, I see the same faces often at other events. In case they're not told often enough, thank you!

And with that, I'm off to enjoy my Christmas meal with my family. I hope all had a wonderful day.



Forty volunteers helped serve the Community Christmas Dinner on Christmas day at the Civic Center in Livingston. Photo by Jeff Schlapp

Allgood

from page 1

looked at by college programs, let alone baseball scouts.

However, Brentin has proven himself to be up to the challenge, and this award is a sign that his hard work is paying off. He will play in three All-Star games, have a recruiting page created professionally, and participate in the Pre-Season All-American ceremony and awards presentation.

Baseball is alive and well in Livingston and at Park High. Brentin Allgood is ready to start and help lead a new tradition. I hope the town of Livingston follows suit.

It's a lot like a relationship when you love a baseball team. You stick it out through injuries and love them anyway. When they lose, you still love them. You're proud to be in your relationship, just like



you are proud to be a fan. It's true love that will never let you down. Come fall in love with the Rangers.

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The future Walter Cronkite, Art Buchwald, Mike Royko, and Jason Whitlock may have arrived.

Wyatt Sumners & SGMS start up the Cougar Newspaper

December 19, 2023 | Park County Dugout | Livingston

By: Jeff Schlapp

When I answered an ad for a sports editor in John Sullivan’s newspaper, I had no idea where it would lead me today—a second career telling stories. Publishing the *Park County Dugout* and acting as writer, editor, marketer, salesperson, and podcaster has been the best retirement one could ask for. I’m not an AP-style journalist, more like a decent letter writer who tells you what you missed if you had been hanging out with me. And I’m my boss.

It’s worked—everyone has to find their niche. A group of Sleeping Giant Middle School (SGMS) budding journalists have been spending the last four months discovering their niche and, in doing so, created the *Cougar Newspaper*, SGMS student-run newspaper.

I sat down, shared a few thoughts, and listened to them tell me how the paper started and operated.

School Principal Todd Wester was looking for a way to improve school spirit and invited the students to help brainstorm some ideas. Wyatt Sumners thought a school newspaper would help increase school spirit, so he took his idea to Principal Wester.

“I thought it would be a cool idea and something for me and my friends to work on,” Wyatt said. “If the kids in sports could read about themselves, the choir, band, and even speech, that could help school spirit. And it grew from me and a group of friends to about 15 students.”

There are four photographers, writers,



editors, a copywriter editor, and someone in charge of distribution, and *Cougar News* even has a comic strip creator (Dade Herring). Each grade, sixth, seventh, and eighth grade have students contributing.

The kids have put out three editions thus far and are planning on their fourth copy being done in time for print before they leave school for Christmas break. The paper features school news, sports, teachers’ stories, arts, and an op-ed piece by Ivan Rate titled *Why Teachers Matter*.

A quick read of page one of the most recent edition of the *Cougar News* shows that it’s very well-written and witty. The sports article by Zoey Parker was informative, but in the style of the *Dugout*, it does not let the refs off the hook for some missed calls.

Alex Ames, Jack Ira Gilbert, and Max Schuelke did a great job covering the Creature Feature story about Gary the Leopard Gecko, in Mr. Schad’s classroom. It’s creative and very funny! And Levi Gonzales wrote a fantastic piece on the fall band concert titled, *Musical Notes*.

Principal Wester is very excited

about this group of kids and is thinking of creating a journalism class from the experience. By the looks of the growing numbers of students wanting to work on the paper, it would be a very popular class. Most kids told me they would like to become journalists or photographers someday.

The students who work on the *Cougar Newspaper* are Wyatt Sumners, Sylvia Garrett, Sophia Brown, Griffin King, Ivan

Rate, Leo Amaro, Levi Gonzales, Emmett Shannon-Lier, Zoey Parker, Cameron Flug, Nora McNew, Jack Ira Gilbert, Nelson LaRowe, Kenneth Howell, Dade Herring, Alex Ames and Max Schuelke.

In the next edition, look for stories on the band and choir Christmas concerts, the recent SGMS basketball tournament, and a special interview with Abbie Bandstra.

Good luck with the paper, kids. And never forget what Christopher Hitchens once said: *I became a journalist partly so that I wouldn’t ever have to rely on the press for my information.*

CNP

The Sleeping Giant Middle School

Cougar Newspaper

Volume I, Edition III, November 21, 2023

SLEEPING GIANT

MIDDLE SCHOOL

Photo Credit Jack Ira Gilbert

End of Quarter Reward Day

CNP News Story by Cameron Flug

October 27, the Friday before last Halloween, was a reward day, and in it there were multiple activities students could do, plus concessions. Many students report that concessions are one of the best parts of the reward day. To get in, students must have good grades – no more than one D and no F grades, and sometimes, no missing assignments. A student must also have no suspensions the week of the reward.

The concession stand is located in the small room right next to the teacher break room. Students sell all kinds of stuff like chips, soda, candy, and sometimes baked goods (rice crispy treats, cookies, and muffins) also popcorn.

There were 3 activities for the dance. They were; being in the gym with the music, in the library with games, and watching a movie in the cafeteria. Most started in the gym because they wanted to see a bunch of people's costumes. There were a lot of different costumes like a blueberry, 2 inflatable dinos, a gnome, a princess, darth vader, and a banana. There were lots of games like Yahtzee and other board games including chess. In the cafeteria there was a showing of a Little Rascals movie.

Students reported that the day was a good time and they continued talking about it the following week.

Park County

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AI, Sheep Dogs and the Acorn

by Joyce Johnson

We made it through another year! Welcome 2024! Even has a nice balanced look to it.

Can be divided by 2. Year's end is tough for many people though. Speaking for myself kinda like a full moon time. I therefore really appreciate the light and joy that counters the darkest time of the year, with many little miracles literally shining light on the path when it's hard to see.

I saw a video clip that squeezed my gut though. An interview with a robot, and comments by the individuals who promise that Artificial Intelligence is the brilliant

solution to life on Earth. Oh goody?... :-\ But wait a minute! AI doesn't *think, or create or intuit or spill heart compassion*—it's just a E-file vending machine, or App. In the video, a robot was being interviewed. She, the pretty, young plastic head of the ugly robot body, answered questions with realistic sensual mouth and almost seductive expressions suggesting a very *you know* personality. For some that is cool. I growled.

AI is triggered by algorithm...(picks up key words that match)..and are therefore lumped together, and wired to programmed avenues of logical conclusions, etc. A clever brain impersonation! But no, not *smart*. A sheep dog is, on the other hand, so smart it can actually herd 100s of sheep together and lead them home, or to designated places as the shepherd directs him in "whistle-speak." Dogs can chase away predators, find strays, and are a 100 times more brilliant than a robot—sez me. A dog would growl at one of those things I am quite sure and it proves how smart he is... I now herd you to my favorite Psalm, #23: "He leadeth me beside the still waters. He maketh me to lie down in green pastures, He restoreth my soul. Yea though I walk through the valley of the shadow of death,..."*(I whispered it over and over when in the hospital with Covid, and the beautiful word pictures distracted me nicely, to say the least.)*

I know, there are some handy things about AI. For example, you can ask your car's computer where the next gas station is, or the closest MacDonald's I suppose. I don't need that app as I have lived here 35 years and know where everything is and don't go anywhere else. But I asked my \$39 smartphone how deep was the ocean, and it answered in detail! Um...thank you, but the following is more my speed: I cannot wait for someone to invent a friendly little dashboard robot that detects and waves to every car we pass on the road here in the



valley. Picture a little cowboy hat, maybe a rifle... and dog at his side!!!

Here in Montana, people still stop and help people stranded on the roadside whose cars ran out of gas or went on the fritz, got lost, or a flat or any accident. Once this happened to me when a kindly young driver stopped, eyes twinkling with amusement because he had collected the two others in the back seat who had car trouble back *a ways*—and, would I like a lift to town too? I hopped in. I love *Hands-on* people with a heart, soul and humor,...backstage heroes are abundant around here. But AI and computer tech is replacing hands on soul/mind-to heart-to hand-to paper, canvas or clay **ART**. I growl at that! Soon no more orchestras either I fear, no dictionaries, books and live human interactions, and,...customer service, job applications and interviews—teachers and doctors and dentists oh my! I might be overreacting.

Shakespeare said "a thing is evil only if we *think* it is." (Yes William, I get it.) If we think a snake is evil, then it is, to that thinker, not to snake lovers. I thought gators were evil, until I read that some people have scary pets, like gators; a lady's *watch dog* in the remote everglades. She had no visitors.

Here's a friendlier, however esoteric, take on the word "evil" that has less fear installed: "E" means energy, like *Ebook, Email*, etc. "Vil" comes from "veil" they say. Evil is at least a veil-like fog separating us from truth; a veil worn over the head hides identity too. Big dark sunglasses effectively covers the windows of the soul—a fashion launched by Keano Reeves I think—and the trend caught on because we want to look cool and mysterious too. But guess what, even if squinting at the sun causes wrinkles, the bane of aging, it is not advised anymore to shield the eyes from the very life giving rays and vitamin D of the sun, which feeds the brain and according to some sources,

life itself. "Real live" conscious sentient beings and critters, plants and trees must have sunlight to grow and thrive—and also (sigh...) *wind*, and rain, and snow, oh my! The challenge of the elements have cause, a mission, that stimulates growth, and builds strong roots like nothing else. "*Like acorns*

are we, the mighty oak tree our destiny." Yoda would have said that. Tough little buggers us acorns. Have big missions. May the sun rise over great strides in resolution of our personal and world conflicts this year. And, have a *Happy New Year Everyone*.

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January is Human Trafficking Awareness Month (HTAM)

There is a lot of misunderstanding around human trafficking—this article will explore some of the misconceptions around human trafficking and what signs people can watch for in their own communities. Human trafficking is a form of modern-day slavery. This crime occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will. Force, fraud, or coercion need not be present if the individual engaging in commercial sex is under 18 years of age.

Myth vs. Reality

Myth: It's always or usually a violent crime.
Reality: By far the most pervasive myth about human trafficking is that it always - or often - involves kidnapping or otherwise physically forcing someone into a situation. In reality, most human traffickers use psychological means such as tricking, defrauding, manipulating or threatening victims into providing commercial sex or exploitative labor.
Myth: Only women and girls can be victims and survivors of sex trafficking.
Reality: One study estimates that as many as half of sex trafficking victims and survivors are male. Advocates believe that percentage may be even higher, but that male victims are far less likely to be identified. LGBTQ boys and young men are seen as particularly vulnerable to trafficking.
Myth: Human trafficking involves moving, traveling or transporting a person across state or national borders.
Reality: Human trafficking is often confused with human smuggling, which involves illegal border crossings. In fact, the crime of human trafficking does not require any movement whatsoever. Survivors can be recruited and trafficked in their own home towns, even their own homes.
Recruitment into trafficking is mostly

psychological kidnapping according to the FBI. There are a couple of stages of recruitment and common terms used:
Romeo pimp – They seduce and control their victims with psychological manipulation.
Seasoning – To ensure compliance, recruiters may use beating, rape, sleep or food deprivation, isolation from family, psychological manipulation, threaten family/friends.
Gorilla pimp – uses control through violence.
Daddy – Name pimp often requires victim to call them.

Who is vulnerable?

Youth and teenagers with the average age for recruitment being 12 to 14 years of age. Primarily girls, but also boys. Many of those who are vulnerable are having relational issues with their parents and may suffer from low self-esteem. Many foster youth, homeless and LGBTQ youth are also vulnerable to trafficking. Many are runaway youth who have already been sexually, emotionally or physically abused and have a history of trauma.
Montana is particularly vulnerable to trafficking for several reasons. One being that the physical state is so big. From Troy to Baker, Montana one would travel diagonally across 746 miles! Of the top 10 states in the nation with the highest number of Murdered and Missing Indigenous Women and Girls, Montana is number 5. Of the top 10 cities in the nation with the highest number of MMIWG, Billings is number 5, according to the Urban Indian Health Institute.
Any one of us can come across a victim. If you suspect a youth may be a victim of trafficking, signs may include changes in academic performance such as being unengaged, performance change, chronic school absences and or being un-enrolled in school. A victim may avoid eye

contact, be in possession of new clothing or expensive material goods, have more than one cell phone and may engage in lying or have an inconsistent memory.
If you suspect you have come across a potential victim and you can safely speak with a victim in private without putting them at risk, these are some questions you might ask:
• Can you leave your home or job if you want to?
• Can you come and go as you please?
• Have you been hurt or threatened if you tried to leave?
• Where did you get those injuries (if injuries are apparent)
• Are you in debt to your employer?
• Do you have your passport or identification? Who has it?
• Do you get paid for your employment?

How many hours do you work?
ASPEN is committed to providing support and resources to survivors of human trafficking. Survivors can be connected to ASPEN by contacting the national hotline at 1-888-373-7888 or text "BEFREE" or "HELP" to 233733. Survivors can also get help by calling ASPEN directly on our 24/7 support line at 406-222-8154.
During the month of January, watch ASPEN's website for information regarding presentations about human trafficking. It is a complicated and nuanced issue and this article just touches the surface. For more information, visit: <https://humantraffickinghotline.org>. You may also watch a short video here: <https://www.youtube.com/watch?v=YrLWiVJn7Js&t=9s>
Or visit: <https://www.aspenmt.org/human-trafficking>.

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Wednesday January 3rd- Eggs, biscuits, gravy, and bacon
Thursday January 4th-Pulled pork on bun in house salad bar 11:30am
Friday January 5th- Chili
Monday January 8th- Chicken strips
Tuesday January 9th- Beef tater tot casserole
Wednesday January 10th- Italian sausage pasta
Thursday January 11th- Beef Stroganoff in house salad bar 11:30am
Friday January 12th- Fish fillet
Monday January 15th-CLOSED



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by Dalonda Rockafellow
doTERRA Wellness Advocate



MetaPWR System for Health & Wellbeing

Happy New Year!! With the new year comes vows to exercise more, eat healthier and lose weight. All of these are goals that may be hard to achieve for many. You join the gym, clear your kitchen of foods that are tempting and bad for you and invest in workout gear to get you motivated, but soon you can fall back into old habits. How can you stick with this resolution this year? Introducing the MetaPWR System from doTERRA.

The MetaPWR System is a collection of simple supplements that supports your health and assists your metabolism for more energy on a cellular level. Each product offers a specialty and all of the products are designed to be used in a system that will support each other for overall health benefits and success. Using the six products as a daily routine, combined with healthy choices, can help you live your most powerful life.

Step 1~Metabolic Blend~This proprietary blend is the foundation of the program and contains the following

essential oils; Grapefruit, Lemon, Peppermint, Ginger and Cinnamon. This minty, citrusy, spicy blend has been shown to decrease appetite and enhance exercise performance, and may target and reduce adipose fat cells while also protecting tissues and cells against oxidative stress when ingested. Add drops of this stimulating, metabolizing blend to your water or juice throughout your day to get ahead of cravings. Add drops to your body lotion each morning to help refresh your skin and help with cellulite.

Step 2~Metabolic Blend Softgels~These capsules contain the Metabolic Blend above in an easy and convenient capsule to take as needed throughout the day. Take up to 5 per throughout your day.

~Metabolic Assist~This capsule can be a powerful addition to your metabolic regimen. It builds upon the MetaPWR Blend and features additional herbs and phytonutrients. Each capsule

contains mulberry leaf extract (reduces carbohydrate digestion), berberine, cinnamon bark powder and the Metabolic Blend of essential oils, described above. Its purpose is to stabilize and regulate after meal blood glucose levels, reduce the absorption of carbs and sugar and to help with healthy fat metabolism. Take one capsule 30 minutes before your largest meal.

Step 3~MetaPWR Advantage~This dietary supplement was developed by doTERRA researchers to help maintain healthy organ and cell function, to help with mental energy, to promote body composition and healthy weight combined with healthy lifestyle choices and to address healthy aging. MetaPWR Advantage contains nine types of marine sourced collagen tripeptides which



boosts skin appearance by promoting skin density, decreases wrinkles, improves hydration and increases firmness. This lemon-orange flavored supplement also includes ingredients that promote collagen production, healthy circulatory and nervous system function, bone health and mental/physical function and performance.

For optimal use, add one sachet to a small amount of water, shake and drink down as quickly as possible daily. I like to take mine in the morning right after my workout.

~Metabolic Blend Beadlets~These

were designed to take on the go with your busy lifestyle for you to take as needed to help with cravings and to support your metabolism. The beadlets are convenient to put in your desk, purse, backpack or car to support you wherever you may be.

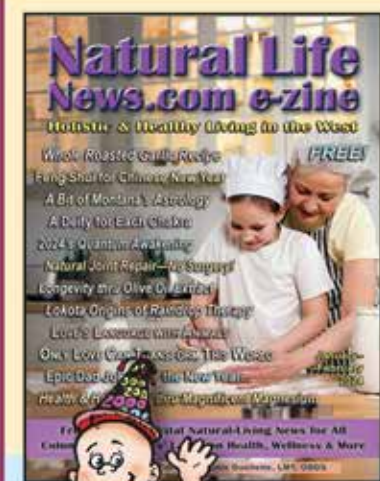
~Metabolic Satiety Gum~This sugar-free gum contains balanced ratios of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon that helps curb cravings, helps with mindful eating and supports your metabolism in between meals and when you are on the go.

Combined with a well-balanced, whole-food diet, proper whole-food supplementation and regular exercise, this system can elevate your health, energy and mood.

If you are interested in learning more about this amazing system and its many benefits to your body and health contact me directly and I will get you more information and some samples to try. Thank you for your time and I will talk to you next month.

Dalonda Rockafellow has been using and educating about health and doTERRA essential oils for 10+ years. She maintains a website and has an active Facebook page; Lavender, Lemon & Learning that she uses to keep people up to date on the benefits of using CPTG (Certified Pure Tested Grade) essential oils for their health and well-being. She loves to spend time with her family, enjoys fitness and during the warmer months, you will find her fishing at Canyon Ferry with her incredible husband. You can contact her at 406-220-4449, dalonda@bigskyoils.com or mydoterra.com/dalondarockafellow.

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Here's to Health

by Nurse Jill

For those of us older than 30, it's hard to believe that the year is 'already' 2024. Only 5 years from the futuristic Terminator setting and almost a solid ten years after the technologically progressive setting of Back to the Future II. We're a far cry from where Hollywood thought we might be close to a quarter century into the 2000s.

Are you a far cry from where you thought you would be in 2024? Are you plagued by "shoulda," "woulda," "coulda?" Are you hoping for a new you in the new year?

As humans it seems that we are always battling degeneration—physically, mentally, and emotionally. The older we get the more there is to handle and keep up with in our daily circumstances. It is inevitable that something is going to give and a lot of times it is our physical (and mental) wellbeing that gets put on the back burner. Life seems to demand that we put aside what is truly important to us and disregards our boundaries.

Find your "Why". In order to make health a priority you have to find your "Why". What in your life is your reason for wanting better health? Is it a person? Is it an activity that you

miss doing? Is it just for you to feel better and function better? Frame a picture of your "Why" where you can see it. Write it on a paper and post it at the front door. Put a sticky note on the remote to remind you why you're making hard choices now in order to be better later.

Sit down and evaluate your commitments. After work, family, and friends where does your health fit into the equation? What do need to be able to stay (or get) healthy? 20 minutes a day? 30 minutes a day? How will you carve that out? Every day? Three days a week?

Start small. 20 minutes a day is much easier to put a boundary around than 60 or even 30 minutes a day. Put it in your calendar each week for every day or at least three days a week to start. Treat it like you treat your job. Practice saying, "Sorry, I'm busy at that time. What other time would work for you?" Even 20 minutes a day is going to be a fantastic bump to your health both mentally and physically.

Talk to your doctor. If you haven't been exercising much or have chronic conditions that make exercising difficult then a chat with your doctor will make sure that you don't injure yourself or worsen any conditions that may be sensitive to

physical exertion.

Just get up. It is so very difficult to get up in the morning and take care of you. It is difficult to get up after work once you've sat down. Especially if you haven't built a habit for caring for yourself it is challenging to do something different in order to work towards the "new you." However, if you don't do it now it will be that much harder tomorrow. And while you may feel that you're doing "ok" right now, not doing little things for your health can actually turn into big complications if you get ill or injured. Just like you wouldn't leave a hole in your roof because it doesn't rain much in the summer you shouldn't leave your health unattended just because you're not facing illness or injury in the current moment.

Even just 20 minutes a day can not only help decrease the risk of high blood pressure, diabetes, and obesity but can actually increase your creativity, mood, and sleep quality. If you are already dealing with high blood pressure, diabetes, or obesity then that 20 minutes of stepping out can aid your current treatment plan to be more effective.

Find a friend. A promenade pal on your walks or a lunch buddy for healthy eating can give you the

needed boost to make a positive change. Find someone to call when you're walking that can keep you accountable in your health endeavors. Find someone to go say hello to when on your walk. There are even smartphone apps that you can download to help keep you on the road to improvement.

Focus on success. You don't have to drop 50 pounds by tomorrow or even by the end of the month. Focus on what you can accomplish. You went for a 20 minute walk—success. You smoked one less cigarette per day for a week—success. You only had one small sweet treat today—success. Focus on your successes and then build on them. Once you start making the small goals you can use those as stepping stones for the large goals. Fifty pounds by the end of the year. Quitting smoking by 2025. Walking every day by summer. The difference between failure and success is merely persistence and the knowledge that you CAN.

People often feel that it's all or nothing in health but even little bits of positive change can make a bigger difference than you realize. So find a "Why" and make a plan, just get up, grab a friend, and start doing something, however small it is. Here's to the new year and here's to you!



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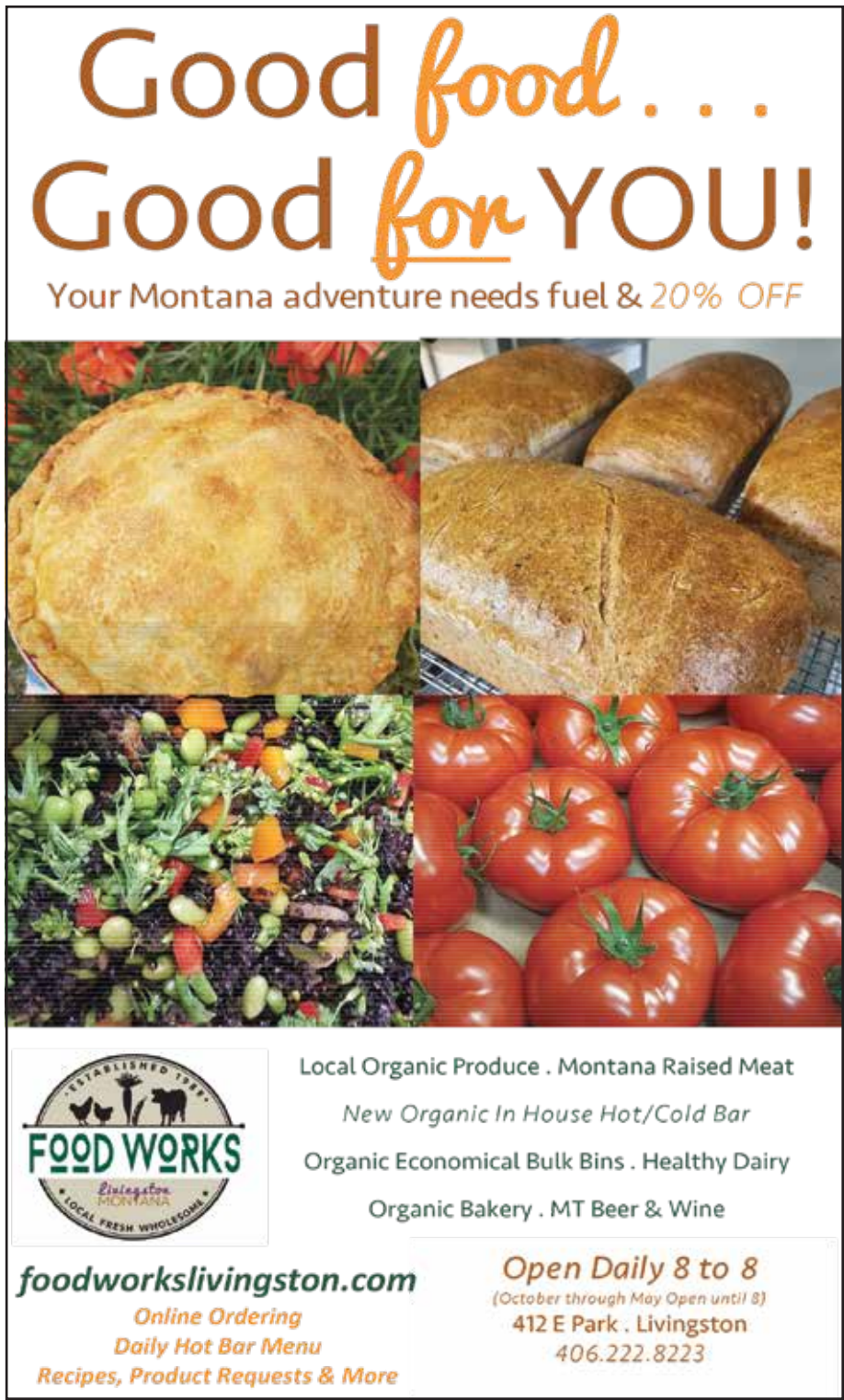
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Recipe by
Carla Williams

RECIPE CORNER

Breakfast Enchiladas

Ingredients

- 1 pound breakfast sausage (pork or turkey)
- ¼ cup salsa
- 1-2 cups potatoes O’Brien with onions and peppers (I like Ore-Ida)
- 8 (8-inch) flour tortillas
- 6 large eggs
- 1 ¼ cup half-and-half
- 1 Tablespoon all-purpose flour
- ½ teaspoon Kosher salt, plus more to taste
- 1 ½ cups shredded cheddar cheese, divided
- ½ cup shredded Monterey or pepper jack cheese, divided
- Optional toppings: chopped cilantro, diced tomatoes, sliced green onions, crumbled bacon

Instructions

- 1. Preheat the oven to 350°F. Spray a 9×13-inch baking dish with nonstick spray.

- 2. In a large frying pan, brown the sausage over medium-high heat. Drain fat. Transfer to a medium bowl and stir in salsa, ¾ cup cheddar cheese, and ¼ cup Monterey jack.
- 3. Add potatoes to frying pan and stir until heated through. Transfer to bowl with sausage and stir until combined.
- 4. In the center of 1 tortilla, spoon 1/8 of the mixture. Roll up and place the seam side down in the baking dish. Repeat with remaining ingredients.
- 5. In a separate large bowl, beat the eggs, half-and-half, flour, and salt. Pour over the tortillas. Sprinkle the remaining ¾ cup cheddar cheese and 1/4 cup Monterey jack over the top.
- 6. Cover with foil and bake for 35 minutes. Remove foil and bake 10 minutes more, or until set and cheese is melted.
- 7. Top with desired toppings. Serve immediately.

l o c a l f o o d m a t t e r s

by Mary Rosewood

Montana is a great place to be, even in winter, but sometimes it’s nice to get away for a bit. How about a quick trip to France to learn about the local food there?

I’ve been spending an hour on Sundays with Katrina Billard in her farmhouse kitchen near Chartres as she teaches via Zoom how to use fresh seasonal ingredients to fashion dishes like Mushroom Bourguignon and Pommes Anna. A sweet touch for the holidays was a challenging Buche de Noel from a recipe passed down from her French husband’s grandmother.

Along with a cooking demonstration, Katrina shares stories about how the French celebrate with food. Her tips include how to adjust ingredients to what you have on hand wherever you are.

Katrina is American, with ties to Montana. When her father was in the Air Force, her family moved to Great Falls, where Katrina attended elementary and middle school. She has happy memories of hiking in Glacier and Yellowstone. “I remember the big beautiful skies and the wide open spaces, the incredible nature,” Katrina told me.

When she was seventeen, Katrina read “Hope’s Edge,” by Frances Moore Lappe and Anna Lappe.

“It lit a fire under me,” Katrina said. “I really got excited about the Edible Schoolyard in Berkeley, California, that was started by Alice Waters. I decided, this is what I want to do with my life.”

Katrina planted her first garden and then helped a local elementary school start one. This first attempt at teaching children about the joy of growing their own food hit a snag. “We put in some plants behind the school, and I was going to come back the next day to put up a fence, but when I got there, the deer and rabbits had eaten everything.”

But gradually her life’s work took shape. In college she studied agriculture, sustainability, and the environment. During a three-month internship to complete her master’s degree, Katrina helped women in Tanzania grow more nutrient dense foods to feed their children.

In Denver, she taught cooking classes through the Slow Food movement, going into classrooms to focus on a national dish, using food from the school garden when possible, and teaching students about the country’s culture.

She taught friends her meal prep shortcuts to reduce food waste, and “that was the birth of the Empowered

Kitchen, in 2014, when I started my business.” The “big goal” is to “help people learn to eat healthy meals, enjoy being in the kitchen, and share food.”

Katrina began learning French when she was 13 and said she “felt right at home” when she lived in France during her junior year of college. In 2022, she married a French beekeeper and moved

to his family farm, now the headquarters of her food business.

Katrina lives in a mild climate, but she remembers the cold winters of Montana and knows it’s not easy to eat seasonally year round. She suggests buying local foods that store well, like root vegetables, and putting them in a cold area where they won’t freeze.

“I learned from my husband that carrots store well,” she said.



Katrina Billard



Beautiful macarons

“We have a big metal bucket that he fills with sand and puts all the carrots in there, and they last through the winter.”

Also, “I make big batches of pesto in the summer when I have a lot of basil, and I freeze it in ice cubes trays. Just don’t put the cheese in the pesto since it doesn’t freeze well. I add the parmesan when I heat it to make the dish.”

If you can’t store or preserve food, focus on buying things in season, like those root vegetables, cabbage, and citrus fruits.

“My favorite thing to make in January is a fennel and citrus salad. Shave the fennel and use blood oranges or other oranges and grapefruit, and make a citrusy dressing to put on it.”

Katrina shares her tips for eating well in any season in cooking classes, both in person and online, in French or English. She also uses cooking to teach team-building for nonprofits and companies like Microsoft. This year she’s hosting a retreat near her French farm.

I recommend Katrina’s Cooking Circle, where people around the world meet online to cook seasonally.

“I want to inspire people to get in the kitchen and fall in love with food and flavors and all the good things around food,” Katrina said.

Contact Katrina at katrina@empoweredkitchen.com or visit her website at empoweredkitchen.com.

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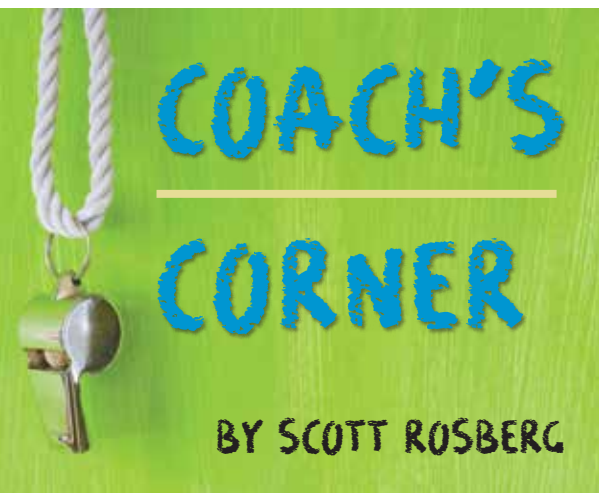
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DATES, LOCATIONS, TIME:

5:30PM-7PM

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

Presented by Yellowstone Bend Citizens Council



Goal-Setting for 2024



Happy New Year! I hope all of you have had a great holiday season and that you have been able to rest, rejuvenate, and refocus for the coming new year. It is always hard to believe how quickly the last year went and the new year has shown up.

I know that last time I told you I would be talking about my team's Core Covenants this time. However, as today is the start of the new year, this is a great time to talk about goals and the importance of goal-setting. Whether you are a coach or not, goal-setting can be an extremely important element for you to create your future success in any endeavor.

Goal-setting is a great exercise to engage in, no matter what time of year it is. But most people tend to focus on their goals at the start of a new year (though they usually call them "resolutions"). Chances are that last year around this time, you made some New Year's Resolutions for what you wanted to accomplish during the year. Were you able to stay on track and follow through on your resolutions and meet the goals that you set for yourself?

As you embark upon 2024, take time to figure out what you hope to accomplish. Create some goals for yourself, your family, your team, and your career. But once you have those goals created, there is a very important step to take to give you the best chance at achieving those goals. Figure out a plan and a system for working towards achieving those goals.

Too often people create resolutions and goals, but

they have no plan for going out and getting what it is they seek. They believe that if they have the goal that is enough to get them on the right track to achieve it. This thinking is flawed because it does not provide a method for achieving the goal.

One person that I have learned a lot about goal-setting from is a man named Michael Hyatt. While Michael Hyatt is not a household name for many people, in the world of entrepreneurship and achievement, he is a mentor to people trying to become all that they are capable of becoming.

A few years ago, Michael Hyatt made some very good points on his podcast to consider when creating your own goals:

1. While we look at a new year as a blank slate and a great time to begin the process of working towards our goals, each day is a blank slate, too. Consider what you want to achieve each day, week, and month in the same way you look at what you want to achieve in any given year.
2. Prioritize your goals. They do not all carry the same level of importance, so they shouldn't all be treated the same. Also, some goals affect other goals, so recognize what needs to be done first to help you accomplish the other ones. Try listing them from most important to least important.
3. Clarity & Visibility - you must be clear about what you want, and you must see it on a consistent basis. Post goals where you can see them. Review them regularly, preferably daily. **"If you lose visibility of your goals, you will fail."**
4. Focus on 7-10 goals for the year. Too few and you don't address all the major areas of your life or you are too general. Too many and it will be difficult for you to focus on them properly.
5. Track your goals. **"You can't improve what you don't measure."** Why do coaches and teams track a variety of statistics? So they know what they need to work on most. The same goes for you.
6. Review your goals occasionally throughout the year. Depending upon how they are going, you should either **re-commit, revise, or remove** certain goals. It is good to set your goals outside of your comfort zone. Otherwise, they will not push you and stretch you to new growth. Fear, uncertainty, or doubt about your goals are good things.
7. Identify your Core Motivation. It will help you get through the "messy middle." Connect with your "Why," so you can power through times where you are

struggling to stay focused on accomplishing your goals.

8. An unrealized goal does not mean you are a failure. Some of the best lessons you will ever learn, you will learn from failure. You have to complete the process of the failure, so that it doesn't come out in unhealthy ways. If you realize that failure isn't final but only feedback, you are so much better equipped to succeed in the future. Embrace your failures and use them to your benefit.

"Some of those things that are the most painful are the most valuable. If you call it a failure and feel like it's a failure, and you put a period at the end of that sentence, then it is. But if you can shift it and transform it and see it as some kind of opportunity to learn and grow, it becomes a springboard for your goal." - Michelle Cushatt

"Your past does not equal your future." - Tony Robbins

9. Share your goals selectively, not publicly. Research shows us that the problem with announcing your goals publicly is that your brain thinks you have already achieved it, so you get the same satisfaction as if you have already achieved your goal. However, don't keep goals private. Share them selectively with people who are there for you, who will encourage you, and who will hold you accountable without engaging in negative talk around you.

It is important to have goals. However, we should not focus so much on the outcomes and the results as on the process of getting those results. We need to focus on the work ethic, discipline, and mental toughness necessary to fight through and achieve all that we can. By focusing on the process, we are focused on things we can control. No matter where you are in life, setting goals can be a great way to work towards achieving the things you seek to achieve.

Next time we will shift our focus to the standards and Core Covenants that my team has developed for this season. (Yeah right, Scott! That's what you said the last two times!) Have a Happy New Year, and best of luck to you in the process of setting and achieving your own goals.

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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Crossword Puzzle Number 316

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					66				

- Across
- 1 Cagney's partner

6 Poker variant

10 Nipper

14 Got up

15 W L A N

16 "I'm --- here!"

17 Identifies

18 Papal

20 Slow-witted

21 The Tiffany network

22 --- quarters: precedes Taps

23 Symbol of disgrace

26 Earth

27 Drawn tight

28 "Idylls of the King" writer

32 The blink of an eye

34 Harangue

35 Computer brain

36 Ice skating jump

37 Put back into service

39 St. Paul's Cathedral designer

40 Follows why, by the sound of it

41 Iridescent gem

42 Scrubs

44 Mental illness

46 Waterproofed canvas (Abbr.)

47 Measure of sound intensity

48 Swellings

51 Music for voices

54 It means "central"

56 Globally calamitous happening

57 Home to Everest

59 Release

61 First lady's partner
- 62 Wander about

63 Understand

64 Lairs

65 Simple arithmetic

66 Terminates
- Down
- 1 Comes ashore

2 Anticipate

3 Advisory or decision-making groups

4 Scrape

5 Agreeable response

6 Wad of cleaning cloth

7 Gratuities

8 Mysterious radar image

9 Fragmented

10 Nervelessly

11 Brief let-up

12 On the job

13 Texas siege city

19 Sully

21 Butterfly larvae

24 Winner of three Olympic golds, --- Devers

25 Perform in a pantomime

26 Large bodies of salt water partially enclosed by land

28 Sincerely

29 Can be recycled?

30 Exposed

31 Convent inmates

32 E.g. Speer, Himmler

33 Draft cattle

38 Dines

39 Used to be

Crossword Puzzle Number 315 Solutions

1	C	H	A	R		5	M	A	K	E	R		10	R	O	S	S	
14	A	I	D	E		15	O	F	U	S	E		16	I	N	K	Y	
17	R	S	V	P		18	T	O	R	T	S		19	S	E	A	N	
20	P	S	I		21	S	H	U	T		22	23	O	P	E	N	T	O
			24	25	T	E	E	L		26	G	U	A	R	D	E	D	
27	N	E	A	R	E	R		29	B	U	R	R						
30	A	L	B	U	M	S		31	A	R	C		32	F	R	A	T	
36	I	L	L	S		37	38	U	N	D	U	E		39	R	E	D	O
40	L	E	E	S		41	P	U	G		42	43	F	O	O	L	E	D
					44	C	E	D	E		45	U	P	W	I	N	D	
46	I	N	48	49	H	O	R	E		50	C	L	U	N	G			
51	S	O	M	A	L	I		52	D	O	N	S		53	I	M	F	
56	O	K	A	Y		57	58	O	L	I	V	E		59	P	O	O	R
60	F	I	R	E		61	R	A	V	E	S		62	T	U	B	E	
63	F	A	T	S		64	S	W	A	Y	S		65	A	S	S	T	

- 41 Oscar winner Tatum
-
- 43 Youth
- 45 Tank type
- 49 Top celebrities
- 50 Percolates
- 51 Large African lake
- 52 Conceal
- 53 Persian Gulf monarchy
- 54 Courteous address to a lady
- 55 Sets of beliefs
- 58 Not me
- 59 Expression of disgust
- 60 Gun owners' grp.

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

- Baby

Cedar

Child

Dolls

Elves

Family

Fir

Gift

Gold

Gravy

Ham

Holy

Icicle

Incarnation

Inn

Ivy

Joy
- Lord

Magi

Mary

Mass

Noel

Pie

Pine

Port

Red

Sales

Sled

Star

Tinsel

Toast

Turkey

Yule

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

Sudoku Puzzle Number 315

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

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Sudoku Puzzle Answers 314

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

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
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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.

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](#).

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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If you need more space, please call Steph at 406-220-0919 or email Steph at community@pccjournal.com for more information on placing a larger classified ad.



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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



100 Bridger Meadow Ln

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



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



29 Reservoir Road

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



414 W Main Street

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



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



1010 Prairie Drive

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

Deadline for FWP's New Migratory Bird Stamp Art Contest Extended

The deadline for Montana Fish, Wildlife & Park's new Migratory Bird Stamp art contest is now Jan. 31st. The Wetlands Protection Advisory Council will select the winning piece of art in February. The winning artist will receive a \$2,000 cash prize and be featured on promotional materials throughout 2024.

In addition to the extended deadline, some changes have been made to contest rules, including artwork previously used in production or entered into any state or federal stamp competition can be submitted. Details on contest rules and entry information can be found at <https://fwp.mt.gov/migratory-bird-stamp>.

The winning artwork will be on display in the Capitol in Helena and announced by Gov. Greg Gianforte in late February.

The 2024 migratory bird stamp will not be required to hunt migratory birds in Montana. To hunt migratory birds, hunters will need a current Montana migratory bird license and their federal duck stamp, the same as in years past.

However, beginning in 2024 those who purchase a migratory bird

license will receive a free collectable sticker showing the winning artwork, information about the Migratory Bird Wetland Program and information about how to make additional contributions. Purchasing a migratory bird license is a great way to support wetland habitat conservation. FWP will work with the Montana Outdoor Legacy Foundation and other partners to provide other ways to donate to wetlands conservation. More information on other donation opportunities will be available in early 2024.

The 2024 Migratory Bird Stamp will help raise additional awareness of the importance of wetland habitat and the benefits to wildlife, landowners, and water quality. Wetlands are critical for many wildlife and aquatic species, as well as providing critical ecosystem functions like flood control, groundwater recharge and water purification. FWP's Migratory Bird Wetland Program helps landowners and other conservation partners develop and fund projects that protect, conserve, enhance or create high-quality wetland habitat.

FWP Solicits Comment on Several Items for February Commission Meeting

Montana Fish, Wildlife & Parks is soliciting public comment on several items that will be before the Fish and Wildlife Commission at its meeting Feb. 16th.

The following items are open for public comment through Jan. 23rd.

- A proposal to remove lake trout from Swan Lake
- Grant funding for the Future Fisheries Improvement Program winter cycle
- Black bear regulations for the 2024 season
- Upland game bird regulations for the 2024 season
- Proposal to translocate some sage grouse to Alberta
- Final adoption of administrative

rule changes for the Block Management Program

- Final adoption of administrative rule changes for the Elk Hunting Access agreements

Information on all these items can be found on the commission web page. People who would like to comment can also do so on that page.

Once public comment is received, individual commissioners may offer amendments to the FWP proposals. These amendments will be posted online and open for public comment. The commission will consider the amendments at the February meeting.



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