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Week of December 22, 2024

Dan Williams and Team Take Home the Gold

by Tony Crowder

Taekwondo is a combat sport and form of martial arts developed in Korea during the mid-twentieth century, shortly following the second world war and concurrent collapse of the Japanese Empire, who had ruled over Korea since 1910. Up until then, Korean martial artists practiced only karate, judo, kendo and Chinese forms of martial arts in great secrecy. Following the war, martial arts schools called kwans were formed in Seoul. The original nine kwans taught stylistically unique approaches to practicing taekwondo from which the sport was expanded. Attempts have been made to standardize the sport though diversity in practice and philosophy is now widely celebrated in



contemporary taekwondo.

For Park County native Dan Williams, his journey into the realm of Taekwondo began in Livingston at age 18 and has since been elevated to the world stage—most recently, at the 2024 world championships in Hong Kong, where he and two others placed first in the team competition after years of intense preparation and training.

Williams started practicing taekwondo after graduating from high school when he joined a local club comprising five other students. Within months he began attending a formal class in Bozeman with roughly 40 other students



Dan Williams
Photo Credit: Jacob Schwarz

where his mastery of the sport commenced. Williams would eventually achieve first and second degree blackbelt status in 1985 and

1987, respectively, before partnering with his former club instructor to open a studio in Livingston, the first and most recent of many endeavors to instruct students in sports like Hapkido and Taekwondo, including studios in Bozeman and Big Timber during the 2000s.

Initially, Williams sought constructive physical activity where he could improve his health, expend energy and avoid temptations like drinking and smoking.

"It was something I wanted to do as a kid. When I got into it, I enjoyed the physicality,

the exercise; being drenched in sweat every night is rewarding. I wanted to be in the best shape I could get in." His shift to coaching was motivated by a desire to share this experience with others. According to Williams, he has coached somewhere between 7,000 and 10,000 students throughout his career, his current cohort consisting of roughly 45 students across aerobic kickboxing and taekwondo classes, a majority of whom are children and adolescents who practice alongside adults.

He also teaches taekwondo once weekly in Columbus and his studio in Livingston provides physical education opportunities to local home school children and their parents.

During the 1990s and early 2000s, Williams trained many of his students to compete in regional and national level competitions. One of his former pupils managed to qualify for the USA B team

[See Dan Williams, Page 16](#)

Over 116 Years of Christmas Strolls Celebrated in Livingston

It's fitting that a place like Livingston, steeped in history as the first rail entrance to the world's first national park, should celebrate the holidays in style. What few may be aware of is that this year's Downtown Christmas Stroll, in one form or another, may be nearly as old as our Livingston Area Chamber of Commerce itself—an organization created over 125 years ago.



Held this past December 6th, the event featured Santa, music, extra holiday decorations, presents, hot chocolate stands, fire pits, wagon rides, and merriment in all directions, plus additions like a Grinch, a snowman, and Chamber of Commerce director Leslie Feigel as a tree, the Stroll attracted people from north, south, east, and west.

Amid the temperate weather, downtown businesses were as enthused

as the kids perusing toys and kites. One new art gallerist, Derek DeYoung, said that the public response surprised him, and he could almost barely move from his register with the floor packed and business booming. Almost every store owner we asked said they loved the crowds. Restaurants and bars also reported having a great night, although they deserve a certain share of the credit themselves.

The evening's epitome however may have been a classic and very visible repeat appearance by Santa in the large glass



windows at Livingston Home Outfitters, where they reported being busier than they could remember.

But even with scant records, there are

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Merry Christmas



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Published weekly on each Sunday of the month.

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Ferry Creek Ranch Conserved: Historic Property Northeast of Livingston Protected Forever...

Gallatin Valley Land Trust (GVLT) has partnered with Rob Forstenzer to conserve his 546-acre ranch northeast of Livingston. Forstenzer chose to create a conservation easement, which is a voluntary land protection agreement, to ensure the property will remain open and available for agriculture, wildlife habitat, and scenic views for generations to come.

Since purchasing the property in 1990, Forstenzer has spent the last three decades restoring both the land and historic home, which had fallen into disrepair after years of neglect. The property is registered on the list of National Historic Places through the Montana Historical Society as the "Ebert Ranch," a tribute to Livingston's agricultural heritage.

"When we purchased the property, the land was a mess and the house was worse," shares Forstenzer. "But we thought the place had good bones and good potential. So, we decided to roll up our sleeves and fix it up. It became a love affair with the property. It has been a central focus of my life."

Today, two local families lease portions of the ranch for agriculture, maintaining the hay production on irrigated fields and grazing on the rangeland.

After learning more about conservation easements in recent years, Forstenzer decided it was the right tool to ensure the community can forever enjoy the land as it is now.

"When I envision the kind of development that could happen, with houses and roads, it disgusts me," shares Forstenzer. "I would never want to see that happen."

Ferry Creek Ranch also provides transitional wildlife habitat from valley bottom grasslands to semi-arid sagebrush grasslands which is important for elk, pronghorn, deer, fox, badgers, raptors, songbirds, and various migratory species. Both Ferry Creek, a spring-fed tributary to the nearby Yellowstone River, and the Livingston Ditch run through the property, adding to its diverse habitat.

"The wildlife was a big factor for me. I want to do my part to keep the open space for them."

"We are extremely grateful to Rob," explains Kelsie Huyser, GVLT Conservation Project Manager. "Permanently conserving Ferry Creek Ranch will help to ensure important natural resources and the rural

character of Livingston and central Park County are protected forever."

Since 1990, GVLT has partnered with families to establish 132 conservation easements, forever protecting nearly 72,000 acres of some of the most highly productive, scenic, and wildlife-rich lands in southwest Montana.

Ferry Creek Ranch represents GVLT's nineteenth conservation easement in Park County. To meet growing interest from Park County landowners, GVLT opened an office in Livingston and has two full-time staff members solely focused on conservation work in Park County. While Forstenzer generously donated the financial value of this conservation easement, GVLT has also developed public and private funding sources that allow the organization to purchase conservation easements from interested landowners which will enable a greater number of landowners to utilize this tool. Landowners interested in GVLT's conservation programs should contact GVLT's Park County Conservation Program Manager, Cole Herdman, for more information at cole@gvlt.org or 406-285-1826.

What is a conservation easement?

GVLT partners with private landowners to conserve working farms and ranches, fish and wildlife habitat, open lands, and scenic views. To protect these special places, GVLT uses conservation easements, which are voluntary agreements with landowners that limit the type and amount of development

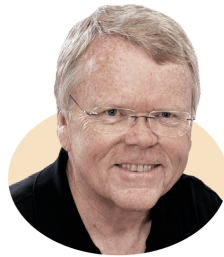


on a property while keeping it in private ownership. Each easement is tailored to the specific property and runs with the title of the land in perpetuity. GVLT is responsible for upholding the easement's terms. Because a conservation easement limits development rights and therefore decreases the value of the land, landowners may be eligible to write off the difference as a charitable donation. In some cases, landowners receive financial compensation for a portion of the value of the conservation easement. The public benefits from the protection of conservation values such as prime agricultural soils, wildlife habitat, river corridors, and the overall character of our region.

About Gallatin Valley Land Trust

Gallatin Valley Land Trust connects people, communities, and open lands through the conservation of working farms and ranches, healthy rivers, and wildlife habitat, and the creation of trails in the Montana headwaters of the Missouri and Upper Yellowstone Rivers. For more information, visit gvlt.org.

Before hitting the trails, let's talk coverage.



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Christmas Stroll

from page 1

hints the traditions go back generations. Local businesswoman and hotelier Patricia Grabow, said that when she and her son began to renovate the building her grandparents built near the turn of the century, a painter working on trim came across an odd U-shaped hook around three quarters of the way up the side, which her sister Gretchen, after further research, concluded served to hold the building's corner of the large

decorative bells that hung in the middle of the block at Christmas time. While it made sense, it was also a fun discovery.

Many of the twenty-plus hotel buildings built during the construction frenzy that launched downtown Livingston were roughly contemporary with the construction of the famed hotels of Yellowstone including Old Faithful Inn, Canyon Hotel, and the renovation of Lake Hotel by Robert Reamer, in the range of about 1903 through 1910. Even if most closed for



the winter in the Park, you can bet those welcoming guests spruced themselves up for the holidays here.

Although the photographic record is



patchy, it really doesn't take much imagination to fill things in and picture storefronts and other buildings attired for the holidays with abundant local evergreen boughs, ribbons, brass bells, and more.



Architectural Digest called Livingston "One of the most beautiful cities in America" and thanks to the dedication of people and members at the Chamber, volunteers, and local businesses, the torch was held high once again.



Looking Back with Lindie

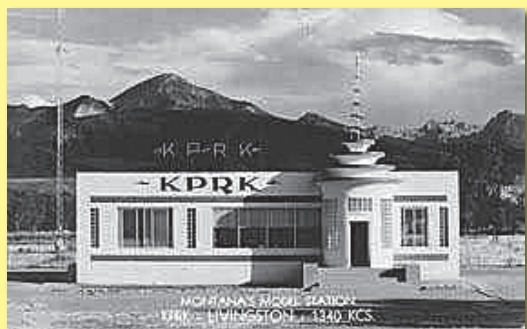


At one time ice cream came in these...



Another holiday scene from 1937, this time looking up the 100 block of North Main Street, Livingston from the corner of Callender St. and Main St. Business signs visible on the left: City Drug and Spencer's Apartments. On the right: many café signs, including Log Cabin, and perhaps the Busy Bee. Also Owl Bar, Park Theater, Blatz Beer (Antlers Bar?), and Schlitz (Mint Cigar). There have been a lot of changes over the years to this block but it has long been a block of bars and cafés; during Prohibition (1918-1933) the bars became other businesses.

Looking back... I remember when local sponsors bought air time, and there was a box downtown where you could mail a letter to Santa. At 4 o'clock every day (weekdays after school) KPRK would connect with the North Pole (via static and electronics sound affects) and Santa would come on the air and read our letters to him. It was a thrill! If I'm remembering right, it was a different announcer than the one that was on the air at the time, so we didn't recognize his "ho ho ho" voice. We would listen to him read his letters from Johnny and Susie, etc. It was something we really looked forward to, hoping he would read OUR letter that day. Now that I think about it, I wonder who that voice was...



Feliz Navidad

Thank you to Livingston for your support!

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Holiday Magic Lives in the Shops in Livingston

While wandering through the shops of historic downtown Livingston, we chanced to walk into a bright and shiny shop on Callender. Dawn Josephine is an artisan's workshop full of very creative and specialty items. Among the gorgeous displays the smiling Dawn, proprietor of the shop, points out a "Pay What You Can" table, full of treasures. We asked a little more about the shop and the program and this is what we learned.

When did you open your shop on Callender?

After 7 years in the Bozeman shop, I decided to open a shop in Livingston on Callender in the Fall of 2022.

How did you come up with the idea of the Pay What You Can Table?

The Pay What You Can Table was inspired by a desire to make art and creativity accessible to everyone, regardless of financial circumstances. I am always creating jewelry, and I have amassed so much that I was feeling overwhelmed by the process of getting every piece into the system, tagged, on website, and on to the sales floor. Even the time to decide the sale percentage felt daunting. I thought about our community and the hardships people have endured the last few years, and this table is a way to give back and nurture the creative spirit that thrives in Livingston.

Our community is full of incredible people with diverse stories, and I wanted to ensure that everyone could enjoy and



own pieces of dawn josephine jewelry.

There is so much creativity in Livingston that I know there are people out there that could even take my pieces apart and recre-

ate their special piece.

*This past summer I started a table outside the store that was full of random items that were no longer needed but weren't worthy to throw out. I ended up making it a Freebie Friday Table. I was always adding new items to the table as I continue to organize and realize items I don't need any more from my shop and workshop in Bozeman. People loved it! Unfortunately, with winter here it is harder to do. But it will be back when it can be out again.

I truly love to help people. I grew up in welfare/poverty conditions and I always had hand me down clothes and toys, and money needed to go to food and a roof over our heads. The extras weren't available to us. I am so grateful every day for where we came from and where we are now and it makes me want to help people.

How much biographical info do you want to include?

Brian and I visited Montana in 2006.

He grew up on a dairy farm outside of Western New York and always wanted to get back to his farming roots. Of course, Montana has that cowboy way of life. That trip created the want to make Montana home. In the next few years, we purchased a house in Ennis with friends, then some property in Bozeman, and then fully moved here in 2015 for me to start my first dawn josephine jewelry store. The farm life was still calling to Brian, and he found a house with animals for sale in Livingston, and the shift to the farm began.

Our journey has taken us from the hills of Western New York to Montana's open skies, and every step has strengthened our connection to each other, ourselves, art, adventure, and community.

What drew you to Livingston?

Livingston has a magnetic charm. The stunning landscapes, the creativity that pulses through the town, and the warmth



of the people drew us in. The people of Livingston are down to earth and people who want to be part of a community and that we feel like we fit in well. It's a place where nature and artistry coexist beautifully, making it an ideal home for both our personal lives and our work. The people of Livingston are genuine, resilient, and endlessly supportive. There's a strong sense of camaraderie and

used to take my cousins and I traveling all over the country, and at our first stop we would purchase postcards to write and send back to home to friends and family. I love the postmarks for the cities and memories I have from these travels. Some love to find the special dates.

As an artist, I don't always like making the same thing over and over again,

so when I have had enough of gluing, sealing, and resining postmarks, I make other jewelry designs that are colors that mix well together, or pieces that are slightly trending but put the dawn josephine spin on it. I use anything from vintage skeleton keys to Czech glass beads to wire wrapping, leather, sterling silver, and my favorite—Turquoise.

My love of exploration and travel from my grandfather makes my jewelry extra special to me.

The store is a reflection of years spent exploring and collaborating to create my style. The vintage postmarks are the masterpieces that hang on vintage displays in my shop. I often spend just as much time on my displays as I do on creating jewelry. The set up of my shop is story in and of itself. Everything has a

story, and the story is key.

Our website www.dawnjosephine.com extends this experience beyond the walls of the shop. It allows people to explore our designs, learn the stories behind each piece, and connect with

our work from wherever they are. We hope it serves as both a gallery and a bridge to our creative community.



shared passion here, whether it's in the arts, local businesses, or outdoor adventures. It's a community that values authenticity, and we feel lucky to be a part of it.

Talk a little about your work, the store, the website...

I started using vintage postmarks from postcards and envelopes in 2009. I traveled around the country selling at wholesale markets and retail shows.

The first postmark I used to make a pendant was Bozeman, Montana that I had purchased in Ennis. These are my signature pieces that people know me for. Some come back year

after year to purchase unique gifts for their friends and family. My personal connection to these postmarks are that my grandfather





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Some viewers has trouble with this crust, so we went back and reworked it for increased stability.

This recipe first appeared in Season 4 of Good Eats.

Software

- 1 (6- to 8-pound) city-style (brined) ham, preferably shank end
- 2 tablespoons brown mustard
- 1/2 cup dark brown sugar
- 2 tablespoons bourbon (in a spritz bottle)
- 1 cup crushed gingersnap cookies
- Specialized Hardware
- Instant-read thermometer
- Probe-style thermometer

Procedure

1. Heat oven to 250°F.
2. Remove the ham from its packaging, rinse, and drain thoroughly. Place the ham, cut-side down, in a roasting pan lined with a clean kitchen towel. Using a small paring knife or clean utility knife set to the smallest blade setting, score the ham from bottom to top, spiraling clockwise as you cut.

(If you're using a paring knife, be careful to only cut through the skin and first few layers of fat.) Rotate the ham after each cut so that the scores are no more than 2 inches apart. Once you've made it all the way around, move the knife to the other hand and repeat, spiraling counter-clockwise. The aim is to create a diamond pattern. Don't worry too much about precision here. all over the ham.

3. Remove the towel and tent the ham with heavy duty foil, insert a probe thermometer, and cook until the internal temperature at the deepest part of the meat registers 130°F, 3 to 4 hours.
4. Remove the ham from the oven and use tongs to pull away the diamonds of skin and any sheets of fat that come off with them.
5. Increase the oven to 350°F.
6. Pat the ham dry with paper towels. Otherwise, the coating is going to slide right off., then brush on a liberal coat of mustard. Sprinkle on brown sugar, packing loosely as you go until the ham is coated. Spritz this layer lightly with bourbon, then loosely pack on as much of the crushed cookies as you can. You may not use all the mustard, brown sugar, bourbon, or cookies, depending on the size of



Photo by Lynne Calamia

- your ham.
7. Insert the thermometer (don't use the old hole) and return to the oven, uncovered. Cook until interior temperature reaches 140°F, about 1 hour.

8. Let the ham rest for 30 minutes before carving.

Recipe Courtesy of: <https://alton-brown.com/recipes/city-ham-with-gingersnap-crust/>

Recipe by
Carla Williams

RECIPE CORNER

Crockpot Spinach Artichoke Dip

Ingredients

- 2 cups Parmesan Cheese, shredded
- 10 ounces frozen chopped spinach, thawed
- 14 ounces artichoke hearts, drained and chopped
- 2 teaspoons minced garlic
- 2/3 cup sour cream
- 8 ounces cream cheese, softened
- 1/3 cup mayonnaise

Instructions:

1. In a medium-sized bowl, add the Parmesan Cheese, spinach, and artichoke hearts and mix.
2. Add the minced garlic, sour cream, cream cheese, and mayo. Stir together, then pour it into a medium-sized saucepan.
3. Heat the mixture over medium-low heat. Stir until the cheese has melted.
4. Pour into a crockpot and cook



Food Photo Credit: favfamilyrecipes.com

on HIGH for 1-2 hours or on LOW for 3-4 hours. Use the warm setting to keep it warm while serving.

Notes

Make ahead. Remove the dip from the stove, allow it to cool, and store it in an airtight container in the refrigerator for 1-2 days. Place the dip in the crockpot when you're ready to heat and serve.

Store leftover dip in an airtight container in the fridge for 3-4 days, or freeze for 6-8 weeks.

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Dec 29th (Sun) **BRIAN KASSAY** Solo Musical Mad Man - 7pm

December 31st (Tues) **New Years Eve THE DIRTY SHAME** Outlaw Country

January 3rd - 4th (Fri-Sat) **JACKSON HOLTE & THE HIGHWAY PATROL** Rock & Roll

January 10th - 11th (Fri-Sat) **UNDER THE BLEACHERS** Rock & Roll

January 17th - 18th (Fri-Sat) **EL WENCHO** Red Dirt Rock, Blues, Country, Americana

January 24th - 25th (Fri-Sat) **TRENT BROOKS BAND** Outlaw Country

January 31st - Feb. 1st (Fri-Sat) **THE SHUFFLEBUMS** Blues

February 7th - 8th (Fri-Sat) **BLACKWATER** Top 40, Blues, Funk & Country

February 14th - 15th (Fri-Sat) **THE DIRTY SHAME** Outlaw Country

Livingstons Own Benjamin Fischer, Among Winners of Britain's Prestigious Marshall Scholarship

The British Government today announced the 36 winners of 2025 Marshall Scholarships. This new cadre—drawn from America’s most accomplished students—will begin graduate studies at top universities across the United Kingdom next year, following an intense selection process.

The Marshall Scholarship program was created by an Act of British Parliament in 1953 as a living memorial to former US Secretary of State General George C. Marshall and American assistance provided following World War II. The scholarship allows up to three years of fully-funded graduate study in any academic topic at any university in the United Kingdom, home to 17 of the top 100 universities in the world. Over 2,200 Americans have received advanced UK degrees through the program since its inaugural class 70 years ago.

On announcing the new scholars, Consul General Tammy Sandhu said, “The winners from the San Francisco region showcase the exceptional talent, innovation, and determination that are hallmarks of the US Pacific Northwest. They will serve as influential ambassadors and advocates for the UK-US relationship, deepening the enduring bonds between our two nations



Benjamin Fischer (Stanford University)

through their studies and future contributions.” The four Marshall Scholarship recipients from the San Francisco region Karrington Hendrix, Eric Gottlieb, Angelina Chan, and Benjamin Fischer. They will travel to the UK in fall of 2025 to start the academic term.

Karrington Hendrix (CSU – East Bay) is a recipient of the Obama-Chesky Voyager Scholar for her advocacy for BIPOC Student health, and a recipient of the 2024 Young innovator in Behavioural Health for helping deliver free mental health services on campus. Through her organization, Stigma Free, she hopes to continue fighting for better mental health initiatives.

Eric Gottlieb (Brown University) helped develop a proposal which would encourage affordable housing developers in RI to produce mixed income developments with federal 9% Low-Income Housing Tax Credits (LIHTCs) and plans to become a policy analyst at a social policy think tank.

Angelina Chan (Stanford University) completed an honors thesis on the mechanisms of coevolved adaptation to K1 killer toxin in budding yeast, and hopes to develop new methods in chemical and synthetic biology to reprogramme the genome.

Ben Fischer (Stanford University) developed a platform for healthier, spontaneous digital conversations, growing it to 5,000+ and is currently Chief of Staff

for Global Communications at Palantir Technologies. He hopes to pioneer pro-social design to create digital platforms that enhance civic behaviour, safety, and community healing for a healthier internet.

John Raine, Chair of the Marshall Aid Commemoration Commission said:

“Marshall Scholars are powerful advocates for excellence across a wide range of disciplines—it is fantastic to see such a diverse group of future leaders in careers across international relations, science, technology, health and the humanities. We look forward to welcoming them into the proud tradition of Marshall Scholars who have contributed so much to the UK, the U.S and the world.”

The program received 983 applications this year from candidates representing academic institutions across the United States. 25 universities across 16 US States are represented by the winners. Nearly a third of this year’s winners are from public or state universities, with two winners representing U.S. military service academies. California State University- East Bay received awards for the first time

The program is principally funded by the British Government but also benefits from generous support through partnership arrangements with world-leading British academic institutions, allowing winners to pursue graduate degrees in almost any academic subject at any university in the

UK. The 2025 class winners from the San Francisco Consulate region will study at Cambridge University, Cardiff University, King’s College London and the University of Oxford.

The scholarship program also continues to receive generous support from the Association of Marshall Scholars, the official alumni organisation of the Marshall Scholarship. The British Schools & Universities Foundation also provides generous support and funds for a scholarship.

This year’s class had 4 recipients with ties to the San Francisco consular region, including:

1. Angelina Chan (Stanford University) of Rocklin, California
2. Benjamin Fischer (Stanford University) of Livingston, Montana
3. Eric Gottlieb (Brown University) of Portola Valley, California
4. Karrington Hendrix (California State University – East Bay) of San Ramon, California

About the Marshall Scholarship

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[See Marshall Scholarship, Page 7](#)



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- Q.** What's Santa's favorite sport?
A. North-pole vaulting.
- Q.** Where do reindeer get their coffee?
A. Star-bucks.
- Q.** What's the hardest thing about learning to skate?
A. The ice.
- Q.** Why couldn't the elf pay his rent?
A. He came up a little short.
- Q.** Why did the reindeer cross the road?
A. It was the chicken's day off.
- Q.** What do elves do after school?
A. Gnome-work.
- Q.** What does Santa Claus keep on his mantle?
A. Nick-nacks.
- Q.** Where does Christmas come before Thanksgiving?
A. In the dictionary.
- Q.** Why is Santa such a good shopper?
A. Because he makes a list, then checks it twice.
- Q.** How do elves know how to make toys?
A. They're elf-taught.



- Q.** How much does Santa pay his reindeer?
A. Eight bucks.
- Q.** How do elves produce toys so quickly?
A. They make short work of it.
- Q.** What did one snowman say to the other?
A. I only have ice for you.
- Q.** Why do wiener dogs love winter?
A. They like to dachshund through the snow.
- Q.** Why do reindeer have fur coats?
A. Because they don't fit into parkas.
- Q.** What did the reindeer say to Santa?
A. Nothing. Reindeer can't talk.
- Q.** What do you call a reindeer with only two legs?
A. Eileen.
- Q.** What do dogs sing at Christmastime?
A. "Bark, the Herald Angels Sing."
- Q.** What do you call a reindeer with three eyes?
A. Reiiindeer.

Marshall Scholarship

from page 6

their choice for up to three years. This has given rise to an unprecedented breadth of expertise in almost every academic field, producing numerous university presidents, six Pulitzer Prize winners, two Nobel Laureates, fourteen MacArthur Fellows, two-academy-Award nominees, two US Supreme Court Justices and a NASA Astronaut.

With over 2,200 scholarships awarded to date, Marshall Scholars are leading the conversation and direction of some of the most critical issues of

our time. Notable winners of the scholarship include:

- Supreme Court Associate Justices **Stephen Breyer (ret.)** and **Neil Gorsuch**
- **William Burns**, Director of the U.S. Central Intelligence Agency
- Pulitzer Prize Winners **Anne Applebaum**, **Tom Friedman**, **Jeffrey Gittleman**, **Sarah Stillman** and **Dan Yergin**
- Nobel Prize Winners in Chemistry **John Jumper** (2024) and **Roger Tsien** (2008).
- **Dr. Dan Barouch**, Leading COVID-19 vaccine researcher and **William Bosworth** Castle Profes-

Poetry Spotlight

THE GREATEST OF GIFTS

Written by: Robert Nehls

In my mind as I see it, I feel very small,
There are pictures of Christmas that I can recall.
As I walk through the memories of so long ago,
There is singing and laughter and hearts all aglow.

And the lights on the tree filled our spirits with joy,
That all little ones feel when they unwrap a toy.
But the greatest of gifts in that faraway place,
Was the smile and peace on our sweet mother's face.

As I stroll through these visions, I feel the snow fall.
I grab my sled, head outside and hear my friends call.
Neighbors build snowmen, yuletide wishes fill the air.
Heartfelt hugs that let you know that they really care.

And the lights on the tree filled our spirits with joy,
That all little ones feel when they unwrap a toy.
But the greatest of gifts in that faraway place,
Was the smile and peace on our sweet mother's face.

Turkey's on the table now, we sit hand in hand,
Giving thanks to God for His blessings small and grand.
Reminisce and laugh about the past year we've shared.
And we all understand that it can't be compared,
To those years long ago we gathered round the tree.
Tearing open our gifts and we still all agree,
That the greatest of gifts in that faraway place,
Was the smile and peace on our sweet mothers face.

sor of Medicine at Harvard Medical School

- **Kurt Campbell**, Deputy Secretary of State, United States Department of State.
- **Reid Hoffman**, Philanthropist and founder of social networking platform LinkedIn
- **Lisa Cook**, Economist and currently the first African-American woman and first person of color to sit on the Federal Reserve Board of Governors
- **Gabe Amo**, Congressman representing Rhode Island's 1st Congressional District
- **Kris Kobach**, Attorney General of

the State of Kansas

- **Jocelyn Benson**, Secretary of State for the State of Michigan
- **Col. Anne McClain**, NASA Astronaut and U.S. Army Colonel who will serve as Commander of NASA's forthcoming SpaceX Crew-10 mission in February 2025.
- **Ray Dolby**, Founder of Dolby Laboratories and 1997 winner of the National Medal of Technology and Innovation
- **Rebecca F. Kuang**, #1 New York Times bestselling author of Babel and The Poppy War book trilogy



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- BEFORE STRINGING LIGHTS ON YOUR TREE, CHECK FOR CRACKED OR MISSING BULBS AND FRAYED WIRES
- ALWAYS TURN OFF CHRISTMAS TREE LIGHTS BEFORE LEAVING THE HOUSE OR GOING TO BED
- BE SURE TO WATER YOUR LIVE TREE REGULARLY
- DO NOT OVERLOAD ELECTRICAL OUTLETS
- MAKE SURE ALL SMOKE ALARMS ARE WORKING



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Give the Gift of Health

by Nurse Jill

Sugarplums and candy canes are what everyone's dreams are currently filled with as we near the epitome of holidays this December. But as far as health is concerned, sugarplums and candy canes are likely the last thing we need.

This Christmas try to think outside of the frosted treat box. It is so convenient, easy, and probably cheaper, to grab that sparkly ready-made container filled with confectioner's delights, but the health consequences can compound quickly.

Practically all health conditions have a positive correlation with sugar. This means that as more sugars are consumed the risk of a myriad of illness and chronic conditions goes up. There is even data suggesting that higher levels of sweetness in your diet can increase the risk of depression.

Holidays are known for precipitating acute conditions in the general population. As stress increases with holiday commitments and busyness our immune systems suffer, and we succumb more easily. This is true of sugar intake as well. Sugar's effects can last for hours and as we continue to intake small amounts all day long our bodies never really recover.

So, this Christmas, for the sake of health, give a gift that is outside of the box. There are many options for showing someone you care and appreciate their friendship that do not center on our culture's cumulative sweet tooth.

Give time. Offer to do a chore for a family member. Tidying a kitchen, vacuuming a living room, or shoveling a walk clear of snow can be a meaningful act of service. Grabbing their packages from the post office, descaling their coffee pot, cleaning their oven... there are many chores that your family members would appreciate being able to check off their to-do list without having to break a sweat.

Give non-sugar food. Make dinner for someone. Something with a balance of protein, whole grain carbohydrates, and veggies will offer the kindness of confection but without the negative effects. Or offer creatively packaged healthy snacks.

Bouquets of fresh fruit on skewers can be a colorful display as well as a naturally sweet (but balanced with fiber) gift. You can channel your inner artist and make some kind of arrangement of palatable food without all the added sweetness, fun cheeses, different nuts, or raw veggies with a dip can be fun choices. Take note of your recipient's favorites that aren't in the sugar column and gather them together in a fancy tin to make a more healthful gift.

Give favorite things. Most of our acquaintances and friends have habits of consumables. A favorite soap, a favorite gum, a favorite lotion, or a favorite lip gloss. Grab a fancy bow and

tie it around the bottle. If you know their favorite coffee or their favorite tea you can bundle that with a fancy mug for a thoughtful gift.

Give comfort. Buy thick socks, cozy hat, soft scarf, or knitted mittens to brighten someone's holiday. There are even heated options that can be recharged for an extra dose of comfort.

Give pampering. Use gift cards to buy someone a spa treatment, a manicure, a haircut, a massage, or a facial. Many people do not have the means to invest in these self-care treatments, your gift can give them a dose of welcomed relaxation and care.

Give tokens. Many of our fantastic shops in downtown Livingston have small but creative gifts that you can use to give someone a dose of appreciation without breaking the bank and without contributing to the sugar overload that comes with everyone gifting everyone else sweet treats. These small tokens can include little bags, or containers, or a candle, or a notebook, or a game.



Give gift certificates. A five-dollar gift card to grab a cup of coffee not only communicates your love to your friend but also supports our small businesses. Many of our shops and restaurants sell gift certificates in a wide variety of amounts from single digits to just make someone's day better all the way to triple digits for a full indulgence.

Give appreciation. Bring back the art of a thank-you note. Sit down and ruminate on all the ways a specific someone has positively affected your life. Think about what this has meant to you over the years (or months for a newer friend). Write all these down in a pretty card along with your heartfelt gratitude for how they have made your life better. This card will likely be cherished for the rest of that individual's life. Positive words and thankfulness are some of the most powerful gifts we can give.

This Christmas do your friends a favor and opt out of the superfluous sugar swap. It will not only benefit their health but likely yours, too.



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Tuesday, Dec. 24th - Ham &
bean soup, cornbread, fruit, milk

Wednesday, Dec. 25th -
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Thursday, Dec. 26th -
Salisbury steak, gravy, potatoes,
veggie, fruit, milk

Friday, Dec. 27th -
Fish fillet, fries, coleslaw, tartar
sauce, fruit, dessert, milk



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by Dalonda Rockafellow
doTERRA Wellness Advocate

Oils of the Bible

By Dalonda Rockafellow

Proverbs 21:20

"There is treasure to be desired and oil in the dwelling of the wise"

Revelation 22:2

"and the leaves of the tree were for the healing of the nations"

Mark 6:13

"anointed with oil many that were sick, and healed them"

It is estimated that the use of aromatics, essential oils and the plants used to produce them, are mentioned over 500 times in the bible. Referenced in 36 of the 39 books of the Old Testament and 10 of the 27 books of the New Testament.

Egyptians used essential oils for medicine, religious ceremonies, beauty treatments and in food. Frankincense and myrrh were gifts of the wise men, and were considered very valuable for their healing properties. Specifically, Myrrh is mentioned 156 times and Frankincense 81 times. Frankincense, sandalwood, myrrh and cinnamon were considered very valuable cargo along caravan trade routes; and were often valued more than gold.

The 2,400 mile Frankincense Trail through Arabia has been so well traveled by camel caravans for the past 5,000 years, the trail is visible today via satellite imagery. The Three Wise Men came bearing gifts of Frankincense, Myrrh and Gold at the birth of Christ.

Let's take a closer look at some of these biblical oils and what they are used for...

Frankincense was used in incense and offerings, a gift given to Jesus from the Magi. It helps to focus energy, improve concentration, provide emotional balance

and used to bless newborn children. It supports the immune system, is anti-inflammatory, promotes cellular health, rejuvenates your skin and reduces the appearance of fine lines.

How to use:

- Add drops to a diffuser to breathe in calm and tranquility.
- Add drops to a veggie cap and swallow for emotional balance, cellular health and immune support.
- Add drops to your face lotion for skin improvement.

Myrrh was used to assist in religious rituals, as an anointing oil, embalming and as a gift given to Jesus from the Magi. It has powerful cleansing properties and promotes a healthy mouth and throat. Myrrh soothes the skin and promotes a youthful-looking complexion. It helps with emotional balance and well-being.

How to use:

- Use as a liquid bandaid on cuts and scrapes.
- Add drops to a little water and gargle and swish in your mouth.
- Add drops to your face lotion for a healthy complexion.
- Add drops to a diffuser for emotional well-being.

Sandalwood was used in embalming, perfume and religious ceremonies. It promotes healthy skin, reduces the appearance of blemishes, enhances and uplifts the mood. Sandalwood can reduce the appearance of scars and supports healthy urinary function.

How to use:

- Use as a personal fragrance by dabbing on your pulse points.
- Add to your face lotion for healthy looking skin.
- Apply directly to scars to help reduce imperfections.
- Add drops to a veggie cap and swallow to support urinary function.

Cassia, a close relative to Cinnamon, was used in the sacred and holy anointing

oil given to Moses and in perfume. It supports healthy immune function and digestion, helps promote circulation, stimulates the endocrine system, soothes sore, achy joints and is warming with an uplifting aroma.

How to use:

- Add drops to a veggie cap and swallow to support immune, circulation and digestion.
- Dilute with a carrier oil and apply to sore, achy joints.
- Add drops to a diffuser for a warm, comforting aroma.

Cypress was used in purification rites, weaponry and as a building material. Cypress trees can live to be 400 years old! It soothes tight, tense muscles, strengthens the circulatory system, promotes healthy respiratory function, supports white blood cell production, enhances immune support and is beneficial for oily skin conditions.

How to use:

- Dilute with a carrier oil and apply to tense muscles.
- Add drops to your face lotion to help with oily skin.
- Add drops to a veggie cap and swallow to support respiratory, immune and circulatory systems.

Cedarwood was used in purification rites and as a building material. It supports

healthy respiratory function, promotes clear, healthy skin, has a relaxing aroma and promotes sleep.

How to use:

- Dilute with a carrier oil and apply to the chest for respiratory function.
- Add drops to face lotion to help clear skin.
- Diffuse in the bedroom for a restful night's sleep.

Essential oils have been used throughout history in many cultures and biblical times for medicinal and therapeutic benefits. From ancient days to modern ways doTERRA's essential oils can be a part of your everyday life to help promote wellness, well-being and mindfulness. Good luck in your journey and reach out if you have any questions or if I can help in any way!!

Dalonda Rockafellow has been using and educating about health and doTERRA essential oils for 10+ years. She maintains a website and has an active Facebook page; Lavender, Lemon & Learning that she uses to keep people up to date on the benefits of using CPTG (Certified Pure Tested Grade) essential oils for their health and well-being. You can contact her at dalonda@bigskyoils.com or mydoterra.com/dalondarockafellow.



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Regional Water Project

The City is taking an important first step regarding municipal water services in the Montague, Sleeping Giant and Green Acres area by conducting a Preliminary Engineering Report (PER).

The PER serves as a critical planning tool, enabling the City to engage residents and secure funding opportunities to offset construction costs. The City encourages community members to participate in the upcoming meetings



to learn more and share their perspectives.

Upcoming Meeting Schedule

Join us in the Community Room at the City-County Building to

stay informed and provide feedback:

- Upcoming Meeting: January 22, 2025, at 6 pm.



Lady Eagles Hold off Lady Bruins Furious Rally

Emily Straatman Career Night and Bella Triemstra Fourth Quarter Heroics Help Manhattan Christian Boys use a Suffocating Defense That Overwhelms Gardiner

Park County Dugout
By: Jeff Schlapp

The Gardiner Lady Bruins hosted the Lady Eagles of Manhattan Christian on Monday night at Gardiner High School, where it was snowing outside but things were heating up inside the Bruins gym. The Bruins witnessed the continued maturation of Eagle freshman Emily Straatman who poured in 22 points on the night.

But thanks to a defense that the Bruins had not practiced before and a stunning fourth-quarter rally the Eagles needed some late-game heroics from Bella Triemstra to hold on for a 56-44 win.

Senior Bruin Ellie Reinertson was honored and received a standing ovation before the game and was given an honorary game ball marking the 1,000th point of her career. Her

younger sister Josie Reinertson gave her a bouquet and joined her at midcourt. Ellie has been playing varsity since eighth grade and has made the All-State team every year.

As the game got underway the Eagles looked invincible. Using their press to perfection they withstood an early 6-5 Bruins lead and then outscored the Bruins 16-2 the rest of the quarter. The Eagles were able to get quick baskets off turnovers caused by their press and when they were getting steals from Triemstra for easy layups they began to establish Straatman in the post where she erupted for nine first-quarter points.

Isabelle Dawes, who was playing on a bum ankle hit her only shot of the night, a three-pointer in the first quarter as a trend started - all the Eagles scoring would come from Triemstra or Straatman the rest of the game except for three buckets (Dawes, Aubry Hoffman, and Markelle Johnson).

In the second quarter, the Bruins matched the Eagles point for point (10) helped by a three-pointer from Ceila

White (4 points) and five points from Maggie Darr (team-high 22 points for the game) but they still found themselves down going into halftime 31-18.

As the final seconds of the third quarter ticked off the clock Triemstra grabbed a rebound and dribbled the length of the court, around and between three Bruins straight for the basket. As the last second was drifting away she made a terrific pass to Straatman who put in her shot as the buzzer went off. In the third quarter, the Bruins were outscored 17-10 by the Eagles and were down 48-28 as the fourth quarter began.

Head Coach for the Lady Bruins Jeff Ballard used a Box and 1 defense to start the second half. The Bruins had never practiced the defense before but proved fast learners. This was employed by Coach Ballard as a way

to try to slow down Triemstra from scoring. Gardiner's White guarded Triemstra during the second half while the other four Bruins dropped into a zone (or a box).

Up to then, Triemstra scored 15 points including

a bomb from the top of the circle for three points. In the third, the Bruins (and White who played brilliantly the whole game) held Bella to five points during the third quarter.

At the start of the fourth quarter, Eagles head Coach Rod Trimestra gave his leader, Triemstra a rest, and without her disruptive presence the Bruins began to hit their shots, and with the home crowd becoming louder with every basket scored, started to whittle away at the Eagles 20 point third quarter advantage.

With 2:48 left in the game Fiona Roberts (5 points) hit a three that brought the lead to nine points but then Trimester hosted her team upon her shoulders and scored five points, four on tough inside shots (she had 7 in the fourth quarter) to quash the Bruins rally and lead the Eagles to their closet game win of the early season.



Gardiner's Maggie Darr is looking for an open teammate to pass the ball to during the chaotic fourth quarter against Manhattan Christian on Monday in Gardiner.



Gardiner's Ellie Reinertson guards Manhattan Christian's Markelle Johnson on Monday night in the opening of Western 12C conference play at Gardiner High School in Gardiner.

In the nightcap, the 3-1 Manhattan Eagles took on the 0-3 Gardiner Bruins, and from the onset Coach Layne Glaus and his assistants Ryan Ruffatto and Tyler De Vries had the Eagles unleash their suffocating pressure man-to-man press with Christian Triemstra and Carter Van Dyken harassing the Bruins guards.

When the Bruins were successful in beating the press waiting for them was 6'8" Isaac Hoekema who either was blocking shots or altering the Bruins plans to go inside.

Remember the scene in Hoosiers where Coach Dale told Buddy, "Buddy, 41 is killing us. Just killing us. Stick with him! Think of chewing gum... if he's chewing some, by the end of the game, I want to know what flavor it is!" At the end of the game, Buddy told his coach it was Dentyne—the Eagle's defense is similar to that.

At the half, the Eagles had the game in hand leading 54-12 on their way to a 69-29 win. Parker Wyman the Bruins All-state forward scored four points for the night. The Eagles are tall, and quick, and not that they seem to do so, but in case of foul trouble, Coach Glaus has a

deep bench to turn to.

Although the Bruins can take some measure of comfort from outscoring the Eagles in the second half (17-15) Coach Josh Young's young team was blitzed. The Eagles have seven seniors who have all played at the state tournament for consecutive years. The Bruins have three seniors, Wyman and Noah Herrea (2 points) and Tyler Stermitz who is rehabbing a repaired knee, who are uber talented

but on this night they were overmatched.

All four teams are off for the Christmas break and return to action on January 3rd. For the Eagles, they travel to White Sulphur Springs for their first look at the Hornets and then the following day,

Saturday, January 4th take on the Shields Valley Rebels at home.

The Bruins travel to play the Rebels on Friday, January 3rd, and White Sulphur Springs at home on Saturday, January 4th.

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



Gardiner's Parker Wyman showing no fear challenges the Eagle's big man Isaac Hoekema who was up to the challenge on Monday night at Gardiner High School in Gardiner.

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"Enjoying the Journey"

by Lois Olmstead

Twas very revealing to me when so many of you readers responded to my last column. Your feelings of loss, pain, grief, and loneliness were sad. Because pain hurts, whatever the source.

Last week I wrote it was Day 3,141 since He-Who-Took-Long-Steps went to heaven. Rounded off that is about 8 ½ years. Then I wrote "We often hear time heals all wounds That is not true. Time does not always erase the pain we experience as years go on." I added that I can only speak from my personal experience in the loss of a spouse.

Your emails told of feeling such a variety of emotions you carry including the guilt of not being able to cope or to move on. Oh dear friends, my heart aches for each of you



and the many more who feel similar but did not write in. I want to tell you three things that have helped me walk through these emotional times of pain when they come.

One came recently. My friend Lee Parriott gifted me with a book "Letter to a Grieving Heart" by Billy Sprague (Harvest House Publishers Eugene, Oregon) He wrote, "The tears will turn from reflections of misery, to jewels of tribute. They will no longer be mostly streams of self-pity but will shine with honor to the one you miss.

His use of the word self-pity is in the kindest, most gentle sense... sorrow for ourselves. Yet the depth of that sorrow can through deep, deep love turn in a positive precious sense of "if I had not had that person or place or thing in my life, I would have been most lacking." The loss comes because of the treasure of the love.

Secondly there is an international program for survivors of losses of loved

ones called Griefshare. I have been helped by going through one of their series. Look it up on-line for all the information.

Thirdly one of the most life changing learning experiences in my grieving process came through the study of "Gently and Lowly" by Dane Ortlund (Crossway, Wheaton Illinois). The entire book is based on a deep, thorough study of the verses in Matthew 11:28-30. Read those verses and apply them to yourself. I highly recommend the book.

And speaking of He-Who and missing our gift exchanges. This is a memory that I am turning into a 'treasure'...

He-Who and I always remembered that Christmas in 1991. We made a big deal of secrets that year. We shopped separately and didn't even give any hints. The night before Christmas we were in a motel. We would go to the ranch the next day. He had to go sit in the lobby while I wrapped his gifts. He made me do the same. I think the lady at the desk thought we were fighting! It was just we didn't trust each other not to peek.

Christmas morning came. I gave him a clock radio with an alarm. He gave

me an alarm clock with big numbers and a snooze button. I gave him really, warm red and blue ski gloves. He gave me really warm pink and white gloves. We laughed, "We might as well have just shopped together!" We loved the gift part of Christmas. The picking of that special gift for each other. Have you ever noticed that the value of a gift does not depend on the amount of money spent?

Some of the very best are the least expensive. We loved the secrets and celebrating Jesus' birthday. And the memories of that Christmas and all the rest, keep me thankful for the years he was here with our family. At Christmas my cup of joy is full and running over even if sometimes there are tears (tears are always okay) along the way. The love of Jesus covers me.

Isaiah 61:3, says, "to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness" - meaning God will anoint sorrow with joy and give comfort to those who grieve as we come to Him. Our part is coming to Him.

Bozeman Symphony Presents Korngold's Glittering Violin Concerto



BOZEMAN SYMPHONY
Norman Huynh, Music Director

The Bozeman Symphony presents the cinematic magic of Korngold's Violin Concerto, a dazzling blend of Hollywood flair and old Vienna elegance, on January 18th and 19th at the Willson Auditorium in downtown Bozeman.

World-renowned violinist Will Hagen, known for his electrifying performances with major orchestras worldwide, returns to Bozeman to take center stage in composer and Hollywood film-score legend Erich Korngold's Violin Concerto in D Major. Hailed as a "brilliant virtuoso... a standout" (The Dallas Morning News), Hagen's artistry has captivated audiences with a sound that "floats delicately above the orchestra" (Chicago Classical Review).

Korngold's Violin Concerto is a sweeping masterpiece filled with the lush romanticism and cinematic grandeur of 1930s films. Drawing from Korngold's celebrated film scores, including The Adventures of Robin Hood and The Prince and the Pauper, the concerto soars with shimmering melodies, virtuosic brilliance, and emotional depth that leave listeners spellbound.

The concert opens with the enchanting



La Nuit et l'Amour (Night and Love) by 19th-century French composer Auguste Holmès. This evocative six-minute work brims with lyrical beauty, rich orchestration, and an emotional arc that conjures vivid imagery of passion and longing.

The program also features Béla Bartók's Concerto for Orchestra, a dynamic and colorful piece that showcases each section of the orchestra with stunning clarity and inventiveness. This monumental work, known for its complexity

and vitality, will be performed by the Bozeman Symphony for the first time, offering audiences a thrilling new experience.

Performances are on Saturday, Jan. 18th, at 7:30 pm and Sunday, Jan. 19th, at 2:30 pm. Tickets start at \$29, with discounted student tickets available at <https://www.bozemansymphony.org/korngolds-violin-concerto> or by calling 406-585-9774. Limited tickets may also be available at the door.

The Bozeman Symphony extends its sincere gratitude to the generous concert sponsors: Cal & Tricia DeSouza, Gary Kunis & Connie Wong, Ambassador Max Baucus & Ms. Melodee Hanes, and Dennis Wentz, M.D., & Anne Colston Wentz, M.D.



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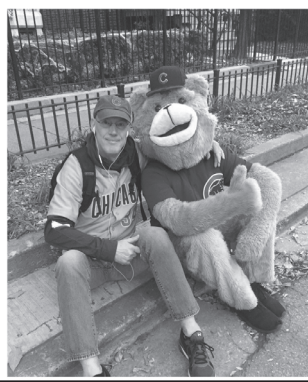
Covering Daily Events, Business News, Local Sports, and More

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

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



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



Published & Created by former
Enterprise Sports Editor,

Jeff Schlapp

312-506-7261

jeffschlapp@parkcountydugout.com





Mark Your Calendars

EVENTS



Happy Holidays

Mondays

WEEKLY GAME OF UNO at the Park County Senior Center, 206 S. Main St., Livingston on Mondays at 1 pm. Free for members, \$5 per game non-members.

WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

Tuesdays

WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

Wednesdays

BINGO NIGHT AT THE OFFICE The Office Lounge at 128 S. Main Street is hosting Bingo, 6:30-9:30 pm.

FAMILY KARAOKE NIGHT 49er Diner at 404 E. Park Street is hosting Family Karaoke night from 6-8 pm. For more information call 406-222-8204.

WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

Mondays-Fridays

DAILY COFFEE WITH FRIENDS! Open to all ages 9:15 am to 12:15 pm. Free. Park County Senior Center, 206 S. Main St., Livingston. ParkCountySeniorCenter.org

December 22 - JACOB MARLEY'S CHRISTMAS

CAROL - Last showing at the Blue Slipper, 3 - 5 pm. Tickets must be purchased online at <https://blue-slipper-theatre.ticketleap.com/>.

December 23 - THE POLAR EXPRESS - The Livingston Film Series is delighted to present a free screening of The Polar Express at The Shane Lalani Center for the Arts, Dulcie Theater, 415 E. Lewis Street, doors open at 6:15 pm, Elves will be on duty. Train leaves the station at 7 pm.

December 24 - FREE LUNCH - Fiesta En Jalisco, 119 W. Park, will offer a free lunch from 11 am - 2 pm to thank the community for their patronage this past year.

December 25 - COMMUNITY CHRISTMAS DINNER

- 41st Annual Christmas Dinner will take place at the Civic Center from 12 noon to 2 pm. Turkey and all the trimmings. Free to everyone. To volunteer or to request a home delivery, please call 406-222-2278.

December 28 - DEADROCK CREATIVE WRITING

GROUP - Join us from 10:30 am - 12:30 pm at the Livingston Park County Library, 228 W. Callender St. This is not an instructional or informative group, just a place to write and have fun. Call 406.222.0862 or email info.lpclp@mtlib.org for more information.

Calendar of Events runs every week. To place your event on the calendar please email the information to community@pccjournal.com or drop off your information at the PCCJ office at 108 N. Main Street.

Cost is \$8/week for up to 50 words, 51-100 words is \$10/week, maximum word count is 100 words please. Deadline is Monday's at 5:30 pm for the following issue that will hit the streets on the following Friday.

January 4 - UNITED IN LIGHT DRAFT HORSE RESCUE

OPEN HOUSE - United In Light at 82 Billman Lane, welcomes you to come out and visit with the draft horses! Visiting time is between 12 - 2 pm. Please wear closed toed shoes. United In Light is fully funded by the public and all volunteer based since 2003, a donation of \$20 is appreciated.

January 12 - POTLUCK - The Beaver Creek Community Hall will hold its monthly potluck at 1 pm. Please bring a main dish, salad or dessert to share. The hall is located at 651 Swingley Road. The public is invited to attend.

February 15 - FOR THE LOVE OF PARK COUNTY - An evening of music and community for the county we all love! Join us for a silent auction and live music from Mercedes Carol, Blake Brightman and Rancho Deluxe at the Elks Lodge, 130 S. 2nd St., Livingston. Doors will open at 6 pm, music starting at 6:30 pm. Tickets can be purchased early for \$25 from FindPCCF-Montana.org/LivingLife or at the door for \$35.



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Wed. Dec. 25th - Thurs. Dec. 26th
4:30 pm, 7:15 pm
(Closed Tuesday Dec. 24th)

SONIC 3

Fri. Dec. 20th - Mon. Dec. 23rd &
Wed. Dec. 25th - Thurs. Dec. 26th
4:15 pm, 7 pm
(Closed Tuesday Dec. 24th)



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livingstonmovies.com

Crossword Puzzle Number 314

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
38			39					40			
41							42				
43					44	45				46	
47					48					49	
50						51				52	

- Across
- 1 Free
- 4 Plugs
- 7 Cookware
- 11 Employ
- 12 Former magician --- Henning
- 14 Global auction website
- 15 Karate degree
- 16 Shift clockwise
- 17 M --- mouse
- 18 Some semiconductors
- 20 Take
- 22 Shirley ---, "Goldfinger" victim
- 23 Debussy composition
- 24 GWTW's --- Butler
- 25 "Rosemary's Baby" actress --- Farrow
- 26 --- feet in a fathom
- 27 Within people's capability
- 30 The --- Four (The Beatles)
- 33 Oscar-winner --- Harrison
- 34 Rounded projections
- 38 Depends
- 40 Upstanding
- 41 1990s tennis champ Andre ---
- 42 Exhale spasmodically
- 43 E.g. Diamond, Armstrong
- 44 Block
- 46 Vigor
- 47 Malacca
- 48 Dough
- 49 Australian running bird
- 50 Singles
- 51 And not
- 52 Talk music
- Down
- 1 Steers a ship
- 2 First major Hebrew prophet
- 3 Indicate
- 4 Escapades
- 5 Female rabbits
- 6 Pursue at law
- 7 Serenity
- 8 Think constantly
- 9 Capital of Taiwan
- 10 Sentence structure
- 13 Au ---: with crumbs
- 19 "How --- the little crocodile..." (Lewis Carroll)
- 21 Ill-fated space shuttle
- 25 Largest possible quantity
- 28 "You make ---": expression of anger
- 29 Yesteryear
- 30 Former Spanish dictator
- 31 Sea between Greece and Turkey
- 32 Barbie's boyfriend
- 35 Cell-phone predecessor
- 36 Itchy skin disorder
- 37 Increase
- 39 Castaway locations
- 42 Alone
- 45 Computer inter-connection system

Crossword Puzzle Number 313 Solutions

1	A	2	L	3	G	4	A	5	L		6	P	7	L	8	A	9	C	10	E	11	S
12	N	E	U	R	A	13	L				14	D	E	L	U	X	E					
15	T	O	Y	O	T	A					16	F	A	B	R	I	C					
					17	M	E	R	18	E			19	D	A	R	T					
20	O	21	S	22	H	A			23	A	L	24	P	I	N	E						
25	C	H	A						26	L	I	N	I	N	27	G						
28	D	O	I	29	T				30	M	I	C				31	A	T	O	32	M	
		33	E	R	R	O	R	S								35	L	B	S			
			36	C	E	N	S	O	37	R			38	C	Y	S	T					
		39	N	O	S	E			40	N	O	41	V	A								
42	B	A	L	T	I	43	C				44	S	A	D	45	D	46	E	47	R		
48	A	P	O	L	L	O				49	S	T	E	E	L	E						
50	R	A	R	E	L	Y						51	S	T	I	F	F					

Merry Christmas



Sudoku Puzzle Number 349 "Easy"

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

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

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

Sudoku Puzzle Answers 348

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

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

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

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

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listing visit us at kenyonnoble.com/jobs. You can also apply online!

School Bus Driver – Arrowhead School is looking for an individual who will be responsible for transporting students safely to and from school. Personal characteristics should include sound judgment, responsibility, calm, self-assured, and likes working with children. Hours are four hours per day, mornings and afternoons, Monday – Thursday with occasional Friday's. Wages start at \$35 per hour. Other requirements include: MT Commercial Driver's License (CDL) with an School Bus "S" and Passenger "P" endorsement, ability to lift 50 pounds, first aid/ CPR, current medical exam, must complete State of Montana annual bus driver training, regular drug testing, driving record release. For more detailed information and job applications go to: <https://www.arrowheadk8.com/job-openings>.

Gardiner Public School is seeking an experienced individual to fill the position of School Business Manager/District Clerk for our K-12 districts. This position is responsible for overseeing the financial operations of the school district, ensuring compliance with regulations, supporting administrative functions and district clerk duties. This position requires strong organizational, financial management, and communication skills. Candidates must have a Degree in Business/Accounting and/or previous experience as School Business Manager/District Clerk, Montana school district clerk experience is preferred. This is a full-time, potentially hybrid (remote and on-site) position, non-exempt, starting hourly rate \$25 - \$30 per hour (doe), and full benefit package. Please submit the following by email or mail to apply: Current resume, district application www.gardiner.org; and three letters of recommendation sent to: Jeannette Bray, Superintendent

The Gardiner Public School is searching for an assistant elementary girls basketball coach. Qualified applicants will assist the head coach during practice and games, and have a sound knowledge of the game. The season is Monday, Oct 21st - Dec 14th. Please contact Carmen at the Gardiner School (406) 848-7563, or carmen@gardiner.org.

Gardiner Public School is looking for a Custodian (part-time, or full-time with benefits). Salary will be based on experience. Applications are available on our website at www.gardiner.org and can be sent to Super@gardiner.org, or you may apply at the school (510 Stone

St, Gardiner, MT, 59030). If you have any questions please call 406-848-7563. RV spot with hookups available for housing.

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

Maintenance 1 Water Department – Public Works
The City of Livingston is hiring a full-time Maintenance 1 team member in the Water Department under Public Works. This entry-level role involves tasks related to the maintenance, repair, and installation of the City water system and infrastructure. The position offers competitive pay, excellent benefits, and opportunities to learn and develop technical skills in various Public Works areas. A valid U.S. driver's license and the ability to obtain a Class B CDL within six months are required. The job posting and forms can be located here: www.livingstonmontana.org/jobs

Windrider Transit Relief Bus Driver - Park County is seeking a Transit Relief Bus Driver to join the Windrider Transit team. This part-time position (10-15 hours/week) involves safely operating buses, providing excellent customer service to passengers, and ensuring compliance with safety regulations. Ideal for those who enjoy interacting with diverse community members. Candidates must have a valid Montana driver's license and will be subject to comprehensive drug testing. Join us in serving the community with friendly, reliable transportation services! This job will be open until filled with priority given to applications received by July 2, 2024. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Registered Sanitarian - Become a vital part of the Park County Health Department Team as a Registered Sanitarian! Under the guidance of the Health Department Director, you'll play a crucial role in safeguarding public health and the environment. From conducting compliance inspections to responding to emergencies, we're looking for someone who can apply their expertise in regulatory oversight and meticulous attention to detail. If you're a Montana Registered Sanitarian with a passion for environmental protection and public health, apply now to make a difference in your community! This position will be open until filled.. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Short-Term Road Worker - Join our dynamic Public Works Department as a short-term Road Worker, where you'll be at the forefront of maintaining county roads and bridges. From operating patching equipment to mowing scenic routes, your days will be filled with diverse tasks. With opportunities to work independently and collaborate with various stakeholders, including the public and governmental agencies, this role offers a blend of autonomy and community engagement. Embrace the challenge and make a tangible impact on the infrastructure that shapes our county's landscape. Apply now to drive change, quite literally, in Park County! There are multiple short term or seasonal positions available and this job will be open until all are filled. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Road Operator
Are you looking for a hands-on career where every day brings new

challenges and the chance to make a real impact in your community? Join the Park County Road Department as an Operator! You'll work year-round with a dedicated team, operating heavy equipment to maintain and improve our local roads. Whether you already have a CDL or are ready to take the next step, we've got you covered. No CDL? No problem! We provide full training for the right candidate, helping you earn your CDL within 6 months. We're seeking candidates with a clean driving record who are eager to learn and contribute. In addition to competitive pay and benefits, you'll gain valuable experience and skills that will set you up for long-term success. To apply go online to: <https://jobs.parkcounty.org/jobs>.

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

Merry Christmas



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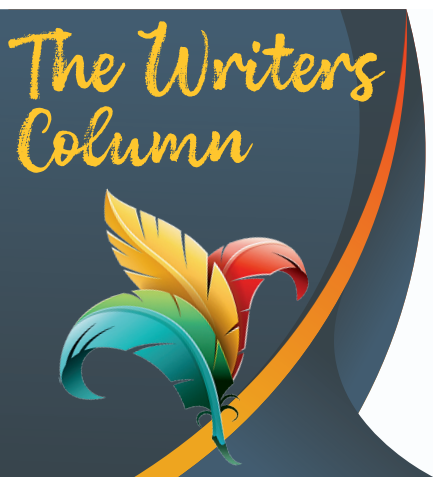
FOR SALE

FOR SALE

SERVICES

SERVICES





by James Kozlik

This is the story continuation. As I share my personal story writing from <https://www.inspiredbookwriters.com>, I will shorten them specifically for this column. I encourage other writers or those of us who are new to writing as contributors to the column. This is a challenge to wannabe book writers (not a book review column). A springboard so to speak for sharing your skills of creativity!

Back to the Story...

I have a peaceful feeling about me right now. I am not judging about doing a good deed or anything like that. Rather I am just being a steward of a single cow taking her to the best pasture with the best grass to feed.

I am enjoying Karan walking on the other side of the cow with his hiking stick. I look over and ask, "cow name?" I point at the cow, and he responds, "Avu... Kamadhenu." Rough tranlastion is "Cow of plenty." I notice Karan carrying a shoulder bag. We get to the pasture and open a gate and take Kamadhenu in the field a ways from the gate. She's in an open grassy spot and starts chumping on the grass.

I notice a flat boulder near a mango tree and retreat to it. I have a desire to meditate. Maybe just sit and lean against the boulder. Meanwhile, Karan is busy stuffing his bag with dry dung. I am sure it's for fire starter. I close my eyes and immediately I hear my inner voice say "now what?" Now what? Gosh, I would like to get that reaction out of my mind. Now what? I am here, relax Harry, jeez, I have a roof over my head, food and am keeping busy, watching a cow and enjoying this mysterious unfolding of events. Besides the bus will be here in a few days.

I crack open my eyes and the cow is still feasting and Karan is still finding dry dung pies. All is good. I start to drift with no more thought in mind—nothing but

When They Leave

enjoying the feel of the rock that I lay up against. I hear a breeze rustle the leaves on the tree. And it becomes so peaceful. Time passes and I feel a presence near me. I open my eyes, Kamadhenu is not to be seen and neither is Karan. He must have taken her back home.

I look up and Aditya is standing beside me with his arms folded and looking in the distance. I follow his gaze and there is a temple at the opposite side of the field. He looks at me and jesters for me to follow him. Aditya is thinking, I do not speak the English, how can I say what I want to this man Harry? I want to ask for his help with the older women, and with this festival. A sturdy young man is what we need. So many of our men are working or gone. Will he understand?

He asks, "Mi sahayam kosam, Harry?" Translation is "for your help." Harry does not understand. "Harry, temp(e)l." Harry, looks over at Aditya and points, "temple?" They get nearer to the temple, Aditya nods and points at a stacked pile of large and small rock, the same type the larger temple has. There are some smaller pillars too. They arrive and with his hands and arms flailing he says, "nirmincadaniki temp(e)l" (meaning build up temple) and manages to pantomime his meaning.

Ah, he does not understand. A stick, I will draw in dirt. "Harry," Aditya points to his eyes, then motions to the ground and draws two crude temples, one small—one large that looks similar to the one standing. Aditya connects the two with a floor that attaches them together. He points to the large granite slabs that have been cut and shaped like puzzle pieces. Aditya poses his right arm into a right angle, clinches his fist and flexes his bicep. Then he points to it then to Harry and then to the stacked rock.

Harry laughs and asks, "You want help?" He flexes his bicep and points to his chest. "Me help build?" Harry attempts to say "Nirmincadaniki" and points to the large temple and the pile of granite.

Aditya's jaw is slack, but he shakes his head, "avunu!" Hummm, that must mean yes. I'll give him a thumbs up. "Ammaji et," as Aditya pats his belly and nods his head towards the village.

To be continued...
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398072 | \$600,000
Tammy Berendts | 406-220-0159



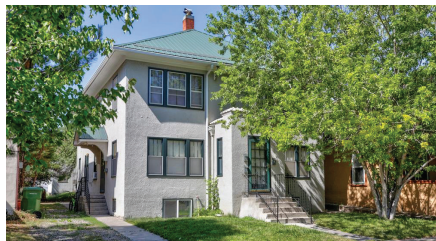
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Ernie Meador | 406-220-0231



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#396962 | \$550,000
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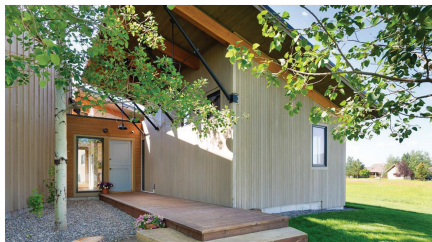
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1296 US Hwy 10 W
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Rachel Moore | 406-794-4971



27 Royal Wulff
3 beds 2.5 baths | 2,668 sq ft
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102 Elliot Street S
Commercial Sale | 5,676 sq ft
#397924 | \$1,500,000
Tammy Berendts | 406-220-0159



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Dan Williams

from page 1

and competed at an international event. Recently, however, and with few exceptions, his students' interest in competing beyond local events has waned (sometimes due to exorbitant travel costs), driving him to train for competitions across the United States and world.

During the day, Williams works at Tech Electric. He starts his day at 5:30 am, arrives to work at 7:00 am and leaves by 5:30 pm to teach class at his studio located in the True Value center. After class he focuses on his personal routine for up to one hour each night, which involves mastering intricate patterns of movement—combinations of stances, blocks, kicks, and strikes performed with exceptional precision and timing at varying degrees of speed. Williams weekend regimen spans two hours and involves monthly online classes offered by USA Taekwondo.

Competitions require participants to perform progressively difficult combinations of movements. Contestants may be asked to demonstrate various combinations at random and must also execute two board breaks, one each with hand and foot, striking with exceptional accuracy as indicated by the break. Events are held at various sites throughout the

world and contestants compete according to age group.

Dan has competed in several major events and, on numerous occasions, qualified to represent the United States in both team and individual competitions at the international level. His first appearance at a major event was the 1986 Taekwondo National Championships hosted in Dayton, Ohio where he advanced to the quarterfinals in the Bantam weight division among 40 other competitors. He has since attended nearly every national championship event as a coach or competitor and medaled several times, focusing on fighting until 2008 before switching to Poomsae (taekwondo with an emphasis in technique and form rather than combat).

Since 2012, his participation in major Poomsae events has been consistent. He received his first major award representing Team USA at the 2015 Pan American tournament in Mexico, attaining Bronze in the individual competition. The Pan American tournament is for competitors in the western hemisphere and is hosted biennially with the World Championship.

Williams typically competes at

the individual level and has achieved second or third place in many major competitions, including USA Nationals, USA Grand Prix, and the USA Team Trials—the latter of which qualifies individuals to represent the United States at either the World Championship or Pan American tournaments. Qualifying for USA Team Trials requires a top eight finish at USA Nationals.

William's participation at this year's World Championships was his first attempt competing in the team competition at the

international level. He and his teammates had each medaled individually at major events and agreed to join forces to compete as a team at

the World Championships. In preparation, Dan and his colleagues met in Michigan to practice synchronized patterns of movement, a major requirement in the team competition. This year's team representing the United States included 66 individuals, the largest of 77 teams among 1280 total competitors. Williams and his comrades took home gold on day one of the event.

Along with competitive accolades, Williams attained a seventh-degree

black belt in 2016 and is now eligible for examination by the sport's governing body, Kukkiwon (the World Taekwondo Headquarters), to receive an eighth-degree ranking, a rigorous process hosted only in Seoul. He was previously awarded his sixth-degree black belt designation at a 2008 event in Las Vegas. Black belt degree seekers are required to perform advanced patterns of 30 to 50 movements and must have sufficient knowledge regarding the history of taekwondo. Each degree level requires a unique pattern of moment and the highest blackbelt ranking in taekwondo is nine.

Williams intends to compete in the 2025 USA Team Trials in Portland this January, the 2025 western regional competition and a coed pairs competition at the 2025 Pan-American games.

Yet, he also remains focused on training his students and is continuously recruiting new apprentices for membership at the studio. If interested, new trainees, Dan says, "should want to focus and better themselves by being respectful and humble; to persevere through difficult times by setting goals and improving, much like in life itself; and to be patient."

Williams says, "Personally, I do it for myself, to do my best and keep improving. To stay in shape and be focused on something."

TAEKWONDO

Columbus
Livingston



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May God Richly Bless You
Throughout the Year.

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Carroll



Blake
Brightman



Rancho
Deluxe

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