



Come see us at the
SWMBIA Home Expo!
March 23-24, 2024 • 9 am – 5 pm
Brick Breeden Field House



Park County Community Journal

FREE

Local Breweries Win Big!

Livingston came out strong on February 24th in Helena for the Inaugural 2024 Montana Beer Awards! The Montana Brewers Association has awarded two local breweries in the recent competition, which was done through blind judging. Livingston's Neptune's Brewery won the bronze medal in Amber Ales for their Anchor's Away California Common. Even better still, Neptune's received a gold medal in the same category for their Dan Bailey's Irish Red. They were also bestowed with the honor of Medium Sized Brewery of the Year!

Neptune's owner, Jon Berens says, "We're proud and thankful to be a part of such a thriving brewing community. Last weekend, a lot of awesome breweries showed up and submitted fantastic beers, really showcasing the quality of beer in our state. We are so lucky to have Cody Phillips as our head brewer. He has been instrumental in us becoming a well-respected and decorated brewery."

Katabatic Brewing also came out strong and took home a gold medal for their Scotch Ale. Owner Shawn Markman said, "Their Scotch Ale,



Jon Berens, owner of Neptune's Brewery, Cody Phillips, head brewer for Neptune's, Shawn Markman and Dawn Markman owners of Katabatic Brewery.

a Montana signature ale, has won numerous other awards recently. Congratulations to Ben Ward, our head brewer. It's really great that the two Livingston breweries were recognized at the event. I'm really happy and proud for Neptune's as well."

If you would like to see the entire list of winners statewide, visit MontanaBrewers.org.

The Mother of All Garage Sales!

All Proceeds Benefit the Livingston Sister City Exchange Program

Donations of all kinds of items are needed for the 2024 Cultural Exchange's Annual Fundraiser. The sale event is March 28th through 30th at the Park County Fairgrounds, 46 View Vista Drive, Livingston.

Declutter for Spring—they'll take almost everything! No clothing, refrigerators or heavy metal items. Reduce, Reuse and Recycle! Donations may be dropped off directly at the fairgrounds on March 25 through 27 between 5-7 pm. And they are happy to pick up your donations, call 406-823-0660 or 619-889-5503 to schedule a pick-up.

On Thursday the 28th, hours are 6-8 pm, with a \$2 Early-Bird Entry Fee (Thursday only), Silent Auction tables open. On Friday the 29th, hours are 10 am-8 pm. Bargain Saturday hours are 8 am-2 pm, where pricing is "Make an Offer." Silent Auction closes at noon. Everything is free starting at 12:30 pm!

The Livingston Sister City Program

This program is comprised of a group of volunteers committed to the ongoing relationship with our Sister City, Nagonahara, Japan. The cultural exchange program is open to all students who are at least age 13 but not over 16, and in grades 7-11 attending school in Livingston.

The Program is part of Sister Cities International, a non-profit citizen diplomacy network creating and strengthening partnerships between the US and other international communities in an effort to increase global cooperation at the municipal level, to promote cultural understanding and stimulate economic development.

To learn more about the program, follow their Instagram: @sister_cities_livingston and to read traveler's experiences in Japan and Livingston. For more information)) email dspmontana@gmail.com.

The Park County Newsletter

Stay in the loop with all things Park County by signing up for our monthly newsletter! Whether

you're eager to know about upcoming events, latest developments, or important updates from your local government, we've got you covered.

Don't miss out on key information that directly impacts our

community.

Simply scan the QR code or visit www.parkcounty.org to subscribe. Let's stay connected, Park County!



The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach



THE main print shop

GRAPHICS • PRINTING • SOLUTIONS

business cards - large format printing
post cards - mailing - invoices
letterhead - envelopes...and so much more!

406-333-2191

themainprintshop.com
orders@themainprintshop.com

108 North Main Street
Livingston, MT

Livingston Park County Job Fair For Employers and Job Seekers

On March 23rd, the Livingston Area Chamber of Commerce is hosting its annual Job Fair. Come to the Park County Fairgrounds, 46 View Vista Dr., for the meet and greet from 9am through 3pm. Last year over 130 job seekers attended. Don't miss the chance to find a great job!

Welcome job seekers of all ages! If you are looking for work opportunities in Park County, this is the place you want to be. Whether you are looking for a fun, seasonal job or a full/part-time permanent position, you can learn about many potential employers in one place as well as discover what they have to offer. So put on your business casual or construction clean, and meet the local businesses. Maybe your dream job is right around the corner!

Businesses who are seeking good-quality candidates for positions at their companies can purchase a vendor display table for the day. Get a chance to meet potential applicants from this pool



of eager employees.

Contact the Livingston Area Chamber of Commerce at 406-222-0850 or visit their office at 303 East Park Street in Livingston. The cost for a vendor table is \$20 and vendors may arrive at 8 am to set up.

Obituaries

Paul Patrick Mikesell (Pat)

On March 1, 2024, Paul Patrick Mikesell (Pat) of Livingston, Montana passed away peacefully in his home with his wife Peggy by his side.

A lifetime resident of Livingston, Pat was born on January 30, 1947 and graduated from Park High School in 1966. As a student at Montana State University, he competed on the shooting team, later being recognized for his achievements by being inducted into the MSU Hall of Fame.

In 1969, Pat put his degree in Architecture on hold to enlist in the Navy, stationed in Pearl Harbor as a munitions specialist. It wasn't soon after his time in the military that he met and married the love of his life, Peggy. They were married in 1975 and welcomed their daughter, Anjie in 1983.

He was employed at Brand S/Ry Timber for over 40 years. He loved his work and the people that he worked with, making many lifelong friends during his career. As an avid craftsman and woodworker, Pat could regularly be found in his workshop, making beautiful furniture and artwork for his friends and family. He enjoyed bowling, camping, four-wheeling and all of Montana's outdoors. His true calling was being a loving father to his daughter, husband to his wife and devoted friend to many.

Community was important to Pat and he spent many years focused on giving back. He served on the Livingston City Council and as the city's Mayor for several years. He also sat on the board of directors for the Sister City Exchange Program linking Livingston, Montana with Naganohara, Japan.

Pat did not know any strangers. His eyes would squint with a big moustache'd smile whenever he met someone new. His laugh was contagious and always left a lasting impression. His family is saddened by the loss but grateful that he could share his joy and love with the entire community.

Pat is survived by his loving wife



Peggy Mikesell (Mussetter), daughter Anjie Martins (Mikesell), son-in-law Mike Martins and his brother Mike Mikesell and wife Carol. He is also survived by many other close friends and extended family who experienced his unbounded love and kindness.

He was preceded in death by his father Earle Mikesell, mother Florence Mikesell (Cast), father-in-law Chester Mussetter and mother-in-law Betty Mussetter (Bell).

Today, we lost a great man. Pat's legacy will continue to impact our community through those that were blessed enough to know him.

Please join us for a memorial service celebrating and remembering Pat on March 8th at 1:00 p.m. at Holbrook United Methodist Church. A graveside service will follow at Mountain View Cemetery with full military honors. A reception will immediately follow back at the church.

In lieu of flowers, memorial contributions may be made to Treasure Lanes Bowling Alley, 1122 W. Front St., Livingston, MT 59047. Checks may be made payable to Livingston USBC Scholarship as a fund will be named in Pat Mikesell's honor.

To leave a condolence or share a memory, please visit franken-davis.com.

Meals for March 11th– March 15th

Monday March 11th– Beef stroganoff, veggie, roll, fruit

Tuesday March 12th–Pulled pork, coleslaw, onion rings, fruit

Wednesday March 13th–Beef stir fry over rice, eggroll, fruit, dessert

Thursday March 14th– Chicken al a king over biscuit, fruit In-house salad bar 11:30am

Friday March 15th– Corned beef, cabbage, roll, potatoes, fruit, dessert



LIVINGSTON MEALS ON WHEELS
206 S Main St
Livingston, MT 5604
406-333-2490

Check us out on Facebook
Livingston Meals on Wheels
Lunch served cafeteria style
at 12pm

**SUGGESTED DONATION \$5
PER MEAL IF OVER AGE OF 60
NO MEMBERSHIP NEEDED**

**\$7 if under 60
Salad bar included in meal
price**

**If you would like a to-go
meal please call before 9am**

49er Diner Bar & Casino



Saturday night Karaoke Party

Green drink specials all night!!

**We will be giving away your
very own karaoke machine!!**

March 16th 2024

W/Almost famous karaoke

**406 E Park St, Livingston
406.222.8204**

Spring Fling Craft Show Sat. April 6 9-4 Park County Fairgrounds

Arts & Crafts

Confections & Baked Goods

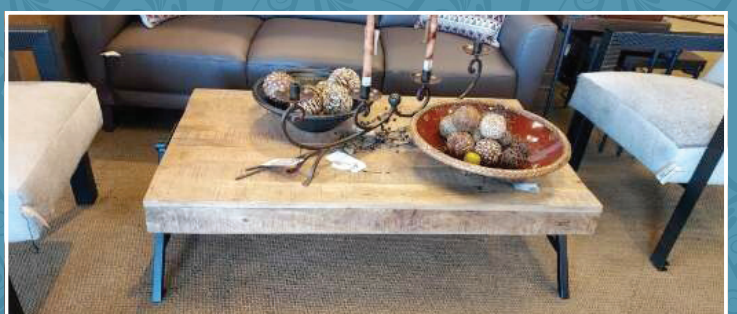
Ecclectic Curated Items

Raffle Prizes

\$1 admission

children under 12 free

ROCKY MOUNTAIN DESIGN INTERIORS



FURNITURE • RECLINERS • ACCESSORIES

www.rockymountaindesign.com

M-F 9-5, SAT. 12-4

601 W. PARK ST. • 406-222-6292

Community School Collaborative Inspires Learning Through February Pop-Up Clubs

Community School Collaborative continues its commitment to hands-on, experiential learning with the successful hosting of two engaging pop-up clubs in February. These clubs provided students with unique opportunities to explore the worlds of Culinary Arts and Physical Therapy, fostering creativity and curiosity.

The first pop-up club, "Sweet Treats at the Livingston Community Bakery," was a delightful experience for participating students. Under the guidance of skilled instructors, students immersed themselves in the culinary arts by dipping truffles in chocolate. The session extended to the art of frosting and decorating Valentine's Day



cookies, adding a festive touch to their culinary journey. What made this experience even more special was the community-oriented aspect of students enjoyed delivering their handcrafted cookies to their "Senior Sweethearts" at the Park County Senior Center. This not only allowed students to share their newfound skills but also brought joy to the senior community. Additionally, each student had the opportunity to take some of their creations home, creating lasting memories for both students and their families.

The second pop-up club, led by Granite Sports Medicine and Black Dog Rehab, offered students a glimpse into the fascinating world of a medical provider. As physical therapists for both humans and dogs,

leaders provided valuable insights into the profession. The session was interactive, allowing students to actively participate in the learning process. From the detective work of diagnosing problems to understanding treatment methods and the importance of maintaining health and strength, students gained a comprehensive understanding of the medical field. The engaging and dynamic nature of the session ensured that students were not just passive observers but active

learners, ready to move and absorb the knowledge shared.

Community School Collaborative remains dedicated to providing innovative educational experiences that go beyond traditional classroom learning. These pop-up clubs exemplify the organization's commitment to inspiring curiosity, fostering creativity, and connecting students with real-world experiences.



St. Patrick's Day Tomfoolery

LIVINGSTON

The Office

128 S. Main St.

MONTANA

CORNER & CABBAGE

Slow Roasted Corned Beef
Baby Red Potatoes
Simmered Cabbage
Honey Glazed Carrots
Sweet Rolls
served with
Grandma Lyla's Hot Mustard
& Sweet and Tangy Brown
Sugar Sauce
\$18

Sunday, March 17th

Big Kitty Fix Clinic

The next two Big Kitty Fix clinics will be at the Park County Fairgrounds on Saturday, March 16th, and Sunday, April 14th. They begin at 8 am sharp until all the kitties are done. For appointments call (406) 222-2134 or e-mail spayneuterlivingston@gmail.com. Walk-ins will be accepted if space is available. During the event, dogs and cats can also get low-cost vaccinations and chips. Contact Dr. Laurel Rhodes for more information at: laurelrhodesdvm@gmail.com.

A total of 71 cats were spayed or neutered at our first 2024 clinic on February 18th. A big thank you to Dr. Amy Lamm, Dr. Tarek Isham, Dr. Jamie



White, Tammy and Raven the fabulous vet tech team, and to everyone who volunteered!

The Spay Neuter Project of Park County is a volunteer-run

organization based in Livingston. In 2014, it became an independent, tax-exempt 501(c)(3) organization. They provide low-cost or cost-share spaying and neutering. For your dog, you can receive a cost-share voucher to use here in town with Colmey Veterinary, Livingston Veterinary, or with Crazy Mountain Veterinary in White Sulphur Springs.

Stay tuned via Facebook at: [Spay/NeuterProjectParkCountyMT](https://www.facebook.com/SpayNeuterProjectParkCountyMT).

Park County Community Journal

Steph & Joel Martens, Publishers
Denise Nevin, Sales Manager

Tyler Erickson, Ty's Tips
Nurse Jill, Columnist
Joyce Johnson, Columnist
Shannon Kirby, Columnist
Jill-Ann Ouellette, Staff Writer

Dalonda Rockafellow, Columnist
Scott Rosberg, Coach's Corner
Mary Rosewood, Food Matters
Jeff Schlapp, Contributing Writer
Carla Williams, Recipe Corner

PO Box 1851, Livingston MT 59047

406-220-0919 • pccjournal.com • email: community@pccjournal.com

Published twice monthly on the 1st & 15th of each month.

Disclaimer: While attempts are made to ensure the accuracy of all information, errors will occur. Independently verify all vital information before events.

We gladly accept the following cards:



All rights reserved by the publishers. Reproduction in any form, in whole or in part, without our written permission is prohibited.

Before hitting the trails, let's talk coverage.



State Farm

R Dean Hendrickson Ins Agt I
Dean Hendrickson, Agent
224 W Lewis
Livingston, MT 59047-3013

Bus: 406-222-2250
dean.hendrickson.b615@statefarm.com
www.deanhendrickson.com

Like a good neighbor,
State Farm is there.®



Adventure is waiting. And so is a Personal Price Plan® for your recreational vehicle insurance. I can help you create an affordable price, just for you. Call, click or stop by for a quote today.

Prices vary by state. Options selected by customer; availability and eligibility may vary. Each State Farm insurer has sole financial responsibility for its own products.

State Farm Mutual Automobile Insurance Company
Bloomington, IL

STOP! Breathe

By Monica El Amari

I am thrilled to see that this free little booklet is being picked up at the various locations around town. A shout out to Foodworks for their generous donation to print the second batch of 200 booklets---which I've already distributed to more locations, restocked previous places, and ran out of them within a couple hours!

Presently, you can find these booklets at: Coffee Crossing, The Perk on Park, Tru North Cafe, Fireflies, Rx Coffee, Wheatgrass Books, Sacred Mystery Bookstore, The Main Print, Livingston Library, Foodworks on Park

St, HRDC office, The Warming Center, and Bitterroot Records.

It is my goal to get these little books into the hands of our area youth and elementary aged children, and to keep the books in print and replenished regularly in many locations.

Because these booklets are free, it will take the village to keep them in supply. Eight

people donating \$10 each will print 200 booklets. This is a gift that keeps on giving! Donations of any amount can be dropped

off at The Main Print Shop at 108 N. Main St. on account. With a little contribution, we can all have a hand in keeping this healthful resource in print.

The booklet is a guided reminder for each of us to STOP! the busy doing and chatter in our heads and to take a moment

to Breathe. When we focus on our inhale and exhale, our breathing becomes a

direct pathway to our center. From within the safety and sanctuary of our center we find clarity and stillness.

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

When you feel powerless, for whatever reason, *STOP! Breathe*. Focused breathing is like a reset button. It stops the continuous thoughts in your mind, and it

See STOP! Breathe Page 6



ROOFING IS OUR HERITAGE AND QUALITY IS OUR TRADITION.



Briceno & Co. Contracting, LLC

Why Choose Us?

Briceno & Co. Contracting is committed to helping residents of Park and Gallatin counties with all of their roofing, siding, and remodeling needs. We strive to execute projects with excellence and in a timely manner. In a market with wait times usually several months out, we aim for honest time frames and hard work to keep our projects efficiently moving forward.

We offer expertise in composite shingles, metal, synthetic shakes, and membrane roofs. We have the skills and equipment to make your roofing project a success. We want to make sure our customers are well-educated on the materials they're purchasing and informed of the roofing process every step of the way.

As a family-owned and operated business, serving the area since 2017, our hope is to gain more than just your business but also your trust and friendship.

Luis Briceno

Roofing

From a simple roof inspection all the way to a complete reroof, we have you covered. We offer professional installation on all roofing products such as composite shingles, synthetic shakes, metal, TPO, and hot roof.

Siding

Your siding is constantly being affected by elements. We can transform your home's curb appeal with updated products to maintain it. Whether it's replacing your existing siding or simply installing your product of choice on your newly built dream home, we have you covered.

Renovation

One thing that sets us apart is that we are a small local company so no job is too small. If we can't do it in house, trust us that we can find you the help you need with your project through our network.



Contact us:

406-223-7555

bricenocontracting@gmail.com
www.bricenoandco.com



BBB Accredited A+ rated

Hero Joey Lewis – and the journey of the soul

by Joyce Johnson

“You can run but ya can’t hide,” said african american Boxer, Joe Louis in the famous challenge put to his opponent to dare the rematch for Heavyweight World Champ, during World War II years. It has been re-quoted countless times over the decades: a dare, a comic chastisement, a war chant even. Joseph Louis Barrow (May 13, 1914 – April 12, 1981) competed from 1934 to 1951. While he served in the army back in 1942, he was quoted to have said, “we will do our part and we are going to win because we are on God’s side.” Joey was widely regarded as one of the greatest and most influential boxers of all time. He was world heavyweight champion from 1937 until his temporary retirement in 1949. He won 25 consecutive title defenses, a record for all weight classes. Joey had the longest single reign as champion of any boxer in history. But his cultural impact was strong outside the ring too. He was the first African-American to achieve the status of a nationwide sports hero and was also



a focal point of anti-Nazi sentiment leading up to and during World War II because of the historic rematch with German boxer, Max Schmeling in 1938. Joey was later instrumental in promoting golf, helping break the sport’s color barrier in America by competing, with sponsorship, in a Professional Golf event in 1951. Joey was a hero in American sports, and walked the talk of freedom to be who you want to be. He never hid from life; a hero for giving birth to those words of wisdom, alone, Joey “took the bull by the horns.”

Slings and Arrows – But what does all that have to do with the



journey of the soul? This: I got that Joey was a brave conqueror on his journey. A good American too. For most of us, when someone or event causes fear, or spells trouble and challenge, like a charging griz; or a little less extreme, when people get assaulted by negative or hurtful criticism or mockery, called of old with reason. We duck, run, or fire back, or just stand our

ground and smile at into those dumb rubber arrows.

Criticism or badmouthing others is destructive because it’s not coming from our best place, in fact is a false self. Our knowledge of other people is almost always only partial. Assassination of character, often “just my opinion,” is tangible energy that flies like an arrow toward it’s target. (Collectively, it is pulling the world apart.) But, it has a brilliant built-in reaction or an auto-self cleaning feature, “what goes around, comes around,” in other words, there is a lesson, and a pop quiz here in classroom Earth. If you get an F you repeat the lesson.

When things or people’s actions stir up emotions in us and we let slip a resentful “put down” of them, we the accusers are often coming from our own stuff, like a wound, or being pride fueled. A, sorta knee-jerk slinging it upon others we resent. Because we are unable to see or own our glitches from unconscious fear of some inner truth or a wound exposed in us that we are blind to, our personal reality is challenged. This fear of loss of power is poked—EGO it’s called. Hefty concept I know. Are you dear reader, thinking: “Wha? you tell’n me if I call someone a “butt” it’s about my butt not theirs?” (Yup! Exactly. Bravo!) But you can count on it, friends and various coaches say, “Don’t take things personally,” which everyone does anyway. Human re-activeness is why many therapeutic practices use powerful daily meditation. A discipline

that may take years to master, but, I know, it works right from the start to dispel fear, anger, and anxiety. Most of you know, meditation is a very old practice.

Dare to be honest with yourself, because if you can’t forgive others, or yourself, that arrow you shot outward interestingly comes back at you, it settles in your own body somewhere—called dis-ease—non-forgiveness is just real bad for your health.

Catch it in the act! Eckhart Tolle teaches a great boot camp for ego-taming. He says that the DE-powering of ego starts with simply recognizing one’s own ego when it escapes complaining, or ranting. It is not the real you, so when you see that fake self acting out, and fail to “toss a net” over the pest, you are giving your power to the creep. Try to remember that and say, “Ego bug off!” which causes a little shift in your consciousness, I promise. And makes you and others laugh. Take a deep breath, too, and dare to be silent, which sustains your power.

The Internationally renown Shaolin (as in Kung Fu) Master, Shi Heng Yi sits still in the forest, on YouTube, totally at peace in meditation and then says with serious eye contact right at you: “*Do not let someone else’s wounds disturb your personal strength of consciousness.* (And after a pause, he sighed and said,)” ...and we must try to love all life...but without challenge,... we will not grow.” I fidgeted, frowned, jumped up and hurried to the cookie jar for distraction from reality, but I heard Joey chuckling and you know what he said.

Now Open!

Downtown Livingston

Open Daily
7:30am to 8pm

ESTABLISHED 2023

FOOD WORKS
on Main

406-333-2436
112 North Main Street

Bring this postcard in for a free 12oz bowl of soup or breakfast sandwich (valid through 3/31/24)

Our mission

We believe your food is your fuel...and this incredible Montana life deserves good fuel! Our organic farmers and ranchers give us amazing tools to work with, and we are grateful to them and this community of hard working, hard playing people. If you like our food...thank a farmer or rancher.

Good food. Good for you.

OMNIVORE, VEGETARIAN, VEGAN, GF
EVERYONE COMES TO OUR TABLE

breakfast

Sandwiches
Burritos
Oatmeal
Quiches
Frittata
Fruit & Veggie Smoothies
Coffee
Tea & More

lunch & dinner

Soups & Chili
Panini
Rotating Daily Hot Bar
Pot Pies & Pasties
International Expiorations
Rotisserie Chickens
Healthful Saiaad Bar
Beer & Wine

baked goods

Organic & GF Sourdough Bread
Pies
Cakes
Sweet Breads
Muffins
Cheesecakes & Tarts
Cookies Gaiore
Speciai Orders (No Problem)

Yellowstone

TRAVEL PLAZA
"The Truck Stop"

Scan for online ordering!
6am-7pm Daily

1226 Hwy 10 W. • Livingston, MT • (406) 222-6180

CONVENIENCE STORE

OPEN 24 HOURS

DINER

OPEN 6AM-8PM
EVERYDAY

SPECIALS & SOUPS MADE DAILY

CASINO

OPEN 8AM-MIDNIGHT
EVERYDAY

Blue Slipper

Symphony Storytime

with a Bassoon Offered at Bozeman Public Library

BOZEMAN, Mont. –Area parents are encouraged to bring their young children to a dynamic, fun, and entertaining Symphony Storytime with a Bassoon at the Bozeman Public Library’s Community Room during their regular Toddler and Preschool Storytime on Wednesday, March 20th, at 10:15 am.

The free program presented by the Bozeman Symphony is especially for children ages 3 to 5. Children will be able to listen to a story read by Montana Shakespeare in the Parks actor Emma Rather who is teaching at The Verge and The Ellen Theatre in Bozeman. As Rather reads, the Bozeman Symphony Bassoonist Sam Macken, a Cherokee Nation Scholar, will play the musical accompaniment. Following the story, Macken will also play a



brief piece that highlights the bassoon.

The goal of Symphony Storytime is to encourage a love of music, literacy, and discovery, according to Education and Community Engagement Coordinator Cierra Wallace. Collaborating with various community partners, the Symphony wants to expose children to a diverse selection of stories, cultures, authors, narrative styles, readers, instruments, music, and musicians. Students at Belgrade HRDC Head Start will hear the story on the same day.

Future Symphony Storytime programs are scheduled at the Library and Head Start on April 10th and June 12th. For more information, visit www.bozemansymphony.org or call 406-585-9774.

ANOTHER SIGN OF



Art Worx

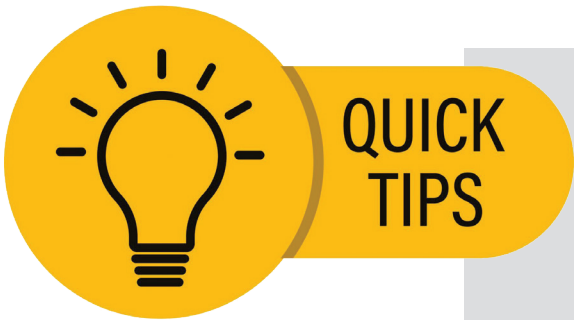
225 South Main Street
Livingston, MT 59047

Custom Matting & Framing

Ask about our "Be Kind" Vinyl Stickers !

406 222-5974
itextavery@gmail.com

MON - FRI 11-5 Sat by Appt.



Daryn

Insurance Tips

FLOOD—Even though the winter weather has been mild, flood season is right around the corner. A common misconception in the industry is flood from ground water being covered under your homeowner’s policy. It is an occurrence that is excluded. If you live in an area with a high risk for flood damage to your home, now is the time to get a price quote for flood insurance. It is common that flood policies have a 30-day waiting period from the date of purchase for coverage to apply, so plan in advance before the high-water season.

RENTERS—I have heard more than once in the office, “I don’t need a renters insurance policy, my landlord has insurance.” More than likely, they do have coverage for the structure—that protects them, but what about your personal property? And what about liability coverage for you? If you were negligent and cause damage to your landlord’s property, you would be

Born and raised in the Livingston area, I have been in the insurance industry for over 20 years. I have worked for several insurance companies and have been fortunate to work for Dean’s office for the last 10 years. I have a passion for helping people understand their insurance needs and providing them with the best possible solutions. I have a degree in Business Administration from Montana State University and have been a member of the National Association of Insurance Commissioners for over 10 years. I have a strong background in customer service and have been able to help many people understand their insurance needs and provide them with the best possible solutions. I have a strong background in customer service and have been able to help many people understand their insurance needs and provide them with the best possible solutions.

damage caused by you. If you bundle it with your auto coverage you can get a discount.

Daryn’s goal as an insurance professional in the Livingston community is to educate and provide peace of mind solutions to his clients. Call him at Dean’s office today at 406-222-2250 or stop by 224 W. Lewis Street in Livingston.

New to You Art and Antiques Sale

The American Association of University Women invite you to participate in our biennial fundraising event as a donor, a consignor, or a community member in supporting our local initiatives. AAUW provides scholarships for women in higher education, sponsors and organizes the Park High Academic Awards Night and candidate forums.

Enjoy a glass of complementary wine and light appetizers, bid on silent auction items, buy art! Join us for the fun while searching for that special item as well as supporting AAUW’s fundraising for our community.



Items for sale or donation can be dropped off at the Shane Center Thursday, March 21st from 11 am to 6 pm and Friday, March 22nd from 9 am to 1 pm. A maximum of 20 items is allowed. Be sure to bring a list of your items. All items must be previously owned and consignment items must be valued at \$25 or more. Consignors will receive 60% of the sale; checks will be mailed two weeks after the event. Unsold items must be picked up following the event between 12:00 pm and 2:00 pm on Saturday.

New to You Art and Antiques sale begins on Friday, March 22nd from 5 to 8 pm with a wine and cheese reception, and the silent auction bidding begins. Admission of \$10 covers the two day event or Saturday-only admission is only \$5. The sale continues on Saturday, March 23rd from 9 am to 12 pm and the silent auction closes at noon. Come buy some art, bid on some antiques, while checking out this new venue.

STOP! Breathe

from page 4

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

Try it. Practice it. You will see for yourself that focusing on your own breathing is immediately calming and self-empowering. Carry this little guide booklet in your pocket, car, backpack, purse, or keep it in your locker, desk drawer, or under your pillow. Keep it within reach until the

art of *STOP! Breathe* becomes a natural everyday part of your awareness.

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

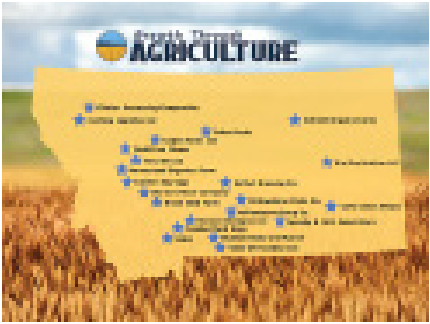
MDA Announces 2024 Growth Through Agriculture Grant Awardees to Advance Montana Agriculture

HELENA, Mont. – Director Christy Clark and the Agriculture Development Council announced recipients of the state’s \$818,954 investment in innovative, value-added agriculture projects through the Montana Department of Agriculture’s Growth Through Agriculture (GTA) program. From Plevna to Kalispell, a total of 22 agricultural businesses throughout the state were awarded funds to advance Montana’s agricultural economy. “Year after year, MDA’s Growth Through Agriculture program focuses on giving our agricultural businesses the opportunity to grow and expand in order to add more value to their product and improve their bottom lines,” Montana Director of Agriculture Christy Clark said. “The Department of Agriculture is proud to invest in these innovative projects that will add value to Montana agriculture as well as contribute to economic development and local communities.”

The GTA program was established by the Montana Legislature in 1987 to strengthen and diversify Montana’s agriculture industry through development of new agricultural products and processes. It offers funding in the form of a grant or loan or both and funding is determined by a seven member Agriculture Development Council (Council) during scheduled meetings. The Council members are appointed by the Governor. Growth Through Agriculture funding requires the investment of at least a \$1 in matching funds for every \$1 in program grant or loan assistance received.

2024 GROWTH THROUGH

- AGRICULTURE AWARDS**
- Farmer Boy Eggs – Drummond received \$18,200 grant “Farmer Boy Eggs Equipment Upgrades”.
 - Old Salt Meat Company – Helena received \$50,000 grant “Growing Montana Value-Added Meat Products”.
 - Bruce Seed Farm – Townsend received \$25,000 “Seed Processing Facility”
 - Glacier Processing Cooperative – Kalispell received \$50,000 grant “Glacier Processing Cooperative Equipment and Efficiency Improvement Project”
 - New England Chowder LLC dba Yellowstone Soup Co – Big Timber received \$50,000 grant and \$25,000 loan “Yellowstone Soup Co Facility and Market Expansion”
 - Big Sky Butcher LLC – Glendive received \$50,000 grant “Big Sky Butcher LLC: Expansion for Inspection Project”
 - Farming Logistics LLC – Kalispell received \$41,616 grant “Business Expansion through improvements of our current hops facilities and practices”
 - County Rail Farm dba Field Five Flower – Huson received \$18,000 grant “Tulip Program Expansion at County Rail Farm + Field Five Flowers”
 - Horizon Biologics LLC – Bozeman received \$41,500 grant “Expansion of production capacity for bovine amniotic fluid products”



- Eden Feeds – Great Falls received \$50,000 grant “Feed Manufacturing Equipment to Increase Production and Create a Safer Work Environment”
 - Crooked Yard Hops – Bozeman received \$10,860 grant “Hop Production Facility Infrastructure and Safety Improvements”
 - Skattum Dairy and Ranch – Livingston received \$50,000 grant and \$16,675 loan “Skattum Dairy Expansion to meet market demand for Montana made milk”
 - Speedy & Flo’s Sweet Corn – Hardin received \$50,000 grant “Greenhouse Expansion in Big Horn County”
 - Taste of Paradise LLC – Livingston received \$40,000 grant “Taste of Paradise, converting a Grade-A cattle dairy to an independent creamery for the production of cheese and ice cream in Livingston, MT. Adding dairy goats to the line of production for a combination of milk allowing for a unique product.”
 - Pelz MT LLC – Missoula received \$25,000 grant “Machine for Mass Production of Local Montana Pelmeni Dumplings”
 - Homestead Organics Farm – Hamilton received \$14,485 grant “Cooking up Opportunity! Upgrading our wholesale commercial kitchen to make it safer, more efficient, and user-friendly to existing and emerging small food entrepreneurs”
 - ZEGO – San Francisco (Belgrade) received \$25,000 grant “Building a collaborative, vertically integrated value chain for Montana-grown, gluten-free specialty grains in Belgrade, MT”
 - Eagles Acres LLC – St Ignatius received \$7,370 grant “Pastured Poultry Expansion”
 - Lame Jones Meats – Plevna received \$35,250 grant “Cooler Expansion – GTA”
 - Schmitt Organic Farms – Wolf Point received \$50,000 grant “Vertical Integration of Organic Grain Processing”
 - Yellowstone Pasta Company – Billings received \$49,998 grant “Expansion of Yellowstone Pasta Company in both regional distribution and addition of employees”
 - Gally’s Brewing Company – Harlowton received \$25,000 grant “Addition of Distilling Operations to Gally’s Brewing LLC”
- The Montana Department of Agriculture is serving Montana Agriculture and growing prosperity under the Big Sky. For more information on department programs and services, visit agr.mt.gov.*

Hunting & Fishing Licensing Year Begins March 1st

Happy new license year! March 1st is the day you can buy your 2024 hunting and fishing licenses and begin applying for permits and special licenses. The deadline to apply for deer and elk permits is April 1st, but don’t wait until the last minute. It’s a good idea to apply early.

Applications for most species – deer, elk, antelope, deer B licenses, elk B licenses, antelope B licenses, moose, sheep, goat, bison, bear, turkey – can be made beginning March 1st.

New for this year, Montana residents purchasing a general deer or elk license between March 1st and June 30th are automatically entered into a lottery for a free moose, sheep, or goat license (species determined by the Fish and Wildlife Commission).

Please note that General Deer Licenses and Deer B Licenses for antlerless mule deer in Regions 6 and 7 are valid only on private land.

You can buy licenses and apply for permits on the FWP website beginning at 5 am on March 1st; click on “Buy and Apply.” Most FWP offices will be open from 8 am to 5 pm, Monday through Friday.

Once you have your licenses and permits, you can use the MyFWP mobile app to hold and display licenses, permits and E-Tags. Once you’ve downloaded these items, you

will be able to access them in the field without cell service.

If you do not already have a MyFWP account, you can set one up through the MyFWP login page.

The licensing call center will be open from 7 am to 7 pm from March 1st through April 1st; after April 1st, the hours will return to 8 am to 5 pm. The call center can be reached at 406-444-2950.

To watch a video on the permit application process, or for more information on Montana hunting licenses and permits, go to fwp.mt.gov/buyandapply/hunting-licenses.

- Application deadlines**
- Paddlefish (white tag) – March 22nd
 - Deer and Elk Special Permits – April 1st
 - Deer B and Elk B Licenses – June 1st
 - Bighorn Sheep – May 1st
 - Bison – May 1st
 - Moose – May 1st
 - Mountain Goat – May 1st
 - Antelope – June 1st
 - SuperTags
 - Antelope, Bighorn Sheep, Bison, Deer, Elk, Moose, Mountain Goat, and Mountain Lion – June 30th
 - Mountain Lion Special Licenses – July 22nd

WOLF’S




MERCANTILE

LIVINGSTON, MONTANA


A UNIQUE HOME DÉCOR & GIFT STORE


OPEN EVERYDAY 9AM-7PM
SUMMER HOURS: 9AM-9PM

Curated home décor, cowhide, leather goods, clothing, candy, gifts & more.



106 South Main St. Downtown Livingston

 406-333-2412

 @WOLFS.MERCANTILE

1979 for some parks. There are 429 parks in the National Park System, and 400 parks counted visitors in 2023. For the first time, there are now parks reporting their visitation numbers from all 50 states, the District of Columbia, and four US territories. Five national parks began reporting in 2023, and this is the first year a park from Delaware is included.

For further information on bear safety and food storage protocols, please visit Custer Gallatin National Forest - Outdoor Safety & Ethics (usda.gov). Additional information on IGBC-approved products including containers and electric fencing please visit www.igbconline.org.


**Get your weekly dose of
PCCJournal
delivered to your door!**
\$8/month (Delivered) or \$10/month (Mailed)


 NAME: _____
 ADDRESS: _____
 PHONE: _____
 INSTRUCTIONS: _____

Fill out this form and mail to:
PO BOX 1851 • LIVINGSTON, MT 59047 • 406-220-0919

2024 Community Art Show

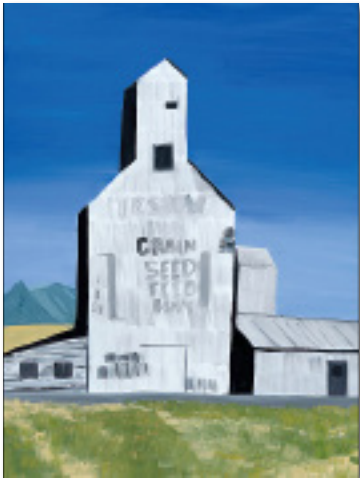
Livingston Center for Art and Culture

Lindie Gibson



The Livingston Center for Art and Culture will celebrate the artistic talents of Park County residents with this year's annual Community Art Show. Featured will be the artwork of dozens of residents, from seasoned artists to budding creative novices, and include painters, sculptors, photographers, jewelry makers, fabric weavers, artisans, and more. Elle Skinner, a participating artist from Livingston shared, "The community show is a chance to connect with my town. I remember the first community show I submitted a snail painting that resonated with another artist. This other artist was a school aged boy who had drawings of cockroaches on display - which I loved in return. Seeing what other

people create offers insight into the kindred potential of others that isn't always easy to see. The community show features folks of all ages and dispositions. Having that on display speaks to the richness of the community and the fact that all of us can be artists in our own unique way." The Community Art Show will be on display between March 5th through March 30th, 2024. The public will have the opportunity to meet participating artists at a reception on March 22nd from 6 to 8 pm. The Center is located at 119 South Main Street in historic downtown Livingston. To learn more contact the Center at (406) 222-5222 or visit <http://www.livingstoncenter.org>. Visit the Center and see what your community has been up to artistically this year.



Fading History by Victoria Bond

TACTICAL CIVICS™

TacticalCivics.com

If you are **UNHAPPY** with...

-  **the trajectory of our country...**
-  **partisan politics...**
-  **what is being taught in schools...**

then JOIN US to learn about the **SOLUTION**

Taking America Back One County at a Time



You're Invited: Introduction to **TACTICAL CIVICS™**

WHEN: Wednesday,
February 28 at 6pm
WHERE: Livingston Park
County Public Library,
228 W. Callender St.,
Livingston

WHEN: Saturday,
March 2 at 1pm
WHERE: Gardiner
Community Church,
318 Main St., Gardiner

WHEN: Tuesday,
March 26 at 6pm
WHERE: Livingston Park
County Public Library,
228 W. Callender St.,
Livingston

WHEN: Saturday,
March 30 at 1pm
WHERE: Gardiner
Community Church,
318 Main St., Gardiner

Park County Montana
SPORTS



The Gladiators Return to The Mats

Reed Konely, Tavin Grant, Logan Marsh, Cooper Jett, Gavin Chandler, Whinter Gibson, Griffin King, and Mason Hartman grapple to First Place for Livingston

Park County Dugout | Livingston
By: Jeff Schlapp

Park High School in Livingston was jam-packed as 377 Little Guy wrestlers from eight wrestling clubs took to the mats. This was the last tune-up with divisionals next weekend before the stakes get high. The Livingston Little Guy Invitational brought teams from Big Timber, Bozeman, Gallatin Gateway, Helena Bearcats Wrestling Club, Manhattan, Three Forks, Townsend, and Livingston.

The Livingston wrestlers have been on the mats since February 12th, with two tournaments under their belt before Saturday. Both were away in Townsend, and Saturday was their only home meet of the season. Next weekend, March 9th, is Divisional at Three Forks High School. March 16th is the state championships in Manhattan at Manhattan High School.

The stars came out to watch and referee as Ranger Wrestling alumni Trae DeSaveur and Gage McGillvray and All-state wrestlers came out to referee, and this year's state qualifiers, Charlie Seeman, Karlie Payne, and



Coach Konley, Reed Konley, and Ezra Hewitt. - Photo by Jeff Schlapp

Tucker Shepardson also threw on a whistle to referee and give back to the wrestling community. Ben Hahn and Matt Dettori were on hand to watch, as was Livingston wrestling royalty, Jessica Gubler, who was home for spring break.

What they saw was that the future of Park High wrestling was in good hands. Ranger and Livingston Little

Guy head coach Linton Jett had to be pleased as eight Livingston wrestlers grappled to first place.

Reed Konely won by fall over Taylor Bleile (Townsend) in 1:43 to win first in 56A. Tavin Grant took home first place in 59B by decision over William Kirchner (Big Timber) 9-2. Logan Marsh pinned Mason Hardaway (Manhattan) in a quick 0:45 seconds to claim first

place in the 75 weight class. Cooper Jett won his two matches and first place by a pin over Westin Jones (Big Timber).

Gavin Chandler won the 110 Novice class when he pinned Joseph Stewart (Manhattan) in 0:49 seconds. Whinter Gibson had quite a day. She won all three matches by pin on her way to winning the girls 70 Novice weight class.

Griffin King twice pinned Bryson Lammle of Bozeman to win the 153-pound weight class. And Mason Hartman pinned Stetson Hartman after pinning Amos Stanley (Manhattan). Mason beat pinned Stanley in 0:50 and returned and beat Hartman in just 0:42.

While Charlotte Counts, Linton Jett, Murphy Sullivan, Luke Ervin, Chelsea Petz, Adilynn Matson, Abrielle Ricci, Ben Mezmarich, and Hunter Horsley took second place.

Last year at Divisionals, the Livingston wrestlers qualified a record 42 wrestlers for the Little Guy State Tournament. It will take some work to duplicate that effort, but don't be shocked when it happens!

TRAILER PROTECTION
ENCLOSED, BOAT, FLATBED, UTILITY,
ATV, CARGO, EQUIPMENT...
WE'VE GOT YOU COVERED!

Rhino Linings of Livingston
AUTHORIZED APPLICATOR

Destri & Helena Adams - Owners
406.220.3601 • www.rhino linings.com
320 1/2 N. Main Street, Livingston, MT 59047

Lindie Gibson
jump?

Fine Art Portraits & Illustrations
by **Joyce Eley Johnson**

You can text or email
give me a call for
private sittings

PARADISE VALLEY MONTANA
406.224.0192
zjaysplace@gmail.com

Portraits of People, Pets and Wildlife

Montana Highway Patrol Commissions 12 New Troopers

Park County Dugout | Livingston
By: Jeff Schlapp

The Montana Highway Patrol (MHP) commissioned 12 new troopers at a graduation ceremony at the Civic Center in Helena Friday. Attorney General Austin Knudsen and Lieutenant Colonel Kurt Sager addressed the new troopers before their badge, pinning and taking the oath of office.

"I'm confident that the new troopers are prepared to meet the challenges they will face as they begin their careers protecting Montanans from dangerous criminals and keeping our communities safe," Attorney General Knudsen said.

"This is the future of the Montana Highway Patrol, and our future is bright. They are ready to serve their community with pride and dedication to keeping our state safe," MHP Colonel Steve Lavin said.

The 12 new troopers were part of the 78th MHP Advanced Academy. They have spent 24 weeks going through an intense training schedule. They come from all parts the United States: Arizona, California, Florida, Minnesota, Nevada, New Jersey and Washington. Four of the new troopers are from Montana.

Graduates of Montana Highway Patrol's 78th Advanced Academy are: Anthony D. Carroll, originally from Butte, MT – Initial Duty Station Butte
Ronaldo Chavez, originally from Missoula, MT – Initial Duty Station Wolf Point



Alexander D. Crandall, originally from Shevlin, MN – Initial Duty Station Bozeman

Roberto "Daniel" Erekson, originally from Billings, MT – Initial Duty Station Miles City

Manti D. Jeffs, originally from Colorado City, AZ – Initial Duty Station Chateau

Thomas G. Kachler, originally from Newfoundland, NJ – Initial Duty Station

Glasgow
Jerad R. O'Dell, originally from Overton, NV – Initial Duty Station Butte
Gamal "James" Selim, originally from Jacksonville, FL – Initial Duty Station Whitehall

James T. Taylor, originally from San Luis Obispo, CA – Initial Duty Station Bozeman

Dylan W. Walls, originally from Bremerton, WA – Initial Duty Station Big Timber

Josiah "Joe" Wamsley, originally from Helena, MT – Initial Duty Station Drummond

Brett L. Westford, originally from Cuter, WA – Initial Duty Station Malta

P.E.O. announcement

P.E.O. Chapter BW has announced the offering of two scholarships for young Park County women.

1) A \$2500 College Scholarship for Park County seniors seeking a 4-year college degree. Applicants must have a 3.0 or greater GPA and have shown a commitment to community, leadership potential and initiative.

2) A \$1500 Education Scholarship for girls who have graduated from a Park County High School or were homeschooled in Park County and who plan to continue or pursue studies towards a 2-year technical degree or certificate, or a 2-year Associate Degree. Graduating seniors who plan to attend a 4-year college are also eligible to apply.



Applicants must have a 2.0 or greater GPA and be 21 years old or less and can demonstrate a commitment to their chosen field, work ethic, initiative and the likelihood of successful

completion of the chosen course of study. Please visit the high school guidance office to apply or send an email to ybrutger@gmail.com. DEADLINE TO APPLY IS 4/12/24.

P.E.O. is a philanthropic organization where women CELEBRATE the advancement of women; EDUCATE women through scholarships, grants, awards, loans and stewardship of Cottey College and MOTIVATE women to achieve their highest aspirations.



Whether you're
LEAVING WINTER...



...or VISITING IT

Let your travelbug out, with Journeybug Travel!

Call 406-823-0610

Cassi Geiser, travel agent
journeybugtravel@gmail.com
https://www.evotraveltagent.com/journeybug

NO obligation
Free Quotes

Beat the deals you find online
& take the stress out of organizing your trip.

TRASH TALK

JOIN US THE FIRST TUESDAY OF THE MONTH FOR A CONVERSATION ABOUT WORKING TOWARDS LIVING ZERO WASTE IN YOUR HOUSEHOLD AND COMMUNITY.

WHAT ACTIONS DO YOU TAKE THAT HELP REDUCE OVERALL WASTE AND IMPACT ON THE PLANET? WE WANT TO HEAR THEM! COME SHARE YOUR HABITS, OBJECTIVES, IDEAS, AND QUESTIONS IN A STRUCTURED, EDUCATIONAL, OPEN CONVERSATION.

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

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

Presented by Yellowstone Bend Citizens Council

ParkCountyDugout.com

where life stories are told



Your Daily Dose of Park County News

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

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

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



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

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



Recipe by
Carla Williams

RECIPE CORNER

Tex-Mex Sloppy Joes

Ingredients

- 1 pound ground beef
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 cup ketchup
- 1 can (4 ounces) chopped green chiles
- 1/2 cup beef broth
- 1/4 cup chili sauce
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 6 hamburger buns, split
- 2 tablespoons butter, softened

Directions

In a large skillet, cook beef and onion over medium heat for 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Add garlic; cook 1-2 minutes longer. Stir in the ketchup, chiles, broth, chili sauce and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes, stirring occasionally

Meanwhile, spread cut sides of buns with butter. Place on baking sheets, buttered side up. Broil 4 in. from the heat for 1-2 minutes or until toasted. Serve beef mixture in buns.

Spice Up your Life with Cayenne Pepper

by Jill-Ann Ouellette

Want to add a little spice to your life—and your diet? Cayenne pepper may be just what the doctor ordered. This popular red pepper adds versatile flavor to your meals and is chock-full of health benefits. “Cayenne peppers are a great addition to a healthy diet,” says registered dietitian Alexis Supan from the Cleveland Clinic Health.

Cayenne peppers are rich in vitamin C, vitamin A, vitamin B6, and vitamin K. One fresh pepper is packed with 72% of the recommended daily amount of vitamin C and 50% of vitamin A. Powdered cayenne doesn’t contain as many vitamins as the fresh peppers do. Yet, dried cayenne powder is a good source of vitamin A, more like 15% in one teaspoon. And vitamin A is an essential nutrient that plays an important role in vision, reproduction, immune system health, and proper function of the heart, lungs, kidneys and other organs.

The hidden gem in cayenne’s great health benefits comes from the photochemical capsaicin, the natural

compound that gives all peppers their spicy kick. Let us count the good things that cayenne can do:

1. Provides Beneficial Plant Compounds

Cayenne peppers are winning sources of antioxidants, flavonoids, and carotenoids. These antioxidants protect our cells and promote good health. They protect against cell damage from harmful substances in their environment.

2. Protects your Heart

Studies that suggest capsaicin can protect against inflammation and alter bacterial growth in vitro. Inflammation plays a role in many diseases, including heart disease. Cayenne peppers can keep blood vessels healthy and lower blood pressure.

According to the Cleveland study, people who regularly ate chili peppers were 13% less likely to die from heart-related diseases like heart attacks and strokes. Researchers found that when people season their meals with cayenne pepper, they’re less likely to reach for the salt shaker.

3. Improves Digestion

Many people think spicy foods cause heartburn or an upset stomach, and it can trigger heartburn in some people. Yet, in reality, cayenne increases gastric juices and enzyme production in the stomach, which improves the breakdown of food. It will also promote detoxification by improving liver function. If cayenne pepper doesn’t agree with you, don’t force it.

4. Maintains a Healthy Weight

Cayenne peppers and other capsaicin-containing spicy foods may help with weight loss. Spicy foods can boost your metabolism, helping you to burn calories. It can also help you feel fuller after eating. A spicy, flavorful diet tends to be more satisfying. While not effective as a stand-alone weight-loss plan, it should be part of a nutritious eating plan. And when you’re satisfied, you’re less likely to reach for not-so-healthy foods, desserts, and snacks.

5. Eases Pain and Clear Congestion

When you’re congested, spicy foods can help clear you up. And if your head is pounding, spicy chili or tacos might be a good go-to. Cayenne peppers specifically have also been shown to help relieve headaches.

To ease pain, capsaicin is also used in topical form. Creams made from this potent spice can be rubbed on your skin to treat aches and pains, even arthritis.

It’s easy to include cayenne daily. Fresh or powdered, cayenne pepper is a super addition to your diet. It blends with every type of cuisine and is used in dishes from around the world. Go ahead—grab a pinch and get creative, sprinkle a bit of the powdered spice on just about any food. How about a Mexican hot chocolate, a boost in your coffee? Chop them up, sauté them, add them to a stir fry, or go brave with raw peppers—raw, fresh cayenne peppers pack the most punch.

A word of warning—as your palate and your digestion adjust to cayenne peppers, you might find you like your foods hotter and hotter. But with all the potential health benefits of a spicy diet, that’s all good!





Get your weekly dose of PCCJournal delivered to your door!

FILL OUT THE DELIVERY FORM ON PAGE 5 TO HAVE THE PCCJOURNAL DELIVERED TO YOUR DOOR, EITHER IN-PERSON OR BY MAIL.

\$8/MONTH (Delivered) or \$10/MONTH (Mailed)



Vote YES for the Livingston Recreation Center District!

VOTE YES MARCH 1-19 (MAIL-IN BALLOT) FOR THE 4 RANGES WELLNESS CENTER



WHAT WILL IT OFFER?

Two indoor swimming pools, walking track, after school programs, a gymnasium for basketball, volleyball, pickleball, summer camps, community rooms, rehabilitation areas, fitness room, outdoor Katie Bonnell Park (handicap accessible), and so much more.

WHY WILL IT BE GOOD FOR LIVINGSTON?

The 4 Ranges Wellness Center will Develop Healthier Youth, Strengthen Families, Promote Healthy Aging, Improve the Economy, Improve Mental and Behavioral Health for All, and foster Community-Wide Pride!

WHAT WILL IT COST ME?

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

HOW/WHEN DO I VOTE?

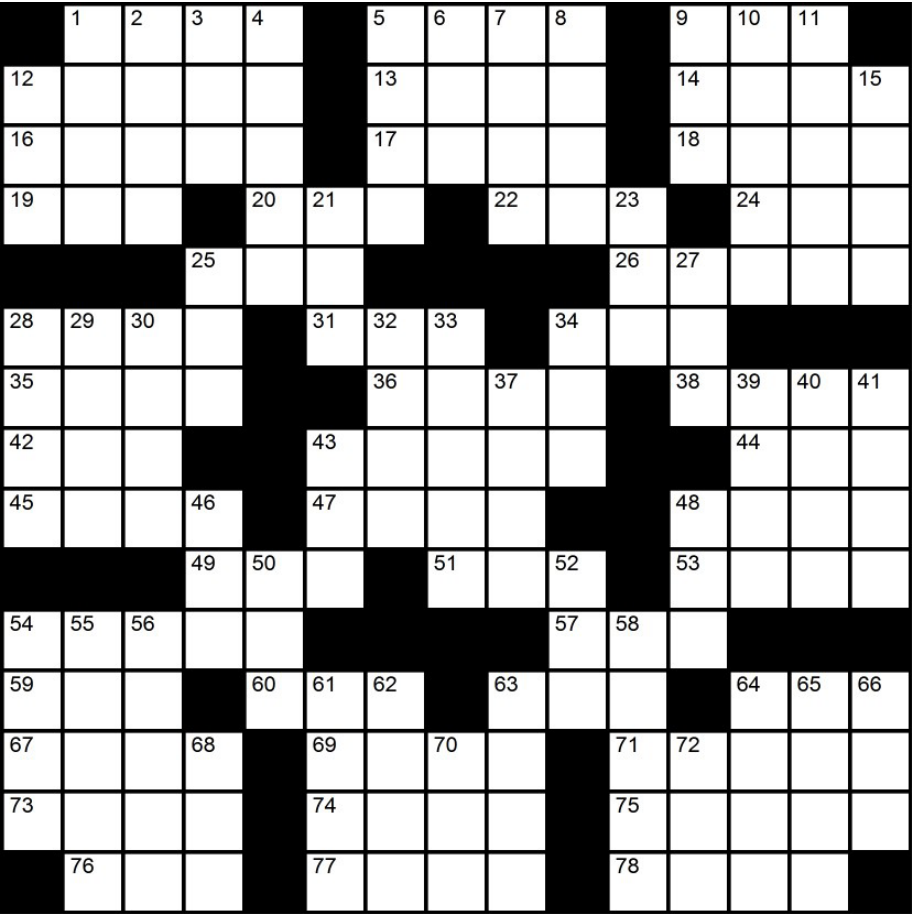
Ballots for Livingston city residents will be mailed February 28, 2024 to active, registered voters within the City of Livingston District. Voters will have until March 19 to return ballots. Voters may also register and vote in-person at the Park County Election Office if they miss the registration deadline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

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



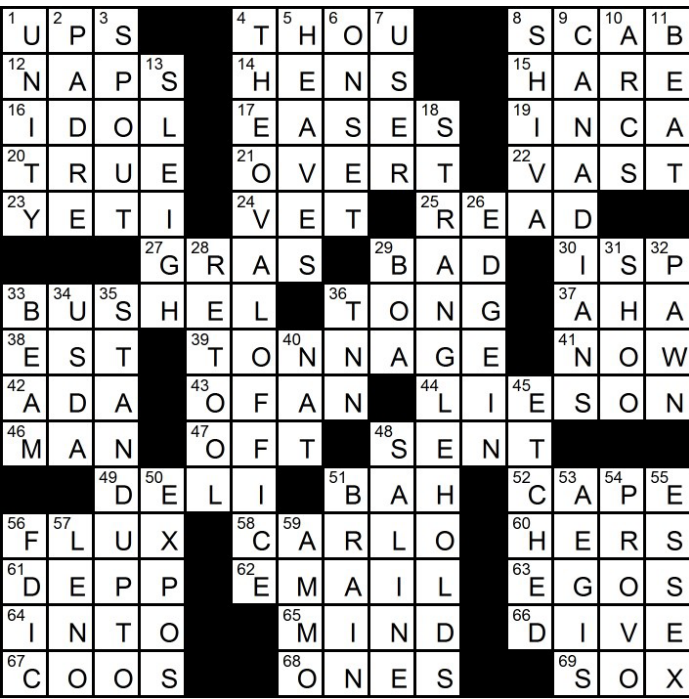
FOR MORE INFORMATION VISIT:
livingstonmontana.org

Crossword Puzzle Number 321

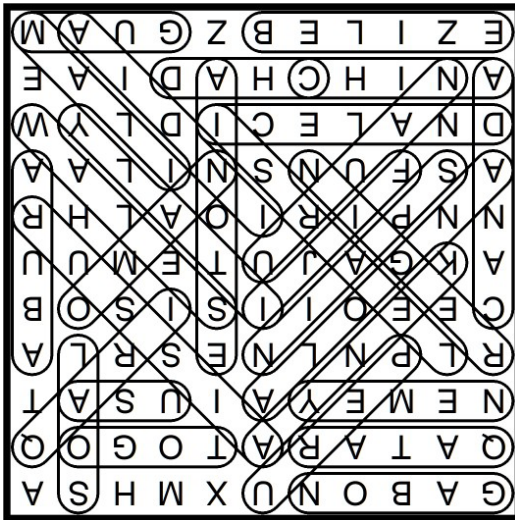


- Across
- 1 #
- 5 Conversation
- 9 P C to web link company
- 12 Persian Gulf port
- 13 Gypsy people
- 14 Immediately, in hospital
- 16 Edgar --- Poe
- 17 Upon
- 18 Insect destructive of clothes
- 19 Negative
- 20 One coming out
- 22 Big beer can
- 24 --- Grande
- 25 Solar system center
- 26 Casing
- 28 Electrical connector
- 31 Passed away (Abbr.)
- 34 Old card game
- 35 "Would it be ----?" (Presley: "Can't help falling in love")
- 36 Father's sibling
- 38 Physicians
- 42 So far
- 43 Sour-smelling
- 44 Sticky stuff
- 45 Junction
- 47 Not us
- 48 Killer whale
- 49 Rotational speed measure
- 51 Bashful
- 53 Top
- 54 Harsh treatment
- 57 Applicable
- 59 Entertainment
- 60 Bench with a back
- 63 Letters on Royal Navy ships
- 64 E.g. a street kiss
- 67 Horse controller
- 69 Spanish fashion designer --- Rabanne
- 71 Long
- 73 Aware of
- 74 Overnight stops
- 75 Law
- 76 Fight against underwater threats
- 77 Penny
- 78 U R L starter
- Down
- 1 Kind of hoop
- 2 Competently
- 3 Cape Town carrier
- 4 One of the Indian majority
- 5 Quarrelsome grouch
- 6 Very fashionable
- 7 Hog-wild
- 8 Recording medium
- 9 Belief system
- 10 Bad weather
- 11 Paved outdoor area
- 12 Karate degree
- 15 Hammer god
- 21 Aim
- 23 Federal fiscal watchdog
- 25 One of a hundred in D C
- 27 Eye cell
- 28 Methods
- 29 Statement of understanding
- 30 The Beatles' lovely meter maid
- 32 Apiece
- 33 Antidotes
- 34 Classic Ford model
- 37 Type of rechargeable cell
- 39 Man-eating giant
- 40 Stimulating South American shrub
- 41 Sit in a tub
- 43 Bank machine
- 46 E.g. Robinson, Doubtfire
- 48 Plump
- 50 Vigor
- 52 Thanksgiving dish
- 54 Spherical hairdo
- 55 --- Vista, Disney brand
- 56 Military groups
- 58 Outguess
- 61 Heroic
- 62 Diminish slowly
- 63 Vast multitude
- 64 Gasp
- 65 Bead
- 66 Newswoman
- Curry
- 68 The present time
- 70 Cable/satellite network
- 72 Dine

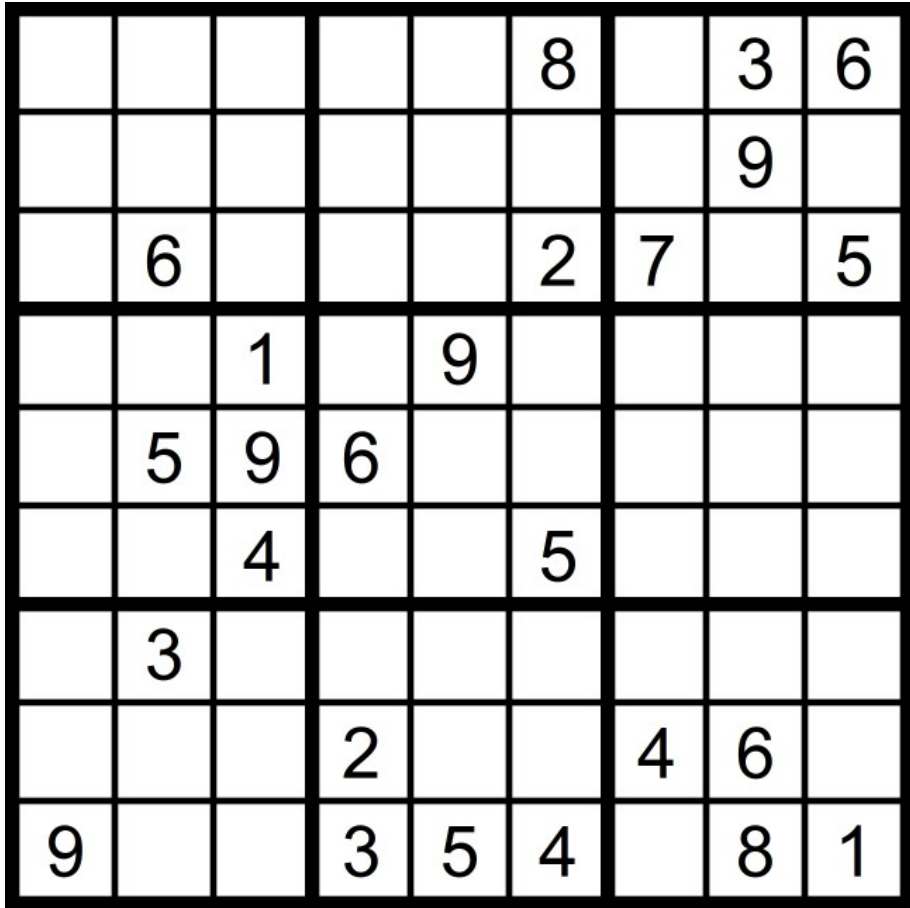
Crossword Puzzle Number 320 Solutions



- Angola
- Aruba
- Belize
- Canada
- Chad
- China
- Estonia
- Fiji
- Gabon
- Guam
- Iceland
- India
- Iraq
- Israel
- Italy
- Kenya
- Laos
- Mali
- Nauru
- Niger
- Oman
- Peru
- Qatar
- Russia
- Spain
- Togo
- USA
- Wales
- Yemen



Sudoku Puzzle Number 320



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

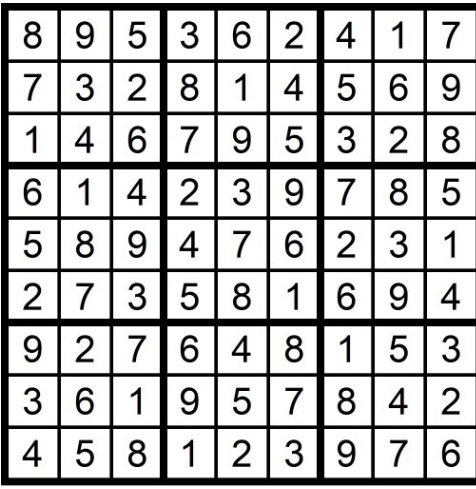
Our main goal is to keep this paper, and the website access, FREE to everyone!

Our generous advertisers are the main reason we can keep this going, so please, visit them and tell them Thank You!

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

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

Sudoku Puzzle Answers 319



Classifieds

ANNOUNCEMENTS

Trash Talk

Join us the first Tuesday of the month for a conversation about working towards living zero waste in your household and community. What actions do you take that help reduce overall waste and impact on the planet? We want to hear them! Come share your habits, objectives, ideas, and questions in a structured, education, open conversation. Dates, Locations, Time:

- March 5th, 5:30pm-7pm Katabatic Brewery
- April 2nd, 5:30pm-7pm Neptune's Brewery

Subject: Yard and Garden
Presented by Yellowstone Bend Citizens Council.

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

HELP WANTED

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

Now Hiring at The Office!

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

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

Experienced Auto Body Technician

Come work for a business where you are not just a number, but a team member. If you are an experienced auto body technician with a wide range of skills, we'd like to talk to you. Our technicians perform welding, framework, sheet metal straightening, aluminum repair and light mechanical to suspension replacement. The position requires directions from estimates and work orders to be completed perfectly. Must supply own tools and toolbox,

a valid drivers license and have reliable attendance. Must be able to spend time on your feet and able to lift to 50 pounds. Equal opportunity employer. Pay is hourly and performance-based. Paid holidays, 5 paid personal days, 401K & Health Insurance after 1 year or probationary has been met. Schedule is Monday through Thursday 7 am to 6 pm. Apply by stopping in the shop, 908 East Park Street, Livingston, calling 406-222-0214 or email: bob@oconnorautobody.com. O'Conner's Auto Body is a busy shop, and has been making the community's autos look like new for over 50 years.

911 Communications Officer

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

Heavy Equipment Operator

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

City Pool Manager – Summer 2024

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

Public Works – Streets and Parks – Spring and Summer 2024 – Seasonal, Temporary.

The City of Livingston, Montana is seeking multiple 2024 spring and summer seasonal employees to work in the Public Works department supporting tasks in the Parks Department (including Cemetery) and the Streets Department.

- Parks and Cemetery assists with performing maintenance on the City parks, mowing, weed removal, and minor repairs to playground repairs, pool maintenance, trails, and trees.
- Streets assists with street sweeping, pot hole patching, painting, chip sealing, and other street activities including alleys. Please apply at <https://www.livingstonmontana.org/jobs>.

Project Manager – Public Works – Full-time Year-round - Performs as an experienced professional

working in the Public Works department. Responsible for the management of the City's capital projects, as well as coordinating with private utility infrastructure projects. Work is performed under the direction of the Director of Public Works. Position relies on advanced level construction and engineering experience and exercises independent judgment to determine best approaches by using and interpreting City policies and procedures. Please apply at <https://www.livingstonmontana.org/jobs>.

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

Gardiner Public School is 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.

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

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

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

online to: https://jobs.parkcounty.org/jobs/119/Public-Health-Nurse-Prevention-Specialist#job_119.

Elections and Records Deputy

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

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



the
main print shop

GRAPHICS • PRINTING • SOLUTIONS

business cards - large format printing
post cards - mailings - photos - envelopes
brochures - blind tool...and so much more!

406-333-2191 • themainprintshop.com
orders@themainprintshop.com

108 N. Main St., Livingston, MT 59047

How to place your Classified Ad!

We have three classified ad packages to choose from, your ad will be displayed for 7 days, will also be added to the Park County Community Journal website AND the Park County Dugout website.

1-40 words \$10 • 41-50 words \$12 • 51-70 words \$15

To place your ad go online at www.pccjournal.com or email community@pccjournal.com and someone will call you back for payment.

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.



ERA

Monthly Vegan Potluck Is Back!

The comeback of the much-loved vegan potluck is happening! Please join them for the revamped potluck on the second Sunday of every month, starting on March 10th at 4:30 pm, at the Park County Senior Center at 206 South Main Street, in Livingston.

You don't have to be vegan but the food does! Bring a 100% plant-based dish to share that is free from meat, dairy, eggs, honey and gelatin. It can be simple, like salsa and chips, salads, pickles, olives, cut veggies, or fruit or a beverage. It can be a main course casserole or side dish—whatever you'd like to bring. Or offer everyone's favorite—a vegan dessert!

There will be a vegan books

and DVDs from the lending library, great healthy food, and always great company. The April potluck will include live music with Cue the Muse. To bring back an old tradition, they plan to have food demonstrations in the future as well.

Please bring your own plate and utensils—as they don't have access to the center's kitchen for washing dishes and want to reduce the waste footprint. They will provide coffee, hot tea, ice water and napkins.

Sharing recipes and food with fun people who care about their health, the planet, and the animals is always great! For more information contact Carolyn Goodell, at 406-580-2325.



FUN JOKES

from Lindi Gibson

A cowboy who just moved to Montana from Texas, walks into a bar and orders three mugs of Bud.

He sits in the back of the room, drinking a sip out of each one in turn.

When he finishes them, he comes back to the bar and orders three more.

The bartender approaches and tells the cowboy,

"You know, a mug goes flat after I draw it.

It would taste better if you bought one at a time."

The cowboy replies, "well, you see, I have two brothers.

One is in Arizona, the other is in Colorado.

When we all left our home in Texas, we promised that we'd drink this

way to remember the days when we drank together.

So I'm drinking one beer for each of my brothers and one for myself."

The bartender admits that this is a nice custom, and leaves it there.

The cowboy becomes a regular

in the bar and always drinks the same way. He orders three mugs and drinks them in turn.

One day he comes in and only orders two mugs.

All the regulars take notice and fall silent.

When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my

condolences on your loss."

The cowboy looks quite puzzled for a moment, then a light dawns in his eyes and he laughs.

"Oh, no, everybody's just fine," he explains.

"....I quit drinking."



CARRYING LOCAL
SPECIALTY WINES AND WHISKEY

OPEN 7 DAYS A WEEK! 8AM - 12AM

406-222-9581

110 Centennial Drive, Next to Subway, across from McDonald's



CROWN ROOM
CASINO

ALL LOCATIONS
OPEN 7 DAYS A WEEK!

8AM - 12AM



Landmark

REAL ESTATE

Your Local Real Estate Market Experts

FEATURED LISTINGS

ERALivingston.com | 406.222.8700



90 Paradise Found Dr
Land Listing | 10+ acres
#389634 | \$435,000
Theresa Coleman | 406-223-1405



5040 US Highway 89 S
2 beds 1 bath | 1,302 sq ft
#383818 | \$399,000
Julie Kennedy | 406-223-7753



78 Arcturus Drive
Land Listing | 7.06 acres
#378949 | \$295,000
Deb Kelly | 406-220-0801



93 Balfour Loop Road
Land Listing | 20+ acres
#384647 | \$300,000
Aurora Fritz | 406-224-2501



512 Miles
1 bed 1 bath | 4,212 sq ft
#389813 | \$540,000
Tammy Berendts | 406-220-0159



26 Cedar Bluffs Road
4 beds 3 baths | 4,286 sq ft
#384753 | \$1,650,000
Ernie Meador | 406-220-0231



2604 Ordway Drive
2 beds 2 baths | 1,596 sq ft
#389193 | \$560,000
Julie Kennedy | 406-223-7753



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



118 N Main Street
Commercial Sale | 6,250 sq ft
#388767 | \$1,500,000
Jon Ellen Snyder | 406-223-8700



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



1296 US Highway 10 W
Commercial Sale | 10,160 sq ft
#381239 | \$2,400,000
Ernie Meador | 406-220-0231



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

REALTORS®

in Livingston, Bozeman, Big Sky & Ennis

ERA Landmark Real Estate | eralivingston.com
406.222.8700 | 215 S. Main Street | Livingston, MT

Robyn Erlenbush CRB Broker Owner | Each office independently owned & operated.



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

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

406-222-3037 • gtiliv.com

Serving Park, Meagher, and Gallatin counties.



