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Park County Community Journal

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FREE
SUNDAY EDITION • March 3, 2024

FoodWorks on Main

FoodWorks, our local health-food store, located on East Park Street in Livingston, just opened a natural, whole-food eatery on Main Street in downtown Livingston. FoodWorks on Main features a hot-food bar, salad bar, soups, quiches, and much more. FoodWorks believes that your food is your fuel—this incredible Montana life deserves good fuel! Local organic farmers and ranchers produce the amazing ingredients for FoodWorks to create “Good Food, Good for You!”

As people poured in from Main Street into the new eatery, many filled their plates with delicious selections from the hot bar, picked out a bakery item, selected a drink, and gathered a salad with anticipation. Omnivore, vegetarian, vegan, gluten-free—everyone can find artisan delights there!

Owners Lynette Larson-DeSmet and Don DeSmet were overjoyed with the response on opening day. “This is what our community can do,” said Lynette, “We moved to Livingston with a vision for the

health food store. We’ve expanded our food options over the years, added fresh baked breads, pies, cookies, muffins and more. Not long after, we added cold deli sandwiches and salads, along with protein drinks, etc. Then we added daily selections of fresh, hot soups, which led to our hot food bar. The demand for all these has brought us to opening FoodWorks on Main. The community is what made this new venture happen. We are very appreciative.”

The main FoodWorks location kitchen could not be expanded to accommodate the customer desire for good food, which led to a search for other kitchen availability here in town. Lynette said, “Carol Sullivan’s Mustang business model paved the way, so we made a smooth transition into their old space.” It is a convenient three-minute walk between the two locations, which makes it easier for the two to support each other.

The breakfast menu includes fruit smoothies or veggie smoothies along with the hot bar of burritos, egg



Photo by Cassi Geiser

sandwiches, oatmeal, eggs, pancakes, quiches, and daily specialties. The lunch/dinner menu includes soups and chilis, Panini sandwiches, pot pies and pasties, rotisserie chicken, salad bar, international explorations, and other hot-bar deliciousness.

“As far as changes, aside from an additional location,” Lynette said, “there will be a minor increase in pricing on a few items at the Main Street location to cover additional personnel and equipment/

supplies purchases.” Thus far, FoodWorks has added four to five employees—all good for the local economy.

Lynette likes to say, “If you like our food, thank a local farmer or rancher.”

FoodWorks on Main is located at 112 North Main Street, as well as the original FoodWorks Health Food Store location at 412 East Park Street. Both locations are open from 7:30 am to 8 pm, seven days a week. They are ready to serve you!

Gil’s Goods & The Murray Bar acquired by new owners

Gil’s Goods and The Murray Bar acquired by new owners, Chris Brunkhorst and Sarah Lester. The married pair are honored and excited to take over ownership and management of the iconic Livingston businesses, and will strive to continue and enhance the legacy of these establishments. Brunkhorst comes to Gil’s Goods and The Murray Bar from The Historic Dining Room at Chico Hot Springs, and Lester is well known for



her work establishing High Trash, a fashion staple on main street in Livingston, with her sister Bethany Carey. It is with great love for Livingston and its community that Brunkhorst and Lester take on this endeavor. It is their greatest hope to create an accepting and accessible space for everyone looking to enjoy these historic establishments. To stay updated on events and

progress, follow @gilsgoods and @themurraybar on Instagram.

Connect, Park County

The Park County/City Health Department is partnering with residents to develop a new project called *Connect, Park County*. We realize what really

makes this place special is the people. With your help, we will look at resources and programs that bring our community closer together while also trying to understand some of the obstacles that might keep us apart. An example would be to help residents find places for social interactions, and work with individuals on overcoming barriers.

Our goal is to strengthen our community, like much of the world, connections can be frayed by things such as distance from family, changing social networks, economic changes, and technology. Issues such as the



COVID-19 pandemic and the 2022 floods were local challenges.

Miriam Skertich and Sheryl Hopkins, are the field team for the health department. Skertich says, “We look forward to

meeting with community members to strengthen their social connections.”

Residents over 50 will be the first area of focus. If that is you, please participate in this survey by completing a confidential and secure survey online at <https://survey.alchemer.com/s3/7699622/Park-County-Well-being-Survey>. Please invite friends and family to complete the survey as well. Your thoughts matter. If you want to learn more about “Connect, Park County”, contact the Park County Health Department at 406 222-4145.



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Meals on Wheels Is on the Move...

Livingston Meals On Wheels recently received a very generous donation of a new building here in town. The former location of Youth Dynamics, at 817 West Park Street, will be their new home. There are many, excellent features to this building—it is one level, offers off-street parking, and has easier access for delivery drivers and food suppliers. They are very excited to begin this new venture in their own building, which



will need extensive remodeling to take it from an office space to a full, kitchen-prep area and dining room facility. They plan to start the remodeling process later this year. Stay tuned for further details about their upcoming capital-

funding campaign.

So, don't worry. They will continue congregate meals and home deliveries out of the Park County Senior Center until their Grand Opening is announced.

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FOOD WORKS on Main

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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

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Obituaries

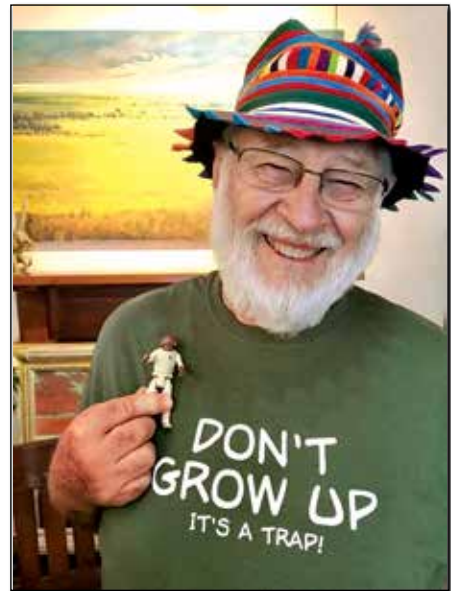
Richard "Dick" Gibbs

Richard "Dick" Gibbs, 81, of Livingston, Montana, died peacefully surrounded by his family on November 24, 2023. He is survived by his wife Sandy; sister Laurie; daughters Bonnie (Parke) Goodman, Nancy (Don) Went, and Sara Gibbs; grandchildren Julia and Mitchell Went, and Evynn Stagg; and great-granddaughter Lara Stagg.

Dick grew up in Midland, Michigan and attended the Universities of Notre Dame and Michigan State. He married Sandy Wells of Ludington, Michigan in 1963. He earned his Ph.D. in Mathematics from MSU in 1970.

Dick loved teaching at Fort Lewis College in Durango, Colorado from 1971 to 1998. He was in the Durango Rotary Club from 1975 to 2013, and served as president in 1983. He enjoyed writing the Durango Herald's "Puzzle Corner" from 1982 to 2006.

After retiring, Dick worked with the *US International Mathematical Olympiad* team, helped to write and grade AP Calculus exams, and taught at math camps around the world. In 1996, he co-founded *The Colorado Math Awards* with Dr. David Carlson to recognize outstanding young students. From 1993 to 2002 he edited math problems for *The School Science and Mathematics Association* with friend and Fort Lewis colleague Laszlo Szuets.



In 2013, Dick and Sandy moved to Livingston to spend more time with their family. Dick spent lots of time at Mordam Art on Main Street in Livingston, visiting with tourists (while wearing his famous hat from Thailand), and helping customers while Bonnie made "big beads".



Dick's other passions included travel, jazz festivals, poker parties, college football, and sharing a good joke! He loved late night comedy and recorded the early seasons of SNL with a handheld tape recorder to replay while driving his kids to school.

When asked how we should celebrate his life, Dick smiled and joked: "Fireworks." We will plant a tree on the Fourth of July 2024 in Livingston, to remember his busy and fun-filled life.

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OP-ED FORUM

by Patricia Grabow

Community Wellness

Today I make a case for the Livingston Community Wellness Center. You might hear me out, it's not that often I'm this short winded on a subject. I think there are lots of reasons for it, including some its advocates themselves haven't mentioned.

Most obviously, it's pretty much paid for. The 4 Ranges with the city's negotiations have come up with \$25 million, which will pay for the LCWC building, plus another 6 million towards its maintenance upon completion.

I think we'll never get a chance like this again.

This week after the community received fliers in the mail on the Wellness Center, there was discussion online about a PR firm being hired to produce it. I don't know if that's true or not, but the key points in the flier sound good to me.

The flier discussed the center's amenities: pools for recreational and competitive swimming, pickleball courts, basketball courts, a lap pool, a place for kids' programs including summer and day camps, sports programs, personal growth and wellness courses, and a resource for improved mental and physical health. That's much is there in the plans.

It also says that admission is free for residents of Livingston - and for basic purposes it is. When a young person walks in the door of the new Livingston Community Wellness Center, he or she will be able to go join their swim team or whatever will be good for them. And importantly, one of the things that young person might be less likely to do at that point is stay home and play video or online games.

There has been a lot of discussion on social media regarding the claim about being free, and that's understandable. But that has been the plan for a while, as discussed in newspaper articles.

Someone I know replied, "There is no such thing as a free lunch." And they are right, but let's look in a minute at what the costs to the average local taxpayer would be on a monthly basis.

As background, I have been attending city commission meetings for the past 25 years, and served a term on the commission. I am not a PR firm. Most of my family, like the case with many of you, is buried in the cemeteries here. So, if you want to check the captcha box. I am not a robot.

In fact, I am pretty much known for my cynicism which I may have inherited from my children. Most of the time when the water and sewer rates have been raised in Livingston, I have been physically at

the City Commission meeting protesting. I have been known as an advocate for the economic health of the people of Livingston for my entire stay here.

So, they are right. There is no such thing as a free lunch. But there are some that are awfully cheap. Remarkably, after I studied the budget for the Wellness Center, the city is basically right in its analysis. For the average household in Livingston, it would take the money one would spend on a sandwich and soda (we're leaving out the fries since our theme today is wellness) once a month for their contribution to the center, around \$12.25 per month. As a single parent of three sons, at my poorest, and I have been there, I could afford that.

So what is the concern? It seems in the discussions that every person brings up a past beef they have had with our city government, and I understand. But this issue really stands by itself. When voters begin to get their ballots around February 28, it will have a lot more to do with the future.

Those beefs can be addresses separately and should, but I argue this is still a once in a lifetime vote for the people of Livingston. The problem is, if we turn this one down, it will be over. There will probably be no more negotiating, and it won't come back.

At the beginning of this guest opinion I mentioned that there were even more reasons for voting yes on this issue, and there are. In past writings I have mentioned that the rising tide lifts all boats. The economic fact is there are more spillover benefits than are mentioned in the flier. As one who has worked toward economic health for this community for several decades, this Wellness Center can be a positive force. It will help the school district by giving it a pool option without having to dip into other education monies. As the school district has said in its arguments for the Wellness Center, it could help in their enrollment and allow the swimming to be part of the whole package when it tells parents the advantages this district has to offer.

We laid good groundwork for this. I and others fought hard to prevent the disastrous original thinking to site it over our beautiful Civic Center, and the new version makes far more sense.

The benefits to the hospital and the physical therapy community are obvious as well, since it makes it easier for people in rehab to participate in their own recovery.

But perhaps closer to my own heart is that it could actually help the downtown and broader Livingston area small business

community as well, since rising tides also seek their own level. The center's proposed location makes it a stronger incentive to people to possibly crawl off the couch or even, if it's humanly possible, get away from the computer, to get out and limber up a little. But its central location is not that far from the downtown too, and it fills out our character as a community. We as a city are also centrally located in the state and should be - after our TBID disaster under the last administration - working once

again with our Chamber to re-start hosting conventions and more tournaments. It may not happen overnight, but for a token in outlay, we can get a broader boost for our economic draw, and when we're still recovering from lockdown aftermaths, that's not a small thing.

So in case you haven't figured it out by now, I'm arguing for this thing. My attitude is, when extremely rare opportunities come by, don't sit on the fence: grab them like a loose twenty blowing down the sidewalk.

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CSC's Winter Snow Festival

A Resounding Success at Livingston Fairgrounds

Community School Collaborative proudly hosted its winter 6th-grade Cougar Career Day, titled Winter Snow Festival, at the Livingston Fairgrounds on February 15th. The event aimed to provide students with hands-on learning experiences and insights into various winter-related professions.

The Winter Snow Festival featured interactive workshops led by esteemed community leaders, showcasing businesses centered around winter and snow. Students eagerly participated in sessions covering avalanche science, outdoor

leadership, snow science, search and rescue, wilderness medicine, ice skating and more. The event provided a unique opportunity for students to engage with local experts and gain practical knowledge in a fun and interactive setting.

Distinguished presenters included representatives from the Montana Chamber of

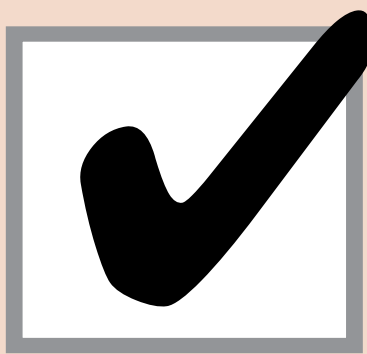


Commerce Foundation, Bridger Bowl Ski Area, NRCS, Livingston Ice Skating Association, Park County Search and Rescue, and Friends of the Gallatin National Forest Avalanche Service. Community leaders shared

their expertise, enriching the students' understanding of various winter-

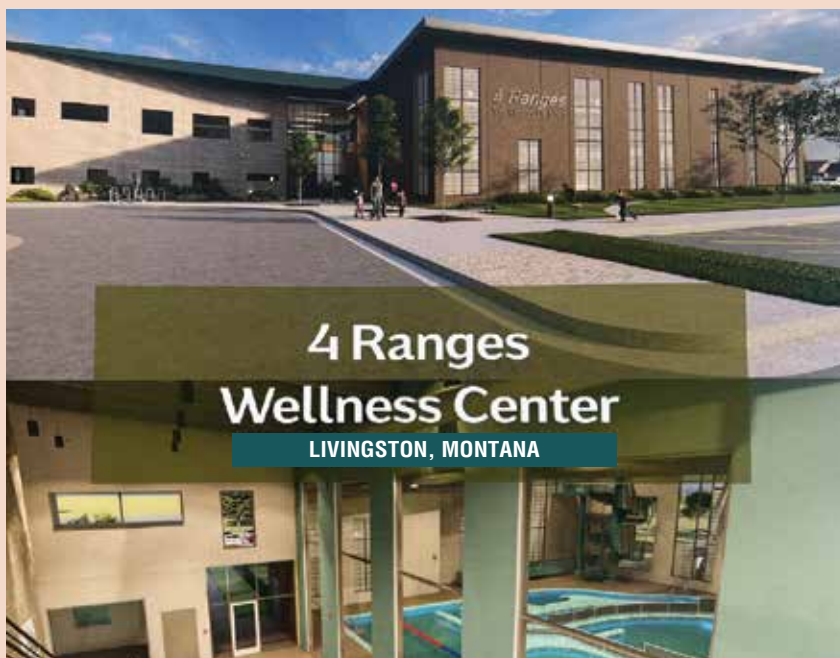
related professions.

The Winter Snow Festival was met with enthusiasm by 6th-grade students who enjoyed immersive learning experiences, such as mountain medicine, measuring snowpack, packing backpacking gear, splinting breaks or sprains, and understanding the use of avalanche rescue gear. Community School Collaborative remains committed to providing unique educational opportunities that inspire and engage students in exploring their interests and potential future careers.



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!

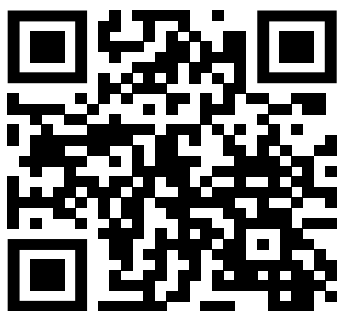
WHAT WILL IT COST ME?

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

The Sleep Column

by Joyce Johnson

Many comments have surfaced everywhere regarding sleep challenges. I have been wanting to write a piece about it hoping readers will nod or feel some relief in knowing they have company. For me, sleep issues surfaced mostly since my turn with Covid in Fall of 21, and is listed as a "long-hauler" souvenir. But sleep issues are, for a great many, the consequence of our present world state, sez me. But before I do a web search on the many stories and remedies, here's my hands on experience,

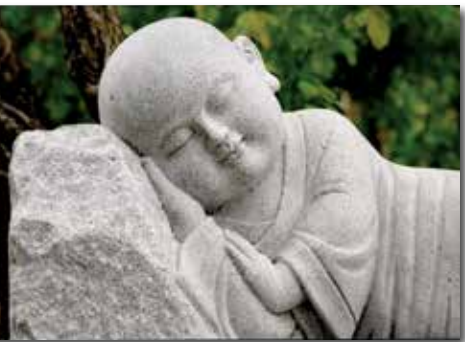
Melatonin: It used to work at first, years ago, and gave me vivid dreams. But interesting for me, it doesn't work all the time, and high doses almost do the opposite. I rarely get those wow dreams anymore. I suspect that any substance used habitually, rather than as needed, for long periods, disturbs balance. Lately I am using just 1 mg of Mel. often but not nightly, and it does the trick most the time. Many sources claim that we, over 50, are magnesium deficient, and taking it helps sleep and many other



issues. There is a lot of herbal support for sleep too, available. Your comments and contribution to this column are as always welcome.

The Hiding Place: I find that when I can't handle a disturbing, or unresolved issue during the day, it sinks into a place in mind where negatives are detained—in a cage, if you will—so I can function in harmony and not wreck my day with worrying about stuff. But it returns to the surface late at night waking me, or not letting me get to sleep in the first place. A doctor once said my adrenals are over worked and "not letting me go, oops, that rings true. But leave my coffee alone."

Remedies: Soldiers are given advice for getting to sleep—and there can be no question or comparison as to what they sometimes have to get off their minds. They are told to tell their mind: "DO NOT THINK." That is so ooh rah, and masterful! I love it, in fact I use it, when I remember. Trouble is when you are at the edge of sleep, you don't think to use the tricks, and are subtly trapped in thought. Putting the light on to grab the sleep mask or pop a melatonin gummy in your mouth, literally reawakens you. I think that's called a Catch22. We instead sorta wait for sleep to come, right? Well don't



hold your breath. In fact, DO breathe rhythmically, and focus on the breath and nothing else. It's like counting sheep. In fact counting anything works as you gently (second by second) focus only on decreasing numbers which redirects your attention and cuts the mental chatter off. Um...usually. I picture a calm pool of water, or a green meadow while slowly counting down from 60, and often next thing I know it's time to get up or only an hour or two passes. Hey, life is challenge.

Out of my mind? It helps to write down the day's concerns, briefly, like in a journal earlier in the evening, which oddly gets the first step done by getting it off your mind and on to paper. Or as I do, spill my heart and thoughts in an endless saved document file. Though, they say it is better to scratch it out in long hand. If you are a believer, giving your concerns to God or your Higher Self to handle and resolve by morning can have really interesting and sometimes uplifting results. But in any case, like lists, it frees

your mind, which is almost a requirement these days; we feel the undercurrent of fear. For many people "Journalling" works. You just have to remember to do it. Me? I sit and write a lot, obviously, so I need exercise more. Walking moves mental and physical energy out, (oxygen in) and often walks off pain, and it doesn't cost anything. This is the fun part: When doing laps inside, you can walk in PJs and socks, instead of [these days] 15 pounds of winter gear, spikes on your boots, ski mask and pole... (a tad exaggerated). Inside, I walk & stop to make a bed, look out the window, pet the dog, put a few dishes away, etc. I think I've already bragged about this in the recent Winter Rant column piece. Excuse please.

Enter the computer, screen light is not good for us, everyone says. It eats melatonin and is a cause of sleep issues and sitting for hours' causes body stiffness, often chronic. We are

See The Sleep Column, Page 6

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The Sleep Column

from page 5

advised to get up and walk a lap or two every hour or so. Computers are a necessary thing, but you can buy special protective glasses, or treated lenses to hook on to yours. The glasses promoted at the optometrist I go to, are weird and fluorescent sorta. I may get some. Electronic energies affect our bodies, not to mention all the goofy and really negative web content that we suck up into our consciousness—enough to keep me awake at night anyway. Et vous? As does the full moon. I have an eye mask hanging on the bed post which is handy. I have Mack ear plugs close by which are the best noise mufflers, and actually stay inserted. When I fall asleep with the sun,

I wake up too early. I get my 8 hours in, more or less. So, I get up and write then, often. Like right now. Just saying because I know many of you nod and tell me you wake up at boring hours, too. I probably have millions awake with me right now. I should start a 3am zoom chat.

This column theme is just to wave like a little flag that says you have company if you are sleep challenged. There is so much info to give re sleep health. This is only a horse's dearve. But to simplify: doesn't everything seem to boil down to daily effort to master the challenges to wholesome, peaceful state of mind? But when one works at personal/mental healing and growth in their life...whats the rest?... the butt will follow. Sleep better everyone, and think Peace.

Bozeman Symphony to Perform Brahms Symphony No. 1

& Composer-in-Residence Scott Lee's World Premiere of Inner Life

BOZEMAN, Mont. -- The Bozeman Symphony's fourth classical concert of the 2023/24 season, Brahms *Symphony No. 1* in late March, will also include the world premiere of Inner Life, Composer-in-Residence Scott Lee's final commission for the Bozeman Symphony.

Music fans are invited to watch Music Director Norman Huynh's passionate interpretation of Johannes Brahms' *Symphony No. 1*, a work of exceptional depth and complexity considered one of the masterpieces of the symphonic repertoire. With his musical vision and profound understanding of the work, Huynh manages to capture the very essence of this breathtaking composition, conveying intense emotion through every note.

Brahms *Symphony No. 1* presents a well-crafted musical structure, highlighting the virtuosity of the orchestra, powerful melodies, and rich harmonies to create an unforgettable musical experience. Brahms skillfully combined classical traditions with a touch of modernity, creating a unique musical language of his own. Nearly 20 years in the making, the work that premiered in 1876 is noted for its amazing lyricism and thematic unity and remains one of the greatest examples of the Austro-German symphony to this day.

In his latest work *Inner Life*, Lee takes us on a journey of self-discovery. From the first kernel of an idea in *Take Shape*, the work's first movement, through the exploration of that idea in *Astray*, the second movement, and finally, finding the meaning in it and coming to the journey's end in the third movement, *You Are Here*, the listener is taken through the composer's tumultuous inner journey. The piece's three movements flow uninterrupted from one into the next, with the



music and rhythms representing the inner thoughts and process of discovery as the composer makes the journey from chaos to synthesis and closure.

Performances are Saturday, March 23rd, at 7:30 p.m. and Sunday, March 24th, at 2:30 p.m., at the Willson Auditorium, 404 West Main Street in downtown Bozeman. These concerts would not be possible without the support of sponsors Cal and Tricia DeSouza and Prof. Rob Maher and Mrs. Lynn Peterson-Maher.

Individual tickets are available at <https://www.bozemansymphony.org/normanconductsbeethoven.html> or at 406-585-9774. Adult tickets start at \$29 and discounted student tickets (K-12 and college) are available.



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LETTERS TO THE EDITOR



Dear Editor,

Good morning! I submitted this open letter, via email, to the Livingston Board of Trustees on Friday in response to their decision regarding the PHS principal position. To Chairperson Signe Lahren, Vice Chair Tim Sundling, and the other members of the Livingston Board of Trustees, I am writing this email on behalf of the not-insignificant number of individuals in the school district who, like myself, were in favor of a Park High School with Becky Ayler as its principal. Many of you likely do not know me, nor what role I play in the district. My name is Bobbi Racine, and I have been the school psychologist for grades six through twelve for the past three years. Prior to my career as a school psychologist, I spent six years as an airborne linguist for the United States Air Force. I have worked in varied environments and industries, and have had extensive experience with a wide range of leadership styles and qualities. As a school psychologist, I play a unique role within the district in that I work quite closely with students, parents, teachers, specialists and administration on a daily basis. An important part of my job is to observe objectively the behavior of others, to then be able to develop recommendations, and behavior modification plans to support a healthy

and functioning academic environment. While my formal observations are primarily conducted in classrooms, I was professionally trained to always be observing and analyzing the behavior of others. In light of the Board's recent decision to vote against the recommendation of the superintendent and hiring committee, I felt compelled to take this opportunity to share my personal and professional observations from working with Becky Ayler. My first year working for this district was also Becky's first year as the PHS assistant principal. My initial impression of Becky was surprise at how vocal of an advocate she was. While this impression has not changed, it has increased in breadth. Becky began as an advocate for the high school teachers, and has grown into an incredibly effective champion for teachers, students, families, and the greater Livingston community. This is particularly true of the smaller population of individuals within the community who often do not have an advocate, nor even a voice: individuals with disabilities and those from disadvantaged backgrounds. Becky has consistently gone out of her way to be an advocate and voice for this population, even when doing so was a personal or professional inconvenience. This is not typical. The public sphere is typically run by those who habitually

make decisions designed to protect their own best interests. Becky Ayler is a leader who makes difficult decisions on behalf of the best interests of the people around her. Livingston Public Schools is the second district I have been fortunate to have been employed by. I have worked with numerous administrators, dozens of teachers, and literally thousands of students. In my four years as a school psychologist, I have never worked with an individual who has filled me with greater hope for a positive future for my students and community than Becky Ayler. The high schools positive change and trajectory of culture and outcomes aligns with Becky's growth in her role as its assistant principal—not a coincidence. She inspires her coworkers to do better and

to want more for their students. While there are some who find it difficult to rise to the challenge of these expectations, the majority have demonstrated how powerful the difference can be when they do. I firmly believe that Livingston, in itself, is a special place. The people, resources, interests, and community here are wonderfully unique. I, along with the majority of my peers, had looked forward to having a strong leader to represent the youngest and most important members of this community. The message the board has sent with its decision is not one that demonstrates either its understanding of or desire to promote Livingston's best interest and growth. We should not be willing to settle for anything

See Letters to the Editor, Page 8



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Letter to the Editor

from page 7

less than a competent leader with the strength of character and determination to make difficult decisions in the face of adversity and unpopular opinion. Particularly when we had the prospect of someone who perfectly fitted this bill, and who was so eager to do this important work for us. Becky was vocally and demonstrably committed to spending her career making Livingston public schools a positive example to every other district in the state. As a

school psychologist and employee of the district, as a member of this community, and as a parent of a child who will one day attend school, I am disheartened and disappointed by the board's decision. The district Becky ends up leading is where I plan on enrolling my son in the future. Thank you for taking the time to read this. Respectfully, Bobbi Racine, Ed.S., NCSP School Psychologist | Livingston Public Schools Sleeping Giant Middle School & Park High School (210) 842-4604 bobbi.racine@livingston.k12.mt.us

Bobbi Racine
Barbara.c.racine@gmail.com

Dear Editor,

Our Choices Have Costs. Our choices in life have costs and consequences that are not always obvious. I've been reminded of this after discussions with friends and neighbors about the upcoming ballot to establish a special district for a new Wellness Center for our community. Our community Wellness Center will have wonderful amenities targeted toward improving the health and wellness of all members of our community—regardless of age, income or interest. It will be designed, constructed, and furnished entirely with private donations gifted to our city.

Having again read in the Enterprise about our local mental health challenges, made more difficult by long, cold winters and too few options to gather for fellowship, exercise, and fun—it seems obvious that the value of the proposed Wellness Center far exceeds the modest \$12 per month per median home. Some of those with whom I've spoken have almost proudly stated that they'll NEVER use the Wellness

Center, so why should they pay for it? I'd ask these individuals to consider the cost of not helping fellow community members address their mental and physical health challenges. I also hope they consider the cost of pharmaceuticals and other substances they may lean on to cope with their physical and mental health conditions, and cost of leaving youth unsupervised after school until parents get home. I try to be tactful when pointing out that perhaps they should consider the incalculable value of prevention, recovery, and living life to its fullest potential.

I'm asking all of those contemplating their vote in the upcoming special election to consider the lives that will be saved and improved, the problems that will be prevented, and the value that the community Wellness Center will bring to our community for generations to come. I will be voting YES.

Doug Braham
Livingston, MT 59047

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Poetry Spotlight

GOD'S WORK UPON THE WALLS

Written by: Robert Nehls

War can take the innocent
For what they may believe.
Lock them up without a hope
That they will ever leave.
That's how it was for one young man
Whose faith was very strong.
They threw him in a pitch-black hole
Where criminals belong.
He prayed, "Dear God how long?"

At times they heard his laughter
Float on clouds of sorrow.
He'd cry himself to sleep at night
And hope for no tomorrow.
Was locked up in the lonely dark
When music came to him.
He wrote with wings above the clouds
Where light was never dim.
Flying with the seraphim.

Was fed and watered once a day
And served up endless pain.
He smiled at his torturers
They thought he was insane.
But Angels sang in harmony
To songs he would compose.
An orchestra played in his head
The notes God only knows.
His endless river flows.

Prison cannot cage a man
Who lives inside his soul.
His body suffered, yet he moved
On to his final goal.
And when he knew the room was filled
He heard God's welcome calls.
Some of the world's great symphonies
Were scratched into the walls.
God's work upon the walls.

They found him lying on the floor
The end of his long days.
The good Lord works his miracles
In many different ways.

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The premium is based on your age at the time you purchase the policy and the premium is for a fixed amount (because you don't receive any cash from dividends). The younger the person is when they purchase the policy, the less expensive the premium is. However, anyone at any age can purchase a policy if they meet the insurance requirements and can pay the premium.

Examples of financial obligations could be to cover a large personal loan (for a new truck—often the bank will give you a quote for life insurance on the borrower), to cover a mortgage, or for raising children, if you are



Alice Senter
Owner of Key Insurance in Livingston

Alice Senter, was born in Livingston and graduated from Park High School. Alice's career has been in banking and insurance. She is the owner of Key Insurance in Livingston, located at 124 West Lewis Street, in Livingston, Montana.

self-employed or have a business partner, or hold a high-paying job. You can rest assured that there will be money to pay off loans, continue your family's standard of living, keep a business afloat, or to pay other major debts.

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Call 406-222-0944, visit: MontanaInsurance.net, or email alice@montanainsurance.net.

Meals for March 4th–March 8th

March 4th–Chicken strips, country gravy, potatoes, veggie, fruit

March 5th– Hamburger, fries, fruit

March 6th–Italian sausage pasta, veggie, garlic bread, fruit, dessert

March 7th–Tacos on soft shell, fixings, refried beans, fruit, milk In house salad bar 11:30am

March 8th–Fish fillet, fries, coleslaw, fruit, dessert,

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VOLUNTEER SPOTLIGHT

Park County Rural Fire District #1

Emmett Pedersen is a trained firefighter at PCRF District #1. He enjoys learning, which is a good thing, because it takes training, training, and more training to be the best firefighter you can be!

Emmett grew up in Livingston. Firefighting runs in his family—his mother was a firefighter. She started as a volunteer and moved into a paid-services position as a career. He has followed in her footsteps and like her, has a passion for helping people.

One of the things he likes best about being a volunteer firefighter is being able (in his own words), **“to hold the calm in chaos.”** He adds, “Being of help to others in stressful situations is what makes this job worth it.”

Another great reason why he thrives at the District is the culture there. The other members and ranks feel like a second family. **“You know they will have your back and you will have theirs. It has to be this way when you're fighting a fire, and it's that way at the station with your friends,”** he shared.

Emmett's work schedule of four ten-hour shifts as a carpenter for Basecamp Construction allows him to have time to volunteer for the District. Emmett says, “I wouldn't be able to do all that I do without the love and support of my wife, Pati, who cares for our infant son, Torbjorn, and holds down the home front.”

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ParkCounty.org/government-departments/rural-fire-department

PCRF District #1's Mission is to protect life and prevent loss to property in our District. We accomplish this in an economical and professional manner through high-quality emergency response, and progressive training and education. We strive to create alliances with our community and other emergency agencies.

VOLUNTEERS NEEDED! District #1 has a consistent roster of 25 members, 23 of which are volunteers that give thousands of hours each year to protecting and responding to emergencies in the district and surrounding areas—that is, when they aren't training. If you are at least 18 years or older, are a resident of Park County, have a valid driver's license, and after the completion of your training, **you can get on our roster.** Contact the station by email at CAnderson@parkcounty.org or call 406-222-0562.

The District encompasses 660 square miles around Livingston. They cover from county-line to county-line on the I-90 corridor and several miles of US Hwy. 89 north and south... **Be safe this time of year. Watch for changing weather & road conditions when traveling!**



Grief and Essential Oils

By Dalonda Rockafellow

Grief...the commonly emotional response for an external and consciously recognized loss. Deep mental anguish, as that arising from bereavement, or an instance of this. The response to the loss of something deemed important, particularly to the loss of someone or some living thing that has died, to which a bond or affection was formed. These are just a few of the definitions that I looked up recently.

Grief is an emotion that can totally consume you. It affects your mood in a way that can be debilitating. You can lose sleep, energy and mindfulness. This can last days, months or even years. So, how do you overcome or manage this emotion? Spending time in nature, meditation, journaling and/or staying in touch with a close friend or family member are just a few ideas. Another I would like to add is using doTERRA essential oils to your routine. There are many different oils to choose from that can combat grief, each in different ways, so it's great to experiment with a few.

Here's how they work in your body, because the sense of smell is so closely tied to the centers of the brain that deal with emotions, inhaling the aroma of an essential oil is one of the quickest ways to to affect your mood. You simply can inhale the oil straight from the bottle, add drops to a diffuser to fill the air around you or apply the oil to yourself or jewelry that you wear.

Emotions involve many different systems in the body, such as the sensory, hormonal, nervous, immune and the brain. The limbic system in the brain has glands that help respond and relay to emotions. The brain is protected by a layer of high-density cells called the blood-brain barrier that restricts the passage of all but a few, select groups of substances. One of the substances that can bypass this barrier are sesquiterpenes, a natural fat-soluble compound found in many essential oils. Essential oils can benefit brain functions involving emotions through both aromatic and topical application.

When inhaling natural aromatic compounds of essential oils they enter the olfactory system, past the olfactory bulb, which leads directly to the limbic center of the brain. Inhalation of essential oils is the fastest way to get them into the body and has positive benefits on mood as it alters the chemical messages being relayed within the limbic

system.
What does any of this have to do with the grieving process? When you grieve, your body somewhat shuts down and you become overwhelmed with emotion. By using essential oils, your brain, in a sense, gets hacked and is better able to help you get through the process or stages of grief. Grief is an emotion that has many levels.

- There are actually 5 stages:**
1. Denial-processing a loss can bring about various emotions and can be difficult to accept.
 2. Anger-shows up in many forms like rage, outbursts, extreme sadness and isolation.
 3. Barter-a way to try postponing what is inevitable.
 4. Sadness-a heaviness and a deep sadness after experiencing a loss.
 5. Acceptance-a place where people may not experience emotions but a place of accepting the inevitable and the final resting place.

Each stage can require a different essential oil to help you cope. I'm going to write about three of doTERRA's oil blends that are in our Emotional lineup that can play a positive role in each of the above mentioned stages.

When the loss of something loved or treasured occurs, using doTERRA's Console blend to provide comfort through times of sadness or grief can encourage you to move forward in life.

Named the Comforting Blend, it helps with healing and reconciling grief, sadness and heartache. Make a 5 ounce roller bottle by adding 10 drops of Console and filling the rest of the way with fractionated coconut oil (FCO). Apply over the heart and under your nose. This blend contains Frankincense, Patchouli, Ylang Ylang, Laudanum, Amyris, Sandalwood, Rose and Osmanthus. This calming blend will help you go from grieved to comforted.

Another essential oil I would recommend is Forgive, doTERRA's renewing blend. Whether feeling attached, guilty or angry, this blend

invites one to let go, trust the process of life, and become renewed. Make a roller bottle as directed above and apply to temples, back of neck and over your heart. This blend contains Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Nootka, Thyme and Citronella. This balancing blend will help you release and be relieved.


The last oil I would recommend is doTERRA's Peace, the reassuring blend. No matter what may be happening, this blend helps to release fear and worry and assure a sense of safety and security. Make a roller bottle, as directed above and apply to the back of neck and under your nose or inhale directly from cupped hands. Peace contains Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum and Spearmint, very calming oils in themselves.

doTERRA makes emotional aromatherapy easy and accessible for anyone dealing with grieving emotions. When used aromatically or topically they can help balance and brighten your mood for emotional well-being.

I would like to give you an experience with an essential oil I highlighted in this article. Also, I offer specific protocols for each stage of grief that I mentioned above. I would love to share that with you, as well, at no cost or obligation. You can contact me at dalonda@bigskyoils.com or mydoterra.com/dalondarockafellow and we'll make plans to get them to you. Thank you for your time!!

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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We Don't Talk About Poop, No, No, No.

Part 4 in a series about the factors that negatively impact your health the most: information to help you stay on the path to health successes in 2024.

Just like all the characters in Disney's Encanto shying away from talking about Bruno (no, no, no), we Americans tend to shy away from conversations about poop and the organ that poop comes from.

Nobody wants to do it but talking about colon screening is one thing that can literally save your life. In fact, different studies have been done showing the effectiveness of this one dreaded event in decreasing your overall risk of not only getting a certain cancer but of death from that cancer.

Colorectal cancer that is. According to the American Cancer Society, is the third most common cancer diagnosed in men and women. Overall, the lifetime risk of developing colorectal cancer is about 1 in 23 for men and 1 in 25 for women. Obviously some individuals may have a higher risk due to lifestyle or family history. The CDC pinned colorectal cancer in 2018

as the second leading cause of cancer death among cancers that affect both men and women.

And the dreaded event that decreases both your risk of getting colorectal cancer and advancing to terminal cancer is a colonoscopy. I can hear your internal groaning.

But when we're talking about health successes and habits to improve your health, this is a sure bet. And it takes only a couple of days of commitment rather than a daily or weekly ritual.

Here's the deal. If you do end up being the 1 in 20 or so people to get colorectal cancer this year but don't undergo a colonoscopy to find it then that cancer just keeps growing and does so silently. By the time you have symptoms enough to force you to the doctor with complaints, that cancer will likely have grown to

Colorectal cancer screening is cancer prevention

www.cdc.gov

Screen for Life

a size where you need surgery, radiation, chemo, and possibly even an ostomy bag that catches your stool on the outside of your abdomen. Not only is this scary and a physical/emotional burden but is extremely expensive in medical costs as well as time away from work.

If you get your colonoscopy screening done early then a cancer that in 10 years would threaten your quality (and quantity) of life, it can literally be removed by a small little snip during the procedure. The small little procedure to get a polyp removed is far better than the surgery and radiation route in every single way.

When the physician does the colonoscopy s/he inserts a long flexible camera into your rectum and threads it through your colon to look for polyps which are the precursor to cancer. These polyps are what grow into large tumors requiring invasive surgery.

When the physician finds these s/he snips them off and cancer is nipped in the bud. Think about dandelions in your yard. When you find one happily growing in your lawn and let it be, you soon have a very large patch. Wouldn't you agree, if you plucked that first plant before it bloomed, you would have a beautiful lawn.

The procedure itself can be uncomfortable but not usually painful, though cramping can occur. Nowadays though patients are offered anesthesia services to help them sleep through the entire thing. Most patients wake up aware only of the great nap they've just had.

What about the prep? This is the worst part about getting a colonoscopy. It would be really difficult to see polyps in the colon if the colon was full of poo... so you must clean out your colon to facilitate visualization for your doctor.

Your specific doctor will give you individualized instructions for your prep but usually it consists of a low residue diet (no ruffage like uncooked vegetables) for a few days, then one day of only clear liquids, and then about 12 hours of actively clearing out your colon which is initiated by a drink ingested the afternoon (or evening) before your procedure. The day of clear liquids and medically induced diarrhea can be uncomfortable but most patients tolerate it fine and the payout is worth it. The key is to plan ahead. Read all the instructions and get what you need before you start.

It is not glamorous to talk about poop and colonoscopies. But giving up two days to a finely tuned process to screen and nip cancer you will be actively and effectively preventing cancer. Up to 40% of people who get colonoscopy have polyps found and treated. Even if you come away with no polyps found, you can rest easy that you've done your part.

Whatever excuse you have it pales in comparison to the days, weeks, months, maybe even years of strife if you don't catch the cancer now. Talk to your doctor about your risk factors and when you can get a colonoscopy completed. Colonoscopies are a marvelous prevention tool but only if you get one.

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Celtic Sea Salt—Friend or Fad?

by Jill-Ann Ouellette

Celtic salt is often called grey salt or “French grey salt.” It was first hand-harvested from the coastal stretches of Brittany, France. These days, it’s harvested from various waters across the world, like Guatemala and Hawaii. There are a few special things about Celtic salt that stand out from other salts.

Simply letting seawater evaporate leaves behind nutrient-packed crystals that we know today as salt crystals. These crystals maintain a lower sodium concentration because of the presence of brine water. Celtic salt contains 34 trace minerals.

So, what makes Celtic sea salt more than just a pretty face? It’s the taste, texture, and mineral tally. It also has 33% sodium content compared to other salts that can have as high as 98% sodium-chloride content. According to the FoodData Central Division of the USDA, Celtic salt is a good source of minerals like magnesium, calcium, and potassium. These minerals are essential to

maintain proper fluid balance, nerve function and muscle contraction.

The National Institute of Health (NIH) has conducted many studies that found Celtic salt may have anti-inflammatory properties, support overall immune health, improve respiratory health, and reduce symptoms of asthma. The minerals in Celtic salt may help balance electrolytes in the body. And it may help regulate blood-pressure levels; although it should be noted that some studies on the effects of Celtic salt and high blood pressure are fraught with controversy. Now let’s look at

the differences between Celtic sea salt and other popular salts.

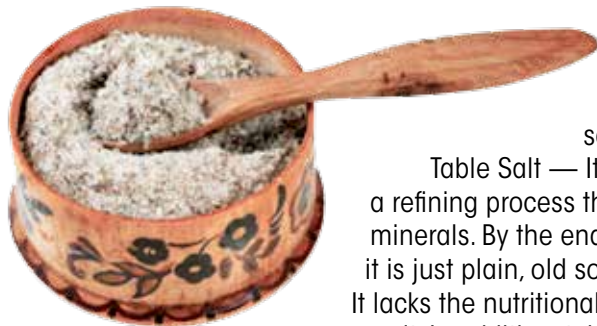


Table Salt — It goes through a refining process that removes minerals. By the end of the process, it is just plain, old sodium chloride! It lacks the nutritional value of Celtic sea salt. In addition, table salt often contains anti-caking agents. Usually mined underground, it is commonly fortified with iodine to prevent iodine deficiency. Refined table salt is commonly used in processed foods. We have all

heard that excessive consumption of table salt isn’t good for your health and can make problems, such as high blood pressure and heart disease, worse.

Himalayan Pink Salt — Is a rock salt that today is mined from the mountains of Pakistan, yet another trendy

table-salt swap. It has similarities in trace-mineral content with Celtic sea salt. While Celtic sea salt is grey and slightly wet, Himalayan pink salt is “pretty in pink” and feels dry. Himalayan Salt is admired for its purity, rich iron content, and versatility in cooking.

Kosher Salt — This is a coarse, processed salt that is used in kosher meat. It is sodium chloride and does not contain any additives or iodine. It’s not as rich in minerals as the above-mentioned salts. The larger granule size makes it easier to control the amount of salt when used in cooking.

I would encourage you to check with a healthcare professional before changing your salt intake. Here are a few usage and dosage suggestions to discuss.

A general rule of daily consumption for healthy adults should be about 2,300 milligrams (mg) of sodium. This equals around 1 teaspoon of Celtic sea salt. Yet, each person’s needs vary. If you keep your intake the same—chose Celtic sea salt to reap the mineral benefits.

How do you incorporate Celtic sea salt in your diet? I highly recommend that you consider letting this superior salt “kick table salt to the curb,” when it comes to cooking, baking, or seasoning. Its special taste, texture and feel make it a great finishing salt. It will lift your meals to new heights and give them a rich flavor, especially on a salad or on fresh veggies.

Consuming a balanced diet with lots of mineral-rich foods is your best bet. And due to its larger crystal size, Celtic sea salt may help you use less added sodium.

Celtic sea salt can be your friend—it’s not just a fad—if you substitute it for table salt in the same volume you are consuming presently. You can find it at most grocery or health-food stores and specialty food shops.



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Park County Montana SPORTS

Awards Time. The Dugouts Post-Season Basketball Awards.

Who won the coveted Lunch Pail Award? If we were the MHS – All-State, All-Conference, and a tip of the Red Sox cap to Mackenzie DeFord.

February 21, 2024 | Park County Dugout
By: Jeff Schlapp

With Divisionals taking place all across the state this week and the Rangers, Bruins, and Rebels unfortunately not earning a spot, we figured now was a good time to hand out our Post-Season Basketball Awards. Our first annual Post-Season awards.

I had always wanted to do this when I was the sports editor for John Sullivan's newspaper, but John nixed the idea as he feared receiving letters from parents complaining about so-and-so being left off. I'm not concerned.

The MHS, coaches, and ADs gather together at season end and vote on their favorite, and hopefully most worthy, choice for All-State, All-Conference, Second-Team All-Conference, and Honorable Mention. Usually, each team has a couple of individual awards handed out by their coach. And at Park High, the Booster Club gives out the Ranger Award.

We traveled as far as Butte to watch basketball, spent time at gyms in Townsend (the coolest I've been to for a High School game), Whitehall, Billings, Laurel, Gardiner, Livingston, Manhattan, and Shields Christian, and Shields

Valley. I watched girls' and boys' games, from the Ranger's victory in their first game of the season to the 12C District last weekend, where Gardiner and Shields Valley's season ended.

These are our awards (my 13-year-old son Willam, a huge basketball fan, had a vote). We feel these awards are a true reflection of a fan vote and a writer vote, and unlike the MHS, the Dugout actually knows the players across the conferences, having watched them play.

All-State: The criteria that I used was if there were 10 boys or girls from other Class "C" or Class "A" schools who were head and shoulders above any of the Rangers (Class "A") or Bruins and Rebels (Class "C").

Boys-Selections: Parker Wyman from Gardiner and Jace Page from Shields Valley. If you asked anyone around the state who watched them play, these two kids could play start for Manhattan Christian – the answer would be "yes." That's my test. Wyman and Page led their teams in scoring, rebounds, and all-around hustle. They were warriors on the court.

Girls-Selections: Maggie Darr and Ellie Reinertson from Gardiner. Veronica Turck from Livingston. Same criteria for different teams: Darr and Reinertson would be difference makers on the Lady Eagles of Manhattan Christian and possibly would have been enough to lead them to victory over Twin Bridges if they were on the Eagles. Both would have started on any Class "A" team or double "AA" for that matter.

Veronica Turck carried herself all season long with an air of sportsmanship that has to count for something in today's day and age. At times, playing the Rangers point, and at other times, playing the small forward



Park High's Veronica Glenn. - Photo by Jeff Schlapp

position, Turck would be the leader on most Class "A" teams and a stater on any "AA" team. Her ball-handling and zone-busting skills are superb, as is her awareness of the game around her. She rarely forces a pass just because the play calls for it; she shoots off the dribble, can hit a three from anywhere, and never stops hustling.

First-Team All-Conference: Two players

from each team are eligible for the Dugouts year-end awards.

Class A Southeast: Rangers-Alec Dalby. Lady Rangers-Veronica Turck and Emily Jesson. For all the reasons previously mentioned, Turck and Jesson, for her all-around game, three-point capability, and in-your-face defense, played game after game.

Dalby for his leadership and the fact that he's skinny as a rail, yet each game, he would constantly out-battle for rebounds. Dependable from 12 feet in with his jumper, he averaged seven points per game. He was a quiet leader but really took over for the Rangers and showed his senior leadership down the final stretch of games.

Western 12C Conference: Shields Valley – Jace Page, Robbie Anderson,

my opinion. There's more to basketball than putting up a bunch of shots each night; there's defense, leadership, and being a team player, and DeFord brought that to the court every game.

Rookie of the Year: The criteria for this is that the ones chosen had to be full-time players and had to have impacted their teams.

Coen Braham, Maria Turck, Chase Vermillion, Journey Browning, Olivia Bryant, Rylan Roberts, and Joel Stermitz. Three of these players will be superstars next year, three might be, and one, although not the most talented, is what a coach desires in every player: effort.

Olivia Bryant gives 200 percent effort every game. She's fun to watch, can play the game, and battles all night long against more talented and often taller girls, and the Gardiner Bruins love her for her effort.

Rylan Roberts is simply a pure athlete. If he commits to basketball in the off-season, the sky is the limit.

Braham, Turck, and Joel Stermitz will be starring on the court if they work hard in the off-season and continue their growth. All three have the game

that coaches look for and the work ethic. Browning has an edge about her; her height and skills equate to an All-State player if she makes the leap next season – time will tell. This year, however, she fit right in with Darr and Reinertson.

Chase Vermillion burst onto the scene about three games into the season for the Lady Rangers. She shared court time with Ashley Strupp. She improved every single game, whether it be with positioning, court awareness, free throws, rebounds, or defense – improvement every game.

And she showed a willingness to get nasty – a trait that will play well within the Southeast Conference.

Best Game Moment: Lots of things can happen in 32 minutes of a basketball season. But in a year full of special moments, Joel Stermitz nailing six three-pointers, Houston Dunn blocking a breakaway dunk in his last home game for the Rangers, the Rebels and Bruins playing two great games against each other, and Veronica Turck

stealing the ball away from Hardin with two seconds left in a 30-point loss to the Bulldogs.

But I'll forever remember the end of the Lady Rebel's game against Townsend. On a cold winter night in Townsend, inside an old, quaint gym, Mackenzie DeFord reminded everyone what high school sports is about – competition, never giving up, lessons for life, and smiling through it all. With the final seconds ticking off the game clock, she took a pass at the top of the key, jumped, and released a three-pointer, which caught nothing but the net.

When the buzzer went off, her shot was in the air, and when it dropped, she looked surprised as she looked towards her bench, then a bright smile enveloped her face. The Bruins lost to Townsend 45-28, but DeFord understood the moment. It was a moment of childhood joy that should be cherished forever.

Coach of the Year – Jacob Fisher, Shields Valley Rebels: He got more out of this team than was expected.

He spent more time working on things that would pay off a year from now with his young guards. More so, he was patient. A man and a coach who hates losing, they lost more games this year than he's ever lost, and not once did he rant, rave, or scream at his players, choosing instead to nurture. He had them ready to play Lima in the 12C

District tournament, and when they won, I've never seen him more proud of a team than on that day.

Most Improved Players: They had to play last year at any level and contributed significantly to varsity this year due to improvements in their game and hard work.

Liam Edwards, Weston Vincent, Jon Durgan, Tanner Whiting, Zeh Huelva, Noah Herrera, and Cayden Hoppe. Girls – Ashley Strupp, Ciella White, Veronica Glenn, and Alivia Duffy.

And with that, we come to my favorite award, the **Lunch Pail Player of the Year.** They play for the front of the jersey, not the back; a gym rat, the first in the gym, the last out. They do the work no one else does.

Veronica Turck and Kimball Smith are the honorees.

Veronica Turck is everywhere on the court. She dives for loose balls, scores inside and outside, sticks her face in for rebounds, and is usually double-teamed by opposing players. She can dribble, rebound, and score. And she's a leader. She brings her lunch pail to each game.

Park High's Kimball Smith can play any sport at a high level. He would have made an excellent wide receiver on the Ranger football if he's gone out. I believe he may have been the smallest player on the court in each game for the Rangers. Yet he was challenging the bigs under the basket for layups and rebounds. Playing point on the Rangers press and on offense, he was amazing to watch. He didn't only bring his lunch pail; he packed and unpacked it for 32 minutes. As grifty and gusty a player as I've seen in three years.

So there it is, the First Annual Park County Dugout Post-Season Awards. A special thanks go out to all the coaches and Activities Directors for making my job covering the games easy and assessable. And for returning all of my emails!

For many more photos and stories visit ParkCountyDugout.com.



Coen Braham won the Park County Dugout Rookie of the Year Award. - Photo by Jeff Schlapp



Shields Valley Rylan Roberts. - Photo by Jeff Schlapp

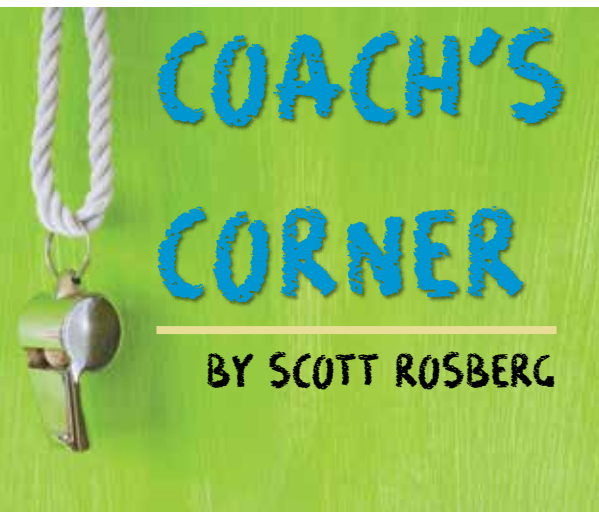
and Lady Rebel Mackenzie DeFord. Gardiner – Parker Wyman and Tyler Stermitz and Lady Bruins Darr and Reinertson.

Stermitz ran the Bruin's offense, and as the season wore on, he became better overall at all aspects of the game. He was as good a guard as any other in the conference and worked his tail off all year.

DeFord was the best all-around player on the Rebels, in my opinion. She was also the best teammate, in



Gardiner's Maggie Darr. Photo by Jeff Schlapp



Commitment & Dedication

Today I want to talk about commitment and dedication. I believe that commitment and dedication are two extremely important elements of any athlete's success. Not all athletes have the same level of commitment to their sports. That's also understandable, though, because not all athletes have the same feelings about the games they are playing. Obviously, most kids play a certain sport because they love it. But some play a sport because it helps prepare them for or stay in shape for the sport they really love. Some play because their parents want them to play. Some play because that's what they have always done, they still enjoy it, and so they just keep doing it. So, with these different levels of enthusiasm come different levels of commitment.

Let me go no further without discussing to whom I am referring when discussing commitment to athletics. This is not an issue for the younger (grade-school age) kids. As I have talked about before, the number one focus of younger kids just getting started in athletics should be fun. Younger athletes need to develop a love of the games they are playing. When it comes to dedication and commitment to sports, I am talking about athletes in the high school ages and even down into the middle school ages. That's not to say the older kids aren't supposed to have fun, though. As I said before, it has to be fun at all levels of playing. However, what we deem fun and how we achieve enjoyment in our sports change as we get older. This is where commitment comes into play.

When young athletes are just starting out playing games, their enjoyment of the playing and participating should be the focus. As they get older, their ability to improve and be the best they can be starts to take over. That's because at a certain age or ability level (and this varies from individual to individual) the game only continues to be fun if you can compete well with others. Now I have thrown a new verb into the equation: Compete. It is no longer about participation; it is now about competition. This is where winning and losing start to play a much bigger role. It's more fun to win than to lose.

At the end of the games that you watch, does one team look like they were enjoying it a whole lot more than the other one? Certainly, the team that won had a whole lot more fun after the game than the team that lost. That's not to say that winning is the only way to have fun in sports, though. Athletes will look back on their contests and feel that they were some of the most enjoyable times they have ever experienced. It's just that it takes the teams that lost a little while to feel that way. That's because when you are committed to something, you put everything you have into it. When it doesn't work out the way you want it to, it hurts. This is true in anything that requires commitment, not just sports. Anytime someone leaves a job they were at for a long time or anytime a marriage falls apart, it hurts because so much time, emotion, effort, and love was invested in those relationships. Well, the same is true in athletic competition.

There's that word again in a different form: Competition. Somewhere around sixth or seventh grade participation fades away as the number one focus, and competition takes over. Many of you may feel that's a shame. Many people believe that it should always be only about participation. Most of those people never played a sport at a higher level, or they did and had a bad experience. Unfortunately, many of those people become parents who then pass that idea on to their



children. Again, that is not necessarily a bad lesson for the younger athletes. But at some point, parents have to help their child realize that it is time for the child to get committed to the sport or think about giving it up on a competitive basis and just play it in the playground or in intramurals.

"But why is that?" some of you may be saying right now. "Why can't my kid just play during the practice times and games and not put in any more time to the sport in the off-season?" Because it is no longer only about your kid. He or she has teammates, coaches, a school, and maybe a community who are all counting on him or her to represent them to the best of his or her abilities. The only way to do something to the best of one's abilities is to make those abilities the best they can be. The only way to do that is to make a commitment to put in time to work at the game.

Uh, oh. A new word again: Work. "Scott, you never said anything about work before. You said it's supposed to be fun." It is supposed to be fun, and this is where coaches come into play.

One of our jobs as coaches is to show kids that working hard can be fun. If we put forth maximum effort in the off-season, on the practice floor, and on the game floor, then no matter what the outcome of the game, it will be fun. Why? Because you will have developed skills you never knew you had, relationships you never would have known, bonds with other people you never would have cared about, and a desire to succeed that will carry you through much more than just athletics. Also, if you have put forth maximum effort, you're bound to win a few games along the way, and as I said earlier, it's a lot of fun to win. However, if any one member of the team doesn't put forth that maximum effort, then the whole group is diminished in some way. If two, three, or four people don't work as hard as they can, it can be devastating to the efforts of the entire team.

"But my kid just isn't into it that way anymore," you may be saying. Then it is time for your kid to find out about the joys of intramurals and rec leagues. Intramurals and rec leagues are all about participation. Kids play the games they enjoy without the need for commitment to those games. They usually get together once a week for the games; that's it. I was a high school intramural director for seven years. Even that got too competitive at times, but it still wasn't anywhere near what the interscholastic sports were like. Talk to the administrators at your school about getting intramurals going for the many kids who have lost the desire to be so committed to a sport but who still enjoy the sport. It's a good option.

"But I want to see my kid play in front of the crowd on Friday night." Ah, now you are in it for you, not your kid. If your child doesn't want it, it should end right there. However, if you have seen a level of commitment from your child before that is just missing now, maybe there is a larger problem. Sit down and talk with your child. Let him or her talk. Find out why he or she doesn't want this anymore. Sometimes they are getting into things they shouldn't be into. Sometimes new friends have influenced them away from sports. Sometimes they have just gotten burned out on the sport. Whatever it is, talk with your kid about it. If he or she has a truly legitimate reason not to play, then maybe it's time to hang it up.

As a coach I don't have a problem with that. Back in the 90s in my first go-round as the head basketball coach at Park High School, as is often the case, one of our players also played football. I was also an assistant football coach at the time. This player decided over the summer before his senior year that he didn't want to play football anymore. He'd

had enough. He wasn't having any fun at it anymore, and he enjoyed soccer more than football. So he decided to hang up the football cleats.

The head football coach and I were good friends, and he told me that I needed to talk to the player to convince him to go out for football. I told the coach that I would talk to the player, but that I would not tell him he should play football. I said that I would find out why the young man didn't want to play football and that I would try to point out the benefits of playing football.

But I also said that if this kid didn't want to play football, he shouldn't play football. First, he would be miserable. More importantly, he wouldn't be helping the team at all because he didn't want to be there. This leads back to commitment. If he didn't want to be there he wasn't going to be giving it his all. If he wasn't going to do that, he could potentially be hurting the team. Also, he would be taking a spot away from someone who truly had the desire and commitment but maybe not the same ability level. At that point, I believe it is time to let him go. He didn't play football that year, and from all I could tell he enjoyed his senior year. Could the football team have used him? You bet. But at what price for both him and the team?

So if you are a young athlete in or approaching high school years, it's time to make a decision. How committed are you going to be to become the best you can possibly be? Many of us talk about how much we want to be good and to win, but how many of us are willing to put in all the time it takes to get there?

Dedication and commitment require a lot of sacrifice. You must give up a lot to get a lot. But if you do, the rewards can be phenomenal. And remember that when you are a part of a team, it is no longer about just you. You are a necessary component of something much bigger than yourself, and if you stop working, the whole team breaks down. So stop reading the newspaper, and get out there and start working to become the best you can be.



To check out more materials from Scott, go to his website SlamDunkSuccess.com. You can email Scott at scott@slamdunksuccess.com.

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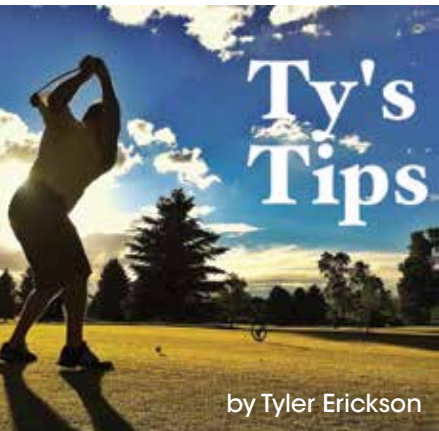
Our services are designed to bring local community members and neighbors closer to one another with engaging, humorous, inspiring and heartwarming daily local stories.

Published & Created by former Enterprise Sports Editor,

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Well ladies and gents, it would seem that the long, low-tide cycle might have run its course. It's been a little lame out there without much new snow and the warm temperatures. It's been a three steps forward and two steps back kind of program. So, I must applaud all of you that have been booting up and still getting after the limited menu.

There is afterall a bright side, oh yes indeed! All the bearing and grinning of the limited buffet gives you two great qualities. The chance to polish up on vital fundamentals and build up a gargantuan bundle of stoke and gratitude. When the hill is finally transformed into that pure and easy softness, that bundle can be let loose. That feeling, my friends, can be just as sweet as weeks on end of great conditions. Many of you might disagree, but

I feel that is one of the reasons why our sport is the best. No matter what, when you're in your boots and sliding, you're in the right place at the right time.

During this low tide, I've been sticking to the groomers and feeling my feet and skis. I know it's a bit extreme to have ignored the higher bony terrain while waiting. Oh well, time on the groomers cruised by quickly and we are now back in the money! What I've taken away from all this "mid-corduroy" is a solid amount of boot and ski pressure awareness that has given me a boost of confidence on the upper mountain and on variable snow quality.

The firm snow is unforgiving compared to the soft, cold, and buttery.

In summary, here's the latest that I've been focusing on. It's a mouthful, but I'll break it down later. I've been focusing on early pressure on the tip of the ski at the top of the turn (maintaining proper posture to do so), angulating with the body at and through the middle of the turn, and then creating proper angles that allow for all the pressure to migrate to the middle part of the skis at the bottom of turn.

To break it down with a little more detail, we can start with placing early pressure on the tip of the ski, at the top of the turn. To do this you must have a proper stacked posture. This allows for weight to not fall on the inside ski at the top. When you can stand on the outside skis that is the only way to flex the boot. The next move is to angulate. Just remember; once you place weight, you can then flex and angulate. When things are locked and loaded in this setup, you can begin to let the pressure begin to migrate from the shovel of the ski to under the boot. During this pressure migration, it's important to keep the upper body facing down the hill (directly

down the fall line for short turns and at the tip of the downhill ski for longer turns). If you follow the skis at the bottom of turn you loose the pressure.

All that being said, the stacked posture at the top of the turn makes the whole recipe function. The mojo sauce is all in the next phase by placing your weight and then

beginning to angulate and flex the boot. To hold the energy of the skis, you must maintain upper body position facing down the hill while the skis are cutting across the hill. This is called separation.

Here is a great drill to help you solidify with the separation quality. While making super-mellow medium radius turns, place your poles across your hip line. Sense that they are remaining level to the snow throughout the turn.

I hope some of these techniques help you feel that the skis can do all the work. When the high tides flow, I hope that some of these sensations let you find a new source of confidence. Have fun out there and ski hard!



When to Start Your Seedlings

With Jon Albert

Let's admit it—gardening in Montana is challenging. The summer is short and the weather is unpredictable, yet the wind seems constant. Whether you're growing flowers or vegetables, here are a few tips that will help you deal with each of those challenges.

If you're growing plants from seeds indoors to protect them from colder spring weather, in order to help the roots to grow, lighten the dense soil and reduce its nutrient level by adding peat moss, vermiculite, or sand. You can also buy a seeding mix.

Don't fertilize until the second or third set of leaves has emerged. The seed has all the nutrients the plant needs until it's more mature. Early fertilizing (especially with liquid fertilizers) or seeding in nutrient-rich soil can hurt a young plant.

Once the seedling has emerged, you can

help it develop properly with a strong light source, which allows the plant to grow a solid stem. If the light is weaker, plants will grow quickly to find additional light but become thin and gangly in the process. Also, by using a fan to create a gentle breeze, you can achieve stronger stems. See the chart for when various vegetables should be started, planted and harvested in this area. Though these tips apply to most plants, check seed requirements on the packet, as your plant may have unique needs that will help it sprout.



Start Seeds Indoors			Plant Seed/Transplant					Harvest
MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
				Beans				
		Beets			Beets			
		Broccoli			Broccoli			
		Brussel Sprouts						
		Cabbage						
		Carrots			Carrots			
		Cauliflower						
		Corn						
		Cucumber						
		Kale			Kale			
		Lettuce			Lettuce			
		Onions						
		Peas			Peas			
		Peppers						
		Spinach			Spinach			
		Squash						
		Tomato						



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April 12-13-14 BRICKHOUSE BAND Funk & Soul
April 19-20-21 THE WATER BAND Rock & Roll
April 26-27-28 THE MOUNTAIN BOYS Country

Recipe by
Carla Williams

Recipe Corner

Raspberry Swirl Cheesecake Bars

For The Graham Cracker Crust

- 9 sheets graham crackers about 1 cup of crumbs
- 2 tablespoons brown sugar
- ¼ cup butter – salted melted

For The Cheesecake

- 16 ounces cream cheese softened, 2 blocks
- ½ cup sugar
- 2 eggs
- ¼ cup sour cream
- 1 tablespoon vanilla extract

For The Raspberry Topping

- ¾ cups raspberries about 6 ounces fresh or frozen
- 4 tablespoons sugar
- 1/2 teaspoon lemon juice

Instructions:

Make The Graham Cracker Crust

- Preheat the oven to 325. Line a 8x8 square pan with aluminum foil or parchment paper.
- Place the graham crackers in a food processor and pulse until they become crumbs. Add the graham cracker crumbs to a large mixing bowl. Place the brown sugar and melted butter in with the graham cracker crumbs. Mix together until the crumbs are no longer dry.
- Add the graham cracker crumbs into the bottom of the pan. Use a ½ cup measuring cup to press the crumbs firmly and evenly into the bottom of the pan. Bake the crust in the oven for 8 minutes then let the pan cool for at least five minutes.

Make The Cheesecake Filling

- Place the cream cheese in a large

mixing bowl. Mix with an electric mixer until smooth, about 2-3 minutes. Add ½ cup sugar and cream together the sugar and cream cheese until fully mixed.

- Crack the eggs into a medium bowl and beat lightly with a fork. Add the eggs half at a time to the cream cheese mixture, whipping until fully mixed.
- Add the sour cream and vanilla to the cream cheese filling. Whip with an electric mixer until smooth.

Make The Raspberry Topping

- Add raspberries, 4 tablespoons of sugar and lemon juice to a saucepan. Bring the mixture to a slow boil over high heat. Reduce the mixture to medium low heat to simmer, stirring regularly to keep from burning. Cook for 10-12 minutes until thick sauce begins to form, then set to the side to cool for a few minutes.

Layer And Bake The Bars

- Add the cheesecake filling to the top of the graham cracker crust. Use a silicone spatula to smooth the mixture evenly in the pan.
- Drizzle the raspberry mixture over the cream cheese. Swirl a chopstick or butterknife through the mixture to allow the raspberry layer to mix more into the top of the cheesecake layer.
- Bake for 35-40 minutes until fully set in the center. You can test by holding the pan with hot pads and gently rolling the pan from left to right just a little. The top center of the pan should not look liquidy but will still jiggle a little. The middle of the cheesecake should feel slightly tacky when carefully touched.
- Allow the cheesecake to cool in the pan for at least 20 minutes. Place in the refrigerator for at least 6 hours to chill, or overnight. Then slice and enjoy!

Safest Cutting Boards

by Jill-Ann Ouellette

Have you ever thought about all you put your cutting boards through in a given week? There are many choices when it comes to cutting-board materials, and it can make a world of difference. Most cutting boards are made of wood because it's a durable surface that won't dull your knives, but is this your safest option? What is a cutting board? It's simply a flat surface or block used

in food preparation in kitchens everywhere, both commercially and personally, while at the same time, preventing cross-contamination of foods. The biggest concern is to not have bacteria from raw meats contaminating your veggies! Here's a quick rundown of the types of cutting boards available:

Glass – Pros: Low cost, easy to clean, especially good for foods that have high bacteria risk, for hot items, and for dough. Con: Slippery and noisy, will dull your knives, prone to shattering.

Bamboo – Pros: Natural, non-toxic, sustainable material. It has a high-density wood, even though it's lightweight. Cons: Need frequent cleaning and maintenance, not ideal for hot foods.

Marble – Pros: Durable, hygienic, difficult to break, long-lasting, and it's non-porous. Cons: It's expensive, damages knives, it's heavy, and can crack or chip.

Plastic – Pros: Affordable, doesn't stain easily or absorb odors, and replaceable.

(For commercial applications, often they are color coded to prevent cross-contamination.) Cons: Surfaces scar easily leaving room to breed bacteria. Plastic boards also may leave behind traces of plastic in the food. [Scientists (Ecotoxicology and Public Health) tested contamination by cutting carrots on plastic cutting boards, one made with polypropylene and the other with polyethylene. The researchers found that cutting carrots on a plastic board can generate as much as 15 milligrams

of microplastics per cut—or projected annually about 50 grams—roughly equivalent to the weight of ten plastic credit cards that you may be ingesting. No, thank you!

Wood – Pros: Hard woods like oak, ash, or maple are not absorbent and have natural, antimicrobial properties. You can re-surface them by planing them down and re-seasoning them. Cons: Requires some maintenance work, hand-wash only, needs to be seasoned, and may stain easily, will show cutting wear and tear.

It may seem counterintuitive, but wood is clearly safer. Wooden cutting boards are not only better when new, but also, they are far safer than other materials, even after they have been well used. This is mainly due to these two reasons:

First, wood is somewhat self-healing. In other words, when you make a knife cut into wood, it naturally expands and, in effect, closes the cut. This is a feature that plastic

local food matters

by Mary Rosewood

A cup of good coffee is energizing, but if you want to supersize that experience, add a K-E Sweets Monster Cookie.

Josh Congleton, who runs K-E Sweets with his wife, Shay, calls it “the cookie when you can’t decide what kind of cookie you want. It’s your basic sugar cookie mixed with oats, cinnamon, M&M’s, chocolate chips, peanut butter, kind of an all-in-one. And they’re a larger size, so that’s why they’re called Monster Cookies.”

Creating tasty treats as a business started in November 2017 when Josh made spritz cookies from his grandmother’s recipe and sold them through posts on Facebook. He ended up making and selling more than 100 dozen.

“Mainly, what it came down to was, I wanted to enjoy them and eat some, but I didn’t want a whole bunch of cookies sitting around,” Josh said.

He did that for a few years during the holiday season while he worked at a full-time job that “didn’t allow a lot of flexibility.” Gradually, the idea came to sell more varieties to include Shay’s family sugar cookie recipe, and see if coffee shops would be interested in selling.

To do that, they needed a commercial kitchen, so in January 2023, they began using the Cravins Adventure Lunches facility in Livingston. Silo Espresso was their first wholesale client back in April 2023.

The name “K-E Sweets” comes from a tribute to Josh’s grandmother and to his daughter, the company’s dedicated quality control expert aka taste tester.

K-E Sweets soon went from sporadic production, maybe once a month, to steady weekly baking. Currently, each week they produce about 50 scones, 50 Monster Cookies, and 40 Raspberry Crumble Bars, plus other goodies like scotcheroos and brownies.

Josh keeps up this pace between other supplemental work. “It takes a lot

Irresistible K-E Sweets include Raspberry Crumble Bars, Cinnamon Brown Sugar Scones, and Monster Cookies.

of cookies to replace a full-time job,” he said.

The raspberry bars were “inspired by Crust and Crumb Bakery, when they closed their bakery, we decided we had to make them ourselves to keep them available locally,” Josh explained. And yes, I can affirm that the raspberry bars are delectable!

For holidays, the offerings get more elaborate, with decorated sugar cookies making an appearance. Scroll through the KESweets406 Facebook page to admire the four-inch sugar cookies shaped like pumpkin pies for last Thanksgiving. Holiday cookie-decorating kits are also available, so “you don’t have the mess of

decorating,” Josh said. “You don’t have to worry about all the ingredients and baking. It’s a soft sugar cookie, so the kids always have fun decorating them, and they taste delicious.

Josh said he appreciates the supportive feedback he’s been getting from customers. “We look forward to continuing to bake in the community.”

You can find K-E Sweets in Livingston at Silo Espresso (both locations) and at LuLu’s Montana Market. You can also find them at Two Doors Down in Clyde Park and at the Super 8 in Gardiner. Keep an eye out for Easter goodies appearing later in March.

In addition, Josh turns up at holiday markets in the area, as well as the Livingston farmers market. He plans to be there again this summer, hopefully with a cart selling gourmet hot dogs when the details get worked out.

Watch for flash sales that are announced periodically on Facebook, on the KESweets406 page or the “This is REALLY Livingston” page. Josh will also ship products, either wholesale or to individuals.

For more information and to make arrangements for private orders, go to facebook.com/KESweets406 or email Josh at kesweets406@gmail.com.

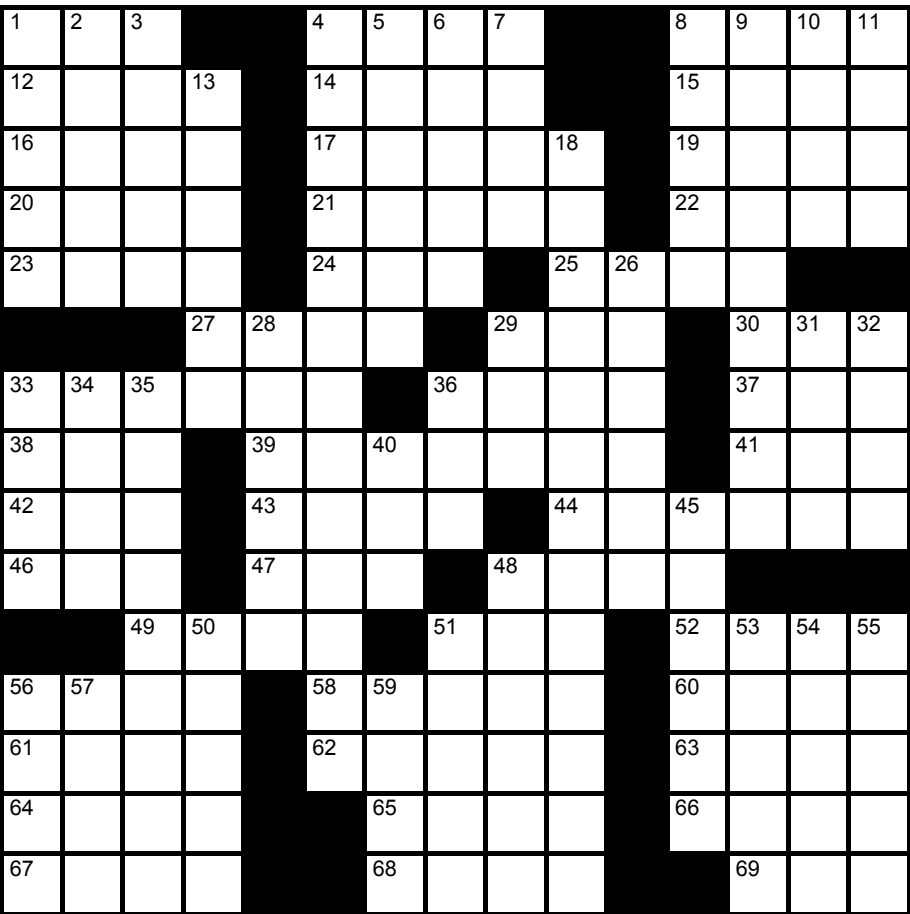
obviously doesn’t have. With plastic, little food particles lodge in the marred surface and stay there. Once cuts have been made in the plastic it’s almost impossible to clean and that’s why bacteria grow in the crevasis of a plastic cutting board.

Second, most cutting boards are made of hardwoods because of their durability. This is a result of the way the grain of the wood is formed. Hardwoods typically have a closed-grain structure. When bacteria get on the hardwood, it becomes encased in the wood grain. The way bacteria interact

with the wood grain is not compatible for bacteria reproduction. Harmful bacteria, like e-coli and others, don’t transfer to other foods at the same rates as they do on plastic. On a wooden surface, bacteria slowly die as the wood dries after washing. Plastics and similar materials simply act like a Petri dish and grow all kinds of nasty stuff.

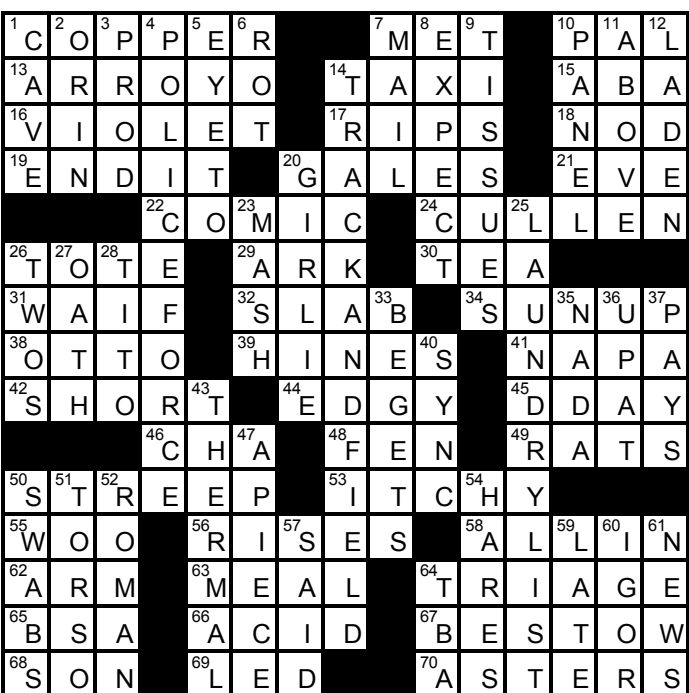
So, give yourself a pass on cross-contamination and choose a hardwood cutting board. It is durable, ascetically pleasing, easy on your cutting edges, and safer than anything else!

Crossword Puzzle Number 320



- Across
- 1 Raises
- 4 1 G
- 8 Strikebreaker
- 12 Siestas
- 14 Egg layers
- 15 Father of a leveret
- 16 Superstar
- 17 Wanes
- 19 Old Peruvian native
- 20 Aligned
- 21 Open
- 22 Enormous
- 23 Abominable snowman
- 24 Scrutinize
- 25 Study
- 27 Mardi ---
- 29 Evil
- 30 E.g. A O L
- 33 Four pecks
- 36 Secret Chinese society
- 37 Bingo!
- 38 Time in Boston
- 39 Merchant ship's capacity
- 41 Immediately
- 42 Dentists' grp.
- 43 "Death --- Expert Witness" (P D James)
- 44 Is adjacent to
- 46 Homo sapiens
- 47 Frequently, poetically
- 48 Mailed
- 49 Specialty food store
- 51 Contemptuous exclamation
- 52 Mantle
- 56 State of constant change
- 58 Lily Munster actress Yvonne De ---
- 60 Not his
- 61 Captain Jack Sparrow actor
- 62 Online missives
- 63 Senses of self-importance
- 64 Wild about
- 65 Look after
- 66 Seedy joint
- 67 Talks lovingly
- 68 Singles
- 69 Could be bobby, red or white
- Down
- 1 One
- 2 Army chaplain
- 3 Gush forth
- 4 Presidential workplace
- 5 Chucks
- 6 Outbreak
- 7 Junkie
- 8 Destructive Hindu deity
- 9 Those north of the 49th
- 10 Curves
- 11 Police officer's patrol route
- 13 Snow carriage
- 18 Wrestling maneuvers
- 26 Enter stealthily
- 28 Provide new equipment
- 29 Long feathery scarf
- 31 Get lost!
- 32 Minor chessman
- 33 Smile
- 34 Federal farming regulator
- 35 Confront
- 36 Channel revived as Heartland
- 40 --- King Cole
- 45 Engraved with acid
- 48 Salty
- 50 Montreal ---, now the Washington Nationals
- 51 Gray matter
- 53 Breastplate of Zeus or Athena
- 54 Brigham Young University city
- 55 Antique auto
- 56 Depositors' protective grp.
- 57 Longtime "Tonight Show" host Jay
- 59 Rounds

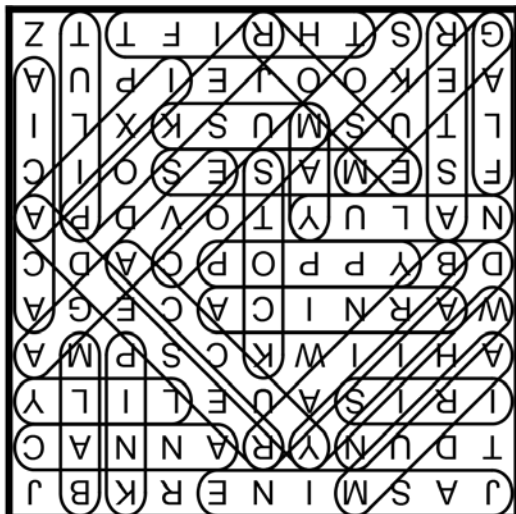
Crossword Puzzle Number 319 Solutions



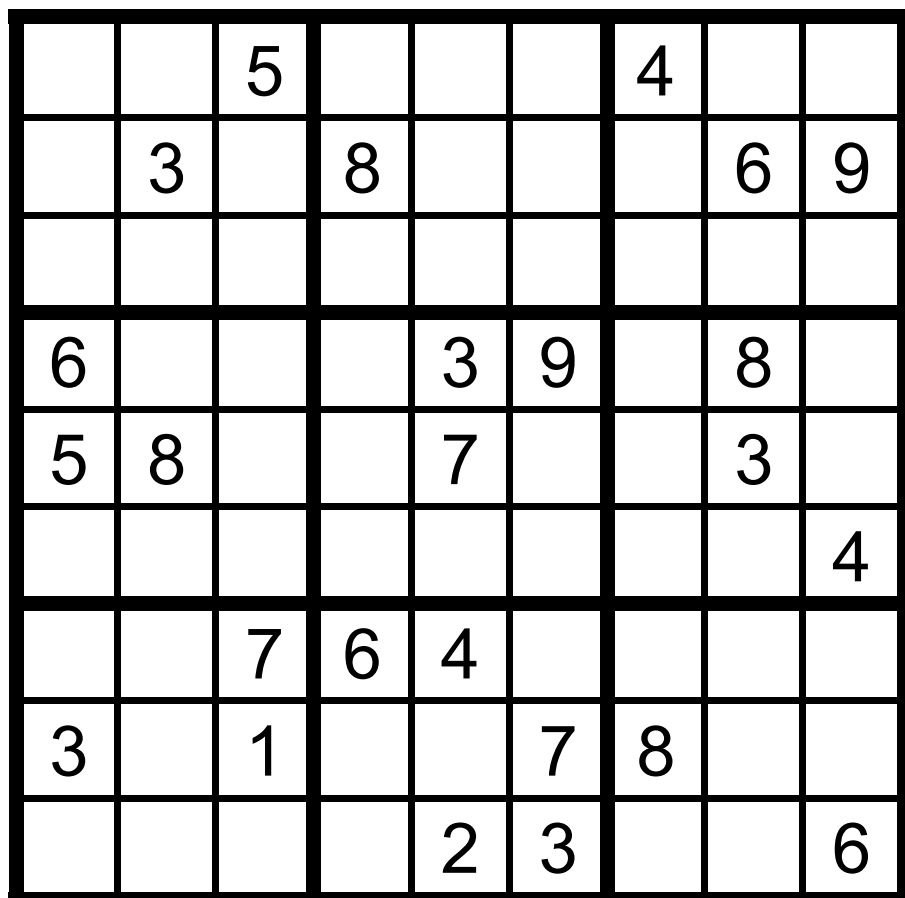
1 C O P P E R
13 A R R O Y O
16 V I O L E T
19 E N D I T
22 C O
26 T O T E
31 W A I F
38 O T T O
42 S H O R
50 S T R E E P
55 W O O
62 A R M
65 B S A
68 S O N
7 M E T
14 T A X I
17 R I P S
20 G A L E S
23 M I C
29 A R K
32 S L A
39 H I N E
43
46 C H A
51 T R E E P
56 R I S E S
63 M E A L
66 A C I D
69 L E D
8 M E T
15 A B A
18 N O D
21 E V E
24 C U L L E N
30 T E A
34 S U N U P
41 N A P A
45 D D A Y
49 R A T S
54 H Y
58 A L L I N
64 T R I A G E
67 B E S T O W
70 A S T E R S



- Acacia
- Agave
- Arnica
- Arum
- Aster
- Balm
- Briar
- Canna
- Cosmos
- Daisy
- Flag
- Geum
- Iris
- Ixia
- Jasmine
- Lily
- May
- Musk
- Pink
- Poker
- Poppy
- Reseda
- Rose
- Sesame
- Stock
- Thrift
- Tulip
- Whin
- Yucca
- Yulan



Sudoku Puzzle Number 319



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

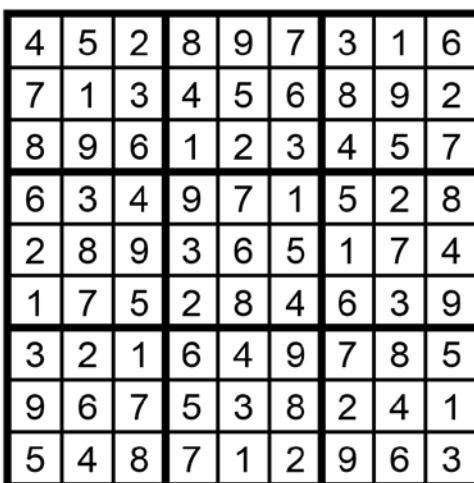
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You can make donations online at www.pccjournal.com - Thank you!

Sudoku Puzzle Answers 318



Classifieds

ANNOUNCEMENTS

Trash Talk

Join us the first Tuesday of the month for a conversation about working towards living zero waste in your household and community. What actions do you take that help reduce overall waste and impact on the planet? We want to hear them! Come share your habits, objectives, ideas, and questions in a structured, education, open conversation. Dates, Locations, Time:
• March 5th, 5:30pm-7pm
Katabatic Brewery
Subject: General Household
• April 2nd, 5:30pm-7pm
Neptune's Brewery
Subject: Yard and Garden
Presented by Yellowstone Bend Citizens Council.

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

HELP WANTED

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

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 looking to fill the position of Night Custodian. This is a full-time position, salary based on experience plus benefits. Applications are available on our website at www.gardiner.org and can be sent to Super@gardiner.org or you may apply at the school (510 Stone St, Gardiner, MT, 59030). If you have any questions please call 406-848-7563.

Gardiner Public School is looking to hire a head golf coach for the 2023-2024 school year. Please contact Carmen Harbach, AD (carmen@gardiner.org) or call the school at 406-848-7563.

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

Gardiner School is searching for a junior high track coach for the spring 2024 season, and high school football coach for the 2024 fall season. The coach's responsibilities include developing practice plans and leading practices, providing motivation and advice during competitions, and fostering good mentorship with the Bruin athletes and staff. Outstanding candidates are highly motivated, committed, disciplined, and patient. Anyone interested, please contact Carmen Harbach at 406-848-7563.

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

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

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

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

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

populations to improve public health in Park County. To apply, go online to: https://jobs.parkcounty.org/jobs/119/Public-Health-Nurse-Prevention-Specialist#job_119.

Elections and Records Deputy

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

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



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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.



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#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 | 706 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 Woodward Ave, Absarokee
Commercial Sale | 2,560 sq ft
#388822 | \$275,000
Jessie Sarazin | 406-223-5881

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Glacier National Park Vehicle Reservations Open

Glacier National Park reminds visitors that advance vehicle reservations become available on Recreation.gov starting January 25, 2024 at 8 a.m. Mountain Time.

Vehicle reservations will be available on Recreation.gov through two types of booking windows: A portion of vehicle reservations will be available 120 days or approximately four months in advance on a daily rolling basis. Next day vehicle reservations will be available at 7 p.m. Mountain Time for next-day entry, starting May 23, 2024 on a daily rolling basis.

Going-to-the-Sun Road

New in 2024, Apgar Village will be accessible to visitors without a reservation. This includes Apgar Visitor Center and the free park shuttle. Lodging, camping (including front country developed campgrounds and wilderness camping permits), transportation, or commercial activity reservations originating in Apgar will no longer provide access beyond the Apgar reservation checkpoint just past the Apgar Campground turn off. A full list of which commercial lodging, and camping reservations providing access beyond Apgar can be found on the park website.

Vehicle reservations are required for east bound traffic on Going-to-the-Sun Road past the reservation checkpoint May 24 through September 8, 2024, from 6 a.m. to 3 p.m. New in 2024, reservations for Going-to-the-Sun Road are good for one day only.

Visitors without reservations will be detoured at the checkpoint and routed back through Apgar Village. The village is expected to experience heavy traffic and parking will be in high demand.

Also new in 2024, visitors will be able to access Going-to-the-Sun Road from the east side beyond Rising Sun without a vehicle reservation. Visitors will also have access to the St. Mary Visitor Center and shuttle stop on the east side of Glacier National Park, as in 2023.

North Fork

Vehicle reservations are required for the North Fork area May 24 through September 8, 2024 from 6 a.m. to 3 p.m. Reservations are good for one day.

Many Glacier Valley

Reservations are needed for Many Glacier starting July 1 through September 8, 2024 from 6 a.m. to 3 p.m. Advanced reservations for Many Glacier will be available beginning March 3, 2024, at 8 a.m. These will be released 120 days or approximately four months in advance on a daily rolling basis at 8 a.m. Mountain Time. Next day vehicle reservations will be available at 7 p.m. Mountain Time for next-day entry, starting on May 23 on a daily rolling basis. Reservations for Many Glacier are good for one day.

Booking A Reservation

Each of the specified areas of the park will require a separate reservation. Vehicle reservations will be available on <https://www.recreation.gov/>, or the Recreation.gov mobile app. Visitors will need to set up an account

on Recreation.gov to obtain reservations and are encouraged to do so prior to the day reservations open. The cost associated with booking a reservation is a \$2 Recreation.gov processing fee.

Visitors may also make a reservation through the Recreation.gov call center. Contacting the call center does not provide an advantage towards securing a reservation but provides an alternative for those who don't have access to the internet or are not as familiar with technology. Call centers are open every day from 8 a.m. to 10 p.m. Mountain Time and the processing fee remains \$2. The following lines are available for callers:

- Reservation line (Toll-Free) - (877) 444-6777
- Reservation line (International) - (606) 515-6777
- Reservation line (TDD) - (877) 833-6777

During May and June, it is likely only a portion of Going-to-the-Sun Road will be open. Check the park website for road status or sign up for text alerts.

Entrance Pass

In addition to a vehicle reservation, each vehicle entering the park is required to have an entrance pass for any entry point into the park. These passes could include any of the following: a \$35 vehicle entrance pass, good for seven days; a valid Interagency Annual/Lifetime Pass; or a Glacier National Park Annual Pass. A vehicle reservation does not include an entrance pass, and the park entrance pass does not serve as a vehicle reservation.

Like previous years, visitors with lodging, camping, transportation, or commercial activity reservations within the specified reservation areas can use proof of their reservation for entry instead of a Recreation.gov reservation to gain access to the portion of the park for which they have a reservation.

Pursuant to the American Indian Religious Freedom Act of 1978, vehicle reservations are not required for tribal members throughout the park.

Visitors are encouraged to plan their visit outside of peak hours (10 a.m. to 2 p.m.). As in past years, entry may be temporarily restricted in areas of the park that don't require reservations, such as Two Medicine, if they become too congested for visitor safety and resource protection. Visitors with service reservations (e.g., boat tours, lodging, horseback ride, guided hikes) in these areas will be permitted entry during temporary restrictions.

Parking at Logan Pass, Apgar Village, and other areas may be congested or temporarily unavailable. Visitors are encouraged to take advantage of free shuttles for hiker access to Logan Pass although waits for shuttles may be long depending on the time and location. Visitors are encouraged to check the park website frequently for updates and additional information.

For more information visit the Glacier National Park website.



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Night at the MuseumS: An Evening of Park County History TRIVIA

The Yellowstone Gateway Museum and the Depot Center are joining forces to test how well Park County residents REALLY know their history in a fundraising Night at the MusuemS. Special guest hosts Quinn Conley and Maggie Henderson will lead guests through a fun evening of Park County Historical trivia Tuesday, April 2nd at the Livingston Depot Center.

A GRAND PRIZE of \$600.00 awaits the winning team, as well as bragging rights, and a memorialization of your achievement on plaques to be hung in both The Yellowstone Gateway Museum and the Depot Center.

Doors open at 6:00 pm and Trivia

begins at 6:30 pm. Katabatic Brewing, Bad Burger, and Gil's Goods will be onsite with drinks and dinner options.

The format of the evening will be familiar to those who have entered trivia contests with additional prizes and raffles. Categories for questions may include: Trains & Railroads; Historical Characters

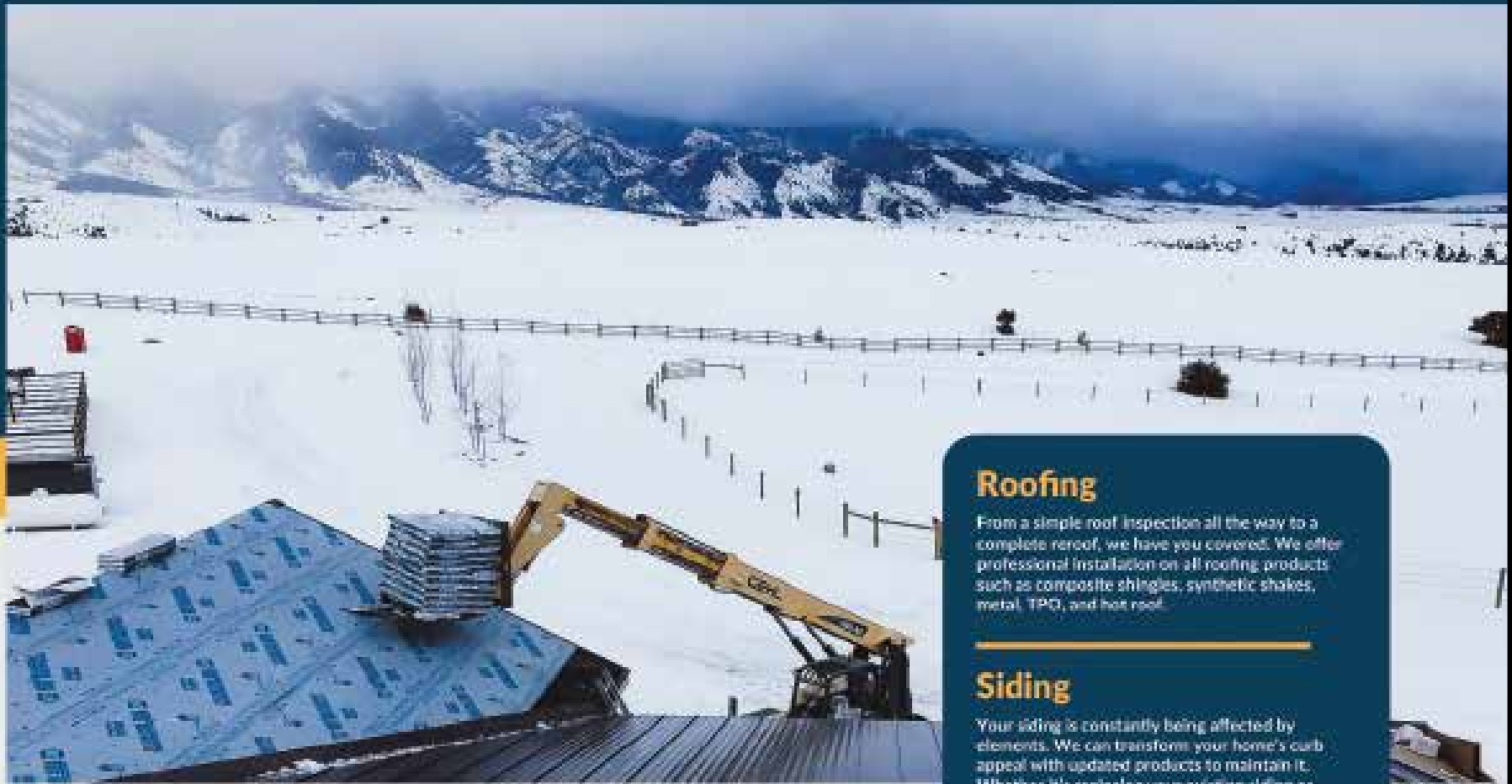


Game nights at the Depot - Credit Depot Staff

of Park County; "Name this Place" from old photos; Ranching; Yellowstone National Park; Geology; Hollywood and Park County; Archeology; and Surprise Wild Card Questions. Come prepared to demonstrate your command of Park County History!

Tickets on sale now at LivingstonDepot.org/trivianight.html. Test your knowledge of Park County Trivia as a team or go it alone. \$50 per player. Teams up to 6 members. Sponsorships are available with additional perks and prizes. Bring yourself and your team to this lively night filled with prizes, raffles, local food and drink vendors, and more! How much do you know about Park County?

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Luís Briceno

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