

YELLOWSTONE COUNTY INSIDER

APRIL 2025

ISSUE 436

MONTANA



Bitterroot

Montana State Flower

Board of County Commissioners

Mark Morse
Chair

John Ostlund
Member

Michael Waters
Member

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Commissioner Corner



April is here and we are off to a rainy first couple of days. The forecast looks like spring is right around the corner.

As you know, the motor vehicle department was closed on March 13th & 14th to switch over to the new CARS vehicle titling and registration program. The County Treasurer, Hank Peters gave us an update on how the transition has been going, "I'm proud of the effort and hard work our motor vehicle employees have put in to make the transition as smooth as possible. We have a fantastic team that has adjusted well to CARS. We are getting more comfortable with CARS and as a result, through the first three days of our 2nd week, we have processed 25% more transactions than the first week." Thank you to our Motor Vehicle staff for their excellent work during this transition.

Due to space needs for our Elections Department, Elections will no longer be moving to the 2nd floor of the Miller Building. Elections is set to move their operations from the Courthouse to MetraPark at Cedar Hall.

We are still on schedule with the Short-Term Holding facility. The second floor has been poured and we are making good progress. The Miller Building is making good progress as well. Floors 4 & 6 already have framing going up. The existing chiller and cooling tower was removed from the roof and replaced with a new ERV.



MetraPark has some great events coming up this month. I hope everyone has a chance to get out to some of these events.

Billings RV & Boat Show & Sale	April 9 th -13 th
Gun Show	April 11 th -13 th
PBR	April 11 th -12 th
2025 Wine & Food Festival	April 17 th -18 th
Billings Outlaws	April 20 th
406 Consignary	April 25 th -26 th
Precision Arts Challenge	April 25 th -27 th
Billings Outlaws	April 25 th
Tom Segura	April 27 th

Thank you all for the work you do for Yellowstone County.
Sincerely,
Mark Morse, Chairman



New Employees



Sonora Childers
District Court

Trey Edwards
MetraPark

Thomas Farless
Zac Malcolm
Matthew Callahan
Bryan Bartholomew
David Bargsten
Detention Facility

Chris Silveira
Jessenia Montes
Youth Service Center

Pamela John
Justice Court

Alison Funk
County Attorney

Recognition of Service



20 Years of Service

Joe Lockwood
Weed Department
4/18/2005

10 Years of Service

Kim Miller
Treas/Supt. Schools
4/20/2015



April Recipe - Cucumber Tomato Salad



Ingredients

- 1-pound **tomatoes** cut into bite-size pieces
- 1 large **cucumber** diced
- ½ **red onion** thinly sliced
- ¼ cup **flat-leaf parsley** chopped
- 2 tablespoons **extra-virgin olive oil**
- 2 tablespoons **vinegar** white wine, red wine, balsamic or apple cider vinegar
- ½ teaspoon **salt** or more to taste
- ¼ teaspoon **black pepper**

Instructions:

- Start by prepping the veggies. Cut the onion in half, peel it, then cut it into thin slices. Separate the onion layers by pinching them with your fingers.
- Soak the onion in a bowl with cold water for 10-minutes.
- Wash and dry cucumber, cut it in half lengthwise, then in half again, and then dice it. You don't have to peel the cucumber, but can if you want. If the cucumber has a lot of seeds, you can remove them.
- In a large bowl add chopped tomatoes and cucumber, thinly sliced red onion, drained from water, and finely chopped parsley. Season with extra virgin olive oil, vinegar, salt & pepper. Toss well to coat.
- Can add diced chicken, turkey breast, ham or shrimp, if desired.

10 RULES FOR WORKPLACE SAFETY

- 1** YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY AND FOR THE SAFETY OF OTHERS.
- 2** ALL ACCIDENTS ARE PREVENTABLE.
- 3** DO NOT TAKE SHORTCUTS. ALWAYS FOLLOW THE RULES.
- 4** IF YOU ARE NOT TRAINED, DON'T DO IT.
- 5** USE THE RIGHT TOOLS & EQUIPMENT AND USE THEM IN THE RIGHT WAY.
- 6** ASSESS THE RISKS BEFORE YOU APPROACH YOUR WORK.
- 7** NEVER WEAR LOOSE CLOTHES OR SLIPPERY FOOTWEAR.
- 8** DO NOT INDULGE IN HORSEPLAY WHILE AT WORK.
- 9** PRACTICE GOOD HOUSEKEEPING.
- 10** ALWAYS WEAR PPEs.

**Be safety aware at all times.
Do this for you and your family!**

Myths About Organ Donation



Living or deceased, organ donation is one of the most impactful things you can ever do, and there are patients who need you today. Many people are confused or have questions about what it actually means to be an organ donor.

Registered Nurse Ellen Shukhman, clinical transplant coordinator in Cedars-Sinai's Kidney Living Donor Program, debunks some common myths about organ donation.

Myth #1: There are enough organs for those who need them

Across the U.S., more than 112,000 people are waiting for a lifesaving transplant. Someone is added to the waitlist every 10 minutes, and 22 patients die every day because the organ they needed wasn't donated in time. Wait times are a big problem, says Ellen. "The typical wait is 8-11 years for a deceased donor transplant."

Myth #2: Only the deceased can donate organs

Living donors are crucial. The popularity of living-organ donation—particularly for kidneys—has increased a lot in recent years, as people become more aware of what a difference it makes. "A kidney from a deceased donor may last 10-12 years," says Ellen. "A living-donor organ can last 10-20 years or even more." A transplantation from a living donor can also be planned and scheduled, so the patient getting the organ can have family around to help.

Myth #3: Many religions forbid organ donation

"Most religions encourage organ donation as an act of love and compassion," says Ellen. "We work with leaders of various religious communities, and they are very much on board. Giving an organ means giving life, and that's deeply meaningful for people of faith."

Myth #4: You can't have an open casket if you've been an organ donor

Open casket funerals can take place after organ, eye and tissue donations. Funeral arrangements will continue as planned. "We treat the body with great care and respect through the donation process," says Ellen, emphasizing that organs are not viewed as commodities, but as precious gifts.

Myth #5: Doctors won't try as hard to save my life if I am an organ donor

"In healthcare, we are all driven by one principle: Do no harm," says Ellen. "Your life always comes first. Cedars-Sinai doctors are not only world-class experts, they are ethical and compassionate."

Myth #6: Only young and healthy people can be donors

"For kidneys, living donors range from age 18 to 80," says Ellen. "What matters is that you're in good physical and emotional health." If you're donating organs upon your death, you can often do that even if you had health problems. "Your medical condition will determine which organs you can give." As for deceased donation, Ellen hopes everyone will opt in. "You'll be giving the gift of life," she says. "What a legacy to leave behind."

[Learn more about Donor Services at Intermountain Health.](http://www.intermountainhealth.org/GoodHealth)

www.intermountainhealth.org/GoodHealth

BEST bits



■ **Donate Life Month is an opportunity to learn about lifesaving organ donation.** You can register for your organs to be donated after your death. But living donors are also needed. Medically approved donors can donate liver tissue and a kidney. Bone marrow and stem cells from living donors are also needed for people whose blood-forming cells have been damaged by cancer treatments and disease. Learn more at donatelife.net.



■ **April is Cancer Control Month, a reminder of how you can reduce your cancer risk.** Check with your health care provider to make sure you're current on screenings for breast, colon, skin and other common cancers and learn how to lower your individual cancer risk factors (e.g., smoking, lack of exercise and excess weight). Also share any family history of cancer. Screenings can catch cancer early, when it's more treatable. Learn more at cancer.org.



■ **National Alcohol Screening Day is April 6,** a day that recognizes the harmful effects of alcohol abuse and alcohol dependency. Alcoholism is partially genetic and can be passed to your children. **The first step to getting help for excess alcohol use is acknowledging there's a problem.** To that end, the CDC encourages health care providers to use short screening tests as part of regular checkups. In addition, free anonymous screenings are at health centers nationwide.



■ **Did you know? National Prescription Drug Take Back Day on April 29** gives Americans the chance to safely toss all unwanted, unused or expired prescription medications. Each year, millions of Americans misuse controlled prescription drugs, most often obtained from a medicine cabinet of someone they know, leading to potential accidental poisoning and overdose. Learn more at takebackday.dea.gov.



Work Comp Claim FREE - Congratulations!

Congratulations to the following departments for **March**: Clerk & Recorder/Auditor, Commissioners, County Attorney, District Court, Disaster & Emergency Services, Elections, Extension, Facilities, Finance, Human Resources, Information Technology/GIS, Junk Vehicle, Justice Court, MetraPark, Motor Vehicle, Public Works, Road & Bridge, Treasurer, and Weed

In March there were 6 claims filed: 2-Sheriff's Office; 2-Detention Facility; 2-Youth Service Center





April is National Foot Health Awareness Month



APMA
American Podiatric Medical Association

All Toes on Deck

Protect Feet from the Heat this Summer

Hiking, sightseeing, relaxing on the beach— however you spend your vacation, your feet will carry you through it all. Keep these tips in mind to prevent foot predicaments and enjoy fun in the sun with family and friends.

Limit walking barefoot, as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.



Stay hydrated by drinking plenty of water throughout the day. Drinking water will not only help with overall health, but will also minimize any foot swelling caused by the heat.



Remember to **apply sunscreen all over your feet**, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.

Wear shoes or flip-flops around the pool, to the beach, in the locker room, and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.



Some activities at the beach, lake, or river may require different types of footwear to be worn, so be sure to ask the contact at each activity if specific shoes are needed. To be safe, **always pack an extra pair of sneakers or protective water shoes**. If your shoes will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.

Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.



If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician. Many often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you're away from home. Use the Find a Podiatrist tool on our home page to get treatment wherever your travels take you!

Be sure you're seeing the most qualified health-care professional to treat your feet by looking for the letters "DPM" after his or her name. The DPM means a physician has completed years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making him or her uniquely qualified to care for this part of the body.

Visit www.APMA.org for more foot health information, or to find a podiatrist near you.

Don't Get Benched by an Injury

Stay on the field.
Always wear facial protection.

April is National Facial Protection Month
MyOMS.org/SaveFace #FacialProtection

National Facial Protection Month

Academy for Sports Creativity, American Academy of Pediatric Dentistry, AFA OMS, American Association of Oral and Maxillofacial Surgeons, AAC, American Dental Association

April is Distracted Driver Awareness Month

Thousands have Died in Crashes Involving Cell Phone Use!

Many distractions exist while driving, but cell phones are a top distraction because so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone, but when you are the one distracted, you often don't realize that driver is you.

New technology in vehicles is causing us to become more distracted behind the wheel than ever before. Fifty-three percent of drivers believe if manufacturers put dashboards and hands-free technology in vehicles, they must be safe. And, with some state laws focusing on handheld bans, many drivers honestly believe they are making the safe choice by using a hands-free device. But in fact, these technologies distract our brains even long after you've used them.

Congratulations on Retirement!

Congratulations to Sandra Woodyard (pictured on the right) for her 29 years of service with the Yellowstone County Youth Services. We wish you all the best in your retirement.



Congratulations to Willie Tipton (pictured below) for his 25 years of service with the Yellowstone County Road Department. Enjoy your retirement!





SHERIFF HAPPENINGS

YCSO would like to congratulate Detention Officers Brown, Miller, Otich, and Kissler on their graduation from CDOB #188, at the Montana Law Enforcement Academy.

And further congratulations to Officer Miller on receiving the "Class Inspiration Award" and Officer Otich on receiving the "Bill Westfall Academic Award".

Congratulations to all and welcome home!



Yellowstone County Sheriff Mike Linder recently recognized LT Valdez's retirement from the Yellowstone County Sheriff's Office after (26) years of serving the community. In addition, LT Valdez also received an award from MSPOA!

Congratulations LT Valdez on your retirement and thank you for your hard work and dedication. YOU WILL BE MISSED!

Yellowstone County Sheriff's Office and the Yellowstone County Detention Facility were able to participate in the Billings Public Schools Future Ready Career Fair, which occurred on April 8th, 2025.

Billings Public School students from West High School, Senior High School, and Skyview High School had the opportunity to learn, ask, and receive information regarding potential career opportunities within YCSO and YCDF.

For more information regarding career opportunities within YCSO and YCDF, please contact ycsotraining@yellowstonecountymt.gov



🇺🇸🇺🇸🇺🇸 The Montana Sheriffs and Peace Officers Association (MSPOA) recently awarded Yellowstone County Sheriff's Office Detention Lt. Jason Valdez with the Tony Harbaugh Distinguished Career Award. Congratulations on a successful career Jason! 🇺🇸🇺🇸🇺🇸

MSPOA Board members, Sheriff Leo Dutton (Lewis & Clark County Sheriff's Office) and Sheriff Chip Kem (Stillwater County Sheriff's Office), were able to present the award to Lt. Jason Valdez.

🙏 Courtesy ~ Montana Sheriffs and Peace Officers Association

To Protect & Serve



Ways to Prevent Cancer – and Boost Your Overall Fitness

As Americans fought in World War II, President Franklin D. Roosevelt noticed that cancer too was a deadly enemy. This led to him to declare the first Cancer Control Month in April 1943. Since then, we observe the **National Cancer Control Month** each April by focusing on raising awareness for cancer prevention and treatment throughout the US.

Over the years, research has shown that the best defense against cancer is a good offense: developing healthy lifestyle habits. Consider these six cancer-prevention tips.



Eat a healthy diet

Base your diet on fruits, vegetables, and other foods from plant sources — such as whole grains and beans. Eat lighter and leaner by choosing fewer high-calorie foods such as refined sugars and fat from animal sources. See more diet tips in “Eat More Plants!” on page 3.



Control your weight

Getting to and staying at a healthy weight is important to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes. Being overweight can cause the body to make and circulate more estrogen and insulin, hormones that can increase the risk of several cancers, including those of the breast, colon and rectum, endometrium, esophagus, pancreas, liver, and kidney.



If you use tobacco – QUIT

Using any type of tobacco puts you on a collision course with cancer. Smoking has been linked to various types of cancer — including cancer of the lung, mouth, throat, larynx, pancreas, bladder, cervix, and kidney. Chewing tobacco has been linked to cancer of the oral cavity and pancreas. Even if you don't use tobacco, exposure to secondhand smoke might increase your risk of lung cancer.

For tools and resources to help you quit, visit www.cdc.gov/quit.



Get moving

Being active can help reduce your cancer risk by helping with weight control. It can also help improve your hormone levels, boost your immune system, and reduce your risk of heart disease and diabetes. Aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. As a general goal, include at least 30 minutes of physical activity in your daily routine — and if you can do more, even better.



Get routine medical care

Regular exams and screenings for various types of cancers — such as cancer of the skin, colon, cervix, and breast — can increase your chances of discovering cancer early, when treatment is most likely to be successful. Ask your doctor about the best cancer screening schedule for you.



Limit alcohol consumption

Alcohol is associated with an increased risk of liver, head and neck, esophageal, breast, and colon cancers. To reduce your cancer risk, limit the amount of alcohol you drink. It is recommended that men should consume no more than one alcoholic drink per day, and that women should have no more than three alcoholic drinks per week.

Visit www.cdc.gov/alcohol for helpful tools and resources.



Register Today!

www.womensrun.org

EVENT DATES & DEADLINES

MARCH 13 • 5 PM

Pint Night at Thirsty Street Brewing
Free MWR pint glass - first come first served

April 14, 21, 28,
May 5 • 5:30 PM - 6:30 PM

Getting Started Clinics at Pioneer Park

April 20 • By 11:59 PM

Guaranteed t-shirt, Team-Up, Virtual Race,
Pat Jaffray Inspiration Award nominations
deadline. (Register for race up to May 9,
but you are not guaranteed the size
of t-shirt)

May 7-9 • 9 AM - 6 PM

Packet Pick Up -
Downtown Billings Association
102 N 29th St, Billings, MT 59101

Feeling Stressed Out? Try Self-Compassion

If you are feeling stressed out – and who isn't in our fast-paced world – self-compassion can be an effective strategy for not just getting through, but thriving during these challenging times.

Harvard psychologist Christopher Germer, in his book *The Mindful Path to Self-Compassion*, suggests ways to bring self-compassion into your life. Here are a few:

- **Comfort your body.** Eat something healthy. Lie down and rest. Massage your own neck, feet, or hands. Take a walk. Anything you can do to improve how you feel physically gives you a dose of self-compassion.
- **Write a letter to yourself.** Describe a situation that caused you to feel pain (a breakup, a job loss, a loved one's illness). Write a letter to yourself describing the situation without blaming anyone. Acknowledge your feelings.
- **Give yourself encouragement.** If something bad or painful happens to you, think of what you would say to a good friend if the same thing happened to him or her. Direct these compassionate responses toward yourself.
- **Practice mindfulness.** This is the nonjudgmental observation of your own thoughts, feelings, and actions, without trying to suppress or deny them. When you look in the mirror and don't like what you see, accept the bad with the good with a compassionate attitude.

April is made of such
wonderful things,
Sunbeams and tulips and
butterfly wings. Unknown



Powers8.com

**Sign up today for the
Yellowstone County Women's Run Team!**
The Yellowstone County Stepinators



Run it! Walk it! Live it! Do it on Your Own!
The Montana Women's Run - May 10, 2025
Join the "Yellowstone County Stepinators" Team today!

It simple to join...just register on line at www.womensrun.org and follow these simple steps:

- 1) Click on "Team Up" tab
- 2) Type in the team name "Yellowstone County Stepinators"
- 3) Select "Join"
- 4) Code to join is "YC-106"
- 5) Fill in your personal information and select 2 mile or 5 mile

Be sure to print up a copy of your registration and bring to HR.

It's that easy to join!

Female employees, employee's wives, mothers, daughters, sisters, friends, and grandmothers are welcome to participate.

It doesn't matter if you want to do the 2 mile or 5 mile course, you can run or walk - Do it at your own pace... Join Today!

The Yellowstone County Commissioners will provide a specially designed Yellowstone County Women's Run Team shirt!

*Deadline for registering with the Yellowstone County Team to receive a team T-shirt is **April 15, 2025***



EMPLOYMENT OPPORTUNITIES

Booking Clerk - \$20.87 per hour

Deputy or Senior Deputy County Attorney-
\$84,000.00-\$108,161.00 per year

Detention Officer-\$24.07 per hour

Juvenile Care Worker - \$23.87 per hour

Facilities Director MetraPark - \$66,105 - \$77,771

IT Director - \$96,780 - \$136,631

Senior Secretary - \$19.72 per hour

Web Developer - \$55,020 - \$64,729



To apply for any of the open positions listed above, you can scan the QR code or visit the career page at www.governmentjobs.com/careers/yellowstonecountymt

