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# FREE Park County Community Journal

Serving Livingston, Emigrant, Gardiner, Clyde Park, Wilsall & Cooke City

Week of April 13, 2025

## Montana School Nurse of the Year!

Park County Health Department's School Nurse Juanita Bueter, RN, was recently named the Montana School Nurse of the Year by the Montana Association of School Nurses (MASN).

"Juanita Bueter has been the Park County Rural School Nurse through the Park County Health Department for multiple years and over time has become so much more to the students and families in our rural communities," said Lisa Flanagan, president of the Montana Association of School Nurses. "Her commitment to our youth and communities is beyond admirable."

Bueter lives with her husband in Yellowstone National Park and enjoys hiking, skiing and bird watching with him, her children and grandchild. She travels on a daily basis to serve youth in Cooke City, Pray, Livingston, Clyde Park, and Wilsall.

In addition to the traditional duties of a school nurse, Bueter also:

- Provides in-home visits to expecting and new parents, tobacco education, community connections and collaborations across Park County



- Organizes supplemental programs like distracted driving and human trafficking learning experiences
- Coordinates community health events related to vision, hearing and flu

See Nurse of Year, Page 2

## Livingston Education Foundation Prepares for 10th Annual Fun Run/Walk - 4for4 - The Distance

The Livingston Education Foundation (LEF) is "going the distance" in preparation for their 10th Annual FUNdraising run, "4for4 - The Distance" that will take place on Sunday, April 27th. This four mile course will start at Park High School's (PHS) track and will lead runners, joggers, and walkers by each of Livingston's four public schools, ending back at the PHS track.

LEF is committed to keep this FUNdraiser family friendly and affordable with a low entry fee of \$15 for ages 12+, youth 11 and under are free. Runners, joggers and walkers may sign up at RUN-SIGNUP.com (search LEF 4 for 4). Prizes will be awarded for top placing runners for youth and adult, and a raffle held post race for additional fun prizes.



Livingston  
Education  
Foundation

The run is one of several FUNdraising events hosted annually by LEF to aid in our mission of supporting our schools through Teacher Enrichment Grants and Initiatives. Additional information about our organization and the race can be found at [www.livingstoneducationfoundation.org](http://www.livingstoneducationfoundation.org).



## Yellowstone Country's Got Talent Auditions at The Shane Lalani Center for the Arts

The Shane Center is proud to announce the first annual Yellowstone Country's Got Talent (YCGT) Saturday, May 31st at 4 pm. YCGT will be a family friendly talent show unlike any other! Singing, dancing, circus acts, animal tricks; ten contestants across five counties compete to be crowned champion. \$5,000 in prizes, including a grand prize of \$2,500! Competitors will be judged based on their performance, skill, originality, stage presence, showmanship, and delivery. Featuring special guest judges including Shane Center Artistic Director and Founder Russell Lewis, legendary Casting Director Tina

Buckingham, and more.

We are calling all performance artists: dancers, singers, acrobats, musicians—if you can perform it, we want to see it!

Our top 10 acts will compete for a chance to win a prize valued up to \$2,500 and the prestigious title of Yellowstone Country's Got Talent 2025 Winner with a total of \$5k of cash prizes awarded. 1st place will have a spot to perform at the Sweet Pea Festival in Bozeman this summer!



Important Details:

- **Submissions Open:** April 1st
  - **Submission Deadline:** April 22nd
  - **Finalists Announced:** May 1st
- Participants must reside in

Yellowstone Country (Park, Sweetgrass, Carbon, Gallatin, and Stillwater counties).

To apply, potential performers must complete the Registration Form and submit a video of their full act (maximum 8 minutes) by going to [TheShaneCenter.org/blake-pavilion-events](http://TheShaneCenter.org/blake-pavilion-events), for full Rules and Regulations and additional details as well.

We can't wait to fill Montana's newest performing arts venue, the Henry E. Blake Pavilion, with the incredible talent of our community. Let's show the world what Yellowstone Country can do!

  
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Paul Stern, Assistant Funeral Director  
Sandy Williams, Funeral Assistant  
Kari Kelly, Office Administrator

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Stevenson and Sons Funeral Home, Miles City, MT



Index



**A Hometown Son Gives Back:**  
Jeff & Ashley Kayser Pledge \$410,000 to 4 Ranges Wellness Center..... 14

**Local News** ..... 2  
Writing Your Story: Writing Workshop  
Park County Health Department Award..... 3  
Shields Valley Upcoming Events  
Elk River Arts & Lectures: Kevin Fedarko..... 15

**Community** ..... 4  
Free Will & Spring Songs *by Joyce Johnson*  
Financial Focus®..... 5  
Canine Corner *by Kylie Purcell* ..... 6  
Insurance Tips *with Alice Senter*

**Foody** ..... 7  
Ketchup as Medicine *by Jill-Ann Ouellette*  
Recipe Corner *by Carla Williams*

**Health & Wellness** ..... 8  
I Have an Oil for That *by Dalonda Rockafellow*  
Sammelweis Reflex *by Nurse Jill*..... 9  
Your Ageless Wellness  
Taiji, Motion & the Current of Life..... 10

**Church** ..... 11  
Enjoying the Journey *by Lois Olmstead*  
Local Church Services  
**Isaiah 53:6** - All we like sheep have gone astray;

**Health & Wellness** ..... 9  
The Importance of Volunteering

**Arts & Entertainment** ..... 10  
Shane Center Hosts Cat-Griz School of Music  
Canine Corner *by Kylie Purcell*  
"Roots So Deep" Documentary Showing..... 11  
Bozeman Symphony Presents...

**Calendar of Events**..... 12

**Break Time** ..... 13  
Montana Fun Facts!  
Crossword/Sudoku/Kids Zone

**Community/Classifieds** ..... 14  
4 Ranges Wellness Center Pledge

**Park High's AD Scott Rosberg Resigns**

Page **14**

**Park County Community Journal**

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Joyce Johnson, Columnist  
Shannon Kirby, Columnist  
Lois Olmstead, Columnist  
Dalonda Rockafellow, Columnist  
Scott Rosberg, Coach's Corner  
Jeff Schlapp, Contributing Writer  
Carla Williams, Recipe Corner

.....

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Nurse of Year

from page 1

- Works with Park County Communities that Care Coalition toward reducing risk factors our youth face
  - Provides *Stop the Bleed* and Youth Mental First Aid courses
  - Organizes Self-Defense classes through the Park County Sheriff's department for rural high school girls
  - Volunteers on multiple committees with improved health focuses, and collaborates with LiveWell 49 toward suicide prevention.
- "I am honored to receive this recognition. How lovely," said Bueter. "I appreciate the opportunity to represent school nurses in Montana and our Association of School

Nurses. I am proud of the work school nurses perform every day, positively impacting students, schools and communities."

Bueter will be celebrated at the MASN Spring Conference at Fairmont Hot Springs in April, and at the National Association of School Nurses annual convention in Austin, Texas, in June.

**MT School Nurse of the Year**  
**2024-25**  
**Juanita Bueter, BSN, RN**  
**Park County, MT**

Juanita Bueter graduated in 1991 with a bachelor of science in nursing from Purdue University. She began her career in a hospital medical-surgical unit during a time when nursing and health care dynamics

were rapidly changing the profession and model of care.

After several years of intermittent clinic nursing while raising her family, Bueter began School Nursing in 2001 at Mammoth School in Yellowstone National Park, then at Gardiner School in Gardiner. As the dynamics of rural Montana school nursing and public health within Park County evolved, she began working in 2015 for the Park County Health Department serving five rural school districts covering a distance of 125 miles.

Bueter is passionate about the role of the school nurse within public health. Working with children and their families in the rural Montana schools that serve as the social hub for everything from ball games to voting to flu clinics, Bueter's impact extends to the entire community, establishing an effective path to promote health and prevent illness.

Writing Your Story:

A Three-Part Writing Workshop at the Park County Senior Center

Wonder what it would take to write your life story? Beginning on Tuesday, April 15th, Elk River Arts & Lectures will host a three-part, weekly writing workshop at the Park County Senior Center, 206 S. Main Street, Livingston, with local writer and educator Surya Milner. This workshop is free and open to people of all ages and experience levels.

It's never too late to write your stories and share them with your friends and family. In each interactive session, you'll receive suggestions for topics



from instructor Surya Milner, share your written reflections and discuss with classmates in a relaxed, social environment. Milner is a writer and professor at Montana State University. She writes about places: the American west in reality and mythology, her mother's homeland of India, and the many planes in between. She holds an MFA in creative writing and MA in English Literature

from Northwestern University. The workshops will take place from 5:30 to 6:30 pm on Tuesdays, April 15th, 22th, and 29th. No registration is necessary. Call 406-570-7429 or email director@elkriverarts.org if you have questions or need additional information.



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**SUICIDE PREVENTION**

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**If you are in crisis and want help, call the Montana Suicide Prevention Lifeline, 24/7: NOW DIAL 988**

*Much more than just a switch to an easier-to-remember number, it represents a holistic revision of the State's suicide prevention and mental-health crisis-management system.*

Please feel free to download any of the programs and resources on our website:

**Dphhs.mt.gov/  
SuicidePrevention/  
suicideresources**

**SuicidePreventionLifeline.org**

**Dept. of MT DPHHS**  
MONTANA'S DEPT. OF PUBLIC HEALTH & HUMAN SERVICES

Scholarship Opportunity

American Association of University Women-Park County, Montana 2025

A \$2500 scholarship is available to female students from Park County, Montana or from Mammoth Hot Springs with an established Park County, Montana residency. Application deadline is June 9, 2025.

Requirements are:

- Students must be college sophomores, juniors or seniors.
- Any college student accepted into a graduate program may apply
- Requirements and applications can be obtained by contacting any scholarship committee member or your financial aid office.



Scholarship committee members that you may contact are:

- Ruth Dargis at ruthkdargis@hotmail.com
- DJ Robb at robb\_inn@yahoo.com
- Patti Smith at pbear55@charter.net

April is National Volunteer Month

Volunteers generously donate a part of their lives to serve others in various ways—cleaning up after an event, fostering shelter pets, chaperoning school field trips, serving meals, greeting the public, weeding, lawn mowing or helping with a mailing. In April, we salute them for their unwavering services to organizations and to their local communities and hold aloft their examples to inspire folks of all ages to serve others.

We will have our 2nd Volunteer Tribute published in the April 27th edition of the paper. Be sure to be a part of this celebration of the volunteers who have given their time and efforts to your local organization. Email the following info to jill@pccjournal.com.



Happy National  
**Volunteer Month**  
April

- Organization Name
- Logo
- Mission statement
- How volunteers are crucial
- List up to 25 volunteers or groups



# Park County Health Department Award & More

**The Park County Health Department**, as part of the Montana Pathways to Recognition Learning Collaborative, has been selected as the awardee for the 2025 Montana Public Health Association (MPHA) President's Award. This award honors a group of individuals, an organization, or agency whose ongoing work in policy, research, a program or a project has a significant impact in public health.

## Spring Renovations and Additions

- A reminder for those of you starting any spring renovation, addition or building projects!

- Septic permits are available at the Park County Health Department – please visit County website at: <https://login.imagesilo.com/Home/Login>
- Greenbox sites do not accept ANY construction waste; the sites without roll off bins only accept bagged garbage or anything smaller than a bread box.
- If you do use a roll off (at Trail Creek and Chico), the items that



you place in those roll off bins should be the occasional larger size. Items need to be placed in the roll off bins. If you're unable to place them in the roll off bins, please do not leave items outside the bin. Take those items to the City Transfer Station.

- All oversized materials need to go the City Transfer Station.

## New Road Foreman

Chuck Hydeman joins Park County as the new Road Foreman! With many years in city management roles, Chuck is a highly qualified team member, thoroughly familiar with policies, procedures and practices. He has extensive supervisory and

administrative expertise over the last 20 years and is a responsive, flexible and intelligent professional with a reputation for integrity, enthusiasm and commitment to excellence.

Part of his past accomplishments also include starting an after-school business that was owned and operated by the students of the high school which helped with funding student field trips. Chuck also started a horse-back color guard that the school and community loved.

Chuck and his wife like the tranquility of Montana. They have lived and traveled all over this great world, from the Far East, Europe and South America.

**Environmental / Community  
Family / Mental Health**

**Upcoming**  
**SHIELDS VALLEY** **EVENTS**

**April 14th**  
Town of Clyde Park Council Meeting at 7 pm

**April 15th**  
JH Track at Belgrade

**April 16th**  
Live Fit & Strong Fitness Challenge Bootcamp at 6 pm

**April 17th – 22nd**  
Spring Break for Shields Valley Schools.

**April 19th**  
HS Track at Manhattan Christian Invite.

**April 23rd**  
Teen Vaccination Clinic  
Live Fit & Strong Fitness Challenge Bootcamp at 6 pm

**April 24th**  
JH Track Meet at Manhattan Christian

**Shields Valley Mobile Pantry** - Second Friday of every month in Wilsall from 10:45 until 11:45 am located at the Senior Center and in Clyde Park from 12:30 to 1:15 pm at the City Hall. For more information and to join the program, visit <https://livingstonfrc.org> or call 406-222-5335.

*If anyone has any upcoming events please send email to [shieldsvalleynews@gmail.com](mailto:shieldsvalleynews@gmail.com).*

**If anyone has any news, events, etc. please let me know at [Shieldsvalleynews@gmail.com](mailto:Shieldsvalleynews@gmail.com)**

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## City-Wide & County Opposition to Annexation into the Five Acre Tracts!

*The public is asked to write the city manager and city commission and attend the city commission meeting on April 15th at 5:30 pm in the City/County Complex to stop the annexation at Exit 333 for reasons stated in the letter below.*

At the meeting on April 15, 2025, the Livingston City Commission will consider a proposal to annex property located at 38 Loves Lane. The developer proposes building a 23,000-square-foot office building with 80 parking spaces. This is not the right location for a 22,609-square-foot office building and an 80-space parking lot. We oppose it for the following reasons:

1. The proposed annexation is at odds with the City's Growth Policy, which:
  - Prioritizes infill over expansion.
  - Promotes growth that maintains the compact, historic development patterns found in downtown.
2. It's not consistent with the City Downtown Master Plan, which states that:
  - "The City should increase office space opportunities and help activate the downtown during the day."
  - The proposed 60-person office on Loves Lane would be almost as big as the largest office building downtown. Developing a large office building outside the current city limits and the downtown area is not consistent with the City's Downtown Master Plan.
3. The City Annexation Policy is outdated—it is nearly 20 years old. Until the annexation policy is updated, the City will continue to make decisions on annexation proposals ad hoc.
4. There is uncertainty regarding the future use as a USDA office building. We believe that the City shouldn't annex land based on a claim that the federal government is going to lease a larger office building in Livingston, even as it works to sell off federal office space and fire thousands of federal employees on a national level.
5. There hasn't been an adequate analysis of public facilities and services and impacts on taxpayers.
  - The staff report states that there is sufficient water and sewer capacity to serve this facility; however, there is no discussion about how much of the existing capacity will be utilized, which may potentially compromise future uses within the current city limits.
  - There should be an analysis of the adequacy of Loves Lane to serve the traffic generated by the office building, as well as an assessment of the City's capacity to provide emergency services and solid waste management. The City's annexation guidelines state that "Impacts on

transportation systems, solid waste collection, and emergency services will be considered."

- The "Fiscal Impact" section of the City's staff report states that, "The City will receive additional property tax revenue from the annexation. The property will likely generate some taxes for the city, but the question remains whether it will generate enough revenue to cover the increased costs of city services and facilities.
6. Before annexations are approved, the City should require annexation agreements that condition them to issues that need to be resolved, including:
    - An agreement on who will make improvements on Loves Lane
    - The services and infrastructure that will be provided by the City and how they will be financed
    - A condition that the anticipated consumption of water by this project be provided by the existing water rights on the property or a fee in lieu
    - An agreement on impact fees
    - A stormwater management plan
    - A requirement for a traffic analysis report
    - A waiver of right-to-protest special improvement districts
    - A dedication of future rights-of-way and utility easements
    - A wetlands delineation report
    - Provisions for noxious weed management

If you have any questions, feel free to contact Friends of Park County at [rcarpenter@friendsofparkcounty.org](mailto:rcarpenter@friendsofparkcounty.org), or call 406-582-8937.

You use the following addresses to email the city manager and commission: [ggager@livingstonmontana.org](mailto:ggager@livingstonmontana.org) & [citycommissioners@livingstonmontana.org](mailto:citycommissioners@livingstonmontana.org)

**FRIENDS of PARK COUNTY**  
*Promoting thoughtfully planned development in order to protect and enhance Park County's vibrant communities, sustainable working lands, and healthy natural resources.*



# FREE WILL and Spring Songs

by Joyce Johnson



**I**t's a doozy of a concept when you really think about it—Free Will. It means we choose how we are going to respond and or react, that's all, as compared to predestination and fate. But it is of course a mix I think. They say that free will is the Creator's gift to man. It's heady to touch on the idea that we are really sorta in the driver's seat, more or less, even though we drive different cars, are dependent on gas stations, and mechanics, etc. And we are sure managed by others. We however have choices. We create our lives with them.

Sometimes I dare wonder that our free will gift was a bit risky because we Humans have done big, dumb and destructive things for ages. But here's a key I find: We experience the consequences of our choices, which is the best teacher, self-correcting and makes us *accountable* for our every thought, word and deed. Brilliant yes? Gulp, and big. Maybe we can Create a great new Earth with it, if awake. But I'm just sharing ideas here: I'll now google "What is free will?" [YIKES!! Forget it! Just page after page of heady ping pong. Way over my head. I like my philosophy better which has pictures.]

The scale of history is tipping with a lot more weight on one end. Its like a

seesaw about to crash and catapult the good guy off the high end into the fangs of the slobbering overweight boogie man below: [Wait! Editor, correct that to: "Good guy is catapulted up into the wise protective



arms of the big old granddad willow tree above him." ] YES! **We can choose another ending.**

I hug trees because they are such strong, tough and beautiful sentient energy. They feel. Some of Earths grand old trees are still alive after many 100s of years! They create underground communities that they feed and support. hanging around a forest is scientifically

healing. Big and little cats climb up and nap in them; so do bears; snakes hang upside down from the branches; birds make their homes in them. My Senior Border collie "claims" the Granddad Willow as his, you know... I hug the trunk and thank Him.

**I hear birdsong outside now**, which we all know is the ancient sign of "all's well," or no bad guys around at the moment. Science recently discovered that birdsong literally stimulates Spring growth, and boosts serotonin (the feel good hormone) in our brains. Bees, with their sophisticated community, life cycles, and inter-specie interaction, (just like trees,) help sustain life on earth. Oceans are a primary support of our lives. Earth is a living Supportive Consciousness.

I listen to the creek sing a duet with the breeze in the trees. I will add a second verse: The sun comes up, peeks in and out from behind the rosy golden clouds, and sings: "I am invisible part of the time; sometimes come in and out of cloud; sometimes you choose to turn from me, but lo, I will never leave thee."

I just now came back from a walk to recharge my energy, and let Duke, run in certain places. It's an adventure. I must stay focused on the dog, and the surrounding area for other dogs, deer,

bunnies, and cars. Add two cranes the other day, and sometimes the neighbor's livestock get out and do walkabouts. I often use a 25-foot standard



leash on Duke to keep in control... um, I thought... to give him a lot of slack as needed while he dashes about. Super energetic that breed. I often have to quickly jump over the leash when Duke suddenly backtracks and runs around me. Duke lassoed my neighbor the other day. He was happy and ran around him, but pulled him off balance. My neighbor appeared to go down in *slow mo*. Wow, what a good sport! So I skidded in and fell down beside him and grinned at him so he wouldn't be alone. Thank goodness the sloping ground was pleasantly soft, weedy and warm. Perfect for a double home run. See pik of the very spot with Ron wrapped in the 25 feet of leash. Also a scene at the big fenced in pond near me where he cuts loose and flies free. Duke, not Ron.

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# CANINE CORNER



by: **Kylie Purcell**

Kylie has been actively training Livingston's dogs since 2009. She began teaching dog obedience with the late, great Jo Sykes, and the rest is history!

Montana Dog Company is proud to offer retail, 24-hour self dog wash, dog training, and so much more. Kylie has competed with North American Dog Agility Council for over 25 years and with many different breeds of dogs. Even though training is her passion, she enjoys the outdoors with her husband, toddler, and baby boy. Livingston is her home and she is here to work for you and your pup! Contact her today!

## There's been a lot of chatter about dogs being stolen. Do you have any advice on how to avoid this?

**A:** The easiest way for a dog to be stolen is obviously when they are left unattended. It's unavoidable that dogs will be left unattended but try to minimize the potential exposure. Avoid leaving dogs routinely out in your yard during your workday. If this is not a reasonable option—make sure the gates are less easily accessible.

It is optimal that your dog's area of your yard be centralized and not against exterior access. Be sure to lock gates. Home security cameras with motion alerts are very effective.

Keep their ID tags on the dog at all times and be sure to have up-to-date information on their microchips. In case your dog is lost; you want to be notified as soon as possible with a current phone number and address. It's also a good practice to have current full body photos of your dog. Spend a few minutes to write down descriptions of any injuries or

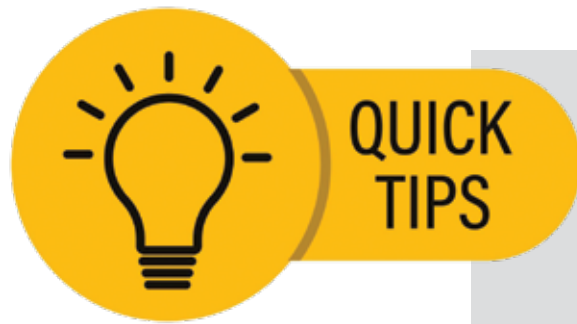
changes to the dog.

If you are unable to check on your pups routinely throughout the day and if they are being left outside, consider hiring a dog walker or having a friend check on them—it's a worthwhile investment. In this day and age, leaving dogs unattended outside for hours at a time isn't advisable as accidents can also happen.

If a thief is eyeing your pup and your property; they most likely will hatch a plan to pull off the caper by observing over a period of time. It's good to skip having a strict routine when your dog is unsupervised. I wouldn't be overly worried, especially if you mix up that routine. All in all, keep a close eye on your pup and be sure their information is up-to-date.

Happy Training!

*If you have any questions please feel free to contact us! Happy Puppyhood to you!*



## Insurance Tips

with Alice Senter

### Is Whole Life Insurance My Best Option?

Whole life insurance is a powerful financial tool for you and your family.

A whole life insurance policy can protect your family by offering death benefit protection that can keep your family financially secure in case you pass away.

Whole life insurance allows you to pursue cash value growth that is not subject to market risk. It has guaranteed cash value growth that builds at a steady, dependable pace. It complements fixed-income investments in your portfolio.

Whole life insurance is a fail-proof way to arrange for the replacement

of your "human capital" if you're no longer around to provide for your family. Your human capital consists of the wages, benefits, Social Security, and any other unrealized forms of compensation that you would customarily expect to receive in the future.

Since each person's situation is unique, it's a good idea to sit down with your insurance agent or financial planner and discuss the best life insurance options for you and your family.

Call 406-222-0944, visit: [MontanaInsurance.net](http://MontanaInsurance.net), or email [alice@montanainsurance.net](mailto:alice@montanainsurance.net).



## ALPINE AG SERVICES



**CALL US TODAY!!**  
**406-220-4980**

1024 Prairie Drive  
Livingston, MT 59047

[alpine49mark@gmail.com](mailto:alpine49mark@gmail.com)  
[www.alpineagservices.com](http://www.alpineagservices.com)

## Seasonal Part Time Employment Opportunity



### Ron E. Liljedahl: Plant Care and Pest Solutions

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1. Monday through Friday; 7:00 am to 3:00 pm.
2. Work days are weather dependent and may vary due to weather conditions; rain and wind.
3. Work days may vary depending on work load.

### Job Description:

Outdoor part time, seasonal employment (April through September).

### Work Description:

1. Deep root tree and shrub fertilization; operating powered pressurized soil injection equipment.
2. Weed control spraying for dry land areas, pastures, turf grass areas and other.
3. Work days may vary depending on work load.

### Requirements:

1. Must be in good physical condition and be able to lift at least 50 lbs.
2. Have a valid drivers license and vehicle able to pull trailer with ATV spray/fertilize equipment.
3. No alcohol or drugs.
4. Have good work ethic.

### Salary:

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June 20<sup>th</sup> - 21<sup>st</sup> (Fri-Sat) **3 EYED JACK Classic Rock and Outlaw Country**

### Meals for April 14th - 18th

**Monday, April 14th** - Swedish meatball casserole, roll, peas, pineapple, milk

**Tues., April 15th** - Chili, cornbread, fruit cocktail, milk

**Wed., April 16th** - Chicken al a king on biscuit, peas and carrots, cake, oranges, milk

**Thurs., April 17th** - Chili hotdogs, baked beans, mandarin oranges, milk

**Friday, April 18th** - Ham, sweet potato casserole, green bean casserole, pistachio fluff, pineapple, milk

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# Ketchup as Medicine?

Jill-Ann Ouellette

Long before this well-known condiment was essential in fast-food meals and backyard barbecues, it was used in the medical field. You can't talk about ketchup without beginning with the main ingredient. Tomatoes were revered in ancient Aztec society. It was believed that tomatoes had powerful and magical properties that could ward off evil and cure diseases. Back in the 16th century, Spanish conquistadors brought tomatoes back to Europe where it eventually became a staple of Italian cuisine. Making its way across Europe over the next two centuries, the Chinese created a recipe to ferment seafood into a salty, savory sauce using tomatoes—and at that time, physicians believed it to be medicinal.



Ketchup was a descendant of that Asian fish sauce called *ge-thcup* or *koe-cheup*. We can trace the origins back to the 1800s where tomato ketchup got its start in pill form to cure indigestion and other stomach ailments. European traders traveling overseas brought it home and further adapted it into a beer-and-anchovies sauce. British sailors later brought this creation back to England when it was modified with walnuts and mushrooms, eventually making it to America. Tomatoes were thought to be the first superfood. [TastingTable.com]

In 1812, scientist and horticulturalist James Meade in Philadelphia invented the first tomato-based ketchup—as we know it today. At the time, most Americans and Europeans wouldn't eat tomatoes because they resembled poisonous nightshade berries. People feared it would make them ill. That thought process began to evolve in the 1830s.

In 1834, Dr. John Cook Bennett, a physician living in Ohio, started selling ketchup as a cure for diarrhea, jaundice, and indigestion. [Reddit.todayilearned] Before long, Bennett started selling his concentrated ketchup in pill form. As demand for the miracle condiment skyrocketed, other companies started producing their own tomato ketchup and tomato pills. People's

fears were eased when people saw results. Consumer demand was high and with tomatoes being only in season for two months of the year on the East Coast, problems occurred. Demand was high enough to sell them all year long, but back then, the science of food preservation was not like it is today. Many companies were making the medical tomato tincture with rotten tomato pulp. The importance of the almighty dollar in this industry had to do something to keep the ketchup from arriving to the customer looking like, well, rotten tomatoes!

Even worse, when they attempted to strain the rotten pulp out before bottling it, they discovered that what came out on the other side was no longer red. So they began adding harmful chemicals like boric acid, formalin, salicylic acid, and benzoic acid to help preserve it. They also would add coal tar to dye it back to its original scarlet hue. Of course, we all know coal tar is extremely carcinogenic, and today, if you accidentally get any product with coal tar in your eyes or mouth, you are advised to rinse them out immediately.

Ketchup's time in the medical spotlight lasted until the year 1850, when some companies got caught selling laxatives labeled as tomato pills and the demand for medicinal ketchup fell off a cliff. [Tasting-Table.com]

In 1876, Heinz was the first company to create a new recipe from five simple ingredients; tomato concentrate from red-ripe tomatoes, distilled vinegar, cane sugar, salt, and onion powder. He released ketchup commercially as a tomato-based product initially known as *catsup*. Several other companies were using that term, so to stand out in the market, Heinz started to promote his version as *ketchup* and the name caught on.

Today, fancy ketchup is a U.S. grade-A ketchup that has good color, good consistency, good flavor, and is free from defects, according to the USDA. Grade-A ketchup must also have at least 33% tomato solids—making it thick enough to stay in place on your food.[Allrecipes.com] While today's ketchup isn't a powerhouse of nutrients, nor is it a superfood, it does contain lycopene, a potent antioxidant with potential health benefits, including heart health and cancer prevention.

Like me, when you're looking at a handful of fast-food ketchup packets, you probably aren't thinking about any health benefits hidden inside, you're thinking about those delicious fries, that savory burger, or famous hotdog. Today, most ketchup is made with sugar or high fructose corn syrup, thus should be avoided by people on sugar-sensitive diets. Here is a simple, sugar-free option that doesn't need to be cooked.



## Sugar-Free Ketchup

- 1/3 cup Tomato paste
- 1 tbsp Apple cider vinegar
- 1 tsp Balsamic vinegar
- 2 to 4 tbsp Water
- 2 tbsp Swerve Brown (a brown sugar replacement). Alternative: very little stevia or monk fruit, to taste
- 1/2 tsp Garlic powder

- 1/4 tsp Allspice (or 1/8 tsp ground cloves)
- 1/4 tsp Salt
- 1/8 tsp Chipotle powder (optional)
- In a medium bowl, whisk together the tomato paste, apple cider vinegar, balsamic vinegar, and two tablespoons of the water (based on the desired thickness, you may want to increase the water). Continue to whisk in water until the mixture is the consistency of store-bought ketchup.
- Add the sweetener (remember, if using stevia or monk fruit, start with a tiny amount), garlic powder, allspice, salt, and chipotle powder, if using. Whisk in until the sweetener dissolves. Taste and adjust seasonings as desired.
- Can be stored in a glass container in the refrigerator for 10 days.

Recipe by  
Carla Williams

## RECIPE CORNER

### Lazy Day Lemon Cream Pie Bars

#### Ingredients

##### For the crust:

- 1½ cups all-purpose flour
- ½ cup powdered sugar
- ¾ cup unsalted butter, cold and cubed

##### For the Filling:

- 1 (14 oz) can sweetened condensed milk
- 4 large egg yolks
- ½ cup fresh lemon juice (about 3–4 lemons!)
- 1 tablespoon lemon zest
- ½ teaspoon vanilla extract

##### Optional Topping:

- Powdered sugar, for dusting
- Whipped cream and lemon slices, for garnish

#### Instructions:

- **Preheat the oven** to 350°F (175°C). Lightly grease or line an 8x8-inch baking pan with parchment paper.
- **Make the crust:** In a medium bowl, combine the flour and powdered sugar. Cut in the cold, cubed butter using a pastry cutter or your fingers until the mixture resembles coarse crumbs. Press the mixture firmly into the bottom of the prepared pan.
- **Bake the crust** for 15–18 minutes, or until lightly golden.
- **Prepare the filling:** In a large bowl, whisk together the sweetened condensed milk, egg yolks, lemon juice, lemon zest, and vanilla extract until smooth and well combined.
- **Pour the filling** over the warm crust and spread evenly.
- **Bake again** for 15–18 minutes, or until the filling is set and just slightly jiggly in the center.
- **Cool completely**, then refrigerate for at least 2 hours (overnight is even better!) to let them fully set.
- **Slice into bars**, dust with powdered sugar, and top with whipped cream and lemon slices if desired.

#### Notes:

- Use fresh lemons for the best flavor bot-



Photo Credit: suerecipe.com

tle lemon juice just doesn't have the same zing.

- Don't skip the chill time! It helps the bars set perfectly and makes them easier to cut.
- These bars store beautifully in the fridge for up to 4 days.

#### Helpful Tips

**Use fresh lemons:** Freshly squeezed lemon juice gives these bars their bright, tangy flavor. Be sure to zest your lemons before juicing they're slippery once squeezed!

**Cold butter is key for the crust:** The secret to a tender, crumbly shortbread crust is using cold, cubed butter. It helps create that melt-in-your-mouth texture we all love. If your kitchen is warm, pop the crust mixture in the fridge for a few minutes before pressing it into the pan.

**Press the crust firmly:** Use the bottom of a measuring cup or your hands to evenly and firmly press the crust into your pan. This helps it hold together when slicing later.

**Don't overbake the filling:** The filling should be just set with a slight jiggle in the center. It will firm up more as it cools and chills in the fridge.

**Clean cuts every time:** For picture-perfect bars, wipe your knife clean between slices. A warm knife (run under hot water then dried) works wonders!

**Add a pretty finish:** Dust with powdered sugar right before serving for a classic look, or dress them up with whipped cream and a lemon twist for a little flair.

**Make ahead:** These bars are great for prepping a day in advance they actually taste even better after sitting overnight in the fridge!



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# I have an oil for that

by Dalonda Rockafellow  
doTERRA Wellness Advocate



## Essential Oil Spotlight: Lemon

**Lemon** essential oil has many benefits and applications. Its tangy aroma is fresh squeezed to perfection, capturing all of that vibrant goodness in a bottle. With its uplifting scent and endless perks, Lemon oil is a burst of citrusy joy in every bottle. doTERRA's Lemon essential oil is a **Mood Makeover**. Do you ever feel a little blah? Just a whiff of this zesty goodness can turn your frown upside down. It is great at adding a spring to your step. *Try this:* Inhale directly from the bottle or by adding a drop to your palms, cupping over your nose and inhaling deeply. Add drops to a diffuser to fill the room with sunshine.

Say goodbye to icky odors and hello to freshness!! Lemon oil is your natural **Clean Queen**.

It will kick germs to the curb and leave your space smelling like a lemon grove. No more nasty chemicals and toxic fumes to contend with. Your countertops will thank you!! *Try this:* Add 8-10 drops of

Lemon essential oil to a 16-ounce spray bottle. Fill the rest of the way with water. Spray on surfaces and wipe clean.

For a gentle **Furniture**

**Polish**, combine a few drops with olive oil on a cloth to clean, protect and shine wood finishes. Wipe down **Stainless**

**Steel Appliances** with a soaked cloth for streak-free cleaning. It is also useful in maintaining

**Leather Furniture**. Use a Lemon soaked cloth to wipe down your leather furniture to help preserve the piece and to prevent leather from splitting.

**Tarnished utensils or jewelry?** Add a couple drops of Lemon oil to a cotton ball and rub on the tarnish to bring back the natural beauty of your metals.

Do you have dull skin? Lemon oil can be your **Skin Savior!!** Lemon oil's astringent powers work wonders for your

complexion, leaving you glowing, supple skin. *Try this:* Add a drop of Lemon to a quarter size amount of witch hazel or micellar water. Use a cotton pad or puff to soak up the liquid and apply to your face. Add a drop to your favorite nighttime moisturizer. Hello, radiant skin!

**Stubborn, sticky residue**, such as price stickers? With the help of Lemon oil, you can get rid of goopy messes without hours of scrubbing. Add a little Lemon oil to a rag and apply to the sticker. Within no time the sticky mess will come free.

Need a little **Digestive Boost?** Lemon oil to the rescue! Drop some Lemon oil in your water and let the good times roll. It's like a mini spa day for your insides!

*Try this:* Add 2-3 drops to a shot glass of water and swallow down quickly. Use for

use Lemon essential oil, as well.

Combining with other citrus oils can be a zesty aromatherapy haven for your workspace or home that will perk you right up. *Try this:* To a diffuser add, 3 drops Lemon, 2 drops Wild Orange and 1 drop Grapefruit.

Lemon essential oil is often used in **cooking** and is popular in both savory and sweet dishes. Add a few drops to fish or chicken marinades or put a little zing in salad dressings. Lemon is also a favorite in cookies, cakes, puddings, pastries, icing and green smoothies. It also makes an excellent natural water flavoring. *Try this:* Add 2-3 drops to your glass or metal water bottle.

**Caution:** While Lemon essential oil is as sweet as pie, remember to handle it with care! Always dilute it before applying to your skin and steer clear of sunlight for 8 hours.

Whether you are in need of a mood boost, a clean sweep or a skincare upgrade, doTERRA's Lemon essential oil has got you covered. So, go ahead, squeeze the day and let Lemon oil sprinkle some sunshine into your life!! Good luck in your journey and reach out if you have any questions or if I can help in any way!!

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

## 10 WAYS TO USE LEMON

1. Add a few drops to your water for a **gentle detox**
2. **Diffuse** to create an uplifting environment
3. Add a few drops to your **smoothie or tea**
4. Use a cloth soaked in Lemon oil to preserve and **protect your leather**
5. Make a **spray to clean** tables, countertops, and other surfaces
6. Diffuse with **Lavender + Peppermint**
7. **Inhale** directly from cupped hands
8. Add to your **dryer balls**
9. Add to your laundry **rinse cycle**
10. **Remove stickers, gum** from hair and **crayon** markings from walls



any kind of digestive upset. It will naturally cleanse your body.

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# Semmelweis Reflex

by Nurse Jill

It seems common sense to avoid germs. We are constantly washing our hands, wiping down surfaces, and stepping back when people cough and sneeze. But this universal common sense has not always been accepted. In fact, there was one point in time less than 200 years ago when a physician attempting to get others in his profession to use precautions in handling suspicious body fluids was not only looked down upon but was ostracized and involuntarily committed to a mental asylum.

His name was Ignaz Semmelweis. By all reports he was an eager doctor ready to make a difference in the world. He graduated medical school and took a job in Vienna, Austria in 1846 specializing in obstetrics and gynecology. He began his job at Vienna General Hospital with enthusiasm. This particular hospital had two separate units for women giving birth. One was staffed by only midwives and the other was staffed only by doctors. This would seem inconsequential in our day and age but back then there was a significant difference. The women admitted under the care of the doctors were five times more likely to die than women admitted to the midwife unit. And Semmelweis was beginning to take notes.

This was a time in medicine when there was a keen and rising interests in facts. Doctors were beginning to write down their observations and their results from different scenarios. And Dr. Semmelweis was writing down all that was happening at Vienna General. Part of this process of observing, for Semmelweis and other doctors, was performing autopsies on deceased patients. These procedures were

in part what kickstarted a massive learning curve in the medical community.

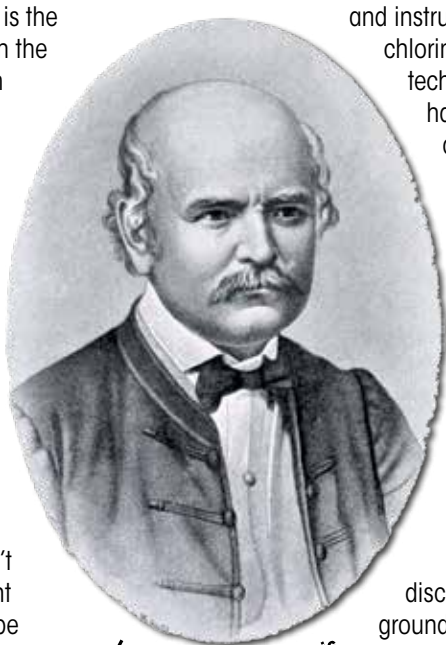
It was also part of the mystery going on in the OBGYN ward.

The physicians who staffed the OB ward didn't just deliver babies and care for mothers postpartum they also performed those learning autopsies on the women who passed away. They did this in between caring for laboring mothers and they did not wash their hands going from task to task.

There's your problem.

But remember this is the time in our history when the known medical wisdom would recommend bleeding a patient, or inducing vomiting or diarrhea, or applying large numbers of leeches to attempt balancing unseen forces within the victim's body. Contrasted to today's medical knowledge these caretakers were ignorant of much. Even Semmelweis didn't see the connection right away. He continued to be concerned about the obvious difference in patient outcomes and so he watched and tried to find patterns. He tried a few new approaches but to no avail: the mortality rate remained high in the doctor-only ward.

At one point he decided to take a break and went on a vacation. When he returned he was informed that a doctor friend who worked with him had fallen ill and died.



Ignaz Philipp Semmelweis

This wasn't so unusual except that the doctor friend died because he had cut his finger while doing an autopsy. Not only had he died but he had died of the same illness that the deceased patient in the autopsy had died of.

A light bulb went off for Semmelweis. While he didn't have a name for what he surmised was happening he had a theory on how to stop it. He had the medical staff begin washing their hands and instruments with diluted chlorinated lime (which technically speaking would have been as effective as our modern-day alcohol hand sanitizers). Once he implemented this change the death rate dropped drastically! It dropped even more when he enforced washing hands not only after autopsies but in between each patient encounter.

You would think his discovery would have been ground-breaking (especially with Florence Nightingale doing similar work in England at the same time) but instead the medical community felt that his practices covertly blamed the physicians for the deaths and so, he was released from his position.

He moved back to his home of Budapest and secured another position. He made the same observations and



implemented the same hand hygiene bringing the mortality rate down from 10-15% to less than 1%. (Although some reports state he was fired from that job, too, despite success.)

Through his career the medical community from Vienna continued to pester him to let go of his nonsense chlorine wash ideas. This affected him deeply and he struggled with bouts of severe depression. Eventually his behavior became erratic, and colleagues tricked him into coming to an asylum where he was violently forced into custody. Ironically, he sustained a cut on his hand which resulted in his death caused by the very same infectious process he had spent his entire career trying to prevent.

This violent reaction against new information and/or processes has been termed the Semmelweis reflex and has mostly faded away with increased specialized knowledge, access to global medical information, and healthcare professionals' willingness to always be pursuing best evidence-based practices.

Semmelweis reflex may have kept the innovative doctor from widely influencing patient care in the 1800s but today he influences every interaction that we have in the medical community as the father of hand hygiene and a pioneer in trying new approaches to better patient outcomes.



## Your Ageless Wellness Column

Garrick Fulmer-Faust, Executive Director, Park County Senior Center

### Your Ageless Wellness Part One: Strength Is the New Independence

If you're over 60 and think exercise is just for the young—here's the truth: Movement is medicine and strength training might be your most powerful prescription, regardless of age, but especially for folks in their senior years.



As we age, we naturally lose muscle—and not just a little. After 30, we lose about 3–8% of muscle mass every decade. The not-so-good-news is that after 60, that number ramps up. This loss is called sarcopenia. It's a big reason why everyday tasks start feeling harder, why balance becomes tricky, and why independence can slowly slip away without noticing.

The good news is—it **doesn't have to be that way!**

Weight-bearing exercise—anything that challenges your muscles and bones—is one of the best ways to stay strong, steady, and independent. It can...

- **Support joint health** by improving the strength around joints, which helps reduce pain and stiffness from osteoarthritis.
- **Improve digestion** by stimulating the muscles in the abdomen and promoting regular movement in the gut.
- **Lift mood and boost confidence**, which often comes from setting and achieving small goals, gaining control over your body again, and simply feeling stronger in your day-to-day life.



The challenge for many of us is that most homes aren't exactly set up for exercise. Limited space, lack of equipment, distractions... it's tough to make it happen on your own. That's why **The Hub Fitness Center**, downstairs at the Livingston Senior Center, is here for you!

We've created a space with everything you need to safely build strength, improve balance, and feel confident in your body again. Our trainers specialize in working with older adults, so if that's you, you can rest assured that every movement, every piece of equipment, and every class is tailored for your needs.

And it's not just about fitness. The Hub is also a social hub. People come here to move, yes, but they also come to laugh, to connect, and to feel part of something. This sense of belonging mat-



ters just as much as the workouts. All you have to do is show up with a desire to stay independent and improve your quality of life. We'll take care of the rest.

And if getting to The Hub isn't an option for you right now, don't worry. We can come to you! Our staff will help set up a small, effective workout space in your home using resistance bands and simple tools, and we'll show you exactly how to use them safely and effectively.

Because strength isn't about lifting heavy things—it's about living well, feeling healthy, and staying independent for many years to come. **See you at The Hub!**



# Taiji, Motion and the Current of Life

by Kevin *Raphael* Fitch

Life can be symbolized by a river or rushing current. Taiji movements were made to resemble this current by renewing and maintaining a sense of energy flow. The movements in a Taiji exercise were fabricated by people with deep insight into the nature of this flow. They comprehended the fact that our bodies were filled with various types of rivers, blood flow, lymph and the ceaseless stream of nerve impulses. When any of these flows got impeded, sluggish or stagnant, dis-ease would set in.

An acupuncturist places needles in specific places to facilitate the ease of energy flow, where stagnation occurs. A Polarity therapist can also assist in this regard as well as an Osteopath. If one considers the many healing modalities available, all are designed to restore the flow of our onrushing current of life and

its dynamic balance. Taiji is based on the principle of the river current. Its movements can help restore flow where there is stagnation. As a Taiji Instructor of over 31 years, I have seen enough evidence to this fact.

One of my Taiji teachers, Dr. Paul Lam, who I interviewed on my public access Taiji program, had the support of Arthritis foundations in Australia, because of Taiji's usefulness in this vein. Of all the commodities available to us the most essential is the basic energy of life. In some East African countries this energy is called *Mwanga*. In India, the basic energy is called *Prana*. In Japan, its *Ki*; in China, *Qi*. This basic or primary energy of life can be imagined as an immense ocean in which we swim yet many have difficulty accessing this all-pervading treasure in a fuller capacity.

It has been said that movement is a

metaphor for life. Now, our Earth appears immovable to the eyes of its inhabitants and those inner circulatory movements I referenced are also invisible to the earthly eyesight, but the essence of people can realize unceasing movement, only because of it—can the heart beat.

A question was asked, rather rhetorically, can one imagine oneself immovable when the planet provides an example of ceaseless rotation; for it exists by means of this motion. When the very Cosmos is in motion, one cannot remain in a seemingly motionless state.

Besides Taiji's martial arts base, whereby every movement in the forms has personal defense capabilities and strategies, which most people never associate with the flowing movements of Taiji—when practiced alone, it is a useful method of motion because it allows nature to exercise its best actions through



the practitioner.

Taiji is one way or method of getting in touch with the natural exuberance within life, which is our own basic energy. There are literally thousands of Taiji forms, yet underneath the majority of them are time-honored formulas of movement, designed to put the student *en rapport* with Qi. This energy acts as a shield, especially in the edgiest of times, and one can build up a tremendous store of it. Practicing Taiji is a way to cultivate one's essential life force by removing impediments to

[See Taiji, Motion, Page 15](#)

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- **Tasks for the Event Coordinator may include scheduling events, menu planning with customers to meet their needs, collaborating with the manager to ensure all materials are ordered for events, and hosting events.**

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# "Enjoying the Journey"

## Visit a Church Near You!

by Lois Olmstead

Have you stayed away from Easter church services because of pomp and circumstance? Think services are too formal or too strict for you? Or you went once and found it boring? May I dispel those thoughts? At least last Sunday in the church we attend I took steps (literally) to change your thinking! My folks went to the traditional service at 8 am at Living Hope Church. He-Who-Took-Long-Steps and I went to the contemporary service at 9:30 am. One Sunday, I went at 8 am to surprise my folks. They were in the midst of the first hymn when I walked in a tad late. My folks sat up front in the fourth



pew. Dad's cane was at the edge of his seat, but I nimbly stepped over it, put my purse and Bible behind me and shared his hymnal to sing the last verse of the song. The pastor said, "You may be seated." That was the end of me being nimble. As I turned to move my Bible and purse aside, my feet got tangled in the cane, my purse fell to the floor and my Bible went flying out in the aisle. The pastor was at the front of the aisle giving announcements. I think no one listened. They were watching me. The flying Bible did not land dignified. The pages opened and papers skipped down the aisle. Papers like a picture with a verse from Aileen Ward, my long-ago Sunday school teacher, cards from various retreats and sermon notes. Even a sheet of star stickers I give out here and there. Good grief! I tried grabbing it all at the same time

I am trying to get my feet untangled from the cane. Phalle Colvin across the aisle (my new BFF) leaned starboard to fish for the stuff with me. I tried not to look at the pastor or my folks. I imagine they were thinking I am too old to be taken to the nursery! Methinks it will be a while before another surprise visit. So take heart, you non-church goers—it might behoove you to visit, especially since Easter is coming. Churches are full of real people—really! This was not my first church splash. Back in the early days of Colstrip, I played the organ in church (due to the lack of a real organist). This day the pastor ended his sermon, which was particularly moving by saying "Lois, will you come and play, giving folks time to pray and come to the altar?" I slipped out of my pew and started down the aisle. The next minute, I was flying ground level aimed straight for the altar. My high heel had caught on a metal carpet strip. I took flight. I crawled to a chair, got a hand up and slunk to the organ bench.

I don't remember if I was the only one who responded to the altar call. Once they knew there were no injuries, the time for quiet reflection was past. Praying gave way to laughter! You see church is not somber because it is filled with regular people like me. There was also the time I arrived at a church in Pennsylvania to speak. MaryAnn let me out of the car at the front door. Two ushers were there to greet folks or maybe pseudo rescue people—because my foot caught the curb, and it was like sledding with no snow. I shot toward them trying to stay aloft by flapping my arms, purse flying... well you get the idea. MaryAnn came running around the car and she said, "One minute you were there, the next minute you were gone!" Such an entrance for a guest speaker! I hope I have encouraged you to give a church near you a try for Good Friday or Easter services—or any regular Sunday. Not only do you get to hear about Jesus, you also get to meet some of His regular sheep.



# Local Church Services

<b>American Lutheran Church</b> 129 South F Street, Livingston Pastor Melissa Johansen Sunday worship 9 am, elevator avail. 406-222-0512 • alclivingston.org	<b>Holbrook United Methodist Church</b> 424 Lewis Street, Livingston Call/visit website for worship times 406-222-1041 www.methodistsontheyellowstone.org	<b>Paradise Valley Community Church</b> 1772 East River Rd., Livingston Pastor Andrew Alberda Sunday worship 10:30 am 406-333-4905 paradisevalleychurch.org	<b>St. Joseph's Catholic Church</b> 910 McLeod St., Big Timber Father Garrett Nelson Sunday worship 2:00 pm 406-932-4728	<b>St. William's Catholic Church</b> 705 West Scott St., Gardiner Father Garrett Nelson Sunday worship 8:00 am April-Sept Sunday 11:00am October to March 406-222-1393 • stmaryscommunity.org
<b>Church of Christ</b> 919 W Park St, Livingston Sunday worship 10:30 am 406-222-2017 • church-of-christ.org	<b>Kingdom Hall of Jehovah's Witnesses</b> 1505 E Gallatin St., Livingston Sunday Public talk and Watchtower 10:00 am 406-222-2012 • jw.org	<b>Pine Creek United Methodist Church</b> 2470 East River Rd., Livingston Pastor Mari-Emilie Anderson Call/visit website for worship times 406-222-1041 methodistsontheyellowstone.org	<b>St. Margaret's Catholic Church</b> 206 1st Avenue North, Clyde Park Father Garrett Nelson Service Saturdays 4:00pm 406-222-1393 stmaryscommunity.org	<b>Valley Shepard Church of the Nazarene</b> Services are presently online. Please call for instructions to view a service. Reverend Christie American Horse Livingston • 406-223-1072
<b>Church of Jesus Christ of Latter-Day Saints</b> 12 White Lane, Gardiner David Gilbert branch President Sunday worship 10:00 am 406-848-7509 • lds.org	<b>Living Hope Church</b> 226 South 3rd St., Livingston Senior Pastor Shad Durgan Sunday worship 8, 9:30 and 11am 406-222-1577 • livinghope.church	<b>Redeemer Lutheran Church</b> 425 West Lewis St., Livingston Sunday worship 11:00 am 406-222-1175 www.rlclivingston.wordpress.com	<b>St Mark's Church Universal And Triumphant</b> 130 South D St., Livingston Sunday worship 10:15 am 406-222-2675	<b>Wilsall Community Church</b> 112 Liquin Hill Rd., Wilsall (west of Hwy 89 North; take Clark St to Liquin) Pastor Stephen Fanning Sunday worship 10:45 am 406-578-2004 • wilsallcchurch.com
<b>Church of Jesus Christ of Latter-Day Saints</b> 110 West Summit St., Livingston Bishop Trevor Strupp Sunday worship 10:00 am 406-222-3570 • lds.org	<b>Livingston Bible Church</b> 329 North 5th St., Livingston Pastor Monte Casebolt Sunday worship 10:30 am 406-222-2714 • livingstonbible.org	<b>The Summit Lighthouse</b> Contact us for worship service and conference times 63 Summit Way, Gardiner 406-848-9200 SummitLighthouse.org	<b>St. Mary's Catholic Church</b> 511 South F St., Livingston Father Garrett Nelson, Pastor Saturday 6:00 pm year-round Holding Services since 1891. Sunday at 10:30 am April thru Sept. Sunday 8:00 am October to March 406-222-1393 • stmaryscommunity.org	<b>United Methodist Grace Church</b> 302 South 9th St., Livingston Pastor Mari-Emilie Anderson Sunday worship 5:00 pm 406-222-1041 www.methodistsontheyellowstone.org
<b>Emmaus Lutheran Church</b> 801 East Park Street, Livingston Reverend Daniel Merz emmauslutheranmt@gmail.com emmauslutheranmt.org	<b>Livingston Christian Center</b> (Assemblies of God) 1400 Mount Baldy Dr., Livingston Pastor Dave Brakke Sunday worship 10:00 am 406-222-3144 livingstonchristiancenter.com	<b>Seventh-Day Adventist Church</b> 1 Guthrie Lane, Livingston Pastor Rene Marquez 406-222-7598 livingstonmt.adventistchurch.org	<b>St Paul's Evangelical Lutheran Church</b> 1116 W Geyser St., Livingston Pastor Paul Stern Sunday worship 10:15 am 406-222-3372 • stpaulslivingston.org	<b>Isaiah 53:6</b> - All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.
<b>Expedition Church</b> 27 Merrill Lane, Livingston Pastor Darryl Brunson Sunday worship 10:00 am 406-224-1774 • expeditionmt.org	<b>Livingston Church Of God</b> 101 South O Street, Livingston Pastor Ed Parrent Sunday worship 10:30 am 406-220-0620	<b>Shields River Lutheran Church</b> 105 Ordway St. South, Wilsall Sunday worship 9:00 am 406-578-2212 srlcwilsall.wordpress.com		
<b>First Baptist Church</b> Crossing Community Church 202 East Lewis St., Livingston Pastor Bryce Maurer Sunday worship 10:45 am 406-222-1603 • fbclivingston.org	<b>Mountain Bible Church</b> 18 Pine Meadow Rd., Livingston (off Pine Creek Rd and Hwy 89) Pastor Brandon Reagor Sunday Worship 10:00 am 406-219-7628 • mtbible.org	<b>Shields Valley Bible Church</b> 405 Fifth St. West • Clyde Park Pastor Glen Helig Sunday worship 11:00 am 406-686-4708		
<b>Gardiner Community Church</b> 318 Main Street, Gardiner Reverend Jeff Ballard Sunday worship 10:15 am 406-848-4060	<b>Mount Republic Chapel</b> 240 US Hwy 212, Cooke City/Silver Gate Reverend Don Taylor Sunday worship 9:30 am Check the website for seasonal worship times 406-838-2397 mtrepublicchapel.org	<b>St. Andrew's Episcopal Church</b> 310 West Lewis St., Livingston Reverend Kristin Orr Sunday worship 10:30 am 406-222-0222 saintandrewsepiscopalchurch.org		
<b>Gardiner Baptist Fellowship</b> 802 Scott Street, Gardiner Pastor Britton Gray Sunday worship 11:00 am 406-223-4478	<b>Mountain Springs Baptist Church</b> 626 North 13th St., Livingston Pastor Justin Sutherland Sunday worship 11:00 am 406-222-1240 mountainspringsbaptist.com	<b>St. John's Episcopal Church</b> 8 Story Road, Emigrant Reverend Kristin Orr Sunday worship 8:00 am stjohnspv.org		
<b>Grace Methodist Church</b> 302 South 9th St., Livingston Pastor Mari-Emilie Anderson Call/visit website for worship times 406-222-1041 www.methodistsontheyellowstone.org				

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UPCOMING

Mark Your Calendars

EVENTS

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

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

**Mondays**  
**WEEKLY TAI CHI** at the Park County Senior Center, 206 S. Main St., Lvg. Every Tuesday at 10 am. Free to everyone.

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

**Tuesdays**  
**WEEKLY MEDITATION** at the Park County Senior Center, 206 S. Main St., Lvg. Every Tuesday at 1 pm. Free to everyone.

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

**CAREER ASSISTANCE** - Livingston Chamber of Commerce and Job Services of Bozeman are collaborating to provide on-site career and employment services once a week in Livingston, MT at the Chamber. Workforce consultants will be available Tuesdays from 9 am to 3 pm in the Chamber's Conference Room at 303 East Park Street. Contact Leslie at the Livingston Chamber of Commerce (406) 222-0850 or Ellen at Job Service Bozeman (406) 582-9237 for more information.

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

**FAMILY KARAOKE NIGHT** - 49er Diner at 404 E. Park Street is hosting Family Karaoke night from 6-8 pm. More info, 406-222-8204.

**WEEKLY PINOCHLE** at the Park County Senior Center, 206 S. Main St., Livingston at 6:30 pm. Free for members, \$2 per afternoon game for non-members.

**April 10-13 - MOTHER OF ALL GARAGE SALES** - Sister City Exchange Program annual fundraiser garage sale at the Park County Fairgrounds, 46 View Vista Drive. Early bird en-

try on Thursday the hours are from 6-8 pm, Friday the hours are 10 am - 8 pm and Saturday the hours are 8 am - 8 pm, and Sunday is 9 am - 12 noon. (See article on front page.)

**April 13 - VEGAN POTLUCK** - Join them at the Park County Senior Center at 206 S. Main St. at 4:30 pm. You don't have to be vegan, but the food does. Please bring a dish to share that is free from meat, eggs, dairy, honey, and gelatin. You can keep it simple by bringing chips & salsa, fresh fruit, pickles or olives, or a green salad. Sharing delicious food and recipes with fun people who care about their health, the planet and most of all—the animals!

**April 15 - WRITING YOUR STORY WORKSHOP** - Elk River Arts & Lectures will host a three-part, weekly writing workshop at the Park County Senior Center, 206 S. Main Street, with local writer Surya Milner from 5:30 - 6:30 pm. Workshop is free and open to anyone at any writing level. For more information call 406-570-7429 or email [director@elkriverarts.org](mailto:director@elkriverarts.org)

**April 17 - AUTHOR KEVIN FEDARKO** - best-selling author and journalist Kevin Fedarko will speak at Elk River Books, 122 S. 2nd Street, as part of the Elk River Arts & Lectures spring series. This is a free event and open to the public. Doors open at 6:30 pm. For more information, please contact Laura Prindiville at [director@elkriverarts.org](mailto:director@elkriverarts.org) or by phone at 406-570-7429.

**April 18 - EASTER DINNER** - Meals on Wheels is hosting an Easter Dinner starting at 12 pm at the Park County Senior Center, 206 S. Main Street. To-go orders available but must be ordered by April 11th. For more information or to place a to-go order, call 406-333-2490.

**April 19 - PARK COUNTY JOB FAIR** - Livingston Area Chamber of Commerce is hosting its annual Job Fair at the Park County Fairgrounds, 46 View Vista Drive, from 10 am to 2 pm. The cost for a vendor table is \$20 and vendors

may arrive at 9 am to set up. Contact the Livingston Area Chamber of Commerce at 406-222-0850 or visit their office at 303 East Park St. in Livingston.

**April 20 - ANNUAL EASTER EGG HUNT** - Sponsored by Livingston Fire & Rescue and the Livingston Recreation Department. You are invited to Sacajawea Park, starting time of 1 pm sharp, for the egg hunt! Children ages 0 to 12 welcome. Over 5,000 eggs and many prizes to be found.

**April 26 - ARTS & CRAFTS SPRING FLING** - Annual Spring Fling hosted by P.E.O. Chapter CD in Big Timber, 9 am - 3 pm at the Civic Center, 301 Hooper Street.

**April 27 - 10TH ANNUAL FUN RUN/WALK** hosted by the Livingston Education Foundation. This four-mile course will start at Park High School's (PHS) track and will lead runners, joggers, and walkers by each of Livingston's four public schools, ending back at the PHS track. Entry fee is \$15 for ages 12+ and 11 and under are free. Sign up at [runnerssignup.com](http://runnerssignup.com) (search for LEF 4 for 4). There will be prizes for top placing runners and raffles will be held post race.

**May 3 - CRAFT SUPPLY SWAP** - We're doing it again! Connecting our community of artists, crafters, and makers with unused supplies. Do you have stashes of art and craft supplies from past interests that go unused? Try something new and trade materials! Free, open to all. Drop off your supplies to the Old Lumberyard during the week of the swap or satellite drop-off sites in Clyde Park, Gardiner, and Big Timber so you only need to make one trip. Then attend the swap: Saturday, May 3rd at the Old Lumberyard, 122 N. F St., Livingston. Full event info: [www.craftsupplyswap.org](http://www.craftsupplyswap.org).

**May 3 - LOCAL CRAFT MARKET FEST** - hosted by Paradise Valley Equine on East River Road, just across from the Pray Cafe, from 9 am to 3 pm. Many practical equine and decorative items will be available for sale along with various services offered in the community. Lunch items will be available.

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**THE FRIEND**  
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Mon & Thurs 4:15 pm ONLY

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# BREAK *time*

## Montana Fun Facts!

Montana has a large population of Native Americans. This state has at least eight federally recognized Native American tribes.

The largest city in Montana is **Billings** and the capital city is Helena. **Billings is the only city** in Montana to have a population of more than 100,000 people. Just over 10 percent of the population of Montana lives in Billings.

There are more cattle than human beings in Montana. But this is not surprising because the state is an important **center of livestock farming**.

### ACROSS

- 1. Hath, presently
- 4. Wash
- 8. Goose comment
- 12. Iniquitous place?
- 15. Lodging house
- 16. Seal hunter
- 17. Field
- 18. Before, in poems
- 19. Word with jacket or soup
- 20. "Titanic" obstacle
- 21. Docking place
- 22. Self
- 23. Brilliantly
- 25. Bound
- 27. Stonecutter
- 29. Heraldic-charge band
- 30. Basic
- 33. Get out of bed
- 35. Opposed to
- 36. Doctrine
- 39. Multitude
- 41. Cigar's remains
- 43. Individual particular

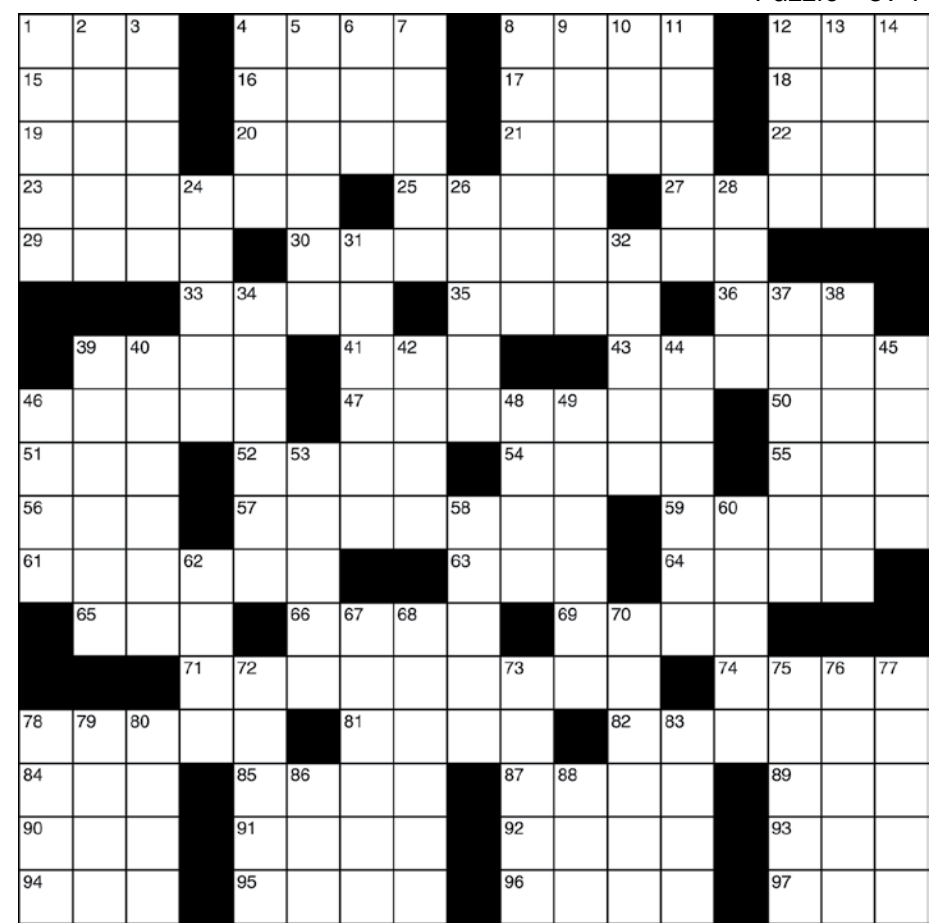
- 46. Express a belief
- 47. Poker face
- 50. Winter illness
- 51. Large coffeepot
- 52. Affirm
- 54. Stew pot
- 55. "Open \_\_\_\_ Night"
- 56. Third letter
- 57. Defensible
- 59. Certain
- 61. Carpenter's tool
- 63. Dated
- 64. Leave the stage
- 65. 24 hours
- 66. Gyrate
- 69. Very strong wind
- 71. Financial officer
- 74. Short cry
- 78. Hiding place
- 81. Fail to win
- 82. Creative
- 84. Respect

### DOWN

- 85. Mine car
- 87. VHS alternative
- 89. Future chicks
- 90. Unhappy
- 91. Neural network
- 92. Eastern ruler
- 93. Understanding
- 94. Hurricane center
- 95. Aloft
- 96. Good fortune
- 97. BPOE member
- 1. African animal
- 2. Close by
- 3. Growl
- 4. Gray wolf
- 5. Mountain ridges
- 6. DVD player's cousin
- 7. Bald bird
- 8. Take place
- 9. Familiarize
- 10. By birth
- 11. Destiny
- 12. Passing grades
- 13. Consequently

# CROSSWORD

Puzzle #394



- 14. Broadway sign
- 24. Broadcast again
- 26. Triple Crown winner
- 28. Disembarked
- 31. Dull
- 32. Kind of wave
- 34. Form a thought
- 37. Belted jacket
- 38. Fodder grass
- 39. Unfold
- 40. Movie theater
- 42. Vaccines
- 44. Paint
- 45. Calm
- 46. Smart remark?
- 48. Barbie, e.g.
- 49. Swear
- 53. Poet's product
- 58. Extra
- 60. Wild daisy
- 62. Legendary story
- 67. Roof of the mouth
- 68. Chemical compound
- 70. Polar bear's place
- 72. Of an earlier time
- 73. "\_\_\_\_ Without a Cause"
- 75. Call to mind
- 76. Flat
- 77. Joke
- 78. Crate
- 79. Not home
- 80. Deliver up
- 83. Escapade
- 86. Accelerate in neutral
- 88. Big bird

# Sudoku

Puzzle #129

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

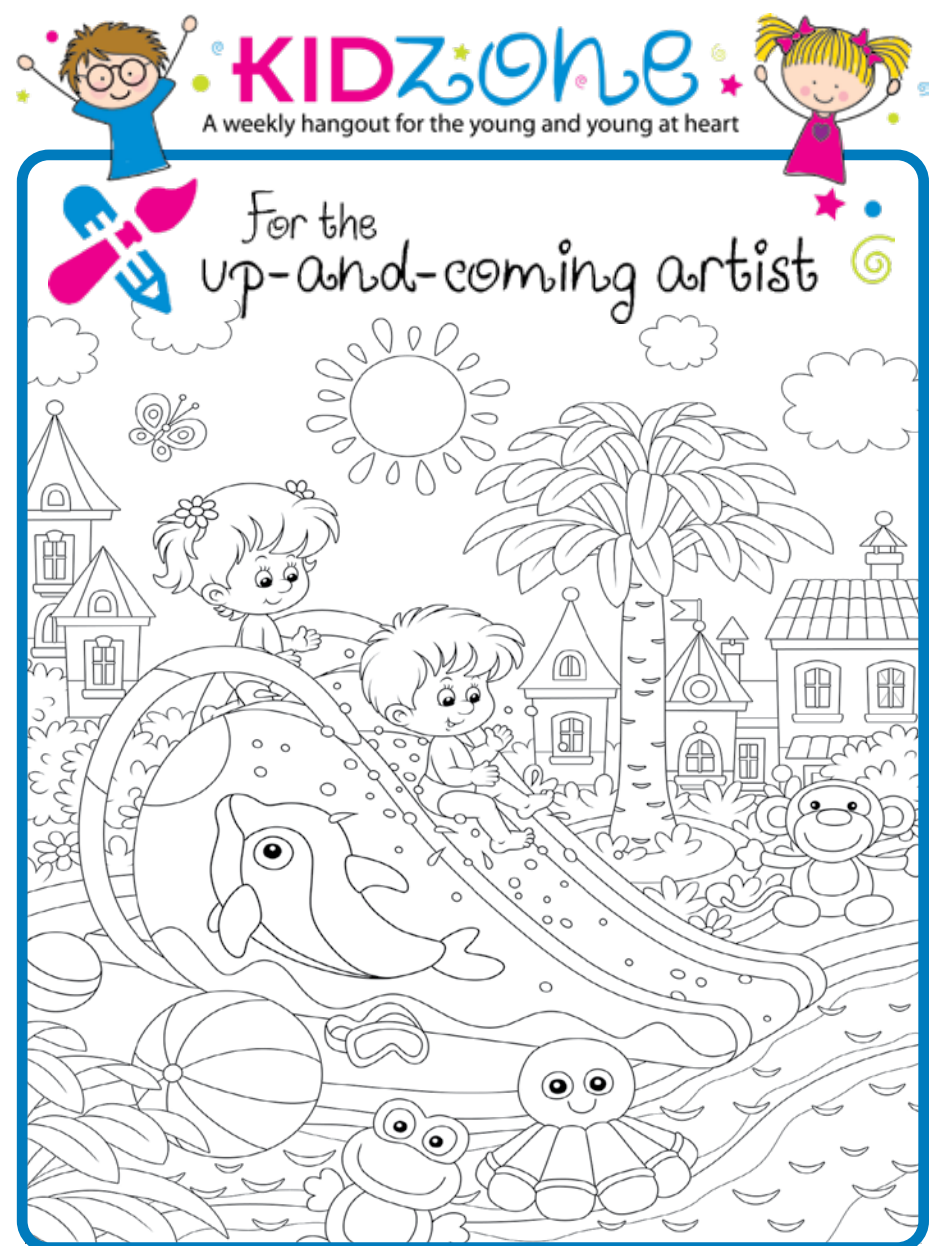
Sudoku - #128

## SOLUTIONS

Crossword - #393

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

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



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# A Hometown Son Gives Back: Jeff & Ashley Kayser Pledge \$410,000 to 4 Ranges Wellness Center

**Largest Gift to Date from a Livingston Native Helps Bring Transformative Project One Step Closer to Reality**

Park County Dugout - April 9, 2025  
TheParkCountyDugout.substack.com  
By: Chase Rose

For Jeff & Ashley Kayser, supporting Livingston isn't just a gesture—But a responsibility to give back to a town they say has given them everything. Jeff is an owner at the Ressler Motor Company and a proud Livingston native. Recently, the couple pledged a \$410,000 gift to the 4 Ranges Wellness Center—the largest contribution to date from a son of Livingston. "Livingston shaped who I am," said Kayser. "Ashley and I want to help ensure it's a place where families can thrive, where kids feel supported, including our children and grandchildren, and where everyone has access to opportunities to live well."

Their generous contribution brings added momentum to the 4 Ranges Wellness Center project, which is already under construction and projected to open in the winter of

2026–2027. The \$23.5 million facility will offer recreation, fitness, mental health support, and community gathering spaces for youth, families, and seniors across Park County—a county that continues to face some of the most urgent mental health challenges in the state.

Residents of Paradise Valley, Jeff and Ashley, are deeply invested in Livingston's future. Jeff is currently building a new Dodge dealership in Livingston, bringing new jobs and economic investment to his hometown. It's just one more way the Kayser family is committed to the vitality and long-term success of the community.

"We've always known that this campaign would be built by the people who believe in this place the most," said Grant Gager, City Manager of Livingston.

Jeff and Ashley's gift is extraordinary—not



just in its size but in what it represents. It's a full-circle moment: a hometown kid helping others lead a healthier, more hopeful future.

Kayser's journey from small-town Montana to business success is a classic Livingston story: hard work, resilience, and an unshakable connection to the community.

This gift—at this critical point in the campaign—helps push the project even closer to completion.

"I've seen how much impact this kind of facility can have—not just on physical health, but

on how people feel about where they live," said Kayser. "This is about quality of life. And Ashley and I want Livingston to have the best."

With the Kayser family's gift and continued momentum in private fundraising and public support—including a voter-approved Special Parks District to fund operations—the 4 Ranges Wellness Center is well on its way to becoming a cornerstone of health, connection, and vitality in the heart of Park County.

## About the 4 Ranges Wellness Center

The 4 Ranges Wellness Center is a transformative public-private partnership in Livingston, MT, that will offer recreational, fitness, and mental health resources to serve all generations. With more than 90% of its capital goal secured and construction underway, the Center is projected to open in winter 2026–2027.

For more photos and great articles, check out [TheParkCountyDugout.substack.com](https://TheParkCountyDugout.substack.com).

# Park High's Athletic Director Scott Rosberg Resigns

**One of the nicest and friendliest Coaches in and Montana. Goes out on his terms due to health concerns. A true winner in life.**

Park County Dugout - April 1, 2025  
TheParkCountyDugout.substack.com  
By: Jeff Schlapp

We are hearing that Scott Rosberg has resigned as Park High's AD. Below is a copy of his resignation letter, which he shared with the Dugout.

We'll feature a special article on Rosberg's career and impact as a teacher and coach in Sunday's Dugout.

I write this email with mixed emotions. I just turned in my letter of resignation for my AD position to Mr. Maxwell and Mr. Johnson. I have mixed emotions about this because I enjoy working with all of you and our kids so much.

My plan had been to work at this job for 3-5 years to try to help us continue to build

our programs into great models of excellence, character, and success. It has been a joy working with you to try to achieve those goals.

Unfortunately, my body will not let me do this job to the best of my ability and to the standard that I believe it needs to be performed at. Working as an AD between the ages of 42 and 54 was a lot different than working at it at the ages of 63 and 64!

You may have noticed throughout the year that I walk with a limp. That is due to a couple of foot/ankle surgeries that I had in 2022 and 2023 to try to fix what 50+ years of playing basketball and other sports had done to it. The problem was never fully resolved, and my ankle is in a constant state of swelling and pain.



Therefore, I am scheduled to have a total ankle fusion on May 16th.

Keep in mind that I also just had rotator cuff/biceps reattachment surgery back in December. Quite honestly, this job has beaten me up to a point where I don't feel I can perform it well. Therefore, I have decided to resign, effective in June at the end of my contract.

I will still be around, though. I hope to continue working with and coaching kids and teams and providing professional development, mentoring, and consulting support for coaches, athletes, and anyone else interested in improving their team-building and leadership skills.

You know where to find me if you would be interested in having me do something

like that.

Thanks to all of you for making my job more enjoyable. You and the kids are definitely the highlights of this position. Unfortunately, I didn't get to do as many of the leadership and team-building activities this year as I would have liked to. Hopefully, with more time to focus on those things, I can do some of that for you and your teams in the future.

Best of luck to all of you in all your endeavors and keep working to create the best opportunities for our kids to have positive athletic and activities experiences!

Scott Rosberg  
Activities Director, Park High School

For more photos and great articles, check out [TheParkCountyDugout.substack.com](https://TheParkCountyDugout.substack.com).

# CLASSIFIEDS

## HELP WANTED

**Two Carpenters** (\$35 plus an hour) and one **laborer** (\$20 plus an hour) needed for full-time, year-round positions with benefits. Must have own 4x4 transportation. Contact Rudy Greger for interview at 406-222-6506 or 406-220-1703

**Arrowhead Elementary School** is looking for a Food Service Cook. Hours are eight hours a day, 4 days a week, with some Fridays. Starting pay is \$20/hour.

- Experience with Commercial food preparation (Menu planning, Food Production, Serving Food (offer vs serve)
  - Point of Service, Purchasing/Procurement, Receiving and Storage, Food Safety and HACCP
  - Ability to complete state/federal reports
  - Attend State meetings
  - Focus on using healthy fresh sustainable products
  - Montana Driver's License
  - Lift 50 pounds
  - Honest, organized, reliable, self-motivated
- Submit district application, resume, criminal background investigation

form, Equal Opportunity Employer form, and fingerprints to Johanna Osborn, Principal, P.O. Box 37, Pray, MT 59065 or email to [josborn@arrowheadk8.org](mailto:josborn@arrowheadk8.org). Application materials may be requested by contacting the District Clerk at 406-924-6865 or [csel@arrowheadk8.org](mailto:csel@arrowheadk8.org).

### 2024-2025 Vacancies

#### Arrowhead School District #75

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

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

### Arrowhead School District #75 is NOW HIRING

Arrowhead School District is located in the beautiful Paradise Valley, South of Livingston, MT. Arrowhead is a small

rural school serving 4K to 8th-grade students. We currently serve less than 100 students. Please reach out if you are interested in any of the following positions for the 2025-2026 School Year:

- Principal
- K-8 Teacher
- Special Education Teacher
- High Needs Paraprofessional
- Paraprofessional
- After School Program – Coordinator, Specialist, and Aide
- 2025 Summer School Program – Coordinator, Specialist, and Aide

**For further information:** Contact the School Principal, Johanna Osborn at (406) 333-4359, [josborn@arrowheadk8.org](mailto:josborn@arrowheadk8.org), or visit the district website at <https://www.arrowheadk8.com/>.

**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 today's

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](mailto:alice@montanainsurance.net).

### Come Join Our Kenyon Noble Team!

Kenyon Noble Lumber & Hardware's Livingston location is currently accepting applications & hiring for Warehouse Associates and Delivery Drivers. No experience necessary—we will train! Offering competitive wages and great benefits packages. For more information and to see the complete job listing visit us at [kenyonnoble.com/jobs](https://kenyonnoble.com/jobs). You can also apply online!



**The Gardiner school** is searching for the following coaching positions for the 2025-2026 school year.

**Junior High football (head and assistant).** August 15-Oct 15  
**High school girls' basketball (head coach).** November 20-February 28  
**General duties for the coach.**  
a. Create and implement practice

plans for the team.

- Communicate regularly with school administration, athletic director, families, the public, and players.
- Participate in parent meetings, senior night, and awards ceremonies.
- Have an understanding of the game of basketball and a good working relationship with athletes.
- Maintain the values of the Bruin athletic program.
- Must complete the state required coaching classes: MHSAA rules clinic (HS), Concussion in Sports (HS and JH) and Fundamental in Coaching (HS), First Aid and CPR (HS and JH). Please contact Jeannette Bray or Carmen Harbach at the Gardiner school. 406 848 7563. [jbray@gardiner.org](mailto:jbray@gardiner.org) or [carmen@gardiner.org](mailto:carmen@gardiner.org)





# Kevin Fedarko to Speak at Elk River Arts & Lectures

On Thursday, April 17th, best-selling author and journalist Kevin Fedarko will speak at Elk River Books located at 122 S. 2nd Street as part of the Elk River Arts & Lectures spring series.

Author of the classic outdoor adventure, *The Emerald Mile*, Fedarko will be reading from his newest book, *A Walk in the*

*Park: The True Story of a Spectacular Misadventure in the Grand Canyon*. This event is free and open to the public. Doors open at 6:30 pm, and the event starts at 7 pm.

Described as "part memoir, part travelogue, part extended essay on the profound meaning of wilderness," *A Walk in the Park* tells the story of two friends with no preparation and one shining dream: a 750-mile odyssey on foot through one of America's magnificent national parks.

At a time when the very livelihood of America's national park system is being threatened, Fedarko's deep love of, and



advocacy for, our collective wilderness is more timely than ever.

Fedarko is a seasoned author and journalist renowned for his exploration of the American Southwest and his fervent advocacy for environmental conservation. He has been a staff writer at Time, where he worked

primarily on the foreign affairs desk, and a senior editor at Outside, where he covered outdoor adventure. His writing has appeared in National Geographic, the New York Times, and Esquire, among other publications. He and his wife, Annette Avery, owner of Bright Side Bookshop, live in Flagstaff, Arizona, where they spend as much of their free time as possible hiking in the Grand Canyon or in mountains just outside of town.

For more information, please contact Laura Prindiville at director@elkriverarts.org or by phone at 406/570-7429.

## Taiji, Motion

from page 10

its natural flow. There are numerous Taiji (sometimes spelled *Tai Chi*) books and videos on the web for anyone to access.

And evidence-based clinical studies conducted by Universities, like Emory University and independent scientific studies by foundations for alternative medicine, are available everywhere.

I was invited to conduct master classes in Taiji (pronounced *Tie-Gee*) to upper management at the March of Dimes and PepsiCo, both companies headquartered in New York—I shared one essential principle about the ocean of air and its fundamental energy through which we all like fish, swim. This helped my students to have many wonderful experiences with the energy of their own life. The essential thing shared came through a fish story:

*A fish was hanging out by a pier when he heard some men talking about water. This intrigued the fish. He had never heard of this remarkable substance. He returned to his kin and announced he was off on a quest to find this mysterious "water." He was gone a long time and had many adventures. When he returned to his family, they asked if he had found this mysterious thing.*

*He said, "Yes. But you're not going to believe this..."*

Coach Fitch has won gold medals in many international Taiji competitions. He is a former martial arts competition judge, from 2004-08. He has written for Inside Kung Fu and has conducted classes for corporations, senior centers, departments of recreation and law enforcement. For questions and upcoming classes please email him: mahadasa4@gmail.com. He is available for demonstrations, semi-private and outdoor classes as well.



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**9 Grizzly Meadow Road**

4 beds 3 baths | 20+ acres  
#400644 | \$2,500,000

Tom Gierhan | 406-220-0229



April 13th, 1-3 PM

**1320 Wineglass Lane**

3 beds 2 baths | 1,463 sq ft  
#400460 | \$399,900

Baylor & Carolina Carter | 406-223-7903



**325 N 3rd Street**

Multi-Family | Five+ Units  
#394662 | \$829,000

Swanson Team | 406-220-2045



**1296 US Hwy 10 W**

Commercial Sale | 10,160 sq ft  
#397843 | \$2,500,000

Ernie Meador | 406-220-0231



**3015th Street W**

1 bed 1 bath | 744 sq ft  
#399958 | \$315,000

Tammy Berendts | 406-220-0159



**28 W Grannis**

3 beds 2 baths | 9+ Acres  
#390575 | \$875,000

Julie Kennedy | 406-223-7753



**107 Elliot Street N**

1 bed 1 bath | 704 sq ft  
398098 | \$600,000

Tammy Berendts | 406-220-0159



**27 Royal Wulff**

3 beds 2.5 baths | 2,668 sq ft  
#390722 | \$1,794,000

Swanson Team | 406-220-2045



**107 S Main Street**

Commercial Sale | 7,061 sq ft  
#395132 | \$1,950,000

Ernie Meador | 406-220-0231



**TBD E Lewis Street**

Land Listing | 0.16 acres  
#400476 | \$199,000

Swanson Team | 406-220-2045



**98 Miller Drive**

5 beds 3 baths | 3,352 sq ft  
#400605 | \$916,900

Tom Gierhan | 406-220-0229



**1115 Ridgeview Trail**

3 beds 2.5 baths | 1,758 sq ft  
#399280 | \$599,000

Baylor & Carolina Carter | 406-223-7903

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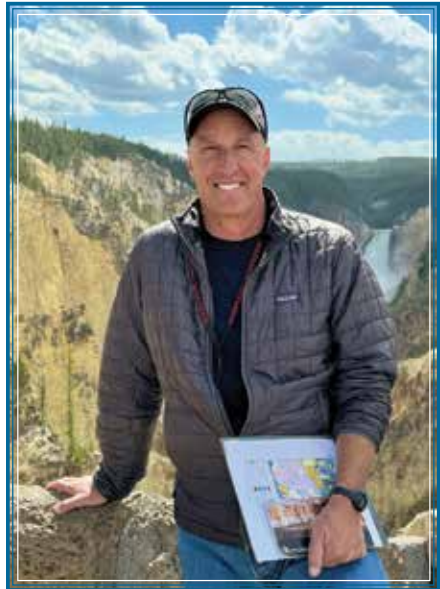
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# JOIN US FOR A GEOLOGICAL ROMP THROUGH PARADISE VALLEY!

With *Rob Thomas*



**EVENT:** THE GEOLOGY OF PARADISE: BUS TOUR  
ADVENTURE IN ROADSIDE GEOLOGY WITH  
DR. ROB THOMAS

**WHEN:** JUNE 4, 2025, 7:30AM TO ABOUT 3:30PM.

**WHERE:** MEET THE BUS AT THE LIVINGSTON  
FAIRGROUNDS. DEPARTURE IS AT 7:30AM.  
PARKING IS AVAILABLE.

**WHAT:** AN ADVENTURE THROUGH PARADISE VALLEY ON  
A CHARTERED BUS FEATURING THE "BIG  
HISTORY" OF GEOLOGY AND SOME OF THE  
OLDEST ROCKS ON THE PLANET, RIGHT HERE IN  
OUR BACKYARD. DR. ROB THOMAS, A  
PROFESSOR AT THE UNIVERSITY OF MONTANA WESTERN, WILL LEAD THE  
ADVENTURE. DR THOMAS IS THE CO-AUTHOR OF "ROADSIDE GEOLOGY OF  
MONTANA" AND "ROADSIDE GEOLOGY OF YELLOWSTONE COUNTRY"

WEATHER PERMITTING, WE WILL VISIT A VARIETY OF GEOLOGIC SITES IN  
PARADISE VALLEY. DR THOMAS WILL EXPLAIN THE EVIDENCE OF ANCIENT  
SEAS, ESTUARIES, STREAM CHANNELS, MULTIPLE LAVA FLOWS, AND OTHER  
VOLCANIC AND GLACIAL EVENTS. SITES INCLUDE:

- THE CARBONITE CLIFFS OF LIVINGSTON CANYON AND THE STORY OF THE  
ALLENSPUR DAM NEARLY BUILT TO CREATE A HUGE RESEVOIR IN PARADISE  
VALLEY IN THE 1970'S.
- THE LIVINGSTON MOUNTAIN ANTICLINE THAT EXPOSES ROCKS THAT  
WERE DEPOSITED IN TROPICAL SEAS WHEN PARK COUNTY WAS ACTUALLY  
SOUTH OF THE EQUATOR!
- THE TERMINUS OF THE YELLOWSTONE OUTLET GLACIER.
- THE BLACK DIAMOND BASALT QUARRY.
- HEPBURN MESA HOME TO A 2.2-MILLION-YEAR-OLD BASALTIC LAVA FLOW  
AND THE REMAINS OF THE EXTINCT PROTO-HORSE , *MERYCHIPPUS*.
- POINT OF ROCKS WHERE VOLCANIC FLOWS FROM THE ABSAROKA-  
BEARTOOTH VOLCANIC SUPERGROUP CAN BE STUDIED.
- DEVIL'S SLIDE SHOWCASING AN EXTRAORDINARY INDEX OF GEOLOGIC  
HISTORY.
- GARDINER/JARDINE TRAVERTINE QUARRIES AND MORE!

**WHO:** ADULTS, TEENS, AND OLDER CHILDREN WILL ENJOY THE STORY TELLING OF  
DR. THOMAS AND THE CHANCE TO SEE THESE OUTCROPS AND LANDFORMS  
UP CLOSE. SOME WALKING IS REQUIRED TO VIEW CERTAIN SITES, BUT THE  
TRIP IS NOT PHYSICALLY DEMANDING.

**COST:** \$125 PER SEAT. WATER WILL BE AVAILABLE. WE RECOMMEND BRINGING  
SNACKS/LUNCHES AS THERE WILL BE NO FOOD STOPS.

**TICKET:** PURCHASE TICKETS ONLINE. FOLLOW THE LINK IN THE QR CODE TO  
RESERVE YOUR SPOT ON THIS EXCITING ADVENTURE!

**WAITLIST:** IF THE BUS IS SOLD OUT DON'T WORRY! WE MAY ADD AN  
ADDITIONAL BUS SHOULD THERE BE ENOUGH INTEREST. CALL  
THE MUSEUM AT 406-222-4184 AND LEAVE YOUR NAME, PHONE  
NUMBER, AND THE NUMBER OF TICKETS YOU'D LIKE TO PURCHASE.  
WE'LL LET YOU KNOW A WEEK BEFORE THE TRIP WHETHER WE CAN  
ADD AN ADDITIONAL BUS.

**LIABILITY RELEASE:** A LIABILITY RELEASE MUST BE COMPLETED FOR EACH PARTICIPANT  
OF THE FIELD TRIP. YOU CAN DOWNLOAD THE FORM, SAME LINK  
AS TICKET PURCHASE AND COMPLETE IT BEFORE BOARDING THE BUS.



YELLOWSTONE GATEWAY  
**MUSEUM**  
FOUNDATION  
PARK COUNTY, MONTANA