

# BOZEMAN GARDEN CENTER OPENING MAY 1



BAGGED  
GOODS



OUTDOOR  
FURNITURE



LOCALLY GROWN  
PLANTS & VEGGIES

LIVINGSTON • BOZEMAN • BELGRADE



kenyonnoble.com

# FREE Park County Community Journal

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

Week of April 20, 2025

## Gardiner Students Bring Big-Time Musical Theater Back to the Local Stage with Footloose...

By Jess Haas

Hold onto your legwarmers, Park County—musical theater is back, and it's bringing the beat (and the boogie).

While Gardiner has enjoyed delightful week-long productions through Missoula Children's Theatre in recent years, those opportunities have only been available to students in grades K-6. For students in grades 7-12, there hasn't been any full musicals in several years.

That's what makes this year's production of *Footloose* such a big deal. This is the first time in years that Gardiner's students are stepping into the spotlight for a full-scale musical theater production complete with all the music, choreography, costumes, and coordinated chaos that comes with it. That's right the students of Gardiner are kicking off their

This production has been months in the making with auditions way back in January, rehearsals stretching through February, March, and April, and students dedicating hours after school to bring this high-octane show to life.

And yes, there will be dancing. A lot of dancing.

### Why *Footloose*?

Set in the small town of Bomont, *Footloose* follows the story of Ren McCormack, a big-city teenager who moves to a rural town where dancing is outlawed. With the help of his new friends (and a love interest who just so happens to be the preacher's daughter), Ren sets out to change the hearts and the laws of Bomont's citizens.

It's a story about youth, courage, and the power of self-expression. Oh, and did we mention the dancing? This musical is packed with toe-tapping hits like "Let's Hear It for the Boy," "Holding Out for a Hero," and, of course, the title track, "Footloose." It's part concert, part rebellion, part community triumph and all kinds of fun.

### A Big Stage for Big Talent

One of the most exciting additions to this year's show is what's *behind* the curtain: a brand-new, professional-grade lighting and sound system including body mics for students and all the bells and whistles you'd expect at a high-end performance venue.

This \$70,000 project was made possible by an incredible collaboration of local supporters. The North Yellowstone Education Foundation led the charge, making the system their year-end campaign and raising \$16,000 from local donors. They also secured a \$50,000 grant from the Park County Community Foundation's Arts Fund.



Kaitlyn Parsons and Ben Stadler rehearsing *The Girl Gets Around*.



Footloose Cast.

The Electric Peak Arts Council and Bruins Booster Club each contributed \$2,000, and additional support came through the Gardiner Resort Tax.

lets their talents shine.

### Meet the Creative Team

At the helm of the production is Amanda Gibbs, a self-proclaimed "theater kid" turned director, mom-of-five, and passionate champion of the arts. "It's been amazing watching these students grow not just as performers, but as teammates, problem-solvers, and storytellers," she says. "They've worked so hard, and I really think our community is going to be blown away."

On the musical side, we've got Kiara Carlson, Gardiner's grade K-8 band and choir teacher, who brings deep musical expertise and a talent for helping students

[See Footloose, Page 3](#)



Clay Tuning and Frankie Gibbs paint the set.

Sunday shoes and dancing their hearts out on **Friday, April 25th and Saturday, April 26th at 7 pm.**

If you've ever wondered what it looks like when a whole school community pulls together to stage a musical, look no further.



Savannah Tuning leading the charge for *Lets Hear it for the Boy*

The support doesn't stop there. The Shane Lalani Center for the Arts and Community Closet donated costumes to ensure actors are able to look the part of the radical clothed 80s students they're playing.

In short: Gardiner rallied. And now students get to perform on a stage that truly



Footloose Cast Dance.



THE  
main print shop

GRAPHICS • PRINTING • SOLUTIONS

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

406-333-2191

[themainprintshop.com](http://themainprintshop.com)  
[orders@themainprintshop.com](mailto:orders@themainprintshop.com)

108 North Main Street  
Livingston, MT



Index



**Gardiner Students Bring Big-Time Musical Theater Back to the Local Stage with Footloose** ..... 1

**Local News** ..... 2  
LEF Scholarships Open  
Shields Valley Upcoming Events ..... 3

**Community** ..... 4  
Bears are Waking Up—Be Bear Aware ... 12

**Health & Wellness** ..... 4  
Standing for Health  
Your Ageless Wellness Column..... 5

**Arts & Entertainment** ..... 6  
Elk River Books Celebrates  
Independent Bookstore Day Celebrates ..... 12

**Foody** ..... 7  
Lower Your Grocery Bills by Jill-Ann Ouellette  
Recipe Corner by Carla Williams

**Calendar of Events** ..... 8

**Break Time** ..... 9  
Montana Fun Facts!  
Crossword/Sudoku/Kids Zone

**Classifieds** ..... 10

**Bears Are Waking Up—Be Bear Aware**  
All of Yellowstone is bear country, from the trails in the park's backcountry to the boardwalks and parking lots around Old Faithful (as well as Park County). Your safety cannot be guaranteed, but you can play an active role in protecting yourself and the bears that people come here to enjoy. We are locals (along with the bears)—who need to know these things to share with visitors to our region. .... 12



**Park County Community Journal**

Steph & Joel Martens, Publishers  
Tony Crowder, Managing Editor  
Denise Nevin, Sales Manager  
Jill-Ann Ouellette, Staff Writer  
Jacob Schwarz, Photographer

Nurse Jill, Columnist  
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

PO Box 1851, Livingston MT 59047  
406-220-0919 • pccjournal.com •  
email: community@pccjournal.com

Published weekly on each Sunday of the month.  
**Disclaimer:** While attempts are made to ensure the accuracy of all information, errors will occur. Independently verify all vital information before events.

We gladly accept the following cards:



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

The views, thoughts, and opinions expressed in The Park County Community Journal, including articles, Letters to the Editor, Opinion, OP-ED or user-generated content, are solely those of the individual authors and do not necessarily reflect the official policy or position of The Park County Community Journal.

Any content provided by our contributors, or users is their opinion, and they are responsible for the accuracy, completeness, and validity of their statements. The Park County Community Journal does not guarantee the accuracy or reliability of any opinions expressed in the content.

The Park County Community Journal is not liable for any content that may be considered offensive, inappropriate, or inaccurate.

# Livingston Education Foundation Announces 2025 Scholarship

The Livingston Education Foundation (LEF) is pleased to announce their 2025 scholarship lineup and encourage the class of 2025 to submit their applications. LEF has partnered with American Bank and the Erickson Family, PFL Tech Inc., and the Schatzer Family to administer five scholarships totaling up to \$13,500 to be awarded to local students.

## Hilfred Paterson Schatzer Scholarship - \$1,000

Hilfred Schatzer was a devoted educator serving students in Park County. Her eight-year teaching career was spent at Willow Creek School north of Livingston, at the Cinnabar Basin School north of Gardiner, and in the Livingston school system. In 1937, she was elected Park County Superintendent of Schools which was a position she held for many years. This scholarship is made available by her family and is awarded annually to a Park High School student who plans to pursue a career in education, priority to elementary, secondary, music or special education. The scholarship will be dispersed in two payments of \$500 to the student's college or university during two semesters of the student's freshman year.

## PFL Founders Scholarship - \$2,500

Andrew Field is a long-time member of the Livingston community, and an extraordinary entrepreneur. This scholarship is being made available by PFL Tech, Inc., the business he

founded, in his honor. This scholarship is awarded annually to a graduating senior from a Park County school (Gardiner High School, Park High School, or Shields Valley High School) to pursue post-secondary education at an accredited school. The intent of this scholarship is to provide a jump-start for a student attending an accredited post-secondary school in support of their entrepreneurial spirit. One scholarship in the amount of \$2,500 (paid in one lump sum) will be awarded each year, dispersed at the fall semester to the student's college or university.

**Erickson Memorial American Bank Scholarship** - Two \$4,000 & One \$2,000 Claude & Bernie Erickson were long-time members of the Livingston community, and active in many roles. These scholarships are made available by their family and the financial institution they founded, American Bank, and is awarded annually to three Park High School students to pursue post-secondary education at accredited two- or four-year schools. The intent of these scholarships is to provide an opportunity for three students per year to attend

an accredited post-secondary school. Three scholarships: two in the amount of \$4,000 (\$1,000 per year for a maximum of four years); and one in the amount of \$2,000 (\$1,000 per year for a maximum of two years) will be awarded each year. Payments will be made directly to the educational institution the student is attending in January of each year.

The Erickson Memorial Scholarship and Hilfred Paterson Schatzer Scholarship were established in 2008 to memorialize and celebrate local community members and continue their commitment and support of our youth. In 2022, PFL Tech established the PFL Founders Scholarship.

Additional information and applications are available at Park High School in the counselor's office, as well as Shields Valley and Gardiner for the PFL Founder's Scholarship. Contact LEF for information about setting up your Legacy Scholarship at 406-222-5266 or online at LivingstonEducationFoundation.org.



## The Yardner

Carol Carver  
406-222-4459

*Making the world more beautiful...  
one yard at a time*

"Nothing in nature is exhausted in its first use." - Ralph Waldo Emerson

**SUICIDE PREVENTION**  
CRISIS TEXT LINE |  
Text MT to 741-741  
A free, 24/7 text line for people in crisis.  
**NATIONAL SUICIDE PREVENTION LIFELINE**  
IN MT, JUST DIAL 988  
suicidepreventionlifeline.org

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

**Franzen-Davis Funeral Home**  
Funeral Home, Crematory & Monument Company  
**Area Deaths**

**Philip Tribble, Patricia Miller,  
Belinda Van Nurden, Donna Fish**

*Our dedicated staff is devoted to serve the families of our community with honesty, integrity, respect and compassion.*

**406-222-2531**

118 N. 3rd Street / P.O. Box 638, Livingston, MT 59047

Website: [www.franzen-davis.com](http://www.franzen-davis.com)

Email: [franzen-davis@franzen-davis.com](mailto:franzen-davis@franzen-davis.com)

## DEADLINE IS APRIL 22ND!

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](mailto:jill@pccjournal.com).

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



Happy National  
**Volunteer Month**  
— April —



# Footloose

from page 1

find their voices—literally and figuratively. Kiara has helped students tackle challenging harmonies, stay on pitch, and connect emotionally with the music.

And then there's Jess Haas, the show's choreographer, who has filled the stage with high-energy routines that are as fun to watch as they are to perform. "We knew this

show had to move and these kids have risen to the challenge," Jess says.

## More Than Just a Performance

This production has been a hands-on experience for students in every sense of the word. They're not just acting and dancing—they've been helping build the set, gather costumes, and organize props. They're learning time management, responsibility, collaboration, and how to handle a mic pack without getting it tangled in their hair—all essential life skills.

## You Don't Want to Miss This

These students are *talented*. They've committed themselves fully singing, dancing, building, learning and it shows. Their enthusiasm is infectious, and their performance will surprise you in the best way.

Whether you're a lifelong fan of musical theater or just looking for a fun night out with the family, this show is for you. Come cheer on these incredible young performers, support the arts in our schools, and see just how vibrant and alive musical theater is in Gardiner once again!

## Show Details:



Sasa Watson and Reagan Dentinger paint the set.

- Gardiner School Auditorium/Cafeteria
- Friday, April 25 & Saturday, April 26
- 7 pm
- \$5 tickets can be purchased at the door
- The Gardiner Family and Consumer Science class will be serving up delicious baked goods both nights. They're available by donation, and all proceeds from both ticket sales and treats

go directly to support the theater program and future productions. Cut loose... footloose... kick off your Sunday shoes! We'll see you at the show.

## SHIELDS VALLEY

## Upcoming EVENTS

**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

**April 25th**  
FFA Chapter Banquet at 5:30 pm

**April 26th**  
HS Track meet at Harlo/Park City Invite in Laurel  
School Tours/Pancake Breakfast at 8 am  
Community CPR Class at Clyde Park Gym at 9 am

**April 28th**  
Band Concert at 7 pm

**April 29th**  
JH Track in Livingston

**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).*

## HOME OF THE REBELS

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

# LOOKING for yarn?

Our selection is amazing!



5237 US Hwy. 89 South #14, Livingston • 406-222-0855 • [backporchquilter.com](http://backporchquilter.com)

# WOLF'S MERCANTILE

LIVINGSTON, MONTANA

A UNIQUE HOME DÉCOR & GIFT STORE

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

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



106 South Main St. Downtown Livingston

406-333-2412

@WOLFS.MERCANTILE

# Small business insurance that works for you



As a small business owner myself, I know what it takes to make things run. It's why I'm so passionate about helping other small businesses. State Farm® small business insurance plans don't offer a one-size-fits-all approach. Why? Well, your business needs the coverage that works best for you. Call or stop in for a custom quote today.



**R Dean Hendrickson Ins Agy Inc**  
Dean Hendrickson, Agent  
224 W Lewis  
Livingston, MT 59047-3013

Bus: 406-222-2250  
[dean.hendrickson.b615@statefarm.com](mailto:dean.hendrickson.b615@statefarm.com)  
[www.deanhendrickson.com](http://www.deanhendrickson.com)

Like a good neighbor, State Farm is there.®

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL  
State Farm Fidelity Insurance Company, Silver Spring, MD  
State Farm Life Insurance Company, Bloomington, IL



# Standing for Health

Kevin Raphael Fitch

The art of standing... the personal safety benefits are numerous. Standing or stillness is the precursor to movement. To be able to stand solidly is a prerequisite to efficient movement. Standing is an art all by itself, because it trains or rather forges leg strength that helps support the entire body.

Standing, from an energy medicine point of view, recruits or engages the ankle, knee, hip, and shoulder joints, to align more coherently over the feet. The beauty behind the science and art of standing is that one appears to be doing

nothing, from the outside. Yet from the inside, there is an increased circulation of essential fluids and internal energies, which, literally, springs from the feet, as the root of the body—to the head.

There is an acupuncture point called known as Bubbling Spring, in the depression on the midline of the sole of the foot. So, the idea behind standing is to enable this point, among others, to more efficiently activate and improve the overall circulation of the basic energy through all the joints, muscles and connective tissue.

In some Jackie Chan movies, his Kung Fu teacher orders Chan to squat.

As a comic Kung fu character, he never liked this practice. But in most schools of physical training, in Japan, Korea and China, variations of standing methods are taught, especially, in traditional schools of Taiji and other art forms. They form the foundation of physical fitness. Boxers are trained to *sit down* on a punch. This means that the punch's origin comes from the ground, through the legs and hips and through the fist. The principle is the same. The ability to stand is the literal and figurative basis behind any physical endeavor.

## Develop Ease of Movement through the Art of Standing

In today's world, many people have difficulty walking, standing in one place for a couple of minutes or running. When standing becomes a part of an exercise routine the results are astonishing, wonderful and rewarding. Of course there is a specific method involved in standing properly. Most people remember their younger days, when walking, running and jumping weren't given a first thought—let alone a second thought. The legs were strong and could hold

up the body without effort. It is a relatively easy thing to regain some of that strength but not by pushing leg weights, no, that doesn't replicate what standing can do (though it can help in other ways). In classes with senior citizens, in their late 70's, most folks could not stand on one foot at the beginning of the class series but after a week of standing for five to 10 minutes a day, most of them could. Their gait improved, along with vital circulation. A few, who played tennis, saw a remarkable improvement in their playing. Even the personal physician of one student was amazed when looking at their numbers and wondered what they had been up to. All in all, to give standing a chance is to open a new avenue of radiant health and energy.

Kevin Raphael Fitch, Coach Fitch, is giving an introduction to Taijiquan, on Thursday, May 1st, at The Shane Center, from 6 to 8pm. Cost is \$35 or bring a friend and you both pay \$25 instead. He will instruct everyone on the method of standing, too. For more information, please email him at [ma-hadasa4@gmail.com](mailto:ma-hadasa4@gmail.com).

## Seasonal Part Time Employment Opportunity



**Ron E. Liljedahl:**  
**Plant Care and Pest Solutions**  
Landscape Horticulture Specialist and  
ISA Certified Arborist

**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.

**Work Days and Hours:**  
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.

**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:**  
1. Starting salary at \$25.00 per hour.  
2. Personal vehicle work use reimbursement.

**Serious inquiries only (Please):**  
Contact Ron @ 406: 223-5867



## Thank You VETERANS

HONORING ALL WHO SERVED

## OLD LUMBERYARD SPRING SHOW

MAY 10TH  11AM-5PM

# POPUART SALE

  
LOCAL & REGIONAL ARTISTS

AJM HANDMADE POTTERY  
ANDY ART  
ASTEA JEWELWORK  
BLUE ROOSTER ARTS  
HELWICK'S  
JEN BOCCADORI

K POTTER FINE ART  
LITTLE ARMS CREATIVE  
MR. E  
THE MUD SHACK  
SKERSENS ART

  
FEATURING

SNACKS OFFERED BY HOT DOG CHAMPION, WILLY GOOD LEMONADE,  
AND BLEUBELLE BAKING  
PLUS THE STAFFORD ANIMAL SHELTER PETTING ZOO



OLD LUMBERYARD

122 NORTH F STREET • LIVINGSTON MONTANA • ON INSTAGRAM @OLDLUMBERYARD



## SHOPPERS WANTED FOR THE

# Arts & Crafts Spring Fling



**Big Timber, MT**  
**April 26<sup>th</sup> • 9 am - 3 pm**

**Creations by Montana Artists & Crafters**  
**Hosted by P.E.O. Chapter CD**

P.E.O. chapters support the educational and charitable funds of the P.E.O. Sisterhood, but are not classified as charitable by the IRS. Therefore, donations to individual chapters do not meet the IRS requirements for a charitable income tax deduction. P.E.O. shall not be liable in any way for any goods and services supplied by third-party vendors or public establishments.

## ALPINEAG 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)

**CROP PROTECTION  
Supplies & Services**  
(Aerial & Ground)





# Your Ageless Wellness Column

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

## Your Ageless Wellness Part 2: The Words We Speak... and the Worlds They Shape



Perhaps even more important than physical-strength training, cardiovascular training, or even learning better nutritional habits, is the retraining of your mind. The way we think, the way we speak, and how we speak create our environment every single minute of every single day. Have you ever heard something so often you started saying it to yourself—even if it wasn't really true for you? Here are some examples:

- I'm too old for that.
- I could never do that.
- Oh, I'm just falling apart.
- It must be nice to have energy like that!

These aren't just passing phrases—they're scripts! Scripts that have been handled, memorized, and repeated so many times they've become real—not because they're true, but because we've spoken them into being.

### A Flute and a Lesson in Limitation

I make and play Native American

flutes. They look intricate, but the truth is—they're remarkably easy to play. Often, people come up to me and say, "That sounds so beautiful. I wish I could play something like that." I smile and tell them, "You can." Then comes the familiar reply: *Oh, I could never play. I have no musical talent.* They haven't even tried, yet they've already cast the spell—I **can't**.

I hand them the flute. Some won't even lift it to their lips. The fear isn't about the flute—it's about failing, about looking foolish, and about breaking the belief they've repeated to themselves so many times that it's become part of who they think they are.

### The Spells We Don't Know We're Casting

Words are more than sound. They're energy. They're programs. They're spells and we cast them daily:

- I'm sick of this.
- This is killing me.
- I can't stand it anymore.
- This pain is ruining my life.
- I just can't catch a break.

Sometimes we're being expressive, but often we're being repetitive—and repetition is how beliefs are installed. What we say often, we start to believe. What we believe, we reinforce. What we reinforce... we live out.

Even talking constantly about our ailments—recounting them, labeling

them, identifying with them—can reinforce the dis-ease we say we want to heal.

### Words Have Layers—and Power

Take the word "spell." It has various definitions: A form of enchantment, a way to form words (to "spell" something), or a stretch of time (a "dry spell" or a "cold spell"). Interesting, isn't it? We spell words. We cast spells with

the words we speak. And those spells create seasons of life.

Now **please**, don't kid yourself into thinking, "Oh, it's just an expression. It doesn't mean anything. It's just words."

If you believe in a benevolent Creator who spoke this world into being, who created through the Word, sounds and intention, and if you believe we are made in the image of that Creator... Then doesn't it stand to reason that we are also creating with our words? Not metaphorically—literally!

We create the tone of our days, the shape of our self-image, the reality of our relationships—all by what we say and how often we say it.

### A Gentle Invitation

So, here's something simple to try: At the end of each day, ask yourself: *What did I say about myself today? Did I use words to build me... or to break me?*

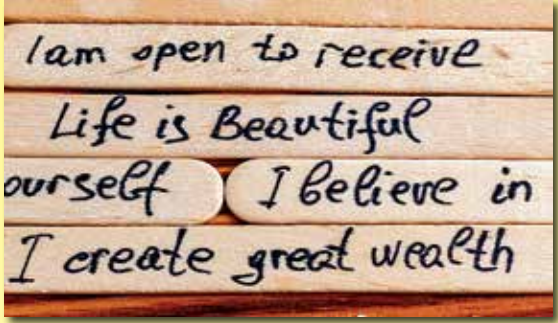
Then ask: *What words could I try tomorrow that speak of possibility instead of limitation? This isn't about being positive all the time. It's about being **conscious**.* Because

words don't just describe reality—they shape it.

**Speak gently to yourself. Speak with intention. And speak like someone whose story is still being written—because it is.**

And if you ever want to try that flute... I'll be here!

For more information about wellness, building community, and movement at The Hub, stop by and visit Garrick Fulmer-Faust, CPT, Executive Director of The Hub at the Park County Senior Center, 206 South Main Street, in Livingston, MT, or call 406-333-2276. You can reach him by email at [garrick@parkcountyseniorcenter.org](mailto:garrick@parkcountyseniorcenter.org).






### WE'VE GOT SOMETHING FOR EVERYONE!

You've got questions, we've got answers!

Open Mon-Thurs 9-6,  
Fri 10-6  
406-222-2712  
1014 W. Park St. #6,  
Livingston

- ✓ Electronics
- ✓ Arts & Crafts supplies
- ✓ Watch batteries installed
- ✓ Office supplies
- ✓ Toys
- ✓ Computer repairs/upgrades
- ✓ House calls



### Natural Life News!


Subscribers Can Download or Print the Complete Issue Online.

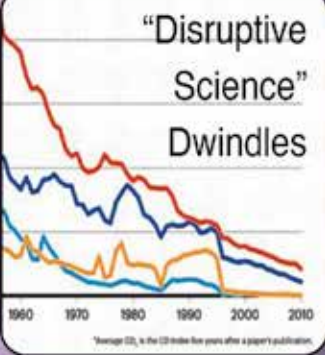
It's full of links for deeper digging...

### Highlights from Our Mar.-Apr. '25 Issue

#### Sun-Kissed, Heaven-Sent CITRUS PEELS Delicious & Versatile

A Farewell Tribute to Marlenea La Shomb






#### The FDA's War on Amerca's HEALTH

Belligerently suppressing natural treatments while railroading through unsafe and ineffective drugs...

A Midwestern Doctor  
"The Forgotten Side of Medicine"

### Subscribe at NaturalLifeNews.com

## It's FREE!



Go to Home Page

### Meals for April 21st - 25th

**Monday, April 21st** - Chicken alfredo, breadstick, green beans, applesauce, milk

**Tues., April 22nd** - Ham & bean soup, cornbread, pears, milk

**Wed., April 23rd** - Meatloaf, potatoes, gravy, carrots, cake, peaches, milk

**Thurs., April 24th** - Sweet & sour chicken over rice, eggroll, pineapple, milk

**Friday, April 25th** - Fish fillet, coleslaw, fries, tartar sauce, cake, oranges, milk



206 S Main St  
Livingston, MT 59047  
406-333-2490

Check us out on Facebook  
Livingston Meals on Wheels

Lunch served cafeteria style  
Serving food until 12:15 pm

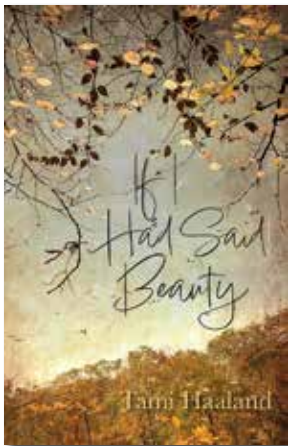
SUGGESTED DONATION \$6 PER MEAL IF OVER AGE OF 60  
NO MEMBERSHIP NEEDED  
\$8.50 if under 60  
Salad bar included in meal price  
If you would like a to-go meal please call before 9am



# Elk River Books Celebrates Independent Bookstore Day

Livingston's Elk River Books is excited to celebrate the 12th annual Independent Bookstore Day on Saturday, April 26th, with in-store specials, refreshments and book signings by poet Tami Haaland and children's author Megan Hollingsworth. The celebration lasts all day from 10 am to 5 pm, with the book signings happening from 2 to 5 pm.

Tami Haaland's fourth collection of poems is *If I Had Said Beauty*. It



explores the possible narratives and distant origins of what lies behind a sense of self—including recent and ancient DNA, recessive and dominant traits, mitochondrial underpinnings, and an intricate microbiome. Luminous and spare, the poems seek to unravel and speculate, document and lament what happens in a life and what might have been.

Haaland is a former Montana poet laureate and a recipient of an Artist Innovation Award from Montana Arts

Council as well as a Montana Governor's Humanities Award.

Megan Hollingsworth is the author of *Frog Song*, an educational book for readers ages 9 and up that leads with an interspecies love poem inspired by "Toughie," the last known living Rabbs' fringe-limbed treefrog. With Toughie's true story, resources for further learning, conservation homework suggestions and a section on big picture continuation, *Frog Song* supports imagination put to practical action for everyone's benefit.

Hollingsworth is currently an East West Psychology doctoral student at California Institute of Integral Studies. She is deeply influenced by her Quaker upbringing, Engaged Buddhism, and faith in essential goodness.



Independent Bookstore Day (Indie Bookstore Day) was established in 2013 to promote, celebrate, and highlight the value of the independent bookstore community. The day has been observed on the last Saturday of April every year since 2013. This year there are over 1,200 stores participating across the country.

Elk River Books is located at 122 S. 2nd St. As Montana's only members of the Antiquarian Booksellers Association of America, they provide a finely curated selection of new, used and antiquarian books, plus maps, cards, ephemera and book-related gifts. For more information, send an email to [info@elkriverbooks.com](mailto:info@elkriverbooks.com) or call (406) 333-2330.

## Turning 65?

You already know Medicare can be confusing  
we can help answer all your questions

Free Consultation - call for details

Call us today to get started  
**406-222-6931**

**Quesenberry**  
Insurance Agency

www.quesenberryagency.com  
info@quesenberryagency.com

1313 W Park #9 • Livingston

Humana MOUNTAIN WEST wellcare aetna

## The Office Livingston

**LIVE MUSIC**  
8:00-11:00  
**MEYER'D DOWN**  
HWY 89  
**CINDY HICKS**

**STORE SALE**  
10%  
OFF ALL  
**WILLIE'S & BRONKENS**  
ALL DAY LONG

**GRAND REOPENING**

May | **2** | 2025

128 South Main Street

**LOBBY TASTINGS**  
4:30-7:30  
**BRONKENS & WILLIE'S**

[www.officeloungeandliquor.com](http://www.officeloungeandliquor.com)

**NEW MENU ITEMS & A BRAND NEW LOOK**

## ROCKY MOUNTAIN DESIGN INTERIORS



FURNITURE • RECLINERS  
ACCESSORIES

[www.rockymountainindesign.com](http://www.rockymountainindesign.com)  
M-F 9-5, SAT. 12-4  
601 W. PARK ST. • 406-222-6292

## FREE CONCERT

AMERICA'S BIG BAND

# JAZZ

AMBASSADORS

**APRIL 29 • 7 PM**

Park High School Gymnasium  
LIVINGSTON, MONTANA

TICKETS  
[ARMYFIELDBAND.COM/TICKETS](http://ARMYFIELDBAND.COM/TICKETS)

301-677-6586

U.S. ARMY



# Lower Your Grocery Bills!

by Jill-Ann Ouellette

We all can see the effects of inflation right now—it's especially noticeable at the grocery-store checkout. Food prices are up about 12% from last year and certain categories are up even more, according to Healthline.com. The most significant price increases are on the staples like eggs, beef, and milk. These dollars add up, even for the savviest shopper and coupon clipper. That 12% increase means if your monthly food budget is typically \$500, it's now stretched to \$560. There are ways you can spend less on groceries and still put healthy, nutritious meals on the table. Try some of these tips to cut back on costs at the grocery store...



## 1. Make a Plan and a List

Planning helps save you money for several reasons. Making a grocery list helps you avoid those return trips for a few missed items, which can lead to buying additional items, including those tempting impulse buys.

Having a list means you're more likely to use what you buy. Knowing what you already have on hand helps cut back on costs. The American Journal of Agricultural Economics estimate that, on average, households throw away about 30% of the food they buy. Ouch!

Making a dinner plan (plus a few lunches and breakfasts) for the week helps you cook more at home and pass up takeout or more expensive options on busy days, not to mention your meals are healthier when you cook. It's also a good idea to plan on using your leftovers. Having a few simple recipes written down and then shopping for those ingredients is a great strategy to help you save money.

## 2. Be Picky with Produce

I always advocate eating more fresh fruits and vegetables. Those foods may seem expensive, but there are ways to stretch your dollar and still get your fill of nutritious produce and they are great for snacking healthy.

Choosing frozen, canned, or dried fruits and vegetables is a great way to save money and still get those vitamins, minerals, fiber and antioxidants. This is

ideal for smaller households. Always check ingredients to avoid added preservatives, sugars and salt.

Consider swapping out a more expensive fruit or vegetable with the cheaper option. Buy cabbage and make a slaw instead of mixed greens for a salad. Use onions instead of shallots in a soup recipe, or try frozen berries instead of fresh fruit in a smoothie.

Make sure you actually eat what you buy! Use up your delicate produce first, so you don't end up throwing it away. Staying on top of the contents in your refrigerator is another reason why frozen and canned produce are great staples. Try freezing produce or adding anything that's about to go bad to soups, fried rice, or eggs. I practice this regularly and generally find new and fun ways to surprise my husband.

## 3. Search for Sales

Some of us are already adept at using coupons. Take the time to review the weekly flyers on store websites. My strategy is to look at what's on sale first, then figure out how those foods can fit into my meal plan for the week. While shopping keep an eye out for in-store discounts and specials. Combine these with coupons, and you can save quite a bit.

If you shop online using a grocery delivery or pickup service, try adding virtual coupons to your order or filtering products by what's on sale. If you shop at Albertson's, get into their rewards program, you can opt for their Fresh Pass program for a small monthly fee and save even bigger. On the first Thursday of the month, Albertson's has an additional 10% off for seniors. They also have a discontinued section in the back of the store on the way to the restrooms.

## 4. Check Unit Prices

If you don't know what a unit price tag is, you should! It's located on the shelf next to the product and allows you to better compare sizes and different brands by weight. It might make sense to buy a bigger box of cereal, which will cost more at the time, but it will last longer and is going to be cheaper per pound than the smaller box. Unit prices generally show that the smaller the box, the larger the unit cost.

## 5. Rethink Your Protein

Protein-rich foods, like meat, poultry and seafood, tend to be more expensive, but there are ways to save without always giving up the meat. It's true that many plant-based proteins, like beans and tofu

are cheaper than meat. Trying meatless options like bean burritos, cheese ravioli, tofu lasagna, veggie frittata, or peanut sesame noodles for one or two dinners a week can help you save money.

Choosing the less expensive cuts of meat will help. Picking ground meats, top round steaks, or chicken thighs (vs. breasts) are ways to cut costs. You can also stretch your meat budget by using it with meals like stir-frys or casseroles. Since protein is pricey, if you have the freezer space, it makes sense to stock up when it's on sale.

## 6. Know What Expiration Dates Mean

My Aunt Marge, who grew up during the Great Depression, almost never threw away food (not to mention a few other household items). Sometimes, food does grow mold or turn rancid—and then, of course, discard it! But the dates you see on food packages often represent quality standards, not safety.

Other than infant formula, which does have a safety date, foods are listed with "best if used by," "sell-by," "use-by," or "freeze-by" dates, which indicate freshness and quality, per the USDA. Check those dates, both at the store to ensure the timely use of the product, and at home to be sure it's still good.

## 7. Shop Your Pantry and Freezer

Sometimes when it seems like there isn't anything to eat in the house, there is! Turning to what you already have before you make a shopping list can help you save money. It takes a little more effort—maybe you're not sure what to make with that box of pasta or you've had a bag of broccoli languishing in your freezer—but using these building blocks to tackle a meal will keep those costs down.



## 8. Buy in Bulk

Buying more of everything isn't always the smartest choice, but it often makes sense. It means you're spending more money upfront but less in the long run. Big-box stores like Costco offer great deals on groceries, but not if it ends up in the trash before you can use it all. And you'll need the extra space to store it at home.

## 9. Rethinking "Convenience"

It's true that we often pay a premium for convenience—think pre-cut produce or sauces that are already made and ready to use—but sometimes, those convenience items pay off and it means you're eating a home-cooked meal instead of getting takeout or letting items in your fridge go to waste.

There are times we could use a little help putting dinner on the table quickly, so choose your convenience wisely and make sure you are getting what you pay for. Sometimes the cost of pre-chopped veggies or a jarred sauce is not that much more expensive. Be mindful of the prices and know that you can find convenience without paying more by buying items like frozen vegetables.

While we, as individuals, can't stop inflation, we can choose to spend more wisely and implement some of these options to reduce the effect on our household budgets.

Recipe by  
Carla Williams

## RECIPE CORNER

### Cream Puff Cake

#### Ingredients

##### For the Pastry Base:

- 1 cup water
- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 4 large eggs
- For the Cream Filling:
  - 1 (8 oz) block cream cheese, softened
  - 1 (3.4 oz) box instant vanilla pudding mix
  - 1 1/2 cups cold milk
  - 1 1/2 cups heavy whipping cream
  - 1/4 cup powdered sugar
  - 1 teaspoon vanilla extract

##### For Topping:

- Powdered sugar (for dusting)
- 1/2 cup chocolate chips
- 2 tablespoons heavy cream

##### Directions:

- Preheat oven to 400°F (200°C). Grease a 9x13-inch baking dish.
- In a saucepan, bring water and butter to a boil. Remove from heat and stir in flour until mixture forms a ball.
- Beat in eggs one at a time, mixing well after each addition until smooth.
- Spread batter evenly in the prepared pan and bake for 25–30 minutes, or until puffed and golden. Let cool completely.
- For the filling, beat cream cheese



Photo Credit: thebestcakerecipes.com

- until smooth. In a separate bowl, whisk together pudding mix and milk, then mix with cream cheese until well combined.
- In another bowl, whip heavy cream, powdered sugar, and vanilla until stiff peaks form. Fold into cream cheese-pudding mixture.
- Slice pastry in half horizontally or use two batches. Spread filling evenly between the layers.
- Melt chocolate chips with heavy cream until smooth. Drizzle over the top layer.
- Dust with powdered sugar and chill for at least 1 hour before serving

##### Tips:

- Use a serrated knife to cut through the puff layers cleanly.
- Chill well before serving for the best texture and cleanest layers.



## New Product

Call Of The Wild  
Donkey Rusty W5511.  
A 28 3/4" x 43 3/4"  
panel. A Hoffman  
Fabrics digital panel.

Stop by and see all  
our new products  
now in stock!

www.thimbelinasquiltshop.com



Fabrics - Quilts - Sewing - More!







### 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 19 - MONTHLY MEETING** - The Park County Branch of the American Association of University Women (AAUW) will hold its next meeting at 9 am at WarmStone

Fireplaces and Design at 116 B St. in Livingston. Current members and interested community members are invited to attend.

**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 23 - CANDIDATES FORUM:** Park County American Association of University Women (AAUW) is sponsoring a School Board Candidates Forum from 6-7:30 pm in the Community Room of the City-County Building (414 East Callender St.). The four candidates have been invited to participate. The public will have the opportunity to ask questions.

**April 25 & 26 - FOOTLOOSE** - Gardiner school presents Footloose the Musical, youth edition, at the Gardiner School Auditorium, 510 Stone Street, starting at 7 pm. Ticket sales will be at the door and the cost is \$5 per person. There will also be a bake sale during intermission.

**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 runnersignup.com (search for LEF 4 for 4). There will be prizes for top placing runners and raffles will be held post race.

**April 29 - JAZZ AMBASSADORS** - America's Big Band Jazz Ambassadors will perform a free concert at Park High School Gymnasium, 102 View Vista Drive, starting at 7 pm.

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.

**May 1 - TAIJI CLASS** with Raphael at The Shane Center located at 415 E. Lewis St. from 6 to 8 pm. Learn about the current of life and techniques for Standing for Health. The cost is \$35, bring a friend and you each pay \$25.

**May 2 - GRAND REOPENING** - The Office Lounge and Liquor Store will be hosting a Grand Reopening at 128 South Main with brand new menu items and a brand new look! Lobby tastings from 4:30 - 7:30 pm with Bronkens & Willie's, storewide sale, live music starting at 8 pm with Meyer'd Down, Hwy 89 and Cindy Hicks.

**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.

**May 7 - PRUNING FRUIT TREES & SHRUBS**, Sarah Eilers from MSU will be at Paradise Permaculture Institute (16 Willow Bend Ln, Livingston) from 3:30 to 5:30 pm. Pruning our fruit trees and shrubs allows us to manage growth habits, improve yield, and prevent plant disease. Join us for some hands-on learning at PPI.

What do you call a  
Mediaeval Spy?

Sir Velliance



CASINO~LIQUOR STORE~ LOUNGE



218 SOUTH MAIN STREET LIVINGSTON MT

SHANE LALANI CENTER FOR THE ARTS  
TEEN THEATRE PRESENTS

# GREASE

The Musical

Book, Music, and Lyrics by  
Jim Jacobs & Warren Casey

presented by arrangement  
with Concord Theatricals

**May 2 - 18**

Fridays & Saturdays at 7:30pm  
Sundays at 3pm

Special 'Pay What You Will' Show Thursday, May 15 at 7:30pm

sponsored by

Skyy Livingston HealthCare  
Billings Clinic Affiliate

DON & MARILYN MURDOCK

YELLOWSTONE Valley Lodge & Grill

THE SHANE CENTER 415 EAST LEWIS ST, LIVINGSTON  
SHANE LALANI CENTER FOR THE ARTS 406-222-1420 • [theshanecenter.org](http://theshanecenter.org)



# BREAK time

## Montana Fun Facts!

Montana has the **largest variety of mammals** in the **United States**. Some of these animals are elk, bison (the largest land mammal in North America), **grizzly bears** and buffaloes.

Montana has a **large population of grizzly bears**. This is probably why the grizzly bear is **the state animal of Montana**. An estimated 1800 **grizzly bears** are thought to be alive today and roaming the terrain of the state.

**The only state with more grizzly bears than Montana is Alaska**. Only 10 percent of grizzlies living in the northern Rocky Mountain region die of natural causes; the rest are killed by humans, either deliberately or accidentally. The grizzly became Montana's state animal in 1982 when 52,000 school children voted on the issue.

### ACROSS

- 1. Glide downhill
- 4. Group of whales
- 7. Aquatic plant
- 11. Indira's robe
- 15. Brought home a trophy
- 16. Ms. Miranda
- 17. Put out the first card
- 18. Disregard
- 19. Enjoy a picnic
- 20. Catch sight of
- 21. Creche figures
- 22. Fortune's partner
- 23. Opt
- 25. Wallow
- 27. One or the other
- 29. Young salmon
- 30. Dry, as wine
- 31. Inner \_\_\_\_\_
- 32. Kind of bran
- 34. Engage gears
- 37. Ruler division
- 40. Liable
- 42. Surplus
- 44. Line of seats
- 46. Kitchen aid

- 48. Gone
- 49. "I Remember \_\_\_\_\_"
- 50. Fully developed
- 51. Funnel-shaped flower
- 53. President's \_\_\_\_\_ Office
- 54. Laboratory gel
- 55. Black, to poets
- 56. Silo function
- 58. Greek letter
- 59. Florida fruit
- 61. Outraged
- 62. Waste allowance
- 64. MTV viewer
- 65. Kimono closer
- 66. "Saturday Night \_\_\_\_\_"
- 68. Small bus
- 70. Very short time: abbr.
- 74. Console
- 77. Eye woe
- 79. Contour feather
- 80. Plunk
- 81. Portal
- 83. It comes after pi
- 85. Like Kramer

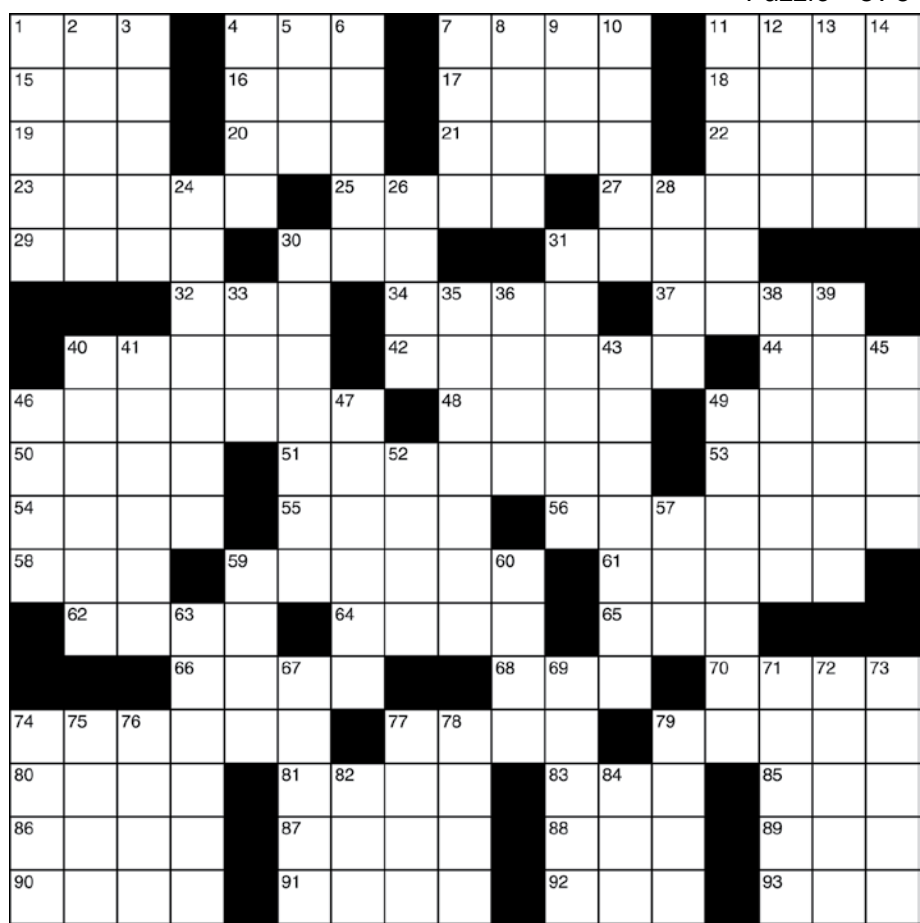
- 86. Pretension
- 87. Nerve-cell part
- 88. Item always charged
- 89. "\_\_\_\_\_ House" (song)
- 90. Stem joint
- 91. Salamander
- 92. Lamb's mommy
- 93. Cee's follower

### DOWN

- 1. Whisk
- 2. Australian animal
- 3. Bury
- 4. Essence
- 5. What bit Cleopatra
- 6. Perhaps
- 7. Donations
- 8. Pipe problem
- 9. Certain order
- 10. Good-bye
- 11. Make less hard
- 12. Far East nanny
- 13. Hoarfrost
- 14. Road for Cato
- 24. Singer
- 26. High point

# CROSSWORD

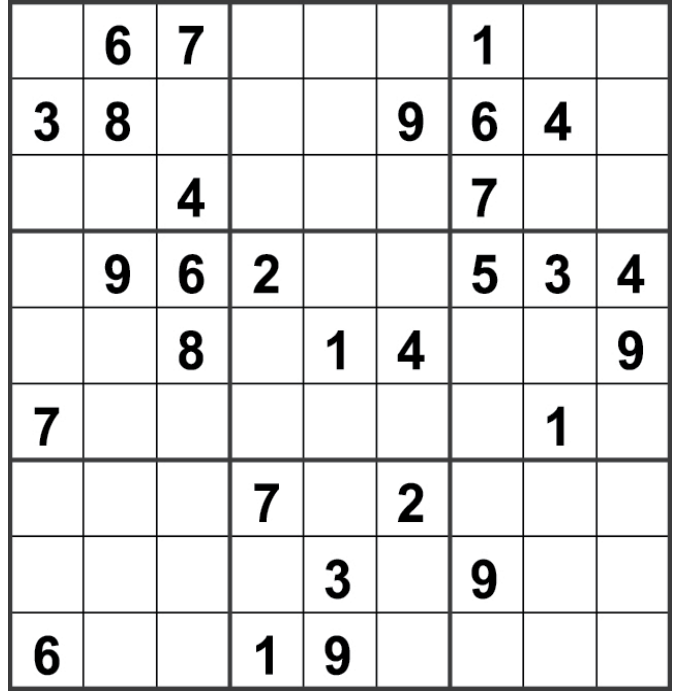
Puzzle #395



- 28. Marsh bird
- 30. More expensive
- 31. Essay subject
- 33. "Bonnie \_\_\_\_\_ Clyde"
- 35. Erase
- 36. Examine
- 38. Necktie
- 39. Respect
- 40. Dilemma
- 41. Fix
- 43. Post
- 45. Fabric weave
- 46. Bric-a-\_\_\_\_\_
- 47. Partial return of a payment
- 49. Glacial deposit
- 52. Sound
- 57. Celestial body
- 59. Of the ear
- 60. Jealousy
- 63. Pass by
- 67. Certain diet adherent
- 69. Hawk's home
- 71. Headband
- 72. Assume
- 73. Framework
- 74. Extend
- 75. Meat stew
- 76. Feudal title
- 77. Pack
- 78. Camper's shelter
- 79. Cornmeal cake
- 82. Dismiss
- 84. Reporter's question

# Kidzone

Puzzle #130



Sudoku - #129

## SOLUTIONS

Crossword - #394

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

HAS	LAVE	HONK	DEN
INN	ORCA	AREA	ERE
PEA	BERG	PIER	EGO
PARROT	LOPE	MASON	
ORLE	ELEMENTAL		
	RISE	ANTI	ISM
SCAD	ASH	DETAIL	
OPINE	DEAD	PAN	FLU
URN	AYER	OLLA	ALL
CEE	TENABLE	MOREL	
HAMMER	OLD	EXIT	
DAY	SPIN	GALE	
	TREASURER	YELP	
CACHE	LOSE	CLEVER	
AWE	TRAM	BETA	OVA
SAD	RETE	EMIR	KEN
EYE	OVER	LUCK	ELK



# Want to STAND OUT in print?

Our advertising specialists know how to

# MAKE YOU SHINE!

Contact Denise today to sponsor this page or reserve your spot in the Community Journal! 406-396-1497





# CLASSIFIEDS

## LEGAL NOTICE

The Park County Commission will hold a **public hearing** on **Tuesday, May 13, 2025, at 9 am** in the Community Room of the Livingston/Park County Courthouse Complex, to review and take public comment on the **updated Park County Floodplain Hazard Management Regulations**.

These updates are based on requirements set forth by the Federal Emergency Management Agency (FEMA) under the National Flood Insurance Program (NFIP). Park County is required to adopt regulations that meet or exceed the NFIP's minimum standards to maintain eligibility in the program. Public participation is encouraged via written comment prior to the hearing or written or oral comments at the hearing.

For more information or to view the proposed regulations, please go to [www.parkcounty.org/Government-Departments/Planning/](http://www.parkcounty.org/Government-Departments/Planning/) or contact the Park County Planning Department at [planning@park-county.org](mailto:planning@park-county.org) or 406-222-4102.

## 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 [cself@arrowheadk8.org](mailto:cself@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](http://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](http://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.
- b. Communicate regularly with school administration, athletic director, families, the public, and players.
- c. Participate in parent meetings, senior night, and awards ceremonies.
- d. Have an understanding of the game of basketball and a good working relationship with athletes.
- e. Maintain the values of the Bruin athletic program.

f. Must complete the state required coaching classes: MHSA 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)

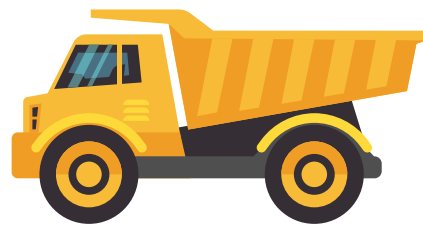


# Ted's Asphalt



## Paving - Seal Coating - Dirt Work

## Parking Lots - Driveways - Roads



Ted: (406) 922-9223

[teds406@icloud.com](mailto:teds406@icloud.com)

23 West Main Belgrade, MT 59714





# Landmark REAL ESTATE

Your Local Real Estate Market Experts

## FEATURED LISTINGS

ERALivingston.com | 406.222.8700



### 1320 Wineglass Lane

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

Baylor & Carolina Carter | 406-223-7903



### 17 Evergreen Lane

Multi-Family | 5+ Units  
#400436 | \$1,495,000

Swanson Team | 406-220-2045



### 305 Lathrop Street W

2 bed 2 bath | 996 sq ft  
#399947 | \$429,000

Jessie Sarrazin | 406-223-5881



### 301 5th Street W

1 bed 1 bath | 744 sq ft  
#399958 | \$299,000

Tammy Berendts | 406-220-0159



### NHN High Ground Ave

Land Listing | 0.33 acres  
#395419 | \$200,000

Julie Kennedy | 406-223-7753



### 619 N 12th Street

Multi-Family | Duplex  
#398691 | \$685,000

Ernie Meador | 406-220-0231



### 1112 Pritchard NW

3 beds 1 bath | 1,104 sq ft  
#397220 | \$179,000

Rachel Moore | 406-794-4971



### TBD E Lewis Street

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

Swanson Team | 406-220-2045



### 102 Elliot Street S

Commercial Sale | 5,676 sq ft  
#397924 | \$1,500,000

Tammy Berendts | 406-220-0159



### 320 S C Street

1 bed 1 bath | 440 sq ft  
#385422 | \$225,000

Ernie Meador | 406-220-0231



### 107 S Main Street

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

Ernie Meador | 406-220-0231



### 98 Miller Drive

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

Tom Gierhan | 406-220-0229



### 28 W Grannis

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

Julie Kennedy | 406-223-7753



### 49 Two Dot Highway

2 beds 1 bath | 1,160 sq ft  
#389858 | \$300,000

Rachel Moore | 406-794-4971



### 7 Aquila Lane

Land Listing | 2+ acres  
#394836 | \$249,000

Deb Kelly | 406-220-0801



### 401 S Main Street

Commercial Sale 10,375 sq ft  
#384182 | \$2,200,000

Ernie Meador | 406-220-0231

## Meet the Team...

I am a Montana girl born and raised. I grew up on a family ranch in Two Dot that has been in our family since 1873. The rugged beauty of Montana has always been a part of my life, instilling a deep

appreciation for its open spaces and the allure of a small town.

I enjoy exploring new places, trying new things, sports of any kind, DIY projects, cooking, and most

### Rachel Moore

Sales Associate

406-794-4971

rachelmoore@eralivingston.com

importantly, Christmas.

No matter what I'm doing or where I'm going, chances are my trusty pups are right by my side.



# REALTORS® in Livingston, Bozeman, Big Sky & Ennis

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

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



# Bears Are Waking Up—Be Bear Aware

<https://www.nps.gov/yell/planyourvisit/safety>

All of Yellowstone is bear country, from the trails in the park's backcountry to the boardwalks and parking lots around Old Faithful (as well as Park County). Your safety cannot be guaranteed, but you can play an active role in protecting yourself and the bears that people come here to enjoy. We are locals (along with the bears)—who need to know these things to share with visitors to our region.

- Give bears space. Keep at least 100 yards (93 meters) from bears at all times and never approach a bear to take a photo.
- Carry bear spray and know how to use it.

We recommend each person carry one can of bear spray in a readily accessible location like a quick-draw holster (not stowed away in your backpack).

- Hike in groups and make noise. Since 1970, 91% of the people injured by bears in Yellowstone were hiking alone or with only one hiking partner. Only 9% of the people injured by bears were in groups of three or more people. While hiking on a trail, periodically yell "Hey bear!" to alert bears of your presence.
- Respect closures. Observe all closures and restrictions in active bear management areas.

- Never feed bears. Bears that become dependent on human food may become aggressive toward people and will be killed.
- Stay with your stuff. Do not leave packs or bags containing food unattended, even for a few minutes, as bears learn new food sources quickly.
- If a bear approaches or touches your car, honk your horn and drive away. We should discourage this behavior for the bears' safety and yours. If you're involved in a conflict with a bear, regardless of how minor, If cell service is avail-



able, dial 911 which will put you in touch with the Yellowstone National Park ranger station or Montana Fish, Wildlife & Parks as soon as possible. The lives of other people, and the bear, may depend on it.

## Independent Bookstores Day Celebrates its 12th Anniversary Annual Indie Bookstore Event Celebrated on April 26, 2025

Wheatgrass Books is happy to announce our participation in the 12th Anniversary of Independent Bookstore Day!

This year, Wheatgrass Books will celebrate Independent Bookstore Day with a special visit from renowned wolf biologist Rick McIntyre, who will be signing books from 11 am to 2 pm at 120 N. Main Street. Jane Goodall calls McIntyre "the ultimate guru of wolf behavior." Joining the event is Yellowstone naturalist and guide Ashea Mills, adding her expertise on the region's wildlife and ecosystem.

### About Rick McIntyre

Rick McIntyre is the acclaimed author of the award-winning *Alpha Wolves of Yellowstone* series for adults and the *Chronicles of the Yellowstone Wolves* series for children (co-authored with David A. Poulsen). Recognized internationally as one of the foremost experts on wild wolf behavior, McIntyre's insights and storytelling have been featured on *This American Life*, in *The Washington Post*, *The Wall Street Journal*, and many other media outlets. His books are currently being adapted for a feature film with

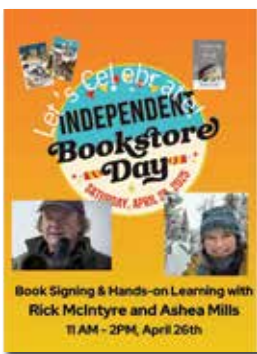
Stampede Ventures.

A retired National Park ranger, McIntyre has spent over forty years observing wolves in America's national parks—twenty-five of those in Yellowstone—where he has logged more than 100,000 wolf sightings. He played a key role in the Yellowstone Wolf Reintroduction Project and has dedicated his career to educating the public about the park's wolves. He lives in Silver Gate, Montana.

*The Chronicles of the Yellowstone Wolves* series brings McIntyre's vast knowledge to a younger audience, making the captivating lives of Yellowstone's wolves accessible to new generations of readers. Filled with scientifically accurate information and compelling storytelling, the series introduces young readers to the drama, intrigue, and wonder of the wolves' world.

### About Ashea Mills

Ashea has spent 30 years exploring and sharing the Greater Yellowstone Ecosystem, helping people connect to a wild landscape and



to themselves. She has worked as a naturalist/guide for all ages and interests in Yellowstone including children's programming, driving over-the-snow vehicles, skiing and hiking deep into the backcountry, geyser gazing, road-based wildlife watching, and virtual touring with people around the world.

Ashea is well-versed in Yellowstone's extraordinary geology, flora, fauna, history and politics. These days find her running her own small, educational guiding company, Walking Shadow Ecology Tours of Yellowstone, and exploring the ecosystem with her family from their home on the northern edge of Yellowstone.

For Independent Bookstore Day, Ashea Mills will be sharing stories, skulls and pelts from our local wildlife to understand how they survive in Yellowstone. Learn about predator/prey relation-

ships with a chance for hand-on learning. Fun for all ages!

### A Celebration of Independent Bookstores

"Independent Bookstore Day is one of our favorite days—it's a time to celebrate both our beloved authors and our loyal customers," says Lisa Snow, owner of Wheatgrass Books. "We've been proud to participate for the past five years and look forward to many more. Indie Bookstore Day is our way of saying thank you to our wonderful community."

Established in 2013, Independent Bookstore Day highlights the vital role independent bookstores play in their communities. Celebrated annually on the last Saturday in April, the event brings together more than 1,200 bookstores across the country. Organized by the American Booksellers Association, this nationwide celebration champions independent booksellers and fosters a love of reading.

Join us for this special day at Wheatgrass Books, meet Rick McIntyre and Ashea Mills, and immerse yourself in the wild world of Yellowstone's wolves!

★★★★★

**Dan Neill**  
Nationally Board Certified  
Hearing Instrument Specialist  
30+ Years Experience  
Fitting Hearing Aids

**Margaret Radtke**  
Office Manager  
Hearing Aid Wearer  
for 40+ Years

☒ **Highest Quality Products!**

☒ **Experience!**

☒ **Service!**

☒ **Great Savings!**

☒ **And We're Local!**

☒ **Hearing Care Done Right!**

**BATTERIES**  
Buy 1 Pack - Get 1 Pack  
**FREE**  
Limit 2 per customer with coupon.

**HEARING AID WEARERS**  
FREE 10-Point  
Cleaning and  
Check-Up on your  
Hearing Aids!  
Limit 1 per customer with coupon.

**FREE No Obligation HEARING EXAM\***

Authorized Hearing Aid Dealer for:  
**Unitron, Phonak, Starkey, Signia & Oticon**

**CALL OR STOP BY TODAY! OPEN { Monday-Friday 9 a.m.-5 p.m. }**

**BEAR HEARING Solutions**

615 West Park Street • Livingston  
**406-333-2547**  
BearHearing.com

Most Insurance Plans Honored

We Accept:

\*Some restrictions may apply. The free hearing exams are for the purpose of gaining information for hearing aid candidacy.

**THE FRIEND**

**A MINECRAFT MOVIE**

**PRETTY IN PINK**

**SHOWTIMES**

**THE FRIEND**  
Friday, April 18th -  
Thursday, April 24th  
4:15 pm and 7:15 pm  
EXCEPT Thursday 4/24  
4:15 pm ONLY

**A MINECRAFT MOVIE**  
Friday, April 18th -  
Thursday, April 24th  
4:30 pm & 7 pm

**PRETTY IN PINK**  
Thursday  
April 24th ONLY  
7 pm

**106 North 2nd Street  
Livingston, MT  
406-222-0111  
livingstonmovies.com**