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Week of April 27, 2025

New Gallery and Tattoo Parlor Opening May 2nd

Aspen Lane, a community art gallery and hand-poke tattoo parlor, will host its grand opening on Friday, May 2nd from 4 to 7 pm. The event will feature other nearby businesses, including Studio49,



Tony Crowder
Managing Editor

Kitship, and Atelier Absorka. The parlor and studio are located at 106 East Lewis Street, adjacent to the Pickle Barrel.

The new business will showcase a variety of projects by local artists and includes a hand-poke tattoo parlor, each of which are owned and operated by Kaycee Kalahar, a Midwesterner from Dubuque, Iowa who relocated to Montana in 2009.

A lifelong creator, Kalahar began

pursuing her artistry in 2013 following a brief stint in corporate America. Through her first business, Folk Elements, she focused on mixed media, a method involving the amalgamation of natural elements—wood, clay, metal and the like—using fire yet guided by spirit. Since 2016, she's practiced professionally across several mediums, attending fine art shows and participating in international online art auctions.

Her work reflects a deep relationship with nature as an extension of her family heritage—northern Scandinavian, Celtic and Lakota Sioux—something she wishes to honor and share with others, producing artwork that attempts to interweave those worlds and accentuate cross-cultural similarities by employing universal themes like spirituality and connectedness. This, she explains, requires a great deal of integrity and

intentionality channeled through ceremony and devotion to refining her work within each medium.

This dedication to intentionality and ceremony, for Kalahar, culminated in hand-poke tattooing (also known as stick-and-poke), an ancient therapeutic practice used to invoke mindfulness and healing. Hand-poke is an extensive ceremonial process involving incense bathing, meditation, and more, including vibrational drumming used to ascertain tattoo design and placement—often consisting of lines, circles and other simple yet power-



Photo Credit: Jacob Schwarz

ful symbols specific to each individual's spiritual needs. For example, stomach banding has traditionally signified fertility and birth in women.

Tattooing is performed with the highest level of integrity, including adherence to standard sanitation guidelines

[See New Gallery, Page 3](#)

SouleBurger King

The Frelich Corral Burger was crowned champion of the inaugural SouleBurger competition at The Office Livingston.

After a year of mouthwatering matchups and burger brilliance, The Office Livingston is thrilled to announce Chris Frelich as the winner of the very first SouleBurger Competition, with his wildly popular creation, the Frelich Corral Burger, claiming the top spot with a total of 223 votes.

Chris's burger triumphed over fierce competition, edging out Vicky Petry's, Dilly Do Burger and Erin Harris's, Crab Rangoon Burger in the showdown that featured more than 27 unique entries over the past year.

The SouleBurger Competition has been a delicious journey, celebrating creativity, flavor, and local flair. Chris's victory not only secures his place in local burger history, but also earns him bragging rights and a full year of free Soule-Burgers from The Office Livingston.



"We couldn't have asked for a better first competition," said Teresa Soule, owner of The Office. "The community showed up, voted like crazy, and gave us 12 months of incredible, unique burgers. Chris's Frelich Corral Burger really captured the hearts—and appetites—of our customers." Congratulations Chris!

Community Choir Spring Concert

TheParkCountyDugout.
substack.com, 4/17/25
By: Jeff Schlapp

As I sip my coffee, look out my window, and watch the snowfall, I remind myself that today's date is April 17th. And we have snow. More than a dusting has fallen overnight.

Oh Spring, would you please take off your boots and stay awhile.

I'm comforted, though, by a quick reminder that the Livingston Community Choir Spring Concert is just right around the corner. Certainly Spring will want to come out for that.

Our friend Rusty Trzruc dropped us a note that the free concert



Marc Graham will lead his first Spring Concert when the Livingston Community Choir performs on May 4th at Park High in Livingston.

will be on Sunday, May 4th. The community choir has grown in members, so this year's location will be at the Park High School Rec Plex at 3 pm rather than Holbrook Church.

For 34 years the Livingston Community Choir has been performing their Spring concert. Last May, they

[See Spring Concert, Page 2](#)



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Obituaries



April 22, 1945

David Alvin Amunrud

April 18, 2025

David Alvin Amunrud, 79, of Clyde Park, MT, passed away April 18, 2025 at home with his family.

David was born April 22, 1945, in Spring Grove, MN to Alvin and Mina (Hermanson) Amunrud. He moved with his parents to Livingston, MT, in 1959 to be closer to his older siblings.

David met the love of his life, the sassy Becky Beekman, while working at the Clyde Park Conoco. They were married November 18, 1967 at the Clyde Park Methodist Church. They welcomed sons Troy and Derrick to make their family complete.

David wore many hats during his working years, from his time at the Conoco to BN railroad, propane delivery for V1 to working for the Park County Road department. During the RR days, the family moved to Iowa for two years, making cherished memories and lifelong friends. David truly enjoyed his work and made friends, no matter which job he was working. He enjoyed traveling through his work at LRC where he started the engine rebuild shop and power assembly rebuild.

David was a member of the Clyde Park volunteer fire department for over 30 years,

acting as assistant chief under John Milloway. David and John were responsible for bringing the first fire truck to the community.

David had a wide range of interests and hobbies. He especially enjoyed woodworking, remote control (RC) cars and airplanes, playing guitar, camping and spending time with family and friends. He was a member of the RC Airplane club and Crazy Mountain Fliers. David had a strong, unbreakable Christian faith and was proud to have helped build the Clyde Park Bible Church with his good friend and pastor John Milloway. He was also very proud of his Norwegian heritage.

David is survived by his wife of 58 years, Becky; his sons Troy (Anna) Amunrud, Derrick (Brandi) Amunrud; granddaughters, Alaina and Ciara Amunrud, all of Clyde Park; brother, Leigh (Thelma) Norskog of Missoula; sister-in-law, Brenda Shorthill, WA; special cousin, Leroy (Kathy) Amunrud; numerous nieces, nephews, cousins and friends.

He was preceded in death by his parents, father- and mother-in-law, Jake and Irene Beekman; brothers, Merlin (Eleanor) Norskog, Gerald (Gwen)



Norskog, Donald (Dee) Norskog, Odell (Betty) Norskog, Baby Boy Amunrud; sisters, Ann (Roland) Bratland, Nancy (Tom) Barker, Jackie (Bernie) Varberg; brother-in-law, John Shorthill.

There are no services at David's request.

To leave a condolence, please visit www.franzen-davis.com.



Spring Concert

from page 1

put on a sensational performance with a song list that included *Music of the Night*, *Heads Carolina, Tails California* (soloist Amanda Hauer), *Blue Moon*, *The Old Mill*, *Summertime* (soloist Jeannette Waldron), *Disney Movie Showstoppers*, *Down in the Valley*, *Bridge Over Troubled Water*, *Songs by Neil Diamond*, a Piano Solo (*Waterfall*) from Sarah Kirk and a close with *Let There Be Peace On Earth*.

So enjoy the surprise visit (again) from Old Man Winter and just keep reminding yourself of three things: 1. the snow has to melt sometime, 2. the Cubs are still in first place, and 3. the Livingston Community Choir Spring Concert is almost here!

For more photos and great articles, check out TheParkCountyDugout.substack.com.



The Livingston Community Choir poses after performing its Free 2024 Spring Concert in Livingston.

Livingston
community choir

SPRING CONCERT

May 4th at 3pm

Park County High School - Livingston MT

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Holistic Fair Hosted by Livingston Lightworks

If we have learned anything the past five years, it's that we have a choice about our own well-being, health and happiness. With that in mind, Angela Devani and Sarah Taylor, of Livingston LightWorks, invite you to join them at their 7th Holistic Fair where you can meet practitioners and vendors from the local area and learn about alternative health options.

Taking place on Saturday, May 17th, 10 am to 4 pm, at the Park County Fairground Exhibit Hall located at 46 View Vista Drive in Livingston. The Fair will be a combination of a holistic wellness fair and a metaphysical fair. You will meet Energy



and Reiki practitioners, herbalists, astrologers, PEMF, mediums and quantum healers. Many practitioners are offering mini sessions so you can learn more about many modalities. Join them to experience sound therapy, light therapy, Reiki, Tarot & Oracle card readings, bitfield info, iridology and so much more!

Presentations will be offered about a wide variety of holistic health modalities as well.

"We want the community to be aware of the diversity of options beyond the modern Western medical system," states Angela Devani, one of the co-founders of Livingston

LightWorks.

Along with presentations, a wide variety of holistic products will be available for purchase, such as all natural body care products, crystals and crystal jewelry, spiritual artwork, Reiki-infused products, essential oils, herbal teas & tinctures, and so much more.

If you are exploring all natural methods for your health, join us at the fair to meet practitioners from Livingston, Bozeman, Sheridan, Billings, Helena and beyond.



Admission is free and kids are welcome. Gift bags will be given to the first 30 adult attendees.

Baskets with gifts from some of our vendors will be raffled off.

You can learn more about Livingston LightWorks and the Holistic Healing Fair at www.LivingstonLightworks.com.

New Gallery

from page 1

and restrictions on face placement. Some designs may require minimal use of a rotary machine for smooth lining.

"The world needs more intentional inking. The body is sacred. What we invite into it depends on how we mark it," says Kalahar.

Kalahar originally intended to use the space as a maker studio and tattoo parlor. However, considering its size, the remainder will be used to display high-quality, handmade artwork produced by local artists, as well as hosting workshops and pop-up events. The studio will serve as "an eclectic, multi-functional space for artists with little exposure," explains Kalahar, who

further elaborated that many artists are limited to art shows.

Kalahar explained that the studio's name is intended to reflect a sense of community between the artists whose work will be displayed. Each specimen in an aspen grove is linked through an interconnected root system originating from a single tree to form a unified organism. Similarly, each individual member will be celebrated yet integrated through a shared space—an extension of Kalahar's own artistic vision.

Please join Aspen Lane at their upcoming grand opening on May 2nd. For more information regarding residencies and tattooing, please contact Kaycee at aspenlanemt@gmail.com or call 406-224-7337. You may also visit <https://www.instagram.com/aspen.lane.mt/> or <https://www.facebook.com/profile.php?id=61573741443073>.

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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.
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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

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

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I have an oil for that

by Dalonda Rockafellow
doTERRA Wellness Advocate



Gut Health & Essential Oils

Digestive discomfort can throw off your entire day, but you don't have to rely on harsh solutions (AKA over-the-counter products) to find relief. Essential oils and natural supplements offer safe, effective ways to support your digestive system, restore balance and promote long-term health.

When you address digestive issues with natural solutions, you're not just treating the symptoms—you're supporting your body's ability to restore balance and function optimally.

doTERRA offers a wide range of solutions when it comes to your digestive health. Here are some essential oils you'll want in your

arsenal for digestive and intestinal wellness:

DigestZen is a powerful mix of peppermint, ginger, fennel, coriander and anise. These oils work synergistically to create a blend that's not only effective, but also aromatic and flavorful. It is your go-to for bloating, nausea, indigestion and even food poisoning. It takes care of everything from your mouth to your bum. *Try this:* Apply topically to your abdomen or take it internally in water or a capsule for quick relief. Dilute with a carrier oil, such as fractionated coconut oil (FCO), and apply where it hurts.



Peppermint is known for its cooling and soothing properties to ease discomfort. It can help relieve gas, bloating and indigestion. *Try this:* A drop of peppermint diluted in water or a simple inhalation

can work wonders.

Ginger is a natural stomach settler that's perfect for queasiness. Ginger supports digestion and helps with nausea, colic and even morning sickness. *Try this:*

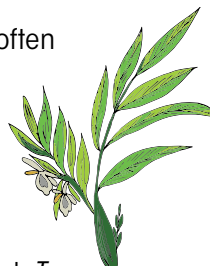
Take it internally or apply it diluted topically to your stomach.



Fennel is perfect for soothing the gut. This essential oil is a natural remedy for constipation, flatulence and other digestive issues. *Try this:*

Add a drop to water or take it in a capsule for digestive ease.

Cardamom is often used in traditional remedies. It supports healthy digestion and reduces bloating and helps to ease stomach discomfort. *Try this:* Use it in water, tea or as a soothing topical application.



DigestZen Softgels are convenient softgels that contain the DigestZen blend in an easy-to-consume form, offering targeted relief when and where you need it most. They are perfect for supporting your digestive system after heavy meals or when traveling. Take your digestive wellness to the next level with these portable, ready-to-take wonders.

Peppermint Oil Softgels

are enteric coated capsules that promote digestive health. Peppermint is high in menthol and has clinically demonstrated its ability to ease and relax the gastrointestinal muscles and calm the stomach and intestinal tract. These are perfect for supporting your digestive system all the way through to your intestines.

TerraZyme Digestive Enzyme Complex is a powerful nutritional supplement that supports healthy digestion. It delivers a blend of digestive enzymes to support your normal digestive abilities which results in better gastrointestinal comfort and food tolerance. TerraZyme delivers the food enzymes that are most likely to be deficient in the modern day diet. This deficiency may cause digestive upset or problems, including bloating, gas or other digestive symptoms.

Whether it's easing occasional discomfort or creating long-term wellness, essential oils and supplements are here to help. Take the step toward better digestive health today. 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/dalonda.rockafellow.

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Your Ageless Wellness Column

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

Your Ageless Wellness Part 3: Escape the Early-Bird Special: Why Volunteering at the Senior Center Is the New Hot Ticket

Let's face it—retirement can be a mixed bag. On the one hand... endless bridge games and daytime television. On the other hand... well, more endless bridge games and daytime television! But, fear not, oh, seasoned citizens of Park County! There's a vibrant, exciting alternative to debating the merits of prune juice versus Metamucil—volunteering at your local senior center!



Now, I know what you're thinking: "Who, me—volunteering? Isn't that for go-getters with boundless energy and a suspiciously sunny disposition?" And to that I say, poppycock! In fact, your accumulated wisdom, your finely-honed storytelling skills (even if they involve that one time the squirrels stole your dentures), and your sheer availability make you the ideal volunteer. Forget those early-bird specials that leave you home by 6 pm, feeling like you missed the party (because, let's be honest, the party was probably bingo). Volunteering at the senior center offers a whole new level of excitement, or at least a pleasant alternative to alphabetizing your spice rack for the third time this month. Here are just a few of the dazzling benefits:

- 1. You'll finally have someone to listen to your stories (who can't politely escape):** Your grandchildren might feign interest when you recount the Great Blizzard of '78 for the tenth time, but your fellow seniors? They lived through it too! You can swap war stories about rationing sugar and the sheer terror of dial-up Internet. As a volunteer, you have a captive audience for your tales, whether you're helping with crafts or serving coffee with a side of nostalgia.
- 2. You'll become a social butterfly (without the annoying flapping):** Remember when your social calendar revolved around work meetings and PTA bake sales? Now, it might involve the occasional doctor's appointment, with a frantic search for your misplaced car keys. Volunteering injects some much-needed social interaction into your week. You'll meet new people, forge unexpected friendships, and finally have someone to discuss the latest *Price Is Right* contestant with in real-time.
- 3. You'll feel purpose again (beyond finding the remote):** Let's be honest, sometimes the most pressing task of the day is locating the television remote. While a noble pursuit, it doesn't exactly set the world on fire. Volunteering provides a sense of purpose and accomplishment. Whether you're

helping organize events, assisting with technology classes (and finally understanding what a *hashtag* is), or simply offering a friendly ear, you're making a real difference in your community.



- 4. You'll keep your brain sharp (sharper than that cheddar you forgot in the fridge):** Crossword puzzles and Sudoku are great, but engaging with others, and learning new skills through volunteering is like giving your brain a full-on Zumba class! You'll be problem solving, communicating, and maybe learning how to operate that dreaded photocopier (a skill that rivals rocket science in its complexity).
- 5. You might even get free coffee (and maybe a pastry):** Let's be real, the budget at

the Senior Center might not stretch to gourmet lattes, but the coffee is usually hot, and there's often a plate of lovingly-offered pastries—perhaps slightly past the "best-buy date!" Hey, it's perfect for dunking and better than that lukewarm tea you've been nursing since breakfast. So, ditch the daytime reruns and the endless solitaire. Embrace the vibrant world of senior center volunteering! You'll make new friends, have a renewed sense of purpose, and get a decent cup of coffee. Plus, you'll finally have a legitimate excuse for not cleaning out the attic. "Sorry, dear, I was busy enriching the lives of my fellow seniors!" Now that's a retirement plan worth investing in. At the **Park County Senior Center**, we believe in taking action. That's why we built **The Hub**—a brand-new, fitness and wellness facility designed specifically for seniors and mobility-challenged individuals that is opening very soon! It's not just about exercise, it's about **you!** Whether you're looking to stay strong, make new friends, or learn something new. Stop by the Senior Center, 206 South Main, Livingston, to get engaged with the community and for a tour of the facility. For more information, contact Garrick at 406-333-2276, or by email at garrick@parkcountyseniorcenter.org.



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Meals for April 28th - May 2nd


Monday, April 28th - BBQ ribs, coleslaw, fries, banana, milk

Tues., April 29th - Tomato soup, grilled cheese, orange, milk

Wed., April 30th - Pork roast, gravy, potatoes, carrots, pears, cake, milk

Thurs., May 1st - Chicken parmesan over noodles, garlic bread, green beans, bananas, milk

Friday, May 2nd - Salmon patties, coleslaw, fries, pears, cake, milk



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Concerning Contagion

by Nurse Jill

Measles have been showing up in the news more and more as of late. And with our experience with pandemics, one starts to wonder, "At what point should I start to get worried about this?"

Measles is one of the most contagious diseases that we deal with as humans. It is easily spread through droplets in the air. With a long incubation period of 10-12 days, it can be near impossible to know if you might have been exposed. It usually starts with a fever and then develops into the well-known rash and possible upper respiratory symptoms.

Measles can have severe complications, most commonly pneumonia, but rarely can progress into brain swelling and even death. Medicine doesn't offer a lot to treat the illness besides just supporting the body as it fights off the virus. Remember viruses cannot be fought with antibiotics. Sometimes, though, antibiotics are used to combat potential secondary infections. As of April 17, 2025, approximately 11% of the 800 confirmed cases in the United States had hospitalizations. Two of those have succumbed to the illness (with one additional death still under investigation as reported by the CDC).

It doesn't take much to have an "outbreak." Per the CDC an outbreak is just 3 cases of an illness that are related. In the year 2000, the CDC reported only 85 cases of measles in the United States and declared the

disease "eliminated" from our nation. This number remained extremely low for years only spiking to 667 cases in 2014. But a significant spike in 2019 to almost 1,300 cases nearly eliminated the elimination status of measles within the U.S. As we all know 2019 saw decreased travel, social isolation, and extra precautions taken for health and as a result 2019 saw a decrease in measles cases amounting to less than 20 for the year.

Measles itself has been around since the 9th century when a Persian physician described it in his works. And if you weren't born before 1970, you likely do not remember how bad measles can be. When a vaccination came out in the 1960s and was reported to be effective in preventing measles the masses celebrated. Before this new technology became available there were 30 million cases of measles worldwide annually with over 2 million of those dying from the virus. In the 1950s, 3-4 million Americans suffered from measles each year and 48,000 of those were hospitalized. Measles became one of the first illnesses targeted by the World Health Organization. They launched programs in the 1970s to globally vaccinate against the disease in hopes of decreasing rates of mortality. And it was effective.

Vaccines remain our best defense against measles. Of the so far reported 800 cases of measles this year only 3% of those cases were in patients with known inoculation against measles. There is a lot of

mixed information available about vaccines, the safety of vaccines, and the risks of vaccines. Most notable in the vaccine confusion camp is a flimsy report published by Andrew Wakefield in 1998. He purported that his patients who had received the MMR combo vaccine had developed autism which he thought demonstrated a clear cause and effect. Unfortunately, there were many problems with this study (which quickly resulted in it being retracted) but one of the biggest was that it only looked at 12 cherry-picked cases in order to provide examples of his theory (which was aimed at the combo vaccines, not single vaccines).

When you research the pros and cons make sure that the sources are reliable, consistent, and vetted by educated people. There is always a risk of rare reactions to any treatment but there is also always a risk of rare complications of a disease. In the case of the measles vaccine there are vast numbers of studies, reports, and reviews of literature that support the safe usage of this particular vaccine. There are many good websites to look into for more information.

With three confirmed cases close by it may behoove you to check in with your own immunity status. If you know you have been vaccinated, then your risk of contracting measles is low. The



recommendation is one vaccine at 1 year old (not younger) and then a second dose at least 28 days later but usually between 4 and 6 years of age.

If you do not know if you got two doses of the measles vaccine (most often administered as an MMR shot) then you can have your blood drawn to evaluate if you are immune. If your blood test comes back showing you do not have good immunity it is a simple procedure to get a booster shot and be on your way to having less risk in the measles arena. Check with your local doctor or public health office to get full information on what is available.

While it is always wise to stay up to date on health news you don't need to let worry rule your world. Know your personal risk of infection and take precautions that match that risk. Be kind to those who have a higher risk than you. And always abide by universal infection prevention rules: Wash your hands. Cover coughs and sneezes. Stay home if you're sick. And, as my nursing professors used to always say, if it's wet and not yours, don't touch it.



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Senior Dog Adoption- The Ongoing Saga of The Duke

by Joyce Johnson



What have I been doing that I am way behind with my column stories and interviews? For starters, when the Journal owners, the Martens, decided to *gulp*, publish weekly, we regular contributors put on racing scarves. But you will nod at my present excuse for absences: The world is very negatively distracting lately and I just don't find things as funny as usual. However, I have another good excuse: The happy, if exhausting distraction of putting extra time into the care and getting to know my newly adopted border collie, Duke. His brief history: He had 10 years with a big family until they had to move where they couldn't keep him, they said, so they surrendered him to a Bozeman Shelter. He is recovering from being abandoned, fostered, sheltered and re-homed, four times in the past five months prior to my taking him in. He has been needy and clingy. Sometimes aggressive the file said, "after being kept in a kennel for three solid weeks." You can almost hear Duke say, "Please, please don't give me away again. Can I stay, please? And ditch that dang box." I kept him and got rid of the big crate which he doesn't need. To his credit, he is trustworthy alone in the house 24/7, but prefers to go everywhere with us, of course. He likes to sit on my lap in the front seat. Holy cow. He's around 50 pounds. Also, he prefers I don't waste so much time staring at the big blue screen with my busy hands making clicking sounds instead of petting him. "Stupid Hoomans! We could be outside exploring the world!" He is right, and puts his snout under my hand and flips it off the mouse every 15 mins or so. Or puts his head on our laps and flips our wrists. But otherwise fills our home with that special love and trust that only a dog can give.

Duke walks me two times a day, probably a couple miles total, which is borderline too much for me, but I am sure getting a workout. I try to

get him to actually heel and walk at my pace. Dream on. So I chant: "No pulling, no pulling! Good boy, good boy!" and if he slows, I march and say, "Left, right, left, right" and make up a chant with his name in it to keep his attention on me, the boss... instead of on the entire wonderful world of Nature's smells and movement seemingly covering the whole 50 mile area of Paradise Valley. I don't blame him. This is God's Country. He's smart is all.

It's going to take time. I had no idea what I was getting into. We are "shizoo" people for the past 30 plus years. Duke is a herder. He is well-mannered and has been nicely trained of the basics: Perfectly behaving in the house, he sits, goes down all the way if I point and say so, and he waits until I say "OK," three times, before he eats. My neighbor says her pack of dogs don't eat until she says "Amen." Duke scrunches down and goes through the small doggy door to the yard. He comes when called, most the time... and does real often run full-speed back to me at the sound of a kiss, and I wish that "Duke! come!" worked 100% of the time. Travis at Spurline suggested a new leash, one with a bungee effect of about 10 feet expansion. It can be adjusted to go around my waist so my hands are free! I like that after almost 50 years of dogs pulling on my arms. With this nifty leash, the sudden charge after a bunny, magpie or a casual loose dog is minimized as I stay better balanced and [cough] in control of things. I can hear my more experienced dog trainer/reader friends sniff in indignation at all this wacky amateur training. Oh well, Duke found his forever home!

Yesterday, I took our little part-time daycare girls (a bichon named Bri and a poodle pup named Stassi) on their cable leashes, and Ron put Duke on his "bungee leash" and we walked/pulled

to the fenced-in pond to release and run them together. Actually, the little ones just bounce around us, roll in the new grass and avoid the huge speeding black and white freight train, Duke. It's a great gift to be near a fenced-in former trout nursery pond, with a well-worn path from horse walkers in it's history, and only about 100 steps from our home. It's a gorgeous place for us to walk it too. Or in my case—run with. I paced that eight times around is a mile just to give you approx size.



Duke likes little dogs, tries of course to herd them. It's in his DNA they say, to herd and livestock in partnership with mankind for 100s of years. The black, white-tipped tail they all have, is anciently called the "Shepherd's Lamp" because they can see it in the dark. My little white daycare dogs look like little sheep I guess because Duke scrambled after the "girls" to play herd on them yesterday. The bichon laughed and rolled over, and the little poodle bared her teeth at him and said, *Bug off ya big Ox!* A good sport, Duke, got into a zoomie, and ran around the pond and past us laughing at 30mph, then put on the brakes and stopped on a dime almost. Two neighbors sauntered by and joined the goofy party. More love for Duke—who is happy at last.

Boy was it a pretty Easter day yesterday, with lush new sprouting buds on the big old willow who stands guard outside the pond. And the trees and bushes around the pond are finally budding victorious despite our endless winter freezes. The water reflected the blue sky, a few clouds, and a breeze rippled the surface sparkling and winking in the sunlight. Even Duke often stopped and stared at it all. There's spring snow still on the Mountains seen across the valley while the greening is getting brighter on the lower slopes beneath them. Interesting shapes form out of the dark green of the pine forest areas interacting with the snowy patches. I see faces in them from my place, 3 or 4 miles west and up in the hills. I see a sleeping bull dog on one peak, a smiling hound dog type on another, and the ridge above Chico is the reclining profile of an scowling Mountain man. Sez me.

The snow runoff is happening, finally. The pond

water is high, fed by fast running Story Creek which is high also, today. This winter, for the first time, the river water was so low, you could walk across it from shore to shore at Emigrant fishing access. But starting to rise now. I want to take Duke for a walk there. Maybe I can release him if no other dogs are around. Maybe he will come when I call him. It's a risk. I love to watch him run free; a reflection of my soul I think. It's dynamic poetry in motion; such power still in his 11th year! But he is unpredictable around big loose dogs and strangers at the door. A "shizoo" I can scoop up into my arms. Duke I can only hope to wrestle to the ground, as I found out.

I think I have dog medicine, like the Native Americans teach about the connection to our fellow Earthlings, the sentient creatures of the land, air, and seas. I think it's an honor to have Dog Medicine! I was born in the Year of the Dog, too, or pig.... depends on which Chinese restaurant I am patronizing. I believe it was an answer to a prayer that sent Duke to me. We were lonely in the house but did not want to get another dog because when they sicken and go over the Rainbow Bridge we do not recover from the heartbreak. I am greatly comforted however, by my belief that like us, they only leave their bodies and travel on, maybe into a new litter and back to you. So there.

The number of surrendered senior dogs at shelters is HUGE. Grown dogs, many with a pretty good health file, need you. You get to skip the two years of puppy terrorism, training work, mistakes, escapes, chewed furniture and shoes. Seniors have all that behind them, and their gratitude for your love and care is huge, and tangible. Just do the best you can. The reward of love, and protection, and companionship... is also huge, and will alter your consciousness and Heart...

I have cheese but no
crackers....



I am cracka-lackin

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Salute to Local Volunteers

National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages volunteering in generations to come. Volunteers generously donate a part of their lives to serve others in various ways—cleaning up after an event, fostering shelter dogs, chaperoning field trips, or helping the librarian. This month, 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.



Livingston Meals on Wheels

Mission: To provide nutritious meals to persons 60 years and older in a congregate setting and/or by home delivery. Meals are served to seniors of all socioeconomic backgrounds regardless of race, creed, color, gender, or sexual orientation.



How Volunteers are crucial: Our program relies on the incredible dedication of our volunteers to serve our seniors. These selfless individuals generously donate their time, whether it's delivering meals or assisting at our check-in table for congregate meals. Additionally, our compassionate delivery drivers go above and beyond by contributing their own gas to ensure that homebound seniors receive the nutritious meals they need. Without their support, our mission would not be possible.

Thank you volunteers and groups: RSVP, Livingston Christian Center prayer group, Church of Jesus Christ of Latter-day Saints, American Lutheran Church, St. Mary's Catholic Parish, Living Hope Church, St. Andrews Episcopal Church, Church of Christ, Redeemer Lutheran Church, Jane Jarrett, Katie Fairbanks, Janet Bannon, Cynthia Hillis, Tom Clark, and Judy Asher.

Sister City International Educational & Cultural Exchange Program

Mission: To promote peace through mutual respect, understanding, and cooperation—one individual, one community at a time.

How volunteers are crucial: We are a 100% volunteer organization that is dedicated to the idea that all students selected for the exchange are able to participate regardless of income. This requires all students and their families to make this program a personal priority. Current families and alumni are crucial to the ongoing success of the program.



Thank you volunteers: Too numerous to list everyone however, here are several committed folks that dedicate their time to keeping the exchange active, Austin Murphy, Becki Carlson, Donna Pace, Bev Sandberg, Kelli Wetzell, Faith Kinnick, Kristi Hayes, Jessie King, Rich Lund, Janet Lee, Tammy Froelicht, David Grant, Kiyomi Grant and all of our amazing families!

Gardiner Food Pantry

Mission: To provide the needy with one emergency box of food per week and to make extra food donations such as bread, milk, produce, etc. when available. All clients are served by friendly volunteers who will treat everyone with dignity and respect regardless of their circumstance.



How volunteers are crucial: The pantry is 100% volunteer-based. Volunteers are the backbone of our service to the community. We could not complete our mission without them.

Thank you to all those that have volunteered in the past and currently: These folks set aside time in their life to help others. Thank you Stacy, Rebecca, Judy, Susan, Ayla, Dave, Jeff, Jayson, Abigail and Luke! You all are the face of the Gardiner Food Pantry!

Hell'saroin' Outfitters Veteran Horse Drive, Gardiner, MT

Mission: Is to raise money to purchase track chairs for veterans and first responders. We believe it is vitally important for those bound in wheelchairs to have access, and more importantly, enjoyment of the outdoors. We have purchased 16 track chairs in the past six years, in great part due to our volunteers. This is a multi-faceted event, which includes the Horse Drive and a barbeque, dance, silent and live auction.



How Volunteers are crucial: They make this event a huge success every year!

Thank you to a few of our volunteers: Jeremiah Johnson, Aimee Johnson, Cheryl Standish, Scott Seaton, Jean Seaton, Jay Rogers, Jason Owen (auctioneer from Texas), and Mitch Menuet (music).

K9 Care Montana, Inc., Bozeman Pass, MT

Mission: Since 2010, K9 Care Montana has been providing service dogs and customized outdoor programs at no cost to the wounded veteran and first responder communities. This is in addition to assisting children challenged by autism.



How volunteers are crucial: Volunteers help us with our mission by dog training, dog walking, fundraising, cleaning & maintenance/construction and by manning our K9CM booths statewide where we build service dog awareness and education.

A special thank you to our volunteers: Eric Bradley, Julie Myers, Joanne Berghold, Marla Betz, Stacy Martin, Toni Rote, Roger Curtis, Warrior Creed Veteran Motor Cycle Club, Patrick and Darcy Eibs, Wade Ingraham, Mike Kuhnert, Karin Caroline, Ben Dognehue, Lyle Weist, Jerry Collins, Brian Deckard, Kristian Richardson and Grayson Pace.

Park County 4-H, Park County, MT

Mission: To educate youth and adults through positive youth development for living in a global and ever-changing world by using the resources of the Land Grant Universities and the U.S. Department of Agriculture.

Volunteers are crucial to our mission: They make meaningful connections with youth through their role as a club or project leader. They may lend expert advice in a content area, guide youth in learning and exploration, engage youth in service opportunities, provide leadership and structure for youth activities, and build a safe, caring, environment for youth to grow as individuals.



Thank you volunteers: Sidney, Scott, Brad, Ashley B., Anita, Gene, Justin, Valerie, Rebekah, Jason, Jonathan, Keisha, Amanda, William, Lori, Kira, Taelor, Amy, Levi, Ryan, Meg, Nicole, Heather, Kyleen, Jason, Jennifer, Bobbi Jo, Corey, Desiree, Ryan, Tyler, Zach, Heidi, Ashley S., Lessie, Dan, Michaiiah, Jim, Tyler, Kristin, Matt, Holley, Jemie, and Len. You are Awesome!



This page sponsored by:



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Women of Wilsall

Mission: To have a strong commitment creating positive change for individuals, families, neighbors and the Wilsall community as a whole. More specifically, assisting with the urgent needs of our neighbors, proactively pursuing ongoing fundraising with all proceeds going toward community needs. We strive to make our community a better place to live in.

How volunteers are crucial: They work on every project we are involved in and we have families, children, and grandchildren, and community spirit to help us along the way. Without our volunteers, we would be nothing. Many hands make light work.

Thank you volunteers: Judy Jenkins, Vanessa Bays, Cindy Dallas, Kathy Williams, Arlene Gee, Lil Johnstone, Chris Arthun, Jessica Stillman, Betty Hogenson, Cheryl Robinson, and Dru Robidou.

Calamity's Classic Rodeo, Livingston

Mission: To promote the regional custom and tradition of rodeo in Montana and support the next generation of ranchers and farmers through scholarships and promote local businesses during our annual rodeo.



How volunteers are crucial: Our volunteer committee is crucial to our mission due to its extensive rodeo production and business experience. Our general volunteers are crucial for their willingness to contribute manpower required to produce a platinum award-winning rodeo sanctioned by the Northern Rodeo Association.

Thank you to our awesome volunteers: Expedition Church of Livingston, as well as all of our current and past association members too vast to list. An additional big thank you to our sponsors and especially our fans! Come on down for a show you won't soon forget!

Farm to School of Park County, Livingston

Mission: To guide schools and communities in building a prosperous local food culture that places healthy food on the plates and in the minds of all Park County children and their families.

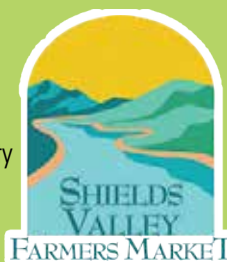
How volunteers are crucial: They help maintain beautiful and productive gardens throughout Park County. They assist in leading hands-on lessons to school children, and they support our staff as we further our mission to foster in students a connection to food and where it comes from.

We are so grateful to all of our community volunteers! Livingston Healthcare, Happy Trash Can Curbside Composting, F2SPC Board of Directors, Vicki Schwarz, Dave Shockey of Muddy Creek Ranch, First Interstate Bank, AMB West, William Campbell Photography, ERA Landmark Real Estate, Under Canvas, Opportunity Bank, Nathan Johnson, Michelle Toshack, L'esprit, Andrew Bauer of Hazel's Honey, Lily Andersen, Kathy Keyes, Jackie Pondolino and MSU Extension office.



Shields Valley Farmer's Market

Mission: To provide a venue for local farmers, ranchers and independently-owned businesses to sell produce, flowers, herbs, house plants, meat, eggs, and baked products by including artisans, food purveyors, and other vendors that provide entertainment, social activities, and attractions for the community and visitors.



How volunteers are crucial: Our steering committee members volunteer their time and skills to make our Market the incredible community gathering that it is! They coordinate food, music, kids activities, sponsors, marketing and more and additionally join us at each Market to help with activities and bring together our rural communities. We truly could not make the Market happen without their passion and dedication to our communities and our Mission.

Thank you volunteers: Randi Bresciani, Sadie Collins, Linda Hausler, Clark Wheeler, Stacey Barta, Julianna and Eric Robinson, Maria Skogen and Jessica Stillman.

American Legion Park Post 23

Mission: Is to assist Veterans by providing a safe place to meet, access to assistance and create camaraderie with other local Veterans.

How volunteers are crucial: The Post is dedicated to helping our Veterans from all service branches and conflicts. In order to do this we rely on both Legion members and volunteers to keep our operation running smoothly.

Thank you volunteers: A few of our dedicated folks are Monte Rosendahl, Bill Juhnke, Ken Handl, Cheryl Kautzman, Craig Ames, Guy Jones, Ed Gilbert, Joanne Meacham and Melody Mount.



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

– Leo Buscaglia

Gateway Hose Company & Gardiner Fire & Ambulance

Mission: To protect the lives and property of our fellow citizens by supplying quality emergency services, achieved throughout training and personal dedication to the wellbeing of others and to aid in the promotion of public welfare and the welfare of the department membership.



How volunteers are crucial: We are an all-volunteer department. Without these vital members, there would be no emergency services in the Gardiner area.

A special thank you to these very special volunteers: Robert Kopland, Fire Chief, Lance Tyson, Ed Kaido, Austin King, Mark Bogdan, Linda Blondeau, Patrick Hoppe, JoLynn Sharrow, Yoshi Neff, Max Brenzel, Caitlin Cummins, Colette Daigle-Berg, Molly Ohlen, Tammy Dalling, Jeremy Zimmer, Josiah Reese, Bry Elliott, Kate King, Molly Zimmer, Rebecca Bent, Julie Olson, David Bent, Scott Olson, Jim Karnes, and Autumn Keller.

Livingston Elks

Mission: The Elks serve the people and their communities through benevolent programs, demonstrating that "Elks Care, Elks Share."

How volunteers are crucial: Without volunteers, we are unable to accomplish all of the things that we do for our community. We care about our community and in order to build a stronger community, we must have a cadre of volunteers.

Thanks to ALL of our volunteers: Both old and new! Brad Nolan, Sharon Nardin, Mark Nardin, Paul Sunvison, Michael Klasing, Elena Klasing, Carla Williams, Daryn Hendrickson, Kevin Tenpas, Steve Erickson, Kathy Erickson, Bill Moulds, Christina Nelson, Jane Haugen, Laura Nicholson, Dave Lichte, John Gannon, John Morford, Jason Ellis, Ann Kesting, Kathi Ellison, Belinda Schweigert, James Kohler, Mary Ziegler and many more!



Big Brothers Big Sisters of Big Sky Country

Mission: To create and support one-to-one mentoring relationships that ignites the power and promise of youth in a safe and nurturing environment.



How volunteers are crucial: Our program relies on volunteers to help support our mission of providing one-to-one mentoring with the youth in our community. We are always enrolling Bigs for both of our Site and Community Based programs.

Thank you to our community-based Bigs! Sarah, Zoey, Elecia, Hayley, Riley, Maxfield, McKennah, Ben, Elana, Olivia, and Roxie.

This page sponsored by:



Park County Senior Center

Mission: To promote the physical, intellectual and social well being of seniors, 50 years of age and older.

How volunteers are crucial: Volunteers are our lifeblood! Our residents and community members provide invaluable support that extends far beyond simple tasks. Their contributions create a vibrant and engaging environment, combating social isolation and enhancing the overall well-being of older adults. Volunteers assist with essential services like meal delivery and transportation, organize enriching activities, and offer crucial companionship. This not only allows us to operate and progress more effectively with limited resources, but it also fosters a sense of community and connection, ensuring that seniors feel valued, supported, and actively involved in their community.

Thank you volunteers and groups: Ron Palmares (resident), Bob Dyer (resident), Barbara Lewis (resident), Cynthia Hills (resident), James Fly, Warren Newhouse (resident), Gallatin Valley Habitat for Humanity Construction Crew, Mark Baker, Lisa Harreld, Vicki Smith (resident), Joe Loncarevich, Michael Walker, Alexis Ragenovich, Zack Carvaness, Mike and Samantha Morrison.



Paradise Permaculture Institute (PPI), Livingston

Mission: To demonstrate and teach how to work with nature to co-create abundant foodscapes and sacred spaces. PPI contributes to the sustainability of our local food supply and economy through research, teaching, and demonstration of regenerative agriculture and permaculture methods. With our focus on creating abundant food in cold-climate regions adapted to our bio-region, we are able to provide plants and produce to our local community.



How volunteers are crucial: Every step of the process of growing! The more volunteers we have, the more locally grown, nutrient dense produce we can offer the community!

Thank you volunteers: Eileen Kenney, Michael Craig, Leah Stembly, Skip & Terry, Ann Crystal, Meghan McCarthy, Annalisa Pedraza, Malia Car, Alan Engelbart, Steven Burckley, Jenna Galli, Deb McCabe, John Gregory, Cindy Hackenburg, Dean Anderson, Nancy Badten, Boyd Badten, Terri Ziemkowski, and Christopher Rudy.

Loaves & Fishes, Livingston

Mission: They provide nutritious meals to people-in-need seven days a week. They also have a community area with free items such as milk, canned goods and bread when extra donations are available.



How volunteers are crucial: They are crucial for offering meals seven days a week. We could not operate without them.

We'd like to say thank you to: St. Andrews Church, The Church of Christ, Living Hope Church, American Lutheran Church, Seventh-day Adventist Church, Latter-day Saints Church, Mountain Bible Church, Saint Mary's Church, Livingston Christian Center, Chapter BW PEO, Chapter AP PEO, Park County Cares, Lolo's group, RISE, Wes Paw, United County Yellowstone real estate group, Small Dog Reality, Paul, Chase, Kendra, Carol, Barb, Sally, Randy, Norby, Gene, and Celeste.

Livingston Food Resource Center

Mission: Our mission is to increase nutrition security and overall well-being in our community by addressing the root causes of hunger.



LIVINGSTON FOOD RESOURCE CENTER
FOOD PANTRY • COMMUNITY KITCHEN
COMMUNITY BAKERY

A great BIG thank you to all our volunteers over the years, and currently: Christy Barnhardt, Bridget Bean, Posi Beaudin, Deb Becker, Craig Carlson, Julie Cocotos, Phil Davidson, Sally Epps, Melisa Fabian, Liz French, Nancy Hatfield, Wendy Heckles, Dean July, Susan Lanning, Mary Lennon, Melanie Moroney, Mary Ann Norman, Patricia Reiter, Temple Richardson, Sarah Shapir, Miriam Skertich, Miriam Squillace, Dana Taylor, Sue Williams and Shannon Willoughby.

"Alone we can do so little; together we can do so much."
– Helen Keller

Livingston Healthcare Foundation

Mission: Providing excellent patient-centered healthcare.

Our volunteers play a crucial role: They have been actively involved in daily tasks that create the best patient-centered healthcare we offer the community.

Our heartfelt gratitude and appreciation to: Hospice Volunteers: Lynn Crawford, Amanda Gribble, Katherine Howe, Julie Jardine, Molly Ohlen, Terri Wagner, Leigh Anne Dunworth, Addie Wickham, Marianne Robbins, Kim Daly, Debbie Shepperd, and Doug Melius. Greeters/Patient Companions: Nan Butler, Sister Virginia Jakobe, Joanna Massier, Chandra Morris, Treva Peterson, and Barb Shearer. Along with Art Inventory: Glenda Fleming. We would like to express our deep gratitude to these volunteers for bringing care and compassion to our patients and families and brightening everyone's day. Coming Soon! Animal Therapy volunteers, in partnership with Intermountain Therapy Animals, will be brightening patients' days soon. Petals with Purpose, share flowers from your garden this spring and summer to bring some beauty and cheer to patients and staff.



Park County Environmental Council

Mission: To work with our community to safeguard the land, water, wildlife and people of Yellowstone's Northern Gateway through grassroots organizing and community advocacy.



How volunteers are crucial: By donating their time and talents, volunteers show up for what matters to them most for the community. From tree planting, sewing boomerang bags, trail maintenance, attending city and county meetings, sharing their voices, hosting events, pulling weeds and making seed bombs, managing the waste separation and compost station at the Farmers Market, and more.

Thank you volunteers: LTown Soup volunteers and project participants, Barbara Uberuaga and the sewing bees making Boomerang Bags, Robin Barker and the Livingston Bike Club, and Livingston Loves Trees Tree Buds.

Livingston Roundup Rodeo Association

Mission: To consistently attract a high caliber of PRCA and WPRA competitors to our annual LRA Rodeo. And to provide the best rodeo experience for the contestants and spectators while enhancing the local economy.

How volunteers are crucial: Volunteers are what make this crowd-drawing event happen every year for our community. Our wonderful volunteers happily do virtually all functions to put on the rodeo each year. There are too many to attempt to recognize but we want to acknowledge our board—which are steering the ship.

Thank you current board members/volunteers: Caroline Billingsley, Cathy Bosley, Peggy Glass, Gary Glass, Marlene Glass, Jane Tecca, Sharon Payne and Chris Billingsley. A general big thank you to all our volunteers!



The Livingston Depot

Mission: The organization is committed to enriching the lives of residents of Livingston and surrounding communities and tourists to the Yellowstone area.



How volunteers are crucial: They present and promote the rich culture and history of the Yellowstone Region by welcoming visitors to the Depot Museum each day during the summer. With the assistance of volunteers, our fundraisers and community events have a strong backbone to which we rely heavily for preserving and protecting the historic Northern Pacific depot.


Thank you volunteers: Debra Becker, Susan Freshour, Sue Hawkinson, Jake Heidrich, Larry Hickok, Dean July, Kerry LaDuke, Joanne Meachum, Carol Roche, Jeff & Sylvia Wagner, The Sister City organization and many more remarkable folks we didn't have space to list!

Livingston Area Chamber of Commerce/Visitor Information Center

Mission: To strive to offer local businesses a variety of exposure to opportunities to increase their visibility. We actively promote a positive business and economic climate for the community. We are a reliable source for newcomers, visitors and residents looking for trusted business referrals. We host a variety of events throughout the year.

How volunteers are crucial: They are vital to the success of the events such as the Livingston Roundup Parade, annual car show, job fairs and more.

Our volunteers Rock! We have too many to list but we wish to acknowledge our terrific board for their time and efforts: Bobi Jo Boeh, Erica Stone, Katie Baudrau, July Hardesty, Elise Moir, Chuck Tanner, Lisa Sholey and Jami Rebsom. A special shout out to Connor Hawthorne.




Community School Collaborative, Livingston

Mission: To empower Park County youth through transformative learning experiences to attain a fulfilling and meaningful education, career and life.

How volunteers are crucial: Through our work-based programs, the volunteers are indispensable to our mission expanding its reach and offering diverse skill sets and experiences to Park County youth. They serve as inspiring role models, strengthening community connections and providing personalized attention to students, all while offering cost-effective support that maximizes the organization's impact.

A heartfelt thank you: To the teachers and administrators at SGMS for their dedication to educating our youth, our community partners for their continued support, and our incredible parents and community members for their time and mentorship in empowering Livingston's young people.



Friends of Park County, Livingston

Mission: Promoting thoughtfully planned growth in order to protect and enhance Park County, Montana's vibrant communities, sustainable working lands, and healthy natural resources.

How volunteers are crucial: Being a small organization with one full-time staff position, we rely on volunteers to help us complete our mission. They provide strategic leadership, expertise in our area of work, and serve a crucial community engagement role for the organization.

Thank you volunteers: Ken Cochrane, Kathy Foote, Heidi Barrett, Tom Blurock, Dennis Glick, Frank Schroeder, Tom Murphy and Sandra Lambert.

"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."
—Heather French Henry



Livingston Farmer's Market sponsored by Western Sustainability Exchange

Mission: Through the Livingston Farmers Market, Western Sustainability Exchange celebrates our local food economy by bringing together farmers, ranchers, processors, market buyers, and consumers to share their needs and find ways to build a food system that is healthy, humane, and environmentally responsible.

How volunteers are crucial: They complete the basic set up & break down of the market, manage our Zero Waste Station, offer proxy shopping to seniors participating in the Senior Farmers Market Nutritional Program, manage our SNAP & Double SNAP programs, to manage crowds and cars, help keep people safe during big events, for fundraising activities such as face painting, collect data, take photos, and help keep the park clean.

Thank you 2024 volunteers: The Park County Environmental Council, Nate Anderson & the many others who helped out at the Zero Waste Station, Tamara Leach, Brett Ozment, The Livingston Food Resource Center, Pastor Darryl & Veronica Brunson & their team at Expedition Church, Lily Anderson with Milkmaid Meats, Jason Mascari with Montana Land Buyers, and all of our high school volunteers!



Montana Freshwater Partners, Livingston

Mission: To restore, enhance, and protect Montana's rivers, streams, and wetlands through science-based and innovative solutions that benefit people, communities, and our shared natural environment.

How volunteers are crucial: A special thank you to our wonderful board members. They give their time, expertise and passion to our mission through their hardwork and dedication.

Thank you volunteers: Marcus Pearson - (Board President) Environmental and Natural Resources Attorney at Pearson Law Group, Sarah Zuzulock - (Board Vice President) Principal Environmental Engineer at Zuzulock Environmental Services, Amir Darabi - (Board Treasurer) PhD Mechanical Engineering, Liz Fairbank - (Board Secretary) Road Ecologist at Center for Large Landscape Conservation, Tom Parker - Principal Ecologist at Geum Environmental Consulting and Caroline Neighbor - Water Resource Engineer at Allied Engineering.



LRA Flag Team, Livingston

Mission: To represent the rodeo and their sponsors through their dedication, work ethic, horsemanship and accountability.

How volunteers are crucial: They represent each flag sponsor with the highest dignity and synchronization for the Livingston Roundup Rodeo. They are integral to the Rodeo!

Thank you 2024 volunteers: Kayla Seaman, Brooke Gilbertson, Jennifer Cross, Kaylee Roberts, Channie Heimer, Meg Krusemark, Alison McGrady, BreAnne Pino, Josie Jesson, Emily Jesson, Ellie Poteat, Korin Ziegler, Judy O'Hair, Deanna Cahill, Bobbi Jo Payne, Stacey Boucher, Stacy Martin and Mandy Morrow.




Livingston Warming Center

Park County Community Journal wishes to acknowledge on behalf of the community - the Livingston Warming Center

Who's Mission it is: To offer seasonal shelter to anyone in-need, families with children, single adults and couples are welcome.

How volunteers are crucial: With trained volunteers who are on-site seven days a week they provide safety, warmth and a common area with TV, books, games and puzzles. There are heavy snacks (oatmeal, soups, cereals) and hot drinks available. Occasionally they are open during the day in addition to regular overnight hours.

Thank you volunteers: Due to confidentiality, you can't be named, but know you are very appreciated!




Aspen Abuse Support & Prevention

Park County Community Journal wishes to acknowledge on behalf of the community - the Aspen Abuse Support & Prevention Education Network, Park County

Who's Mission it is: To provide support services to victims/survivors of domestic and sexual violence and human trafficking. Empower them to create safe and healthy lives for themselves and their families. They are committed to break the cycle of violence through education and awareness in the community.

How volunteers are crucial: The advocates are fully trained to provide essential services to victims, increase safety for victims and their families by finding shelter and helping develop safety plans. Empower victims by providing information, resources and referrals. They also have administrative, professional and trade services volunteers.

Thank you volunteers: Due to confidentiality, you can't be named, however, without you the community would not be the same. You are appreciated beyond words.



Fermented Foods for Gut Health

by Jill-Ann Ouellette

Taking care of your digestive system (and the trillions of microorganisms that live in it) is essential for good health. Signs that you have an imbalanced gut environment range from bloating, constipation, acid reflux, skin issues, and even to poor mental health. The gut microbiome is where health (and dis-ease) starts. So, eating to optimize that microbiome by supporting digestion, immune function, and overall well-being is an important key to warding off health issues.

While probiotics can be useful, incorporating lots of fermented foods with bountiful microorganisms into your diet has been scientifically proven to boost gut microbial diversity, decrease inflammation, and improve immune function—resulting in a reduced likelihood of developing various diseases.

A study in 2021 by researchers at Stanford School of Medicine found that a 10-week diet incorporating certain fermented foods can “remodel the micro-biota across a cohort of healthy adults,” per Justin Sonnenburg, an associate professor of microbiology and immunology at the university. The research suggests that the more fermented foods we eat, the better, but eating six servings each day (as did those taking part in the study) has been scientifically proven to produce optimal health.

The Best Fermented Foods to Eat

Let’s consider how to start eating fermented foods for best results. “If your gut is feeling really out of balance, start slowly,” advises Rhian Stephenson, nutritionist and founder of ARTAH. “Add a few tablespoons of wild, fermented foods a few times a week, and build up your intake slowly.” She also

recommends avoiding fermented foods that have added sugar, coloring, or lots of vinegar—be sure to read the food labels.



Greek Yogurt

Greek Yogurt – Adding bacteria to milk and leaving it to ferment creates yogurt. If you haven’t (knowingly) tried any fermented foods, then Greek yogurt is a great place to start. Look for “live and active cultures.” It is also a great source of protein. Avoid yogurts with flavoring or added sugar. On the label, check to ensure it hasn’t been pasteurized for the best wellbeing benefits.

Kefir – Adding kefir grains into milk, and letting them ferment makes kefir. A tangy delight, it’s an easy way to boost your gut every day. You can drink it plain or add it to smoothies.

Plant-Based, Fermented Options:

Sauerkraut – Made from fermented, shredded cabbage, sauerkraut has long been popular in German and central European diets—and for good reason. An easy and tasty addition to any meal, it’s also full of fiber and antioxidants. It’s great as a side dish or top a main dish or on a salad.

Kombucha – Kombucha is a tasty way to boost your microbial diversity, and it’s also packed with antioxidants and enzymes. Studies suggest that kombucha consumption has a positive effect on inflammation, liver detoxification, and intestinal dysbiosis (imbalance), plus it’s a delicious, mildly-fizzy drink. Make sure to opt for kombuchas that are raw, unpasteurized, and unfiltered.

Kimchi – Hailing from Korea, kimchi

is another delicious fermented food that’s made from cabbage, radishes, and/or other vegetables. A recent article in the

Journal of Ethnic Foods suggests kimchi is beneficial for many aspects of health, including a reduced BMI (Body Mass Index), healthy blood pressure, and easing of irritable bowel syndrome.

Miso – It’s easy to add miso soup into your diet. Not only is it delicious, it is also packed with health benefits. A Japanese favorite made from fermented soybeans, salt, and the koji fungus, it contains a probiotic (called *A. oryzae*), which is said to reduce the risk of inflammatory bowel disease. Don’t like soup? You can also use it as a paste, or mix it into dressings for salad, as a topping on stir fries, and with other meals.

Tempeh – Tempeh is rich in lots of different nutrients, protein, and fiber. It is made from fermented soybeans, and it’s a favorite among vegetarians and vegans. As well as

being a good source of protein and vitamin B12, it is low in glycemic load, which means it’s great for those trying to manage their blood sugar.

Pickles – Fermented pickles are a good source of probiotics; although those made with vinegar may not have those probiotics—read the labels. Fermenting with a salt-water brine is a good alternative.



Tempeh



Olives – Green olives (and Kalamata black olives) are popular fermented foods. Their natural, salt-water fermentation makes them rich in lactobacillus, one of the most influential species of gut-friendly bacteria.

According to *Harvard Health*, quality matters, so choose fermented foods that are made with natural fermentation processes and avoid those with added preservatives or artificial ingredients. Based on that Stanford study, if you have digestive issues, try to have six servings a day to balance the microbiome in your gut.

Recipe by
Carla Williams

RECIPE CORNER Strawberry Cheesecake Dump Cake

Ingredients

- 42 ounces strawberry pie filling
- 8 ounces cream cheese, softened
- ¼ cup sour cream
- ½ cup powdered sugar
- 1 teaspoon vanilla extract
- 1 white cake mix, 15.25 oz.
- 1 cup salted butter, cold

Instructions:

1. Preheat the oven to 350°F.
2. Spread the strawberry filling into the bottom of a 9x13-inch baking dish.
3. In a medium bowl, use a hand mixer to combine cream cheese, sour cream, powdered sugar, and vanilla extract until smooth and combined.
4. Drop spoonfuls of the cream cheese mixture over the strawberry filling.
5. Sprinkle the cake mix evenly over the first two layers.
6. Slice very thin pats of butter and spread over the entire top of the dry cake mix. Cover as much of the cake mix as possible. Cold butter is much easier to slice and to maintain square pats for covering the top of the dump cake.
7. Bake for 40 minutes or until the topping is browned and the strawberry filling is bubbling around the edges.
8. Allow dump cake to rest for 15 minutes before serving it.

Tips:

- You may end up with a few dry cake mix spots on the top. This



Photo Credit: [recipeshomely.tardhard.com](https://www.recipeshomely.tardhard.com)

is normal and is just where the butter did not saturate into the cake mix. If you prefer, you can add additional pats of butter over the dry area. Check the dump cake after about 30 minutes to determine if the melted butter missed any areas. The dump cake is made correctly and tastes delicious even with some dry spots on the top. Do try to cover as much of the top as possible with butter. The pats of butter need to be VERY thin to cover the whole top of the cake.

- Oven temperatures vary and may need to be recalibrated periodically to ensure they are accurate. Make sure to keep a close eye on your cake as the suggested baking time approaches.
- Allowing the dump cake to rest for a bit before serving it will give the strawberry filling time to cool just a bit so that it is not super runny when you scoop into it.





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JH Track Meet at
Bozeman Lions Club
Pioneer Dinner at
the Park County
Fairgrounds
- May 6th**
Shields Valley School
District Bond Election
Ballots are due by
5pm.
- May 8th**
District 12c track meet
at Belgrade

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.



Fundraiser
for
Jeff Taylor

The Taylor Family, long time residents of Park County, are in need of our help. Dad Jeff was diagnosed with Non Hodgkins Large B Cell Lymphoma Stage 2 last year. After being in remission for just a couple of months, it has returned, and is now in an advanced stage.

In order to receive additional treatment, the Taylors will have to spend 4-6 weeks in Salt Lake City at the Huntsman Cancer Center that will consist of extensive testing, treatment, and a T cell transplant.

There will additional expenses including long term housing, airfare back and forth, and other expenses for the family including their kids, Shayne, Gaige, and Mason. Their goal has been to keep their lives as normal as possible and aren't ones to ask for help, but as their friends and family, we recognize the extra burdens coming their way and want to help.

HOW YOU CAN HELP

You can visit any branch of the Bank of the Rockies and ask to donate to the **Taylor Medical Fund** or mail a check to:
Bank of the Rockies
P.O. Box 2
Clyde Park, MT 59018

If anyone has any news, events, etc. please let me know at Shieldsvalleynews@gmail.com

Communal Market & Cafe to Open

At 114 W. Lewis Street in Livingston sits a newly renovated space slated for a soft opening on Thursday, May 1st. The Gem, formerly Tom's Jewelers previously owned by Al Hogg, will be a communal market and cafe featuring, food, coffee, tea, and other items with an emphasis on both seasonal and local/regional products and ingredients.

Owner-Operator Colin Frazer relocated to Montana as a self-described ski-bum after spending several years wandering throughout the United States, from Colorado and Oregon to Austin and beyond before settling down in Livingston just four years ago with his family. During his travels, he circled cafes across the country, conversing with locals and building new friendships.



more. The business will cater to locals and visitors alike.

The marketplace will also include a vintage espresso machine used in a café previously owned by Lance Armstrong.

Frazer emphasized that he and Wallace intend to provide a tangential selection of goods so as not to infringe on other local businesses within the Livingston community. Additionally, customer suggestions regarding offerings will be encouraged, though on a limited basis due to space restrictions.

A graphic designer by trade, Frazer explained that he and his friends have spent many evenings over the past six months removing carpet, restoring the original hardwood flooring, hauling garbage and performing other tasks to prepare the store for opening after



Photo Credit: Jacob Schwarz

Over the years, many such establishments in Livingston have vanished, spurring Frazer to action by partnering with Taylor Wallace from Roly Poly Coffee in Bozeman to create a third space for socializing and strengthening community bonds without the necessity of alcohol consumption—a need they recently recognized in Livingston long after meeting at the University of Texas many years ago.

His vision for The Gem, he says, is “a friendly neighborhood hangout welcoming and inclusive of everyone”—dogs, kids and senior citizens included. The one-stop-shop, within walking distance for downtowners and the surrounding residential area, will offer a curated selection of groceries, seasonal beverages, lunch items and the like for consumption on site or at home—baked goods, espresso drinks, toasted breakfast sandwiches, and

three years of consideration. Frazer has also personally invested money into this project, explaining that it's more about fostering community than profiting, something he observed in Wallace's Roly Poly project, which served as an inspiration.

“The more strong, independently owned businesses we have in Livingston, the better,” says Frazer.

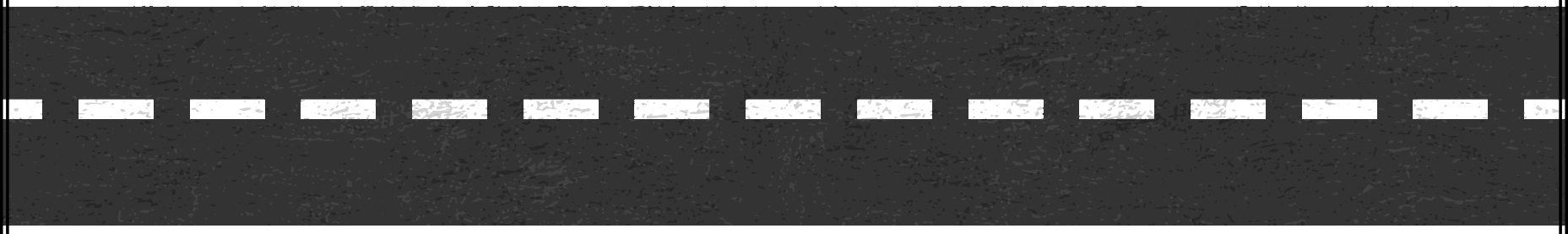
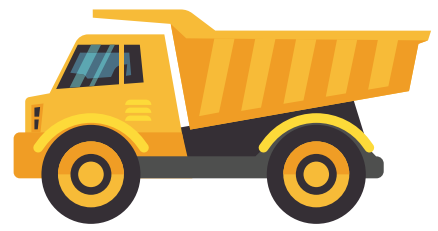
Coffee drinks will be available starting May 1st. Please contact Frazer at hi@thegemlivingston.com or Wallace at taylor@rolypoly.com for more information.

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Blue Slipper Presents Sarah Ruhl's *Late, A Cowboy Song*

Livingston's Blue Slipper Theatre rounds out its 2024/2025 MainStage season with Sarah Ruhl's dynamic *Late, A Cowboy Song*, directed by Kyrie Dawson and featuring Kate Britton, Aaron Schuerr, and Isabel Shaida. Performances run from May 9th through 18th, with Friday and Saturday shows at 8 pm, and Sunday matinees at 3 pm. *Late, A Cowboy Song* is a poetic



exploration of identity that follows Crick, Mary and Red as they navigate the complexities of daily life. Mary and Crick fell in love early and have settled into a comfortable routine, their relationship sustained more by habit than passion. When Red, a lady cowboy, rides into Mary's life, she reminds Mary of the beauty and freedom of open spaces. As time accelerates, Mary realizes she pines

for a life beyond the limits of convention. In just 90 minutes, Ruhl skillfully leads the audience through Mary's journey, capturing a woman caught between the life she knows and the one she yearns for. *Late, A Cowboy Song* offers a tender and thought-provoking reflection on gender roles, societal expectations, and the longings of the heart.

"Telling this story in 2025 feels especially important," notes Dawson. "It is incredibly easy to allow the current of our culture to carry us along, telling us what to dream of and how to live. Taking the time to discover our own individual desires is challenging, for it requires the space to pause and turn inward. What better place to create that space than in the theater, surrounded by others who are sharing that same human experience?"

The production features original music composed by Larkin Dawson, lighting design by Charlie Newsome, scenic design by Kelsey Johnson, and

costumes by Nora Tjernagel.

Dawson explains, "The design of *Late* calls for a melding of urban and rural spaces, and the entire design team has found inspired ways to blur the boundaries between the two. Presenting the show in Livingston adds particular resonance, given the influx of residents arriving from urban areas. This creative process has certainly fostered a timely reflection on the evolving interplay between these worlds."

Tickets are \$22 for regular admission or \$17 for students and seniors and may be purchased at blueslipper.org. The theater is located at 113 E. Callender Street. For more information, call (406) 222-7720.



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"Enjoying the Journey"

Thank You God for Flowers

by Lois Olmstead

We had quite winter in Montana this year. People were really snowed in. Some had to snowed days to get plowed out. The huge snow drifts made me wish I was a kid again. Those piles of snow were potential forts!

First snow. Now spring flowers, like daffodils and tulips are peaking up along my house. They make me say, "Thank you God for flowers. What a grand invention!"

Amid our busy lives filled with to-do lists, our schedules and plans, earthly triumphs and sadness, God drops in flowers. What a great idea. It would not surprise me that even in some of the disaster areas across



our country, somewhere in the debris and wreckage, here and there, a flower is blooming, springing forth from roots still intact.

What a great idea. Flowers. They are like balloons. How can you frown at one? How can your day not be just a bit brighter because of one?

The dilemma lies in making sure we see them. Are we noticing them? It reminds me of the verses I read this morning in Philippians. Paul exhorts us to "Rejoice in the Lord always. I will say it again, rejoice." He goes on to say, "Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving; present your requests to God. And the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus."

Sometimes in our lives peace is illusive,

finding joy too difficult to even try. Yet I think of my cousin Pat Amon's paintings of flowers in the Nevada desert. They are there in the driest of places. In tough times, don't give up. Paul found that peace. He says "for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in every circumstance whether well fed or hungry, whether living in plenty or want."

Then he gives us the secret. "I can do everything through Him who gives me strength." Read the rest for yourself. Just find Philippians in the New Testament of your Bible.

And spend some time noticing the flowers around you too. Take a hike. Look for tiny petals peaking up. You will feel better for it. If all else fails, go to a plant place. Walk through the aisles and just soak in the beauty of the different colors and shapes. And thank God for His good idea. A great way to celebrate Spring!

I remember speaking in Idaho at a Coeur d'Alene Cancer Support Group. They met

Sundays after church services. That was a real treat (and so was the potluck). The best part was being with the folks. Talk about a 'flower garden!' These people, of all ages and walks of life, shared some of the cancer battles they had gone through or were going through. I wrote in my journal, "Lord, I saw flowers of courage and hope and patience and caring amongst the people I was with today." Again, blessed by others! Let us, like Paul, rejoice, knowing God gives us His strength for all our needs when we ask.

Words for this column were on my laptop before my 83rd birthday, which was Monday. Then, unbelievably, Tuesday when I walked into my office at church, flowers were everywhere! Eleven vases of various sizes filled with beautiful flowers of all kinds! Yes, I cried! With some investigating, I discovered the giver. Thank you, Donna Maxwell! What a blessing.

Friends, if you ever want to shower a glorious gift on someone, use this idea! And thanks to everyone who made this birthday so special! Read Psalm 100 this week. It is a favorite of mine.



Local Church Services

- American Lutheran Church**
129 South F Street, Livingston
Pastor Melissa Johansen
Sunday worship 9 am, elevator avail.
406-222-0512 • alclivingston.org
- Church of Christ**
919 W Park St, Livingston
Sunday worship 10:30 am
406-222-2017 • church-of-christ.org
- Church of Jesus Christ of Latter-Day Saints**
12 White Lane, Gardiner
David Gilbert branch President
Sunday worship 10:00 am
406-848-7509 • lds.org
- Church of Jesus Christ of Latter-Day Saints**
110 West Summit St., Livingston
Bishop Trevor Strupp
Sunday worship 10:00 am
406-222-3570 • lds.org
- Emmaus Lutheran Church**
801 East Park Street, Livingston
Reverend Daniel Merz
emmauslutheranmt@gmail.com
emmauslutheranmt.org
- Expedition Church**
27 Merrill Lane, Livingston
Pastor Darryl Brunson
Sunday worship 10:00 am
406-224-1774 • expeditionmt.org
- First Baptist Church**
Crossing Community Church
202 East Lewis St., Livingston
Pastor Bryce Maurer
Sunday worship 10:45 am
406-222-1603 • fbclivingston.org
- Gardiner Community Church**
318 Main Street, Gardiner
Reverend Jeff Ballard
Sunday worship 10:15 am
406-848-4060
- Gardiner Baptist Fellowship**
802 Scott Street, Gardiner
Pastor Britton Gray
Sunday worship 11:00 am
406-223-4478
- Grace Methodist Church**
302 South 9th St., Livingston
Pastor Mari-Emilie Anderson
Call/visit website for worship times
406-222-1041
www.methodistsontheyellowstone.org
- Holbrook United Methodist Church**
424 Lewis Street, Livingston
Call/visit website for worship times
406-222-1041
www.methodistsontheyellowstone.org
- Kingdom Hall of Jehovah's Witnesses**
1505 E Gallatin St., Livingston
Sunday Public talk and Watchtower 10:00 am
406-222-2012 • jw.org
- Living Hope Church**
226 South 3rd St., Livingston
Senior Pastor Shad Durgan
Sunday worship 8, 9:30 and 11 am
406-222-1577 • livinghope.church
- Livingston Bible Church**
329 North 5th St., Livingston
Pastor Monte Casebolt
Sunday worship 10:30 am
406-222-2714 • livingstonbible.org
- Livingston Christian Center**
(Assemblies of God)
1400 Mount Baldy Dr., Livingston
Pastor Dave Brakke
Sunday worship 10:00 am
406-222-3144
livingstonchristiancenter.com
- Livingston Church Of God**
101 South O Street, Livingston
Pastor Ed Parrent
Sunday worship 10:30 am
406-220-0620
- Mountain Bible Church**
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
- Mount Republic Chapel**
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
- Mountain Springs Baptist Church**
626 North 13th St., Livingston
Pastor Justin Sutherland
Sunday worship 11:00 am
406-222-1240
mountainspringsbaptist.com
- Paradise Valley Community Church**
1772 East River Rd., Livingston
Pastor Andrew Alberda
Sunday worship 10:30 am
406-333-4905
paradisevalleychurch.org
- Pine Creek United Methodist Church**
2470 East River Rd., Livingston
Pastor Mari-Emilie Anderson
Call/visit website for worship times
406-222-1041
methodistsontheyellowstone.org
- Redeemer Lutheran Church**
425 West Lewis St., Livingston
Sunday worship 11:00 am
406-222-1175
www.rlclivingston.wordpress.com
- The Summit Lighthouse**
Contact us for worship service and conference times
63 Summit Way, Gardiner
406-848-9200
SummitLighthouse.org
- Seventh-Day Adventist Church**
1 Guthrie Lane, Livingston
Pastor Rene Marquez
406-222-7598
livingstonmt.adventistchurch.org
- Shields River Lutheran Church**
105 Ordway St. South, Wilsall
Sunday worship 9:00 am
406-578-2212
srlcwilsall.wordpress.com
- Shields Valley Bible Church**
405 Fifth St. West • Clyde Park
Pastor Glen Helig
Sunday worship 11:00 am
406-686-4708
- St. Andrew's Episcopal Church**
310 West Lewis St., Livingston
Reverend Kristin Orr
Sunday worship 10:30 am
406-222-0222
saintandrewsepiscopalchurch.org
- St. John's Episcopal Church**
8 Story Road, Emigrant
Reverend Kristin Orr
Sunday worship 8:00 am
stjohnspv.org
- St. Joseph's Catholic Church**
910 McLeod St., Big Timber
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406-932-4728
- St. Margaret's Catholic Church**
206 1st Avenue North, Clyde Park
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- St Mark's Church Universal And Triumphant**
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406-222-3372 • stpaulslivingston.org
- St. William's Catholic Church**
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
- Valley Shepard Church of the Nazarene**
Services are presently online.
Please call for instructions to view a service.
Reverend Christie American Horse
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- Wilsall Community Church**
112 Liquin Hill Rd., Wilsall
(west of Hwy 89 North; take Clark St to Liquin)
Pastor Stephen Fanning
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406-578-2004 • wilsallcchurch.com
- United Methodist Grace Church**
302 South 9th St., Livingston
Pastor Mari-Emilie Anderson
Sunday worship 5:00 pm
406-222-1041
www.methodistsontheyellowstone.org

2 Timothy 1:7 - For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

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Fill out this form and mail to:
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UPCOMING

Mark Your Calendars

EVENTS

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 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 (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.

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.

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.

Calendar of Events runs every week. To place your event on the calendar please email the information to 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 4 - COMMUNITY CHOIR SPRING CONCERT - Everyone is invited and welcomed to attend. This years concert will take place at the Park County High School, 102 View Vista Drive, Livingston. Concert will start at 3 pm.

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.

May 11 - VEGAN POTLUCK, Join them on Mother's Day and bring your Mother to celebrate her special day 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.

May 10 - POPUP ART SALE - Old Lumberyard Spring Show will take place 11 am to 5 pm at the Old Lumberyard, 122 North F Street, Livingston. Local and regional artist will be on hand. Snacks will be offered by Hot Dog Champion, Willy Good Lemonade, and BleuBelle Baking. Stafford Animal Shelter will have a petting zoo. Find them on instagram @OldLumberYard.

May 17 - HOLISTIC FAIR hosted by Livingston Lightworks will take place 10 am to 4 pm at the Park County Fairgrounds Exhibit Hall located at 46 View Vista Drive in Livingston. The Fair will be a combination of a holistic wellness fair and a metaphysical fair. Admission is free and kids are welcomed. Gift bags will be given to the first 30 adult attendees. Baskets with gifts from some of our vendors will be raffled off. You can learn more about Livingston LightWorks and the Holistic Healing Fair at www.livingstonlightworks.com

NOW SHOWING

SHOWTIMES

WARFARE
Friday, April 25th - Thursday, May 1st
4:15 pm and 7:15 pm

THE WEDDING BANQUET
Friday, April 25th - Thursday, May 1st
4:30 pm and 7 pm

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FREE CONCERT

AMERICA'S BIG BAND
JAZZ
AMBASSADORS

APRIL 29 • 7 PM

Park High School Gymnasium
LIVINGSTON, MONTANA

TICKETS
ARMYFIELDBAND.COM/TICKETS
301-677-6586
U.S. ARMY

BREAK time

Montana Fun Facts!

Millions of bison used to roam the plains of Montana. It took only seven years to reduce their numbers from an estimated 60 million to just 541 left in the world by 1889. Today about 500 bison live at the National Bison Range in Moise, Montana, in addition to a number of privately-owned herds. Yellowstone National Park has between 3,000 and 5,000 bison at any given time.

Cows outnumber humans in Montana more than two to one. Black Angus and Hereford are the most popular breeds. **Miles City bills itself as the "cow capital of the world"** while Drummond boasts that they are "world-famous bull-shippers."

Montana has a huge population of **wild buffalo**. You can see many of these animals at the National Bison Range close to Missoula.

ACROSS

- 1. Trim of
- 5. Nonlean parts
- 6. Type of ski lift
- 10. Shelter for storage
- 14. Soar
- 15. Tributary
- 17. Lacquered metal
- 18. Winter jacket
- 19. Request the presence of
- 20. "Broadway Danny ____"
- 21. European finch
- 23. Favor
- 25. Sound of a punch
- 28. Spool of film
- 29. Ballet bend
- 30. Openings
- 31. Sweet wine
- 32. Leave the launch pad
- 36. Kismet
- 38. Press agent
- 39. Needlefish
- 40. Frigid
- 41. Mania
- 42. Musical combo
- 43. African nation

- 46. Royal headwear
- 47. Heating unit
- 48. Regulation
- 49. Bicker
- 50. Weed
- 51. Addition shape
- 52. Threesome
- 53. Lacquer
- 57. Traveler
- 59. Reserve
- 60. Island gift
- 61. Woe is me!
- 62. Hill's partner
- 63. Voided volley
- 64. Cunning
- 67. Catlike
- 69. "North and South," for one
- 70. Computing device
- 72. Authoritative belief
- 77. Venerable
- 78. Uncover
- 79. Best
- 80. At any ____ (in any case)

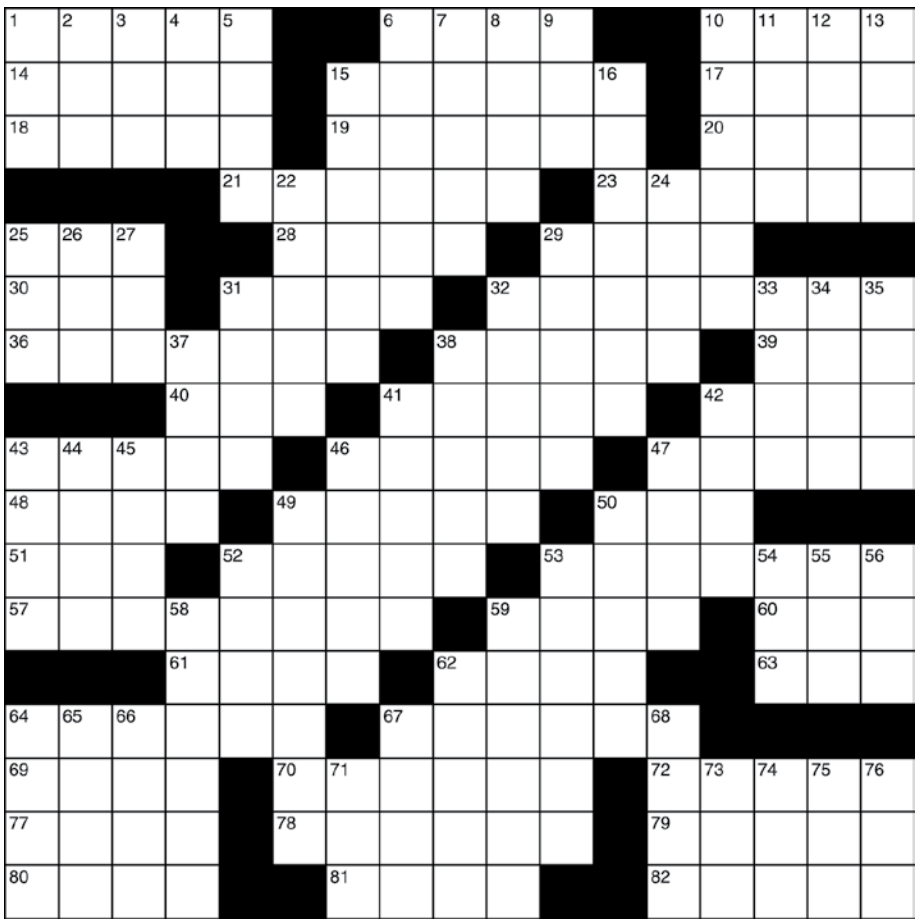
- 81. Cancel
- 82. Attract

DOWN

- 1. Dip suddenly into water
- 2. Memorable period
- 3. Evergreen variety
- 4. Petition
- 5. Common duck
- 6. Female donkey
- 7. Cut on a slant
- 8. Mine passage
- 9. Soak flax
- 10. Boulevard
- 11. Bovine foot
- 12. When all ____ fails . . .
- 13. Antelope's playmate
- 15. Showy dress
- 16. Put back
- 22. Twist of fate
- 24. Dangerous chance
- 25. Pea abode
- 26. Crude metal
- 27. Lived
- 29. "____ Suite"
- 31. Type type

CROSSWORD

Puzzle #396



- 32. Clamor
- 33. Mean monster
- 34. Carnival
- 35. "____ Russia With Love"
- 37. Fork point
- 38. Impostor
- 41. Cheroot
- 42. At the time
- 43. Raised, as
- vegetables
- 44. Polynesian dance
- 45. Associate
- 46. Strives
- 47. Came apart at the seams
- 49. Display
- 50. Refuge
- 52. Oprah's forte
- 53. Carry-on,
- perhaps
- 54. Visiting General Hospital?
- 55. "____ You in the Morning"
- 56. Batting success
- 58. Exterior
- 59. Hail
- 62. Transfer design
- 64. Romanov title
- 65. Indian melody
- 66. "____ a kick . . .": 2 wds.
- 67. Nose's site
- 68. Redact
- 71. Physique, for short
- 73. Pindaric poem
- 74. Opal or onyx
- 75. Tourist aid
- 76. High, in music

Sudoku

Puzzle #131

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

Sudoku - #130

SOLUTIONS

Crossword - #395

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

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



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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/ or contact the Park County Planning Department at planning@parkcounty.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. Application materials may be requested by contacting the District Clerk at 406-924-6865 or 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. Questions please reach out to Johanna Osborn, Principal 406-333-4359 or 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, 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.

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. You can also apply online!

Mobile Crisis Response Program Manager

Do you have a passion for community mental health? **The City of Livingston, Montana**, is seeking a highly motivated, caring individual for a rewarding opportunity to serve as the Mobile Crisis Response Program Team Manager. In this role, you will support our community-based, collaborative crisis response team. This position reports to and works under the direction of the Fire Chief.

The Program Manager is responsible for developing and maintaining the Mobile Crisis Response Team (MCRT) and its program. Key responsibilities include managing the annual budget, securing funding through Medicaid reimbursements and grants, and creating program policies and procedures that align with Medicaid and City of Livingston policies. Additional duties include participating in staff hiring, training, scheduling, and performance management. The Program Manager will also develop data tracking systems to produce program statistical reports and maintain clinical records. This role requires the ability to build strong relationships and collaborate effectively with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and social service community agencies.

To apply, please send the following items to HR@LivingstonMontana.org:

- An updated resume
- A cover letter detailing your interest in the Mobile Crisis Response Team

<https://www.livingstonmontana.org/hr/page/mobile-crisis-response-program-manager>

Consider a Sponsorship of the Community Journal



The *Park County Community Journal* is seeking help from our followers to continue its mission: promoting positivity in the local community. We do this by publishing stories about the people, organizations, businesses, and events that represent Park County, often times at request, and most importantly, to shine light on what makes this community special.

We promote local businesses and encourage their support; honor non-profit organizations dedicated to philanthropy; celebrate our vibrant arts community by showcasing its contributors and their work; praise the achievements of students and children in sports and education; recognize major developments in municipal and county government; and cover local events to spur participation and advance the concept of community.

Knowledge as power, though a cliché, is undeniably true, and our intention is to inform readers about the community so as to inspire positive change through mutual support and understanding.

The *Journal* currently publishes 2,000 copies weekly for distribution throughout Park County. In response to incoming tourists, this number will rise in the early spring to 2,500 and to 3,000 by summer 2025. Park County depends on tourism to thrive, and the newspaper has a role in sharing information with visitors about what our community has to offer through advertising and editorials

on businesses and events. In addition to compensating staff, this increase in printing is expensive (\$0.45 per copy; total annual printing expenses amounting to roughly \$50,000 contingent upon need), but our goal is to help the community flourish without placing a burden on our readers.

Up until now, the newspaper has been free of charge—a service provided to the community not intended to generate income through our consumers, much like a non-profit organization. Our desire is to continue this tradition via advertising fees, the *Journal's* current business model, and by exploring new avenues for raising money to fund operating expenses without shifting costs to readers. For example, we are currently working alongside non-profit organizations like Prospera and Park Local to consider and develop new strategies for increasing revenue, such as adjusting advertising rates for local businesses through the cool season. However, as we are not technically a non-profit organization, our options are somewhat limited.

We are therefore asking you to please consider the value of our newspaper to this community and to support our cause by making a donation that will be used to extend our outreach and impact to locals and visitors alike. Donations may be made once or on a recurring basis, if possible.

Because we are not a charity organization, your gifts are not tax-deductible. However, any donation, small or large, helps us in our effort to shape this community for the better. Even just two dollars each from a few thousand individuals would be extremely helpful in keeping this newspaper free as we continuously strive to benefit the community.

Thank you for considering a donation to our newspaper. If a gift falls within one of the following sponsorship levels:

Bronze: \$250 • Silver: \$500
Gold: \$1000

Donors will be recognized monthly in the newspaper. Qualifying business donors will be awarded discounted advertising rates during the warm season (June – September.)



Donations can be made using the QR code or mailed to PCCJ, PO Box 1851, Livingston, MT 59047. Thank you for your consideration in helping us to continue our mission!

Rhythm and Whimsy

The Danforth Museum of Art (DMA) is presenting **Rhythm and Whimsy**, by sculptor Richard Swanson, April 14th – June 9th. *Rhythm and Whimsy* illustrates Swanson's understanding of line, form, balance and rhythm to create three-dimensional line drawings that bounce brightly like jazz phrases – no hidden meanings but spontaneous



Grant and a New Forms: Regional Initiative Grant. His many large-scale works have found permanent homes in the Northwest and beyond. Several of his public art commissions have become the defining visual symbol for cultural institutions including the Myrna Loy Center, the University of Montana-Helena, and the Holter Museum of Art, as well as the Medford Educational Facility in Medford, Oregon. His figurative clay vessels are featured in many books and magazines and have homes in institutions as the Los Angeles County Museum of Art and the Mansfield Center for Pacific Affairs in Washington, D.C.

Art, as well as the Medford Educational Facility in Medford, Oregon. His figurative clay vessels are featured in many books and magazines and have homes in institutions as the Los Angeles County Museum of Art and the Mansfield Center for Pacific Affairs in Washington, D.C.

To see more of Swanson's work, visit his website at <https://richardswanson.org/>.

Admission to the Danforth Museum of Art is always free.

The DMA is located at 106 North Main Street, Livingston. The DMA is open Tuesdays–Saturdays, Noon to 4 pm. Thier website is www.TheDanforth.org

This exhibit was sponsored by the Holter Museum of Art in Helena, MT, and travels under the auspices of the Montana Art Gallery Director's Association, supported by the Montana Arts Council, a state agency funded by the State of Montana; coal severance taxes paid based upon coal mined in Montana and deposited in Montana's Cultural and Aesthetic Projects Trust Fund; and the National Endowment for the Arts.

Park High School HOSA Team Wins State

Donations are Needed to Send Them to International Competition

by Tony Crowder

After placing first at the State Leadership Conference in early April, the Park County High School HOSA – Future Health Professionals club is now eligible to compete at the International Leadership Competition held in Nashville from June 19th to June 23rd. Due to exorbitant costs, including travel expenses and registration fees, program coordinator Janine Ensign and her team are seeking financial contributions to fund the trip.



The portfolio was then submitted to HOSA state leadership competition judges for review. During this time, students continued fundraising in hopes of qualifying for the conference, eventually receiving notification that their portfolio had been accepted for presentation at the State Leadership Conference. Fortunately, Ensign secured additional funding through a grant awarded to the district, an amount sufficient for covering the remaining expenses.

Rewarded for their immense effort, the team placed first at the state-level competition, qualifying for the International Leadership Conference, an event slated to host over 13,000 (nearly 12,500 of which are students) members, advisors, healthcare professionals and alumni. The conference will include workshops, seminars, interactive learning modules and the International Competitive Events Program—an opportunity for student members to demonstrate and expand their competence and leadership skills in healthcare.

Due to significant costs, students have decided to participate in the first two days of the competition, departing and returning on the 18th and 21st, respectively. Furthermore, only four of the six original team members will compete at the conference, chaperoned by Ensign.

If interested in aiding the team to Nashville this June, donations may be mailed to Park High School HOSA Chapter 47037 attn. Janine Ensign, 102 View Vista Drive, Livingston, MT 59047. For more information, please contact Ensign at janine.ensign@livingston.k12.mt.us or visit the chapter's Instagram page at https://www.instagram.com/phs._hosa/. Donations may also be retrieved by team members upon request using the contact information provided above.



Montana HOSA is one of seven state-funded Career and Technical Student Organizations (CTSOs)—a program designed to facilitate leadership development, career orientation and technical skill development for aspiring healthcare (medicine, dental, nursing, physical therapy, pharmacy, emergency medicine, and veterinary science) professionals in primary, secondary and post-secondary educational settings.

Currently, 5100 HOSA chapters exist throughout the world—a global network comprising countries like Canada, China, South Korea, Mexico, Germany, Italy, Puerto Rico and others—52 of which are chartered in Montana, up from 51 following Park County's recent instatement, an initiative spearheaded by Ensign in January and approved by the school board in February.

With little time and limited guidance, 18 student members began preparing for the State Leadership Conference in Billings just two months later. The team elected to participate in the Community Awareness event, selecting the topic of "Isolation and Loneliness in the Elderly Population," specifically, within long-term care facilities, a population Park County students deemed "forgotten."

Qualification criteria for the conference were met by conducting comparative survey research on their chosen topic, partnering with a local organization dedicated to community health (namely, Livewell 49), presenting their findings at a fundraising dinner and compiling this information into a portfolio—an impressive feat achieved in merely six weeks through incredible teamwork and devotion, according to Ensign.



Landmark

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FEATURED LISTINGS

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620 S 12th Street
2 beds 1 bath | 854 sq ft
#400901 | \$350,000

Theresa Coleman | 406-220-1405



1115 Ridgeview Trail
3 beds 2.5 baths | 1,758 sq ft
#399280 | \$589,000

Baylor & Carolina Carter | 406-223-7903



508 Miles Avenue
Commercial Sale | 3,224 sq ft
#397976 | \$430,000

Tammy Berendts | 406-220-0159



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



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

Swanson Team | 406-220-2045



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

Tom Gierhan | 406-220-0229



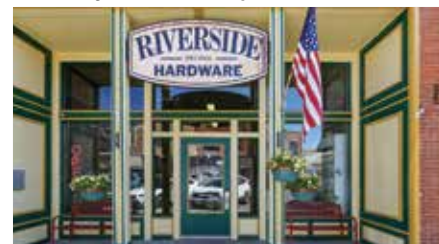
107 Elliot Street N
Commercial Sale | 3,104 sq ft
#398072 | \$600,000

Tammy Berendts | 406-220-0159



305 Lathrop Street W
2 beds 2 baths | 996 sq ft
#399947 | \$429,000

Jessie Sarrazin | 406-223-5881



107 S Main Street
Commercial Sale | 7,061 sq ft
#395132 | \$1,950,000

Ernie Meador | 406-220-0231



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

Swanson Team | 406-220-2045



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

Tom Gierhan | 406-220-0229

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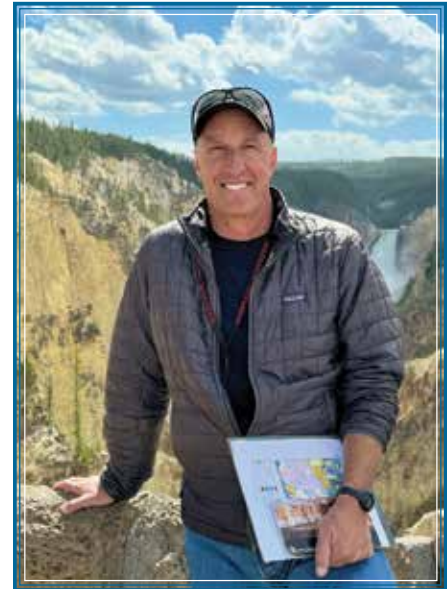
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JOIN US FOR A GEOLOGICAL ROMP THROUGH PARADISE VALLEY!

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