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Week of May 4, 2025

# Park High Grad Lily Weimer Named the Most Outstanding Graduate in the College of Health Sciences and Human Performance at the University of Tampa.

Park County Dugout - April 28, 2025  
TheParkCountyDugout.substack.com  
By: Jeff Schlapp

Livingston's own Lily Weimer was honored last week by the University of Tampa as the *Most Outstanding Graduate in the College of Health Sciences and Human Performance*.

Weimer is the top student in the Allied Health Physical Therapy major.

Weimer, a 2023 Park High School graduate, is scheduled to graduate

from the University of Tampa in December.

When she was notified of the honor, she told her department chair chronologically that she was only a sophomore.

Due to the college credits she earned in high school (and she is wicked smart and a hard worker), she's on pace to earn

her degree almost two years ahead of schedule.

Her chair of the College of Health Sciences and Human Performance was stunned when Weimer explained that she was only 20.

Lily earned 23 college credits at

Park High and an academic scholarship to the University of Tampa in Florida.

Her parents, Jay and Brooke Wiemer surprised her with a knock at her apartment door in Tampa.

*"When she told us about the award, we scrambled to get tickets to Florida," Brooke Weimer told me over the phone (the Weimers were still in Tampa on Sunday). "We didn't tell her because we wanted it to be a surprise. I was texting her at the*

*airport to make it seem that we were at home, and when we knocked on the door, she was so shocked that, at first, she shut the door on us!"*

Scott Rosberg, the AD at Park High, is very proud of Weimer.

*"I taught Lily and five of her classmates English for her eighth-grade year," Rosberg said. "I*

*also worked with her on her basketball game from sixth grade through her senior year. She is a great kid, and I always knew she was destined for success."*

Last summer, Weimer was selected for a unique internship at the

sixth annual California Classic Summer League with the NBA Sacramento Kings. She hopes to work with athletes as a physical therapist down the road. While at Park High, she starred on the soccer pitch and the basketball court for the Rangers.

Weimer is an active participant in three Boards that she serves on and a member of the *Fellowship of Christian Athletes*:

- **Student Physical and Occupational Society: Treasurer**

- **Women in Medicine: Pre-Physical Therapy Representative**

- **Women's Fitness Club: Outreach and Assistant Merchandise Coordinator.**

When she graduates in December, Weimer will apply to Graduate Schools to study for her Doctorate of Physical Therapy. Her mom told me that not many grad schools offer Doctorate degrees in PT and that some are deferring admission by up to two years. She hopes Lily's 4.0 GPA and internships are impressive enough for admission.

The Dugout has been writing about Weimer for four years and



Lily Weimer holds her Award in front of the 1891 Tampa Bay Hotel, now a National Historic Landmark and home to the University of Tampa and the Henry B. Plant Museum. Photos courtesy of Brook Weimer.

could not be happier for her. We're not the least bit surprised at her success.

Work hard, set goals, reach for the stars, and your dreams will come true.

Lily Weimer is the Most Outstanding Graduate in the College of Health Sciences and Human Performance at the University of Tampa.

Livingston's Very Own.

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



Lily Weimer with her parents, Jay and Brooke Weimer.



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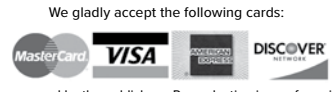
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**OP-ED**  
**Stranger than TV Fiction**

by Patricia Grabow

Opinion Editorials state the views solely of the author and do not necessarily reflect the views of the Community Journal.

"Multinational corporations do control. They control the politicians. They control the media. They control the pattern of consumption, entertainment, and thinking. They're destroying the planet and laying the foundation for violent outbursts and racial division." Jerry Brown

If only it were just the megacorporations. Like many, I was not all that enthused with the *Yellowstone* series. Beyond the obvious creative distortions, the protagonist dealt in gross communications rather than that of the neighbors we all know in Park County, and the program's theme was about ranchers who wanted to hang on to their land—how outdated and uncontemporary, surely, right?

At least until *Resolution 5159 Annexing Parcel at 38 Love's Lane* happened at the April 15th Livingston City Commission meeting.

For those not familiar, around 2020 and 2022 over 1600 people in Livingston (and that is quite a lot!) participated in creating the Livingston Montana Growth Policy. Central to that growth plan was "Smart Growth." That means; to simplify, the City of Livingston officially adopted the legal intent among other things to plan growth outward from the historic central business district. One key thing it didn't state openly, arguably an oversight, though it should have been obvious, was translation regarding — a subject on which the city has historically famously disregarded the wishes of its affected citizens.

It took months and some meetings lasting late into the evening almost every week by our planning board and the enthusiastic public to refine and craft this 550-page document. The Livingston Growth Policy covered close to everything and everywhere possible in the city. And it was well worth it.

I have the sketchy honor of having attended most of the city commission meetings for the past two decades, and in the last two years that city manager Grant Gager has been here, the one thing the city did consistently before the April 15th meeting was fight to defend that hard-earned Growth Policy. When PFL found it inconvenient for its fast bucks, it put the city commission in the position that pinpointed the fight of defending its Growth Policy publicly. The city commission meeting lasted most of the evening. The tenacity of the Livingston City Commissioners to the principle of planned growth by the people, that night, literally had the audience including me sitting on the edge of our seats. It made me think briefly back on the characters in JFK's book, *Profiles in Courage*. The exception was the current city commission chair who sided with the interests of the megacorporations.

That vote was significant because PFL is closely tied to Goldman Sachs, who invested something like \$24 million, and somebody wanted maximal returns, community identity be damned. As we didn't need *Yellowstone* (the series) to remind us, large corporations love fast cash, in this case to be made off an interstate exit two miles from our heart, no matter the cost to us, no matter our stated policy: get around it and get rich. The will of the people, from residents to small landowners to environmental organizations like the Park County Environmental Council to neighbors in targets like Suce Creek are all fighting like those in *Yellowstone* to keep their homes beautiful, natural, and unsprawled instead of turning into an ugly LA subdivision. Good luck against the big money interests jetting their attorneys in and out to fight us. When PFL lost the first round that courageous evening, its head said, "(expletive deleted) environmentalists!"

So on Tuesday, April 15th, the City Commission of Livingston, with its new much

less heroic chair, shockingly shifted into hard reverse right over our same Growth Policy, probably blowing more than one pair of cowboy boots off residents' feet. That annexation's backers could not hardly have found a more obvious location to discredit the voice many of us who created the policy.

The aim of annexing the "Five Acre Tract" farmland was to site a building for around 60 employees of the US Department of Agriculture. So, not only do they put it right next to I-90, and about three miles away from the central business district that "Smart Growth" and the Growth Policy would dictate, they (with no sense of irony) try to plant the Department of Agriculture's new facility in direct encroachment on our very agricultural land out by the "Five Acre Tracts." Plus straining harder an already congested residential road used also by the Wine Glass subdivision, down Canyon View Drive to Love's Lane, a jerry-rigged one-way street.

*Is this Invasion of the Body Snatchers?*

They had a choice. There's no weaselly grandfathering hook here like was used in the PFL situation. Instead of something that fit the scrupulously planned Livingston Growth Policy, this would be located behind the (in your author's humble estimation) worst planned housing development, back behind Albertson's, in a possible flood plain, and one block from an irrigation ditch, directly across from Highland cattle and other close-by livestock from goats to llamas. The costs aren't cheap, and this blatantly flouts the will of our citizens. One of my sons likes to say, "When things don't make sense, they sometimes don't make sense for a reason." I would really prefer to think that fishy smell is week-old cat food somewhere instead.

Local opposition to the annexation was strong. Individual land owners in the Five Acre Tracts dug their heels in hard, since this act potentially opens further the Pandora's box of policy-hostile incursion into the county.

That sound you hear sure could seem a lot like the Growth Policy principles going somewhere after a flush. I hope not and am, always hopeful, on the lookout for something that shows that is not the case.

None of the 355 businesses in our downtown commercial district were consulted about it, even though we are still reeling from economic downturn, where this could have been a constructive boost for our concentrated business district instead. Like in historic preservation... the best use is often creative re-use.

The hard plot twist, and the discourtesy if not contempt this vote showed for our city public is almost something straight

out of *Yellowstone*. I was far from alone in expressing opposition on Facebook. It made me think back on when as a city commissioner, I had to actually sue my own city in the Meece years to prevent a sly sweetheart fire sale and pave the way instead for our Shane Center. When I commented on Facebook, we would oppose the annexation "any way possible," the city chair's wife oddly claimed that sounded unkind, so in the Facebook stream right away I added the obvious clarification "in court"—the same way I had done with The Shane Center. It was a perverse discovery to find someone tried to wrest that into meaning something nefarious. That is reaching almost far enough to grab a Starlink satellite.

So it was equally twisted for the commission chair, at the annexation meeting, to try to castigate me there for the wording of my Facebook post, bizarrely implying I was somehow responsible for someone's veiled crackpot threat on the city manager. The city commission chair made this insinuation against a person who never so much as spanked my children. If you stand on firm ethical and moral ground, you hardly need to resort to bullying like that. But honestly, as expensive as justice is, it may well take a court to force the city to comply with its own enacted policy instead of bulldozing over it and hoping nobody notices. The greatest irony was doing this presumably in the name of a courteous meeting.

And people have no choice but to get legally creative when their officials inexplicably turn against our voices with barely a word of explanation. This may entail residents now in the Five Acre Tracts exploring Citizen Initiated Zoning or similar things to defend themselves and their agricultural land. The current commissioners I admire the most identify, quietly or openly, as environmentalists. This is an honest philosophy that may have even helped get them elected to public office and not suddenly disempowered by some kind of conflict of interest that has come up recently. It is important to hear loud and clear, environment was front and center in the Growth Policy—front and center. Sorry, megacorporations, we articulated that we all, no matter our persuasion, love the land we see every day and outlined what we want to do with it in our 550-page document.

That quote I opened with seems just as relevant to the piece-by-piece destruction of our humble but beautiful Montana agricultural land, environment, and home. We should be defending it—instead of giving the writers of *Yellowstone* a new plot twist idea for their next series – from 1883 to 1923 to 2025.



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# Town of Clyde Park... A Great Place to Live!

## PUBLIC NOTICE

### Town of Clyde Park, Montana Community Development Block Grant (CDBG) Planning Project

The Town of Clyde Park has received notice of the award of Community Development Block Grant (CDBG) Planning Grant funds from the Montana Department of Commerce. The Town of Clyde Park will soon commence the preparation of a Water System Preliminary Engineering Report (PER), an important

step toward addressing aging water infrastructure and ensuring the continued delivery of safe drinking water to residents.

CDBG regulations governing the grant require that to the greatest extent feasible, opportunities for training and employment arising in connection with this CDBG-assisted project will be extended to local low- and moderate-income residents. Further, to the greatest extent feasible, business concerns located in, or substantially owned

by residents of, the project area will be utilized.

For more information about employment, training, or contracting opportunities related to this project, please contact:

Stacey Mills, Clerk/Treasurer  
Town of Clyde Park  
P.O. Box 177, Clyde Park, MT 59018

Phone: (406) 686-4719

Email: [clerktreasurer@clydeparkmt.net](mailto:clerktreasurer@clydeparkmt.net)

The Town of Clyde Park is committed to promoting economic opportunities for its residents and encouraging local business participation in this important community project.

## SHIELDS VALLEY Upcoming EVENTS

### May 6th

Shields Valley School District Bond Election  
Ballots are due by 5 pm.

### May 7th

Special School Board Meeting at 6:30 pm

### May 8th

District 12c Track meet at Belgrade

### May 10th

Bridal shower for Ellyce Shimmin (Kyle Rich)  
at the Wilsall Community Church at 11:30 am.  
Registry available at Theknot.com

### May 14th

Elementary Track and Field Day  
School Board Meeting at 7 pm

### May 15th

2nd Grade Field Trip  
4th Grade Trip to Daily Lake  
6th Grade Tour of High School at 10:30 am

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

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

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

## Clyde Park's First Town Forum

On behalf of the Town of Clyde Park, we want to extend our heartfelt thanks to everyone who attended and participated in the Town Forum on March 11th. Your engagement, questions, and input are invaluable as we work together to shape the future of our community.

A special thank you to our mayor,

Sydney Wiley and presenters for sharing their time, expertise, and insights. Your contributions helped make the forum an informative and productive event.

We appreciate your involvement and look forward to continuing these important conversations.

**Thank you!**

## Join Town Council Meetings Virtually Via Zoom

**Second Monday  
of every month  
@ 7 pm**

To join the meeting virtually, go to:

<https://rb.gy/mvkhox>  
Meeting ID: 873 9839 1494  
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## OLD LUMBERYARD SPRING SHOW

MAY 10TH



11AM-5PM

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**Is there corruption in the police department?  
Oaths matter! Who polices the police?**



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Meeting room at the public library,  
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# Anglers Charged by Grizzly Bear in Centennial Valley

## Fortunately, Anglers Were Unharmed

**CENTENNIAL VALLEY** – Two anglers were reportedly charged by a grizzly bear Monday while they were fishing in Red Rock Creek on Red Rock Lakes National Wildlife Refuge.

The bear charged through thick brush, and one of the anglers shot at the bear in self-defense. Fortunately, the anglers were able to leave the area uninjured. It's unknown whether the bear was injured. Grizzly bear staff and game wardens with Montana Fish, Wildlife & Parks searched the area Wednesday. No bears or carcasses were found. No further management action from FWP is planned. Refuge staff with the U.S. Fish and Wildlife Service have issued a temporary closure of a section of Red Rock Creek for public safety. The closure includes the portion of the creek between Elk Lake Road and Upper Red Rock Lake. The closure will remain in effect through May 5th. Stream access east of the road remains open, and Elk Springs Creek has no closures in effect.

### Be bear aware

Montana is bear country. Grizzly bear populations continue to become denser and more widespread in Montana, increasing the likelihood that residents and recreationists will encounter them in more places each year. Avoiding conflicts with bears is easier than dealing with conflicts. Here are some precautions to help residents, recreationists and people who work outdoors avoid negative bear encounters:

- Carry bear spray and be prepared to use it immediately.
- Travel in groups whenever



possible and make noise, which can help alert bears to your presence.

- Stay away from animal carcasses, which often attract bears.
- Follow food storage orders from the applicable land management agency.
- If you encounter a bear, never approach it. Leave the area when it is safe to do so.
- Keep garbage, bird feeders, pet food and other attractants put away in a secure building. Keep garbage in a secure building until the day it is collected. Certified bear-resistant garbage containers are available in many areas.
- Never feed wildlife. Bears that become food conditioned lose their natural foraging behavior and pose threats to human safety. It is illegal to feed bears in Montana.

Though they have reached recovery levels in the Northern Continental Divide and Greater Yellowstone ecosystems, grizzly bears in the lower 48 states are listed as threatened under the Endangered Species Act. Management authority for grizzlies rests with the U.S. Fish & Wildlife Service, working closely in Montana with FWP, the U.S. Forest Service, the National

Park Service, the Bureau of Land Management, the U.S. Geological Survey, Wildlife Services, and Native American tribes. This collaboration happens through the Interagency Grizzly Bear Committee.



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

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# Your Ageless Wellness Column

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

## Your Ageless Wellness More on the Power of Words



Lately, I've been thinking about the language we use when we talk about ourselves. Not just out loud, but in those quiet, internal moments.

- I'm just getting old.
- I can't do what I used to.
- My body's falling apart.

Sound familiar? These phrases might feel harmless—maybe even humorous. But literally, words are not just sounds; they're building blocks. And the most powerful words we speak are often the ones no one else hears.

You've probably heard the saying in Proverbs 18:21: "Death and life are in the power of the tongue." That's not just poetry; it's truth. What we say affects how we think. What we think determines how we feel. And how we feel shapes the actions we take—or avoid taking.

Self-talk is like planting seeds.

- I'm still learning—plants possibility.
- I'm too old for that—plants limits.

And over time, like that plant, whatever we water the most is what grows. Think about how often you hear someone say things like:

- I'm such a bonehead.
- There I go again, like a bull in a china shop.
- I'm an idiot.
- How stupid of me.

Most of the time, these things are said with a chuckle. But your subconscious doesn't understand sarcasm—it just hears the words and takes them as truth.

Every time we casually insult ourselves, we reinforce that belief: we're clumsy, forgetful, or not capable. Over time, these little jabs stack up. They become the lens through which we view ourselves. And that lens affects everything, especially our self-esteem.

Self-esteem isn't about ego; it's about trust. When we trust ourselves, we're more likely to grow, to try, and to rise again when we fall. When our self-esteem is low, we pull back, we hesitate, and we stop believing change is possible.

But here's the good news: just as words can break us down, action can build us back up.

One of the most powerful ways to begin rewriting your inner story is through

movement. When you start to show up for your body—consistently, even gently—you start sending yourself a different message:

- I care about myself.
- I am worth the effort.
- I can grow stronger.

Every time you walk into the gym, take an exercise class, or finish a workout, you're not just building strength, you're building confidence and trust in yourself. You're proving, through action, that you are capable of change.

And that physical strength—it doesn't stay in the gym. It shows up in how we get out of a chair. How we walk. How we carry ourselves when we enter a room. Self-esteem isn't just a feeling. It's a posture. It's presence. And movement helps us reclaim both.

Plus, doing it with others makes the impact even greater. Social connection boosts our mood, keeps us engaged, and reminds us we're not alone on this journey. It's easier to speak kindly to ourselves when we're surrounded by people cheering us on.



### Looking to build that confidence?

That's what *The Hub* is all about. It's a welcoming space where older adults and mobility-challenged individuals come together to move, connect, and strengthen both body and spirit.

Whether you want to gain balance, build strength, boost energy, or just feel more like you again, we're here to help. If you can't make it to us, we'll bring the tools and the guidance right to your home.

You don't have to do it perfectly. You just have to begin.

For more information, contact **Garrick Fulmer-Faust, CPT, Certified Life Coach**, Executive Director of The Hub at the Park County Senior Center. Call 406-333-2276 or [garrick@parkcounty-seniorcenter.org](mailto:garrick@parkcounty-seniorcenter.org).



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Go to Home Page



# How to Use Stillness to Consolidate your Energy

by Kevin Raphael Fitch

The mountains that compel our eyes to look are full of lessons, one of them is stillness. To gaze at the Crazy mountain range, the Absarokas or the Beartooths, is like attending a class from great masters of stillness. Their lessons are simple and their teaching methods are by example. Mountains explain by showing and their classes are open to everyone and at any time.

To practice stillness is to acquire some of what these mountains have—energy-in-balance. Let's say that a person has an energy level of 3. They can increase it to 7 by taking a cue from their mountain teachers. Making stillness a part of one's exercise routine is a useful method to refine energy, improve concentration and stabilize motion, and countless other benefits. Walking, running, sports and personal safety, such as evading, deflecting or escaping something, is enhanced—when making stillness a part of the weekly or daily routine.

Some say that routinization is the key to survival—in other words habit. The habits of the mountains, their routines, are impressive. Externally, they appear to do nothing. Yet, by doing apparently nothing, mountains receive the vitalizing strength from the golden rays of the Sun, the flowing sea of crystal-clear air; they are usually the first to feel the drops of rain, the currents of the luminaries, the sparkle of invigoration from the flash of meteors and lightening. And what of the earth upon which they solidly stand?

This is where one can find out for

themselves how they can be nourished by the earth, in stillness, through their feet. Here is a simple method of practicing stillness.

*As you stand with your feet about the width of shoulders see if you can allow any tension in your upper body to simply flow down to your feet. This is more of a letting go of inordinate stress, with your awareness. Your arms and hands naturally hang down by the sides, so allow your hands to rest, just about a fist distance away from touching the sides of the thighs.*

*As your shoulders relax any tension they're holding, any tight energy there begins to soften and flow downward, through the elbows and wrist, the hips and knees, then through the feet and into the ground. This is tantamount to what a lightning rod does. So allow that lightning, the primary energy of your life, to gently cascade through your body, to nourish and harmonize everything through which it passes, as it reaches the bubbling spring acupoint under the arches and proceeds into the ground.*

This energy, which has been freed up, through relaxing tight energy, can also expand around the body in a spherical fashion. This is similar to what

happens when an electric current flowing through a wire (meaning you as the wire), produces a magnetic field around it. See if you notice this after a while.

*If there is any tightness in your jaw you can release that stored-up energy by separating your teeth slightly, with your mouth closed. See if you can gently draw your chin slightly backward so as to lessen the curvature of the neck (imagine a turtle doing this but slowly) and allow your eyes to gaze slantingly upward, about 5 degrees up from the horizontal.*



happiness, through the improved quality of energy acquired.

So, the next time you drive near a mountain or mountain range, or even gaze at one from your window or from the sidewalk, imagine them speaking to you, in stillness and in their mountain tongue: *You too can be strong and vital like us... we will teach you. We are open to teach 7-days a week, all day every day. The only charge is the charge of energy you will get by making stillness a habit.*

Kevin Raphael Fitch, Coach Fitch, has earned gold medals in many international Taiji competitions. He is a former martial arts competition judge, from 2004-08. He has written for Inside Kung Fu and has conducted classes for corporations, senior centers, departments of recreation and law enforcement. He is available for demonstrations, semi-private and group classes. *For more information, please visit his website: [www.taijilivingston.theastrologyconsultant.com](http://www.taijilivingston.theastrologyconsultant.com)*



Raphael with B.P. Chan, one of his teachers, who was a master of Stillness

our mountain teachers. The sense of condensing your energies to aid you, through stillness, will carry over into all areas of life and bring a return current of what can be called, a Milky Way of



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# Park High Aces Belgrade on Monday

**Kepler Jacobik, Chole Shinn, Logan Jergenson, and Raymond Olds Roll as Divisionals Draw Near. Analeece Frederickson is Back and Paired With Sophia Fetterhoff as Double Team Goes Undefeated.**

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

The Rangers were so successful during their tennis match with Belgrade that the sun pushed aside the clouds and took a front-row seat.

The Rangers cruised to victories in all but three matches against the Panthers in the first two rounds, who were without some of their players for the meet. It doesn't matter; you play whoever is across the net.

High School tennis is really about a season spent getting better. Although wins are nice (Gallatin High School's Mason McCarty has not lost a

match in three years and holds a 46-win streak), learning to serve and volley and feeling comfortable when doing so is more critical.

**Coach Carren Jacobik** has spent the last few weeks toying with her line-up, but she seems to have found the right mix of singles and doubles.

Her number one girl single player, **Kepler Jacobik**, and number one single player for the boys, **Logan Jergenson**, have remained the same all year, but the rest of the team has taken shape, so we saw the positions the players will probably play at divisionals.

The teams played a modified meet, each set beginning 2-2. So, when Kepler Jacobik walked off the court after her first match with a 6-2, 6-2 win over Belgrade's Isobel Cunningham, she actually



won her match without losing a game.

Cunningham had some nice groundstrokes, and the two girls traded a couple of long volleys, but for the most part, Jacobik's well-placed shots had Cunningham out of position and reaching for her shots.

**Logan Jergenson** won easily over Belgrade's Talon Blackburn, losing only one game on his way to a two-set victory, 6-2, 6-3.

Jergenson and Jacobik are the Rangers' best bets to advance to state from Divisionals. This is Jergenson's first year playing singles after three years of playing doubles and advancing to state the past two years. Jacobik made it to the semifinals last year at Divisionals and wants to make it her senior year.

If the rest of the team plays as terrific as they have this season, it's anybody's guess.

In the number two singles slot, **Chloe Shinn** won her two matches. I keep writing about her improved game, but she seems to get better weekly; her shots are more powerful, and she hits well-placed winners. If she develops her game to include consistent net play and a little more mix and match,

power and slices, over the next couple of weeks, she might be the surprise of the girls' Divisional. She's the best athlete among the Lady Rangers.

It was terrific to see **Analeece Frederickson** back on the court after her promising cross country career was cut short by injuries over the past two years. She paired with **Sophia Fetterhoff** to win two matches.

The girls beat Kayli Turner and Emma Blossom,



**Park High's Raymond Olds prepares to serve against Owen Plagmann of Belgrade, who Olds defeated 6-3, 7-5.**



**On Monday, Kepler Jacobik hits a backhand in her match against Belgrade High School's Isobel Cunningham.**

Belgrade's number-one doubles team, then came back and defeated the Turner sisters, Jolene and Delia, 6-2, 6-4.

Golfer **Raymond Olds**, who is adapting very well in his first year on the tennis team, beat Owen Plagmann 6-3, 7-5 playing number two singles and returned to play doubles with Jergenson as they won their match 6-3, 6-6 (7-1).

**Bodie Bullard, Ben Pattengale, and Eric Uberuaga** each won their singles match.

Uberuaga had an exciting match against Miles Schmaing, who won the first set 6-2, only to go down in defeat when Uberuaga won the following two sets 6-4, 14-12.

Uberuaga teamed up with **Jason Strupp** in a second-round doubles match to beat Seth Poppleton and Oliver Blackburn 6-2, 6-4.

Park High's number-one doubles team of **Oliver Zehman and Luke Durgan** looked solid with a win over Belgrade's number-one team of Linus Mckenna and Grey Pomerville, 6-6 (7-3), 6-4.

In their opening match, **Tyler Schad and**

**Landon Walker**, the number three doubles team, won, as did **Ben Pattengale and Bodie Bullard**, the number four doubles team.

The Park High girls' number two doubles team, **Emily Schilling and Lexi Melin**, won handily 6-2, 6-3 over Belgrade's Isabella Floerchinger and Alyssa Yeykal.

**Eleanor Hartman and Aubrey Allen** also won their opening match at number three doubles over Jess Honeycutt and Frankie Granile by a score of 6-2, 6-3. **Yvette Boor and Della McCann** teamed up to outlast Alyssa Yeykal and Jess Honeycutt, 6-4, 3-6, 10-4.

Next up the Rangers head to Billings for a Tournament.

They have one more meet after in Fergus before the battle to advance to the MHSAA state tennis championships begins.

In the meantime, keep improving.

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

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# Artificial Food Dyes... What's Happening & When?

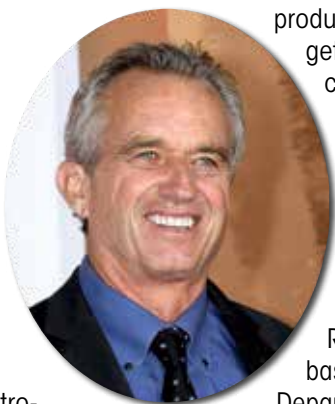
by Jill-Ann Ouellette

The U.S. Department of Health and Human Services (DHHS) Secretary Robert F. Kennedy, Jr. announced during a news conference on April 22nd that his Department of Health and Human Services (DHHS) is calling on companies to phase out all synthetic, petroleum-based dyes by the end of next year. Also, the Food and Drug Administration (FDA) announced it would revoke authorization for two specific, rarely used dyes and it would accelerate a prior deadline of 2028, set by the previous administration, eliminating a dye known as Red No. 3. However, they will rely on voluntary cooperation from the food industry to end use of the these additional six dyes by the end of 2026.

The current FDA Commissioner, Marty Makary said, "The goal of DHHS is to replace the current dyes with natural alternatives in the U.S. food supply. The FDA will be accelerating the review and approval of some new, natural-color additives." The plan stops short of an outright ban. Makary added, "Many of these manufacturers are eager to engage in discussions about phasing out these dyes to promote a healthier America."

On Wednesday, CBS News chief medical correspondent, Dr. Jon LaPook said, "The move was significant. There have been some safety issues that have been raised, and you have to remember, there's no known, nutritional value to these additives—these food dyes. So, you want to be safe, not sorry."

Although the food-dye industry has denied any safety concerns with artificial dyes, the International Association of Color Manufacturers said after the announcement that artificial dyes are "essential for consistency, visual appeal, and consumer trust in food



products." Here are the six-targeted dyes that are most concerning to consumers:  
**1) Red No. 40**— FD & C Red No. 40, or Red 40 for short, is also known as Allura Red AC in the food industry and E 129 in Europe. There are thousands of foods with Red 40, according to databases published by the U.S. Department of Agriculture and the Environmental Working Group (EWG). It can also be found in medications and cosmetics.

According to a FDA study published in 2016, children are exposed to Red 40 primarily from drinks (like Fruit Punch Gatorade and Fanta soda), in cereals (like Kellogg's Fruit Loops and General Mill's Lucky Charms), and frozen desserts (like Turkey Hill's Black Raspberry Premium Ice Cream, Breyers' Mini Caramel Fudge Light Ice Cream, and Blue Bunny's Strawberry Flavored Soft Frozen Dairy Dessert). Other beverages that contain Red 40 include several strawberry-milk brands and various, generic manufacturers of pink-lemonade mixes. The dye can also be found in candies.



Yellow 5 and 6 are the most popular artificial dyes used, according to Michigan State University Center for Research and Ingredient Safety

**2) Yellow No. 5**— Yellow 5 is found in Lucky Charms, M&Ms, Skittles, and

some cake mixes. It is also found in drinks like Mountain Dew, chips like Doritos, and condiments like Vlasic's Sweet Relish, and Kraft's Creamy French Dressing.

**3) Yellow No. 6**— Yellow 6 can be found in many of the same products that contain Yellow 5. It is also found in Trix, Fruit Loops, Fanta soda, Otter Pops, and other products.

**4) Blue No. 1**— Blue 1 can be found along with other dyes in many multi-colored candies, such as M&M's and Skittles, as well as Airheads and Jolly Ranchers. It can also be found in Pillsbury's Funfetti Aqua Blue Vanilla Flavored Frosting, Yoplait's Blueberry Patch Yogurt, berry-flavored Jello, the Monin and Torani brands of Blue Curacao syrups, in certain energy drinks like Red Bull Blue, and some medications like Prozac.



**5) Blue No. 2**— The candy bits in the Pillsbury Aqua Blue Frosting also contain Blue 2, as do other food and drink products. Blue 2, also sometimes labeled as Indigotine or Indigo Carmine, can also be found in products like soaps, shampoos, and even some dog foods.

**6) Green No. 3**— In addition to some food products, certain oral-care products, like mouthwashes from Colgate and Listerine, as well as some breath mints include Green 3.

According to Snopes.com verified fact checking, the FDA is taking the following steps today:

**No. 1: Establishing a national standard** and timeline for the food industry to transition from synthetic petroleum-based food dyes to natural alternatives.

**No. 2: Initiating a process to revoke authorization of synthetic food colorings**, including those not in

production, namely Citrus Red No. 2 and Orange B, within the coming weeks.

**No. 3: Taking steps to eliminate the remaining six synthetic dyes on the market** from the U.S. food supply, specifically: Red Dye No. 40, Yellow Dye No. 5, Yellow Dye No. 6, Blue Dye No. 1, Blue Dye No. 2 and Green Dye No. 3, by the end of next year.

Let's be prepared for changes in any of the products listed above as the manufacturers move to natural colorings, such as: pure beet juice—I know it sounds like beet-juice dye would taste like beets, but that isn't necessarily accurate—spinach juice, cranberry juice, red cabbage juice, turmeric juice, blueberry juice, saffron, cocoa powder, cinnamon, purple sweet potatoes, and parsley powder, to name a few. (Refer to the chart with more ideas on making natural food colorings.) Many of us hope the new MAHA movement will be effective in making our food options safer and healthier for all of us—especially our children!



Recipe by  
Carla Williams

## Recipe Corner Ham and Cheese Scones

### Ingredients

- 2 cups all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ½ cup unsalted butter, cut into cubes
- ¾ cup buttermilk
- 1 cup shredded cheddar cheese
- 1/3 cup diced ham
- 2 tablespoons chopped fresh chive

### Instructions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
2. In a large bowl, combine flour, sugar, baking powder, garlic powder and salt. Add cold butter, using your fingers to work the butter into the dry ingredients until it resembles coarse crumbs.
3. Stir in buttermilk, cheese, ham and chives until a soft dough forms.
4. Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough into an 8" circle, about 1-inch thick, and cut into 8 wedges.
5. Place scones onto the prepared baking sheet. Place into oven and bake for 18-20 minutes, or until firm to the touch and lightly browned.
6. Serve warm.



Photo Credit: tatyanaeverydayfood.com



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# Lewis & Clark Caverns State Park Announces Tours for 2025 Season Tours Offered Starting May 1st

The Lewis & Clark Caverns State Park is pleased to reopen the cave and the upper visitor center in the 2025 season starting on May 1st. In addition to tours of the cave, the park offers a variety of other recreational opportunities, including camping, trails, interpretive programs, a gift shop, café and much more.

Cave tours will be offered through Sept. 30th. All cave tour tickets will be reservable until the day of, and any unsold tickets will then become available on a first-come, first-served basis at the park. Reservations can be made online at [fwp.mt.gov/stateparks](http://fwp.mt.gov/stateparks) or by phone at 1-855-922-6768. Visitors are encouraged to check the website frequently as tour options, times and availability may change throughout the season. Tours cannot be reserved by calling the park directly.

The campground and trails are open, and the showers, comfort station and water stations will reopen as weather allows.

## Paradise Tour

The Paradise Tour includes a view of the largest and most decorated room in the

cave—the Paradise Room. This 1-mile tour lasts 90 minutes. It includes 15 stairs between two rooms, but the path is mostly level and wheelchair accessible. Because the Paradise Tour provides better accessibility and easier passage, this tour may be preferable for visitors with small children, claustrophobia, or those who prefer a less arduous experience.

Tickets for the Paradise Tour are \$10 for visitors ages 62 and older, \$15 for visitors ages 15 to 61, \$10 for kids ages 5 to 14, and free for anyone 4 or younger.

## Classic Tour

The Classic Tour features a two-mile journey through the majority of the developed cave and includes the second-largest and longest rooms on the cave tour. This tour lasts two hours and includes more than 600 stairs, stooping and tight squeezes. It is not recommended for visitors with claustrophobia or those with mobility limitations.

Tickets for the classic tour are \$15 for visitors ages 15 and older, and \$10 for kids ages 5 to 14. Children ages 4 or younger are not allowed on the Classic Tour.

## Planning your visit

Lewis & Clark Caverns State Park is a full-ser-

vice park offering a wide variety of recreational activities, including an extensive trail system for hikers and bicyclists, a large family-friendly campground with a playground and bathhouse, two visitor centers, a café serving hot and cold meals, gift shop, amphitheater, and many interpretive programs and features in addition to cave tours. Camping options include electric and non-electric sites, cabins, a wall tent, and hiker/biker sites. Access to the Jefferson River for floating or fishing is available through several nearby fishing access sites. The cave itself features one of the most decorated limestone caverns in the Northwest, filled with spectacular stalactites, stalagmites, columns and helictites.

During the summer season the upper visitor center, café and gift shop will be open seven days a week from 9 am to 5 pm. The gate for the scenic drive to the upper plaza, roadside picnic areas and Greer Gulch Trailhead will be open seven days a week from 8:30 am to 5:30 pm May through September. An \$8 entrance fee is required for visitors who are not residents of Montana and not staying in the campground. Residents of the state normally pay the fee with vehicle registration. Bats occupy some rooms that are part of the Classic Tour.



Bats can be susceptible to pathogens carried by people. For this reason, visitors are asked not to wear any clothing, shoes or accessories—including glasses, jewelry and cameras—that have been in another cave or mine in the past two years. This helps protect bat populations at the Caverns. White-nose syndrome, a fungus capable of killing entire bat colonies, can be transmitted easily and does not come out of clothing or other materials with normal washing methods. While it does not affect humans, it could have significant impacts to the cave ecosystem.

Lewis & Clark Caverns State Park is about 15 miles southeast of Whitehall along Montana Highway 2. For more information about the park, [click here](#) or call 406-287-3541.



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# "A Seat at the Table" Book Release Event on May 8th at Wheatgrass Books

On Thursday, May 8th, Wheatgrass Books will host an event to celebrate the release of *A Seat at the Table: From Conflict to Collaboration*. The book details the story of the Good Neighbor Agreement (GNA), an innovative legal agreement between grassroots community organizations and the Stillwater Mining Company aimed at protecting two rivers and nearby communities. The book is released on the 25th Anniversary of the unparalleled agreement.

"We decided to write this history to share how a long-waged environmental battle between citizen groups and a big mine resulted in an agreement that gained more for all parties than if we had proceeded with lawsuits

and more conflict," said Teresa Erickson, the author of the book. "It is a story that shows the power of grassroots organizing, the value of creativity, and the benefit of collaboration in search of common ground between unlikely partners."

Erickson served as the Staff Director of Northern Plains Resource Council for 33 years before retiring in 2019. Northern Plains is one of the organizations that negotiated the original agreement in 2000 alongside its affiliate groups, Cottonwood Resource Council and Stillwater Protective Association. All three organizations and the mine continue to work tirelessly to maintain the agreement.

Erickson was there from the

earliest days of the Good Neighbor Agreement and the book recounts how these community members banded together to beat the odds.

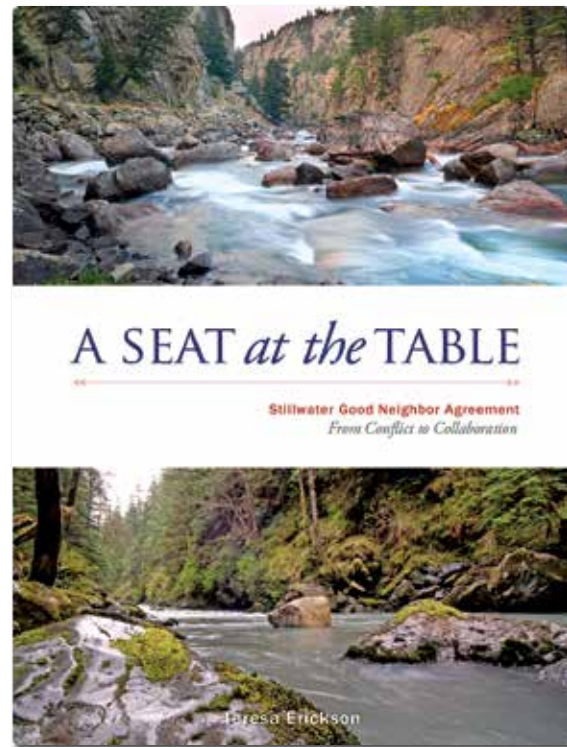
"It's amazing how an unlikely group of rural ranchers and their neighbors went toe-to-toe with a powerful industrial mine, relying on little more than grit and determination, and negotiated a renowned legally-binding agreement that continues to protect two pristine watersheds twenty-five years later," Erickson continued.

Erickson will share stories from the many interviews it took to write the book and facilitate a conversation with Melville rancher, Paul Hawks, and Big Timber rancher and artist, Jerry Iverson. Paul and Jerry are two stalwart Northern Plains members who were part of the original negotiations with the mine. Both have devoted their lives to maintaining the GNA ever since.

"We hope people will enjoy hearing more about this David versus Goliath story," Erickson

concluded. "Although, this one is a little different. In this case, David and Goliath found a way to work together so that everyone wins."

The book launch and speaking event is free and open to the public. Light refreshments will be provided. The event will be from 5:30 to 7:30 pm at Wheatgrass Books, 120 Main Street in Livingston. Learn more at: [NorthernPlains.org/Event/Book-Launch-GNA-History](http://NorthernPlains.org/Event/Book-Launch-GNA-History).



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**Tues., May 6th** - Hamburger soup, crackers, peaches, milk

**Wed., May 7th** - Biscuits & gravy, sausage links, eggs, fruit cocktail, apple juice, milk

**Thurs., May 8th** - Polish sausage, sauerkraut, fries, pears, milk

**Friday, May 9th** - Pizza, Italian pasta salad, peaches, cake, milk

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# Bozeman Symphony Reveals Bold and Inspiring 2025-26 Season

Now entering its 58th season, the Bozeman Symphony announces its 2025-26 concert season: Music that *Moves Us . . . to Join Together*. Norman Huynh's sixth season as Music Director offers an exhilarating mix of beloved classical masterpieces, a vibrant new commission, and unforgettable guest artists.

In honor of America's 250th anniversary, the Symphony will celebrate the heart and soul of American music with three *Sounds of America* programs featuring exceptional composers, music, and musicians.

"The *Sounds of America* series is a celebration of our nation's relatively young yet vibrant musical history," said

Maestro Huynh. Shaped by our rich cultural melting pot, the music born in this country is as diverse as the people who call it home. I'm excited to share just a small part of this uniquely American

soundscape with our community in the upcoming season."

Another highlight of the season will be the world premiere of *Carnival of the Nearly Extinct Animals* by acclaimed American composer Stephanie Ann Boyd, co-commissioned by the Bozeman Symphony.

The season also features a dazzling roster of renowned musicians. Featured guest artists include violinist Hannah Ji, cellist Jonathan Swensen, pianist Michelle Cann, baritone Lester Lynch, tenor Terrence Chin-Loy, and the Bozeman Symphony's own stars: horn

players Madeleine Folkerts and Elizabeth Schmidt, and clarinetist Wendy Bickford.

Whether a long-time patron or attending for the

first time, the season offers something for everyone with seven Classical Series concerts, two Bozeman Symphony Presents Series performances, and a Bozeman Symphonic Choir concert.

## Classical Series concerts include:

- September 20 & 21, 2025: *Sounds of America I: Marsalis & Rachmaninoff*
- October 11 & 12, 2025: *Nature's Wonders: Beethoven's Pastoral Symphony*
- January 24 & 25, 2026: *Masters of Melody: Mozart, Copland, & Haydn*
- March 21 & 22, 2026: *Romantic Splendor: Schumann & Schubert*
- April 25 & 26, 2026: *Lyrical Landscapes: Mahler, Walton, & Claire de Lune*
- May 16 & 17, 2026: *Sounds of America II: Rhapsody in Blue & West Side Story*
- June 13 & 14, 2026: *Sounds of America III: Appalachian Spring*

## Bozeman Symphony Presents Series concerts include:

- December 12-14, 2025: *Holiday Spectacular*
- February 13-15, 2026: *Cinematic Legends: The Music of Hans Zimmer & Ennio Morricone*



## Bozeman Symphonic Choir Series concert:

- November 13-15, 2025: *Night & Light: The Music of Lauridsen & Shaw*
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Season subscriptions are now available at [BozemanSymphony.org/](http://BozemanSymphony.org/) subscribe or by calling 406-585-9774. Single tickets go on sale July 21st. For full program details and artist bios, visit [BozemanSymphony.org](http://BozemanSymphony.org).

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

**Mondays**

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

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

**Tuesdays**

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

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

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

**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.

**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 7 - STUDIO49 ART NIGHT** - Make art, share food, connect with your community and inner creativity! Studio49 is located at 129 S. Main Street, this event is from 5:30 - 8 pm.

**May 8 - BOOK LAUNCH** - Speaking event hosted by Wheatgrass Books at 120 Main Street in Livingston from 5:30 to 7:30 pm. Free and open to the public. Learn more at [NorthernPlains.org/Event/Book-Launch-GNA-History](https://NorthernPlains.org/Event/Book-Launch-GNA-History).

**May 8 - LIVINGSTON FILM SERIES** - *The Adventures of Buckaroo Banzai, Across the 8th Dimension* will be showing at 7 pm, at the Shane Center, 415 E. Lewis. Join them at 6 pm for the 2025 Season Celebration BBQ.

**May 9 - GRAND OPENING** - Spring Social at Paradise Western Company, 118 S. 2nd Street, 4 to 7 pm. Stop by for light refreshments, mingling, and more fun as we celebrate opening day!

**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 10 - NATIVE PLANT SALE** open for day-of purchases at the Park County Fairgrounds, 46 View Vista Drive from 1:30 to 3:30 pm. To learn more visit <https://freshwaterpartners.org/mfp-native-plant-sale/>. Contact Ashton Bunce at 406-223-1992, [abunce@freshwaterpartners.org](mailto:abunce@freshwaterpartners.org)

**May 10 - MONTHLY POTLUCK** - The Beaver Creek Community Hall will hold its monthly potluck at 6:30 pm. Please bring a main dish, salad or dessert to share. The hall is located at 651 Swingley Road. The public is invited to attend.

**May 11 - 10 YEAR ANNIVERSARY** - Woods Rose Market at 1372 US Hwy 10 W in Livingston is hosting their 10 year anniversary with 10% off storewide! Come grab lunch from Elevate BBQ and Mountain Berry Bowls, listen to live music in the greenhouse, chat with vendors and community members throughout the day from 9 am to 5 pm.

**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](http://www.livingstonlightworks.com).

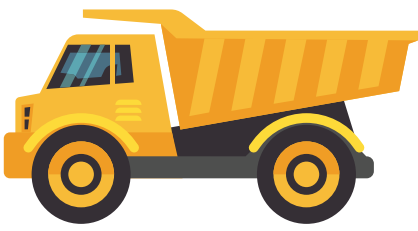
**May 31 - YELLOWSTONE COUNTRY'S GOT TALENT** - The Shane Center is proud to announce our first annual Yellowstone Country's Got Talent (YCGT) starting at 4 pm at The Shane Center, 415 E. Lewis. YCGT will be a family friendly talent show unlike any other! Singing, dancing, circus acts, animal tricks; ten contestants across five counties compete to be crowned champion.

# Ted's Asphalt



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Parking Lots - Driveways - Roads



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

23 West Main Belgrade, MT 59714



# BREAK time

## Montana Fun Facts!

Montana is home to approximately 8,000 moose. This animal was once considered extinct but it is alive in well in Montana.

Approximately 10,000 white pelicans migrate from the Gulf of Mexico to Medicine Lake, Montana every spring. These **birds** are striking because they have wingspans of about nine feet.

Did you know the **Montana's official state bird**, the western meadowlark, is not really a lark? Studies showed that it should not be part of the lark family and is not of the same species as the eastern meadowlark.

**ACROSS**  
1. "Peter, Peter, pumpkin \_\_\_\_\_"  
5. Buttelike structure  
10. Neck feathers  
14. Vowel sound  
15. Derby  
17. Fencer's rapier  
18. Summer ermine  
19. "Anchors \_\_\_\_\_"  
20. Short letter  
21. Techie  
23. Slanting  
25. Hold title to  
28. "\_\_\_\_\_ Eagles"  
31. Say forcefully  
32. Certain chess piece  
34. Letter stroke  
36. Junior's father  
40. Trumpet's kin  
42. Hurrah  
44. Hoop org.  
45. Fess up  
46. Gave birth  
48. Prefer

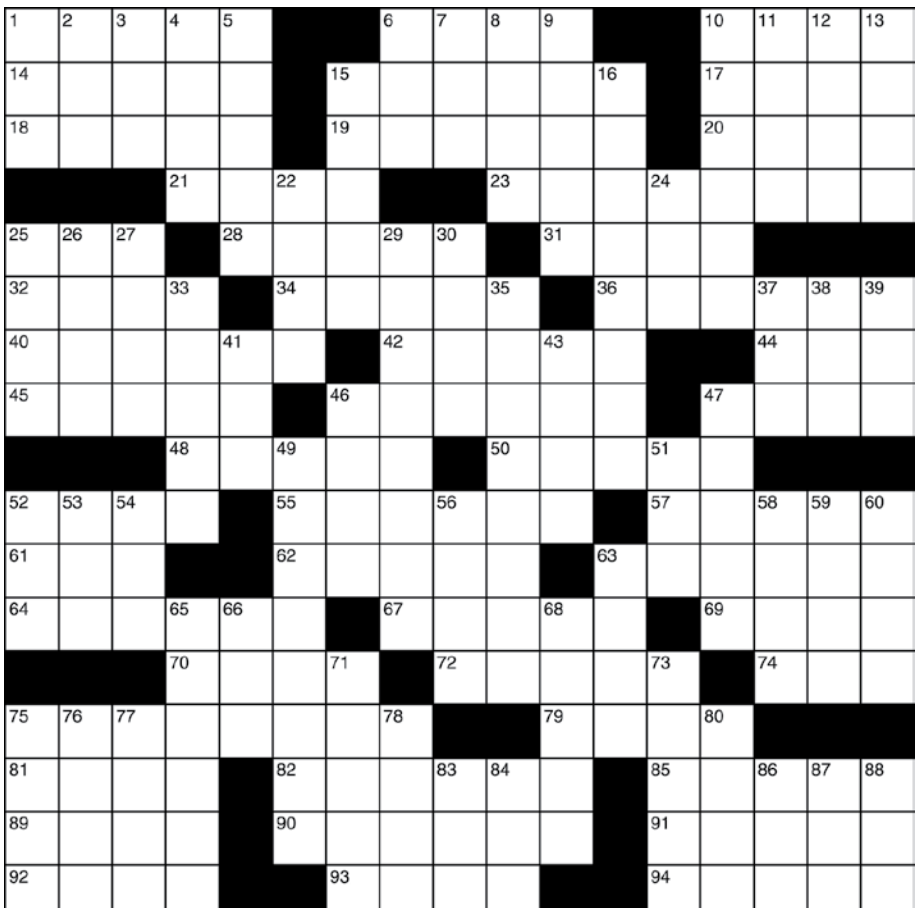
50. Distinctive manner  
52. Knot  
55. Sharp crests  
57. On the left, nautically  
61. Period in history  
62. Lowest  
63. Wrap with bands of cloth  
64. Sesame paste  
67. Shaping tool  
69. Debtor's burden  
70. Fashionable hemline  
72. Makeup item  
74. Sylvester, e.g.  
75. Purple vegetable  
79. Cato's cloak  
81. Antitoxins  
82. Runway  
85. Indian money  
89. Carpenter's fastener  
90. Plenty  
91. Early anesthetic  
92. Fish-eating bird  
93. Sharpness

**DOWN**  
1. Self starter?  
2. Do something  
3. Despite, poetically  
4. Actor McGregor  
5. Honey badger  
6. Cut the grass  
7. Pasture mom  
8. Slipped  
9. Protection  
10. Fame  
11. At the top of  
12. Brine-cured cheese  
13. Detect  
15. Sign of authority  
16. Musical composition  
22. Sit a spell  
24. Go right!  
25. Killer whale  
26. Furniture material  
27. Average  
29. Tree-dwelling

94. Transparent linen

# CROSSWORD

Puzzle #397



30. Former Italian mon-ey  
33. Kitchen blade  
35. Unnaturally high voice  
37. Squid's fluid  
38. "Shogun" belt  
39. Dashed  
41. Zeta follower  
43. Dog docs  
46. Tiger's roar
47. Flower petal  
49. Endorse  
51. Long arm of the \_\_\_\_\_  
52. High-wire precaution  
53. Openings  
54. Morse-code word  
56. Romanov title  
58. Of the ear  
59. Carla player
60. Nomad's home  
63. Lily type  
65. Pierce  
66. Naught  
68. Rabbit coop  
71. Senseless  
73. Plumed wader  
75. Medieval serf  
76. Luggage  
77. Smile  
78. Stepped on
80. Station wagon, e.g.  
83. Cup  
84. Stage of life  
86. \_\_\_\_\_ Beta Kappa  
87. Moray  
88. Poetic palindrome

# Wordoku

Puzzle #132

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

Sudoku - #131      **SOLUTIONS**      Crossword - #396

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

DEFAT	JBAR	SHED
ARISE	FEEDER	TOLE
PARKA	INVITE	ROSE
	LINNET	PREFER
POW	REEL	PLIE
ORA	PORT	BLASTOFF
DESTINY	FLACK	GAR
ICY	CRAZE	TRIO
GHANA	TIARA	THERM
RULE	ARGUE	HOE
ELL	TRIAD	VARNISH
WAYFARER	SAVE	LEI
ALAS	DALE	LET
TRICKY	FELINE	
SAGA	ABACUS	DOGMA
AGED	LOCATE	IDEAL
RATE	DELE	TEMPT

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# CLASSIFIEDS

## FOR SALE

**Stunning Wedding Dress** - Champagne color, white lace flowers, long, see-thru sleeves, custom lace-up back, size 16. Worn only once, \$150. 406-581-3012

## LEGAL NOTICE

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

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

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

**Gardiner Public School** is seeking an experienced individual to fill the position of **Business Manager/District Clerk** for our K-8 and 9-12 districts. The individual is responsible for overseeing the financial operations of the school district, ensuring compliance with regulations, and supporting administrative functions. This position requires strong organizational, financial management, and communication skills. This is an hourly position starting at \$35.00 per hour D.O.E. and offers a full benefits packet, including a retirement match. Candidates must have a Degree in Business/Accounting or previous experience. This is a full-time, potentially hybrid (remote and on-site combo) position. Housing is available if the candidate prefers to be on-site fulltime. [www.gardiner.org/job-openings.html](http://www.gardiner.org/job-openings.html)

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

- Junior High football (head and assistant). August 15-Oct 15
- General duties for the coach.**

- Create and implement practice plans for the team.
- Communicate regularly with school administration, athletic director, families, the public, and players.
- Participate in parent meetings, senior night, and awards ceremonies.
- Have an understanding of the game of basketball and a good working relationship with athletes.
- Maintain the values of the Bruin athletic program.
- Must complete the state required coaching classes: MHS rules clinic (HS), Concussion in Sports (HS and JH) and Fundamental in Coaching (HS), First Aid and CPR (HS and JH).

Please contact Jeannette Bray or Carmen Harbach at the Gardiner school. 406 848 7563. [jbray@gardiner.org](mailto:jbray@gardiner.org) or [carmen@gardiner.org](mailto:carmen@gardiner.org)

### Key Insurance in Livingston is

looking to hire a **Licensed Insurance Agent** to our

team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our



clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to [alice@montanainsurance.net](mailto:alice@montanainsurance.net).

### Come Join Our Kenyon Noble Team!

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



### 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](mailto: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>

### Fairgrounds & Parks Crew Staff Join Our Team This Summer!

(multiple positions available)  
**Looking for a fun, active summer job** that makes a difference in your community? Join our Fairgrounds and Parks team! We're hiring energetic, reliable individuals to help maintain the Park County Fairgrounds and support our events throughout the summer.

For full details and requirements visit: [https://jobs.parkcounty.org/jobs/148/Fairgrounds-Parks-Crew-Staff#job\\_148](https://jobs.parkcounty.org/jobs/148/Fairgrounds-Parks-Crew-Staff#job_148)

# 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!





# Landmark REAL ESTATE

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## FEATURED LISTINGS

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### 207 W 3rd Avenue

2 beds 1 bath | 1,815 sq ft  
#401374 | \$235,000  
Deb Kelly | 406-220-0801



### 27 Royal Wulff

3 beds 2.5 baths | 2,668 sq ft  
#390722 | \$1,794,000  
Swanson Team | 406-220-2045



### 726 US Highway 10W

4 beds 3 baths | 3,277 sq ft  
#401505 | \$959,000  
Julie Kennedy | 406-223-7753



### 98 Miller Drive

5 beds 3 baths | 3,352 sq ft  
#400605 | \$898,690  
Tom Gierhan | 406-220-0229



### 7 Aquila Lane

Land Listing | 2+ acres  
#394836 | \$249,000  
Deb Kelly | 406-220-0801



### 102 Elliot Street S

Commercial Sale | 5,676 sq ft  
#397924 | \$1,500,000  
Tammy Berendts | 406-220-0159



### 28 W Grannis

3 beds 2 baths | 9+ Acres  
#390575 | \$875,000  
Julie Kennedy | 406-223-7753



### 401 S Main Street

Commercial Sale 10,375 sq ft  
#384182 | \$2,200,000  
Ernie Meador | 406-220-0231



### NHN High Ground Ave

Land Listing | 0.33 acres  
#395419 | \$200,000  
Julie Kennedy | 406-223-7753



### TBD E Lewis Street

Land Listing | 0.16 acres  
#400476 | \$199,000  
Julie Kennedy | 406-223-7753



### 1320 Wineglass Lane

3 beds 2 baths | 1,463 sq ft  
#400460 | \$399,900  
Baylor & Carolina Carter | 406-223-7903



### 512 Miles

Commercial Sale | 4,212 sq ft  
#389433 | \$495,000  
Tammy Berendts | 406-220-0159



### 49 Two Dot Highway

2 beds 1 bath | 1,160 sq ft  
#389858 | \$300,000  
Rachel Moore | 406-794-4971



### 17 Evergreen Lane

Multi-Family | 5+ Units  
#400436 | \$1,495,000  
Swanson Team | 406-220-2045



### 301 5th Street W

1 bed 1 bath | 744 sq ft  
#399958 | \$299,000  
Tammy Berendts | 406-220-0159



### 620 S 12th Street

2 beds 1 bath | 854 sq ft  
#400901 | \$350,000  
Theresa Coleman | 406-220-1405

## Meet the Team...

Born in Scotland, Gillian brought to the United States her life-long love of theatre. She gained much of her extensive real estate experience in

Los Angeles with clientele in the entertainment industry, so she understands the needs of high-end buyers and sellers.

### Gillian Swanson

Broker

GRI, ABR, CRS, SRES, CNE, Distinctive Properties  
406-220-4340 • gillian@eralivingston.com

Gillian lives in Paradise Valley and pursues her love of family, church, and community theatre.

"Gillian was very professional and efficient in her dealings with us. She went the extra mile to help us out with the details of the transition. We were able to handle it all from afar. We highly recommend her to any potential sellers or buyers." - Karen & Larry H.



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406.222.8700 | 215 S. Main Street | Livingston, MT

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# BOZEMAN GEM AND MINERAL CLUB ANNUAL MOTHER'S DAY SHOW BOZEMAN FAIRGROUNDS SAT & SUN - MAY 10th & 11th

Visit the tables of Cauda Pavonis Jewelry, owned by long-time Paradise Valley resident, and 40-year gemstone specialist, Ron Johnson.

See his prize winning crystal and mineral displays, and large stock of gem jewelry from all over the world for sale at neighborly prices.



A fun event for rockhounds of all ages and *The "OHWO"* event to take Mom shopping. Enjoy the garnet sorting table, jaw-dropping crystal and fossils, salt lamps, children's activities, auctions, bead market, gem jewelry, food vendors, and a lot more. For more details go to: [bozemangemandmineralclub.com](http://bozemangemandmineralclub.com)

## 10 Fun Facts About May

- 1. Taurus and Gemini**  
If you were born in the month of May, then your zodiac sign is Taurus (May 1st to 20th) or Gemini (May 21st to 31st).  
People born under Taurus, an earth sign, are known to be intelligent, dependable and stubborn.  
People born under Gemini, an air sign, are known to be whimsical, talkative and adaptable.
- 2. The Run for the Roses**  
The grandest horse race in the world, The Kentucky Derby, takes place on the first Saturday in May every year.  
This is one of the oldest horse races in the world and has been running every year since 1875. However, there have been only two years when the race wasn't ran in May.  
In 1945 during a wartime ban on horse-racing, and in 2020 when the race was delayed until September due to the COVID-19 pandemic.
- 3. Cinco de Mayo**  
While many associate Cinco de Mayo with margaritas and partying, the origins of the yearly celebration is the 1862 Mexican victory over the French during the Second Franco-Mexican War.  
Here's one of the more interesting May facts: Americans spend over \$600 million each year on beer for Cinco de Mayo. That's more than the Super Bowl or St. Patrick's Day!  
Let's raise our glasses and say, *Salud!* to this May celebration!
- 4. The month of growth**  
The name May originated from the Latin word *Maia*, named after the Greek goddess of growth, *Maia*.  
So it's no surprise that May is the most common month for gardeners to start planting seeds in their flower beds and gardens.  
In some locations it's considered bad luck to start planting before the third weekend in May for fear of late spring frost.
- 5. The birthstone of May**  
If you were born in May then your birthstone is the vibrant, deep green emerald.  
Emeralds have the same green shade as a thriving spring garden, and in French, the name for emerald is *jardin*, literally the French word for garden.  
Emeralds are one of the most recognizable and sought after gemstones making those not born in May green with envy.
- 6. Spring clean for the May Queen**  
Led Zeppelin sings about her in *Stairway to Heaven*, Florence Pugh becomes her in the horror film *Midsommar*, but what is a May Queen anyway?  
In Paganism, the May Queen is the goddess of spring who would be awakened each year to fight the Winter Queen, to allow nature to return to bloom and blossom, and provide its bounty.  
This is definitely one of the more creepy May facts.
- 7. Mayday, mayday, mayday**  
The international distress call of Mayday originated after morse code was replaced by telecommunication.  
The previous morse code distress call of SOS was often misheard when said aloud.  
Mayday was implemented by Frederick Mockford who used the French term for "help me," "m'aider."
- 8. The flowers of May**  
We think one of the best things about the month of May is the blooming of spring flowers.  
The official birthday flower of May is the delicate and fragrant lily of the valley.  
The lily of the valley is said to represent sweetness, motherhood and humility. It is no coincidence that Mother's Day also occurs in May.  
Other flowers that are known to bloom in May include peach blossom, bird of paradise and cornflower.
- 9. Eurovision fever**  
It's the campy singing competition that either makes you sing and dance along or plug your ears in agony. It's Eurovision!  
This global phenomenon happens in May every year and has launched the careers of some musical megastars like ABBA and Celine Dion.  
The most recent contest was won by the Italian rock group Måneskin on May 22, 2021. They are exactly what Eurovision is all about.
- 10. Star Wars Day**  
May 4th is widely hailed as Star Wars Day, a play of words on the popular line, "May the Force be with you."  
Did you know the famous phrase is said in each of the Star Wars movies, but it has only been uttered 24 times in total during the Star Wars franchise? It's really not as many as you'd think!

## BEAR HEARING Solutions

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

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with coupon.

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

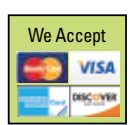
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