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# Welcome Columnist Lois Olmstead

## "Enjoying the Journey"

Who is Lois? To Lois Olmstead, finding an adventure isn't too hard to do... just look from where you are standing. By her own admission, she can't cook. She once made gravy out of plaster of paris.

Lois impacts audiences with her positive views of living a joyful life speaking as a humorous keynote speaker at over 4200 events in the US and Canada. She received the Hugh B. Anderson Award, which goes to one Montanan each year for outstanding courage and personal integrity while facing the challenge of cancer.

Lois shares how to live with joy and courage, as a motivational speaker, at business training sessions, medical groups, Christian retreats, state and national groups including Malmstrom Air Force Base personnel and a retreat for Innuvit Eskimo women in Canada. Inspiring others is something that has become part of her everyday life. She explains with laughter and personal experiences her lifelong theme of



*Enjoying the Journey.*

Lois has found a number of interesting vocations through the years. She has hosted a daily radio talk show in Billings on KURL Radio and is a former County Extension Agent. She owned and operated a gift shop and art gallery in Colstrip called Apple Cider Alley.

Lois lives in Clyde Park, Montana in the Shields Valley not far from the Bohleen family ranch where she was born and raised. She is active in community organizations and is currently on staff at Living Hope Church in Livingston.

Lois has written seven published books and authors a weekly column that goes world-wide on the internet. You can learn more about Lois on her website [timeoutwithlois.com](http://timeoutwithlois.com).



# April Is National Volunteer Month

In the United States, the entire month of April is designated as National Volunteer Month. It serves as a reminder that even small acts of kindness can create a ripple effect of positivity, inspiring others to act, to realize their power to make a difference, and be a force that transforms the world.

Each year, the celebration of National Volunteer Week is the third week of April, during which we recognize the contributions of volunteers who lend their time, talent, voice and support to causes they care about in their communities. National Volunteer Week was established in 1974, and has grown exponentially each year, with thousands of volunteer projects and events scheduled throughout the week.

So please, recognize your volunteers this month by creating an awards night or lunch. You can give certifications of years of service, write them a personalized thank-you card, give them a small gift, like a \$10 card for a local coffee shack, make a visual display at your place of business with their picture volunteering in action, make a badge or a pin of accomplishment, post on



social media, etc. It's easy and not too expensive to show appreciation.

Here at Park County Community Journal, we recognize volunteer efforts through our Volunteer Spotlight featured bi-monthly. We are going to step up our game for the last Sunday edition of the month on April 28th and dedicate our centerfold for non-profits and organizations to recognize their volunteers. We invite you to participate!

To share the remarkable work of your volunteers, you can participate in our April Is Volunteer Month Appreciation page by emailing the following information to [jill@pccjournal.com](mailto:jill@pccjournal.com), or drop it off at The Main Print Shop at 108 North Main Street in Livingston. Please do so before April 22nd to be included.

**Sign up form can be found on page 2**

# Pine Creek Lodge BREW FEST

On Saturday, April 27th, from noon to 5 pm, sample craft beer from your favorite Montana breweries at Pine Creek Lodge, located at 2496 East River Road, south of Livingston. Both of the recently-awarded Livingston breweries will be there— Neptune's and Katabatic. The lodge will have live music, featuring Matt Wallin & His Nervous Breakdown, with many food options and lots of fun. A free shuttle by Party Bus Rentals will be leaving from Katabatic Brewing at 12:30 pm, returning after the Fest. It's a responsible way to enjoy the Brew Fest—and be safe.

In addition to Neptune's and Katabatic, you will find the following breweries participating, Bozeman Brewing Company, Julius Lehrkind Brewing, Last Chance Cider, Lockhorn Cider House, MAP Brewing Company, Missouri River Brewing Company, Mount Ascension Brewing



Company, New Ventures Brewing, Palladium Brewing, Red Lodge Ales, Smelter City Brewing, Valhalla Meadery, with more to come!

A discounted Designated Driver Ticket will be available at the gate. Tickets are \$35 in advance or \$40 the day of the event. Ticket are available on their website visit at [PineCreekLodgeMontana.come/events](http://PineCreekLodgeMontana.come/events).

Pine Creek Lodge is a unique, live-music venue featuring shows under the stars and among the pines. They strive to book some of the best bluegrass, rock,



jam, country, and everything else every summer. They sell domestic and local beers and wines. All tickets are general admission, with no reserved seats. They have free parking on site for every show!

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# Hatch Finders Fly Shop Begins a New Legacy

Park County Dugout | Livingston  
By: Jeff Schlapp

Longtime store owner Dean Reiner retires, but his passion for Flytying continues.  
Hatch Finders Fly Shop has new owners, James Mugele and Evan Keene. After 24 years in business, founder and owner Dean Reiner sold the Fly Shop located at 5237 US Hwy. 89 South in Livingston, two weeks ago.  
“I opened Hatch Finders shortly after I returned from Vietnam and was discharged by the Marine Corps,” Dean Reiner told me.  
“I’ve been fishing since I was a kid, and I knew I wanted to open a fly shop, work

for myself, spend my days tying flies, shooting the breeze with customers, and fly fishing on the river. I was lucky to have great customers that helped make my dream possible. Now it’s time to retire, and I was looking for someone to come along and say, “This is a great fly shop. I’d love to buy it from you.”  
Although that’s not exactly what happened, it’s close enough.  
James Mugele and Evan Keene met for the first time in 2017 and have been close friends since. Their friendship has been forged on the Yellowstone as Outfitters and River Guides, and they spend every free moment fly fishing together. And now they are business



New owners James Mugele and Evan Keene



partners. And they can’t be happier.  
Mugele is from Baltimore, Maryland, and Keene is from Memphis, Tennessee. Both are in their late 20s and have been fishermen since they were young and fly fishing since college. Keene said he was introduced to fly fishing on a trip to Alaska with his father when a guide taught him out of necessity; fly rods were the only equipment available.  
Mugele matriculated from the University of Vermont, where he met many friends who would form his love for fly fishing.  
Both men say there is no better way to fish and that they have both dreamed of owning a fly shop. “Dandy Reiner (Dean’s daughter), who worked in the shop and helped them tie their own flies,” Mugele said. “She sold me hooks at cost, and I’ve admired her and Dean’s flies. I came in one day, and Dean was here. He mentioned he

into the store and ties fly ties, and we think ours are pretty good as well, so we plan on selling only handmade flies. We also plan on taking folks out on all-day floats and fishing in Yellowstone Park, where we are both very experienced. We have many friends who are independent contractors—fishing guides as well that can help us down the road.”  
Following one’s passion and dreams and working in a profession by yourself, is priceless. Both guys hope to make the store their lifelong dream. They plan on keeping it as it is, a fly shop. It’s what they know, what they are very good at, and what they love doing.  
I know the difference between spinner fishing, which I spent my childhood and summer vacations in Northern Wisconsin on the Lac du Flambeau chain of Lakes doing, and fly fishing, which I have watched Brad Pitt do about 25 times in the movie *A River Run Through It*. But I’ve never been. Mugele and Keene confirmed my suspicions that I should



Dean Reiner with his daughter and business partner, Dandy Reiner. 2022

hoped to sell, and that’s all I needed to hear. I told Evan, and we both figured out the financial end and bought the shop two weeks ago.”  
Mugele and Keene have worked for Sweetwater Travel (<https://www.sweetwatertravel.com>) and Sweetwater Fly Shop (<https://www.sweetwaterflyshop.com>), so they have more than just a passing knowledge of running the business. Both enjoy making their own fly patterns and love sharing their passion and expertise with others.  
“We are in the process of getting all our licenses in order,” Keene told me. “But soon, we’ll be able to offer guide services and fishing trips from Livingston down to Gardiner and Yellowstone. We’re currently waiting for our web developer to finish creating our new website and getting it promoted. Dean still comes

have tried fly fishing before my stroke. They told me why fly fishermen don’t usually keep what they catch (to preserve the fish for others), the 2-pound rod vs. 15-pound rod, and the art of tying flies.  
But when I spoke with Reiner over the phone, I learned a few more things, plus I heard the sense of pride in his voice for the fly shop that he created and his sincere admiration for Mugele and Keene. Among the things I learned from speaking with Reiner was that he is a dedicated fly fisherman.  
“I was given a wood fly reel by my father when I was six years old,” Reiner told me. “I tied my first fly, a Woolly Bugger soon after. When I was 16, I moved to California and took that rod and fly reel with me. When I joined the Marine Corps and was shipped to Vietnam, it traveled with me, and I used it to fish in Vietnam and catch smelt. Then it came with me when I moved to Livingston, and that rod and reel still hung inside the fly shop. I believe the shop is in good hands with two guys who love fly fishing as much as I do. Plus, I think they are very nice young men with good character.”  
Mugele and Keene are both proud to carry Reiner’s Pink Pookie fly. It’s actually a pink grasshopper that he ties, about 15 in an hour. Reiner designed and sold it for the first time in the 1970s to a couple of fishing guides from Bozeman.  
The two men have big plans for the fly shop, but aesthetically, they have no plans to change the cabin-like look of the shop—and why should they? The shop is like an old hat that fits perfectly. It’s a place that you may not want to leave when you visit, whether you stumbled in or planned a visit. And Mugele and Keene will talk with you for hours about fly fishing, their love of the sport is worn like cologne. I found myself cheering for their success.  
Stop by and meet the new owners of Hatch Finders Fly Shop, James Mugele and Evan Keene. The shop hours are still being worked out. I suggest calling first 406-222-0989. In the summer, the fly shop will open seven-days a week.

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



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National Volunteer Month Sign-up Form

Organization Name and location: \_\_\_\_\_

Mission: \_\_\_\_\_

How volunteers are crucial to you? \_\_\_\_\_

Up to 12 volunteer names to acknowledge: \_\_\_\_\_

Include a small picture/logo if available.



# Independent Bookstores Day Celebrates its 11th Anniversary

LIVINGSTON, MT — Wheatgrass Books is happy to announce our participation in the 11th Anniversary of Independent Bookstore Day!  
**Join us in celebrating Indie Bookstore Day with Missoula author Malcolm Brooks. Malcolm will be signing books from 11 am - 2 pm. At 2 pm we'll move upstairs for a reading and reception.**

Malcolm Brooks is the national bestselling author of *Painted Horses* and the more recent, *Cloudmaker*. With *Cloudmaker*, Malcolm Brooks returns with a soaring, spirited novel set during the summer of Amelia Earhart's final flight—a tale of American ingenuity and optimism set against the backdrop of a deepening Great Depression. The summer of 1937 will be a turning point for fourteen-year-old Houston "Huck" Finn. When he and a friend find a dead body in a local creek, a rare Lindbergh flight watch on its wrist, it seems like a sign. Huck is building his own airplane, a fact he has concealed from his mother. That summer also marks the arrival of his cousin Annelise, sent to live with the family under mysterious circumstances. As it turns out, she has had flying lessons—another sign. As Huck's airplane takes shape, so does his burgeoning understanding of the world, including the battle over worldliness vs. godliness that has split Annelise from her family, and, in a quieter way, divides Huck's family too. And meanwhile, there's the matter of the watch, which it turns out the dead man's cohort of bank robbers would very much like back.

In Brooks' trademark "lush, breathtaking prose" (San Francisco Chronicle on *Painted Horses*) and with

a winking nod to the Sam Clemens who inspired its hero's nickname, *Cloudmaker* is a boisterous, heartfelt novel that brings to life the idealism, inventiveness, traditionalism, and deep contradictions of the American spirit.

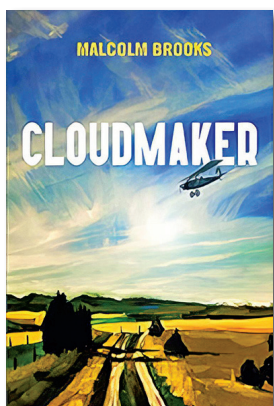
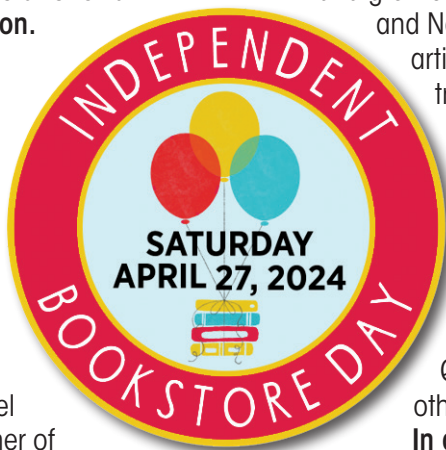
Malcolm Brooks was raised in the rural foothills of the California Sierras and grew up around Gold Rush and Native American artifacts. A carpenter by trade, he has lived in Montana for most of two decades. His writing has appeared in *Grays Sporting Journal*, *Outside*, *Sports Afield* and *Montana Quarterly*, among others.

In addition to the Malcolm Brooks reading and book signing, local teen group, *Queer Quills* will host a children's story hour from 11 am – noon. Children accompanied by their parents are welcome!

Independent Bookstore Day (Indie Bookstore Day) was established in 2013 to promote, celebrate, and highlight the value of the independent bookstore community. The day has been observed on the last Saturday of April every year since 2013. This year there are over 900 stores participating across the country.

Independent Bookstore Day is organized by the American Booksellers Association, a national not-for-profit trade organization, that works with booksellers and industry partners to ensure the success and profitability of independently owned book retailers, and to assist in expanding the community of the book.

Lisa Snow, owner of Wheatgrass says, "Independent Bookstore Day is one of our favorite days. It both celebrates the bookseller and the book buyer. We are so excited to have participated in past years and look forward to many more."



## Park County Community Journal

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Nurse Jill, Columnist  
Joyce Johnson, Columnist  
Shannon Kirby, Columnist  
Jill-Ann Ouellette, Staff Writer

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Carla Williams, Recipe Corner

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

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<b>Monday April 15th–</b> Liver and onions, potatoes, veggie, fruit
<b>Tuesday April 16th–</b> Pork roast, veggie, gravy, potatoes, fruit
<b>Wednesday April 17th–</b> Beef stroganoff, roll, veggie, fruit, dessert
<b>Thursday April 18th–</b> Sweet and sour chicken over rice, eggroll, fruit In-house salad bar 11:30am
<b>Friday April 19th–</b> Cook's choice, veggie, fruit, dessert

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# CANINE CORNER



**by: Kylie Purcell**

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

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

**Q: My dog seems to fixate on other dogs and objects, he isn't aggressive but stares intently. How can I fix this?**

There are a couple ways to help this issue. If this is happening while out on a walk, try to not allow the dog to pause and think. Keep him moving and try to change your direction. If he is genuinely curious, talk to him in a soothing tone and try to walk closely past. Meeting other dogs on a leash is not recommended as dogs can be protective and reactive, but you can walk on by the other dog. Practice this in a secure location with a known friendly dog and see if this is the case by allowing the two dogs that know each other to meet on a leash. If this isn't the case, some dogs tend to focus on different items out of curiosity and concern. Dogs are routine animals when we change their routine or their environment they sometimes need time to understand that flower pot we just set out on the deck won't eat them. Be observant on your walks and

try to pinpoint what your pup is focused on. If its an object you can walk up and touch to show your pup it isn't scary. Try it, touch it, tap it, and talk in a happy cheerful voice "look fluffy, this is exciting!" It may also be worth your while the next time you are at the vet, get his eyes checked, just in case! If the exam comes back normal try narrowing the focus down. If its just an issue with animals, you can change direction. If its an object, try and show your pup the object isn't that scary.

**To submit your questions Text or call 406-333-1980 or email [kylie@montanadogcompany.com](mailto:kylie@montanadogcompany.com)**

# HARDWARE

## STORE

### HARDWARE HINTS

## Spring Cleaning Time

With Jon Albert

It's April, the weather is beginning to break, and all living forms are gearing up for a new beginning. The change may inspire you to start your spring cleaning. We all spend more time indoors in the winter, which only increases the urgency of a cleanup.





some decor on a shelf that you don't even notice anymore, cleaning them off or placing them in storage bins can make a huge difference. Wiping the cover of a bin is way easier than washing all the facets and kinks of a myriad of nick-nacks. Indoor dust is composed of our own skin flakes, pet dander, and fabric fibers. It resides in items that come in contact with our bodies and those of our pets. Washing bedsheets, towels, and washable rugs weekly will reduce air pollution indoors. For unwashable items such as sofa cushions and pillow, a vacuum with a HEPA filter, or even using a tennis racket to beat the upholstery outdoors, will improve the air quality of your home.


The air inside a house can be up to eight times more polluted than the air outside. All you have to do is spray an air freshener to realize how much that stuffy air was weighing on you. Yet, excessive use of air fresheners will increase air pollution. Understanding the sources of dust can help you mitigate their influence and reduce your need for air fresheners.

Outdoor dust is mostly made of soil and pollen and is the most prevalent form of dust. Clutter in your house means more surfaces for outdoor dust to settle on. If you have unread books stacked on a table or

*Happy spring cleaning!*







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## Candidates Forum Sponsored by AAUW

Park County American Association of University Women (AAUW) is sponsoring a School Board Candidates Forum on Monday, April 22nd, from 6-7:30 pm in the Community Room of the City-County Building (414 East Callender St.). The

seven candidates have been invited to participate. The public will have the opportunity to ask questions.





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# Spring Fling Craft Show Review

by Joyce Johnson

*Intro: Ron and I drove out of Emigrant at 5:30 a.m.—with only a little sleep because of all the excitement, risks & details involving shows—to get a good parking spot in front of the entrance doors at the fairgrounds in Livingston, for the two-hour setup of his jewelry and my art stuff. I passed the time waiting for the doors to open by reading out loud to Ron the “sssssnake season approaching” report on the front page of the Community Journal. It was a good eye-opener but I must say this in support of our local rattler residents. I daily walk the “semi-bush” of Paradise Valley and have only seen one rattlesnake in 33 years! It had expired. They are smart, and stay off our paths, unless... um... why did the snake cross the road? It was a risk, but life is.*

Spring time in the Rockies is weather-fickle, a risk for outdoor and indoor craft shows but loaded with benefit to the community. Having participated in, and helped sell with Ron for 33 years, I appreciate that

it takes a great deal of planning and energy to put on one of these events. Not only do the hosts provide the space, advertising and organizing for our innovative and talented locals to share their stuff—and Park County has a lot of artists—these markets bring community together which is primo now. Also they are just slam dunk fun. Many of us besieged the gods to simply push the predicted rain and snow to after the event, please, so the event would better attract it’s local friends and customers out of cabin fever.

It never hurts to ask, and so be it—only token snowy mist fell mid-afternoon, and nearly 500 people attended, many children attended, kids in strollers, babes in arms, and a sweet little Shih Zhu too. There were 54 vendors in the Main Exhibit and Dining room of the Fairgrounds. It turned out to be a very successful exchange of product, gifts, food, great encounters, and a sparkling social event inside, warm, and windless!

The raffle table was “just hopping!” said the volunteers for the Park County Rural Fire District. I snooped and saw with delight several tickets in the little bag collecting raffle bids for my rock portrait of Gandalf. Later they pointed me to the winner so I cornered her and said that I hoped

the dear old wizard was going to a worthy owner. She smiled and nodded. The hot dogs and coffee were as promised awesome, and by the time I got to the coffee, it was strong as King Kong. I loved LuLu’s Market and the wood puzzle-like art displayed. The doughnut lady was across the isle from me and I finally surrendered to her pretty little baked donuts that kept calling out my name, and bought her assortment while chatting about a favorite job of mine: icing donuts in a bakery at 18, (and eating too many). But Daisy Donuts are in fact half the calories, grease-less, avante-garde donuts and Ron told her it’s police food. Oh yeah!

Right across the isle, was a very sharp... display of an amazing knife collection called, Resurrection Steel by Scott Boahler. But I confess I fell in love with his little dog who didn’t know she was missing a leg but who knew her way around shows and now and then crossed the isle to greet other vendors. (Probably the secret of Scott’s sales.) My other booth neighbor was a unique potter named Patti of “Moonstone Clay Creations.” Early on I joined a couple other women who were looking at her beautiful ceramic pieces in wonder. They thought I was the owner, and I thought one of them was, and we all laughed. My other neighbor’s craftwork covered 2/3s of the north wall, Grammy’s Kreations of dozens and dozens of big and small gnome dolls in every possible costume from kid’s teddy bear gnomes, to

doctor, lawyer, Indian Chief, and football star gnomes. We talked how crowded was our homes with craft and art supply. I came to halt at a feather art booth. I’ll call her Chandra the Birdlady. She said she’d make earrings for me out of the dropped brilliant crimson tail feathers of our late Congo Grey, “Coo.” We were back to back with Woody’s neck and anklet wear, which I ended up with two of. Then I saw a fundraiser for the shelter. The homemade fudge was yummy, buttery little bites of energy that I needed to get through the day, greeting old friends with hugs, and enjoying enlightening them with gemstone wisdom, and puns from Ron which I believe is his secret to selling. I escaped our tables frequently and walked the big room talking to vendors and collecting business cards and taking pictures to document it all. I learned the stories of many vendors and could write a column for every one of them. Perhaps as the season expands, the Journal can promote them all.

Thank you Livingston for your encouraging, and cheerful attendance and spirit. And to Christy the Show Boss, and helpers, for the endless work that went into providing us with the venue and much praise to the vendors for hours and years of creativity, faith, planning, displaying *and getting up at the crack of dawn*. It was just one big, sparkling day, like magic, and the best of us.



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# April is Poetry Month

**Marc Beaudin Book Launch with Guest Henrietta Goodman**

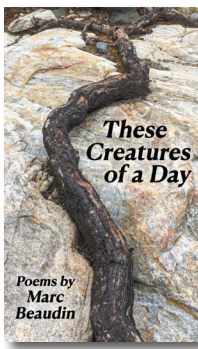


Elk River Books will host the launch of co-owner Marc Beaudin's new collection of poetry from Foothills Publishing, *These Creatures of a Day*, on Thursday, April 25th at 7 pm. Missoula poet, Henrietta Goodman, will open the event with a reading from her new book, *Antillia*.

*These Creatures of a Day* brings together 56 new poems, with pieces careening from heartbreak to humor, from dive bars to divine wildness, that in the

words of **Allen Morris Jones**, author of *Mumblecusser*, is "proof of a hard-won exploration, the footprints of a guy who's been to the edge and made it back more or less in one piece."

In addition to *These Creatures of a Day*, Beaudin is the author of *Life List: Poems, Vagabond Song: Neo-Haibun from the Peregrine Journals*, and the spoken word album



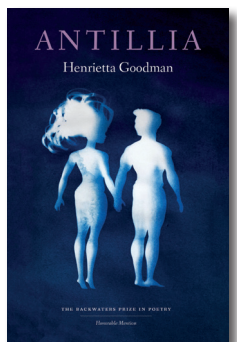
*From Coltrane to Coal Train: An Eco-Jazz Suite*, featuring music by former members of the bands Morphine and Twinemen. His work has appeared in *Orion*, *Cutthroat*, and *Whitefish Review* and has been widely anthologized in publications dedicated to environmental and social justice.

"Beaudin is the rare poet, a peculiar visionary, who can extract both humility and hilarity from the everyday," writes Debra Magpie Earling, author of *The Lost Journals of Sacajewea*. "In this wonder collection, he casts out a lifeline to the world."

Henrietta Goodman is an assistant professor of English at Rocky Mountain College in Billings, Montana. Her past collections include *All That Held Us*, *Hungry Moon*, and *Take What You Want*, winner of the Beatrice Hawley Award.

*Antillia* is a collection of searching lyric poems that remember, joke, free associate, interrogate, worry, and examine the roots of words in pursuit of sense or solace," notes Christopher Breaan Murray, author of *Black Observatory: Poems*. "These aesthetically impressive poems stun with their vigor, candor, and wit."

Elk River Books is located at 122 South 2nd Street in downtown Livingston. The free event includes a book signing and reception. For more information, send an email to [info@elkriverbooks.com](mailto:info@elkriverbooks.com) or call (406) 333-2330



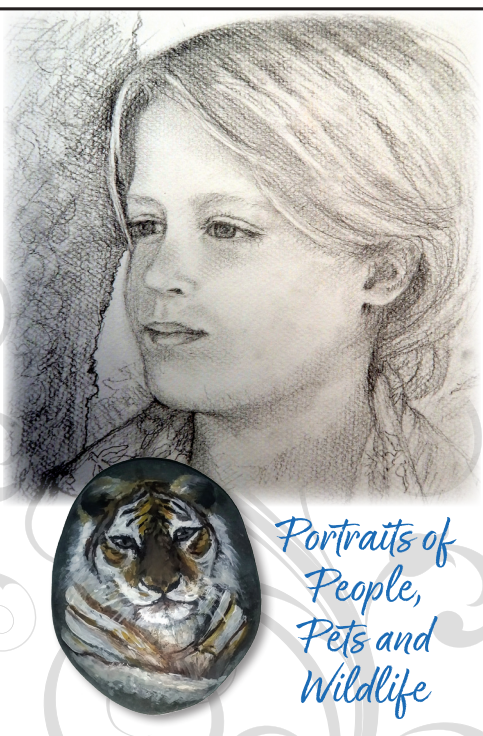
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## The Blue Slipper Theatre Presents The Play "I And You"

On May 10th at 8 pm, The Blue Slipper Theatre will present their spring production of "I and You," a play written by Lauren Gunderson and directed by Sarah Sherman. A sharp and funny drama about youth, hope and the connections between us, the play tells the story of two teenagers forced together under strange circumstances.

One afternoon, Anthony arrives unexpectedly at classmate Caroline's door bearing a beat-up copy of Walt Whitman's *Leaves of Grass*, an urgent assignment from their English teacher.

Homebound due to chronic illness, Caroline hasn't been to school in months,

but she is as quick and sardonic as Anthony is athletic, sensitive, and popular. As these two let down their guards and share their secrets, this seemingly mundane poetry project unlocks a much deeper mystery that has brought them together.

"Big-hearted and simple, I and You is one of the most life-affirming plays you'll see onstage." —Theatre Mania

I and You runs May 10th-12th and 17-19th. Showtimes are Friday and Saturday at 8 pm and Sunday at 3 pm. Reserve tickets at [www.blueslipper.org](http://www.blueslipper.org) or call the box office at 406-222-7720.



## VOLUNTEER SPOTLIGHT



**Sharon Nardin**, a long-time Park County resident, is the Building Improvement Committee Secretary for the Livingston Elks Lodge. She doesn't stop there. Sharon assists with the registration and scoring for the Elks' seasonal Youth Hoop Shoots. And you'll find her helping with the prep and setup for the veteran's monthly Steak

Nights at the Lodge. Sharon's husband Mark is on the Board of Directors, which is how she got involved. Her favorite thing about volunteering is giving back to the community in a meaningful way. When asked what she loves most about volunteering for the Elks, she says, "Socializing and seeing a smile on people's faces gives me a special feeling in my heart."



**120 S. 2nd St.  
Livingston**

**406.222.2511**

**ELKS.ORG**



**LIVINGSTON ELKS  
LODGE 246**

**The Mission of the Elks Lodge** — *To inculcate the principles of Charity, Justice, Brotherly Love and Fidelity; to recognize a belief in God; to promote the welfare and enhance the happiness of its members; to quicken the spirit of American patriotism; to cultivate good fellowship; to perpetuate itself as a fraternal organization, and to provide for its government. The Elks will serve the people and communities through benevolent programs, demonstrating that "Elks Care and Elks Share."*

**VOLUNTEERS NEEDED!** If our mission resonates with you, become an Elks member! We are currently seeking a secretary, treasurer, membership chairperson, committee finance and fundraising member, and multiple positions for the Christmas Auction. Please call the Lodge at 406-222-2511 to discuss membership and if you are interested in any of these positions.

**MORE ABOUT THE ELKS:** The Benevolent and Protective Order of Elks (BPOE) of the USA is a fraternal order with hundreds of thousands of members nationwide. It has a network of nearly 2000 lodges in communities all over the country. Each year, local Elks invest in their communities through programs that help children grow up healthy and drug-free, meet the needs of today's veterans, and improve their quality of life.



If your organization would like a **Volunteer Spotlight**, contact Jill Ouellette by email at [jill@pccjournal.com](mailto:jill@pccjournal.com).





by Dalonda Rockafellow  
doTERRA Wellness Advocate

# Grief and Essential Oils

By Dalonda Rockafellow

Using synthetic chemicals to clean your home can be counterproductive and potentially dangerous. The effects of the toxic ingredients in many of the over-the-counter cleaning products, can cause short-term and long-term problems within yourself and your family. Even if you wear cleaning gloves and open windows, the residual scents and ingredients can linger for quite some time. Breathing in the fumes is just as bad as getting them on your skin.

Well... I have an oil for that!! Introducing doTERRA's Abode blend. It is called the Refreshing Blend for good reason. This home purifying, cleaning powerhouse blend has a camphoraceous, citrusy, sweet scent and is the perfect blend of Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Eucalyptus, Cilantro, Lavandin and Lemon Myrtle essential oils, all high in cleansing constituents. This blend is safe to use on any surface of your home, as well as breathing it in. It's so good, in fact, that it's the cornerstone of an entire line of household products!!

Here are some great ideas for using this blend:

- Add 10-15 drops to equal parts vinegar and water in an 8 ounce spray bottle to create a non-toxic surface spray.
- Use 5-8 drops in a diffuser to elevate and refresh any space.

- Put a few drops onto wool dryer balls.
- Smelly gym clothes- soak stinky sports clothing in water with a few drops of abode before washing.
- Sweaty shoes—place a cotton ball with a drop or two of Abode inside shoes to keep them smelling fresh.

Another great blend I'd like to introduce to you is doTERRA's Purify. It is referred to as the Cleansing Blend. The essential oils in this blend are known to remove odors from the air and they have powerful abilities to disinfect and remove harmful microorganisms, as well. Purify is a great oil to reach for when you are disinfecting your home! This blend of essential oils eliminates odors and protects against environmental threats without subjecting your family to toxic chemicals. This blend of Lemon, Lime, Siberian Fir, Cilantro, Citronella and Tea Tree eradicates odors safely and naturally and serves as an effective cleaner throughout your home and leaves an airy, fresh scent on surfaces and in your space. Each of these oils are antiseptic, antiviral and antibacterial and combined together create a unique blend to protect against environmental threats and surface and air germs.

Here are some great ideas for using this blend:

- Disinfectant—Add 20 drops to a glass spray bottle with distilled water and 1 tablespoon rubbing alcohol
- Diffuse to kill germ & microbes, as well as clear the air of odors.
- Place a few drops on a cotton ball and put in air vents to freshen small spaces.
- Mix 5 drops with water in a spray bottle and use to wipe down counters.

- Add a few drops to the laundry rinse cycle to help eliminate odors.
- Add drops to dryer balls to freshen laundry.
- Lymphatic Detox—apply, diluted to bottoms of feet.
- Bug bites—apply directly to bite to soothe irritation

## DIY Stove Top Cleaner

- ¼ cup baking soda
- ¼ cup table salt
- 1 Tablespoon apple cider vinegar
- 2 Tablespoons water
- 4-5 drops Purify Cleansing Blend

1. Stir all ingredients together until they form a paste and spread it over the stove top and burners.
2. Leave it for 15 minutes or longer for hard-to-remove stains.
3. Using a sponge, scrub the mixture into the grime.
4. Remove excess cleaner and wipe surface clean.

There are several beneficial reasons to use essential oils for cleaning. The major factor is that

essential oils are highly potent and powerful, more so than store-bought cleaners. You will only need a few drops to be effective, plus with ingredients like vinegar, witch hazel, castile soap and baking soda, you will surely see the savings of using essential oils versus commercial cleaning products.

When making DIY cleaners you have the flexibility to create a new aroma each time! The refreshing combinations of essential oils will bring new, fragrant smells to your home every time you clean.

I would like to give you an experience with an essential oil I highlighted in this article. This, of course, is at no cost or obligation. You can contact me at dalonda@bigskyoils.com or mydoterra.com/dalondarockafellow and we'll make plans to get them to you. Thank you for your time!

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

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\*\*The Learning Bench Academy is a non-profit homeschool hybrid academy serving students in the Livingston area since 2022



# Community Wellness Contest Winners Announced

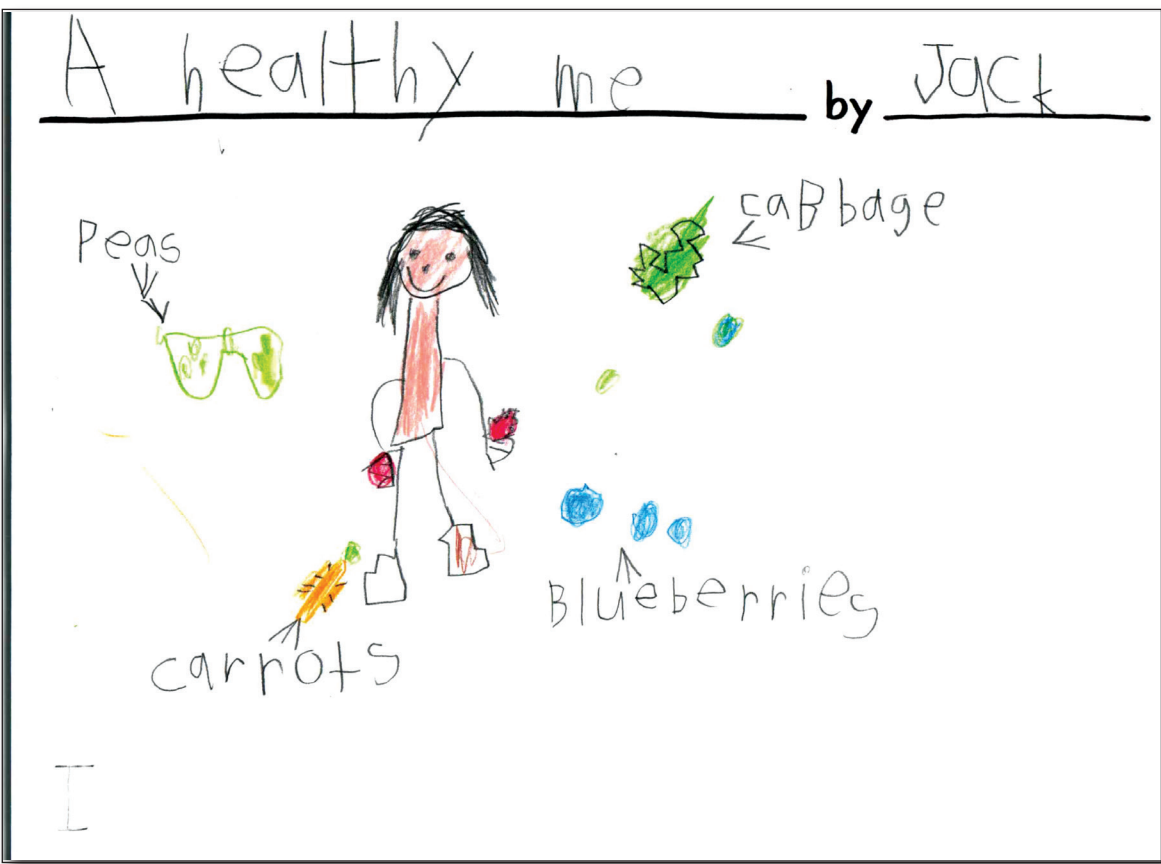
# Artists



Sawyer Skaggs, Pine Creek School, 3rd-5th



Paisley Peterson, Shields Valley School, 6th-8th



Jack Purcell, Pine Creek School, K-2nd



# Artisan



Jason Karls, Adult 18-65 years





# Community Wellness Contest Winners Announced

Paisley Peterson, Shields Valley Schools, ELA Writing

Wellness is a term that has gained popularity in recent years, but what does it mean? At its core, wellness is being healthy in mind, body, and spirit. It is a holistic approach to health encompassing all aspects of our lives, including physical, emotional, and spiritual well-being. Physical wellness is an essential component of overall wellness. This involves maintaining a healthy diet, getting enough exercise, getting enough sleep, and taking care of our bodies in other ways. A healthy diet is rich in fruits, vegetables, whole grains, and lean proteins.

Avoiding processed foods, sugary drinks, and other unhealthy choices is important. Exercise is also critical for physical wellness, as it helps to improve cardiovascular health, build strength, and reduce the risk of chronic diseases such as diabetes and heart disease. Getting enough sleep is also important, as it helps our bodies repair and regenerate, and promotes overall health and well-being.

Emotional wellness is another critical component of overall wellness. This involves healthily managing our emotions, developing healthy coping mechanisms, and building

resilience. It also involves building healthy relationships with others, connecting with our community, and engaging in activities that bring us joy and fulfillment. Emotional wellness also involves seeking help when needed, whether talking to a friend or family member, seeing a therapist, or seeking other forms of support.

Mental wellness is another key aspect of overall wellness. This involves taking care of our mental health by practicing self-care, building resilience, and seeking help when we need it. Some examples of self-care practices include meditation, mindfulness, journaling,

and engaging in hobbies or other activities we enjoy. Building resilience involves developing healthy coping mechanisms and learning how to bounce back from setbacks and challenges. Seeking help when we need it is also important, as mental health issues can be complex and require professional support. Spiritual wellness is often overlooked but is an important aspect of overall wellness. This involves finding meaning and purpose in our lives, developing a sense of connection to something greater than ourselves, and engaging in practices that foster spiritual growth and development. This can also include practices such as

prayer, meditation, yoga or other forms of spiritual practice. It can also involve engaging in activities that help us connect with others, such as volunteering or participating in community events.

Overall, wellness is a holistic approach to health that encompasses all aspects of our lives. It is about taking care of our physical, emotional, and spiritual well-being, and finding balance in all areas of our lives. By prioritizing self-care, building resilience, and seeking help when we need it, we can improve our overall well-being and lead happier, healthier, more fulfilling lives.



Wellness  
Hannah B  
Grade 5  
East Side School

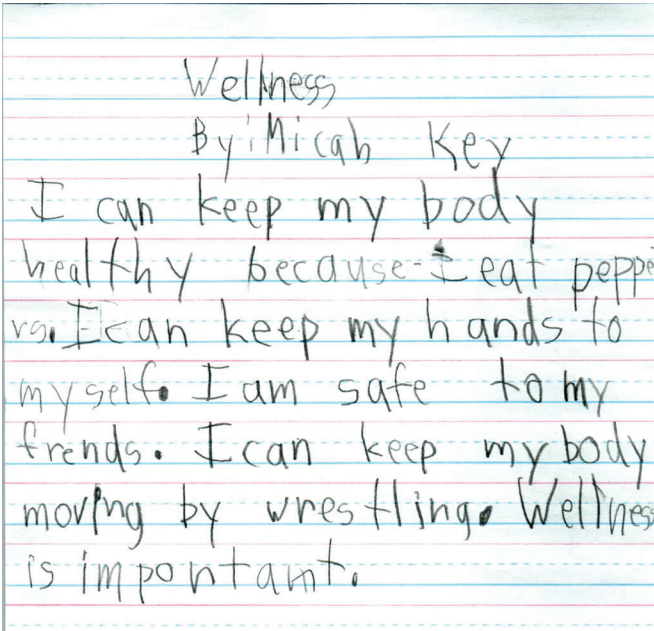
Hey! How many words relate to wellness? I could think of a thousand. But my main three are that your health, empathy and understanding. Those to me are the words that relate to wellness. Here's why!

First word that relates to it is your health. Your health is the same thing as saying, "Your wellness is very important." Health is the one of my words that relate to wellness.

Next is empathy that relates to wellness. Your wellness is like having empathy for someone. Empathy is having feelings and your care for some person. It also has close definitions to each other.

Last, but certainly not least, is understanding someone. Understanding someone is having the feeling of wellness for someone. Its understanding how feelings work!

And that the words that relate to wellness. So the words that always remind me of wellness are health, empathy and understanding someone. But thats my opinion, I hope you know yours!



February 22, 2024

What Wellness Means to Me, by Joe Skaggs

When I met Victor Frank at the Chico pool I was trying, unsuccessfully, to cure a painfully injured back muscle. He loaned me floats for my ankles and showed me some stretching exercises. I walked away pain free. A week later I was floating on my back in body temperature water with floats on my wrists and ankles, suspended in space with no effort on my part. Not having to fight gravity, my muscles and tendons relaxed, my body expanded. Eyes closed, my mind expanded, too. I entered a blissful state of mind, what Victor calls "Aquabliss".

I was introduced to TM (transcendental meditation) at a retreat for Veterans (Veterans with issues) in AZ. They gave me a mantra to repeat to myself and told me to close my eyes. I don't know where I went but it was a very nice place. I didn't want to leave. When I awoke, I felt rested and refreshed, my mind clear. I felt at peace with the world, at peace with myself.

We get caught up in our day-to-day world and, too busy, we neglect to care for ourselves. We find ourselves out of balance, stressed by relatively unimportant issues. Our diet becomes convenient, our bodies sedentary, our minds cluttered, we can't sleep. We lose perspective, we lose intimacy with others. We become selfish in our misery, yet don't do anything about it.

It takes a commitment to fix what is wrong with our lives. It takes self-discipline to embrace a lifestyle program for mental and physical health. Exercise, healthy food, social interaction, charity, kindness to strangers, kindness to self, all contribute to a life in balance, a meaningful and enjoyable life.

In the evening before bed, chores done, I like to count my blessings. What was I thankful for today? Did I enjoy watching children play, a mother signing to her baby in his stroller, the smile from a stranger. Was I able to give to someone less fortunate. Did I tell my child or grandchild I loved them, give them a hug?

Did I take the time to pet my dog, to stroke my cat and take pleasure from the sound of her purr?

The end of day is a time to critique my own program, too. Did I exercise, eat well, bathe, clean house, work hard, play? Am I focused on the future, leaving my past behind? Am I committed to make tomorrow better than today? Do I like my life? Am I content?

Wellness, to me, is a life in balance, one full of enjoyment where you are proud of yourself, where you can rest in peace at night and look forward, eagerly, to tomorrow.

Joe Skaggs      Age 78  
55 Querencia Dr. Livingston, MT 59047  
406-333-4500  
Beartoothjoe@gmail.com

February 29, 2024

What Wellness Means to Me      by Erik Bird

When I read the definition of "wellness" I knew I didn't have the life experience, at my age, 20 years old, to define it any differently than the calm mind, fit body and love of family and friends the definition gave me. It seemed easier for me to explain what "wellness wasn't".

A year ago my girlfriend decided we needed a break. I was overweight, pudgy and out of shape. I was distracted when I tried to study and my grades were slipping. I found myself sitting in front of the TV feeling sorry for myself. I was lonely, missing my family. When I went home for spring break my father challenged me to climb Mt. Adams with him. It was a disaster. He was constantly waiting for me as I fell behind gasping for air. I had reached my rock bottom.

I am happier today than I have been since a child when my parents returned from overseas deployments. I made a plan and a commitment to implement it. I lost weight and started training for the next expedition with my father. My GPA is creeping higher with every semester. My friends seem friendlier, too.

I'm 20 now, but I want to grow old like some of the people I most admire. They work at it. Some meditate, all exercise, taking long walks or going to yoga classes. They care for others, too, mentoring or just offering support and encouragement. Wellness to me is a lifelong commitment to improving your life.

Erik Bird

MSU Bozeman  
erikbnbird@gmail.com  
253-219-1258



# Profile in Leadership

Park County Dugout | Livingston  
By: Jeff Schlapp

Hard work has been tagging alongside Reagan Long since he was young, and accomplishment has been his constant companion. The two usually go hand in hand. On Saturday, they came together and embraced Long side-by-side, and as a result, he was elected the 2024-2025 Montana FFA Association 1st Vice-President. A life's dream had been met. It seems for Reagan Long, anything is possible.

Reagan had an exciting week. His Shields Valley High School teammates and their advisor, JR Pierce, joined him in Billings at the FFA State Convention and members from 109 Montana FFA Chapters.

He teamed with Amanda Willis, Asha Jerke, and Cassidy Rock to win first place in Agronomy. They will head to the National Convention to compete in November. And individually, Reagan won the State Star in Agriculture Business, second place in Extemporaneous Speaking, and First Place in the Proficiency Award.

This week, he will find, no doubt, the cure for the common cold.

"Our agronomy team, which comprises the same members, went to the Nationals two years ago," Reagan told me on Monday after they had won. "I'd love for it to become an annual thing for Shields Valley to win it and send a team to Nationals."

I sat down with Reagan two-weeks ago at The Perk on Park coffee shop and chatted about the FFA, sports, Shields

Valley High School, and his lawn-mowing empire, among other topics.

Reagan was born in Livingston and raised by his parents, Matt and Kristin Long, and his younger brother, Andrew. He attends Shields Valley High School because his mother is a fifth-grade teacher at Shields Valley Elementary, and Reagan desires a smaller class size. His father, Matt, is a well-known photographer, which explains Regan's photography skills. He took a photo of his Uncle Kendall, which won the Top 10 in the Nation in Business Professionals of America, and will show it at the National BPA Convention in Chicago.

Reagan is a myth-buster. He's proof that one doesn't need to live on a ranch or a farm to excel in FFA.

"I started in FFA when I was a freshman," Reagan explained. "I had just begun mowing a few lawns to earn money to buy a new pair of basketball shoes, and I found out in FFA I needed to complete a Supervised Experience. My advisor told me that I could write an application my senior year on my lawn mowing business and that the application would compete at the state level (which he won First Place in the Proficiency



Shields Valley Senior Reagan Long was elected 2024-2025 Montana FFA Association 1st Vice-President

Award this week). I soon found out I could be eligible for grants through my local FFA Chapter. I applied and won a total of \$2,700 in grants over three years. It helped me grow my lawn care business to where it is now, with over 25 rural and residential customers. I've recently bought a truck so I can expand my services. But thanks to those grants and the equipment they allowed me to buy, I've made close to \$37,000 so far!"

If one assumed Reagan loved the FFA, they would be right.

"The friendships and connections I have made through the FFA are irreplaceable," Reagan said. "I truly believe that this organization has given me the skills I can use daily, especially in my post-secondary education and the workforce. It's truly impacted me and my life, and I encourage everyone to try it."

We talked about his admiration for those who came before him, and he mentioned Chase Rose, one of the people behind the success of the Wellness Center in Livingston. Rose is an alumnus of Shields Valley and the Montana FFA, where he was an officer. He sat down and practiced an interview with Reagan before the FFA state convention so he would be

prepared.

Reagan will head to Carroll College in Helena in the fall, hoping to study Pre-Law with his eyes set on Gonzaga University School of Law. He hopes to spend some time as an Intern or a State Page while in Helena, and during his summer, he is interested in the U.S. Senate Page Program in Washington, D.C.

Reagan is also a member of the Rebels track team. At his most recent meet, the Columbus HS Snowflake Invitational, he took fifth place with a time of 5:40.37.

Reagan is a leader among leaders in Shields Valley, a school that is committed to being the best among the best and sending leaders out into the community when they graduate.

"I am so proud of Reagan and what he's accomplished," Principal Greg Sager told me. "Reagan is a leader among our FFA, BPA, and school. He has received recognition for the four years he's invested in the FFA, which rewards him and our school. Reagan is a perfectionist and has really shown the networking he has done locally and state-wide does reflect how hard he has worked. This couldn't happen to a better student and person. All of our kids that participated in FFA were winners, and our advisor, JR Pierce, also works very hard with Reagan and our kids."

Reagan Long is a special kid; he is someone that an adult can admire, respect, and be happy for and cheer on his success. I hope he'll stay in touch so that I can continue to cheer him on.

For more photos and great articles, check out the [ParkCountyDugout.com](https://www.parkcountydugout.com).



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# local food matters

by Mary Rosewood

If you need to avoid gluten, you know it's not easy to find gluten-free products that don't contain high-glycemic rice flour and that weird ingredient xanthan gum.

Well, welcome to Gluten-Free Prairie!

Even if you don't know what gluten is, you'll enjoy their products: the Hunger Buster cookie, brownie and sugar cookie mixes, pizza dough, granola, an all-purpose flour blend, and just plain oats. But that's only the tip of the haystack, so to speak.

Company founder Deb Wheaton has an endless supply of ideas for new products and told me she's currently excited about the tubs of frozen cookie dough that will soon be available. You can now bake gluten-free Hunger Buster and sugar cookies at home.

In 2005, Deb and her daughter were diagnosed with celiac disease, which means they can't eat any gluten, a major component of bread, cookies, and anything made from certain grains.

The family had always been health-conscious, but "that set us out on a journey to navigate our new lifestyle, living gluten-free. At first it was pretty daunting," Deb says.



The Wheaton family at the Gluten-Free Prairie headquarters in Manhattan.

She soon discovered that most "mainstream products that were gluten-free were full of fat, sugar, and preservatives, as well as sodium."

Deb tried all these conventional products and remembers the day she brought home a brownie, excited that it was gluten-free. But in a moment of pure honesty, her son burst out, "Are you kidding? Mom, it tastes like a hockey puck." As for the gluten-free bread, "It tastes like a doorstep."

So Deb stuck to baking her own recipes and started a blog called "Not Even a Crumb," referring to the fact that celiacs cannot consume any gluten whatsoever. She became active with the Celiac Disease Foundation to raise awareness to increase diagnosis at earlier ages to avoid the damage done by gluten in susceptible people. Sensitivity to gluten can cause many autoimmune illnesses. "My mom died at 62 of a celiac-related blood disorder because she was never diagnosed," Deb shared.

In 2012, the idea formed to create a business around healthy gluten-free food,



Deb Wheaton bagging gluten-free pancake mix.

and when she woke up one day with the name "Gluten-Free Prairie" in her head, it was time to get started.

Today, Deb works with two oat growers, one in Montana and one in Saskatchewan. They are among the few farmers in the world who strictly follow what is known as the "purity protocol," which ensures that the oats are truly gluten-free when they reach consumers.

She began by selling bags of oats, then made the Hunger Buster cookie from a family recipe. At first Deb had to talk people into trying the cookie. "I would say, 'Everything in this cookie, grandma's recipe, is naturally gluten-free. We just make sure that the oats are gluten-free for the people that need that, like me.'"

While Deb baked in a building the family renovated in downtown Manhattan, her daughter-in-law created all the designs and her son did all the photography. "It is really home-grown," Deb said.

Gradually, the product line has expanded. It took five years of tweaking the flour blend so it would work with all recipes. Oat flour provides a nice mouthfeel, but Deb also adds pharmaceutical-grade psyllium husk to provide "loft and a softer mouthfeel to mimic what you get from gluten."

Many of the mix labels proclaim "Our Best," Deb says, "Seriously, it is our best. Because I wasn't going to put it out there to the public unless it was really fine-tuned to that point."

Deb is deeply grateful for the support her business has gotten from the Department of Agriculture and other Montana organizations. She is fond of saying, "Montana is the last best place to start a small business."

To keep up with the ever-growing line of Gluten-Free Prairie offerings, go to [glutenfreeprairie.com](http://glutenfreeprairie.com). While you're there, read Deb's frequently updated blog with its interesting topics and try out some of the recipes she's posted.

You can find many of these gluten-free products in Livingston at Town & Country and at FoodWorks. But if you don't see exactly what you want, you can also order online. Deb will be happy to help you find what you need.

Recipe by  
Carla Williams

## RECIPE CORNER

### Amazing Greek Salad

#### Salad Dressing Ingredients

- ¼ cup extra virgin olive oil
- 3 tablespoons freshly squeezed lemon juice
- 2 tablespoons red wine vinegar
- ½ teaspoon Dijon mustard
- 2 cloves garlic minced
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- freshly ground black pepper to taste

#### Instructions

##### Make dressing

Combine salad dressing ingredients in a small mason jar. Whisk with the fork until emulsified. Or, close the jar with the lid and shake vigorously.

##### Assemble the salad

In a large bowl, combine sliced cherry tomatoes, quartered cucumber slices, diced bell pepper, red onion, olives, and feta cheese. Toss with dressing. Season with salt and pepper, if needed.

#### Salad ingredients

- 12 oz cherry or grape tomatoes (red and yellow) sliced in half
- 2 medium cucumbers quartered
- 1 medium red bell pepper diced
- 1/3 cup red onion chopped
- 1/3 cup black olives sliced
- 1/3 cup green olives sliced
- 4 oz crumbled feta cheese

**Make-ahead tip:** Don't add the dressing if you plan on refrigerating the salad for a day or two. Add the dressing right before serving.

## Cinnamon—Tastes Great & It's Great for You!

Jill-Ann Ouellette

Who doesn't like cinnamon? There are many reasons to add more cinnamon to your diet.

Cinnamon is a spice that has been prized for its medicinal properties for thousands of years. Made from the inner bark of cinnamon trees, it has been used to improve conditions such as fever, inflammation, common colds, and diarrhea. Available in most grocery and health-food stores, cinnamon can be purchased in the form of cinnamon sticks, fine powder, tea, oil, and supplements. Is all cinnamon equal in beneficial qualities and taste? No, not exactly.

In recent years, modern science has started to confirm many of the potential health benefits associated with cinnamon. Healthline.com reports that research suggests it may help manage blood sugar, protect against heart disease, and reduce inflammation. It may also improve gut health, dental hygiene (by inhibiting bacteria), reduce cholesterol levels, and lower blood pressure. Cinnamon is rich in antioxidants (containing polyphenols), is antimicrobial, can be anticancer (as published in European Journal of Medicinal Chemistry), and is linked to having activities against neurological disorders like Parkinson's and Alzheimer's. For example, several of cinnamon's bioactive compounds appear to block a protein called tau from accumulating in the brain, which is characteristic of Alzheimer's disease.

Ceylon cinnamon is native to Sri Lanka and southern parts of India. It has a soft texture



and a savory flavor. There are several other types of cinnamon. Saigon, is referred to as Vietnamese cinnamon and has a bold, spicy flavor with a hint of sweetness. Cassia cinnamon is from China

and widely available throughout the world. It has a rough texture and spicy-sweet flavor. Korintje is grown in Indonesia and has the most subtle, sweet flavor with a hint of spice.

The unique properties of cinnamon come from its essential oils and compounds, particularly cinnamaldehyde. This compound gives cinnamon its flavor and aroma, and is also responsible for many of its health benefits. Cassia and Saigon cinnamon have a stronger flavor than Ceylon, because 95% of their oil is cinnamaldehyde. All types of cinnamon are healthy at dosages of less than six grams (1 teaspoon has 4.2 grams) a day. As Cassia and Saigon both have the higher cinnamaldehyde oil concentrations than Ceylon, which has 50 to 63% of its oil being cinnamaldehyde, they should be consumed in smaller quantities—less than six grams a day. Therefore, Ceylon is the safest cinnamon to use in larger quantities.

Even if you are healthy, drinking cinnamon tea after dinner can reduce blood-sugar levels at night, which can protect your metabolism, prevent metabolic disease, and promote weight loss. Additionally, this spice appears to reduce appetite, which is a great way to curb late-night snacking.

At the end of the day, Ceylon, known as "true cinnamon," is the best quality and the safest one to use.

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# Local Church Services

## Welcome to Our 'Maiden Voyage of a New "Enjoying the Journey" Adventure

by Lois Olmstead

And many thanks to Steph, Joel, and the crew at The Main Print Shop for inviting me on board the Community Journal!

I am so excited about this new opportunity to share good news to encourage and inspire you in your life journey.

The topic of joyful journeying came to me because that was the cry of my heart. Deep gut-wrenching cries come from what you do not have. The patient person does not cry for patience. The wealthy do not cry for riches... but the hungry cry for food, the lonely cry for companionship and the unloved cry for love. The chasm between those who have and those who have not



is wide and understanding of each other comes only to a few.

Let me be personal for a moment. Very few people who know me would say I lack joy. They would describe me as "that funny speaker lady from Montana, the one who has audiences across the country holding their sides in laughter. The one who has written the books with the stories that beg retelling."

Yet truth be known, joy does not come to me naturally. Oh, I can 'be' funny and good story tellers abound in my family. However, being funny and having joy are two different things. One comes to me naturally. One comes only by the grace of God, the giver of all good and perfect gifts. You know what I mean.

And that was Jesus, the central focus of

Easter which we just celebrated. He came with a solution. He who came to answer the biggest dilemma of mankind also added the bonus of understanding our personal needs. He who came was above all the rest. He was the WORD.

His words, full of promise, full of hope, came from the side of a mountain and fell on the ears of the poor, the impatient, the lonely and the meek. His words were revolutionary. They are quoted in Matthew 5:1-12 which is our Bible reading this time.

And throughout the pages of scripture His promises, ah-h-h yes, promises of hope flow to our searching soul. He is our Savior, Comforter, our Shepherd who gives us "love, joy, peace, patience, gentleness, goodness, faith, meekness, and self-control against



such there is no law." Galatians 5:22-23 (KJV)

That is the promise of joyful journey living. And when, like me, you get quiet enough, when you get desperate enough,

When you want what He can give you more than life itself, He will be there. His joy is real, His comfort is pillow-safe. He will be your hope. He will be your peace. He will be your sufficiency!

*Welcome to  
Enjoying the Journey!*

### American Lutheran Church (ELCA)

129 South F Street  
Pastor Melissa Johansen  
Sunday worship 9:00 am  
Livingston, MT  
Elevator available.  
406-222-0512  
alclivingston.org

### Church of Christ

919 W Park St  
Sunday worship 10:30 am  
Livingston, MT  
406-222-2017  
church-of-christ.org

### Church of Jesus Christ of Latter-Day Saints

12 White Lane  
David Gilbert branch President  
Sunday worship 10:00 am  
Gardiner, MT  
406-848-7509  
lds.org

### Church of Jesus Christ of Latter-Day Saints

110 West Summit Street  
Bishop Trevor Strupp  
Sunday worship 10:00 am  
Livingston, MT  
406-222-3570  
lds.org

### Emmaus Lutheran church (LCMS)

801 East Park Street  
Reverend Daniel Merz  
Livingston, MT  
email at emmauslutheranmt@gmail.com  
emmauslutheranmt.org

### Expedition Church

27 Merrill Lane  
Pastor Darryl Brunson  
Sunday worship 10:00 am  
Livingston, MT  
406-224-1774  
expeditionmt.org

### First Baptist Church (C3)

Crossing Community Church  
202 East Lewis Street  
Pastor Bryce Maurer  
Sunday worship 10:45 am  
Livingston, MT  
406-222-1603  
fbclivingston.org

### Gardiner Community Church

318 Main Street  
Reverend Jeff Ballard  
Sunday worship 10:15 am  
Gardiner, MT  
406-848-4060

### Gardiner Baptist Fellowship

802 Scott Street  
Pastor Britton Gray  
Sunday worship 11:00 am  
Gardiner, MT  
406-223-4478

### Grace Methodist Church

302 South 9th Street  
Pastor Mari-Emilie Anderson  
Call or visit website for Sunday worship times  
Livingston, MT  
406-222-1041  
www.methodistsontheyellowstone.org

### Holbrook United Methodist Church

424 Lewis Street  
Call or visit website for Sunday worship times  
Livingston, MT  
406-222-1041  
www.methodistsontheyellowstone.org

### Kingdom Hall of Jehovah's Witnesses

1505 E Gallatin Street  
Sunday Public talk and Watchtower 10:00 am  
Livingston, MT  
406-222-2012  
jw.org

### Livingston Hope Church

226 South 3rd Street  
Senior Pastor Shad Durgan  
Sunday worship 8:00, 9:30 and 11:00 am  
Livingston, MT  
406-222-1577  
livinghope.church

### Livingston Bible Church

329 North 5th Street  
Pastor Monte Casebolt  
Sunday worship 10:30 am  
Livingston, MT  
406 222-2714  
livingstonbible.org

### Livingston Christian Center

(Assemblies of God)  
1400 Mount Baldy Drive  
Pastor Dave Brakke  
(Sunday worship 10:00 am  
Livingston, MT  
406 222-3144  
livingstonchristiancenter.com

### Livingston Church Of God

101 South O Street  
Pastor Ed Parrent  
Sunday worship 10:30 am  
Livingston, MT  
406 220-0620

### Mountain Bible Church

18 Pine Meadow Road  
(off Pine Creek Rd and Hwy 89)  
Pastor Brandon Reagor  
Sunday Worship 10:00 am  
Livingston, MT  
406-219-7628  
www.mtbible.org

### Mount Republic Chapel

240 US Hwy 212  
Reverend Don Taylor  
Sunday worship 9:30 am  
Check the website for seasonal worship times  
Cooke City/Silver Gate, MT  
(406) 838-2397  
mtrepublicchapel.org

### Mountain Springs Baptist Church

626 North 13th Street  
Pastor Justin Sutherland  
Sunday worship 11:00 am  
Livingston, MT  
406 222-1240  
mountainspringsbaptist.com

### Paradise Valley Community Church

1772 East River Rd  
Pastor Andrew Alberda  
Sunday worship 10:30 am  
Livingston, MT  
406 333-4905  
paradisevalleychurch.org

### Pine Creek United Methodist Church

2470 East River Road  
Pastor Mari-Emilie Anderson  
Call or visit website for Sunday worship times  
Livingston, MT  
406-222-1041  
www.methodistsontheyellowstone.org

### Redeemer Lutheran Church

425 West Lewis Street  
Sunday worship 11:00 am  
Livingston, MT  
406 222-1175  
www.rlclivingston.wordpress.com

### The Summit Lighthouse

Contact us for worship service and conference times  
63 Summit Way  
Gardiner, MT  
406 848-9200  
SummitLighthouse.org

### Seventh-Day Adventist Church

1 Guthrie Lane  
Pastor Rene Marquez  
Livingston, MT  
406 222-7598  
livingstonmt.adventistchurch.org

### Shields River Lutheran Church

105 Ordway Street South  
Sunday worship 9:00 am  
Wilsall, MT  
406 578-2212  
srlcwilsall.wordpress.com

### Shields Valley Bible Church

405 Fifth Street West  
Pastor Glen Helig  
Sunday worship 11:00 am  
Clyde Park, MT  
406 686-4708

### St. Andrew's Episcopal Church

310 West Lewis Street  
Reverend Kristin Orr  
Sunday worship 10:30 am  
Livingston, MT  
406 222-0222  
saintandrewsepiscopalchurch.org

### St. John's Episcopal Church

8 Story Road  
Reverend Kristin Orr  
Sunday worship 8:00 am  
Emigrant, MT  
stjohnspv.org

### St. Joseph's Catholic Church

910 McLeod Street  
Father Garrett Nelson  
Big timber, MT  
Sunday worship 2:00 pm  
406-932-4728

### St. Margaret's Catholic Church

206 1st Avenue North  
Father Garrett Nelson  
Service Saturdays 4:00pm  
Clyde Park, MT  
406-222-1393  
stmaryscommunity.org

### St Mark's Church Universal And Triumphant

130 South D Street  
Sunday worship 10:15 am  
Livingston, MT  
406 222-2675

### St. Mary's Catholic Church

511 South F Street  
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Sunday 8:00 am October to March  
Livingston, MT  
406 222-1393  
stmaryscommunity.org

### St Paul's Evangelical Lutheran Church

1116 W Geyser Street  
Pastor Paul Stern  
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Livingston, MT  
406 222-3372  
stpaulslivingston.org

### St. William's Catholic Church

705 West Scott Street  
Father Garrett Nelson  
Sunday worship 8:00 am April-Sept  
Sunday 11:00am October to March  
Gardiner, MT  
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  
Livingston, Mt  
406-223-1072

### Wilsall Community Church

112 Liquin Hill Road  
(west of Hwy 89 North; take Clark St to Liquin)  
Pastor Stephen Fanning  
Sunday worship 10:45 am  
Wilsall, MT  
406-578-2004  
wilsallcchurch.com

### United Methodist Grace Church

302 South 9th Street  
Pastor Mari-Emilie Anderson  
Sunday worship 5:00 pm  
Livingston, MT  
406 222-1041  
www.methodistsontheyellowstone.org



# Lliam Edwards-Great Day at the Plate & in the Field

## The Ranger's comeback falls short when they run smack into the final out.

Park County Dugout | Livingston  
By: Jeff Schlapp

You didn't think they would all be like the Rangers' 17-6 season-opener win over Sidney? The Rangers will run into a few games, like the one against Columbus on Thursday at Jack Weimer Baseball Field in Livingston. But they'll be okay. Cut down on the fielding errors (5) and learn from the 13-11 loss, they will be fine. They play a tough schedule, believing they would have made it through unscathed is unrealistic.

After all, this lineup proved they can hit. They have an explosive offense and speed on the basepaths. The Rangers must determine when to use that speed and when to leave the motor idling.

The Columbus Cougars came to Livingston searching for their first win of the year.

Their young starting team is comprised of sophomores, except for those on left field, where they started Lance Ketten, a senior. Last season, the Cougars were 9-5, and most of the boys played for the Laurel Legion team, so they've been tested.

It was the Rangers who struck first. After starting pitcher Carter Anderson shut down the Cougars in the first, he started a one-out rally by reaching first base on an error by third basemen Logan Kettenacker. Ben Cipriani worked a walk from Cougar starting pitcher Ethan West (4 hits, 5 runs, 4-earned, 4 walks, and 1 strikeout in two innings of work), and Lliam Edwards stroked a base hit to centerfield to drive in Anderson and give the Rangers a 1-0 lead. Ryan Bauer hit a grounder that found a hole and slipped by Koleman Gairrett at shortstop, and Cipriani scored to give the Rangers a 2-0 lead heading into the second inning.

Anderson sliced up the Cougars in the top of the second after leadoff hitter Mason Shepherd reached first on an error. Anderson struck out Wayland, fielded Gairrett's sacrifice bunt, threw him out at first, and induced Hunter Zabransky to ground out on a strong throw from Cipriani at third to end the inning.

Augie Stern, who Coach Ryan Anderson gave the start in right field, started the Ranger's second inning with a base hit to right. Anderson and Cipriani walked to load the bases, and Edwards then patiently watched as he drew a walk from West that forced in Stern from third base.

Bauer drove in Anderson and Cipriani with a base hit to center, and the Rangers seemed on cruise control, taking a 5-0 lead.

In the Cougar's half of the third inning, they ran themselves out of the inning. Anderson, who throws left-handed and, as such, faces first base when on the mound rather than away from it,

has developed an extremely deceptive pick-off move to first.

Hulsey came back from an 0-2 count and earned a walk from Anderson, who promptly caught Hulsey in an old-fashioned pickle, one the Rangers worked to perfection.

Playing first base, Edwards threw to Coen Braham, who chased Hulsey back toward first before throwing back to Edwards. Edwards then ran Hulsey back toward second base before throwing to Hansford Tewell, who came from his shortstop position and tagged Hulsey out.

In the same inning, with two outs, Kettenacker reached first on an error but was picked off first by a combination of Anderson's move and Edward's ability to block Kettenacker from reaching first base with his right foot blocking first. At the end of the threat, the Rangers still led by 5-0.

The Rangers were also held scoreless in the third inning when Wayland came in to relieve West and caught Bridger Braham looking at a called third strike to end the inning.

The Cougars erupted for nine runs in the fourth inning to take a 9-5 lead. They scored in every way imaginable except for a home run (none by either team in the entire game). Two errors by the Rangers didn't help their cause. None of the balls were hit hard except for Hulsey's double to right center, but the rest were seeing eye-base hits. The problem was the hits and walks kept coming. Six hits in the inning ended Anderson's day, and Austin Brockett replaced him.

Brockett balked in a runner from third and then hit the next batter, Wayland, but settled in after that and pitched two innings of relief.

At the bottom of the fifth, the Rangers started their comeback. Down 10-5, Coen Braham smoked a one-out double to right field. Brockett singled home Coen, and the Rangers dugout started to come alive again, cheering and whooping it up.

Brentin Allgood was sent to run for Brockett, and with it, the Rangers showed their speed and broke loose. Allgood stole second and quickly popped up when the throw got past Ethan West and hustled to third base.

Bridger Braham was up next and hit a soft liner to left field. When left fielder Kettenacker



Carter Anderson man's third base as Ben Cipriani fires a strike against Sidney on Saturday

threw the ball across the diamond into right field, it was off to the races for Braham. He toured the bases and ended up racing all the way home, scoring when Gairrett couldn't corral the throw to

third. 10-8, the Rangers were back in the game.

In the sixth inning, the Cougars extended their lead to 13-8, but the Rangers showed heart, grit, and determination by closing the gap to 13-10 when Edwards led off the bottom of the sixth with a rocket to deep center field for a double. He was cut down at third by a fielder's choice by Hansford Tewell, but his hit got the Rangers jacked up again.

Bauer was on third, the Tewell brothers, Hansford and Wister, were on second and first, when Carter Nelson (who came on to replace Brockett) hit a grounder to West at shortstop, who booted the ball, allowing Bauer to score. Hansford would score on a passed ball, and the Rangers ended the sixth down three, 13-10.

Nelson held the Cougars scoreless, setting up the bottom of the seventh and last inning for the Rangers.

Carter Anderson led off and fought off painful leg cramps; he coaxed a walk from Colter Chamberlin. Cipriani singled up the middle,

and when the center fielder overran the ball, Anderson scampered home to bring the Rangers within two, 13-11. Bauer drew a walk, putting runners in first and second. After Cipriani was called out at third on a grounder, Bauer moved to second on the play.

Wister Tewell was in the batter's box when his brother Hansford Tewell stole second, and Bauer took third on a double steal. This put runners at second and third with two outs. Given Hansford's speed, a base hit would tie the game. Bauer, at third, represented an inconsequential run. But he was sent home when the ball escaped the third basemen on Bauer's steal at third, and he was cut down at the plate by Ethan West's throw to end the game.

Edwards led the Rangers' attack with three hits on the day, two RBIs, and two walks. He also showed strong leadership for the second game in a row. He and Bridger Braham are quickly becoming the vocal leaders that any great team leans on during a season.

Wister Tewell had two hits, and Carter Anderson scored three runs, had a hit, and took three walks for the afternoon. Cipriani collected two walks, scored a base hit, and scored two runs.

Before the game, the Rangers honored longtime Livingston sports photographer Dean Hendrickson as he threw out the game's first pitch.

The Rangers' next game will be on the road, as they take on Dillon on Saturday at noon at Dillon Cubs Park.

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

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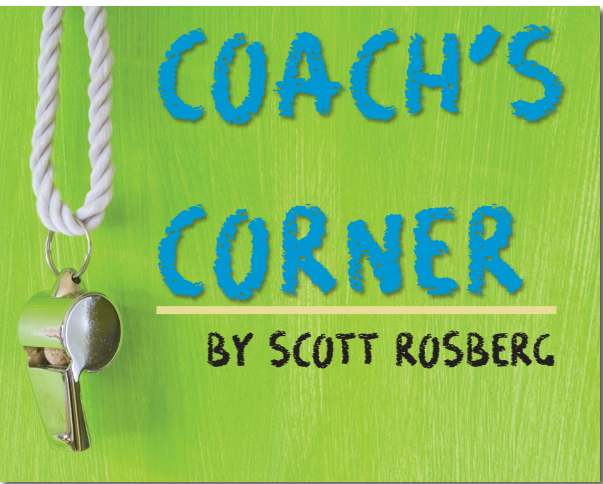
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# Commitment & Dedication

For the last four years, I have had a podcast called **Great Quotes for Coaches**. In it I talk about quotes that have inspired, educated, and helped me and my teams over the years with a variety of powerful lessons. With the basketball off-season now upon my team, I have been talking a lot about commitment. Commitment to improvement to one's skills during the off-season is critical to any future success s/he seeks.

The quote I discussed on last Monday's episode was, **"Commitment weeds out the uncommitted."** I have loved this quote ever since I first heard it 20 years ago. I heard it in a presentation by Bruce Brown, the director of Proactive Coaching, the group for whom I speak at schools and businesses about character-based athletics, coaching for significance, team-building, and leadership.

While I talked about a few layers to the quote on the podcast, the quote is basically saying that the people in your organization who are highly committed will make the people who aren't committed stand out in a big way. They will weed themselves out of being productive members of the team.

I have seen this quote and the concept of commitment reveal itself in many ways through the years. One way was through my job at the Firehall & Railyard fitness centers, where I have worked for the last 10 years. A few years ago, after losing a couple of employees in a short amount of time, my boss was talking about how hard it was to find good, reliable employees to show up, do the job, and then to stick around.

He talked about how unreliable people were. He mentioned jobs he held in automobile sales and how unreliable workers were there, too. He also talked about how even though they made well over six-figures, some of the top-selling car salesmen he worked with were some of the most unreliable employees he ever dealt with.

He isn't the only employer from whom I've heard this, and it does not seem to be getting better. How is it that the simplest

elements like just showing up for work seem like a lost art?

Other than days when I alerted my bosses well ahead of time that I needed to be gone due to some business, school, or family responsibility, I have never missed a day, and I am rarely late for work. I do not say this to show that I am somehow special or should be commended in any way. I say it to juxtapose it with the reality of how unreliable so many workers are nowadays.

By me just showing up each day when I have said I would, I am somehow in a class of employees that puts me in the category of outstanding employee. It should not be that way!

How low is the bar for good work service? When did just showing up become something of an exemplary and superior nature? Isn't that what I'm supposed to do? What about the work that I actually do? Does that have to be good, or can I just go through the motions and still be thought of as a good employee?

Unfortunately, too many people in this day and age live and work by these types of standards (or lack of standards). We have sunk to new lows in terms of commitment to a task or a job. Because of this, mediocre has become something to be happy with or even proud of.

## Young People are Following Our Example

One of the biggest problems with this mindset is that we have then created that same mindset for our young people. There are all kinds of things tugging at their attention spans. From Snapchat and Instagram to texting and video games, kids spend much of their time with their heads down looking at a screen that provides them instant gratification in one form or another.

Even their schoolwork has become so automated that they struggle with having to go a little bit out of their way to learn or to look something up. I don't know if my son ever set foot in the Livingston library during his school years. I don't know if he knows how to physically go to a dictionary and look up a word. All he has to do is go to his phone to find things out that when I was his age, we had to go to a book to find out.

Don't get me wrong. That is a great feature of technology! Our kids are able to access information immediately that we NEVER would have had access to. However, as is often the case, there is an underside to the benefit.

The underside is that many of them have come to believe that everything in life should work this way. Interpersonal communications don't have to be face-to-face because they can just type on their phones or send a picture or video. Words, sentences, paragraphs, and essays don't have to be written completely because we have the abbreviations of text, emojis, and 140 or 280 characters teaching us that we don't need all those letters, words, and sentences to formulate and deliver our thoughts. The list of areas where our kids have fallen prey to the beast that is instant gratification goes on and on.

However, the area I want to focus on is our athletic world. There are many benefits to being able to use technology in our athletic world. Coaches can instantly upload stats from games to websites that publish them for people to see. Companies like Hudl, TeamSnap, FastModel, and others have created online locations for coaches, athletes, and parents to watch videos of their teams, their opponents, or other teams, set up practice schedules, game schedules, rosters and more and make them all available to parents and kids, and create massive databases of plays, practice plans, and team-building ideas for people to access 24/7. Personally, I use my phone regularly to video kids shooting the basketball and immediately give them visual

feedback on what they are doing and how they can tweak it to improve.

All of these can be of great help to anyone who uses them, so I do not mean to disparage technology. However, our kids have gotten so used to instantly being able to have things, that they sometimes struggle *going back in time* by having to actually get up, move, pay attention, work hard for extended periods, and stay focused on a task that takes more time than just watching a snap.

This has affected many kids' levels of commitment to improve and their work ethic to follow through on their commitment. "You mean I need to come to that thing for two hours and work, and I'm not going to get to play (get paid, have my phone, etc.)? Why would I do that?"

I'm sure to some I sound like the old man yelling at kids to get off his lawn, I'm not. I am just trying to point out that in this world where just showing up to your place of employment is considered going above and beyond the call of duty, we are setting a terrible example for our kids, and they are learning from our bad example.

We need to help kids realize that there is so much to be gained from putting the TIME and EFFORT into doing a job the right way and doing it to the best of their abilities, no matter how long it takes, how hard it is, or how little recognition and praise they may receive when they finish.

Athletics is one of the great places to teach this to young people. I am not saying that we shouldn't make sure that there is fun in their sports or that they shouldn't be praised for a job well-done. Those things are extremely important for us to instill in our youth sports.

I am merely saying that we need to help them come to realize that there is honor in being able to be counted on to show up, do things the right way, and give an honest effort for the reward of knowing you did your best at what you were supposed to do. The true joy in athletics (and in many facets of life) is giving everything you've got to an endeavor, seeing it through to the end, and embracing those with whom you have endeavored to achieve your goal, whether you won or lost and whether you were singled out for your performance or not.

Let's work to raise the bar for our kids, so they understand that it is a lot more fun and a lot more rewarding to make a difficult climb over a bar that looks far out of reach than it is to step over a bar that toddlers could get over on their own.

Let's help kids find out that commitment to giving great effort, staying focused on a difficult task, and working together with others to achieve a shared vision are all rewards unto themselves.

Let's help kids see the value and the joy of commitment to a cause and perseverance and hard work in seeing that cause through to its end.



To check out more materials from Scott, go to his website [SlamDunkSuccess.com](http://SlamDunkSuccess.com). You can email Scott at [scott@slamdunksuccess.com](mailto:scott@slamdunksuccess.com).

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Our services are designed to bring local community members and neighbors closer to one another with engaging, humorous, inspiring and heartwarming daily local stories.

Published & Created by former Enterprise Sports Editor,

### Jeff Schlapp

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# Color Party

Hosted by Wheatgrass Books

You're invited to the Color Party on Thursday, April 18th from 6 to 8 pm in celebration of Livingston's Pride Week and in participation with Livingston Pride Coalition's Drag Show performances. Dress from head to toe in your favorite color and bring a snack to share in that same color. For example, red clothes and red cherries. Green clothes and pickles.

All are welcome to attend. There will be many presentations, and trivia with prizes. Forward

Montana will offer voter registration. Please join us to celebrate community and to get involved and engaged!

Wheatgrass Books is a woman-owned independent bookshop that celebrates the beauty of the written word and the art of illustration. At Wheatgrass they place a strong emphasis on under-represented voices in literature, with a focus on new releases, regional authors, and children's authors, while maintaining an excellent selection of classics.



# The Danforth Museum of Art Presents “Who I Say I Am”—Park High School Student Photo Essay

The Danforth Museum of Art (DMA) is excited to present Who I Say I AM, photographs and essays by Park High School students enrolled in Photo 2 and Photo 3 Classes. The exhibit is the culmination of in-school workshops arranged in collaboration with the DMA, Park High School and photographer Lizzie Salacinski, a local Livingston resident whose photos are currently on display at the museum.

Who I Say I Am is a class project of Park High art junior and senior photography classes taught by art teacher Sarah Mussetter. The workshops were based on Lizzie Salacinski's auto-biographical photo essay, Off-Season, currently on exhibition at the DMA. Salacinski's mixed-media work combines writing with photographs creating pieces that are a personal reflection on growing up in Livingston, an experience Salacinski notes is different from the typical summer tourists' impressions.

Using their smartphone cameras and the written word, the first objective was to



Clockwise from top left: Noah Craig, Koyle Malone, Milo Bradford (detail), Taelor Robbins

develop each student's personal narrative voice. The assignment was modeled after a photographic style developed in the 1970s by Stephen Shore on a road trip from Texas to New York. Shore captured a sense of memory and place with pictures of empty streets and abandoned gas stations. The students' assignment was to find places they once occupied, places from their memory, that tell part of their personal story of growing up in Livingston.

Mussetter, Salacinski, and Storrs Bishop, executive director of the DMA,

guided students to use their smartphone cameras as a tool for visually telling stories that convey more than simple snapshots. Combining prose with photos adds another dimension to the narrative.

Mussetter elaborates: "This project was a great challenge and opportunity for my high schoolers. My goal for this collaboration was to help students share their voices and learn to define themselves rather than letting those on the outside do it for them. So often adolescents have a stigma or story attached to them that is not of their design. Peers, parents, teachers/coaches, and society all try to fit teens into a box that makes them easier to understand or manage. The issue is that we are all unique individuals who do not fit into neat little boxes. What matters is who YOU say you are. These photos help students explore themes of identity and memory through place-based storytelling."

The second objective was to curate four images for a 13-person group exhibit at the DMA. This show offers the students the opportunity to use their own voices to share their stories with the community at large.

Through sharing their stories, they shape their own identity rather than being defined by others.

Smartphone photography is one of the most readily available art tools to students across a range of economic backgrounds. The DMA-Park High School collaboration has broadened access for teens to participate in personal storytelling opportunities regardless of economic or social barriers.

This project is made possible through funding by Americas Foundation and extensive in-kind support from The Frame Garden.

The exhibition will run from April 1st to April 22nd, 2024. The museum will host an opening reception on Friday, April 12th, from 5:30-8:00 pm. The reception is free will feature light refreshments. The DMA is located at 106 North Main Street in downtown Livingston. Hours are Tuesday through Saturday 12:00 noon to 4:00 pm. Admission is free.

For more information, please contact DMA Executive Director Storrs Bishop: <storrs@thedanforth.org>.

## Ranger Run

### Coordinated by the Park High School Honor Society



Park High School Honor Society has been doing some amazing work for our community. Let's show some support by participating in their 5K Fun Run coming up. All proceeds benefit the National Honor Society.

#### Ranger Run

- 5K Run & Toddler Dash
- Sunday, April 28th at 1 pm
- Begins at Park High School in Livingston
- Entry fees are \$20 for 14 yrs. and up
- \$15 for 6-13 yrs.
- \$5 for 0-5 yrs.

The National Honor Society (NHS) is

more than an award for grades. Each member must achieve not only good grades, but exhibit strength in each of these three criteria; leadership, service, and character. Selection to NHS is a privilege bestowed upon students by the school faculty, and not considered a right inherent to any student based on grades alone. Membership is granted only to students selected by the Faculty Council on the condition of their having met the selection standards.

Come early to register in-person. Call Park High School for more information on the Ranger Run. 406-222-0448.



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## Livingston community choir

### SPRING CONCERT

May 5th at 3pm  
Holbrook Church • Livingston, MT

Directed by Mark Mills • Accompanied by Sara Kirk

Free admission • All invited and welcome



# Be Bear Aware When Recreating Outdoors

## Remove or Secure Food Attractants and Keep a Clean Campsite

As spring weather approaches, we're all anxious to head outdoors, and bears are leaving their winter dens. This time of year, they are waking up from hibernation and are pretty hungry. So, it's best for you, and for the bears, not to leave out anything that will attract their appetite or their curiosity.

If you're outside working or recreating, you need to be aware that bears are out, too. Anytime bears are not in hibernation, which is typically between the beginning of March and the end of November, is the time to be bear aware, according to Montana Fish, Wildlife & Parks Wildlife Information Specialist, Danielle Oyler.

"Being bear aware means that you assume bears can be around, even if you don't see them," Oyler says. "You shouldn't leave anything around your home or campsite that will attract a bear." These attractants include garbage, bird feeders and pet food. The most common human-bear conflicts involve unsecured food attractants. Bears can be found throughout Montana. In recent years, grizzly bear populations have expanded and can be found anywhere west of Billings, Oyler stated.

"Most bears want to avoid contact with people," Oyler says. "But the best thing to



do to avoid an unpleasant encounter with a bear is to assume bears are around and be prepared."

This includes carrying bear spray and knowing how to use it. Oyler explains to deploy the spray when the bear is about 25 feet away.

"If you feel threatened, stand your ground and use your bear spray," she said.

### Here are some general tips to stay bear aware:

- Travel in groups whenever possible and plan to be out in the daylight hours.
- Avoid carcass sites and concentrations of ravens and other scavengers.
- Watch for signs of bears such as bear scat, diggings, torn up logs and turned over rocks, and partly consumed

animal carcasses.

- Make noise, especially near streams or in thick forest where hearing and visibility is impaired. This can be the key to avoiding encounters. Most bears will avoid humans when they know humans are present.
- Don't approach a bear.

### Camping in bear country:

- Keep food and anything with a scent out of tents.
- Dispose of garbage in bear-resistant containers; otherwise, take it with you and dispose of it properly elsewhere. Do not bury or burn garbage.
- Properly store unattended food and anything else with a scent. Food storage options are:
  - Bear boxes
  - Hard-sided vehicles (car, truck, RV). Avoid leaving attractants in vehicles for extended periods of time (backcountry trips)
  - Certified bear-resistant containers
  - Electric fencing

### Fishing in bear country:

- Make noise when approaching streams or rivers where visibility is poor and/or rushing water makes it difficult for bears to hear you approaching.
- Carry bear spray on you, especially if you are wading or shore fishing.
- When possible, clean fish at a designated fish-cleaning station, or at home.
- If you live in bear country, place entrails and fish waste into the freezer until the morning of garbage day. Do not leave fish waste outside in

garbage cans for multiple days, as bears will be attracted to the smell.

- Cut filleted fish carcasses into smaller pieces that can be easily carried away in the current.
- Toss all fish waste into deep, fast-moving currents. Do not leave entrails or other fish waste on the bank or in shallow water.
- Store fish on ice in a certified bear-proof container. Coolers are not bear proof. If you use a cooler, keep it near you and closely attend it.

### Biking and running in bear country:

- Anyone traveling quickly on trails is at higher risk of surprising a bear.
- Traveling fast around corners can increase the chance of an encounter.
- Watch for signs of bear activity and avoid riding in these areas.
- Avoid being on trails at night or at dusk or dawn.
- Avoid riding fast on trails that feature seasonal food sources for bears, such as berries.
- Do not run or ride while intentionally impacting your ability to hear natural noises (i.e. wearing ear buds or headphones).
- Make noise when line of sight is poor.
- When possible, ride in groups and stay together.
- If you encounter a bear, stop, get off your bike, and follow bear encounter recommendations.
- Never try to outrun or outride a bear.
- Carry bear spray on your person not on your bicycle or backpack.

Thanks to the Gardiner Newsletter for this article

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- The Entertain With Copper Moose Basket

single ticket: \$20

six tickets: \$100

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#LIVINGSTONROTARYRAFFLE

The drawing is scheduled for May 7th.



Crossword Puzzle Number 326

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
23			24					25				26	27	28
29							30			31				
				32			33				34			
35	36	37				38				39				
40					41				42					
43					44				45			46	47	48
49				50				51						
			52	53				54					55	
56	57						58				59			
60							61				62			
63							64				65			

- Across**

1 Urban air pollution problem

5 That's in Paris

9 Prim

14 Formerly French Sudan

15 E.g. Rice, Harvard (Abbr.)

16 Snake vulnerable to the mongoose

17 Not dissimilar

18 Salespeople

19 Syrian dynasty

20 Padre (Abbr.)

21 Prepares for war

22 Roughly speaking

23 Traditional voting day

25 West Atlantic international grp.

26 Flat panel TV type

29 Ankle injury

30 Parking area

31 Doozie

32 Undersides

34 2,000 lbs

35 Foundation

38 Tear

39 Shorthand inventor John Robert ---

40 --- calling!

41 Maturity

43 Stiff sentence

44 Missions (Abbr.)

45 Goad

49 Banned insecticide

50 Distress message

51 Chivvied

52 Comedians

54 Drugs (Abbr.)

55 Threat to fighters

56 Alan Ladd gunfighter role
- 58 Loopy

59 D-Day beach

60 Main artery

61 Piece for two

62 "Time --- My Side" (The Rolling Stones)

63 Awesome

64 Stack

65 Fix)
- Down**

1 Mental ability

2 Bury the hatchet

3 Director/producer --- Stone

4 Kind of rummy

5 Small seedless raisin

6 Foe

7 Drinks slowly

8 Corner consoles?

9 Operation mementos

10 Decide with a coin

11 Pure

12 Plan sponsored by Sen. William Roth

13 Family guy

21 Spanish farewell

22 Stable food

24 Californian pine

25 Vavavoom

27 Block

28 Ordure

30 Lower abdomen

31 Pantry

33 Ensnares

35 Hairless

36 Keen

37 Computer code

39 Attendees

Crossword Puzzle Number 325 Solutions

1	2	3		4	5	6			7	8	9	10	11
12				13		14		15					
16				17				18					
19				20		21		22			23		
24				25		26		27					
			28	29		30		31		32	33		
34	35	36		37		38							
39				40		41		42					
43			44		45			46					
47				48		49							
			50	51		52		53	54	55			
56	57	58		59		60							
61			62	63		64		65		66			
67				68		69							
70						71				72			

- 41 Low sounds?
- 42 Out with a potential partner
- 46 Neglect
- 47 Pressurize
- 48 Comet finder --- Halley
- 50 Bargain
- 51 German philosopher
- 53 Cosmopolitan (Abbr.)
- 54 Second-largest Hawaiian island
- 56 Nordic airline
- 57 By what means?
- 58 National economic indicator
- 59 Actor --- Carrey
- 65 Distant but within sight

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

- Ani

Auklet

Coot

Crane

Crow

Duck

Eagle

Gull

Hawk

Heron

Ibis
- Jay

Kite

Loon

Ovenbird

Owl

Petrel

Pewee

Pipit

Rail

Robin

Skylark
- Smew

Snipe

Stint

Teal

Tern

Turnstone

Veery

Verdin

Wigeon

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

Sudoku Puzzle Number 325

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

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Sudoku Puzzle Answers 324

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



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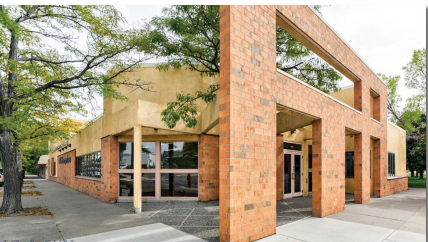
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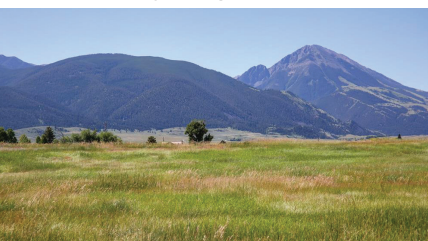
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# SAVE THE DATE

SATURDAY, APRIL 20TH

## GARDINER COMMUNITY EARTH DAY CLEAN UP

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# Yellowstone National Park Expands Access to Allow for Year-Round Fishing in Two Locations

## Public Invited to Join a Virtual Native Fish Conservation Program Update April 30

Beginning Nov. 1, 2024, Yellowstone National Park will expand fishing access by allowing for year-round fishing opportunities at two locations in the park. These two locations are:

- Madison River: The Madison River from the Wyoming/Montana state line downstream to the park boundary near the West Entrance in West Yellowstone, Montana.
- Gardner River: The Gardner River

from Osprey Falls downstream to the confluence with the Yellowstone River near the North Entrance in Gardiner, Montana.

Other fishing areas in the park will continue to be available during the standard fishing season, which is from the Saturday of Memorial Day weekend through Oct. 31st each year.

The 2024 Yellowstone annual fishing permit will be valid May 25



Fall fishing on the Madison River at sunrise. Photo by NPS / Jacob W. Frank

### APRIL IS SAFE DIGGING MONTH

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through Dec. 31, 2024. Beginning in 2025, the annual fishing permit will be valid for the calendar year, January through December.

#### Virtual Native Fish Conservation Program Update

Dive deeper with us Tuesday, April 30th from 11 am – noon MDT to learn more about Yellowstone’s Native Fish Conservation Program! Todd Koel, leader of the program, will present about:

- Lake trout control and cutthroat trout recovery in Yellowstone Lake
  - Native fish restoration in streams
  - Angling regulations and catch trends
  - Aquatic invasive species prevention
- A live Q&A with Koel will follow the presentation. Join the virtual presentation by going to <https://www.nps.gov/yell/learn/news/24012.htm>.

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