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Park County Community Journal

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SUNDAY EDITION • April 21, 2024

54th Earth Day! "Planet vs. Plastic"

The first Earth Day was held on April 22, 1970. Gaylord Nelson, a Wisconsin senator, and John McConnell, a San Francisco activist, each asked the country to join a grassroots demonstration to raise awareness about air pollution, the effects of pesticides, and toxic drinking water, according to Almanac. While being environmentally conscious is important all year long, Earth Day is an extra opportunity to do your part in keeping our planet happy and healthy. If you need a refresher to learn more ways to support the effort (other than general reducing, reusing and recycling), some tips are listed below. Big or small, any actions that reduce environmental impacts and promote sustainability are worthwhile in the pursuit of a healthier, livable planet.

Back in 1970, rallies took place across the country with 20 million Americans participating, resulting in the U.S. government creating the Environmental Protection Agency by the end of the year



and following up with laws like the Endangered Species Act, the Clean Air Act, and the Clean Water Act. Earth Day now includes a wide range of events coordinated globally by their website, Earthday.org, including one billion people participating in more than 193 countries.

Without having to spend any money, here

are a few ways to make your everyday practices more sustainable, from National Geographic Kids:

- Use a reusable shopping bag, which prevents the use of 600 plastic bags.
- Shut down a computer when not in use. This cuts energy consumption by 85 percent.
- Walk instead of drive, when you can. Every mile walked instead of driving is nearly one pound of pollution that is kept out of the air.
- Recycle. A recycled soda can saves enough energy to power a TV for three hours.
- Volunteer to pick up trash or collect

recyclables in your area.

- Spread the message about sustainability and conservation.
- Limit your water usage. Turning off the faucet when brushing your teeth can save up to eight gallons of water a day.
- Turn off lights when you don't need them, which also saves money on bills.
- Plant native trees and plants to encourage pollinator gardens and to support local ecosystems.
- Reduce, reuse and recycle!

Here are a few more ways you can make your habits eco-friendly: Refraining from using pesticides and chemicals in your garden, switching to biodegradable kitchen and household products without chemicals and plastics, and assessing your "food-print" to see how you can reduce food waste.

Earth Day has a theme each year that highlights an environmental concern. The theme for this year is "Planet vs. Plastics," which highlights EarthDay.org's commitment to demanding a 60-percent reduction in the production of all plastics by 2040, the organization said. According to the National Park Service, the four goals

of this year's Earth Day are:

1. Widespread awareness. Educating people about the harms of plastic pollution.
2. Phasing out single-use plastics. An estimated 14 million tons of plastics end up in oceans annually, and microplastics are found in increasing quantities in our world and our human body.
3. Demanding policies ending fast fashion. Nearly 70 percent of clothing is made using crude oil, and the clothing and apparel industry is one of the most polluting, with synthetic textiles contributing to 60 percent of the microplastics in the environment.
4. Investing in innovative technologies. Implementing innovative technology, like bioplastic packaging made from renewable sources and using longer-wear tires less prone to shedding dust, can reduce plastic use and its environmental impacts on society.

Let's end on a positive note about the progress humanity has made in this realm over the past 54 years—and we have! What more can you personally commit to do to reduce your pollution footprint?

Elk River's Green Initiative Earth Day Celebration

The Park High Green Initiative, Elk River Arts & Lectures, the Park County Environmental Council, Moms Clean Air Force, and Montessori Island are hosting "Planet

vs. Plastics: An Earth Day Celebration" featuring Heather White and local youth Monday, April 22nd at 6 pm. at Elk River Books, 122 S. 2nd St. in Livingston. The event is free and open to the public.

The event will feature a book discussion with Heather White, moderated by high school students; climate monologues performed by local youth; and more. Heather White is a nationally recognized conservation



and environmental policy expert and a frequent spokesperson in national media on climate, energy, and conservation issues.

Heather is the founder & CEO of

the nonprofit, OneGreenThing.org, and author of *60 Days to a Greener Life: Ease Eco-Anxiety Through Joyful Daily Action* (Harper Collins, 2024) and *One Green Thing: Discover Your Hidden Power to Help Save the Planet* (Harper Collins, 2022). OneGreenThing is a nonprofit that tackles eco-anxiety through joyful daily action, inspiring culture change for policy solutions.

Yellowstone: Living on the Edge Opens at YGM

The Yellowstone Gateway Museum announces the opening of a new permanent exhibit, "Yellowstone: Living on the Edge," on Thursday, May 2nd. The gala event is from 5-7pm with catered food as well as beverages from Katabatic Brewing provided by Yellowstone Gateway Museum Foundation. Everyone is welcome and encouraged to attend. This exhibit opening is dedicated to the memory of John Fryer and Paul Shea, men who dedicated their lives to this community and the museum, and showed us what it was like to live "on the edge."

The new permanent exhibit explores the relationship between Yellowstone National



Park and Park County residents living near the park from before the park's creation in 1872 until present day. Employee stories, souvenirs, and photographs tell of the deep connection that people had (and still have) with the park, its wildlife

and its wild places. Park County businesses benefited from the park's close proximity and helped create the visitor experience inside as well as outside the park. Businesses included in the exhibit include Wilcoxson's, Shaw and Powell Camping Company, A.W. Miles, the Grabow Hotel, W.A. Hall, and more. Perhaps the most critical early-day Park County connection to Yellowstone was the Northern

See YGM, Page 5


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April Is Montana Native-Plant Month

All month long it's time to celebrate the native plants that are indigenous to this area. These plants have evolved alongside native wildlife and occur naturally in this geographic region's habitat. Native plants are essential for a healthy, diverse, and sustainable ecosystem and are critical for cleaning the air, filtering our water and stabilizing the soil.



Montana state wildflower: Bitterroot (*Lewisia rediviva*)

Montana is home to around 2800 native plant species, which include large shade trees, shrubs, perennials, vines, grasses, and wildflowers. The native plants are well-adapted to our soils, our range in temperature and mountainous conditions making them the best option to conserve and protect the environment.

It is important to increase public awareness about the importance of Montana's native plants both to pollinators and other wildlife, to the economy, and to the health and sustainability of Montana's ecosystems.

While you are out shopping for plants, shrubs, trees, perennials, vines, and grasses this spring—especially if you are removing non-native plants that didn't survive in our environment—choose a native one! You'll be helping the birds, bees, butterflies, and wildlife to flourish!

For more information and resources about our native plants, connect with the Montana Native Plant Society at: MTNativePlants.org.



Montana state tree: Ponderosa Pine (*Pinus ponderosa*)

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Obituaries

Mark "Doc" Watson

Mark "Doc" Watson of Livingston Montana died at Livingston Healthcare surrounded by family and friends, on April 10th, 2024. He was 66 years old.

Doc was born on March 13, 1958, in Oneida, New York to George and Josie (Farris) Watson. He joined siblings Sue, Betty, Judy, and Dennis. Terri, the baby sister, arrived later.

Doc graduated from Vernon Verona (VVS) High School and went on to the State University of New York at Alfred Culinary School where he developed a love of preparing all kinds of foods.

Mark's passion for adventure led him to work in; King Salmon, Alaska, Las Vegas, Nevada, Jackson, Wyoming, Yellowstone National Park, Gardiner, Montana with his last stop being in Livingston.

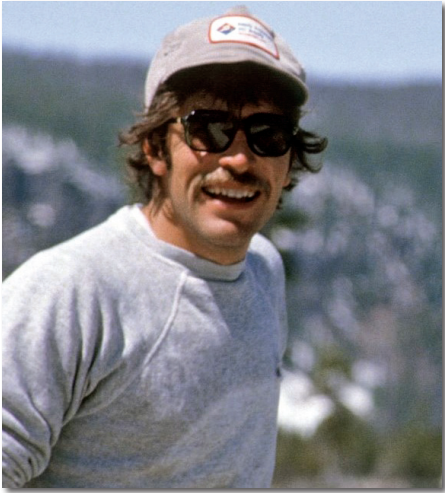
While living in Yellowstone, Mark got his Disc Golf Pro Card and participated in his first professional disc golf tournament in California. He went on to be a very successful disc golfer, playing and winning multiple Montana State Championships, as well as many other national and local tournaments. He was instrumental in the design of the Chico Hot Springs Disc Golf Course.

His life's motto "Who has more fun than we do," was more than a saying. It was a way of embracing each day with joy and gratitude.

Doc was a founding member of the Yellowstone Olympic Committee. He was integral in developing, celebrating, and promoting the Snow Lodge Winter Olympics, which have been a boon to staff moral for over four decades.

Doc had a deep love for the mountains. Not only did he climb most of the peaks in the Greater Yellowstone Ecosystem (GYE), but he was always ready to share routes or hike alongside those brave enough to follow him.

Anyone who expressed an interest in



hiking, skiing, canoeing, golfing, playing disc golf, or exploring the Yellowstone backcountry, became an instant friend to Doc. He shared his positive attitude and passion for life with everyone he met.

He is survived by his mother Josie, siblings Sue, Judy, Dennis and Terri, and many loving nieces and nephews, including his nephew, Al Fera, who followed in Doc's footsteps and spent several years working and living in the GYE. He is preceded in death by his father George and sister Betty, as well as his two beloved dogs, Scout and Mesa.

A celebration of Doc's life will be held at a later date. Details will be shared on social media.

Those of us lucky enough to call Mark "Doc" Watson a friend are truly better people because of his spirit and generosity. Doc taught us all how to love life and each other.

So many of Doc's Yellowstone family came and spent his final days with him. All of their love and light lifted him and helped him to his final journey.

Visit www.franzen-davis.com to offer condolences.



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.

Submit to 108 N. Main Street or email Jill at jill@pccjournal.com, by April 22nd.

OP-ED FORUM *by Colin K Davis*

Ref 1 Makes County Budget Crisis Even Worse

I'm writing today about one of the many reasons why you should consider voting NO on Referendum 1 during the upcoming June 4th primary election.

If you haven't heard yet, Referendum 1 is a ballot initiative that seeks to abolish our Park County growth policy. A growth policy is a long-range plan that guides the future of Park County through input from local residents. Without it, we lose local control over how our community grows.

Park County also stands to lose millions of dollars if we vote to abolish the growth policy. On Tuesday, April 9th our commissioners painted a bleak picture of the financial state of Park County at their weekly county commission meeting.

The commissioners were forced to cut \$200,000 from the budget of the Sheriff's Department and \$200,000 from county roads. Worse, they're still more than \$150,000 in the hole after making those cuts. This problem is only expected to get worse.

"It's gonna be cuts and cuts and cuts every



single year until we figure something out," said Clint Tinsley, Park County Commission Chairman.

These cuts don't bode well for residents of Park County. Maintaining rural roads and keeping them in good condition is one of the biggest funding challenges local governments face every year. When our infrastructure, bridges, and roads receive less funding they can degrade to the point of becoming safety liabilities. Ambulance services and emergency response times depend heavily on well-maintained roads.

Park County literally can't afford Referendum 1 because it will make this budget crisis even worse. Our Growth Policy has been critical to helping the county receive grant funding to augment our local tax base. Since the Growth Policy was adopted in 2017, the county has already received \$36.1 million in grants.

Among the ongoing projects that were made possible by funding secured with a growth policy:

\$14.6 million to upgrade Shields River Road this summer.

\$4.1 million to upgrade Old Yellowstone Trail South and provide emergency vehicle access through Yankee Jim Canyon.

\$492,000 to upgrade bridges in Cooke City and Silver Gate.

County Grants Coordinator Kristen Galbraith said she anticipates the loss of a growth policy could impact dozens of grant applications in the future.

"The road department is short-staffed and underfunded. The roads are a mess," said County Commissioner Bryan Wells on Tuesday morning.

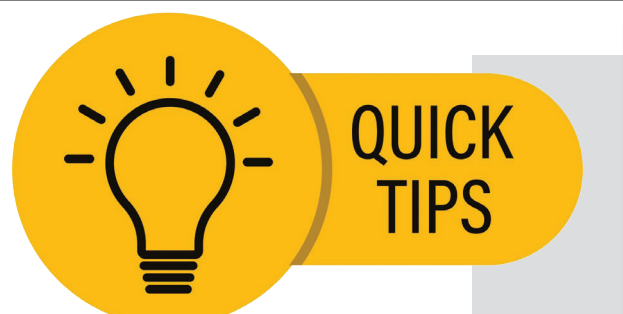
It's not just roads either. The Growth Policy has helped secure funding for Gardiner's Capital Improvement Plan and the Gardiner Food Pantry. Having a growth policy would also help secure

funding to update a new growth policy.

Do we really want to make our current budget problems even worse by repealing the growth policy now? I don't think so. Referendum 1 is fiscally irresponsible and it's burdensome for taxpayers.

This is just one more reason we can't afford to let Referendum 1 pass at the ballot box on June 4th. You can learn more about Referendum 1 and other reasons we should be voting it down at noref1.org.

Colin K Davis is treasurer of NO on Referendum 1, a committee of Park County residents dedicated to protecting local control and the local way of life by educating residents about the consequences of Referendum 1.



Insurance Tips

with Daryn Hendrickson

AUTOMOBILE CLAIMS – You've just been involved in a fender bender! You're anxious, shaken, possibly upset, and a hundred things are running through your mind. What do you do? Whether you are on public roads or on private property, such as a parking lot, do the following:

1. Determine if anyone needs an ambulance.

When in doubt, call 911 anyway. You need to report the incident to local law enforcement. Dispatch will tell you whether you can just exchange information and submit a Montana Highway Patrol Vehicle Crash Report, or if an officer needs to come to the scene of the accident.

2. Leave your vehicle in the location where the accident occurred with your hazard lights on, unless it puts you in danger. If you're injured, stay in the car until the police get to the scene.

3. If you have access to your cell phone, and are able, take pictures of the incident such as the intersection, vehicle direction, damage, etc. You want to think of the five W's— Who, What, When, Where and Why. I encourage drivers to carry around a small notebook and pen in the glove compartment, so you can write this type information down.

4. If you're able to exchange insurance information, you'll want to get the other party's name, phone number, address, insurance



Daryn Hendrickson
R. Dean Hendrickson Insurance Agency, Inc.

Daryn's goal as an insurance professional is to educate and provide peace-of-mind solutions to his clients. He is dedicated in providing Auto, Home, Life and Business Lines insurance products to customers and residents of Park and Sweet Grass Counties. Born and raised in the Livingston area, Daryn has been helping customers with their insurance needs since 2002. He enjoys bike rides with his family, fishing, and barbecuing on the weekends. Call him at (406) 222-2250 today.

company, and policy number. A quick picture of thier insurance card with your phone is also fine. Also, jot down the date, approximate time, and specific location of the incident. It can also be helpful to draw a map of the direction of travel for yourself and the other party's vehicles. If there is a witness, get their name and number as well.

5. If your vehicle is drivable, at your convenience, head to the body shop of your choice and get an estimate and schedule a time to repair the damage. If your vehicle is not drivable, have a tow company bring it to a body shop. The police can also call a wrecker for you.

6. Lastly, call your insurance agent or company to report the accident with the information you have gathered and file a claim. With many insurance companies, you have the capability to file the claim online as well.

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Published twice monthly on the 1st & 15th of each month.

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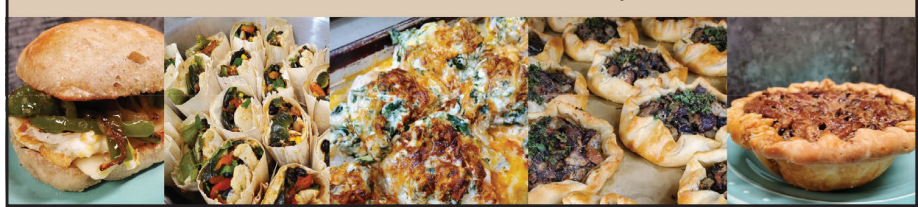
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Guide to Greener Cleaning

Jill-Ann Ouellette

We are in an age where we are encouraged to live more sustainably and be greener. That's in all aspects of living, from what we drive, where we work, how we vacation, how we garden, and in every part of our lives. One aspect that doesn't always come to mind at first is with our household cleaners. Unlike food manufacturers, U.S. cleaning and household product manufacturers are not required to disclose all of their ingredients, which makes it difficult for consumers to choose safer products. Nowadays, we can't always trust the "natural" label, or other promotional slogans. Still, there are some good-quality, safe cleaners on the market like: Healthy Planet, Ecover, and Seventh Generation to name a few. What to avoid? Here's a quick reference list:

- **Bleach and quat-based disinfectants**— Sodium hypochlorite (found in chlorine bleach) and quaternary ammonium compounds, also called "quats," are linked to respiratory harm and other serious health

effects.

- **Caustic drain cleaners**—

These contain extremely toxic chemicals.

Instead, try a drain snake or make a fizzy drain opener with ½ cup vinegar and ½ cup baking soda. If you have smelly drains—good old hot water will take care of the stench.

Heat up a kettle and pour it down the drain. Sometimes you need to repeat this a few times.

- **Air fresheners**— These can contain dozens of undisclosed and often untested chemicals. To freshen your home, open windows, use fans, and try baking soda sprinkled on carpets and vacuum after 15 minutes instead. Aromatherapy diffusers work great too.

There are safer DIY alternatives. If you have the following items in your cupboard, you can make about any effective cleaner you may need; white vinegar, baking soda, lemon juice, fragrance-free liquid soap or dish detergent, and washing soda—wear gloves when using this ingredient.

The best tools of the trade to use with any cleaner to work better is a machine-washable cloth or mop head, an abrasive scrub brush or sponge, and a squeegee for showers and windows. Here are some do-it-yourself formulas to use:

- All-purpose cleaner— Mix hot water with ½ teaspoon of washing soda and ½ teaspoon of liquid soap.
 - Kitchen cleaner— For a heavy-duty, grime-fighting, surface cleaner, mix vinegar and salt into a paste.
 - Bathroom cleaners— Works like a soft scrub for bathroom surfaces. Wet ½ cup of baking soda with a little liquid soap to get a frosting-like consistency.
 - Laundry— Some fabric softeners and dryer sheets will coat fabrics with asthma causing "quat" and other secret scents. Try adding some vinegar to the rinse cycle to reduce static cling, to soften and brighten, and to reduce strong odors.
- What those labels don't tell us can



be gleaned from the warnings list, which might help. If they do have an ingredient list, take a pass on products that contain: ammonia, EDTA, ethanolamines and alkanolamide surfactants, glycols, glycol ethers and esters, isothiazolinones, optical brighteners, per- and poly-fluorinated compounds (PFAs), petroleum distillates, phosphates, phosphonates, and polyacrylates. Remember, "If you can't say it, don't use it!"

Let's love our Mother Earth and make better cleaning product selections. This would be an easy way to celebrate Earth Day on April 22nd, by choosing to pick up some of the DIY ingredients listed above and make your own user-friendly and earth-friendly cleaners!

Livingston Free Spring-Cleaning Pickup & Green Can Collections

Let's work together to make our community greener and cleaner! It's almost time for the 20th Annual Free Spring Cleanup! Livingston residents can participate by placing their eligible items for pickup beside their trash can (boulevard or alley) on or before April 22nd.



The collection begins on the south side of town, and moves east to west. It then goes to the north side, and moves west to east. It takes approximately a week and a half to complete.

If you don't have your items out in time, the city will not take requests for special pickups—so have your items out.

Here's what they will pick up during this free event: dirt & rocks, sheet rock, shingles, concrete and asphalt, carpet, windows, porcelain sinks/toilet, yard waste, scrap lumber, and wood. For a complete list of what will not be



picked up, go to the top of this page: livingstonmontana.org/publicworks. All items are limited to one cubic yard or less, items in excess of this will be left behind.

Green Can Collection for yard waste begins May 7th. To add this service to your residence and schedule delivery of a green can, call the Public Works office 406-222-5667. The service fees will be added to your utility bill. If you are already in the program, your new 2024 sticker will be included in the spring flyer being mailed in late April. Please maintain the purity of your green can by excluding garbage, dirt, rocks, and non-compostable materials.

Disposal of any other materials in your green can contaminates the entire load, and will result in additional charges added to your utility bill.

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CANINE CORNER

Some

by: Kylie Purcell



Q: My dog goes absolutely crazy in the car. Running from window to window and just screaming! Any recommendations?

Some excitement in the car is a good thing, but it sounds like too much may cause an unsafe environment. Dogs should always be either restrained or contained while in the car. Most accidents such as slight fender-benders cause dogs to become projectiles therefore, creating more chaos. There's also the possibility you are in a more severe accident, the dog may go into flight or fight mode and take off and not be reclaimed. There's many options out there depending on the size of vehicle. Harnesses that clip into the seat belt of your car and allow your dog to be feathered are a great low cost and low space option. Pet barriers are good but can still allow for numerous activities from the rambunctious Fido. Crates are a very secure option and my personal

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!

favorite. I highly recommend using a crash tested (you heard that right) kennel. They are an investment but one that you will thank yourself for if the situation arises. There are a few brands out there such as; Gunner, Ruffland, and Variocage.

Acclimation to the kennel or new restraint may take time but with positive reinforcement and lots of encouragement you will have your best bud riding safely and calmly. While we all like to have our dog as our copilot it's best to all arrive alive.

To submit your questions Text or call 406-333-1980 or email kylie@montanadogcompany.com

Montana History Lesson Warrior Woman, Hero and Homemaker

by Joyce Johnson

“Brown Weasel Woman” was the eldest of four siblings born into the Piikáni Piegan tribe of the Blackfeet Nation. As a girl, she was less interested in traditional female roles and preferred to hang out with her brothers in games and hunting which her father, a well-respected warrior, indulged her interest and taught her to fight as well. She soon gave up the work of the household in exchange for hunting buffalo with her father. One day the hunters encountered an enemy war party and when they retreated at top speed to escape, her father had his horse shot out from under him and he was injured. Although it was very dangerous, Brown Weasel Woman turned back, picked up her father and escaped. One of the bravest deeds a warrior could perform was to face the enemy while riding back to rescue



someone who was left behind. So when she returned to camp, the people honored her courage. Soon her mother became ill and Brown Weasel Woman being the eldest child, took over the chores of the household. Although she was an excellent home maker, she was not happy about it. Although many of the men took an interest in her, she did not have any interest in marriage. The turning point of Brown Weasel Woman's life came when her father was killed during a war party and her mother died soon afterwards. Brown Weasel Woman suddenly became responsible for her brothers and sisters and took on the role as the head of the family, which meant that she hunted, fed, cared for and protected them. Because of this new responsibility, a widowed woman



moved in to help with the household chores and to help teach the younger ones.

The first war adventure was against the Crows who had stolen some Blackfeet horses. It took the war party several days to ride to Crow country, but when they arrived, she and the Blackfeet warriors were successful in stealing many horses. Brown Weasel Woman stole eleven by herself. Although the Crows chased them for a while, the Blackfeet got safely back to their camp. On the way back to the camp, Brown Weasel Woman was on watch duty from the top of a butte, while the others rested in a hidden location. She saw two enemies approaching, and before she could reach the men to warn them of the danger, the enemies were trying to round up and steal their horses. Brown Weasel Woman ran down the butte with her rifle and grabbed the



Running Eagle. “During the following summer, when the tribes gathered and the warriors told of their many adventures, the Piikáni chief told Brown Weasel Woman to share her story. This was a highly unusual thing for a woman to be asked, but after doing so, the chief bestowed upon her the name Pi’tamaka (Running Eagle) as a sign of respect and honor.

Perhaps our Native People are the source of where we came to love and honor the Eagle too, as the timeless symbol of the Soul of America whose strength and spiritual identity is universal.

The Park County Budget Part 1: The Process

Each month the Park County Newsletter will cover an aspect of the Park County budget.

Planning for the next fiscal year is underway. Fiscal year 2025 (“FY 2025”) will run from July 1, 2024 through June 30, 2025. This multi-month process, involving County Commissioners, Department Heads, and the public, will culminate in the fall with the adoption of the FY 2025 Final Budget.

THE BUDGET CALENDAR

The Montana Code Annotated (MCA) stipulates that the County Commission shall adopt a resolution for the final budget with an effective date of July 1, even if the resolution is adopted after that date (7-6-4030). While the fiscal year begins July 1, the Department of Revenue does not send counties taxable values until August. Resolution 1399, adopting the FY 2024 Final Budget,



was signed on September 7, 2023.

Up Next

County Commissioners will discuss the allocation of Payments in Lieu of Taxes (“PILT”). According to the U.S.

Department of the Interior’s website, PILT funds are “Federal payments that help local governments offset losses in property taxes due to the existence of nontaxable Federal lands within their boundaries.” The payments are intended to help fund vital services such as public safety, public road and school construction, and search and rescue operations.

In 2023, Park County had 956,904 acres of nontaxable Federal lands and received \$1,800,272. More information about the history of PILT payments in Montana can be found on the Montana Association of Counties website at <https://www.mtcounties.org/resourcesdata/pilt/>.

YGM

from page 1

Pacific Railway. Passengers rode the rails first to Livingston, and then continued their journey to the park via the railroad’s Yellowstone Branch Line. The railroad advertised and financially supported amenities in the park, including hotels, as well as local attractions like dude ranches. Photographs and objects from the collection reveal the many interwoven relationships with the park.

Visitors can go inside a tent and experience what it might have felt like to camp

with tent companies in Yellowstone. People can experience 3-D stereoview postcards, pack an Adventure Backpack, and if a park employee, they can document years worked in the park. Special bear souvenirs and photographs document experiences that people don’t have in the park today, including feeding the bears. The exhibit looks back at how people experienced the park in earlier days but acknowledges the inspiring work that local people still do in Yellowstone today.

Visit www.parkcounty.org/Yellowstone-Gateway-Museum/, Facebook or Instagram for updates. The museum is located at 118 W. Chinook St., Livingston, MT. 406.222.4184.



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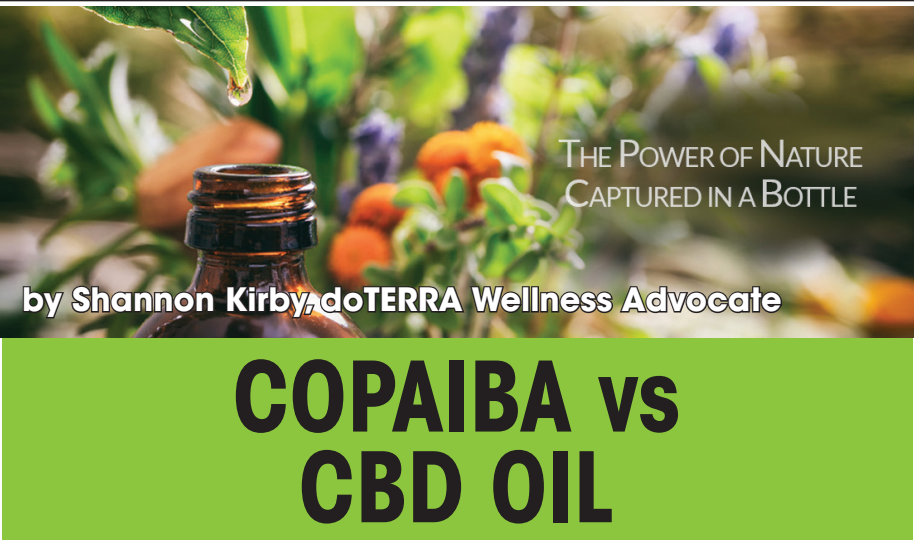
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There is a lot of focus on more natural alternatives to prescription drugs, often due to their unpleasant or even scary side effects. If you haven't heard the buzzwords "CBD" or "CBD oil" by now, I would be surprised. You may not have heard of copaiba yet, but you will be introduced to it in this article.

Before we get into the CBD vs copaiba portion of the article, we need to start with some basics. Let's start with the endocannabinoid system. What is it, and what does it do? It aids the body in managing inflammation and managing how we respond physiologically to stress.

During stress and related stimuli, the human body produces compounds called endocannabinoids that trigger or activate the endocannabinoid system. Almost everyone has heard of "runner's high." It is a great example of how our endocannabinoid system works. Strenuous exercise results in the body producing a chemical compound called anandamide, which activates two types of cannabinoid receptors in our endocannabinoid system—CB1 receptors and CB2 receptors. Runner's high generally has two effects: slight euphoria AND soothing of muscle discomfort.

CB1 receptors can be found in both the brain and central nervous system and are associated with the pleasure/reward pathways. CB2 receptors are found in the muscles, skin and organs and their activation affects the regulation of inflammation chemicals called cytokines. When CB2 receptors are triggered is when you see effects such as the reduction of pain, inflammation, immune system support, etc.

So, we know that certain strenuous activities (like running) or emotional situations (like stress) can cause our body to produce endocannabinoids and trigger our endocannabinoid system. Our bodies have cannabinoid receptors that detect the presence of our own endocannabinoids BUT can also be affected by molecules from outside sources that are similar chemically to the endocannabinoids produced by our bodies.

For example, marijuana, CBD oil and copaiba oil all impact the endocannabinoid system.

In marijuana, there are 2 main chemical compounds:

THC (the psychoactive chemical that

makes you "high"). It is found in hemp oil and CBD oil in more than trace amounts so please be aware that it can indeed trigger positive drug test results. THC activates both CB1 and CB2 receptors.

CBD (cannabidiol), is also found in marijuana, hemp and CBD oil. Interacts directly with the CB1 and CB2 receptors BUT the interaction is so weak as to be negligible. It is a cannabinoid rather than an essential oil.

Soothing the tissues without triggering any sort of psychoactive response can be accomplished by using a compound with selective interaction with the CB2 receptor.

Beta-caryophyllene (BCP) is a sesquiterpene compound found in hundreds of different plant species, and it has recently been recognized for its distinctive ability to interact with CB2 but not CB1 receptors. The primary chemical compound that makes Copaiba oil effective is called beta-caryophyllene. Thus, the alleged benefits of CBD or THC can be obtained without the psychoactive effects by using a product containing BCP.

doTERRA's Copaiba essential oil is a blend of 4 different copaiba species so it is a well-rounded and very diverse chemistry. It also has the highest BCP content of any oil, around 55% as confirmed by GC/MS analysis of doTERRA's own Copaiba oil. It also interacts directly with our CB2 receptors. This level of potency suggests that as little as 1-2 drops of Copaiba oil or 3-4 drops of Black Pepper oil, also high in BCP, may provide noticeable results in humans. Other essential oils with BCP include ylang ylang, oregano, clove, etc. Copaiba oil contains a much higher active amount of BCP (60%) than CBD products (2-30%), thus you would expect it to be more effective.

BCPs have been proven to be helpful in supporting the immune system, aiding in decreasing feelings of tension and discomfort, helping to address temporary inflammation, easing anxious feelings, etc. Keeping in mind the fact that Copaiba oil has a higher concentration of BCPs than CBD oil has, it becomes even clearer that Copaiba oil may be a far better alternative than CBD oil. When taken internally, the BCP in Copaiba possesses strong antioxidant properties, promotes healthy cellular function, may help support immune function while supporting overall circulatory health, and may help

support the health of the gastrointestinal tract and colon. Additional research has shown that Copaiba essential oil (with all its constituents) may help keep the mouth, teeth, and gums clean and healthy looking. Topically applied Copaiba oil may also help keep the skin clean and clear while helping to reduce the appearance of blemishes.

As beneficial as CBD oil could be, there are some questions surrounding both the purity and potency of the oil. CBD oil made from marijuana may be contaminated with THC or heavy metals, depending on the growth location and extraction process. As for CBD oil made from hemp, it unfortunately may not have as much CBD as is needed to get reap the benefits, and definitely not in budget-friendly manner. In order to get effective levels CBD, you would most likely need to purchase a whole lot of it—and that cost could easily climb into big bucks quickly. Copaiba oil, however, is reliable and affordable.

doTERRA is the only essential oil company that gets all of its oil tested by a 3rd party. Not only does doTERRA ensure that its oils meet the most rigorous standards when it comes to purity, but doTERRA also uses testing to ensure that their oil will never contain pesticides, heavy metals, or other harmful contaminants. You can trust the quality of their products completely.

Even better is that a 15ml bottle of Copaiba oil only costs \$35 when you have a wholesale membership. Compared to the potentially exorbitant cost of CBD oil, which can cost upwards of \$125, it is clear that Copaiba has the purity, potency, and affordability factors on its side!

I am happy to hear from so many of you with questions – please keep them coming! Please feel free to reach out if you would like to try a sample of an oil, would like a scan, just have questions – I love hearing from you!

Shannon Kirby
doTERRA Wellness Advocate
athena68@bresnan.net
406-930-2174

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Checking In On Health

by Nurse Jill

We have spent the last six weeks exploring habits that inhibit true health. What changes have you made to improve health and take care of you?

- Have you started taking a daily walk to get some physical activity?
- Have you started having a lunch buddy to keep each other accountable for lunches that support your goals?
- Have you started making a few easy recipes from scratch to cut down on covert sugar in processed foods?
- Have you started eating more fruits and vegetables?
- Have you made an appointment with your doctor for colon screening?
- Have you figured out your BMI so that you can make appropriate goals?
- Have you limited your daily sugar intake?
- Have you spoken up at your doctor appointments and been honest?
- Have you quit smoking?
- Have you started finding good things in your day to practice gratitude?

I do hope that you have made progress for health in 2024. I want to take a minute and just check in and remind you of your why.

What is your why? That activity you are longing to do but just don't have the ability to anymore? Maybe it is keeping up with a grandkid? Is

it to just feel better on the daily? To have more energy? Did you put up a sticky note or a picture to remind you why you are striving for successes in 2024? What is truly important to you that is being inhibited by 'unhealth'?

Revisit your why and remind yourself of its importance. It can be hard to get new habits started and sometimes even harder to keep them going.

Sometimes if we can just get 5 minutes clocked, those 5 minutes can start turning our wheels just enough that we keep that momentum for a little longer and really get things done. So remember to just get up, tell yourself, "I'll just do five minutes and then I can quit." If you get going and then go longer, that's a win! If you get up and just do five minutes, that's a win! The point is, you are the only one who can invest in health for your body, so you will have to be the one to get it started.

Have you found a friend to join in your health ventures? If not, a buddy may be the missing piece to your motivation. Having a pal to keep us motivated and accountable for the lit-

tle things can be extremely helpful to sticking to the path of health.

Celebrate the wins. Look back over the last four months and see what you have done. Even if you haven't fully achieved any of the health habits we've talked about, find the wins. One less pop a day? Three times walking this week? Got a referral for a colonoscopy? Ate veggies at dinner four times this week? Passed over the treats at work last Monday?

Made spaghetti sauce from scratch? Remember, it doesn't have to be all or nothing—small successes are the road to large successes. Give yourself credit for what you have accomplished, celebrate it, and then keep going!


I have been on a mission to encourage you in good health habits for the sake of you, your quality of life, and your quantity of life. While nurses love what they do and are always empathetic, it is always unfortunate when we see people struggle in the hospital with ailments that could have been prevented or lessened by a little investment in health.



This is another very good reason to keep reaching for better health. There are a lot of accidents and unintended illnesses in a hospital. A lot of folks that end up there didn't expect to and certainly didn't want to. The patients who are in good health usually do better with these unexpected bumps in their life journey. Getting sick or healing from an injury takes a lot out of a body. If that body is somewhat tuned to begin with then it can run better and longer than a body that is way out of tune. All of the health habits we have talked about so far this year play a pretty big role in not only your day-to-day life, but (somewhat more importantly) they play a big role in how you will tolerate and recover from an unexpected illness, hospitalization, or surgery.

If you put in the effort now to build health in your life and your body then your body will be able to support you better in life. Investing in health is just like investing in a solid trust fund—when you need a little extra support later in life, it will pay you back dividends.





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Wednesday April 24th– Pancakes, eggs, bacon, fruit, juice

Thursday April 25th– Lasagna, veggie, garlic bread, fruit
In house salad bar at 11:30am

Friday April 26th– Meatloaf, veggie, gravy, potatoes, fruit, dessert

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Emigrant's Mountain Angels Sanctuary and Rescue

By Owner, Michele McCowan

We all love the shiny, happy pictures that we share on social media of the rescued animals that have gotten a second chance at their life on this planet. What you don't see is the amount of work that happens every day, behind the scenes at a sanctuary or shelter. Animal rescue is not for the weak. You have to be physically able to lift 75-100 lbs. at any given moment, and getting dirty is part of your day. There are hundreds of trips to the vet, supply stores, setting live traps, holding sick or dying animals, feeding babies every 15 minutes throughout the night, administering meds, and 24/7 care. We build fences and barns, spend our days cleaning, raking, shoveling, digging, and work to maintain safe spaces for the animals. Sometimes too stressed to sleep, hoping that everyone is safe in their beds, is just the beginning of our night, but ready to do it all over again in the morning.

Joy in the heart. We can get so numb from the horrific things we see that people think we have a cold heart, but in reality, our hearts never stop aching and the tears we hide become

part of the day. Animal rescue is deeply rewarding, too. Hundreds of little lives and messy footprints come through your home and break your heart and make it full at the same time. The joy in the heart when they finally let your love in. Knowing that you saved a life that someone else could not see as

important is why we do what we do. I post the shiny, happy stories and pictures because that is what people want to see. It is also what we are most proud of and what makes people find hope

and gratitude for those who do what, in truth, I believe a great many of us would do, if we knew how. And there are many rescues and their adoptions of the abandoned at the shelters now.

We pivot from resenting the abusers, because karma sorts it out and teaches those who harm any part of life. But we have to be "boots down," and bring attention to the issues of animal abusers and cruelty so that people will know about it, and support right action, and learn to make wiser more humane decisions—with help always from the Rescuers. The issue is not going to go away by itself, but we certainly don't want to enable the abusers by allow-

ing them to continue. We need laws put in place to protect animals. We need more voices. Be aware of the issues, please. Share your stories. We cannot save them all, but for those we can, it means the world to them, and raises human consciousness.

Networking Rescuers. There are many Rescuers in Montana, the USA, and internationally that network together on social media to help the lost, discarded, or treat any animal in trouble, and to release or find new homes. We share resources and we will be sharing ways



here in the Journal that you can help your community. We don't limit our content to domestic animals or pets, but also educate people on the wildlife we see in our yards and strive for harmony with us all. Let's keep the conversation going.

Ask how you can help in your

community by contacting Mountain Angels on Facebook for announcements and resources. We have served Paradise Valley from Gardiner to Livingston for over 25 years and work with resources throughout Montana and the USA. Thank you for CARING. Michele can be reached at micheleynp@yahoo.com



Did you Know? *with Lindie*



Wendell Niles



Ken Niles

How many of you remember listening to those old radio shows? And did you know that two of the biggest voices in radio hailed from Livingston?

Wendell and Ken Niles, both from Livingston, were the first two brothers to each receive a star on the Hollywood Walk of Fame for their work in radio. The Niles family moved here from Minnesota. Their father, Edmund, was a lawyer in Livingston, until he retired in 1926. The family lived at 415 South 5th Street in Livingston.

Wendell became one of the great announcers of the American Golden Age of Radio. He was an announcer on such shows as—The Colgate Comedy Hour, the Bob Hope Show, the Burns & Allen Show, the Milton Berle Show, and the Tennessee Ernie Ford Show. After leaving Livingston, Wendell toured with the Dorsey Brothers and Bix Beiderbecke. He moved to Los Angeles in 1935 to join George Burns and Gracie Allen. Wendell, along with his brother Ken, developed one of the first radio dramas, which became "Theatre of the Mind." Milton Berle said that Wendell had one of the best voices the radio has ever seen.

In 1936, while working for Los Angeles radio station KFVB, Wendell made the Hollywood & Vine Streets famous. He started a man-on-the-street program simply bringing a microphone to the street corner and talking to people. His popularization of the corner was copied by newspaper reporters and even led to the 1945 feature film, "Hollywood & Vine."

Wendell toured with Bob Hope during World War II and narrated a 1936 Academy Award winning short film on

the life of tennis great Bill Tilden. He was also the original announcer for "Let's Make A Deal," back in 1963.

Wendell's brother Ken was not only in radio but also in film. His most notable role was the murdered lawyer in the film, "Out of the Past" (1947), with Robert Mitchum. Ken was the commercial announcer for the "Abbott and Costello Show," and "Take It or Leave It," and "The Danny Kaye Show."

Grace Niles, the brothers' older sister, graduated from Park High in 1916. Her graduation photo appears in the very first yearbook of Park High School. Grace became a stenographer in her father's law office here in Livingston.



She married in 1921, but later divorced. Grace's 1916 yearbook and graduating class are featured in the exhibition "1916," at the Yellowstone Gateway Museum in Livingston. Stop over and have a look.

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Benefits of Garlic—Other Than Great Flavor!

Jill-Ann Ouellette

Who doesn't love garlic? Think of how boring that fantastic Italian dish your mother made would be without it or that wonderful veggie stir-fry. A fresh, heirloom tomato salad without garlic? Bland, for sure! Garlic—both the cloves and green tops—is mostly used as a condiment and seasoning in a variety of recipes. It adds flavor (pungent when raw, sweet and buttery when cooked), to most dishes while making them simpler to digest at the same time. Perhaps it's a surprise to know that China consumes the most garlic per capita. It also produces 80% of the global supply.

Nothing beats the taste and nutrition of garlic grown in your backyard or bought at a local farmer's market or health-food store. Highly nutritious, one raw clove contains vitamins and minerals like manganese, selenium, vitamin C, vitamin B6, and fiber. It also contains a good amount of calcium, copper, potassium, phosphorus, iron and vitamin B1.

Taking a daily garlic supplement (or eating roughly four cloves a day—probably not) helps blood flow easily throughout the body and lowers high blood pressure. Garlic has the ability to moderately lower blood triglycerides, total cholesterol, and reduce the formation of arterial plaque.

Garlic is good for you with its anti-inflammatory actions as well as being low in calories. The key component of garlic is *diallyl disulfide*, which limits the effects of pro-inflammatory cytokines. What are cytokines? They are small, non-structural proteins, which regulate inflammation in

the body. If you have sore and inflamed joints or muscles, you can rub them with garlic oil. Well, maybe on your day off, or if you live alone—or if you married a Mediterranean garlic lover!

Having chronic inflammation can reduce your immunity by reducing your white blood cells. Per a 2021 review in the Journal of Clinical and Translational Research, garlic extract was found to restore white-blood-cell counts while helping to reduce systemic

inflammation. This is largely thanks to allicin, a sulfur-containing compound found in allium foods like onions, chives and garlic. Allicin in garlic blocks the activity of angiotensin II, and therefore helps in reducing blood pressure.

Garlic has antibiotic, antimicrobial, and antifungal properties to boot! An antimicrobial is an agent that kills microorganisms or stops their growth. Antimicrobial medicines can be grouped according to the microorganisms against which they primarily act. For example, antibiotics are used against bacteria, and antifungals are used against fungi. Garlic may even prevent Alzheimer's and dementia through their anti-oxidative properties.

Now that we have discussed the wonders of garlic, whether raw cloves, cooked whole bulbs, or taken as a supplement, add more garlic to your diet to take a great step to a healthier you. Whether you prefer conveniently packaged supplementation or minced garlic from easy-to-use, peeled cloves, fresh garlic will impart many benefits and a strong, delicious taste to your cuisine! Keep calm and garlic on!



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Recipe by
Carla Williams

RECIPE CORNER

Strawberry Rhubarb Crisp

Ingredients:

- 1 cup fresh strawberries, sliced
- 1 cup fresh rhubarb, chopped
- 1/2 cup white sugar
- 1 tablespoon all-purpose flour
- 1 cup all-purpose flour (for crumble)
- 3/4 cup rolled oats
- 1/2 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, melted

Directions:
Preheat oven to 375°F (190°C).
In a mixing bowl, combine

strawberries, rhubarb, white sugar, and 1 tablespoon of flour. Stir until fruit is evenly coated. Transfer to a baking dish.

In another bowl, mix together 1 cup flour, rolled oats, brown sugar, cinnamon, and salt. Pour melted butter over the mixture and stir until it resembles coarse crumbs.

Sprinkle the crumble mixture evenly over the strawberry-rhubarb filling.

Bake for 35-40 minutes, or until the topping is golden brown and the filling is bubbling.

Let cool slightly before serving.

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Finn Schretenthaler Ran a Qualifying Time for State and a PR at the Billings Invite

Park County Dugout | Livingston
By: Jeff Schlapp

Asa Duncan's PR in Pole Vault earned second place and a trip to state. 400M Relay – Tyler Grenier, Alec Dalby, Nicolas Smith, Asa Duncan state bound.

The Billings Invite Track Meet in Lockwood on Saturday saw some personal bests by Ranger track and field stars, and in doing so, some punched their ticket to the Montana State High School Class A Track Meet in Laurel. The meet featured some of the best track athletes in the state regardless of school class.

Billings Central Catholic, the host of the meet, invited Billings Senior, Billing Skyview, Billings

West, Bozeman, Buffalo, Custer County, Dawson County, East Helena, Fergus, Gallatin, Hardin, Harlowton/ Ryegate/Judith Gap, Huntley Project, Laurel, Lockwood, Park, Sheridan, and Sidney.

In the Men's Varsity, Sheridan finished first with 93 points, and Gallatin finished a distance second with 63 points. Park High finished in a very competitive and respectable 10th place.

In the Women's Varsity, Sheridan completed the sweep with 78 points to Laurel's 62. Billings Skyview came in second with 61 points, and Gallatin came in fourth with 60 points.

For the Rangers, Finn Schretenthaler ran a qualifying time for state and a PR in the 3200 Meter race of 9:46.39, finishing second behind Gary Piseno of Billings Central Catholic, who also ran a PR of 9:36.27. That race should be exciting at the state meet on Friday, May 24th.



Asa Duncan came in second in the Pole Vault event with a vault of 14' 0, which was a personal best. Duncan qualified for state.

The Men's Varsity 4x100 Relay Ranger team—Tyler Grenier, Alec Dalby,

Nicolas Smith, and Asa Duncan—ran a blistering 44.41 to take home fifth place and set a PR that qualified the four runners for state.

Jon Durgan earned a top-15 (12th) finish in the Triple Jump with a leap of 39' 0. He has five more meets to jump the state qualifying of 41' 9". He also set a PR with a jump of 19' 1 in the Long Jump (20' 6" qualifies for state).

Ryan Miller finished 15th in the High Jump event with a jump of 5' 8. Cole Bartz tossed 43' 5, which was good enough to finish 11th place in the Shot Put. He's just off the state qualifying of 47' 0" (44' 5.5 at the Laurel Opener Track Meet), so he won't have a problem making the distance.

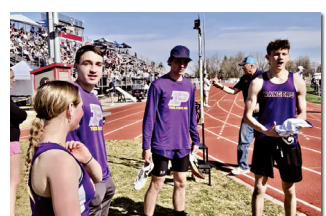
In the Women's Varsity, Sophie Sestrich ran

12:55.89 in the 3200-meter race to finish in fourth place.

Molly Arterburn ran a PR of 2:49.53 in the 800-meter race and set another PR in the Long Jump at 14' 0. She also ran on the Lady Rangers 4x100 Relay (15th) and 4x400 Relay (12th).

Veronica Glenn ran a PR in the 200 Meters sprint with a time of 28.95, jumped 14' 6 in the Long Jump and 27' 7 in the Triple Jump.

Ashley Strupp ran a 53.66 in the 300-meter hurdles to finish in the top 20 during her first outdoor meet of the season.



Park High Rangers track team members, including Cameron Sestrich (second from left), ran the 800 Meter race at the Billings Invite on Saturday at Lockwood

Editors Note – All photos are courtesy of KJ Schretenthaler.

For more photos and great articles, check out the ParkCountyDugout.com.

The Lady Rangers Battle at the Fergus Softball Tourney Playing Four Games in Two Days

Park County Dugout | Livingston
By: Jeff Schlapp

The Lady Rangers softball team traveled to Lewistown on Friday and Saturday to play in the Fergus Softball Tournament. Playing four games in two days, they came away with a win against the Red Devils of Glendive (Dawson County) and three hard-fought losses to Conrad-Choteau, Miles City, and Huntley Project. And, hey, hey, Annie Keyes went yard and touched all the bases for the first time as a varsity player.

The Rangers faced off against the Lady CowDawgs of Conrad-Choteau High School on Friday morning, and Coach Adria Rodgers gave the ball to Chloe Goosey for her first varsity start of her career. Since life isn't always a Hallmark movie, the Rangers lost 18-13.

But Goosey battled, and the team kept scrapping together runs, and after three innings, the Rangers were tied in a high-scoring game 7-7. Glendive jumped out to a quick 3-0 lead, but Emily Jesson's leadoff double and Maddie Johnson's one-out double made it 3-1 before Erika Haines hit a two-out, first pitch dinger to tie the game 3-3.

Quincy Wood tagged one in the bottom half of the third over the right-field fence for a three-run shot, scoring Riley Tuccillo and Kenna Benzel to knot the score at 7-7 after three. But when Glendive put a snowman on the board in the fourth, they jumped to a 15-7 lead.

Maddie Johnson put a dent in a ball at the bottom of the fourth to bring the score closer, 15-8, but the CowDawgs scored three more runs in the fifth to take an 18-7 lead.

In the fifth, Annie Keyes led off with a home run, the first of her career as a varsity player. Tess Goosey doubled, scoring Norquist (a base hit) and Jesson (walk) to pull the Rangers within 18-10. But the Ranger's rally ended after a five-run outburst, and the final score was in the CowDawg's favor, 18-13.

Haines and Norquist had three hits each, while Jesson, Wood, and Johnson each had two hits. Home runs flew off the Ranger's bats, hit by Keyes, Haines, Johnson, and Wood.

The Friday afternoon game featured the Lady Rangers against the Lady Red Devils from Glendive. Neither team could get on track, and after one inning, it was still 0-0. But in the top of the second, the Rangers plated four runs.

Wood started things off with a full-count walk, and Melayah Gress followed Wood with a four-pitch walk of her own. When Norquist stroked a double, Wood scored, and Gress stood on third, giving the Rangers a great scoring opportunity with no outs. Jesson's RBI hit scored Gress, and when



all was said and done, the Rangers led 4-0 after two innings.

Benzel, on the bump, twirled a one-hitter after three innings to keep the Red Devils' batters at bay. Jesson led off the fourth with a solo homer for a 5-0 lead. Maddie Johnson hit a one-out double and advanced to third place on Benzel's error-filled double. Johnson tagged and scored on Haine's sacrifice fly to left. Chloe Gossey, who was running in place of Benzel, came in to score on Tuccillo's base hit up the middle, and Tuccillo scored on Wood's line drive double to center to make the score 8-0 Rangers.

The scoring ended in a flourish in the top of the fifth when the Rangers got two four-baggers, back-to-back, from Johnson and Benzel. Johnson hit a three-run shot with Norquist and Tess Goosey on base, and Benzel hit a solo home run to center field to account for the final 12-1 score.

Benzel pitched a gem, pitching a complete game, giving up just three hits and no earned runs while striking out five. Wood, Jesson, Norquist, and Tuccillo had two hits, and Jesson, Johnson, and Benzel each had a home run.

Saturday morning, the Lady Rangers took to the diamond to play the Cowgirls of Miles City. In a close game, the Rangers gave up an early 4-2 lead after three innings to watch as the Cowgirls put across four runs in the fourth for a 6-4 lead.

But the Rangers started a two-out, with nobody on base, rally in the bottom of the fourth. Haines doubled to left, and AJ Zang got her first hit and RBI of the tournament, scoring Haines to bring the Rangers within one, 6-5. Keyes, with the count in her favor, 2-1, took a ball out to right field for a base hit, moving Zang to third. Kamryn Miller tied the game when she poked a double to center, scoring Zang to knot the game at 6-6.

In stepped eighth grader Dawson Wood, sister of Quincy Wood, who smoked a fly ball for a hit into left field, scoring Keyes and Miller to give the Rangers an 8-6 lead after four innings.

But the Cowgirls had their own two-out rally in the fifth, scored five runs, and held on for an 11-8 win.

Gress, Haines, Zang, Keyes, and the rook,

Dawson Wood, all had two hits.

The Rangers' performance was good. They probably would have liked a do-over for the final game against Huntley Project (9-1 loss with a team-high 13 strikeouts), but the previous three were strong efforts.

The girls' next game is a home game at Mile Park in Livingston on Monday, April 15th, at 3:00 p.m., when they host Butte Central. The JV game will be played at 5:00 p.m.

The event will feature a book discussion with Heather White, moderated by high school students; climate monologues performed by local youth; and more. Heather White is a nationally recognized

conservation and environmental policy expert and a frequent spokesperson in national media on climate, energy, and conservation issues.

Heather is the founder & CEO of the nonprofit, OneGreenThing.org, and author of 60 Days to a Greener Life: Ease Eco-Anxiety Through Joyful Daily Action (Harper Collins, 2024) and One Green Thing: Discover Your Hidden Power to Help Save the Planet (Harper Collins, 2022). OneGreenThing is a nonprofit that tackles eco-anxiety through joyful daily action, inspiring culture change for policy solutions.

For more photos and great articles, check out the ParkCountyDugout.com.

ParkCountyDugout.com

where life stories are told



Your Daily Dose of Park County News

Covering Daily Events, Business News, Local Sports, and More

Park County Dugout is dedicated to covering the issues that impact everyday lives in Park County, Montana.

Our news services cover local community happenings including a calendar of weekly community events, business news, local sports, podcasts and more, 7 days a week.



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
312-506-7261
jeffschlapp@parkcountydugout.com



Save the Sacajawea Park Lagoon!

Oftentimes, we take our environment for granted. We enjoy the outdoors in our beautiful state. Whether we are walking our dog, taking a run, feeding the geese and ducks, or walking along the river with a friend, we enjoy our city parks. One of those mainstays of our community needs critical efforts to preserve and restore—the Sacajawea Park Lagoon. The canal or “arm” upstream of the Yellowstone Street Bridge has historically been a full, viable, and essential habitat for the park ducks, geese and wildlife and a public-recreation waterway.

We need to act now to replace rotted dam sections. The lower water levels are resulting due to rotted and missing sections of the lagoon dam adjacent to the public pool has caused habitat destruction upstream of the lagoon. This destruction is rapidly progressing. (See photos taken from same location.) Replacement of the rotted dam sections is necessary to



restore water levels. We also need to address the dredge sediment. The lagoon arm naturally and progressively fills with sediment. For lagoon preservation, dredging is again needed. A simple dredging of the short flow path

between the Yellowstone River and diversion dam would restore the health and vitality of the lagoon. Also, a dam/ sediment trap at the head of the lagoon along Fleshman Creek would mitigate future sediment fill.

You can help by contacting your city official today to request these improvements to restore and preserve the dam and lagoon. It only takes a minute to call or email your city official. The city commissioners are: Karrie Kahle at 406-220-9017 or karriekahle@gmail.com, Melissa Nootz at 406-220-9014 or mnootz@livingstonmontana.org, Quintin Schwarz at 406-220-9015 or qschwarzs8@gmail.com, Torrey Lyons at 406-589-9253 and torrey.lyons@gmail.com, James Willich at 406-220-9016 or houseofwillich@gmail.com.

You can also

contact City Manager Grant Gager at 406-823-6000 and citymanager@livingstonmontana.org. You can attend a City Commission meeting and discuss the issue at 5:30 pm on the 1st and 3rd Tuesdays of every month at the City/County Complex Community Room, 220 East Park Street in Livingston.

Be a part of the conversation and the solution by joining the lagoon preservation committee's email list at: lagoonpreservation@gmail.com



Doetry Spotlight

Our American Birthright
Written by: Judge Roy S. Moore

One nation under God was their cry and declaration,
Upon the law of Nature's God they built a mighty Nation.
For unlike mankind before them who had walked this earthen sod,
These men would never question the Sovereignty of God.

That all men were "created" was a truth "self-evident,"
To secure the rights God gave us was the role of government.
And if any form of government became destructive of this end,
It was their right, their duty, a new one to begin.

So with a firm reliance on Divine Providence for protection,
They pledged their sacred honor and sought His wise direction.
They lifted an appeal to God for all the world to see,
And declared their independence forever to be free.

I'm glad they're not here with us to see the mess we're in,
How we've given up our righteousness for a life of indulgent sin.
For when abortion isn't murder and sodomy is deemed a right,
Then evil in now called good and darkness is now called light.

While truth and law were founded on the God of all Creation,
Man now, through law, denies the truth and calls it "separation."
No longer does man see a need for God when he's in full control,
For the only truth self-evident is in the latest poll.

But with man as his own master we fail to count the cost,
Our precious freedoms vanish and our liberty is lost.
Children are told they can't pray and they teach them evolution,
When will they learn the fear of God is the only true solution.

Our schools have become the battleground while all across the land,
Christians shrug their shoulders afraid to take a stand.
And from the grave their voices cry the victory has been won.
Just glorify the Father as did His only Son.

When your work on earth is done, and you've traveled where we've trod,
You'll leave the land we left to you, ONE NATION UNDER GOD!

© Roy S. Moore
Circuit Judge
July, 1998

(Submitted by Lynda Klein)

SPRING BAZAAR

Vendors are invited May 11 to set up at **Paradise Valley Equine** (17 Rosemary Lane and horse arena off E. River Road) for a community gathering of all ages, and just about everything is coming up for sale. Welcome: crafters/artwork/ Farmer's Market /Tack Sales/ yard sale stuff/Silent Auction of donated product; also will be a kid's craft activity and a petting zoo. Set up space is only \$20 and size depends on number of vendors. Sign up asap. Vendors may want to sell outside or from vehicles or trailers which is fine too, weather permitting, but the bazaar and activities are likely in the arena. Big side doors will be opened if weather is good. Who knows what additional surprises are in store for this event.

This is also a fundraiser for **Doc Ava Riccardi, Devoted Veterinarian**, owner of the facility who is recovering from cancer treatment, expenses and absence from work. But she says this is more a community gathering and party. More about Ava here: <https://www.gofundme.com/f/avas-gofundme> If you are a vendor interested in selling your food or product or wares please text or call Doc Ava asap, with your questions at 406-823-9836.



Arts & Crafts Spring Fling

VENDORS WANTED

for the Arts & Crafts Spring Fling

Big Timber, MT • April 20th, 2024 • 9 am - 3pm

Contact Becky by email at: becky.todisco@ceterawealth.com or call 406-930-1880



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

City of Livingston Manager's Message

By Grant Gager

With later sunsets and warmer weather, spring is in the air. At the City of Livingston, we're busy preparing for a fun summer ahead in the

parks, at the pool and all over town. It is looking to be a fun summer with a slate of events downtown and in the parks, please stay tuned for more details as events are finalized.
Before we leap into summer fun, I hope you

can join us to talk about the City's parks and trails. Next Monday, we will hold the first of two listening sessions to help the City understand how users enjoy the parks and what we can do to make sure that the parks are welcoming for all community members. I hope you will join us in the Community Room on Monday April 22nd at 9 am or Tuesday April 30th at 5:30 pm. Come meet our Pubic Works Director, Parks Superintendent and help us understand how the parks may better meet your needs.

Before you join us on April 22nd, think about taking those last remnants of last years project out to the alley. City crews will start the Annual Spring Clean-up on Monday morning. Residents are reminded that the City will come gather one cubic yard of materials and more details are provided on our website.

I hope you take some time to enjoy the green shoots that are popping up and smile knowing that summer fun is around the corner!

Wellness Center Project Update

On Tuesday April 2nd, the City Commission adopted Resolution 5128 which created the Livingston Recreation Facility District. This action followed the election on March 19th in which voters approved creation of the District to support the operations of the planned Wellness Center project.

Creation of the District was the culmination of a process that began on March 7, 2023, when the City Commission entered into a memorandum of understanding to explore possibilities for developing new recreation facilities. Information on the current status of the project and next steps is available on the City's website.

2023 Water Quality Update for Livingston

The focus of the City's Water Division is delivering safe and clean water from our six groundwater wells. Based on the results of our

2023 Annual Drinking Water Quality Report, it's clear that we did that once again last year.

A highlight of our testing was the monitoring for Perfluoroalkyl and Polyfluoroalkyl Substances (PFAS) and Perfluorooctanoic Acid (PFOA), chemicals of increasing concern due to their persistence in the environment ("forever chemicals"). We're relieved to report that our tests, conducted in March and September 2023, showed no detection of these substances in our water, with levels below the detection limit of 2 PPT.

The health and safety of our water are paramount. Alongside our PFAS/PFOA findings, we've also diligently monitored for other potential contaminants. Our tests have covered everything from microbial to radioactive materials, and we're pleased with the results. Our compliance with the Lead and Copper Rule, and safe levels of fluoride, nitrate, barium, arsenic, and uranium, demonstrate our commitment to maintaining a top-quality water supply.

This achievement would not be possible without the City Water Division's consistent efforts in testing, maintenance and performance of necessary upgrades to our water treatment processes. In 2023, we treated over 768 million gallons of water, ensuring it was safe and clean for every tap in Livingston.

We encourage everyone to look over the full report for more detailed information about our water quality efforts. If you have questions or would like to discuss our water further, Water Division Superintendent Ryan Townsend is available to chat. If you have questions, please contact the Public Works Department at (406)222-5667 or visit our website at livingstonmontana.org.

Protecting and preserving our water resources is a team effort, and we're grateful for the community's support in keeping Livingston's water safe and clean.



2024 CANDIDATE FORUM

Growth & development?
Roads & bridges?
Public health & safety?

Do you know where the candidates stand on these topics?
Join us and find out.

Thursday, May 16, 2024
6:00-7:30 pm
Community Center, Gardiner



The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

The Blue Slipper Presents

I and You

Written by Lauren Gunderson
Directed by Sarah Sherman

May 10-12, 17-19
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Crossword Puzzle Number 327

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				

- Across
- 1 Habitual practice
- 7 National park in Tennessee
- 13 Punctual
- 14 Self-destruction
- 15 In this place
- 16 University of California campus site
- 17 In broad daylight
- 18 Does puzzles like this one
- 19 Consults
- 20 Shaped
- 21 Dram
- 24 “The Last Ship” channel
- 25 Reimburse
- 26 King Cole’s fiddlers, for example
- 27 Kind of couch
- 29 Fine-grained rock
- 30 Steam
- 32 Admiration
- 34 Buffalo Bill and Iron Eyes
- 35 President who wrote “Liberty, once lost, is lost forever”
- 36 Seasoned
- 38 Father
- 39 For the nonce
- 41 Vase
- 44 Social group
- 45 Experimental kind of pig, maybe
- 46 Your largest joint
- 47 “Hogan’s Heroes” actor --- Klemperer
- 48 Sudden attacks
- 49 Notorious White House intern
- 52 Ventilate
- 53 Pistil parts
- 54 What Hepburn called Tracy
- 55 Agree
- 56 Became taut
- Down
- 1 Share the emceeing
- 2 Bumpy
- 3 Wise to urban ways
- 4 Bleachers’ features
- 5 Leave out
- 6 Chess pieces, informally
- 7 Questionnaire
- 8 Raised drastically
- 9 Finishes off a cake
- 10 Small, in Dogpatch
- 11 “--- to a Nightingale” (Keats)
- 12 “I object!”
- 14 1965 civil rights march site
- 16 Get an advance
- 18 Bulgarian capital
- 20 Gangster’s foe
- 21 ET radios nun about groups of workers
- 22 Smooth-talking
- 23 Lear’s Pobble lost them
- 25 They don’t go off
- 26 Norse thunder god
- 28 Domesticated
- 29 Surface gunk
- 30 Deepest part
- 31 “Nurse Jackie” lead --- Falco
- 33 Consumer, in a diner
- 37 “--- With Mussolini” (Zeffirelli movie)
- 39 Puckers
- 40 Where many participants get cold feet?
- 42 Lower
- 43 Wrote code within code
- 45 Aladdin’s factotum
- 46 Member of a Myanmar ethnic group
- 47 Lean and muscular
- 48 Ready for harvest
- 49 Official go-between
- 50 “Little” ‘60s singer
- 51 “One --- or Another” (hit Blondie song)
- 52 Bermuda time, initially

Crossword Puzzle Number 326 Solutions

1	S	M	O	G		5	C	E	S	T		9	S	T	A	I	D			
14	M	A	L	I		15	U	N	I	V		16	C	O	B	R	A			
17	A	K	I	N		18	R	E	P	S		19	A	S	S	A	D			
20	R	E	V		21	A	R	M	S		22	O	R	S	O					
23	T	U	E		24	S	D	A	Y		25	O	A	S		26	L	C	D	
29	S	P	R	A	I	N		30	L	O	T		31	L	U	L	U			
					32	B	O	T		33	T	O	M	S		34	A	T	O	N
35	B	A	S	I	S		38	R	I	P		39	G	R	E	G	G			
40	A	V	O	N		41	M	A	N	H		42	O	O	D					
43	L	I	F	E		44	O	P	S		45	N	E	E		46	D	L	E	
49	D	D	T		50	S	O	S		51	H	A	R	R	I	E	D			
			52	W	I	T	S		54	M	E	D	S		55	S	A	M		
56	S	H	A	N	E		58	G	A	G	A		59	J	U	N	O			
60	A	O	R	T	A		61	D	U	E	T		62	I	S	O	N			
63	S	W	E	L	L		64	P	I	L	E		65	M	E	N	D			

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

- Altus
- Hanscom
- Pope
- Andersen
- Hill
- Robins
- Beale
- Keesler
- Shaw
- Dover
- Langley
- Travis
- Dyess
- Luke
- Tyndall
- Edwards
- Minot
- Vance
- Eglin
- Nellis
- Eielson
- Offutt

C	U	U	I	(L	T	L	V	A	L	D	N	T	Y	N	D	A	L	L	I	U	U	C
E	C	N	V	(L	R	E	R	L	O	V	E	R	D	O	V	E	R	L	O	V	E	R
K	A	K	I	N	S	E	S	S	E	Y	D	L	J	E	C	E	S	S	S	E	Y	
S	E	S	E	S	S	E	Y	D	L	J	E	C	E	S	S	E	Y	D	L	J	E	
I	P	I	O	L	S	I	O	L	S	I	O	L	S	I	O	L	S	I	O	L	S	I
L	O	L	S	I	O	L	S	I	O	L	S	I	O	L	S	I	O	L	S	I	O	L
N	S	I	O	L	S	I	O	L	S	I	O	L	S	I	O	L	S	I	O	L	S	I
D	O	V	E	R	L	O	V	E	R	D	O	V	E	R	D	O	V	E	R	D	O	V
N	O	D	N	O	V	(M	O	S	C	O	N	H	A	N	S	C	O	N	H	A	N	S
O	T	N	O	T	N	O	T	N	O	T	N	O	T	N	O	T	N	O	T	N	O	T

Sudoku Puzzle Number 326

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

Sudoku Puzzle Answers 325

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

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Classifieds

ANNOUNCEMENTS

For need to know information during a disaster or emergency, sign up for Nixle. Text your zip code to 888777 or sign up online at www.parkcounty.org.

FOR SALE

Lab Puppies 4 Sale; Yellow AKC registered litter, 7 weeks ready to go. 1st set of shots, wormed, weaned, very socialized, strong hunting pedigrees, attentive, inquisitive, outdoor kenneled, inside manners, english and american 4 males and 1 special female left, going fast. 406-537-2333 land line leave message or text 907-419-8801 for pixs. Melville, Montana, Open Spear Ranch. Will deliver or ship. Registered AKC breeder 20 years.
Open Spear Ranch
PO Box 196, Melville, Mt. 59055

AKC Miniature Schnauzer puppies! 2 males available. They will be ready to go April 14th and will be vet checked, 1st shots, microchipped. Text or call 406-220-1946 for more information.

HELP WANTED

Key Insurance in Livingston is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in todays business world. We are committed to providing our clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to alice@montanainsurance.net.

Now Hiring at The Office! Part-time retail sales position available at The Office, 128 South Main Street. E-mail resume to info@officeloungeandliquor.com, go online to our website, or stop by for an application today!

Livingston Community Bakery is seeking a baker to join their dynamic team. We create delicious... amazing pastries, cookies, cakes, bread and much more. To apply, email your resume and cover letter to careers@livingstonfrc.org.

Experienced Auto Body Technician Come work for a business where you are not just a number, but a team member. If you are an experienced auto body technician with a wide range of skills, we'd like to talk to you.

Our technicians perform welding, framework, sheet metal straightening, aluminum repair and light mechanical to suspension replacement. The position requires directions from estimates and work orders to be completed perfectly. Must supply own tools and toolbox, a valid drivers license and have reliable attendance. Must be able to spend time on your feet and able to lift to 50 pounds. Equal opportunity employer. Pay is hourly and performance-based. Paid holidays, 5 paid personal days, 401K & Health Insurance after 1 year or probationary has been met. Schedule is Monday through Thursday 7 am to 6 pm. Apply by stopping in the shop, 908 East Park Street, Livingston, calling 406-222-0214 or email: bob@oconnorautobody.com. O'Conner's Auto Body is a busy shop, and has been making the community's autos look like new for over 50 years.

Loaves & Fishes Soup Kitchen is looking for kitchen volunteers. If you would like to join a team to cook, serve, and/or clean up, please call the kitchen. You can sign up individually or as a group with a few of your friends to make it more fun! Call and ask for Rosa, 406-222-4824.

911 Communications Officer The City of Livingston, Montana is seeking a highly motivated individual to perform role of 911 Communications Officer in the Livingston Police Department. Please apply at www.livingstonmontana.org/jobs.

Heavy Equipment Operator The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Heavy Equipment Operator within the Public Works Department. This is a full-time role in Public Works with primary duty assignment in Water/Sewer. Heavy Equipment Operators perform a variety of duties involved in the installation and repair of City infrastructure. This position performs highly skilled operations near gas, water, sewer, telecommunications infrastructure and also performs work in the public right of way. This position is a vital position working in consultation with the Superintendent and other public works staff and leadership. Please apply at <https://www.livingstonmontana.org/hr/page/heavy-equipment-operator>.

City Pool Manager – Summer 2024 – Seasonal, Temporary. The Seasonal Pool Manager is responsible for the overall daily operations of the municipal swimming pool, associated aquatic programs, activities, employee training and supervision. This position will report to the Recreation Director. The Pool Manager will serve as the Manager-on-duty at the City of Livingston Pool. This position will supervise

approximately 12 part-time, seasonal pool attendants. Please apply at <https://www.livingstonmontana.org/hr/page/city-pool-manager>.

Public Works – Streets and Parks – Spring and Summer 2024 – Seasonal, Temporary. The City of Livingston, Montana is seeking multiple 2024 spring and summer seasonal employees to work in the Public Works department supporting tasks in the Parks Department (including Cemetery) and the Streets Department.

- Parks and Cemetery assists with performing maintenance on the City parks, mowing, weed removal, and minor repairs to playground repairs, pool maintenance, trails, and trees.
- Streets assists with street sweeping, pot hole patching, painting, chip sealing, and other street activities including alleys. Please apply at <https://www.livingstonmontana.org/jobs>.

Project Manager – Public Works – Full-time Year-round - Performs as an experienced professional working in the Public Works department. Responsible for the management of the City's capital projects, as well as coordinating with private utility infrastructure projects. Work is performed under the direction of the Director of Public Works. Position relies on advanced level construction and engineering experience and exercises independent judgment to determine best approaches by using and interpreting City policies and procedures. Please apply at <https://www.livingstonmontana.org/jobs>.

The **Gardiner School** has openings for the following coaches for the 2024-2025 school year: Head junior high volleyball; Head junior high football (if we have enough players); Head and assistant high school girls basketball; Head and assistant high school boys basketball. The coach's responsibilities include developing practice plans and leading practices, providing motivation and advice during competitions, and fostering good mentorship with the Bruin athletes and staff. Outstanding candidates are highly motivated, committed, disciplined, and patient. Please send a letter of interest to Carmen Harbach at Carmen@gardiner.org or call the Gardiner School 406-848-7563.

Gardiner Public School is desperately seeking applicants who possess or are willing to obtain a Class B CDL license w/passenger endorsement and air brakes endorsement. Anyone interested, please contact Patricia Baltzley, Board Chair, baltzleyp@gardiner.org or call the school @ 406-848-7563.

Gardiner Public School is looking to hire a qualified candidate to fill the position of **Director of Maintenance**

and Supervisor of Grounds. Applications are on our website at www.gardiner.org and can be emailed to Super@gardiner.org or at the school (510 Stone St, Gardiner, MT, 59030). This position is greatly needed to assure the District's buildings and grounds are in such a state of operating excellence that they present no problems or interruptions to the educational program.

Outlaw's Pizza is currently hiring for various positions, including in the kitchen, front of the house and bar. Full-time or part-time. Please contact Erin by phone at 406.848.7220 or by email at jkempenterprises@gmail.com to apply.

Frontier Mercantile, Bugling Elk and High Country Gallery are currently hiring for sales associates positions. Full-time or part-time. Please contact Erin by phone at 406.848.7220 or by email at jkempenterprises@gmail.com to apply.

Detention Officer - Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full-time team member interested in a career in a law enforcement capacity with our Detention Center in service to Park County residents and visitors. Open until filled. For more information and to apply online go to: https://jobs.parkcounty.org/jobs/37/Detention-Officer#job_37.




Sheriff Deputy - Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full-time team member interested in a career in a law enforcement capacity in service to Park County residents and visitors. To apply go online to: https://jobs.parkcounty.org/jobs/7/Sheriff-Deputy-JOB-10301019-open-until-filled#job_7.


Green Box Caretaker, Chico/Trail Creek - Are you passionate about environmental stewardship and community service? Join our team as a Green Box Caretaker in the Public Works Department's Refuse Division. In this role, you'll play a vital part in maintaining cleanliness and orderliness at Green Box sites, ensuring proper refuse handling, and providing excellent customer service to citizens. With opportunities to operate equipment like excavators and engage with the public, this position offers a fulfilling way to make a positive impact on Park County's environmental sustainability efforts. Apply now to become an essential member of our dedicated team! This position will be open until filled with priority given to applications received by April 4, 2024.

To apply go online to: <https://jobs.parkcounty.org/jobs>

Public Health Nurse/Prevention Specialist - Join the dynamic team at Park County Health Department as a Public Health Nurse/Prevention Specialist! With flexible part-time or full-time options available, this multifaceted role offers a diverse range of responsibilities tailored to meet the ever-changing needs of our community. From organizing and conducting immunization clinics to coordinating chronic disease prevention programs and conducting home visits for maternal and child health, this position provides an opportunity to make a real difference in public health. Enjoy the chance to work with diverse populations, and the satisfaction of contributing to innovative approaches aimed at improving community health outcomes. Apply now to be part of this vital public health initiative! This position will be open until filled with preference for applications received by April 10, 2024. <https://jobs.parkcounty.org/>

Deputy County Attorney - Join our team at the Park County Attorney's Office as a Deputy County Attorney, where you'll play a vital role in prosecuting criminal offenses and providing legal counsel to County government, including all agencies and boards. This is part-time position, equivalent to 0.6 FTE or 24 hours per week. As a Deputy County Attorney, you'll handle a diverse range of responsibilities including legal research, drafting pleadings, conducting investigations, presenting to a court or jury, participating in mediations and settlement conferences, and oral argument. If you're a skilled attorney with a passion for public service and making a difference in your community, apply now! The job will be open until filled with preference for applications received by April 23, 2024. <https://jobs.parkcounty.org/>





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We have three classified ad packages to choose from, your ad will be displayed for 7 days, will also be added to the Park County Community Journal website AND the Park County Dugout website.

1-40 words \$10 • 41-50 words \$12 • 51-70 words \$15

To place your ad go online at www.pccjournal.com or email community@pccjournal.com and someone will call you back for payment.

If you need more space, please call Steph at 406-220-0919 or email Steph at community@pccjournal.com for more information on placing a larger classified ad.



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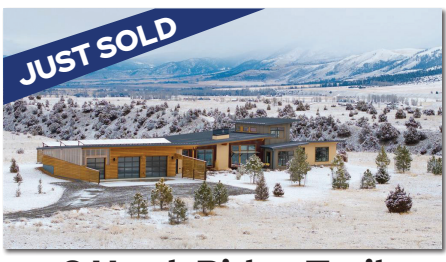
ERALivingston.com | 406.222.8700



12 Lovers Lane, Absarokee
3 beds 3 baths | 2,800 sq ft
#390978 | \$865,000
Jessie Sarrazin | 406-223-5881



858 Flanders Creek Ave
4 beds 2 baths | 1,576 sq ft
#391110 | \$689,000
Gillian Swanson | 406-220-4340



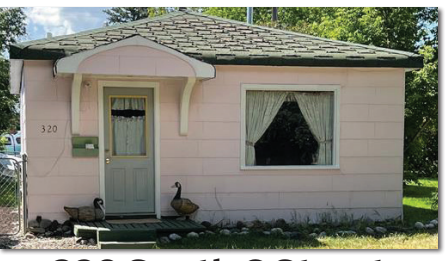
8 Hawk Ridge Trail
3 beds 2.5 baths | 3,440 sq ft
#389739 | \$2,250,000
Jon Ellen Snyder | 406-223-8700



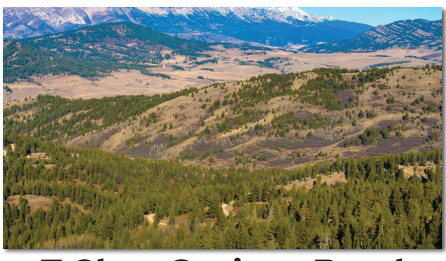
NHN Yellowstone River
Land Listing | 42+ acres
#384791 | \$325,000
Jessie Sarrazin | 406-223-5881



14 Gardiner View Road
3 beds 2 baths | 1,408 sq ft
#390556 | \$849,000
Deb Kelly | 406-220-0801



320 South C Street
1 bed 1 bath | 440 sq ft
#385422 | \$320,000
Ernie Meador | 406-220-0231



7 Clear Springs Road
Land Listing | 22.3 acres
#388239 | \$599,000
Julie Kennedy | 406-223-7753



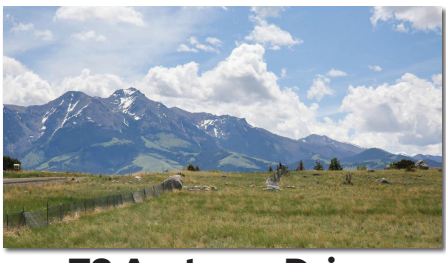
303 1st Street E
3 beds 2.5 baths | 1,888 sq ft
#390264 | \$695,000
Tammy Berendts | 406-220-0159



49 Two Dot Highway
2 beds 1 bath | 1,160 sq ft
#389858 | \$350,000
Rachel Moore | 406-794-4971



89 Deep Creek Road
3 beds 2 baths | 1,771 sq ft |
#388136 | \$3,195,000
Amanda Murphy | 406-220-4848



78 Arcturus Drive
Land Listing | 7+ acres
#378949 | \$295,000
Deb Kelly | 406-220-0801



118 N Main Street
Commercial Sale | 6,250 sq ft
#388767 | \$1,500,000
Jon Ellen Snyder | 406-223-8700



48 O'Halloran Road
2 beds 3 baths | 2,112 sq ft |
#386989 | \$860,000
Julie Kennedy | 406-223-7753



93 Balfour Loop Road
Land Listing | 20+ acres
#384647 | \$300,000
Aurora Fritz | 406-224-2501



416 N 3rd Street
4 beds 2 baths | 2,074 sq ft
#390051 | \$619,000
Deb Kelly | 406-220-0801



30 S Woodard Ave, Absarokee
Commercial Sale | 2,560 sq ft
#388822 | \$275,000
Jessie Sarrazin | 406-223-5881

Meet the Team...

I love helping others find their own special piece of Montana to call home and pride myself in going "above and beyond" to help make your dream come true!" Jessie lives on a multi-generational working family ranch, raising commercial black angus cattle with her husband, daughter, and in-laws in the beautiful Shields

Valley. In addition to real estate, she is an active volunteer in the Park County 4-H program and the Secretary/Treasurer for the Park County Farm Bureau. Ranching and rodeo have been paramount in her life and have instilled a great admiration for the land and

Jessie Sarrazin
Broker, GRI, Distinctive Properties
406-223-5881
jessie@eralivingston.com

wonderful communities across our amazing state. She still team ropes as much as possible, although most of her rodeo time is now spent in the bleachers cheering for her daughter in rodeos across the Big Sky State.

"Jessie was very professional throughout the process of listing and selling our home. In the past 10 years our home was listed four other times with different realtors and agencies none of which measured up to Jessie and ERA."

-Leah Rollins



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Service!
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We Accept

Livingston Arbor Day Celebration

Livingston Loves Trees! A Tree City USA Affiliate has donated two beautiful boulevard trees and pollinator-friendly native plants for planting at the Lincoln School. Join them on Arbor Day, which is Friday, April 26th, from 1 to 3 pm, at 215 East Lewis Street for the planting ceremony.

Arbor Day—which literally translates to “tree” day, from the Latin word—is a holiday that celebrates the planting, upkeep and preservation of trees. It is all about ensuring our earth and the trees upon it are happy, healthy, and growing to be as strong as they possibly can be. They can’t talk, but no doubt the trees will thank you for keeping the planet clean and green!

It all began in 1872, when a man named J. Sterling Morton proposed to the Nebraska Board of Agriculture that a special day be set aside for the planting of trees. Many trees have been planted since then. On this holi-



day last year, more than one million trees were successfully planted in communities worldwide. This free community event is a great way to:

- **Celebrate Arbor Day** and Livingston’s commitment to a greener, more resilient future.
- **Help plant trees and native plants** to beautify Livingston’s boulevards, while we support and strengthen the ecosystem.
- **Learn tips for tree planting**, the value of urban forests, and the importance of native plants for supporting trees and bees.

The upcoming, family-friendly event will take place in the Lincoln School parking lot. Refreshments will be served. Please dress appropriately, bring sunscreen or layers, and plan to get your hands dirty! Livingston Loves Trees and Bees—help us spread the love! For more information, please contact Bethany Allen, PCEC’s Wild Habitat Director, at (406) 333-1398.

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