

# Hanging Basket Sale!

10" Hanging Baskets are only **\$14<sup>99</sup>** starting 5/2/24 – 5/12/24!



Available at all locations, while supplies last!  
Limit 5 per customer.

LIVINGSTON • BOZEMAN • BELGRADE



12" BASKET PICTURED. HANGING BASKET LINER & HARDWARE SOLD SEPARATELY

## **FREE** **Journal**

Serving Livingston, Emigrant, Gardiner, Clyde Park, Wilsall & Cooke City **SUNDAY EDITION • April 28, 2024**

### Livingston Wins Film Community of the Year!

On April 15, 2024, at the annual Governor's Conference on Tourism, the Montana Office of Tourism awarded Livingston the Film Community of the Year. The Livingston Chamber of Commerce was on hand and was able to accept the award on behalf of all those working hard in the film industry in and around our community.

In 2023, more movies were filmed in the Livingston area than anywhere else in Montana.

This is largely due to the Yellowstone Film Ranch, where the majority of recent Western movies have been made in the area.

Did you know visitors can tour the Yellowstone Film Ranch? Book your tour through Deep Creek Outdoor at [DeepCreekOutdoor.com](http://DeepCreekOutdoor.com).



Leslie Feigel, Livingston Chamber and Allison Whitmer, Montana Film Commissioner

For more information about filming in the Livingston area, and for a list of the 40+ movies filmed here, visit [ExploreLivingstonMT.com/movies-filming](http://ExploreLivingstonMT.com/movies-filming). For Yellowstone Film Ranch call (406) 224-7489, or email [info@yellowstonefilmranch.com](mailto:info@yellowstonefilmranch.com).

### Pinocchio Debuts at Willson Auditorium

Pinocchio, the classic tale of a wooden puppet who yearns to be a real boy, leaps into the 21st century and onto the Willson Auditorium stage on Sunday, June 2nd, at 4:30 pm.

Yellowstone Ballet Company joined by the professional dancers from the Milwaukee Ballet presents a dazzling 21st century adaptation in which Pinocchio faces the challenges of our times. Guided by Jiminy Cricket, Geppeto, Figaro and the Blue Fairy, Pinocchio must grow in wisdom, love and strength, and convince his Pleasure Island friends to leave their video games and help him save the earth. Thus he earns a heart and becomes a real boy.

Pinocchio includes original music by Dean Anderson and narration by Terry Canady. Also a talented group of dancers, as dolls, toys, festival



entertainers, puppets, acrobats, video game dancers, donkeys, mermaids, sea horses—and more fill the stage!

CHILD GOES FREE with each adult ticket purchase. Children can dress up as one of the story characters and be included in a COSTUME CONTEST WITH PRIZES.

For more information contact: Yellowstone Ballet Company, [yellowstoneballet@gmail.com](mailto:yellowstoneballet@gmail.com), go online at [www.yellowstoneballet.info](http://www.yellowstoneballet.info) or call 406-222-0430.

### Annual “Fairy Tea for the Arts” Sparkles with Joy Bringing “A Twinkle of Mirth is Needed on Earth”

Yellowstone International Arts Festival presents the annual “Fairy Tea for the Arts”—to inspire, educate and sponsor outstanding young artists. This event brings the beauty and wonder of art from around the world to Paradise Valley!

This year we are featuring magical fairy-themed tables of the four elements; Fire, Air, Water & Earth. We are also showcasing “A Twinkle of Mirth is needed on Earth, which focuses on the beautiful of

nature in our Treasure State—the Trumpeter Swans of Yellowstone! You are encouraged to wear their Fairy Finest!

Guests will enjoy a fabulous afternoon with a professional ballerina, tea & treats, live harpist, a swan presentation, a young native fancy dancer, a jingle dancer, an adorable miniature horse and more! Fairy gifts will be available for sale.

The event is set for May 19th, 2 to 4pm at the

beautiful Sage Lodge who donated their venue to support the incredible work this organization does for the community.

Tickets are sold online only at [www.YellowstoneInternationalArtsFestival.org](http://www.YellowstoneInternationalArtsFestival.org). No tickets will be available at the door. For more information visit our website or you can text 406-579-6414.



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

**406-333-2547**  
615 W. Park St. • Livingston, MT

**OPEN:**  
Mon.-Fri.  
9:00-5:00

**CALL OR STOP BY TODAY!**

We Accept  
MasterCard VISA  
Discover



TESTIMONIAL

Lt. Col. (Ret.) Nelson Allen,  
Livingston

“In the Air Force when we all communicated, worked together and helped each other out— that’s when we had **Success**. That’s what I receive at **BEAR HEARING**. Marge and Dan listen. Dan immediately knows what to do and does it. Problem solved, better hearing, happy person. I’ve worn hearing aids for years and I can tell you, the Best Service and Expertise this Pilot has seen! **BEAR HEARING** breaks the sound barrier every time! Top Drawer. Good Show.”

- ✓ Highest **Quality** Products!
- ✓ **Experience!**
- ✓ **Service!**
- ✓ Great **Savings!**
- ✓ And We’re **Local!**



# Park High Senior Showcase at Livingston Center for Art and Culture

The annual Park High Senior Showcase will take place at the Livingston Center for Art and Culture on April 23rd through May 4th. The show features the retrospective art work of Park High Seniors. The Showcase is free to the public. There will be an Artist's Reception on Thursday, April 25th from 4 to 6 pm. The Center is located at 119 South Main Street in historic downtown



Livingston. For more information contact the Center at (406) 222-5222 or visit <https://www.livingstoncenter.org>.

# April Family Days Celebrated Native Plant Month

The Yellowstone Gateway Museum in Livingston celebrated Native Plant Month at their Family Days event on Saturday, April 27th. Staff and volunteers provided activities that celebrate native plants for students, youth, and their families. Activities were available for all ages.

During April people across Montana and the nation celebrate native plants by planting native trees, shrubs, perennials, vines and grasses. They also remove non-native plants and restore native habitats to allow birds, bees, butterflies and all wildlife to flourish. At the museum we enjoyed various activities that raised awareness about our beautiful, native plants. Members and volunteers of the Livingston Tree Board planted native plants on the museum grounds. Participants used their senses to learn to identify herbs and took home seeds to plant. Coloring sheets of Montana native plants were provided with a color key.

The museum's Montana Native Plants Teaching Trunk was on display. Park High School students collected fifteen specimens from the area around historic Fort Parker, east of Livingston, preserved them and researched how

native peoples used the plants for food or medicine, which is included in the trunk. (Educators can check out this and other Indian Education for All trunks at the museum for classroom use.) In addition, copies of pages from the scrapbooks created

by Olga Fraser from specimens she collected in Yellowstone National Park (with permission) in the 1970s was on display.

Family Days is held on the last Saturday of each month. Families can visit the museum and participate in different activities that encourage exploration of the museum through different themes. Admission is free.

Visit [www.parkcounty.org/](http://www.parkcounty.org/) Yellowstone-Gateway-Museum, Facebook or Instagram for updates. Call 406-222-4184 for details.



## Franzen-Davis Funeral Home

Funeral Home, Crematory & Monument Company

### Area Deaths

Rhoda Steel  
Mark "Doc" Watson  
Kenneth Kastelitz  
Douglas Saarel

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

406-222-2531

118 N. 3rd Street / P.O. Box 638, Livingston, MT 59047  
Website: [www.franzen-davis.com](http://www.franzen-davis.com)  
Email: [franzen-davis@franzen-davis.com](mailto:franzen-davis@franzen-davis.com)

## OLD LUMBERYARD SPRING SHOW



WITH LOCAL & REGIONAL ARTISTS

# POPUP ART SALE

MAY 1ST - 4-9 PM



ASTEA JEWELWORK    ANDREA MORGAN    AUDREY GLOVER    MIGUEL Y CO VINTAGE    WHITROARIN JEWELRY



YELLOWSTONE HAT COMPANY    THE MUD SHACK    HEATHER'S GARDEN SERVICE    K POTTER FINE ART



STAFFORD ANIMAL SHELTER WILL BE ON HAND. COME LEARN HOW TO GET INVOLVED.

DETAILS ON INSTAGRAM @OLDLUMBERYARD



122 NORTH F STREET • LIVINGSTON MONTANA

## PARK COUNTY PIONEERS SOCIETY

THE ANNUAL DINNER DANCE of the Park County Pioneer Society will be held at the Park County Fairgrounds in Livingston on Saturday, May 4, 2024. Dinner will be prepared by the Homemade Kitchen.

Membership and dinner tickets may be purchased from:

Fri. April 26th - *Emigrant* - Old Saloon, 12-3pm  
Fri. April 26th - *Livingston* - Senior Center, 10am-4pm  
Mon. April 29th - *Wilsall* - Val's, 10am-12 noon  
Mon. April 29th - *Livingston* - Senior Center, 10am-4pm  
Tues. April 30th - *Livingston* - Senior Center, 10am-4pm  
Wed. May 1st - *Clyde Park* - Two Doors Down, 8am-Noon  
**NO TICKETS WILL BE SOLD AT THE DOOR.**

You may reserve tickets by calling Barb Dodge at 222-2239, or writing to Barb Dodge, PO Box 923, Livingston, MT 59047. This ruling is necessary in order that adequate food and seating can be arranged.

Dan Skattum, president, will preside at the Dinner and business session and will also present the program. A dance will follow.

Balloting will be conducted during the banquet. After voting, the ballots must be passed to the head of the table for collection by election officials.

Past Presidents of the Society meet annually to nominate members to serve as officers. These names are then placed on the ballot to be voted on by current Members of the Society at the annual meeting. Names selected for Honorary President are based on age and length of residency in Park County.

**Please invite friends and neighbors to become Members to enjoy a great evening of fun and fellowship!**

## ROCKY MOUNTAIN DESIGN INTERIORS



WE DO WINDOW COVERINGS

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

M-F 9-5, SAT. 12-4 • 601 W. PARK ST. • 406-222-6292



# OP-ED FORUM *by Joel Krautter*

## Congressional Chaos Threatens Public Safety

The world has always been a dangerous place. My late grandfather once said, "There are sharks out there. You have to watch out."

Two years ago, my aunt, who lives in a remote rural town in Montana, answered her back door to find two strange men dressed in black hoodies that hid their faces. When she opened the inside door (leaving the storm door latched) they said, "Can we come in to charge our cell phone?" She firmly said, "No" and closed and locked the inside door. They turned around, walked into the woods and disappeared. Who knows what their intentions were.

The days of leaving our homes unlocked are sadly over. The days of leaving our national border unlocked should be over too. Our safety as a people and as a nation is one of the most crucial challenges facing eastern and central Montana and Indian Country.

In past months, I've done ride-alongs with police in Billings, Helena and Great Falls, observing their challenges and listening to their concerns on the front lines of fighting crime, drugs and the cartels. I've also talked with prosecutors.

These conversations are critical to understanding how federal policy in Washington influences public safety in Montana.

In March, Congress passed, and President Biden signed, a \$1.2 trillion



budget to fund the government until October. This budget undermines public safety because it defunded federal law enforcement agencies, like the U.S. Department of Justice, the FBI and the Bureau of Alcohol, Tobacco, Firearms and Explosives, by a stunning \$1 billion dollars. This reckless cut to law enforcement is a result

of the kind of chaos in Washington that needs to be crushed.

What impacts can Congress and federal policy have on public safety? A lot! A quick example comes from 2023, when the Justice Department awarded nearly \$20 million dollars in grants to help anti-crime efforts in Montana.

Alternatively, when Congress cuts the budgets of federal law enforcement agencies so they have less prosecutors, field agents, grants, and capacity to partner with local law enforcement to go after criminals, this results in either passing the buck to local law enforcement and prosecutors and their already overstretched budgets or letting crimes go unprosecuted. Therefore, making our communities less safe.

Washington's failure to secure the U.S. southern border from the illegal drugs and cartels coming into our communities and reservations, is another way federal chaos and partisanship, leading to inaction can negatively impact public

safety. This failure places stress on local law enforcement and taxpayers to pay for increased law enforcement needs, with safety levies and jail expansions.

We must rein-in out-of-control deficit spending in Washington, but if we don't fund common sense priorities, like law enforcement and border security, this is a recipe for disaster.

Eastern and central Montana needs a new generation of leadership in Congress,

who understands the challenges on public safety and is committed to supporting the men and women working to keep us safe.

*Joel Krautter is a Republican candidate for Congress in Montana's 2nd congressional district, covering eastern and central Montana, who is an attorney and small business owner in Billings and Sidney and a former State Legislator.*

### KENTUCKY DERBY

**JOIN US**

**150**

**SATURDAY MAY 4TH 2024**

**DERBY DAY BINGO**  
2:30 P. M.

**DERBY HAT CONTEST**

**HOT BROWN SOULEBURGER**

**DERBY DRINK SPECIALS**

**RACE STARTS 4:45 P.M.**

128 S Main St, Livingston

406-222-7480

## OPENING APRIL 29TH

# D&D

## West Greenhouses

Livingston, MT

*Stop in and say Hi!*

*Check out all the new items and flowers!*

OPEN MONDAY THRU SATURDAY, 10AM TO 6PM • CLOSED SUNDAY'S  
HIGHWAY 89 SOUTH • DDWESTGREENHOUSES.COM • 406-224-9880

## Yellowstone

TRAVEL PLAZA  
"The Truck Stop"

Scan for online ordering!  
6am-7pm Daily

1226 Hwy 10 W. • Livingston, MT • (406) 222-6180

## CONVENIENCE STORE

### OPEN 24 HOURS

## DINER

**OPEN 6AM-8PM EVERYDAY**

**SPECIALS & SOUPS MADE DAILY**

## CASINO

**OPEN 8AM-MIDNIGHT EVERYDAY**

# Park County Community Journal

Steph & Joel Martens, Publishers  
Denise Nevin, Sales Manager

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

Dalonda Rockafellow, Columnist  
Scott Rosberg, Coach's Corner  
Mary Rosewood, Food Matters  
Jeff Schlapp, Contributing Writer  
Carla Williams, Recipe Corner

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

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

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

We gladly accept the following cards:

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



**#1 in MT**



217 W Park Street, Suite A | Livingston, MT | [bhhsmt.com](http://bhhsmt.com)  
A member of the franchise system of BHH Affiliates, LLC.



**APRIL  
IS SAFE  
DIGGING  
MONTH**

Always check before you dig, even your garden, to keep you and your home safe.

**124 West Lewis, Livingston, MT**  
**Office 406.222.0944**  
**montanainsurance.net**  
**alice@montanainsurance.net**

# The Blue Slipper Presents

# I and You

Written by Lauren Gunderson  
Directed by Sarah Sherman

May 10-12, 17-19

Fri. and Sat. 8pm / Sun. 3pm

113 E. Callender St.  
406-222-7720

[www.blueslipper.org](http://www.blueslipper.org)

**Supported in part by a grant  
from the Montana Arts Council,  
an agency of State Government.**

## Reserve Your Tickets Here



# Spring Carnival & Bake Sale

## Livingston 2YK-5 Parent Teachers Organization

Come and join in on the fun and deliciousness of the Livingston 2YK-5 Parent Teacher Organization's spring fundraising Carnival and Bake Sale on Friday, May 3rd, from 6 to 8 pm at the Park High Rec Plex.

They are looking for volunteers to help make this successful by donating baked goods or offering their time to assist with the event. Drop off locations for bake-sale items are at the East Side or the Winans School main offices on Thursday, May 2nd until 4 pm.

Contact LivingstonMTk5pto@gmail.  
com to volunteer!



# SPRING CARNIVAL

Shane Center's Teen Theatre presents  
***Something Rotten***

Shane Lalani Center for the Arts in Livingston presents a Teen Theatre production of *Something Rotten* from May 3rd – 19th.

Set in the 1590s, *Something Rotten* is a hilarious history-twisting musical. Brothers Nick and Nigel Bottom are desperate to write a hit play—though they find themselves stuck in the shadow of “The Bard.” Out of desperation, they set out to write the world’s first musical. But amidst the scandalous excitement of opening night, the brothers realize that reaching the top means being true to thine own self (and all that jazz).

*Something Rotten* runs weekends from May 3rd - 19th. Performances take place in the Dulcie Theatre at the Shane Lalani Center for the Arts in Livingston. Showtimes are Fridays and Saturdays at 8 pm and Sundays at 3 pm. Tickets are \$23 for adults, \$17 for seniors/students/veterans, and \$11 for youth 17 & under. Make reservations at [theshanecenter.org](http://theshanecenter.org) or 406-222-1420.

*Something Rotten* is generously sponsored by Don & Marilyn Murdock, Livingston HealthCare, First Interstate Bank, and Yellowstone Valley Lodge & Grill.

TEEN THEATRE  
presents



# Something ROTTEN!

May 3rd – 19th

Fridays & Saturdays at 8pm  
Sundays at 3pm

sponsored by

## Tickets



**DON & MARILYN  
MURDOCK**



Livingston  
HealthCare  
Billings Clinic Affiliate



415 EAST LEWIS ST, LIVINGSTON  
406-222-1420  
theshanecenter.org





# Make Your Move Campaign to End Sexual Violence Comes to Livingston

ASPEN invites all bar and restaurant staff and patrons to a free lunch strategy session.

The Office Lounge & Liquor store is hosting *Make Your Move* Tuesday, May 7th from 11:30 to 1 pm. Free lunch, training and planning to bring the full *Make Your Move* campaign to the Livingston area are part of the session organized and sponsored by ASPEN, Abuse Support & Prevention Education Network.

Bar and restaurant managers, bartenders and food and beverage staff may attend at no charge to find out what part their industry can play in preventing sexual assault and to learn about the *Make Your Move* campaign and trainings. The public is invited and all attendees are asked to RSVP to [info@aspenmt.org](mailto:info@aspenmt.org) by Friday, May 3rd.

During this session, Erica Ritsema, the coordinator of *Make Your Move*, will provide an overview of the training and lessons learned from this work in

Missoula. Erica completed a Masters in Social Work from the University of Montana in 2019 and has been working in sexual and intimate partner violence prevention for the last five years.

"This is great training for any bar owner or bartender who wants to provide a safer environment for their patrons," said Ethan Smith, a crime prevention officer with the Missoula Police Department. "It really helps make people more aware of the signs of harassment and relationship violence that often starts in a bar." (<https://missoulacurrent.com/sexual-harassment-bars/>, Dec. 15, 2017)

The entire *Make Your Move* campaign involves a wide, multi-agency approach to changing beliefs and behaviors, and the bar training portion involves simple interventions and cultural shifts that prevent sexual harassment and violence. More information about *Make Your Move* can be found at [MakeYourMoveMissoula.org](http://MakeYourMoveMissoula.org) and by emailing [info@aspenmt.org](mailto:info@aspenmt.org).



# Looking Back

with *Lindie*

I was fortunate enough to have two creeks to play in growing up. The first one was at the end of South 6th Street. We neighborhood kids would also often play in the water at Sacajawea Lagoon. We sometimes retrieved baseballs that ended up in the water because one of our baseball parks was at the open field on the northwest end (which is sometimes now a soccer field). When we would retrieve balls from the lagoon, we got 25 or 50 cents (I can't remember) when returning them to the dugout. That was so neat—that was a lot of money back then!

One year, when I was about nine or ten, I discovered a hatchling of polliwogs near the lagoon bank. I was fascinated by them, so I asked my mom if I could bring some home—like having "pets." She gave me a square glass jar about the size of a large peanut butter jar and said I could, as long as I kept them in the jar. She advised me to be sure and scoop up the lagoon water to bring them home in. So I did just as she said. I ended up bringing home about 10 polliwogs, on one condition—I would get them fresh lagoon water once a week, and so I did. This lasted about a month, then I noticed the

polliwogs were growing small tails. I told mom and her reply was, that it was time to take them back to the lagoon and let them go, because they were becoming frogs and would no longer be happy swimming around in my jar.

My other experience with a creek was at the end of G Street. Back then, there was a lot more water in the creek. One day, I was playing down at the water's edge, and I found an old, white, wooden storm door that someone had tossed in the woods down there. So, I flipped it into the water and got on top of it, in an attempt to be a "Huckleberry Finn" and float the creek. I didn't get very far. The creek simply couldn't keep the door afloat with my body weighing it down. But it was a fun and momentary attempt. The wooded area is still there. The opposite bank has certainly changed with the Catholic school and playground and church there—since about 1966, I think.

These days, more and more, I'm thankful for my childhood memories of the 50s and 60s. When my life was simple, innocent and free...

# Be Bear Aware

## Montana Fish, Wildlife and Parks

You can never be too prepared when planning your next outdoor adventure. Especially when recreating in bear country, safety is key to enjoying our beautiful surroundings and not having bad encounters.

It's important to remember these tips:

- Stay alert and look for bear activity, especially where visibility or hearing is limited (in deep woods, bushy areas and streams).
- Travel in groups and keep members together, especially

- children.
  - Make noise whenever possible to avoid surprising a bear, especially where visibility or hearing is limited.
  - Carry bear spray, have it close at hand, and know how to use it.
  - Avoid traveling at night, dawn or dusk.
  - Avoid carcass sites and scavenger concentrations.
- Learn more by visiting: [Bit.ly/be-bear-aware](http://Bit.ly/be-bear-aware).

**Meals for April 29th– May 3rd**

**Monday April 29th– Italian sausage pasta, garlic bread, veggie, fruit**

**Tuesday April 30th– Macaroni and cheese, little smokies, veggie, fruit**

**Wednesday May 1st– Monte Cristo sandwich, fries, dessert, fruit**

**Thursday May 2nd– Vegetable beef soup, fruit**  
In house salad bar at 11:30am

**Friday May 3rd– Pizza, pasta salad, fruit, dessert**

**LIVINGSTON MEALS ON WHEELS**

**206 S Main St**  
**Livingston, MT 5604**  
**406-333-2490**

**Check us out on Facebook**  
**Livingston Meals on Wheels**

**Lunch served cafeteria style**  
**Serving food until 12:15pm**

**SUGGESTED DONATION \$5**  
**PER MEAL IF OVER AGE OF 60**  
**NO MEMBERSHIP NEEDED**  
**\$7 if under 60**  
**Salad bar included in meal price**  
**If you would like a to-go meal please call before 9am**

# Soup & Salad Thursdays

In-house Soup & Salad Bar starting May 2nd  
Suggested donation  
Over 60 - \$5 per meal  
Under 60 - \$7 per meal



Salad bar starts at 11:30am and Soup at 12pm  
Dining room located at  
206 S Main St  
Livingston, MT  
406-333-2490



**WOLF'S MERCANTILE**

LIVINGSTON, MONTANA

A UNIQUE HOME DÉCOR & GIFT STORE

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

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



106 South Main St. Downtown Livingston

406-333-2412

@WOLFS.MERCANTILE



# These 9 Vegetables Are Healthier Cooked!

by Jill Ouellette

Raw food diets are a fairly recent trend. The belief is that the less processed food is, the better it is for your health. However, not all

foods are more nutritious when eaten raw. Indeed, some vegetables are actually better for you when cooked. Heat can release bound-up nutrients in these vegetables.

Often in vegetables, important nutrients are trapped within their cell walls. When vegetables are cooked, the walls break down, releasing those nutrients for easier absorption by the body. Here are nine of healthier-when-cooked vegetables:

**1. Asparagus** - Cooking asparagus makes vitamins A, B9, C and E more absorbable.

**2. Mushrooms** - These contain large amounts of the antioxidant ergothioneine, which is released during cooking. Antioxidants help neutralize free radicals that can damage cells, causing illness, and ageing.

**3. Spinach** - This leafy vegetable is rich in nutrients, including iron, magnesium, calcium and zinc, which are more readily available when the spinach is cooked. Spinach is packed with oxalic acid—a compound found in many plants that blocks the absorption of iron and calcium. Heating spinach releases the bound calcium. Research suggests that steaming spinach maintains its levels of folate (B9), which may reduce the risk of certain cancers.



**4. Tomatoes** - Cooking (using any method) greatly increases the antioxidant lycopene in tomatoes. Lycopene has been associated with a lower risk of numerous chronic

diseases including heart disease and cancer. This increased lycopene comes from the heat that helps to break down tomatoes' thick cell walls, which contain several important nutrients.

**5. Carrots** - Cooked carrots contain more beta-carotene than raw carrots. Carotenoids convert into vitamin A. This fat-soluble vitamin supports bone growth, vision and the immune system. Cooking carrots with the skins on more-than-doubles their antioxidant power. Boil carrots whole before slicing, as this stops these nutrients from escaping into the cooking water. Avoid frying carrots, as this has been found to reduce the amount of carotenoid.

**6. Bell peppers** - These are a great source of immune-boosting antioxidants, especially carotenoids, beta-carotene, beta-cryptoxanthin, and lutein. Heating makes these carotenoids easier for your body to absorb. As with tomatoes, vitamin C is lost when peppers are boiled or steamed, because the vitamin can leach out into the water. So roasting is better.

**7. Brassicas** - This food group includes broccoli, cauliflower, and Brussels sprouts—all high in glucosinolates (sulfur-containing phytochemicals), which the body can convert into a range of cancer-fighting

Recipe by  
Carla Williams

## RECIPE CORNER

### Key Lime Cheesecake

#### Ingredients

1-1/2 cups graham cracker crumbs  
3 tablespoons granulated sugar  
1/3 cup butter or margarine, melted  
4 packages (8 oz. each) cream cheese, softened  
1 cup granulated sugar  
1 teaspoon vanilla  
4 eggs  
½ cup key lime juice (or lime juice)  
1 ½ cups heavy cream  
½ cup powdered sugar  
1 teaspoon vanilla extract

#### Instructions

1. Preheat oven to 325 degrees.  
2. Combine graham crumbs, 3 tablespoons sugar, and butter; press onto bottom of 9-inch springform pan.

3. Beat cream cheese, 1 cup sugar, and vanilla with mixer until blended. Add eggs, 1 at a time, mixing at low speed after each just until blended.

4. Gently blend in lime juice.

5. Pour over crust.

6. Bake 55 min. or until the center is almost set. Run a knife around the rim of the pan to loosen the cake; cool before removing the rim.

7. Refrigerate cheesecake for 4 hours.

8. Whip the heavy cream with powdered sugar and vanilla and whip until stiff peaks form.

9. Spread the whipped cream on top of the chilled cheesecake.

10. Top with lime zest.

11. Serve!

compounds. For these to be converted into cancer-fighting compounds, an enzyme within these vegetables called myrosinase has to be active. Research has found that steaming brassicas preserves both the vitamin C and the myrosinase. Chopping broccoli and letting it sit for a minimum of 40 minutes before cooking also allows this myrosinase to activate.

Similarly, when Brussel sprouts are cooked, they produce indole, a compound that may reduce the risk of cancer. Cooking also causes the glucosinolates to break down into compounds with cancer-fighting properties.

**8. Green beans** - These have higher levels of antioxidants when they are baked, griddled, or even fried, as opposed to boiling or pressure-cooking.

**9. Kale** - This is healthiest when lightly

steamed, as it deactivates enzymes that prevent the body from using the iodine it needs for the thyroid, a gland that helps regulate your metabolism.

For most vegetables, higher temperatures, longer cooking times, and using larger quantities of water cause more nutrients to be lost. Water-soluble vitamins (C and many of the B vitamins) are the unstable nutrients when it comes to cooking, because they leach into the cooking water. So, avoid soaking them in water, use the least amount of water when cooking, and use other cooking methods such as steaming or roasting. Also, save your left-over cooking water to use in soups or gravies, as it holds all those leached nutrients!

Much of the article is excerpted from a lecture at Nutrition, Food, and Health Sciences at Teesside University.



## Natural Life News!

Subscribers Can Download  
or Print the Complete  
Issue Online.

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

More Highlights from our  
May-June 2024 Issue

**Gratitude for the  
Senses: HEARING!**  
**Joyous, Ancestral Gift  
of Nature and DNA**  
Arnie Shapiro, M.D.



**Recipe: Blueberry  
& Blue Majik®  
Spirulina Smoothie &  
Blueberries' Many Benefits...**

Madi Whalen & Sayer Ji



**Subscribe to  
NaturalLifeNews.com  
It's FREE!**



**Now Open!**  
**Downtown Livingston**

**Open Daily  
7:30am to 8pm**



Bring this postcard in for a free 12oz bowl of soup or breakfast sandwich (valid through 4/30/24)

## Our mission

We believe your food is your fuel...and this incredible Montana life deserves good fuel! Our organic farmers and ranchers give us amazing tools to work with, and we are grateful to them and this community of hard working, hard playing people. If you like our food...thank a farmer or rancher.



**Good food. Good for you.**

OMNIVORE, VEGETARIAN, VEGAN, GF  
EVERYONE COMES TO OUR TABLE

### breakfast

Sandwiches  
Burritos  
Oatmeal  
Quiches  
Frittata  
Fruit & Veggie Smoothies  
Coffee  
Tea & More

### Lunch & dinner

Soups & Chili  
Panini  
Rotating Daily Hot Bar  
Pot Pies & Pasties  
International Explorations  
Rotisserie Chickens  
Healthful Salad Bar  
Beer & Wine

### baked goods

Organic & GF Sourdough Bread  
Pies  
Cakes  
Sweet Breads  
Muffins  
Cheesecakes & Tarts  
Cookies Galore  
Special Orders (No Problem)





# Salute to Local Volunteers

National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages volunteering in generations to come. Volunteers generously donate a part of their lives to serve others in various ways — cleaning up after the event, fostering shelter dogs, chaperoning field trips, or helping the librarian. This month, we salute them for their unwavering services to organizations and to their local communities and hold aloft their examples to inspire folks of all ages to serve others.



## Park County 4-H, Park County, MT

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

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

**Thank you volunteers:** Park County Council Members and Club Leaders: Kira Jerke (President), Jason Otis (Vice-President), Lessie Sites (Secretary), Jonathan Gilbert (Treasurer), Club Leaders: Mandy Hamm, Tyler Sarrazin, Heidi Saunders, Lessie Sites, Amy Keyes, Keisha & Jonathan Gilbert, Matt Wendt, and Josh Otis.



## Hell'saroarain' Outfitters Veteran Horse Drive, Gardiner, MT

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

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

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



## Livingston Meals on Wheels

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

**How Volunteers are crucial:** They deliver meals to homebound seniors providing not only meals but also social interaction. Our other volunteers check-in clients for in-dining seniors. We wouldn't be able to serve our seniors without the volunteers!

**Thank you volunteers and groups:** Redeemer Church, American Lutheran Church, St. Andrew's Church, Living Hope Church, St Mary's Church, Livingston Christian Center prayer group, RSVP, Church of Christ, Latter Day Saints, Judy Hawkins, Jane Jarrett, Katie Fairbank, Wilsall Community Church, Shields Valley Bible Church, Shields River Lutheran Church, and Community of Clyde Park.



## Livingston Healthcare Foundation

**Mission:** Providing excellent patient-centered healthcare.

**Our volunteers play a crucial role:** They have been actively involved in tasks such as assisting incoming patients, staffing the volunteer desk, and performing behind-the-scenes work that helps to keep our organization running smoothly, from friendly greetings to our grateful patients, mail outs, our awesome team of volunteers have made a significant impact on our organization and are essential to our success.

**Our heartfelt gratitude and appreciation to:** Ginny Beatriz, Sister Virginia Jakobe, Alexandra Artman, Allision Astrologo, and Glenda Fleming.



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

## Sister City International Educational & Cultural Exchange Program

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

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

**Thank you volunteers:** Too numerous to list. Here is a list of several committed alumni that dedicate their time to keeping the Sister City student exchange active, especially Donna Pace, Bev Sandberg, and Rich Lund. Also, we had some outside 'experts' that helped us put a value on items for our garage sale set up: Dale Murphy, Heidi Saile, Gwen Strachan, and Jerry Murphy.



## Women of Wilsall

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

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

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

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





## LRA Flag Team, Livingston

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

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

**Thank you 2023 volunteers:** Amber LaCrosse, Anita Carter, Bobbi Jo Payne, Zoey Payne, Brenna Dwyer, Channie Heimer, De Cahill, Emily Jesson, Georgie Jesson, Sophie Davis, Jennifer LaCrosse, Judy O'Hair, Jemie Wright, Josie Jesson, Kayla Seaman, Laney Hunter, Ava Malone, Miriah Malone, Meg Krusemark, Sidni Petrich, Jamie Fisher, Briella Stene, Kaylee Roberts, Meghan Bauer, Claree Tecca, Aston Libel, Jacqueline Ervin, Harleigh Johnson and Jane Tecca.



*"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others."*  
— Audrey Hepburn

## Big Brothers Big Sisters of Big Sky Country

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

**How volunteers are crucial:** We cannot complete our mission without volunteers! We are always in need of volunteers and encourage anyone interested to reach out to us!

**Thank you to our community-based Bigs!** Elise, Gracie, Briley, Amanda, Abigail, Elena, Tess, Daniel, Scott, Lauren, Elana, Charles, Ben, Mick, Pam, John, Babs, and Lee.



**Big Brothers  
Big Sisters®**  
OF BIG SKY COUNTRY

## Livingston Roundup Rodeo Association

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

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

**Thank you current board members/volunteers:** Mike Adams, Cindy Adams, Caroline Billingsley, Ivan Bosley, Cathy Bosley, Peggy Glass, Gary Glass, Marlene Glass, Jane Tecca, Sharon Payne and Bruce Becker. A general big thank you to all our volunteers!



## Shields Valley Farmer's Market

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

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

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



## K9 Care Montana, Inc., Bozeman Pass, Mt

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

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

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



## Livingston Elks

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

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

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



*"Life's most persistent and urgent question is, what are you doing for others?"*  
— Martin Luther King, Jr.

## Gateway Hose Company & Gardiner Fire & Ambulance

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

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

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



## Calamity's Classic Rodeo, Livingston

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

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

**Thank you to our awesome volunteers:** Expedition Church of Livingston, our association members: Jaime Adams, John Adams, Race Anderson, Raymond Ansotegui, Thad Battrick, Mark Baker, Jim Brown, Debbie & Mike Costle, Kage Gibson, Channie & Joe Heimer, Elena & Mike Klasing, Heather Manis, Sue & Dan Nelson, Cynde & David Nelson, Ki Nelson, Raymond Nelson, Quentin Nelson, Shawn O'Neil, Lisa Phelan, Heather & Charlton Pino, Shane Ransom, Nicole & Wacey Stuart, Strand Stuart, Steele Stuart, Stacey & Paul Sunvison, Trevor Sunvison, Dennis Tobiason, Caitlin & Chad Ward, and Amy Vigil.





## Park County Senior Center

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

**How volunteers are crucial:** They are key to serving the senior community. They help make the center function smoothly, kindly and successfully.

**Thank you volunteers and groups:** Habitat for Humanity, Sadie Ellerstein, Alexis Ragenovick, Heather Fay and our board members; Leah Murphy-Chair, Lisa Harreld-Vice Chair, Jeanette Tecca, Melanie Becnel-Treasurer, Jan Lukenbill, and Judy Melin.



*"Every person can make a difference, and every person should try."*  
– John F. Kennedy

*"Unless someone like you cares a whole awful lot,  
nothing is going to get better. It's not."*  
– Dr. Seuss

## Montana Freshwater Partners, Livingston

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



**How volunteers are crucial:** They help us get more work done on the ground which improves the health and vitality of not only the Yellowstone River and but other aquatic resources across the state; and foster community and connection around our river and water resources.

**Thank you volunteers:** Zane Haroldson, John Mills, Blakely Adkins, Kody Marr, Morgan Squires, Nesta Susquetanna, Kristine Mol, Greg Dekker, Melissa Stock, Debbie Enders, John Rosebery, Cora Rosebery, Mark Schulein, Megan Ahern, Kirby Banford, Sean Smith, Emily Dentico, Israel Rowland, Megan Randall, Jacob Lilley, Kathryn Eklund, Dave Molebash, Pat Todd, Steve Van Arsdale, Julia Smith, Evan Parsons, Rose Joseph, Jacob Dailey, Avril Baines, and Connor Parrish.

## Loaves & Fishes, Livingston

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



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

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

## Food Resource Center and Community Bakery, Livingston

**Mission:** Eliminate hunger in Livingston and Park County by acquiring and distributing healthful food, having a leadership role in developing strong, sustainable local food systems. To reduce root causes of hunger in our community and support food related economic development creating new jobs.

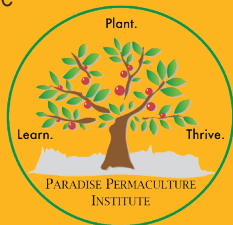


**LIVINGSTON  
FOOD RESOURCE CENTER**  
FOOD PANTRY • COMMUNITY KITCHEN  
COMMUNITY BAKERY

**A great BIG thank you to all our volunteers over the years, and currently:** Bridget Bean, Posi Beaudin, Deb Becker, Jan Breigenzer, Larry Cambell, Craig Carlson, Julie Cocotos, Phil Davidson, Sally Epps, Melisa Fabian, Nancy Hatfield, Dean July, Margaret Lee, Mary Lennon, Claire McKnight, Melanie Moroney, MaryAnn Norman, Patricia Reiter, Temple Richardson, Cassandra Rodgers, Barb Scofield, Sarah Shapiro-Hurley, Miriam Skirtich, Miriam Squillace and Shannon Willoughby.

## Paradise Permaculture Institute (PPI), Livingston

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



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

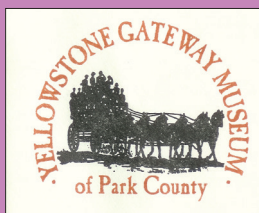
**Thank you volunteers:** Instructor Greg, assistants Levi and Ali and many grade school friends at Montessori Island School, Eileen Kenney, Cessie Wafer, Michael Craig, Deb Hartman, Skip and Terry, Alan Engelbart, Angela Devani, Julie Laufmann, Lessie Stiles, Meghan McCarthy, Donny & Steven, Annalisa Pedraza, Colter Schroeder, Joy Larson, and Michele Evans.

## Yellowstone Gateway Museum, Livingston

**Mission:** To build community, connection and inspiration by sharing stories of Park County Montana's cultural and natural history through accessible collections and programs.

**How volunteers are crucial:** They are part of sharing the stories of Park County. Through their work with collections, volunteers conduct research, catalog, photograph, and properly store items for future exhibits, programs, and curious researchers. Volunteers also help fabricate exhibits and lend a hand for programming and events. They help bring history to life!

**Thank you volunteers:** Kirby Barford, Katy Brammer, Suzanne Brown, Chase DeForest, Ed Dodge, Scott Franzen, Nancy Gentzel, Bernice Gillespie, Bruce Graham, Lorna Marchington, Cheyenne Mikkelsen, Erin Moody, Natalie Nolan, Hank Poeschl, Temple Richardson, Israel Rowland, Diane Chalfant, Deb Small, Rosamond Stanton, Colin Tippet, Herb Vaug, Mary Weamer, Ellen Zazzarino and Park Co. & YGM Foundation board members.



## Park County Environmental Council

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



**How volunteers are crucial:** By donating their time and talents, volunteers show up for what matters to them most within the community. From tree planting, trail maintenance and building, attending city and county meetings, writing letters of support, sharing their voices, participating in planning processes, identifying and monitoring invasive weeds, managing the waste separation and compost station at the Farmer's Market, and more.

**Thank you volunteers:** Robin Barker, Steve Caldwell, Davyd Rees, Andy Mitchell, Bethany Allen, Spencer Bruce, Ken Kapinski, Art Albin, John Greene, Mark Lighthizer, Richard Hayes and the Livingston Bicycle Club, Susan Regele, Elizabeth McNamee, Thomas and Edleeta Shands, Rita Rozier, Jackie Pondolfino, Joel Mowrey, Jod Litchfield, Joe Armbrust, Maria Emperley, Tyler Aevermann - The Tree Team, Katherine Fazekas and Joanna Massier, AmeriCorps VISTAs, Emily Kempe and all Flood Relief Volunteers, Nate Johnson and Farmer's Market Waste Separation and Compost Station.

## The Shane LaLani Center for the Arts

**Mission:** Strengthening Community through Participation in the Arts.

**How volunteers are crucial:** They are a critical component to our organization being able to execute our programming. Their time and talents enrich the lives of countless community members by creating memorable experiences, from captivating performances to stunning sets and costumes. Our volunteers also assist with ushering, serving concessions, helping get the word out about upcoming events by hanging posters and much more.

**We are so grateful to the hundreds of volunteers:** There are too many to list, however, we would especially like to thank our volunteer coordinator, Vicki Denniston, our Board of Directors and our Community Theatre Actors. In addition, Rob Bankston, Matthew Hirsch, Deb Kelly, Sarah Kelly, Charlie Newsome, Vicki Petry, Julia Reichert, Susan Sewell, and Jeannette Waldron.





# Livingston Area Chamber of Commerce/Visitor Information Center

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

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

**Our volunteers Rock!** We have too many to list but we wish to acknowledge our terrific board for their time and efforts: Callie Johnerson, Jami Rebsom, Bobbi Jo Boeh, Russ Himmelspace, Andrew McLinley-Jones, Bruce Whitfield, Faith Fairhope, and Jennifer Estes.



# Community School Collaborative, Livingston

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

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

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



# Friends of Park County, Livingston

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

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

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



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

# Livingston Farmer's Market

sponsored by Western Sustainability Exchange

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

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

**Thank you 2023 volunteers:** Angela Kirkeguard, Pastor Darryl and Veronica Brunson and team at Expedition Church, George Pierce and team at the Livingston Food Resource Center, Nate Anderson and others at the Zero Waste Station, Karrie Kahle and team at Park County Environmental Council, AmeriCorps, Israel Funk, Levi Kirkeguard and Jason Mascari.




# Farm to School of Park County, Livingston

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

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

**We are so grateful to all of our community volunteers!** Livingston Health Care, Park High Green Initiative, Happy Trash Can Curbside Composting, F2SPC Board of Directors, Steve Kleinberg, Shields River Farm and Nursery, Evie Howell, Kelly Kearney, Heather Nack-Culbreth, First Interstate Bank, Veronica Baca, Jackie Pondolfino, AMB West, Big Brother Big Sisters, D.A. Davidson Companies, William Campbell Photography, ERA Landmark Real Estate and Under Canvas.

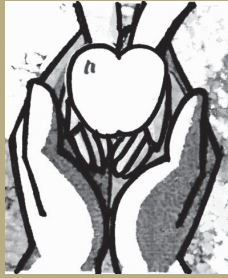


# Gardiner Food Pantry


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

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

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



# Livingston Warming Center




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

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

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

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

# Aspen Abuse Support & Prevention



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

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

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

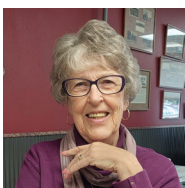
**Thank you volunteers:** Due to confidentiality, you can't be named, however, without you the community would not be the same. You are appreciated beyond words.



# "Enjoying the Journey"

by Lois Olmstead

It was when I turned fifty years old, back in 1992, that the importance of enjoying the journey became a call on my life. The change agent was the word "Cancer." From January 29th into that November, the fight was on. The Battle Hymn of the Republic became one of many songs and hymns I sang in my head during treatments those months. However, two things I can't do are sing and cook—so I sang in my head and let others cook! Hallelujah, I lived. I asked God to help me follow a path of joy the rest of my life in honor of family and friends who did not survive their battles with cancer. Do you all know it is not easy to change habits in



yourself? Replace worry with joy? There is not a get-perfect-overnight recipe. But I know God helped me make a priority of joy choices.

You can do it too. Pray first. Then step-by-step, day-by-day, try choosing joy when worry wants to fill your mind. And when the worry words wind and rewind, speak. Say "Stop!" to yourself. Fill that space in your mind with song. Maybe you can sing, so start. Or if you, like me, lack that skill, sing in your head—or use earphones, earbuds, whatever.

Our youngest son, Ross, helps me with so many life things since his dad, He-Who-Took-Long-Steps (he was 6'9" tall) went to heaven in 2016. We travel many times together. He will say, "Mom, do you know you are humming?"

And I always say, "I know. I can't help

it. I am singing in my head." Then I add, "You can do what your dad did, turn up the radio." Yes, He-Who did—we liked each other most days in our 55 years of marriage!

Which brings up another topic, on the topic of enjoying the journey. Numbers. Numbers are the strangest thing, aren't they? The days and months just whip by. One day it is Christmas and in no time, like this year, Easter comes. The pounds on my scale take forever to go down even by ones. Yet, the same numbers in my bank account subtract faster than I can count. Wouldn't it be nice if that changed? We could exchange pounds with dollars. We could exchange the way our taxes go up with the way interest rates in our savings go down.

Hey this could really work. We could check out at the grocery store. The calories would be subtracted, and sales would multiply. The price at the gas pump would decrease and we could travel twice as far.

I wonder if I could get a government grant to study numbers? I could study why the age I turned this month shocks me.

How can it be? How did I get here so fast? I used to tell my mom, "You look too young to have a kid as old as me!" She would say, "You are just as old as you feel. I don't think about the years."

So if we just don't think about things like calories, pounds, dollars and the interest rates, would we find peace about all this? No, success comes with wise choices. Even in our spiritual lives we grow and mature by walking with our focus on Jesus one step at a time, one day at a time. Is it hard for you to think good thoughts in your mind? You could start now. Pray, ask God to guide you and give you the time you need. Today.

And please remember as I write this column, my mind is on you. I want you to be encouraged. My thought life did change. Find a Bible or use your phone. Let's read Psalm 100 this week.

You are welcome here as we begin the journey in this space. I will be with you sharing what I have learned. It could help you find joy... and it can be one choice at a time, one step at a time...starting now.



## Local Church Services

### American Lutheran Church (ELCA)

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

### Church of Christ

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

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

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

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

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

### Emmaus Lutheran church (LCMS)

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

### Expedition Church

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

### First Baptist Church (C3)

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

### Gardiner Community Church

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

### Gardiner Baptist Fellowship

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

### Grace Methodist Church

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

### Holbrook United Methodist Church

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

### Kingdom Hall of Jehovah's Witnesses

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

### Livingston Hope Church

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

### Livingston Bible Church

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

### Livingston Christian Center

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

### Livingston Church Of God

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

### Mountain Bible Church

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

### Mount Republic Chapel

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

### Mountain Springs Baptist Church

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

### Paradise Valley Community Church

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

### Pine Creek United Methodist Church

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

### Redeemer Lutheran Church

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

### The Summit Lighthouse

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

### Seventh-Day Adventist Church

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

### Shields River Lutheran Church

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

### Shields Valley Bible Church

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

### St. Andrew's Episcopal Church

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

### St. John's Episcopal Church

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

### St. Joseph's Catholic Church

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

### St. Margaret's Catholic Church

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

### St Mark's Church Universal And Triumphant

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

### St. Mary's Catholic Church

511 South F Street  
Father Garrett Nelson, Pastor  
Saturday 6:00 pm year-round  
Holding Services since 1891.  
Sunday at 10:30 am April thru Sept.  
Sunday 8:00 am October to March  
Livingston, MT  
406-222-1393  
stmaryscommunity.org

### St Paul's Evangelical Lutheran Church

1116 W Geyser Street  
Pastor Paul Stern  
Sunday worship 10:15 am  
Livingston, MT  
406-222-3372  
stpaulslivingston.org

### St. William's Catholic Church

705 West Scott Street  
Father Garrett Nelson  
Sunday worship 8:00 am April-Sept  
Sunday 11:00am October to March  
Gardiner, MT  
406-222-1393  
stmaryscommunity.org

### Valley Shepard Church of the Nazarene

Services are presently online. Please call for instructions to view a service.  
Reverend Christie American Horse  
Livingston, MT  
406-223-1072

### Wilsall Community Church

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

### United Methodist Grace Church

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



# HARDWARE

## STORE

ALL TYPE OF BOLTS, NUTS AND RIVETS  
PAINTS - TOOLS - HOUSEWARES

# Smooth Your DIY and Soothe Your Wrists with an Impact Driver

With Jon Albert

Do you do enough repairs around the house that a power tool feels like a good investment? Or maybe you're thinking about upgrading your old drill? In either case, an impact driver might be a better option. In addition to the steady, rotational torque that a drill features, impact drivers have the additional feature that provides bursts of torque—thus the name, impact.

It turns out that the "impact" mode makes a big difference when you're fastening or loosening screws. First, impact drivers are less likely to strip the screw than a drill and that's especially true if you're loosening an old, rusted screw. Second, they are much kinder to your wrists when you're drilling. If you've used a drill, you know that you must counter the torque



being excreted on the screw to prevent the drill from spinning. That's a lot of pressure that can cause fatigue to your wrist or even strain it.

When an impact driver encounters resistance, it switches into "impact mode" automatically, which involves a hammer-and-anvil mechanism that absorbs the torque and thus, relieves your wrists. That's just what a power tool is supposed to do! Your drill may still be handy if the job requires drilling a lot of holes rather than fastening screws, or if you're using the rotary mechanism to mix paint. For most home projects, though, an impact driver will make your work go much smoother and your wrists will feel much better.



# "Connect, Park County" Update

"You cast to where the fish are. How do you know where the fish are? You watch." Connect, Park County, a grant-funded initiative to assess loneliness and connection in Park County, is heeding this sentiment from the film, *Mending the Line*. And through surveys and interviews, we are also listening and learning.

The ebb and flow of a community, its people, and its relationships, means that self-reflection is essential for growth. The reflections shared with us by generous participants thus far tell us that we are lonely, but hopeful. Not as connected as we once might have been, but ready and willing to roll up our sleeves and help. But where? How? Our eyes don't work as well at night as they once did. We don't hear in crowded spaces and hearing aids are hard to get used to. So now what? Like you,

we want to belong to a community that is responsive, agile, compassionate, caring. It's clear that we can do that—by creating it. Our needs are many, but so are our talents, our greatest treasures.

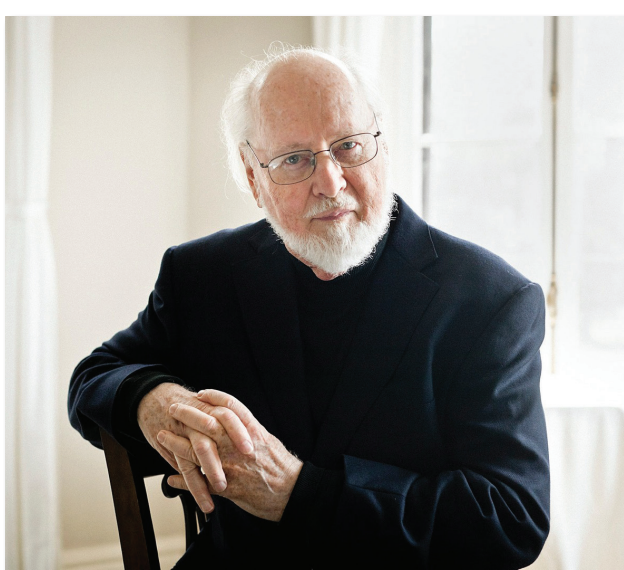
We will collate the data, group like things with like things, and share the report and recommendations with the broader community.

Please, join us in this endeavor. Fill out the survey. Invite us to interview you. Volunteer. Make recommendations. We're watching. We're listening. We're learning. And like you, we're doing.

If you want to learn more about "Connect, Park County," or would like a survey mailed to you, contact the Park County Health Department at 406-222-4145.

# Bozeman Symphony to Perform Concert Featuring Music from Harry Potter, Jaws, Star Wars, and More

Get ready to be swept away into the captivating world of cinema as the Bozeman Symphony presents "At the Movies: The Music of John Williams" during the first weekend of June. This not-to-be-missed event will highlight themes from blockbuster films such as *Harry Potter*, *Jaws*, *Star Wars*, *Schindler's List*, *Saving Private Ryan*, *Close Encounters of the Third Kind*, and more.



This concert will feature different music than the pieces played in the Symphony's John Williams 90th birthday celebration concert two years ago.

John Williams, hailed as one of the greatest film composers of all time, has enchanted audiences for over seven decades with his recognizable and unforgettable musical scores. Collaborating with renowned filmmakers like Steven Spielberg and George Lucas, Williams has garnered an impressive collection of awards, including 26 Grammy Awards, five Academy Awards, seven BAFTA Awards, three Emmy Awards, and four Golden Globe Awards.

Norman Huynh, the Bozeman Symphony's Music Director, expressed his enthusiasm for bringing the community together through the universal language of music. "It is rare to hear this music outside of the movie setting. By showcasing the music of John Williams, our audience will have the opportunity to hear these iconic scores performed by our wonderful orchestra and choir. This is the perfect concert for people of all ages," says

Huynh.

Noteworthy local soloists will also grace the stage, including Montana State University saxophonist Wonki Lee, praised by the *New York Concert Review* for his exceptional talent, performing *Catch Me If You Can*. Bozeman native violinist Felix Guggenheim, winner of the Montana Association of Symphony Orchestra's Concerto competition, will perform a moving rendition of "Remembrances" from *Schindler's List*.

The concerts will take place on Friday, June 7th, at 7:30 pm; Saturday, June 8th, at 2:30 pm and 7:30 pm; and Sunday, June 9th, at 2:30 pm, at the historic Willson Auditorium in downtown Bozeman, 404 West Main Street. Thanks to the generous support of sponsors Cal and Tricia DeSouza and Donald B. Gimbel, the community can enjoy this one-of-a-kind experience.

Tickets are now available at <https://www.bozemansymphony.org/atthemovies.html> or by calling the office at 406-585-9774. Adult tickets start at \$29, with discounted rates available for students (K-12 and college).

# TRAILER PROTECTION

## ENCLOSED, BOAT, FLATBED, UTILITY, ATV, CARGO, EQUIPMENT...

### WE'VE GOT YOU COVERED!

A collage of images showing different types of trailers and equipment. Top left: A black metal frame trailer. Top right: The interior of a white enclosed trailer. Middle left: A white pickup truck with a black bed liner. Middle right: The interior of a white enclosed trailer. Bottom left: The interior of a white enclosed trailer. Bottom right: A white Feterl utility vehicle.

The logo for Rhino Linings of Livingston. It features a black silhouette of a rhinoceros head. To the right, the text "Rhino Linings of Livingston" is in black, and "AUTHORIZED APPLICATOR" is in smaller black letters below it.

**Destri & Helena Adams - Owners**  
**406.220.3601 • [www.rhino linings.com](http://www.rhino linings.com)**  
**320 1/2 N. Main Street, Livingston, MT 59047**

# Scholarship Opportunity

The American Association of University Women (AAUW) of Park County, Montana are pleased to announce a scholarship opportunity for women of Park County, MT. \$1850.00 is available to female students with established residency in Park County, Montana or Mammoth Hot Springs. Female students, who are attending a college or university at the Sophomore, Junior, or Senior years, or to students

enrolled in a graduate program. Application and requirements can be obtained by contacting one of the Scholarship Committee members - DJ at [robb\\_inn@yahoo.com](mailto:robb_inn@yahoo.com) - Vicki at [vicki.zeman@gmail.com](mailto:vicki.zeman@gmail.com). Information about this opportunity has been provided to Montana College and Universities as well. Please see the financial aid offices for additional information. The deadline to apply is June 21, 2024.





Crossword Puzzle Number 328

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

- Across**  
1 Wander  
5 White or Blue African river  
9 Ahura ---, Zoroastrian Supreme Being  
14 "... Marching --- war ..." (Sabine Baring-Gould)  
15 Downright dastardly  
16 Sherlock seeks them  
17 Supercelebrity  
18 Immeasurably long periods  
19 Heavenly supporter  
20 Causes house moves in California?  
23 "... Venus sets --- Mercury can rise" (Pope)  
24 Some  
25 For each  
26 Piece on earth?  
28 Timber management  
33 Lay  
34 Wedding attendant  
35 Weeding implement  
36 Ironclad Mrs. Rice encrypted some FBI database entries  
40 GWB, to GHWB  
41 Quaintly ancient  
42 Flag  
43 Really?  
46 "In your dreams!"  
47 It never gets off the ground in Australia  
48 Home to Jaguars but not Panthers  
49 A decade  
52 Sub rosa  
58 Found in rings and bulbs  
59 "Battle Hymn of the Republic" author  
60 Pennsylvania resident famous in February
- 61 Fatty acid, for example  
62 And the rest  
63 Kansas movie barker  
64 Corporate bigwigs  
65 Century note  
66 Double-click, perhaps
- Down**  
1 Elevate  
2 Half of "The Odd Couple"  
3 Pet Antonio fusses about sometime  
4 Nat King Cole's "--- Lisa"  
5 "Well You ---" (Thelonious Monk)  
6 Trade in the elephant variety is illegal  
7 Short note  
8 "Lohengrin" heroine  
9 Big name in antivirus software  
10 Tables with frontals  
11 Bantu language  
12 Distribute cards  
13 Helper, for short  
21 Model --- Campbell  
22 Bender  
27 "Solaris" author Stanislaw ---  
28 Golfer who won three British Opens and three Masters  
29 Giant people-eater  
30 Place to find a bargain  
31 Staffs  
32 Triumphant cry  
33 28 Down is one of them  
34 Friends  
36 "--- : Miami" (CBS hit)  
37 Still in dreamland  
38 Superior herring?  
39 "Halt! --- fire!"  
44 Valiant  
45 They're made in reparation  
46 Far away from home  
48 Up in arms  
50 Cream of the crop  
51 It can run while you walk  
52 Flat-fish  
53 Multi-user computer operating system  
54 About to go off?  
55 "--- Call Me MISTER Tibbs!"  
56 Jot  
57 "He's --- no good"

Crossword Puzzle Number 327 Solutions

1	C	U	S	T	O	M				7	S	H	I	L	O	H				
13	O	N	T	I	M	E			14	S	U	I	C	I	D	E				
15	H	E	R	E	I	N			16	B	E	R	K	E	L	E	Y			
17	O	V	E	R	T			18	S	O	L	V	E	S						
19	S	E	E	S			20	F	O	R	M	E	D		21	T	O	T		
24	T	N	T			25	D	E	F	R	A	Y			26	T	R	I	O	
			27	S	T	U	D	I	O					29	S	H	A	L	E	
30	B	E	M	A	D				32	A	W	E			34	C	O	D	Y	S
35	A	D	A	M	S				36	M	A	T	U	R	E					
38	S	I	R	E			39	P	R	O	T	E	M		41	U	R	N		
44	S	E	T			45	G	U	I	N	E	A			46	K	N	E	E	
				47	W	E	R	N	E	R				48	R	A	I	D	S	
49	L	E	W	I	N	S	K	Y						52	A	I	R	O	U	T
53	O	V	A	R	I	E	S							54	S	P	E	N	C	E
55	S	A	Y	Y	E	S								56	T	E	N	S	E	D

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

- Aft  
Beam  
Below  
Binnacle  
Boat  
Bow  
Crow's  
Nest
- Davits  
Deck  
Fall  
Ladder  
List  
Mess  
Officer  
Overhead
- Port  
Purser  
Ship  
SOS  
Stack  
Stern  
Thwart

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

Sudoku Puzzle Number 327

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

We here at PCCJ love bringing you this outlet where our community can share their ideas, thoughts and events to everyone in Park County.

Our main goal is to keep this paper, and the website access, FREE to everyone!

Our generous advertisers are the main reason we can keep this going, so please, visit them and tell them Thank You!

We are also asking if you feel this publication has real value to you, and it is not a hardship, to consider signing up for a monthly donation...we sure would appreciate all the help we can get to keep this publication free and available to everyone!

You can make donations online at [www.pccjournal.com](http://www.pccjournal.com) - Thank you!

Sudoku Puzzle Answers 326

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



# Classifieds

**FOR SALE**  
2018 Keystone Hideout, 242LHS, one owner, new tires, only used a couple times a year. Complete with generator, alr conditioning, outdoor kitchen, awning and fully loaded! \$15,900 Call Greg for more information at 336-337-4542.

**FREE**  
5 Nigerian Dwarf Goats - 3 weathers with horns, 1 doe without horns, 1 buck. Also, 1 pig name Petunia who loves to play ball, is very friendly and could be housebroken! Must go to a good home. Call Greg at 336-337-4542 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](mailto: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](mailto: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](mailto: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](mailto: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](http://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>.

**Police Patrol Officer** - Is a rewarding career in law enforcement your dream? Do you appreciate a fantastic team of coworkers, market competitive pay and benefits, job security, and a traditional retirement pension? Do you want to get away from the problems plaguing bigger communities and enjoy true community policing? If you answered YES to these questions - Livingston Police Department in beautiful South-Central Montana could be your next career adventure! Please apply at <https://www.livingstonmontana.org/jobs>.

**Lifeguards and Swim Instructors**  
- Summer is almost here and the City of Livingston is now recruiting summer seasonal Swim Instructors and Lifeguard. We are looking for candidates who enjoy interacting with youth and who can commit to working the entire season starting in late May/early June 2024 with an end date of August 2024. This position will report to the Pool Manager and the Recreation Director. Qualifications, Knowledge, Skills, and Abilities:  
• Lifeguard, CPR, First Aid, and AED certified or become certified upon hire.  
• Aquatics/Lifeguarding experience is desired, but not required.  
• Ability to effectively and clearly communicate verbally and in writing.  
• Ability to work independently, solve complex problems, and troubleshoot concerns while maintain positive relationships with employees and patrons. 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. 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](mailto: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](mailto: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](http://www.gardiner.org) and can be emailed to [Super@gardiner.org](mailto: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.

**Angel Line Relief Bus Driver** - This relief driver role is available for the Angel Line Transit department at Park County. Our Angel Line services provide prescheduled door-to-door transportation to Park County residents aged 60 and over and disabled individuals. This position safely and efficiently operates the bus while providing excellent, friendly service to the riders. The relief driver is scheduled only occasionally with limited and varied hours to provide coverage for the full-time driver in the event of scheduled or unscheduled absences. This role will be open until filled with preference given to applications received by May 7, 2024. <https://jobs.parkcounty.org/>

**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](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](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/>

## How to place your Classified Ad!



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](http://www.pccjournal.com) or email [community@pccjournal.com](mailto: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](mailto:community@pccjournal.com) for more information on placing a larger classified ad.





# Landmark

## REAL ESTATE

*Your Local Real Estate Market Experts*

### FEATURED LISTINGS

ERALivingston.com | 406.222.8700



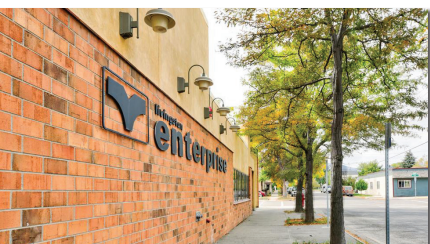
**78 Arcturus Drive**  
Land Listing | 7.06 acres  
#378949 | \$280,000  
Deb Kelly | 406-220-0801



**TBD Chestnut Lane**  
Land Listing | 0.16 acres  
#390558 | \$130,000  
Jon Ellen Snyder | 406-223-8700



**111 Chestnut Lane**  
2 beds 1.5 baths | 2,128 sq ft  
#390809 | \$575,000  
Jessie Sarrazin | 406-223-5881



**401 S Main Street**  
Commercial Sale | 10,375 sq ft  
\$384182 | \$2,200,000  
Ernie Meador | 406-220-0231



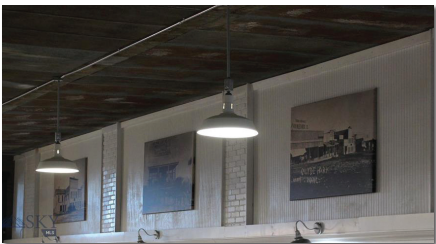
**512 North K Street**  
2 beds 1 bath | 896 sq ft  
#390201 | \$399,500  
Jon Ellen Snyder | 406-223-8700



**28 W Grannis**  
3 beds 2 baths | 2,112 sq ft  
#390575 | \$925,000  
Julie Kennedy | 406-223-7753



**27 Royal Wulff Road**  
3 beds 2.5 baths | 2,668 sq ft  
#390722 | \$1,799,000  
Gillian Swanson | 406-220-4340



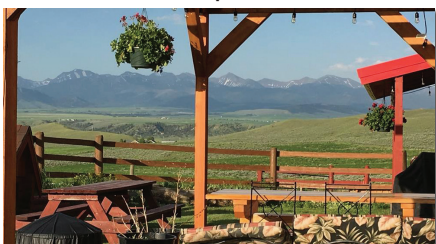
**512 Miles**  
Commercial Sale | 4,212 sq ft  
#389433 | \$540,000  
Tammy Berendts | 406-220-0159



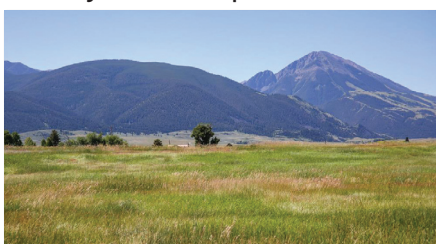
**132 Balfour Loop Road**  
Land Listing | 20+ acres  
#384597 | \$300,000  
Aurora Fritz | 406-224-2501



**517 North M Street**  
2 beds 1 bath | 2,025 sq ft  
#390865 | \$359,000  
Gillian Swanson | 406-220-4340



**16 Wild Horse**  
3 beds 2 baths | 2,016 sq ft  
#390156 | \$1,400,000  
Tammy Berendts | 406-220-0159



**90 Paradise Found Dr**  
Land Listing | 10+ acres  
#389634 | \$435,000  
Theresa Coleman | 406-223-1405

## Yellowstone National Park 2024 Road Improvement Projects

# Improving Safety, Access & Experience on Park Roads

There will be two major road improvement projects in Yellowstone National Park in 2024. The Lewis River Bridge and Yellowstone River Bridge projects will cause traffic delays. It's important that visitors plan accordingly for these delays located along the park's southern and northern road corridors.



Lewis River Bridge replacement: girders and south abutment.  
NPS / Jacob W. Frank

**1. Lewis River Bridge**  
Location: Nearly 10 miles north of the South Entrance on the South Entrance Road  
Access: In 2024, expect up to 20-minute delays while roads are open to wheeled vehicles (May-Oct. 31). Nearby pullouts and the trail to Lewis River Falls will be closed during construction.  
Improvements: This project began in 2022 and will conclude fall 2024. It includes the removal and replacement of the Lewis River Bridge. The existing bridge will be removed, and a new bridge will be constructed immediately downstream. The project includes additional parking and viewing opportunities.

**2. Yellowstone River Bridge**  
Location: Near Tower Junction along the Northeast Entrance Road  
Access: In 2024, expect up to 30-minute delays. The Northeast Entrance Road is open year-round to wheeled vehicles. Hiking trails in the area may temporarily close during the duration of the project. Visit the Backcountry Situation Report for details.  
Improvements: This project began in 2023 and will conclude fall 2026. It includes

the replacement of the structurally deficient Yellowstone River Bridge built in 1961. A new 1,285-foot-long, 175-foot-high steel girder bridge upstream will replace the existing 604-foot-long bridge to preserve year-round access to/from the Northeast Entrance and communities of Silver Gate and Cooke City, Montana. New pullouts, paved parking areas, and dedicated route across the new bridge will increase access to trails, fishing and viewpoints. The Yellowstone River Picnic Area will be enlarged to accommodate increased visitor use.

Temporary delays or closures can happen at any time on park roads. Stay informed.  
• Visit Yellowstone's website at Park Roads.  
• Call 307-344-2117 for recorded information.  
• Receive Yellowstone road alerts on your mobile phone by texting "82190" to 888-777 (an automatic text reply will confirm receipt and provide instructions).

Before traveling, check road conditions outside of Yellowstone in Montana, Wyoming, Idaho, and Grand Teton National Park and view the park webcams to see current traffic conditions at the North and West entrances to Yellowstone.

# Livingston

community choir

## SPRING CONCERT

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

Directed by Mark Mills • Accompanied by Sara Kirk

Free admission • All invited and welcome

## REALTORS®

in Livingston, Bozeman, Big Sky & Ennis

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

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



# Seven Kitchen Hacks, Save Time & Money!

Jill-Ann Ouellette

Here are a few ways to save you time, money, and effort. Whether its an easier way to complete a process, a new way to do it, an easier or faster way, or a way to save money by having less kitchen waste. Try these out:

1) Use a spoon to skin a kiwi. This trick works best if you have kiwis that have ripened and are not rock-hard. Slide a spoon under the skin and run it around the fruit. The skin will slide right off. Just slice and serve. Use this trick when you have plenty of ripe kiwis before they become over-ripe.

2) Dice through a cooling rack. A cooling rack is perfect for quick dicing things like hard-boiled eggs or avocados. Just place the rack over a bowl, us a closed metal spatula to push the food item through the rack. Uniform pieces emerge, viola! Much faster than cutting by hand.

3) Clean your barbeque grill with an onion. Texas grill maestros have relied on this completely natural solution for ages. Cut an onion into two parts and move it up and along the grill grates with a fork. It's best to let the grill cool off a bit. Makes quick work of a messy task.

4) Get avocados to ripen faster. You can improve the ripening by sealing avocados in a paper bag. To help speed up the process, add a banana to your bag. Both fruits produce ethylene to promote ripeness. This will not work overnight, but it is notably quicker than leaving them in a bowl. (I'm still trying to perfect this.)

5) Squeeze your lemons and limes the easy way. If you don't already have a citrus

press, pull out your metal tongs and wedge the citrus between the tongs and press. This way, you get every bit of juice!

6) Use a wooden spoon to keep pots from boiling over. Boiling over is a hazard that can be controlled with the use of wooden spoons. It is a mystery how things work in this world. Does wood absorb steam?

Yes! Literally, place the lid on the pot with the spoon handle sticking out, and boil away—no spillovers!

7) Clean your wood cutting boards with lemon and salt. You need just half a lemon, granular salt, and a scraper. Place your cutting board on a flat surface, sprinkle on some salt, then take your lemon and squeeze it, then scrub both into the board. Use a scrapper to get the excess salt and lemon off, and then rinse with warm water. Our cutting boards are essential to having beautiful lasting countertops. As a side note, wooden cutting boards will dry out when washed, and that helps eliminates many lurking germs!

Have fun and be adventurous in the kitchen. Give these a try!



## Spring Bazaar and Farmers Market

**When:** Saturday May 11th, 8 am to 3 pm

**Where:** Paradise Valley Equine

From town, turn right on Rosemary Lane from East River Road

Vendors signing up and # growing fast. Yes you too!

Artists, & crafters, toys & tack, kid's activities, farm & petting zoo tour at 11 & 1pm; homemade product,

Western wear and accessories, and,...

Lunch vendor is Old Faithful Franks!



**JOIN THE VENDORS and spread the word!**

**Questions? Or sign up for vending spot?**

**Contact:** [paradisevalleyequine@gmail.com](mailto:paradisevalleyequine@gmail.com) or 406-823-9836

## Jazz Jam Sessions

Starting in May, Garrett Stannard, Band Director at Park High School, will begin hosting Jazz Jam sessions. You can find the Jazz Jam sessions in full swing at Engine Room Pizza



located at 113 W Park Street in Livingston on Monday nights from 6:30-8:30 pm. Everyone is welcomed to come and listen to some great live music.



**CARRYING LOCAL SPECIALTY WINES AND WHISKEY**

**OPEN 7 DAYS A WEEK! 8AM - 12AM**

**406-222-9581**

**110 Centennial Drive, Next to Subway, across from McDonald's**



**504 E. Park Street**

**406-333-3100**

**NORTH**



**Next to Taco Bell & Dominos**

**406-333-2142**

**SOUTH**



**CROWN ROOM CASINO**

**ALL LOCATIONS**

**OPEN 7 DAYS A WEEK!**

**8AM - 12AM**