

Drought Management

In response to lower than average snow levels in the Upper Yellowstone River area, the City Manager and staff presented a draft of the City's water restriction plan at the May 7th City Commission meeting. While there is no immediate concern about the City's ability to provide enough clean drinking water, the City team wants to take a proactive approach in educating the community on steps that may become necessary.

In the event of a severe drought or emergency, the City of Livingston has adopted the following drought stages for 2024 and beyond.

Drought Stages:

- Stage 1: Voluntary restrictions with education on water conservation.
- Stage 2: Citywide irrigation ban from 4 am to 9 am to allow time for reservoirs to refill.
- Stage 3: Watering of lawns is permitted for even-numbered addresses on Tuesday, Thursday, and Saturday from 8 pm to 4 am. For odd-numbered addresses, watering is allowed on Wednesday, Friday, and Sunday during the same hours. Public parks may be watered on Monday, Wednesday, and Friday.
- Stage 4: All outdoor water use is prohibited.

Stage Triggers

- Stage 1: Stage is triggered when average daily demand exceeds the well pumping capacity.
- Stage 2: Stage is triggered when water levels are below 80% in both reservoirs.
- Stage 3: Stage is triggered when water is below 70% in both reservoirs.



Stage 4: Stage is triggered if the city suffers an equipment/infrastructure failure, a fire emergency, or if water is below 60% in both reservoirs.

Conservation Tips Outdoor Watering

Small landscaping and habit changes can save a lot of water which reduces demand and can save money.

Tips for Reducing Outdoor Water Use

- Wait to water lawns. Don't turn on sprinklers too early in the season. Leaving lawns dormant longer will save water, and will not compromise the longevity of your lawn. April is too early to go automatic, plan on programming your sprinkler system to start in May or June. Hand-water trees and plants as needed. Trees offer many benefits such as shade and habitat, and are often greatly impacted by drought, make sure to keep an eye out on your tree health and water them when needed.
- Water less frequently. Watering twice a week will make grass roots grow deeper and allow the grass to last longer without water.
- Cycle sprinkler system run times. This can prevent excess water runoff, visual inspections after an initial watering cycle will make this apparent. Instead of setting each zone to water for 15 minutes, set each zone to water for five minutes, every hour, for a few hours, and adjust accordingly.
- Water in the evening, night, or early morning. Watering landscapes in the early morning or at night will help reduce water loss. During the daytime heat, less water will be available to plants due to loss from

See Drought Management, Page 3

Community School Collaborative Hosts Successful 8th Grade Law and Order Day

The Community School Collaborative proudly announces the success of the annual 8th Grade Cougar Career Day: Law and Order, was held on Thursday, May 2, 2024, at the Livingston City/County Complex. Overwhelmed by enthusiasm and curiosity, all 8th-grade students from Sleeping Giant Middle School and Arrowhead School embarked on a learning journey into the heart of law enforcement, public service, and community governance.

The day commenced with a kickoff by esteemed Attorney at Law, Rebecca Swandal, setting the stage for an immersive exploration of career clusters including Government and Public Administration, Information Technology, and Law, Public Safety, and Security.

Spanning eight interactive stations, students were exposed to a diverse array of professions and scenarios, each designed to ignite passion and foster understanding.

At **Station 1**, Lesa Maher of Youth Court Services demystified the youth court system, enlightening students about available services for Livingston's youth and community.

Station 2 witnessed Park County Commissioners, alongside Carly Ahern, orchestrating a mock County



Commission meeting focused on the Wellness Center project. Empowered to voice their opinions, students actively participated in local governance.

Chris Brookhart of Park County Search and Rescue was outdoors at **Station 3**. He imparted invaluable backcountry skills, emphasizing teamwork and quick thinking in rescue operations.

Deputy Creighton Rhodes of the Park County Sheriff's Department led **Station 4**, providing insights into law enforcement operations, including patrol procedures and arrest protocols.

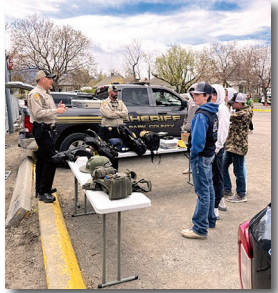
The investigative journey continued at **Station 5**, where Detective Rhenon Stoddard guided students through a mock crime scene investigation, honing their forensic skills and critical thinking abilities.

New dimensions of public service unfolded at **Station 6**, where Josh Pierce of EMS and Fire Protection showcased the vital roles of firefighters and paramedics in Park County.

At **Station 7**, Livingston City Police Department's Assistant Chief of Police, Andrew Emanuel, and Sergeant Corey O'Neill showcased the invaluable contributions of police canines in law enforcement.

Finally, Scott Konley of the Park County Health Department led **Station 8**, educating students on the importance of food safety and handling, empowering them to create safe cooking environments commercially and at home.

The Community School Collaborative extends heartfelt gratitude to all participating agencies, presenters, and volunteers for their unwavering commitment to inspiring and educating the next generation of community leaders and public servants.



Park County Community Journal

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LETTERS TO THE EDITOR



Dear Editor:

Vote for your right to vote. Don't be tricked into voting NO on Ref. #1. Don't let expensive advertising campaigns financed by newly minted local millionaires trick you into voting no. These guys are just the small fry. Huge financial conglomerates and their non-profit nongovernmental organizations (NGO's) are the big fish at play in the effort to restrict usages on private land in rural Park County. Vote FOR Referendum #1 to repeal the current Park County Growth Policy. The current Park County Growth Policy ignores and restricts the property rights of people who live outside Livingston's city limits. Vote FOR Referendum #1. Vote FOR creating a

new Park County Growth Policy that will address the concerns of Park County's rural residents living outside the jurisdiction of Livingston's urban city government. Vote FOR Referendum #1.

Vote FOR Referendum #2. The current growth policy was instituted by three County Commissioners. Steve Caldwell and Bill Berg who are no longer in office and Clint Tinsley, now retiring. We need to create a new Park County Growth Policy that includes rural voters living in the unincorporated areas of Park County.

Vote for our right to vote.

**Edwin Johnson
Gardiner MT 59030**

Drought Management

from page 2

evaporation and wind.

- When it rains, water accordingly - Watch the weather and adjust watering days and times accordingly. Use soil moisture sensors to automatically adjust watering schedules when it rains. As a less accurate option, use rain sensors to stop sprinklers when it rains.

- Let grass grow longer before cutting it. Raise lawn mower blades and protect lawns from the heat by letting the grass grow longer (3 to 3.5 inches.) A taller lawn provides shade to the roots and helps retain soil moisture, so your lawn requires less water.

- Water lawns, plants, and trees—not roads and sidewalks. Prior to installing a costly chase drain or other solution, request an irrigation audit. In our arid environment, there should be no need to divert irrigation water. Sweep driveways and sidewalks

with a broom instead of spraying with a hose - but please not down the storm drain or into the street gutter. Hand-water, deep root water, or drip irrigate trees, shrubs, bushes, perennial beds, annual flowers, and vegetable gardens. Always use a shut-off nozzle on your hose when watering plants.

- Fix any leaks. Check your sprinkler system monthly for broken sprinkler heads and damaged irrigation lines. Hire a professional to conduct a sprinkler assessment. A well-maintained system will save both money and water.

- Plan ahead and plan efficiently. If possible, delay new lawn installations for a non-drought year (even water-wise gardens require more water to get established) and avoid planting during the mid-summer heat. Incorporate water-wise plants and turf when planning landscape renovations or installations.

More information on the Drought Management Plan and lawn watering tips is available on our website, LivingstonMontana.org.

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- Served on Multiple Non-Profit, Government/Military Boards

Focus Areas:

- Roads
- Budget
- Growth Policy
- Property Rights
- Community Collaboration
- Constitution
- Local Government Communication

I am Christina Nelson. I have lived in Park County all my life. I am married and have a daughter in college. I own a bookkeeping business, am part owner of a local Electrical Company and own multiple rental properties in Park County.

I have been attending the weekly County Commissioner meetings, and serving on the planning board, and a variety of other local boards for over two years. I am involved with many local non-profit organizations and have served on a school board. I have a wide perspective of what we need to change.

I was in charge of the Military Family Readiness Group for my husband's unit while they were activated. During that time the Military Families of Park County placed the yellow ribbons on the trees down Park Street in Livingston. We were the group that was responsible for the military monument at Sacagawea Park.

While there are many issues to be addressed, here is my top three:

- Budget: Our county's budget is in the negative. We need to cut costs and think outside the box.
- Roads: We do not have any more miles of roads but cannot keep up like we have in the past. Road maintenance repairs and rebuilds needs to be organized better.
- Growth Policy: I can see the use and importance of a growth policy if it is one that the community wants. But the state makes it difficult to have with their guidelines of a Growth Policy. I ask that you look at the Montana Growth Policy Resource Book. We are danged if you do and danged if you don't.

With all of these issues and more, I believe that if we got a handle on the budget and started holding people accountable, the other issues would fall into place. The tourists' need to more directly help pay for what they use. The State needs to ease up the reins and let the local spending be left to the locals. We need to bring back some basic accounting and not as much government type accounting.

I believe with my experience and motivation that I am ready to do everything I can to get us back to the basics and Montana Way of Life. We need to protect our property rights, our family values, and our constitution.

- Christina Nelson

ChristinaNelsonForParkCounty.com
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Experience the Quiet Beauty of Nature at The Frame Garden

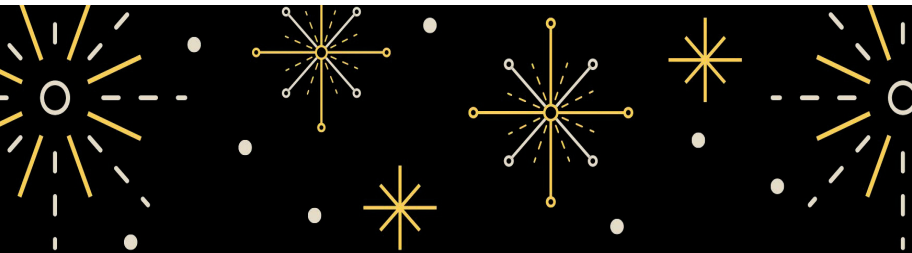
An exhibit of photographs by George Kalantzes are on display at The Frame Garden through June 25th. Kalantzes is a landscape / nature photographer whose artwork depicts the quiet beauty found within the grand landscapes of the American West. Simple, intimately composed images are key characteristics of his work.

"Since becoming a professional landscape photographer in 2014, my images have increasingly focused on more intimate, smaller segments of the broader landscape. I particularly enjoy this process because it imposes a more deliberate, thoughtful approach to photography. One that in my estimation fully enables the creative mind and produces more artistic images. The desire to



create this type of imagery is motivated solely out of my personal interest in experiencing and sharing the quiet beauty of nature in uncluttered places."

"My photography is done primarily in out-of-the-way places, often well away from others and almost always I'm alone. It is in these places that I can fully concentrate on what I am trying to accomplish photographically. There are many artists and places in the western US that I draw inspiration from. Without question, the quiet corners of rural landscapes are some that speak to me the most."



Happy Retirement!

After 47 years, **Joyce Anderson** is RETIRING from American Bank.

In honor of her 47 years of service and dedication, please join us to celebrate on Thursday, May 30 from 11 am - 2 pm. Food and refreshments will be provided.



QUICK TIPS



Alice Senter
Owner of Key Insurance in Livingston

Alice Senter, was born in Livingston and graduated from Park High School. Alice's career has been in banking and insurance. She is the owner of Key Insurance in Livingston, located at 124 West Lewis Street, in Livingston, Montana.

Insurance Tips

with Alice Senter

Q. Why would I need a personal umbrella policy? What is an umbrella policy?

A. It is extra liability protection over and above your current liability coverage on your auto, homeowner, or renters' policy. You must have a policy covering home, rental or auto in place to buy a personal umbrella policy.

What it covers; liability and defense costs over your primary insurance policies. It covers injury to others or damage to their property—it doesn't cover your own home, auto or possessions.

It's a good decision, especially if you have teenagers. If they were to cause an auto accident or property damage to others, the umbrella coverage would kick in once your primary coverage has paid its limit. Example: a person is injured in an auto accident caused by your teenager. The injured party has

medical bills costing \$625,000. Your auto policy pays \$500,000 in medical expenses per person/per occurrence. The umbrella policy would pay the additional \$125,000. You have the piece of mind that you are not personally liable for that \$125,000 in medical costs to the injured party.

Keep your investments, IRA's and from losing your home, by investing in an umbrella policy. If you have significant assets or a high-risk of a lawsuit (teenagers, home swimming pools/hot tubs, even social media use or if you are an executive or have a high level leadership role) it can offer peace of mind as well as financial protection.



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In Defense of The Voiceless, Part 2 – Bears

by Joyce Johnson

Spring has our bears coming out of hibernation, and according to a recent front page piece here in the Journal, it's also drawing out "snakes in the tall, new grass," *Bears and snakes and tourists, oh my!* But knowledge, watchfulness and a bit of avoidance is easy and deals well with all life's challenges. The "if it scares or inconveniences you, kill it," thing is old, macho, and stupid.

Our world of animal life is being decimated by mindless destroying, pollution, trophy and quota hunting, trapping, testing, or animals dispatched from life at random, cruelly, just about everywhere for any reason. Our living planet and her feeling life, which includes the higher form, us, is about freedom and inter-cooperation, and naturally invokes the R-word: Respect (for life). We have long exploited it all for greed, power or wall decor. But thus far, not much further.

Here's my short snake and bear stories: Within the 30 plus years I have lived here in rural Montana, I have only seen one (dead) rattler; one or two little garden snakes, two scared bear cubs up trees and one mamma bear with her two cubs on the river beach from an office window. The bears swam over to the buildings and created a sitcom until the boss strolled outside and banged some pans together. They went back across the river to their island home. But okay, I confess that when I see fresh bear scat or claw sharpening scratches on trees, I pause and pivot around with big eyes, and usually go the other way or start singing or both. I forget to pack pepper spray, I'd likely spray myself to be honest. But most bear stories are anti-climatic.

Bears are mostly nocturnal, which I call very smart they know our wacky, dangerous ways. A bear broke into a neighbor's greenhouse one night here in the hills and feasted on all the stored fruit. A bear was seen dragging the body of a sheep away near us, which I include here, though hurts my heart. I long, long ago read about a bear breaking into a small, isolated mobile home in Emigrant. I wonder if the owner banged pans together.



Our right to carry arms is in place in Montana, and rightly so, but there are ways to leave wildlife alone. Certain dogs are well known to defend sheep from or chase predators away. Special fencing accessories repel them from livestock, and this is known and yet the unnecessary killing prevails.

Bear horn & wrist bell. A native friend of mine said you could run into bears anytime, so they sent me a horn and bells. The horn is small and hooks to a belt, and is hilarious and effective. "Bears hate the sound," my friend said. Testing it, I blew the horn from my front porch one day to hear what it sounded like. A neighbor and her little dog were walking serenely a football field away, they both jumped off the ground in surprise and flapped like chickens! Jaw-dropping it was. She looked my way, but I had stepped quickly inside, closed the door and um... chuckled. Oddly, it wasn't that loud to me, but low in pitch, like the antiquated "uh-ooga" horn, but ya want the truth? It sounded more like Godzilla passing gas. Yes, that big! And scary sorta. Anyway the sound obviously travels far.

The hiker's wrist bell is for the same reason, to make noise but just less dramatic. Animals hear and smell way better than we do. I read that they would just as soon get the heck out our way. The she-bear is just another mother, and when we come up on her unawares, especially with cubs nearby, you know the rest. I sing when I walk in remote areas, like the birds do, when all is well. Or to let animals know I'm around.

Jaw-dropping Montana. Ron has come face to face, unannounced, with big black bears. Once at his former rural mailbox, and the other one night here in Emigrant hills, outside our front door. I wish he had awakened me. Ron is mysteriously low-key and fearless, and regarding both encounters all he said was, "We looked at each other, shrugged and the bear wandered off." I believed him. He would not kill a bug, and animals and bugs know it and like him. A huge mountain lion ran in front of his car on the Bozeman pass—thank goodness he was driving slow in a blizzard. An eagle flew across his windscreen too, and a near miss and just as sensational. Another local driving over the Pass claimed to have seen Sasquatch.

It's normal to see big winter herds of elk, deer and antelope visit the plateau up in the hills near me. While out walking a

year ago, I greeted and waved playfully at a large herd of elk laying around on the Story Ranch property. I was stunned beyond belief when the entire herd got up and ran off, they were about a half a football field away. We also see an occasional fox, rabbits, hawks, wild geese, ducks, swans, ospreys, sandhill cranes and eagles here in the heart of the valley, as well as dozens of magpies and visiting seasonal birds, here at the feet of our most-photo'd and loved mountain in all of Montana—Emigrant Peak. And to live alongside the powerful, playful, north-flowing Yellowstone River replaces my longing for the sea. Most if not all of us hold deep, conscious gratitude for our gorgeous valley home, and the Absaroka Mountains; sentinels of power and beauty, that seem to rise above and protect us and provide a home for locals, animals that is first. The valley tends to blow away the less hearty.

We can "blow" away, discourage, or fence-out bears and other predators from our property without slaughter. It's requires a willingness to try new ways or make it law to respect our living prehistoric, top-of-the-food chain,



Photo by Jim Harrison

true locals, super survivalists, bears, and wolves and bison, but the list is endless. In response to trapping, rather than seek to kill, skin and sell fur, etc., to other countries, I wrote the following in a letter to the Enterprise Editor 20 years ago and asked: "trappers please get a real job?" And I am more intent now, as the situation is worse, and we still plead for humane thinking, fair regulation and protection. It really is imperative, not an option. We can get informed and listen to, and support the people and organizations that quietly speak for us, and for the **Voiceless**, with humane conscience, to educate, propose alternative ways, and laws to Protect *Life*, period.

Thank you for reading my column. Your input is always welcome at PCCjournal, and to me, at 2Jaysplace@gmail.com



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The Cutting Edge of Cut Tech

by Nurse Jill

The majority of American citizens have encountered robots on the big screen for decades. While factory assembly lines, self-driving cars, and even the helpful vacuum bot are common robots of the 21st century; most minds still gravitate toward humanoid machines with evolving AI when the term “robot” is discussed. Even the official definition of robot supports the humanoid stereotype.

Medicine has always leaned toward the cutting edge (pun intended). There have always been (and always will be) groups of healthcare workers that diligently look for better ways to take care of patients and to find more effective treatments. The world of medicine has evolved tremendously over the last 100 years. And even though medicine has always been a bit exciting and ever changing, the last 20 years have arguably been some of the most exciting yet, because we have seen the development of robots. The robots used in the medical world are nothing like what we have seen on the big screen.

The first surgery that was aided by a ‘robot’ was actually in 1985. This first robot was simply a pre-programmed single arm. Many concurrent uses and models were also single arm units. It wasn’t until the 20th century gave way to the year 2000 that robots came to resemble what is now commonplace in operating rooms around the world.

What the medical world refers to as robots are actually termed as “computer-assisted surgical systems” by the FDA. The term “robotically-assisted surgical devices”

is also used.

So, what exactly do “robots” in the medical world do? And, more importantly, not do? The technology advancement is amazing. Those that appreciate it most are those that have done surgery “old school” for years and see these devices making difficult tasks easier and more effective.

The majority of robotic assistance to the medical world is seen in the operating room. Each specialty has developed its own special robotic approach that boasts benefits to the patient and to the surgeon.

In surgeries that involve the abdomen, the pelvis, or the chest, surgeons use an assistive device that utilizes robot arms at the patient bedside. These robot arms hold specialized instruments that allow for a much greater range of motion as well as more precise movements during delicate parts of the procedure. A camera is among the tools that are connected on these arms. The robot camera is unique in that it allows the surgeon to see in 3-D from their vantage point. The surgeon sits at a control station in the operating room but usually in a corner that has room for the console. They utilize special joysticks that loop around their fingers for them to precisely control the movements of the robot arms. They also utilize special foot pedals to give

them even more control over what the robot does.

The robots in the operating room have no intelligence of their own unlike their big screen counterparts who often have a mind gone haywire. The surgeon controls every motion of the arms. The robot only does what the surgeon tells it to do.

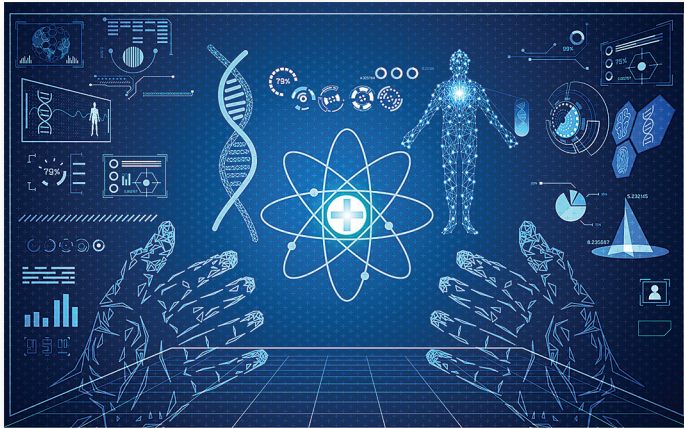
Another place ‘robots’ show up in surgery is in orthopedics. In spine surgery a surgeon can program the ideal pathway

machine.

In total joint surgeries some surgeons use a computer assistive device to plan the joint hardware. Again using pre-surgical x-rays and in-surgery data the surgeon can plot how much bone to take from the existing joint in order to make room for the new components that will help a patient regain mobility and reduce pain from badly worn bone. This again can allow for a level of precision that is helpful in dealing with nuances that occur in every case.

There are many applications of robots in the medical world. It is fascinating and impressive what researchers have ventured into and found to be successful. A lot of hours, effort, and, yes, money have gone into the research and perfection of these technologies. Just as medicine today looks a whole lot different that it did in 1924, the medicine of tomorrow will continue to change, becoming better still.

The take-away is that robots don’t have to incite fear or uncertainty if your surgeon suggests utilizing one for your surgery. It even has the possibility of improving your experience. Just like any invasive procedure you should have a good long chat with your surgeon about risks and benefits before making decisions but don’t let Hollywood representations of wacky AI influence your understanding of the ‘robot’ in surgery. Robots really are the cutting edge of cut tech.



for necessary screws to be inserted into the bone. The assistive device will merge pre-surgical x-rays with in-surgery x-rays to show the surgeon the exact angle that needs to be taken to achieve that ideal location. Prior to this computer assisted navigation, surgeons would have to take x-ray after x-ray to continually confirm the screw was headed in the direction that was best. While x-rays are still used to confirm placement, the process is much swifter and allows for a degree of precision that was formerly difficult. The surgeon controls all movements of the

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CANINE CORNER

by: Kylie Purcell



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

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

My dog seems to be getting tired of his food, any recommendations?

If you ate the same thing over and over day after day, I think its safe to say, it would get boring! Before we go any further, make sure to check with your pup's vet before making dietary changes. What I like to do with my pup's kibble is called top dressing. This adds some extra flavor and goodness to their bowl. Now this isn't recommended for dogs that are overweight but only those at an optimal weight.

You can use these items raw or cooked. If you cook them, skip the butter and very small amounts of oil as well as no spices or seasoning. One of the easiest items to top dress with is egg. Simply crack an egg into the bowl and mix the kibble to coat it. You can also include the eggshell. Your dog will let you know if they like it or not by eating it or leaving it. Eggs are a great source of vitamins and minerals and can add shine to your pup's coat. Vegetables are another simple add-in. My pups go crazy for carrots, no need to peel them. Green beans, broccoli, and cauliflower are also great. We want these to be small additions, so portion control is important. You can add in fruits, too! Apples (making sure to eliminate the seeds and core) are yummy as well! Some dogs enjoy strawberries and blueberries.

You can try different fish and meats. Smelt is an easy add-in that can be readily purchased from our local grocery store. Chop it up while frozen and use small portions. Any wild caught fish or game needs to be in the freezer for a minimum of three weeks (if being served raw) to minimize the chance of parasites. One of my pups took a while to enjoy this, at first she would take the fish out of her bowl and roll on it. Meats are an option but the fatty pieces should be trimmed and only small amounts should be given. Chicken or turkey gizzards and hearts are easily found locally.

Finally, one of the most beneficial top dressings, is a probiotic kefir. It is our go-to. Yogurts (non flavored and minimal sugars) are also good. We use a tablespoon for our 40-60 lb. dogs three times a week to help with their gut and microbiome function. Goat's milk kefir is one of the better versions but sometimes cost prohibitive.

Keep it simple, take it slow and pay attention to what your dog likes! Stay away from bones and be sure not to add too much new stuff to your pup's food as this may irritate their tummy.

Happy Tails!





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The Shane Center Presents Wylie and the Wild West Join Ramblin’ Jack Elliott and Roy Rogers

The Shane Lalani Center for the Arts announced the addition of Wylie and the Wild West for the inaugural concert at their new Henry Blake Pavilion on July 20, 2024.

Wylie and the Wild West joins Folk Legend Ramblin’ Jack Elliott and Grammy winning slide guitarist Roy Rogers at this fundraising event.

Russell Lewis, Artistic Director of the Shane Center, said, “Wylie is the cherry on top of this fabulous event. It’s beyond exciting to have artists of this caliber play for the first major concert in the Henry Blake Pavilion. We look forward to years of presenting music and theater to the citizens of Park County in our incredible new venue.”

Wylie Gustafson is an American original. The native Montanan singer/songwriter has recorded 24 albums backed by over three decades performing around the world.

Wylie remains distinct in country music as one of the few authentic voices of the genre. Wylie’s muse is the empty sprawl of his native Montana home where he crafts the words and music that reflect his life on the 4th generation family ranch.

Over the last 33 years, he and his band, The Wild West, have performed their refreshing blend of cowboy, western, and traditional country. They are hugely popular on the festival and theater circuit. Stateside, they have performed at such prestigious venues as the National Folk Festival, MerleFest, the Bumbershoot Festival, The Stagecoach Festival, A Prairie Home Companion, The Conan O’Brien Show and the Grand Ole Opry (with over 50 guest appearances).

Celebrating 92 years young in 2023, Ramblin’ Jack Elliott is known for his ever-curious spirit and continues to tour—performing at Carnegie Hall in March. A veteran troubadour-style performer, it is through sharing songs



and tales gathered over a career of more than 60 years (through the roots of Folk, Blues, Americana, Cowboy music, and poetry) that this American icon is in his purest element.

Mr. Elliott is a Presidential National Medal of Arts recipient with a permanently enshrined seat at Woody Guthrie Center Theater in Tulsa, OK. He’s received the 2016 Folk Alliance Lifetime Achievement Award, two Grammy awards, and has released 40 albums.

Roy Rogers has dazzled the streets of Livingston with his Delta Blues trio the Rhythm Kings at the second Livingston Hoot. He has toured the world and just this October visited Bozeman in his opening set with the legendary Bonnie Raitt. The highlight of the show was when Roy joined Bonnie during the encore for a slide guitar duel. This Grammy winner is known for his extraordinary slide guitar skills and brings an understanding of the Delta Blues to these modern times. He’s also known as a producer and has worked with artists such as John Lee Hooker and Mr. Elliott.

Mr. Rogers has worked with Ramblin’ Jack for several decades, and for part of the program, the two will join together to tell stories and perform songs from Jack’s amazing career.

Executive Director of the Shane Center Erika Adams added, “We want to thank every donor, our Board of Directors, and partners in construction that have made it possible to break ground on the Pavilion. We can’t wait to see you all on July 20th.”

Bob Dylan calls Ramblin’ Jack, “the King of the Folk Singers.” Don’t miss your chance to experience a very rare performance by a true Folk Icon, a Delta blues master, and a Montana Native Son. Tickets are available at www.theshanecenter.org or by calling the

box office at (406) 222-1420.

For additional marketing information, contact Joanne Gardner Lowell at joannegardnerlowellmt@gmail.com.

For additional information on the Shane Lalani Center for the Arts, contact Erika Adams at erika@theshanecenter.org.

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The 10 Most Nutritious Foods



by Jill-Ann Ouellette

Imagine the ideal food... one that contains all the nutrients necessary to meet but not exceed our daily nutrient demands. If such a food existed, consuming it alone would provide the optimal daily nutritional balance for your body. It sounds like it could be boring!

Well, such a food does not exist. After analyzing more than 1,000 raw foods, British researchers ranked the foods that provide the best balance of daily nutritional requirements and they found a few surprises. I noticed some superfoods missing from the top of the list (like avocado, blueberries, kale, salmon and fermented foods—all ranking lower on the list), but I love to learn new things.

The key to a healthy diet is to eat a balance of highly nutritional foods, while staying within the daily recommended amounts of those nutrients. An important note is that preparing the foods in unhealthy ways is counterproductive. It's best to eat vegetables raw, steam them, or lightly stir fry them. Fish can be baked, broiled or grilled. Yes, most items on this list are nuts, leafy greens, and fish!

Ranked by scientists and researchers, these are the ten most nutritious foods:

10. Dried parsley: Parsley that is dried and ground to use as a spice. It is high in boron, fluoride, and calcium for healthy bones and teeth. Shake, shake, shake in your recipes—not just for looks, there's nutrition in there too. 292 kcal per 100 g

9. Snapper: A family of mainly marine fish, with red snapper being the best known. Rich in vitamins A and B, potassium, and Omega-3 fatty acids. Nutritious but may contain mercury and best eaten in moderation. 100 kcal per 100 g

8. Beet greens: The leaves of beetroot vegetables. They are considered a superfood, high in calcium, iron, vitamin K and B (especially riboflavin), magnesium and potassium. A personal favorite of mine. 22 kcal per 100 g

7. Swiss chard: A rare, dietary source of betalains (red and yellow pigments, phytochemicals thought to have antioxidant and other health properties). Considered a superfood, rich in vitamins A, C and K, magnesium, iron and potassium. 19 kcal per 100 g

6. Pumpkin seeds: Including the seeds of other squashes. A good source of healthy fats, magnesium, iron, zinc and antioxidants. One of the richest plant-based sources of iron and manganese. Eating them plain is perfect or roast them with light spices. 559 kcal per 100 g

5. Chia seeds: Tiny, black seeds that contain high amounts of dietary fiber, antioxidants, minerals and Omega-3 fatty acids. They are rich in protein, α -linolenic acid, phenolic acid and vitamins. These are considered a superfood and are easy to add to many recipes without changing the flavor, such as in puddings, salads and salad dressings, crackers, and breads. 486 kcal per 100 g

4. Flatfish: Sole and flounder species. Generally free from mercury and a good source of selenium, phosphorus, and vitamin B12. These fish are on the bland side and need some spicing up, so reach for that parsley, garlic, cayenne pepper, etc. 70 kcal per 100 g

3. Ocean perch: The Atlantic species. A deep-water fish sometimes called rockfish. It is high in protein and low in saturated fat. It's a good source of thiamin, niacin, vitamins B6 and B12, phosphorus, and selenium. 79 kcal per 100 g

2. Cherimoya (a tropical custard apple): Cherimoya fruit is fleshy and sweet with a white pulp. It is nutrient-dense and rich in vitamins A, C, B1 and B2, copper, magnesium, phosphorus, potassium, and antioxidants. Rich in sugar. These are native to Southern California and can often be found often at local markets or on Amazon. 75 kcal per 100 g

1. Almonds: These are rich in mono-unsaturated fatty acids. They promote cardiovascular health and may help with diabetes. They are a calorie-dense food that is high in protein, fiber, healthy fats, magnesium, and vitamin E. You can eat these raw, roasted, added to stir fries, etc. Remember that soaking nuts and seeds overnight allows their enzymes to break down the phytic acid and makes the nutrients more bioavailable. 579 kcal per 100 g

The benefits of eating healthy are boundless. If you would like to live longer (with all your five senses) and healthy, to improve digestive function, to support your muscles, boost your immunity,

Recipe by Carla Williams White Chocolate Raspberry Cake

- Ingredients:**
- For the Cake:**
- One (15.25 oz) box white cake mix
 - 3.4 oz (one small box) INSTANT white chocolate pudding mix just the dry powder, do not prepare the pudding
 - 4 large eggs
 - 1 cup vegetable oil
 - 1/4 cup milk
 - 1 cup sour cream (full-fat)
 - 1 cup white chocolate chips
 - 2 cups fresh raspberries halved if large
- For the Frosting and Topping:**
- 8 ounces cream cheese, softened
 - 4 ounces white chocolate baking bar roughly chopped
 - 1 tsp vanilla extract
 - 3 cups confectioners' sugar
 - 1/4 cup heavy whipping cream may not use all of it.
 - Fresh raspberries and white chocolate chips for garnish

- Instructions:**
- Preheat oven to 350° degrees F. Liberally (and I mean really grease the HECK out of this pan) grease a 13x9 light metal baking pan with cooking spray or shortening and flour. This is a VERY sticky cake—trust me, I tested it several times. Set aside.
 - In a large bowl, combine the cake mix, white chocolate pudding powder (just the dry mix), eggs, oil, milk, and sour cream and using a handheld electric mixer on medium-low speed until a soft batter comes together and everything is fully incorporated, about 30 seconds. Fold in the white chocolate

- chips and raspberries by hand until combined. Pour the cake batter into the prepared pan and spread in an even layer.
- Bake for 35-40 minutes or until a toothpick or cake tester comes out clean or with moist, but not wet, crumbs. Cool completely. Cake may appear quite browned on the surface, this is normal.
- For the frosting:**
- Melt the chopped white chocolate in a small bowl in the microwave on HIGH power for 30 seconds. Stir, then heat for another 15-20 seconds, stopping to stir and heating for an additional 15 second increments, stirring after each until melted and smooth, taking care that the mixture does not scorch. Cool for about 5 minutes.
 - In the bowl of a stand mixer, cream together the cream cheese and vanilla until soft and fluffy, about 1 minute with the paddle attachment. Add in the melted white chocolate and mix well, scraping down the bottom and sides of the bowl as needed. Gradually add in the confectioners' sugar, about one cup at a time, until frosting is light and fluffy, thinning the frosting out if needed with the heavy cream (you may not need or use all of the heavy cream).
 - Spread the frosting evenly over the cake. Garnish the frosted cake with the raspberries and white chocolate chips, if using. Store leftover cake covered in the fridge.

strength your bones, or lower health risks like heart disease, type 2 diabetes, and to support your baby's health during pregnancy and breastfeeding, what you eat matters. So, make informed decisions and, of course, buy organic when you can!

Excerpted from BBC Future. Nutritional data based on The United States Department of Agriculture, Agricultural Research Service's National Nutrient Database for Standard Reference, Release 28.

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Poetry Spotlight

GIVE ME A POEM

Written by: Robert Nehls

Give me a poem with some wrong and some right,
With choices that matter, and a whole lot of fight.
And a journey that takes me through miles and years,
With laughter and giving and genuine tears.
With some friends and some foes and a God I can trust,
To walk close beside me when truth is a must.

If you give me this friend, then I'll give you my time.
And I'll gladly read through all your words and your rhymes.
Then maybe your poem will lead me to more,
And others may follow me through verses door.

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

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

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

Published & Created by former Enterprise Sports Editor,
Jeff Schlapp

312-506-7261
jeffschlapp@parkcountydugout.com

Looking Back

with *Lindie*

As a 70-year-old, I look back and remember as a young girl when on Tuesdays, burgers were six for a dollar at Mart's In and Out. (This was named after its originator, Mart Phillips and later changed to Mark's In and Out, after its second owner, Scott Black's brother, Mark). Mom would give me two one-dollar bills, and I would walk over to Mart's, order twelve burgers, and bring them home for our family of seven to enjoy this once-a-week treat.

To date, Mark's In and Out has been a gleaming red-and-white fixture on the corner of 8th and Park Streets in Livingston since 1954, a year after I was born. Originally the outside ledge was a flowerbed for geraniums. It was later remodeled and turned in to the flat ceramic tile ledge you see today.

From May through October, locals and visitors alike gather beneath the glowing neon "Beefburgers" sign, drawn like moths to the classic fifties menu to experience an authentic, original, small-town America drive-in. Not much has changed in these past seventy years. The burger is still 100% beef, fresh-ground daily, and the ice cream has been and always will be Wilcoxson's.

There used to be a classic car event, called the "Rod Run," when local and area enthusiasts would bring out their period cars to experience a night from the fifties. That changed when the railroad increased the insurance fee to use the railroad boulevard across the street for a weekend. And the music being piped through the loud speakers at Mark's remains the golden oldies—and sets the atmosphere.

The menu at Mark's is burgers and fries, dogs and onion rings, complemented by fourteen flavors of shakes made the old-fashioned way—with hard ice cream and milk. Everything is made and dressed to order. In my estimation, my favorite meal each summer is a super pizza burger, an order of onion rings, and a peanut-butter milkshake. It's as good as a prime rib dinner to me! While this isn't fine dining, it's American drive-in dining from the past at its finest. The ingredients are fresh and locally prepared by people who care about the food they serve.

The prices at Mark's are also reminiscent of a bygone era. The most expensive item on the menu is a bacon triple cheeseburger, which rings up at \$3.49, and a regular burger is only \$1.29. That's a steal for beef that's never seen the inside of a freezer! Add in the Americana, the amazing onion rings that are like no others around, and Mark's starts looking like the perfect curb-side place to curb your hunger in style.

My older sister and her husband, from Bozeman, make it a regular outing, as do many faithful customers from all around the area. When Mart's began, Park Street was also the highway through town, until I-90 was built south of town on Harvat's flat. And KPRK was our local source of music and entertainment at 1340 AM on your radio dial. For old times' sake and a trip down memory lane stop in at Mark's and get a burger, fries and/or onion rings, and a shake. Eat your feast at one of their several picnic tables across the street. If you take it down to Riverside Park at the end of 9th Street, you can enjoy your meal next to the cool and quiet ambiance of the Yellowstone River!

Mart's In and Out
8th and Park
222-0219

Meals for May 20th – May 24th

Monday May 20th– BBQ Chicken, potato salad, fruit

Tuesday May 21st– Ham salad on bun, macaroni salad, fruit

Wednesday May 22nd– Meatloaf, veggie, gravy, potatoes, dessert, fruit

Thursday May 23rd– Corn chowder, 1/2 turkey sandwich, fruit
In-house salad bar starting at 11:30am

Friday May 24th– Reuben's, fries, fruit, dessert

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Summer Outdoor Concert Series 2024 Schedule

The Shane Lalani Center for the Arts has released the schedule for the 2024 Summer Outdoor Concert Series (SOCS). This free, all ages community event will be held each Thursday in June and July under the new Blake Pavilion at the Shane Center. The event runs from 5 to 8 pm.

"This Pavilion is a game changer," said Erika Adams, Executive Director of the Shane Lalani Center for the Arts. "We've had to dodge early summer storms in the past, but this covered event space will give everyone a chance



to enjoy the music and stay dry. We're so happy to welcome the community to enjoy this new space."

The Shane Center will have beverages and snacks of all kinds available for sale, and this year will be joined by Bad Burger and Hot Dog Champion providing food for concert goers. Guests are encouraged to enjoy the food trucks and not to bring in outside food and drink. The community is also reminded to bring lawn chairs as seating is not provided. Bike parking will be available at the Shane Center and

additional parking is available at the Lincoln School.

This season's lineup:

- June 6th Swamp Dawg
- June 13th Hooligans
- June 20th Tessy Lou and the Shotgun Stars
- June 27th John Roberts y Pan Blanco
- July 4th Montana Standard
- July 11th Tom Catmull Trio
- July 18th Montana Deluxe
- July 25th Jack Barksdale with Mike Meadows

The Summer Outdoor Concert Series is sponsored by Donald B. Gimbel, Livingston Healthcare and Marcia McCrum – in memory of Bliss McCrum. The July 25th show will be sponsored by the Park County



Community Foundation. The Shane Center thanks Mighty Fine Time Live Events for their partnership in procuring talent for this concert series. For more information on the Shane Lalani Center for the Arts, please go to www.theshanecenter.org.

AAUW 2024 Scholarship Opportunity

This year the \$1850 AAUW 2024 Scholarship Opportunity seeks to reward female students who exemplify the AAUW mission of advancing Equity for Women and Girls through Advocacy, Education, Philanthropy, and Research.



Senior in a community college, college or university.
4. Be a female student accepted into a graduate program.

5. Carry a minimum of 12 semester credits as an undergraduate or actively enrolled in a graduate program while receiving scholarship money.
6. Must have two (2) signed letters of recommendation submitted with the application.
7. The Application is due **June 21, 2024**.

SCHOLARSHIP RECIPIENT REQUIREMENTS are:

1. Be a resident of Park County or Mammoth Hot Springs, with an established Montana residency.
2. Have a 3.0 cumulative or higher-grade point average.
3. Be a female Sophomore, Junior, or

Contact for more information and an application:

Vicki at vicki.zeman@gmail.com
DJ at robb_inn@yahoo.com

South Entrance in Yellowstone National Park Opened

Anticipate winter conditions as snow and ice may still cover sections of park roads

Weather-permitting, the following roads in Yellowstone National Park will open 8 am Friday, May 10th to public motor vehicle traffic:

- South Entrance to West Thumb
- West Thumb to Old Faithful (Craig Pass)
- West Thumb to Lake Village
- Tower-Roosevelt to Tower Fall

The public are asked to:

- Watch for quickly changing weather conditions and possible temporary closures due to late spring storms. Many areas of the park may still have snow and ice covering sections of the road.
- Stay informed about up-to-date road conditions and traffic delays due to road improvement projects in Yellowstone:
- Visit 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).

• Come prepared. Services in the spring are limited. Visit Operating Dates for area-specific season opening dates.

• Bison, elk, bears and other wildlife use roads as travel corridors. Roadside snowbanks prevent them from easily moving off the roads. Do not crowd, harass or push wildlife. Be mindful as wildlife endure this difficult time of the year.

• Stay at least 100 yards away from bears and wolves, and 25 yards from all other wildlife.

It is your responsibility to maintain safe distances at all times.

Upcoming road opening

Weather-permitting, the road from Canyon Village to Tower Fall (Dunraven Pass) will open 8 am May 24th.

The only roads open year-round are between the North Entrance in Gardiner, Montana, and the Northeast Entrance in Cooke City/Silver Gate, Montana (via Mammoth Hot Springs, Tower Junction and Lamar Valley).

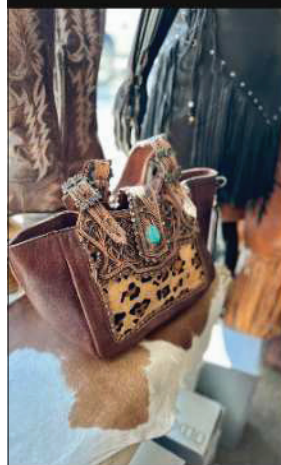
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~ CARL BERNTSEN



CARL BERNTSEN

FOR COUNTY COMMISSIONER

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BY SCOTT ROSBERG

My Name is Coach



But there is something even more powerful that hammers home to me

I still remember the first time I was ever called Coach. I imagine the young man who called me Coach for the first time doesn't even remember me, but I have never forgotten the moment it happened. I even remember the young man's name—Matt Schuning—because of how powerful the moment was for me. I was student-teaching, and I was helping coach the freshmen boys' basketball team. Matt was on the freshman team, and he was in my freshman English class. It was the day after our first practice, and Matt walked into the room and said, "Hey,

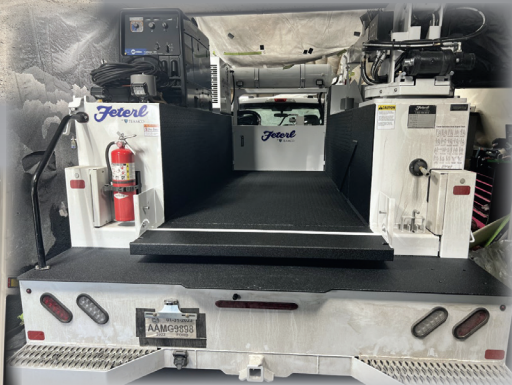
I have always loved and will always love being called Coach, and I will always keep in mind the great responsibility that I owe to that name. I hope any of you who are fortunate enough to be called Coach love being called Coach as much as I do. I also hope that you, too, will do all you can to live up to the name Coach with the dignity and responsibility that it deserves.



SlamDunk Success

To check out more materials from Scott, go to his website SlamDunkSuccess.com. You can email Scott at scott@slamdunksuccess.com.

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Crossword Puzzle Number 331

1	2	3	4		5	6	7	8		9	10	11	12	13
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- Across**
1 Butter units
5 Au naturel
9 Sea state 5
14 Brusque
15 "... --- slayeth the silly one" (Book of Job)
16 Crackshot Oakley
17 Speech of violent denunciation
19 Bequeath
20 Least happy
21 Linked
23 Egyptian sacred bird
24 Jaunty rhythm
25 What's coming down the pike
28 Conniption
30 Winter time in Halifax
33 Turned Samoa upside down to find a terrorist
34 Not very enthusiastic
35 Cost-of-living indicator
36 Hindrances
37 AI ---, baseball's "Hebrew Hammer"
38 Zachary Taylor was one
39 Cowpoke's sweetheart
40 Not so many
41 Chessman
42 Shout to a matador
43 Foam at the mouth
44 Cowcatcher
45 Cool, sartorially
47 Scrabble piece
48 Signs up
51 Under close scrutiny
55 Idiots
56 State with a pelican flag
- Down**
1 Mount for electronic components
2 Experienced by migraine sufferers
3 Stepped
4 Play grounds
5 Scottish legend
6 Single things
7 Movie medium
8 Onlooker
9 Came from behind
10 "Paper Moon" Oscar winner
11 Loose
12 "Out with it!"
13 Observe
18 "Black Widow" lead --- Winger
22 The --- Marbles, from the Parthenon
25 Do without
26 Customary
27 Crumb catcher
28 Put back to zero, for example
29 Impressionist
31 Extra interest
32 Possessor of "fearful symmetry" (Blake)
34 Hall, crier, car or house, perhaps
37 Give feedback
38 Erie wins scramble for beverage producers
40 Shiver of excitement
- Across**
58 Be relaxed
59 Fine, black or liberal, maybe
60 Federal anti-discrimination agency
61 Deathly pale
62 Synchronize
63 Compos mentis

Crossword Puzzle Number 330 Solutions

1	C	U	L	T		5	B	I	R	C	H		10	E	L	L	E	
14	U	H	O	H		15	O	R	A	R	E		16	M	E	I	R	
17	T	U	B	E		18	D	O	N	O	R		19	I	V	A	N	
20	S	H	O	P	21	P	I	N	G	C	E	22	N	T	E	R	S	
				23	A	R	C	S			24	D	E	T	E	S	T	
25	B	E	S	S	I	E		28	D	R	I	V	E					
30	I	R	A	T	E		31	C	O	O	T		32	D	O	E	S	
36	G	I	G		37	D	E	P	L	O	Y	39			F	L	U	
41	S	N	A	42	P	43	M	U	C	K		44	W	H	O	S	E	
				46	L	47	A	P	S	E		48	B	O	O	Z	E	S
49	B	50	E	51	S	A	F	E			52	G	I	R	L			
53	E	L	E	C	T	R	54	O	M	A	G	N	56	T	I	C		
59	A	I	D	A		60	O	V	E	R	T		61	S	O	S	O	
62	C	Z	A	R		63	R	A	M	B	O		64	I	G	O	R	
65	H	A	N	D		66	S	L	O	O	P		67	N	O	N	E	

- 41 Raw hides
44 Polish off, or polish?
46 Depend
47 Talks up
48 Scat queen
49 Those opposed
50 Taking all the tricks
52 UN body promoting peaceful nuclear power
53 In a little while
54 Spike
57 Such as cinnabar

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

- Adams
Bush
Carter
Ford
Grant
Harding
Hayes
Hoover
- Kennedy
McKinley
Monroe
Nixon
Obama
Pierce
Polk
Reagan
- Roosevelt
Taft
Taylor
Trump
Tyler
Wilson

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

Sudoku Puzzle Number 330

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

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 - Thank you!

Sudoku Puzzle Answers 329

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

Classifieds

ANNOUNCEMENTS

Register for the 2024 GIVE A HOOT community giving challenge. Nonprofit organizations that serve Park County residents and have offices in Park County are eligible to participate. For more information, visit give-a-hoot.org or call the Park County Community Foundation at 406-224-3920. Registration deadline is Wednesday, May 22nd.

FOR SALE

2018 Keystone Hideout, 242LHS, one owner, new tires, only used a couple times a year. Complete with generator, air 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 named 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

St. Mary's Catholic School has two openings for the 2024-2025 school year. We are seeking a **full-time head cook/food service director** and a **full-time preschool teacher**. Please contact Melissa Beitel at (406) 222-3303 or mbeitel@stmaryscatholicschool.net.

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

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

Experienced Auto Body Technician
Come work for a business where you are

not just a number, but a team member. If you are an experienced auto body technician with a wide range of skills, we'd like to talk to you. Our technicians perform welding, framework, sheet metal straightening, aluminum repair and light mechanical to suspension replacement. The position requires directions from estimates and work orders to be completed perfectly. Must supply own tools and toolbox, a valid drivers license and have reliable attendance. Must be able to spend time on your feet and able to lift to 50 pounds. Equal opportunity employer. Pay is hourly and performance-based. Paid holidays, 5 paid personal days, 401K & Health Insurance after 1 year or probationary has been met. Schedule is Monday through Thursday 7 am to 6 pm. Apply by stopping in the shop, 908 East Park Street, Livingston, calling 406-222-0214 or email: bob@oconnorautobody.com. O'Conner's Auto Body is a busy shop, and has been making the community's autos look like new for over 50 years.

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

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

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

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>.

Lifeguards and Swim Instructors
- Summer is almost here and the City of Livingston is now recruiting summer seasonal Swim Instructors and Lifeguards. 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 or call the Gardiner school 406-848-7563.

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.

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

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

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

preference for applications received by April 10, 2024. <https://jobs.parkcounty.org/>

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

Registered Sanitarian
Become a vital part of the Park County Health Department Team as a Registered Sanitarian! Under the guidance of the Health Department Director, you'll play a crucial role in safeguarding public health and the environment. From conducting compliance inspections to responding to emergencies, we're looking for someone who can apply their expertise in regulatory oversight and meticulous attention to detail. If you're a Montana Registered Sanitarian with a passion for environmental protection and public health, apply now to make a difference in your community! This position will be open until filled. <https://jobs.parkcounty.org/>.

City of Livingston

nixle

PARK COUNTY MONTANA

For Need to Know Information During a Disaster or Emergency Sign Up for Nixle

Text Your Zip Code to 888777 or Sign Up Online at www.parkcounty.org

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



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ERALivingston.com | 406.222.8700



80 Deep Creek Bench Rd

2 beds 2 baths | 1,703 sq ft
#391881 | \$1,350,000
Tom Gierhan | 406-220-4340



TBD Frank Street

Land Listing | 0.17 acres
#392043 | \$120,000
Jon Ellen Snyder | 406-223-8700



111 Chestnut Lane

2 beds 1.5 baths | 2,128 sq ft
#390809 | \$550,000
Jessie Sarrazin | 406-223-5881



40 Shelter Belt Road

2 beds 1 bath | 1,248 sq ft
#390696 | \$560,000
Julie Kennedy | 406-223-7753



14 Gardiner View Road

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



16 Wild Horse

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



907 Meriwether Drive E

5 beds 3 baths | 2,800 sq ft
#391568 | \$685,000
Tom Gierhan | 406-220-4340



12 Lovers Lane, Absarokee

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



48 O'Halloran Road

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



101 Hannaford Street N

1 bed 1 bath | 570 sq ft
#389276 | \$220,000
Tammy Berendts | 406-220-0159



49 Two Dot Highway

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



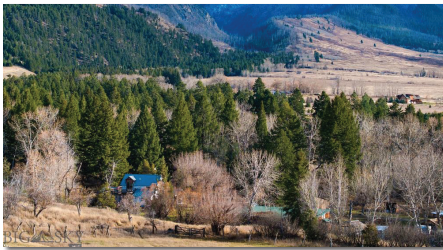
416 N 3rd Street

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



320 South C Street

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



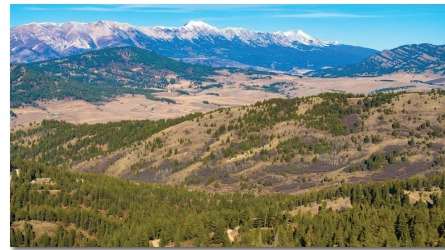
89 Deep Creek Road

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



90 Paradise Found Drive

Land Listing | 10+ acres
#389634 | \$435,000
Theresa Coleman | 406-220-0159



7 Clear Springs Road

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

Meet the Team...

Tammy Berendts is a friendly, long-time resident of Park County. She built her reputation for personal service, integrity, trust and experience. Her background in the state's cadastral system transitioned easily into her real estate career starting in 2004.

Renovating and remodeling various properties over the years has also given her the insight to assist others in following their dreams of homeownership.

Tammy Berendts

Broker, RENE, AHWD

406-220-0159

tammy@eraclydepark.com

In her spare time, she enjoys oil and watercolor painting in her studio. More recently, she has begun working with molding clay to produce unique and custom bronze sculptures.

"Tammy was always available and very eager to answer my questions. She kept me informed every step of the way on my land purchase and the sale of my house. I am so glad I picked her for my agent and I would again. Tammy is very driven and made things happen." - Jackie Jones



REALTORS® in Livingston, Bozeman, Big Sky & Ennis

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406.222.8700 | 215 S. Main Street | Livingston, MT

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TESTIMONIAL



**Mike Venturino,
Livingston**

"For most of my life I've had poor hearing and I've resisted getting hearing aids. Finally, at the advice of a friend, I visited **BEAR HEARING**.

And I'm sure glad I did! Now I can hear my dog's toenails clacking on the floor and I don't need closed captioning on my TV. Dan and Marge have done well by me."

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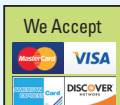
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Pre & Post Election Volunteers Needed for the 2024 Primary Election

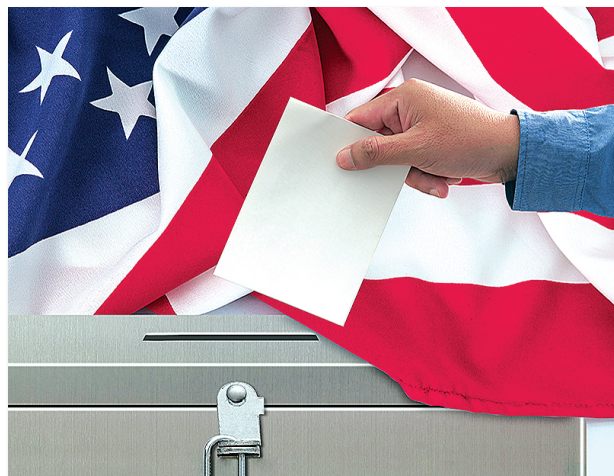


Are you busy on June 3rd or 5th? A great way to give back to your community is through volunteering at local elections. The Park County Elections Office is looking for volunteers to help set up their largest polling place at the Park County Fairgrounds.

On June 3rd, the morning involves moving voting booths (6-8 large boxes), 19 metal full ballot cans, rolling supply bags, and other items from the courthouse to the fairgrounds. Many of these are heavy. Next, is setting up the voting booths, tables, and chairs.

After voting day, on June 5th, they will break down and return everything back to the courthouse. Any help is greatly appreciated. If you are looking for a quick way to give back to your community, they can use the extra sets of hands!

Your vote counts! Be sure to tell



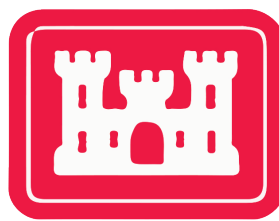
your friends to participate in this federal primary election on Tuesday, June 4, 2024. The hours are 7 am to 8 pm. Visit Elections@ParkCounty.org to find your polling place.

The Park County Election Office annually prepares for and conducts federal, state and local elections, along with municipal and special district elections in accordance with Title 13 and Title 7 of the Montana Code Annotated. The elections staff maintains voter registration records for approximately 14,000 electors in Park County. For more information, call (406) 222-4110, or stop by the City/County Complex.

Flood Prevention Analysis of the Yellowstone River

As we approach the two year anniversary of the June 2022 flood event in Livingston, the City continues it's efforts to improve our understanding of the river and how to more fully prepare for flood events.

With the snow melting and water rising, the United States Army Corps of Engineers (USACE) is commencing work on an interagency study evaluating the existing levee's flood reduction capabilities and assessing the potential impacts



**US Army Corps
of Engineers®**

of overtopping and breaches.

A team from the USACE will be in Livingston to conduct a hydraulic analysis of the Yellowstone River from June 3rd to June 14th. Initial activities include data collection and site reconnaissance.

USACE surveyors will survey the levee embankment, bridges over the Yellowstone River and tributaries, and the first-floor elevations of residential and commercial buildings. They will complete the work in no more than two weeks.



Chico Hot Springs Resort
406-333-4933
www.chicohotsprings.com

163 Chico Road, Pray, Montana
Music starts at 9pm until 1am, unless otherwise noted

May 24th-25th (Fri-Sat) **BAD NEIGHBOR** Acoustic Porch Pickin

May 26th (Sun) **BRIAN KASSAY** Solo Musical Madman! Music 7-10

May 31st-June 1st (Fri-Sat) **UNDER THE BLEACHERS** Classic Rock

June 2nd (Sun) **POLLY O'KEARY & RHYTHM METHOD** Blues Music 8-11

June 7th-June 8th (Fri-Sat) **BLACKWATER BAND** Rock & Roll

June 14th-June 15th (Fri-Sat) **JUSTIN CASE BAND** Rock & Roll

June 21st-June 22nd (Fri-Sat) **ASHBURY** Grateful Dead Cover Band

June 28th-June 29th (Fri-Sat) **FLAVATOWN** Funk, Pop, Groove

July 5th-July 6th (Fri-Sat) **BRICKHOUSE BANK** Funk & Soul

July 12th-July 13th (Fri-Sat) **BLAKE BRIGHTMAN BAND** Rock, Country and Blues