Depot celebrates 25th anniversary of “A River Runs Through It” with movies on the lawn screening

“A River Runs Through It,” has been named Montana’s most influential film. The film is based on the novella by Norman Maclean. In the novella “A River Runs Through It,” Maclean eloquently detailed his father’s religious devotion to flyfishing. His exquisite metaphor elevated that tradition to a sacred, bordering on transcendental, experience. “Eventually, all things merge into one, and a river runs through it.”

As we celebrate the 25th anniversary of this iconic Montana production, the Livingston Depot Foundation plans to host the popular summer event, “Movies on the Lawn,” with a screening on Thursday, August 17th. The Livingston Depot Center will present the film event on Thursday, August 17th, starting at 8:30 p.m. in its courtyard, with a $5 admission in support of the museum exhibit and programs. Children under 14 accompanied by an adult are free.

The film and local community will be a part of this much-anticipated event with speakers and invited guests through a cooperation with the MSU Film Department, film producer Dennis Aig, and the Montana Film Office. Appearing on a very large staged screen, a reminiscences discussion will percolate the main attraction, the screening at approximately 9:00 p.m. The Depot will also offer popcorn and beverages to the moviegoers.

Much of “A River Runs Through It” was shot in and around Livingston because of its historic downtown and the area’s scenic beauty. Depot Museum Director Diana Seider stated, “Livingston is known for its history, beauty, and culture that continues to draw filmmakers to our area. “A River Runs Through It,” and its local production helped create the modern film industry in Montana.” Many of the extras and downtown residents still speak of their experiences fondly, and are excited to attend the nostalgic celebration. The evening’s program will provide time for crew members, extras, and locals to share stories from the production. Those who would like participate should call the Depot at 222-2300 to make sure they have a chance to speak.

Not only has the production of the film been a great boon for the State of Montana, tourism, the local fly fishing industry, and ecological stewardship; it has played an integral role for the Livingston Depot. Memorabilia and archives from the film were instrumental in founding the Depot’s film collection and popular exhibit, “Film In Montana: Movie Making Under the Big Sky.”

The event is sponsored by the Montana Film Office, American Bank, Bank of the Rockies, Opportunity Bank, Katabatic Brewing, Cardinal Distributing, the Showcase Writers and Musicians Guild, and Funflicks and follows in the tradition of other popular movie showings in the Depot courtyard. The museum’s courtyard recreates the fun of a drive-in—a more intimate environment without the cars. As no seating is provided, lawn chairs or blankets are recommended.

The screening is also held in conjunction with the Depot’s summer exhibit, “A Railroad Runs Through It,” in which local artists celebrate trains and Livingston’s enduring and interconnected relationship with the railroad. The Depot Museum exhibits in 2017 run through September 24. Located at 200 West Park, the Depot is open Monday through Saturday from 10 a.m. to 5 p.m. and Sunday from 1 to 5 p.m. There is a nominal admission, and group visits are also welcome by special arrangement. Additional information can be obtained by contacting the Depot office at (406) 222-2300 or visiting www.livingstondepot.org.

LivGreen at the Livingston Farmers Market

Come discover a new diet where you can eat anything you want at this Wednesday’s Livingston Farmers Market! It’s called the YBCC02 low carbon diet. LivGreen Day’s Sponsor, Yellowstone Bend Citizens Council, will offer information about the carbon footprint you create and demonstrate ways you can cut it down and LivGreen. Their booth will be giving away two fruit trees from Blake Gardens along with small packets of wildflower seeds. They will have face painting for kids and a solar installer available for consultation. Western Sustainability Exchange will be giving out carbon footprint counters as well as door prizes, which include two Chico swim tokens, a coupon for a specialty drink at Chadz, or a $5 gift certificate for RX Coffee.

Virginia Warner will be the musical guest instead of Erin and the Project. Wednesday, August 30th, will be Farmer and Rancher Appreciation Day. Western Sustainability Exchange will waive booth fees for all produce vendors that day. If you have a garden with more produce than you can eat, you can get a free booth on the last Wednesday of August and try your hand at selling some of it.

River Drive is now closed during the farmers market to provide safety for pedestrians and bicyclists, but the Civic Center parking lot is still open and can be accessed by taking 2nd Street or Main Street to River Drive. There’s a free bike valet behind the stage to keep bikes safe and out of the way during the market. LINKs for Learning is doing it as a free service, but donations are always welcome.

The farmers market is open from 4:30-7:30 p.m. on Wednesdays through September 20th at Miles Band Shell Park, rain or shine. Go to http://www.westernsustainabilityexchange.org/ for exact dates of Special Event Days and live music, or call 222-0730 for more information.

River Runs Through It-Cover Image-Cropped- "Brad Pitt casts a fly in a scene from the 1992 film, "A River Runs Through It." Many scenes in the movie were filmed in Livingston.
Clyde Park Old Settlers Days will take place August 26 and 27, 2017. Saturday's festivities include: Fireman’s Pancake Breakfast 7 a.m., Fun Run-Registration 8 a.m., Lineup for parade 9:30 a.m., Parade 11 a.m., Car Show, Quilt Show, Live music 9 a.m.- 6 p.m., Vendors, Pie Auction, Silent Auction, Rifle Raffle, Barbecue 6 p.m., Dance 7-11 p.m.

Sunday festivities include: Community Church Service (non-denominational) at Holliday Park 10 a.m., Potluck honoring Grand Marshals at the Community Hall 12:30 p.m.

For more information about Old Settlers Days, call President Dolores Davis at 794-7150 or Secretary Lois Olmstead at 222-7484.

The Park County Health Department was recently awarded a $49,250 planning grant from the Montana Healthcare Foundation to explore implementation of a recovery court program and other best practice opportunities to divert mental illness and substance use disorder cases out of the criminal justice system.

The focus of the grant funding is to develop a strategic plan for reducing the number of adults with co-occurring behavioral health and substance use disorders in the local detention center. This focus will be on helping our community identify the criminal justice, social service, health contacts and costs of serving people with mental illness and substance use disorders; and design a system that improves system efficiency and outcomes.

“I am very pleased to see us moving in the direction of establishing a Recovery Court. Many individuals charged with crimes will continue to re-offend, so long as their addictions and/or mental health issues are not properly addressed. A Recovery Court will be a positive step forward for this Judicial District.” Brenda Gilbert, 6th Judicial District Court Judge

Specifically, stakeholders include: Park County Health Department, 6th Judicial District Court, Park County Sheriff’s Office, Park County Detention, Park County Attorney’s Office, Park County Commission, City of Livingston City Manager, Livingston Police Department, City of Livingston Attorney’s Office, Southwest Chemical Dependency, Western Montana Mental Health Center, Livingston HealthCare, Justice of the Peace, Youth Court and Adult Probation & Parole.

“I am very excited that we received a planning grant to help us design and implement a Park County recovery court. Once complete, those suffering from mental health and substance abuse problems will have options available to them other than incarceration. This will encourage individual healing and increase public safety all while saving taxpayer dollars.” - Sheriff Scott Hamilton

The strategic plan is set to be completed by the spring or summer of 2018.

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Share your life skills with RSVP

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Community Journal - 2 August 15, 2017

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Bozeman Yellowstone International Airport announces major ski/winter season expansion

BOZEMAN, MT (August 8, 2017) - Bozeman Yellowstone Int’l Airport (BZN) is pleased to announce a major ski/winter season expansion by United Airlines. United’s expansion at BZN will increase the number of flights and available seats to San Francisco, Los Angeles, Denver, Chicago, Houston and New York/Newark resulting in a nearly 30% increase in service to BZN during the winter season and up to twelve daily departures during peak season.

“The Bozeman Area Chamber of Commerce Business and Tourism Community wants to thank United Airlines for their major investment in Bozeman and Southwest Montana and continued efforts to make Bozeman more accessible to the nation and the world,” said Daryl Schliem, Bozeman Chamber of Commerce CEO.

"New air service like United just announced is a critical piece to the economic growth and lifestyle that makes Big Sky and the Gallatin such a great place to work, live, and visit,” said Taylor Middleton, General Manager, Big Sky Resort.

“United is proud to offer easy access for our customers flying from six of our U.S. hubs to Bozeman,” said Jake Cefolia, United’s vice president of Sales. “More customers flying from six of our U.S. hubs to Bozeman with up to three daily flights to/from ORD year-round.

• “This is the single largest ski/winter expansion ever at BZN and we are excited to see United offer such great service to six of their hubs,” said Brian Sprenger, Airport Manager, Big Sky Resort.

Details of the expanded United Airlines service:

• Los Angeles (LAX) – United will increase nonstop daily service to/from LAX between Dec. 20 and March 26 and between March 31 and April 1.
• New York/Newark (EWR) – United will increase nonstop daily service to/from EWR between Dec. 20 and March 26 and between March 31 and April 1.
• Houston (IAH) – United will increase nonstop daily service to/from IAH daily between Dec. 20 and Jan. 7 and between Feb. 15 and March 18 and Saturday-Sunday daily service between Jan. 8 and Feb. 14 and between March 19 and April 1.
• San Francisco (SFO) – United will increase daily nonstop service to/from SFO between Dec. 20 and March 26 and between March 31 and April 1.
• Denver (DEN) – United will increase service with up to five daily flights to/from DEN year-round.
• Chicago (ORD) – United will increase service with up to three daily flights to/from ORD year-round.
• This is the single largest ski/winter expansion ever at BZN and we are excited to see United offer such great service to six of their hubs,” said Brian Sprenger, Airport Director.

For more information about Bozeman Yellowstone Int’l Airport visit bozemanairport.com or follow Bozeman Airport on Twitter.

LIVINGSTON, MONT. — Chelsey Clark—a registered dietician since 2012 and a Livingston HealthCare employee since 2014—recently earned her Certified Diabetes Educator (CDE) certificate. The certification is the culmination of more than 1,000 hours of professional practice experience and a rigorous written examination. A Certified Diabetes Educator teaches and supports people affected by diabetes in order that they may better understand and manage their condition. Clark’s multifaceted role at Livingston HealthCare includes meeting with Clinic, Hospital and Home Health patients for dietary and diabetes consultations. She also assists with a year-long diabetes prevention course to help people who are prediabetic lose weight and make healthier choices in order to prevent a diabetes diagnosis. In addition, she collaborates with Community Health Partners and Livingston HealthCare team members to facilitate Diabetes Education and Empowerment (D.E.E.P) classes in Park County.

“Having patients see their lab results come back better is really exciting. It helps them continue to make healthy choices when they see that their A1C is better, or their cholesterol is lower, or that they’re managing their blood pressure on less medication,” says Clark.

“I really like helping people see that eating more fruits and vegetables is super beneficial—it doesn’t have to be really hard or require hours of preparation. And healthy food does taste good!” she adds. Asked to name one tip she’d share with readers, Clark quickly responds, “Eat half a plate of vegetables at most meals.”

Clark’s goal is to provide Diabetes Self-Management Education to all diabetic individuals in the Park County community and surrounding areas. She states, “Livingston HealthCare estimates that about 26% of those who are eligible for Diabetes Self-Management Training in Park County are using the service. I would like to see this number be higher.”

About Livingston HealthCare: Livingston HealthCare—In Livingston, Montana—is a not-for-profit, 25-bed critical access hospital with a Level 4 Community Trauma Facility, a multispecialty provider clinic, as well as rehabilitation, and home-based services. Livingston HealthCare is an affiliate of Billings Clinic. www.LivingstonHealthCare.org

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THANK YOU! August “I am for the Child” sponsor, Don Gimbels. Your loyal support will give children in need a voice and hope. We are so grateful.

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ENTER TO WIN MONTHLY DRAWING Stop by and drop your business card into the fishbowl to win a $20 Gift Certificate to Mustang Fresh Food!
by Joyce Johnson

It’s exciting to have something to say after a dry spell of a few months, so here it is: Recently I performed, as my neighbor Debra called it, the “piece de resistance” of a tumble, (the jewel in the crown, as wifi defines that). The big one! The fourth of four spectacular falls in 2 years, and boy did I go for the ride of my life.

It’s been only 2 months since my last similar fall around the other side of the house. There was nothing to trip over that time, but I tripped anyway and did a swim dive onto the miraculously soft ground padded with tall thick spring grass, in the shade with minimum injury. But on July 27, I was coming back from a stroll around our neighborhood and in front of our place was that very noticeable green garden hose which was draped over the log fence which...must have...how in the fence which was draped over the log was that very noticeable green garden hose which was nothing to trip over the house. There was only a mistake or bad dream, like I had. The whole experience however, was a mistake or bad dream, like I was trapped in a Reality TV show, or a play that I did not audition for. I was embarrassed. A garden hose? oh I hadn’t thought of that. No one else a few years down the road. Everyone else a few years down the road. Some people put in a new joint. They said it was a fracture at the hip. I expired because a big part of me was surrounded and cared for by them. All emergency guys energetically talking over my form, about all manner of intravenous business, and I was entertained. I must have heard, "She tripped over a garden hose 50 times in the days to come. Maybe my bright rainbow colored bell bottom baggy pants from India, red sandals and purple tank top amused my heroes. But they were so handsome and caring and earnest and liked their jobs. I get teary eyes remembering these early scenes. I had the privilege of being Emergency guy, ‘hey do people simply dislocate a hip or perhaps sprain it sometimes? He hesitated and replied kindly, ‘uh huh...sure.' They xrayed me in Livingston, but I only remember seeing out the door of the little room into a big room with a bank of phones where my emergency guys were seriously communicating. Ron wandered in and out with that set buddhic face of his. At one time there were 6 or more dark blue uniformed, emergency guys energetically talking over my form, about all manner of business, and I was entertained. I must have heard, "She tripped over a garden hose 50 times in the days to come. Maybe my bright rainbow colored bell bottom baggy pants from India, red sandals and purple tank top amused my heroes. But they were so handsome and caring and earnest and liked their jobs. I get teary eyes remembering these early scenes. I had the privilege of being
Hank and Hortensia are both in their Senior Citizen, Golden Years, Over-the-Hill & Sliding Fast age group. They've been ranchers but they've passed the baton on to their children. Hank is pretty crippled up and must walk with a cane.

Hortensia, helped by old-age spectacles, can still do various needlework projects. She especially likes to embroider on tea towels and pillow slips. Over the years, she's given stacks of these items to new brides and to friends celebrating anniversaries or birthdays.

She has a fulfilling hobby. Hank found himself with nothing to do in his dotage so he joined the Senior Thespians, a group headquartering at the Senior Center in town. Hank always considered himself a wit. He devised a stand-up routine about the vicissitudes of old age and coaxed Hortensia to partner with him. Next Friday H & H will do their act at the Huss & Boo Grand OPry Variety Show. Emcee: Ladies and Gentlemen, put your hands together for that famous comedy duo—Hank & Hortensia!!

Hortensia: "Says here (pretending to read a newspaper) that regular naps prevent old age."

Hank: "Sounds about right, especially if you take a nap while driving."

Hortensia: "Ya know Hank, I've learned that life is like a roll of toilet paper."

Hank: "Yeah! How's that?"

Hortensia: "The closer it gets to the end, the faster it goes."

Hank: "Ya got that right, Hortie." (Hortie is Hank's shortened version of Hortensia.)

Hortensia: "How come we don't go out anymore? Gosh, Hank, my back goes out more than we do."

Hank: "Sorry about that, Hortie. I don't bring you flowers anymore either."

Hortensia: "No you don't. Why not?"

Hank: "Cuz at my age, flowers scare me."

Hortensia: "Old age is kinda sad... I mean, I've had to dye my hair for the last forty years."

Hank: "I read there's only one cure for gray hair. It was invented by a French feller. It's called the guillotine."

Hortensia: (sighing) "You know you're getting old when your birthday candles cost more than the cake."

Hank: (also sighing) "When I was a boy, the Dead Sea was only sick."

Hortensia: "Well after all, Hank, maybe it's a good thing we're getting old and a little dotty."

Hank: "Now worried you say something like that?"

Hortensia: "Well, you know sooner or later we'd better be in a house for the bewildered. How much fun could it be if you're stuck in a geriatric ward just so you can live a few extra years?"

Hank: "I miss middle age. Back then, I believed I'd feel better in the morning."

Hortensia: "My Granny lived to almost eighty and she was tough. She buried three husbands and two of them were just napping."

It was a Wrap on the 2017 Hoot

The 2017 Hoot is on the books and the co-producers John Lowell and Joanne Gardner Lowell of Mighty Fine Time wish to thank every volunteer, sponsor, vendor, non profit and attendee for contributing to what they call a "very successful event."

"Our hope was by reducing advertising outside of Park County, and by hiring wonderful musicians that weren't household names, we'd get the 'community feeling' back," said John Lowell. "12,000 people attended last year and that was just too many for two blocks in downtown Livingston."

The crowd this year was estimated at 6000 for the August 3rd event, which featured opening act The Quebe Sisters and headliner Jon Cleary with the Absolute Monster Gentlemen. Both artists enjoyed their time in Livingston, according to Joanne Gardner Lowell, and felt well received by the crowd. "It was the perfect size crowd, such a pretty evening, everyone had a great time," she added.

"Both bands really enjoyed themselves and asked us to send on photographs. They loved the way the historic downtown framed the street with Livingston Peak at the end. It is a magic location for a show."

A squadron of volunteers show up annually for the Hoot and are appreciated. This year's street closures were manned by students in the Park High School Jazz Band, who are raising money for a special project. Students donated their time and the Hoot producers and their fiscal sponsor the Park County Community Foundation made a sizable donation to the project.

"People stopped by all day to ask if we needed more help," said John Lowell. "Of course, we always need a few more hands, especially at the end of the day. People helping to break down the stage and put equipment away included a local physician and her husband, who loaded barricades onto a trailer at the end of the evening."

"It's amazing how many people show up to do what they can," added Gardner Lowell. "Some of our food vendors donated food to our volunteers – it really does feel like we're all in this together. We couldn't do it without them."

"The real stars of the show are the businesses and personal donors who make the Hoot happen for free. A full list of sponsors and volunteers are listed elsewhere in this issue of the Community Journal."

"We had very few problems," mentioned the producers. "One arrest due to intoxication early in the evening and several people who didn't want to keep the sidewalks clear. We're sorry if that was a difficult new guideline, but we heard overwhelmingly how many people enjoyed how easy moving through the crowd was. There was a video posted on Facebook shot during Jon Cleary's set that showed a sea of people of all ages dancing -toddlers, grade schoolers, high schoolers, young adults, families and grandparents - all dancing and smiling. That's the sort of event we're always hoping to host."

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Late August at Uncorked

Livingston's only wine bar has had a busy summer so far! The constantly updated menu now offers some great wines on tap and a host of tasty imported and craft beers. A new baguette sandwich with the freshest of turkey or ham has become a hit on hot evenings – paired with a fresh salad. There are also a wide variety of cheese and meat options, with fruit, nuts, bread or olives to delight your palate.

Music has been moving out under the historic portico of the Depot, which is another great way to beat the heat. The performers start up early - at 6 PM and play until about 8:30 PM. There is no cover, and the breeze spinning around under the classic architecture of the rounded columns make Uncorked the perfect summer evening destination.

Kicking things off musically on Thursday, August 17th is Denny Earnest. Denny is a composer and consummate musician. He brings a blues sensibility to his work, and performs both original and cover tunes. A skilled guitarist, he’s been a Paradise Valley favorite for a long time.

On Friday, August 18th, Uncorked welcomes John Lowell and Joanne Gardner Lowell. John is a triple threat - singer, songwriter and flatpicker. Known from his work with Wheel Hoss, Kane’s River and the Growing Old Men, his clear voice and great songs are very familiar to radio listeners and festival attendees in Montana. He’s played stages from Prairie Home Companion to Swedish, to Targhee Bluegrass, where he will be again this year for the 23rd time. His wife Joanne Gardner will be joining him on vocals. She performs with her own band Speakasy locally as well as touring with Tracy Nelson and Rodney Crowell. This will be a rare local appearance for these two.

Don’t miss a special evening of music on Saturday, August 19th with Tom Catmull. Tom has been writing, recording, performing, eating and breathing music for about 15 years. The style of his music usually lands somewhere between the blurred lines of country, country swing, pop and folk. Winner of Best Musicians in Missoula, he is a great performer.

The last part of August brings two of Livingston’s favorite female performers, starting on Thursday, August 24th with Queeny Landorino. Queeny will be playing songs both from her latest release, “Pretty Little Thing”, recorded with friends and collaborators in Austin, TX and from her debut album, “Long Time Comin’” in ’09. Her style borrows from influences like Wanda Jackson, the Mavericks, Dwight Yoakam and Patsy Cline and spans genres from old rock n’ roll to roadhouse country, from the gentle stylings of classic country to the hard-driving stomp of outlaw country, plus add a little Tex Mex and a little Cajun for a true American roots experience.

On Friday, August 25th, join Virginia Warner with Switchback Jane. “Virginia is a singer/songwriter with a passion for Delta blues. Her performances showcase both original material and traditional, fingerstyle blues songs, fueled by the powerful mojo of a vintage Gretsch archtop guitar with a neck like a baseball bat. She’s been performing in taverns and at music festivals throughout the greater Yellowstone area since the early 1990s. Switchback Jane is her new trio featuring Katherine Dunlap and Deb Guercney and the last time they played the place was packed.

Rounding out the month on Thursday, August 31st is Travis Yost. Travis aka “Love is a Dog from Nebraska” is a musician, engineer and producer from Missoula, Montana. He has performed all over the west, solo and also with Tom Catmull, Stellcords, and NextDoor/Prison Hotel. Travis was a recent guest musician on Eric Funk’s 11th Grant show on Montana PBS, played at the Red Ants Pants Festival, and has shared the stage with James McMurtry, Alejandro Escovedo, The Decemberists, The Luminerons, Jason Spooner, Martin Sexton, Wartime Blues, Sallie Ford, Jason Isbell, Duke Watson, and Brandi Carlile to name just a few. He performs thoughtful sad stories with happy endings, on top of guitar and looper acrobatics.

Uncorked is located at 212 W. Park Street in historic downtown Livingston, Montana and can be reached at 406/222-5418. Music begins at 6 PM. Stop in for two for one specials, cheese and charcuterie specials and champagne tastings. For more information on Gourmet Cellars or Uncorked, please visit thegourmetcellar.com.
For Vickie Backus, starting a food business was all about holding onto family after she lost her mother in 2008 and then her father in 2016. “When I was thinking about starting my own business,” Vickie told me, “I wanted to have some connection with my family and my ancestry. I decided I love making pierogies. I thought, I love pierogies, and I know other people love pierogies.” Vickie grew up in southwestern Michigan watching her Czechoslovakian grandmother make pierogies and her older sister. Vickie recalls she was four years old when she started to help her grandmother make the tiny half-moon-shaped filled dumplings. Her grandmother formed the dough and rolled it out, then added the filling. Vickie was in charge of the important, yet simple step of folding the pierogies together to keep the filling intact while they were boiled, then fried in butter.

Eastern European pierogies are now a delightful treat available in Livingston and Bozeman.

Vickie Backus stands ready to serve up her delicious pierogies at the Livingston farmers market.

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“Last time I was at the Gallatin market (and had potato pierogies, and a guy was like, ‘Do you have sauerkraut? My mom used to make them.’) I said, ‘No, I’m working on a sauerkraut one!’ and he’s like, ‘All right! I’ll be back!’ I totally made this guy’s day, knowing that he’s going to be able to buy homemade sauerkraut pierogies.”

But Vickie doesn’t just throw ingredients together. She diligently seeks locally sourced products. The dough takes a lot of Montana wheat flour, and she gets potatoes from the Kimm family in Manhattan and mushrooms from MT Gourmet Mushrooms in Belgrade.

“For the cheese, I’ve been working with Poor Orphan Creamery in Lavinur. I really like connecting with people and establishing those relationships with other producers, and knowing where my ingredients are coming from.” Vickie tries to use organic ingredients, but she has strong feelings about supporting local food producers. “If I have to choose, I would choose local over organic. Then I just do the best I can for everything else. Like, nobody in Montana does salt, so I use Real Salt from Redmond because I used to live in Utah.”

Although Vickie now lives in Bozeman, she uses the commercial kitchen at the Livingston Food Resource Center. “It’s difficult to find a commercial kitchen,” she said. “I feel so grateful that I found them because they’re great to work with, and they, too, support building a local food economy, so that kitchen fits with my philosophy.”

You can find Vickie frying pierogies at the Big Sky Farmers Market on Tuesday (5 p.m. to 8 p.m.) and at the Livingston farmers market on Wednesday (4:30 p.m. to 7:30 p.m.). On Saturday, she’s at the Gallatin Valley Farmers Market (9 a.m. to noon), where she only sells packaged frozen pierogies that you take home, thaw, and put in a frying pan with butter to heat up. “Be generous with the butter,” she advises.

On August 29, Vickie will bring frozen pierogies to the Bozeman market to test their popularity there. If she has any leftovers, she’ll bring them to Livingston the next day. “I really enjoy being at the market,” Vickie said, “connecting with people and learning their stories, if they have a familiarity with pierogies, or introducing them to pierogies. Once people try them, if they haven’t tried them before, they love them, and I get repeat customers, which is good.”

Recipe Corner

Lemon Lasagna

Ingredients

- 1 package Lemon (or Golden) Oreos
- 6 TB unsalted butter, melted
- 1 - 8 oz. PHILADELPHIA Cream Cheese (softened)
- ½ cup Margarine or butter
- 1 cup powdered sugar
- 1 large container cool whip - 16 oz. - or you can make your own cream
- 2 - 3.9 oz packages of lemon instant pudding
- 3 cups milk
- Lemons (for garnish)

Instructions

Begin by crushing your Oreos. For a very fine mixture, place Oreos in your food processor. Place in a ziplog baggie and add your melted butter. Mix until it is well combined.

Press into the bottom of a 9x13 pan spreading out to cover the entire bottom of the pan.

In a medium bowl, blend cream cheese, margarine/butter, powdered sugar and ⅓ of the cool whip. Blend well and pour over your Lemon Oreos Crust.

In another bowl, make your pudding by adding your milk to your bowl and instant pudding. Whisk together until pudding thickens. Pour over the cream cheese layer. Refrigerate for at least 5 minutes.

Top off with the rest of your Cool Whip. Refrigerate at least 1 hour before serving. Add lemon slices and ENJOY!

Avoid Body Drought — How to Prevent Dehydration

It’s in every living cell, tissue and organ, and it’s second only to oxygen as the thing we need most to survive—pure, clean water. We can’t live without it, and we can’t live well without enough of it. We are constantly in need of water as we lose water with every breath and every activity of the body. We are especially at risk for dehydration when we exercise or we are ill—this is when dehydration, even mild dehydration, can take its toll, causing you to feel tired and drained of energy. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

Dr. Julie Scaranza, a doctor of chiropractic who is trained in prevention and wellness (in addition to providing care for neuromusculoskeletal conditions such as neck or back pain, for which chiropractors are most well known) believes it’s better to prevent dehydration than to treat it. She also reminds you that the 23 intervertebral discs in your spine have high water content and that dehydration can be associated with spinal pain.

Here are some preventative tips to help avoid dehydration:
- Choose your beverages wisely.
- Avoid or limit fruit juices, sodas, alcohol and high-sugar sports drinks.
- Drink a glass of water during and between meals, as well as before, during and after exercise.
- Plan outdoor activities for cooler parts of the day.
- Eat foods that are high in water content, such as fruits and vegetables.
- Make water your go-to beverage of choice.

Foodie Things

by Carla Williams

Lemon Lasagna

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- Make water your go-to beverage of choice.
Great Fall

No transport available! Horses tied up in waiting at the hitching post out front, but no wagons to haul my butt in. (One of my nephews in L.A. thinks that we in Montana still have horses tied loosely to a wood bar outside our saloons and stores.) I thought but not sure if I actually asked, “Doncha have an old van maybe parked round back?” I thought I asked, “Can t Ron drive me?” Instead I was stuffed into a spiffy little 2 engine airplane and again went airborne, honest to God. I had my first lady Emergency hero and one of the Emergency guys with me on the plane plus a hero pilot. Really wasn’t room for Ron I noticed but I dismissed him in Livingston to go buy pizza and go home to take care of our pets. The twilight sky was so splendid out the windows of the plane, I was rubber necking the whole flight and actually enjoyed myself. Perhaps the drug tweaked it just a tad, but I was so in the Moment, you know. Landing was a little bit of an oath. Way more “medicine” than any time in my life and as it turned out 5 or 6 days, but, I appreciated it greatly because I otherwise I would have started a slug-fest if they tried to move me without a pill.

At the hospital, the ER got a flood of traumas and broken bones that preempted me in line for the OR. And so I ended up waiting 2 days for surgery and all the time hoping it’d fit in. I wasn’t allowed to eat. Finally Friday night they gave up and handed me a menu, with a promise that I’d be first in OR next day. I ordered ice cream and stir fry in that order. Decaf tasted like nectar of the gods. Actually their coffee was very good, a sign of class I think. My Chiropractor said when he introduced himself to me before wheeling me in to the OR. He said, “By the way I am old and scared I tried to call for my mother. It was like I was a baby just born, I couldn’t make a sound at first, and thrashed, and grabbed the male attendant’s hand in my Recovery stall, and alarmed him I noticed, and he looked around for assistance, which further upset me. (He, a hero in training, should have just said, “Hello dear, I’m here!”)

Why I am sharing this with readers – I heard this story from one of my nurses: My very same surgeon replaced both hips at the same time of a patient also a nurse, only 2 years younger than me. You see how trendy and common and apparently no big deal this is? And that they had me up and moving around with a walker only the second day after surgery is another amazing thing. And the Ortho ward was a traffic jam of Boomers with new joints, on walkers. That’s why I’m writing this. So many of you out there relate and some might be curious, and will sooner or later volunteer for this wonderful medical technology. So many Boomers are already running around with joint replacements. My brother in L.A. is looking into same hip as mine replaced as I write. A friend said she has so many metal replacement parts she’s more bionic than her real self, and they set off all the bells and whistles at the airport security stations, (you may know her by that quote) I’m looking forward to lunch with her soon as I’m running around again.

It’s 2 weeks after the surgery right now at submission time, and every day I feel stronger. I however must watch out that 1) I do fall again or as my neighbor said, “you will find your ass back in ER and going through the whole thing again,” and 2) I must take care not to get infections or to treat them immediately upon discovery, because they tend to gravitate to the fake hip. I am sure they will soon perfect the already very body-compatable material of the prosthetic to be less vulnerable to infection. It is a small risk but to be safe we have to take antibiotics before and after dental work, which I’m thinking might not be a bad idea for some dental procedures anyway. No, I’m not in pain anymore just some rather achy muscles around the hip that need to recover and strengthen. I so want to charge out the door and walk around the pond or jump in the pool at Chico. My Chiropractor said to practice doing it in my mind/imagination. I know that is true because I used to practice swimming the relays in my mind at night, when I was on the team in school, and was astonished when I broke out in a mild sweat. ’The team used me for dramatic finishes. I just burned rubber that last 50 yards, not surprising.

“You shall NOT walk without me ever again.” Sometimes Ron says these adorable things. I will honor his wishes, and I am so looking forward to getting into the pool and swim laps again soon as the incision heals, because in there it is safe, just me and the pristine warm water, and I will be a happy little fish. My “BigBrother BigSister” last week asked me to be a bridesmaid for her wedding in Texas so I have to leave Ron behind and be able to walk in a dignified and matronly way (through Airport Security) and “down The Isle” in about 7 months. What a delight.

Husband Ron as Major Dom! Caregiver is like having a distracted macho sumo wrestler with hobbit feet attending me but he is handling the whole house including pets, food, cleaning, chauffeuring and waiting on me, and running his business as well—so impressively adjustable, except that first day when he put my hospital socks in the freezer. He is my one and only, my partnah, here 24/7 except a few hours on Saturday for Farmer’s Market, but my neighbors are angels all the time and so kind and helpful. I am grateful.

Next issue more about heroes I think. Montana is full of them I promise you.
Community Journal - 11

August 15, 2017

The Park County Fairgrounds Arena came alive on August 5th. A near sell out crowd poured through the gates and jostled for their seats to witness 40 PBR Bull Riders and bulls go head to head.

“When I looked down the street and could see fans coming in droves, I knew it would be a fun night,” stated show producer, Jacey Watson. “And even a week leading up to the show we were reporting all reserved seating had sold out. We can’t thank the fans enough that turned out to witness such a fun event. The overall support of everyone – from sponsors to fans and ticket outlets, volunteers and staff – this show wouldn’t be here if it wasn’t for the determination and backing from everyone who helps it sustain year after year.”

This year’s 2017 show was special.

“This year’s 2017 show was special. “The Livingston community benefits so much from this event and we are extremely proud to bring it here,” says Watson. “Knowing that my husband, Andy, and I put it all together from scratch and can see how a community benefits is rewarding. There’s been some misconceptions that the show is brought to town by PBR corporate, but in fact it’s just a local couple who build it from the ground up year after year, and we can’t thank the local sponsors and fans enough who help it come to fruition each year.”

And indeed the crowd was treated to an electric show. The bulls bucked hard and the cowboys tried to best them. Some came out on top, others had to shake the dirt off. And the entertainment ran the gamut from a wild and crazy “Dance Your Boots Off” competition to Flint Rasmussen resurrecting an old rodeo clown act and playing a “little itty bitty duty.” “I can’t tell you how excited I was to know Flint was going to crack out that act for us,” says Watson with a grin. “We just knew with Livingston’s love for rodeo and the history that goes along with it, Flint’s old act would be a crowd pleaser!”

The dust finally settled as the bull riding competition drew to a close. Chase Outlaw came out on top as the event winner. This would be the second year and a row for Outlaw to pull out of town as the Livingston Classic PBR event champion. “I love what I do, and knowing that I can ride bulls and have the time of my life, makes me love it even more,” said Outlaw as he walked out of the arena. “I’ll be back. Livingston has been good to me, and I enjoy coming.” And with his exit, the producers had one final highlight of the show by sending off a flurry of fireworks for the spectators to view. Watson looks back on the event when asked if there’s anything more to add. She was quick to say, “It’s been one heck of year planning this thing and we can’t wait to start it all over again for 2018. But this year, seeing a near sold-out crowd in that big ol’ arena, just puts the cherry on top.”

Cody Campbell rides Redneck of Dakota Rodeo/ Chad Berger/ Clay Struve/ H&C Bucking Bulls during the Livingston Classic PBR on August 5, 2017. Cody went on to place 4th overall. Photo by Christopher Thompson

Paradise Permaculture Institute

**Eating the Weeds!**

**Thursday August 31, 2017 at 6-9pm $25**

**Call for Livingston Location**

**Instructor:** Bev Axelsen, Herb and Plant Medicine Specialist

We will identify, harvest and learn the nutritional qualities of selected weeds and prepare a “weed pasta” from common garden weeds; chickweed, dandelion, mustard, mallow, purslane, shepherd’s purse, nettle, pig weed (wild spinach) and sow thistle. To accompany the pasta we will make a tea from the medicinal plants in PPI gardens; again identifying, harvesting and learning the healing qualities of the plants.

Register by phone 222-9999

Email: mono@paradisepermaculture.org
Or online www.paradisepermaculture.org

Paradise Permaculture Institute • PO Box 1056 • Livingston, MT 59047
We demonstrate how to work with nature to co-create abundant foodscapes and sacred spaces
Please Join us for the Shane Lalani Center for the Arts’ Spotlight Gala

On Saturday, August 26th the Shane Lalani Center for the Arts will host their annual Spotlight Gala. In addition to fabulous food, drinks and entertainment, the 2017 – 2018 Community Theater Season will be announced, including the highly anticipated Park High School show.

This event is the Shane Center’s primary fundraiser for the year and according to Artistic Director, Russell Lewis, “helps us keep our ticket prices low and educational workshops affordable to our community.”

Everyone is invited to join us for delicious food prepared by Mustang Fresh Food & Chico Hot Springs. Libations will be provided by the Office Lounge – with beer and wine provided. Special music and entertainment will include JMB Trio, Livingston High School’s Jazz Group and the 2017 ‘Young Actors’ Workshop.

The Spotlight Gala not only raises money for this good cause and shines a light on our artistic friends in the community, but offers a chance to explore a behind-the-scenes perspective of the Shane Center. It’s a fantastic way to support the arts in your community, and a really great party!

Tickets to the Spotlight Gala 2017 are $75 per person, and are available online at www.theshecen.org, by calling 406-222-1420, or in person at 415 East Lewis Street in Livingston upstairs in the main office, Room 201.

Free Baroque Performance featuring participants of the Period Performance Workshop

Bozeman, August, 2017 – Baroque Music Montana and the Bozeman Symphony present the Period Performance Workshop, specifically for modern-instrument performers, hosted by First Presbyterian Church, August 25th-27th. The workshop will present a final concert on Sunday, August 27th, at 4:00pm, free and open to the public, presenting chamber and orchestra works from the baroque period at First Presbyterian Church (26 W. Babcock St., Downtown Bozeman). This is the second year the workshop will present the free performance.

Workshop participants will spend three days examining original manuscript sources, conventions of baroque style as it relates to modern instruments, improvisation, and historical cultural context. The workshop is led by Artistic Director Carrie Krause and members of the I-90 Collective, comprised of busy baroque soloists, who perform extensively across the country and abroad with many of America’s leading period-instrument ensembles.

Preceding the workshop, the I-90 Collective will present a series of public concerts as follows:

• Sunday August 20th at 4:00pm, St. Timothy’s Chapel, Anaconda MT – Admission $20
• Monday, August 21st at 7:00pm, Laura Gilmore home, 83 Vista Grande, Ennis MT – $20 individual/$30 per couple; RSVP: ascruggs@ennisschool.org
• Tuesday, August 22nd at 7:30pm, Cheek Chateau, Butte MT – Admission $20 at door. Refreshments served.
• Wednesday, August 23rd at 7:30pm, Padilla Home, 67 Wade Lane, Bozeman MT – Admission $20 general/$5 students; Refreshments served – RSVP Recommended.

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For more information about these performances, please visit i90collective.com.

Faculty: The I-90 Collective

Carrie Krause, violin: Concertmaster of the Bozeman Symphony and recent guest director of Seattle Baroque, Carrie Krause has performed as soloist in the Leipzig Bach Festival, Boston Early Music Festival, and as a member of Apollos’ Fire at the BBC Proms.

Adriane Post, Violin: Founding member of the acclaimed Diderot String Quartet, specializing in early romantic repertoire, and ensemble in residence at Holy Trinity in New York City and the National Cathedral in D.C. Adriane Post is described by Early Music Magazine as ‘one of North America’s brightest and best.’

Paul Dwyer, cello: Assistant principal cellist of the Chicago Lyric Opera and the Hande & Haydn Society. Paul Dwyer has a varied resume from heavy metal cello quartets to Fulbright scholar and Carnegie Hall Soloist.

John Lenti, lute and guitar: Multi-year winner of the Early Music America/Naxos competition and backbone of leading early music ensembles to major opera companies, John Lenti is praised by Gramophone for his “nuanced beauty and character.”

Benedict Williams, special guest lecturer & harpsichord, from the Royal Academy of Music

Benedict Williams was a chorister at King’s College Cambridge and a music scholar at Oundle School. He graduated from the University of York with a First Class Degree and the ‘Outstanding Contribution’ Prize in Music in 2015 and is currently studying harpsichord and conducting at the Royal Academy of Music.

The Period Performance Workshop would not be possible without the generosity and support from local businesses and individuals. Thank you to First Presbyterian Church for hosting the Workshop. For more information on the Period Performance Workshop, contact the Bozeman Symphony at info@bozeman symphony.org or 406-585-9774. Visit bozemansymphony.org for detailed information or by contacting Carrie Krause, carrie.krause2000@yahoo.com.
Bolshoi Ballet Soloist to teach in Livingston

Yellowstone Ballet Company presents Nikita Kusserasheva, a former Bolshoi Ballet soloist who will be teaching classes in Livingston for the 2017-18 season, September 6 – May 30. The curriculum will include a men's/boys class, ballet technique, variations and character for intermediate dancers; and ballet technique and Russian Folk Dance for beginner and recreational dancers.

Nikita was one of four students who finished his training at the Moscow Ballet Academy and graduated with high marks from the academy. He has taught and choreographed at the Imperial Russian Ballet Theater and the Ariekin Theatre in Moscow. His students placed 1st and 3rd in the Moscow Art – Music Festival.

Classes are open to students from all regional ballet schools. Students are welcome to continue training at their home dance school and supplement their training with these classes. Classes will be held at Yellowstone Ballet School 109 S St, Livingston MT.

For more information contact yellowstoneballet@gmail.com.
Poetry, paper and paint: Visiting artist classes at the Depot Museum

In connection with the exhibit, "A Railroad Runs Through It," the Livingston Depot will host a variety of classes instructed by the featured artists. In this landmark exhibition, painters, photographers, poets, and sculptors celebrate both the historic Depot and the dynamic train activity that passes daily. The special exhibit is a colorful celebration for the 30th anniversary of the Depot Museum. The powerful work in this exhibition affirms the connection between the railroad and Livingston's robust artistic community.

• Paper and Paint Workshop with Malou Flato
  August 24 1:00 – 5:00 PM
  Adult Session 15 and up. Tuition: $30
  Students will learn a unique approach to acrylic painting mastered by artist Malou Flato. This technique utilizes translucent Japanese paper and a method of painting both sides to create depth.

Limited to ages 15 and older. Museum admission is free. The session will be held on Thursday, August 24 from 1:00 – 5:00 pm for a cost of $30. Participants need to bring a canvas, other materials will be provided by the instructor.

Malou Flato and her husband divide the year between Texas and Paradise Valley, Montana. As a landscape painter, she paints the natural forms around her, plus those she encounters in her travels. Her work includes watercolors, oils, acrylics, tile murals, etchings, sculpture, and digital prints. And, she is always looking for the next frontier.

• Poetry Workshop with Marc Beaudin
  August 26
  Youth Session open to ages 12 – 17, 10:00 am – 12:00 pm. Tuition: $10.
  Adult Session 18 and up, 2:00 – 4:00 pm. Tuition: $20.
  Beaudin is an award-winning poet whose work has been published in numerous journals and was recently anthologized in the High Plains Book Awards finalist Unearthing Paradise: Montana Writers in Defense of Greater Yellowstone (of which he is a co-editor). His latest book of poetry, Song of the Peregrine Journals, was called "a jazzy, freewheeling, rollicking road trip into the beating heart of the Eternal Now" by Montana Quarterly. More about his work can be found at crowvoice.com.

The Depot Museum exhibits in 2017 are open through September 24. Located at 200 West Park, the Depot is open Monday through Saturday from 10 a.m. to 5 p.m. and Sunday from 1 to 5 p.m. There is a nominal admission, and group visits are also welcome by special arrangement.

Additional information can be obtained by contacting the Depot office or visiting www.livingstondepot.org.

For information/enrollment/reserve a space, contact:
GEOLOGY, BOX 1255, BIG TIMBER, MT 59011
OR CALL 406-932-4227 OR EMAIL: sagebrsh@ttc-cmc.net

Name:
Address:
Email:
Phone:

CHECKS TO: BIG TIMBER CRAZY MTN PRODUCTIONS

Genealogy
my family tree

LEARN HOW TO:
• GET STARTED ON YOUR FAMILY HISTORY
• TECHNIQUES ON RESEARCH, ARCHIVES, SOURCES

WHEN: SATURDAY, SEPTEMBER 16
WHERE: BIG TIMBER CARNEGIE LIBRARY
TIME: 1:00-4:00 COST: $12.00 (Enrollment limited)
INSTRUCTOR: Zoe Ann Stoltz, Montana Historical society

The Livingston Depot Museum presents an interactive poetry writing workshop with poet and performer Marc Beaudin that compliments its current exhibit, "A Railroad Runs Through It." Participants will dig into the heart of the process of poetry, discussing how to discover, refine and express Poetic Truth: a moment in writing when every word rings true – musically, personally and universally. In-class exercises will help reveal the methods and mindsets that lead to crafting a poem that "works."

Required materials: participants need a small notebook/journal and a pen. Other materials will be provided by the instructor. The youth session is open to ages 12-17 and will be held Saturday, August 26 at 10:00 am to noon, cost is $10. An adult session will be held that afternoon from 2:00-4:00 pm for $20.

United in Light, Inc.
Home to the Draft Horse Sanctuary
Livingston, Montana
www.draftrescue.com • 406-222-7982
Visit us the 1st Saturday of each month, 10-Noon

All people, all animals, all life…

We are a 501c3 Nonprofit Organization. Currently we visit auctions and consider requests from individuals needing to find a home for their horse, or from individuals who have found a situation where a draft horse needs rescuing. Serving Mature Draft Horse Breeds since 2003, we have also assisted in finding homes for hundreds of adoptable draft horses across the Nation. We rely solely on public donations as well as grants for the livelihood of UIL, Inc.
I hope your august is going well and you’ve had plenty of time on the course. Other than the forest fires the weather has been ideal. This session I want to touch on a little putting, and a few tips that will help improve your lag.

In past articles I’ve discussed the importance of allowing the putter blade to open and a close. I would really like to stress that this is much more of “relaxing and allowing” it to arc, than actually applying energy to produce a “visible arc.” The posture and swing plane are set, you just have to let the subtle arc happen. The main deterrent here is tension. The next time out on the practice green, take the time to be aware of your grip pressure, and forearm tension. Both hands and forearms should be close to as relaxed as your can get them. During this drill, without forcing it open, experiment with how extreme that you can let it open. With some practice you will discover that it is still very subtle. It is so faint because the swing plane is overly gradual when compared to the full swing. This is due to the nature of the more upright putting posture. The key deal here is to remember that there is a release, and the putter face does not align square-to-square to the plane. I believe this will pay major dividends rolling the ball more positively. With this positive “pop off the face” roll, you may notice that many of your misses will be long of the hole. Your ability to differentiate positive roll to miss hit will improve. The off center, clunky strikes will often times end up short of the hole. As you practice more, I can promise that you will quickly see fewer three puts. This is one of the easiest ways to lower your score. Will you make more 6, 8 and 10 ft? I believe you will, but it is important to remember the odds, and what I’m trying to get at here is that will this contraption you can get some fascinating data. The findings indicated that with the perfect speed and line, from 12 ft., you basically only have an 80% chance of making it. To put it in perspective, the chances of making a 45 footer on the PGA Tour is about 3%. With a 25 footer it is 10%. Which makes watching a PGA Tour players make 80 yards of putts coming down the stretch simply amazing.

Increased lag is the main proprietor of more golden effortless power that we look for. With it our ability to have healthy shaft lean increases. My tip for lag is really a very simple observation that I want to share with you. I like to look at the best golf swings and find fundamentals that I can model. While looking at many of the top players I’ve found that the lag, the angle between your forearms and shaft, reaches its maximum, during the downswing. Not from the address to the top position. I believe it is very easy to get in the bad habit of trying to create the wrist cock associated with lag way too early. For instance, look up on YouTube any tour play you can think of. The angle of the lag at address is closer to the angle at the top of the swing that you think. For many of the top players the angles between the shaft and forearm in the first half of the swing are very patient and stoic. As body begins to move into the down swing, take notice how the lag is really created during the first tenth of a second of the downswing. I believe with this awareness and some attention to your tension, you will begin letting this lag happen. I hope your opening up your schedule for more golf or the very least a few random hours on the putting green or practice range. Play hard!
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