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Week of March 16, 2025

## Gardiner Chili Cook Off Crowns Natalie Nolan in the 22nd Year of the Event

### Madi Johnson's Peanut Butter Cookies Declared the Best in Town

Park County Dugout  
By: Jeff Schlapp

Over 100 hungry folks came out on Saturday night in Gardiner to support the town and sample 16 crock pots brimming with homemade chili at the Gardiner Community Center.

While musical guests Zondra, Robert, and Friends thrilled the crowd with their Bluegrass music, people shared stories and friendships over some of the best homemade chili recipes in Montana.

After all was said and voted on, Natalie Nolan



Natalie Nolan with the coveted Golden Ladle, the winner of the 2025 Gardiner Chili Cook-Off. Photo courtesy Shawn Darr.

and her white chicken chili were declared the **Champion of the 22nd Annual Gardiner Chili Cook-Off.**

"The event brought in over \$800," said Shawn Darr, one of the organizers of the event. "All of the proceeds will go to remodel the Gardiner Community Center, we are so thankful to those who came out and to those who cooked and baked all day to make this a great community event. It really does take a Village to pull off this event each year, and the people of Gardiner come together every time to make it a success."

When you are out for a night of belly-filling, you must save room for dessert, and the folks really enjoyed Madi Johnson's peanut butter cookies as she now wears the crown for being named the **Champion of the 2025 Gardiner Cookie Bake-Off.**



Madi Johnson, with her coveted Spatula, winner of the 2025 Gardiner Cookie Bake-Off. Photo courtesy Shawn Darr.

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

## Historic Campground Seeks Donations for Restoration Project

Livingston, MT—Trekking down East River Road just beyond the Pine Creek Lodge and past the church is a dirt road called Luccock—namesake for a 12-acre campground nestled at the base of the Absaroka Mountain range, nine of which comprise an open, centralized meadow enveloped by tree coverage and an assembly of wooden buildings surrounding the perimeter. The meadow, hued in green with a yellow tinge, appears



Tony Crowder  
Managing Editor

vast in contrast with the campground's eastern backdrop, three mountains some have taken to calling Faith, Hope and Charity—values long championed within Western Christianity through scripture and custom. To the west sits Paradise Valley; the campground's northern border is fortified by the almighty Pine Creek.

"On some nights we can hear music from the Lodge," says Emily, the campground's director.

This establishment steeped in local tradition has belonged to members of the Methodist faith since its purchase in 1923. For decades, Luccock Park campground welcomed church groups from throughout Montana and the surrounding area. Though

the church still reigns supreme over its facilities and operations, like many other Christian denominations, Methodism has observed a steady decline in fellowship throughout the 21st century, leading the church to accommodate a wider variety of patrons.

Now, from the first weekend in May through the end of September, Emily and four to six staff members, some of which are hired seasonally for lawncare and kitchen work, host youth



summer camps, adult retreats for both men and women, dance festivals, weddings,

[See Historic Campground, Page 2](#)



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# Historic Campground

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reunions and the like—members of the Bozeman Folklore Society, Rotary Youth and 4-H Club, amongst others. The campground’s facilities, including 12 small cabins and four large dormitories with capacities of 20 and 45 individuals, respectively, hold up to 220 people. A large, double-A framed dining and recreational building is the site for meals, dances and workshops.

Emily, a Bozeman native who attended the camp three times each summer from 2nd grade until her senior year in high school, is entering her third summer as the campground’s matriarch. After leaving for college, she relocated several times throughout the country before returning to the area, eventually seeking a new career path. She applied for and was offered the position of director during the Spring of 2023—one year removed from the destructive flooding of the Yellowstone River, an event with potentially catastrophic consequences for the campground’s facilities.

Three of the four large dormitories hosting a majority of the campground’s visitors—Laurel, Livingston and Glendive, named for the Methodist Church chapters and former stewards who financially supported and constructed these facilities—sits adjacent to the Pine Creek. The immense flooding redirected the creek’s course alongside the campground, causing erosion to the bank below the dormitories and damaging their foundations, erected some 50 to 70 years prior.

Fearful of their demise and tasked with saving these structures, Emily has launched a fundraising campaign and is seeking donations to not only fund construction but save the campground—a place she and others cherish as a sanctuary.

“These cabins are so important for youth camps. Going back to our roots, this is the

demographic we have primarily served. There are names written on the walls and campers sleep in the same bunks every year. To have the dorms washed away would be heartbreaking”

So far, Emily and her team have raised \$45,000 in total, \$35,000 of which was secured in a single donation to initiate the project through stream remediation contracting—a process involving drafting design documentation and completing construction permitting, a crucial step toward restoring the dormitories. However, remaining costs to begin and complete construction amount to roughly \$70,000 for a grand total of nearly \$120,000.

The group has otherwise raised \$10,000 towards commencing construction. For example, the Laurel community’s Methodist chapter and the Pine Creek Church in Livingston have each contributed \$1,200 by collecting private donations and sponsoring fundraising events, respectively. Gronlund Sayther Brunkow (GSB), a fundraising firm specializing in assisting non-profit organizations, is collaborating with Luccock to create an annual fund to generate revenue for the campground and facilitate the project.

Currently, Emily is devising strategies to boost funding by collaborating with non-profit consulting agencies and other



church-based organizations, as well as directing outreach efforts towards previous attendees whose fond yet potentially forgotten memories may serve as inspiration for supporting the campground.

For more information on this project, employment opportunities (limited to one seasonal position), or to donate, please visit <https://luccockpark.org> or contact Emily at [luccockmanager@gmail.com](mailto:luccockmanager@gmail.com). The group is accepting donations online, accessible through the QR code or the donations tab on their website, or via mail at PO Box 80974, Billings, MT 59108.



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The Billy Conway Artist Fund

# Spring Fling Craft Show



The weather is starting to warm up, so let’s get out of the house, grab a friend, and head down to the Spring Fling Craft Show! Browse and meander around the booths. Take time to appreciate the works of local craftspeople. You’ll find eclectic, curated items such as jewelry, ceramics, natural skincare, handmade soaps, herbal-tea infusions, artwork, hand-crafted gnomes, paintings, horseshoe art, woodcrafts, gifts of all kinds. You’re sure to find your next treasure!

The show is on Saturday, April 5th, from 9 am to 3 pm, at the Park County Fairgrounds (46 View Vista Dr.), in Livingston. Cash admission is \$1 for adults and children 12 and under free.

Raffle tickets for several prizes will be sold throughout the day, which are donated by the vendors. Park County Rural Fire District #1 is running this raffle as a fundraiser.

Food Truck outside and Espresso trailer inside.

Don’t miss the Spring Craft Show extravaganza! Vendors can still sign up by email to [emigrantpeoplesmarket@gmail.com](mailto:emigrantpeoplesmarket@gmail.com).

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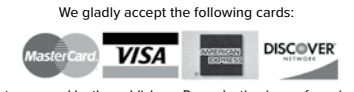
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# The Billy Conway Artist Fund Announces: Salish and Blackfeet Hip Hop Artist Foreshadow With Grammy Award Winning Producer Lophiile to Release Album "Perfect Timing."



Shane Center in Livingston on March 30th. Foreshadow has also earned a slot on the Main Stage at the 2025 Red Ants Pants Festival on July 26th.

Hailing from the Flathead Indian Reservation, Shadow won a Native American Music Award in 2022 for for Best Narrative In Video for his song, "Protect Your People," a testament to his storytelling and artistic impact. In 2024, he contributed to the documentary "Bring Them Home," creating a song that highlights the Blackfeet tribe's efforts to return the original herd of buffalo to the Blackfeet Indian Reservation. (The song is included on "Perfect Timing.") The documentary, narrated by Lily Gladstone, adds another layer of cultural significance to his body of work.

and recording processes along with the marketing and promotion that follows. Paul Durham, from the indie band Black



Billy Conway Photo Credit: Joe Navas

Lab, is BCAF's Primary Mentor, and has been working with Foreshadow throughout the intensive nine-month project.

Tyler Acord (Lophiile, DJ Scout) is a producer, writer, DJ, photographer, and multi-instrumentalist who won his Grammy for producing HER's

2017 recording 'Avenue.' His discography is impressive, his talent is jaw-dropping.

For more information contact Laurie at [billyconway.artistfund@gmail.com](mailto:billyconway.artistfund@gmail.com) or call 406-595-7719.

<https://www.billyconwayartistfund.org>

<https://www.foreshadow.com>

IG: @billyconwayartistfund

@foreshadow406

### Ticket links:

- March 30th Shane Center matinee (pay what you can): <https://www.eventbrite.com/e/bcaf-presents-foreshadow-recordrelease-celebration-matinee->
- March 30th Shane Center evening (tickets \$25.00): <https://www.eventbrite.com/e/1251391769469?aff=oddtcreator>
- March 28th Top Hat: <https://log-jampresents.com/event/foreshadow-with-lophiile-67309/>

To learn more about Billy Conway:

<https://www.crazyviewrecords.com/artists>

ly modern technology while dipping into various vintage musical styles, the results are an aural collage of grooves, soaring with Foreshadow's messages of resilience and community, and a decent amount of sass thrown into the mix.

The resulting record, "Perfect Timing," is set for release March 18th, with celebratory live shows set for March 28th at the Top Hat in Missoula, and two performances at The



Video for "Sunshine, Photo Credit: Colter Olmstead

Shane Center in Livingston on March 30th. Foreshadow has also earned a slot on the Main Stage at the 2025 Red Ants Pants Festival on July 26th. Hailing from the Flathead Indian Reservation, Shadow won a Native American Music Award in 2022 for for Best Narrative In Video for his song, "Protect Your People," a testament to his storytelling and artistic impact. In 2024, he contributed to the documentary "Bring Them Home," creating a song that highlights the Blackfeet tribe's efforts to return the original herd of buffalo to the Blackfeet Indian Reservation. (The song is included on "Perfect Timing.") The documentary, narrated by Lily Gladstone, adds another layer of cultural significance to his body of work. Shadow is the first artist to work with the Billy Conway Artist Fund (BCAF), a 501(c)(3) created in honor of the late Billy Conway, drummer for the world-acclaimed indie 'low rock' band Morphine; along with blues master Chris Smither; and songwriter Jeffrey Foucault, and many others. BCAF provides mentorship and financial support for emerging Indigenous artists in Montana, walking them through all aspects of the writing

### Record Release Celebration/Live Performances:

March 28th at The Top Hat,

Missoula, MT

March 30th 1 pm Matinee at The Shane

Center, Livingston, MT

March 30th 7 pm at The Shane Center,

Livingston, MT

July 26th 12 pm at The Red Ants Pants

Festival, White Sulphur Springs, MT

On September 2, 2024, when hip hop artist Shadow Devereaux (Foreshadow) stepped into the recording studio with Grammy winning producer Tyler Acord (lophiile), meeting for the first time and not knowing exactly what to expect, they stepped up and hit a musical grand slam. Utilizing thorough-

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# Why Junior High and High School Shouldn't Cut Athletes from School Sport Teams Before Sophomore Year

*Loneliness, Depression, Even Suicide... Being a Member of a Team Helps a Young Teen Feel Connected.*

Op-Ed: Park County Dugout  
By: Jeff Schlapp

Last October, I was among about 30 to 40 parents on Parents Night at Bozeman High, where Winter Sports was being introduced by each coach and what he/she expected from kids trying out and from the parents.

When Junior High school ended last year, I immediately emailed the high school basketball coach and told him my son had expressed interest in being on the team and was curious about any camps the school offered or summer ball—crickets.

I noticed that Gallatin High School's full summer basketball schedule, including summer teams and camps for boys and girls, was available online. After several emails, I switched to the AD, who sent me to his assistant, who, in *mid-August*, sent me a wonderful schedule of camps and games as well as open gym dates and times.

Better late than never, I suppose.

Instead, my son spent hours working out at the Ridge and some time with a private coach over the summer.

Then came the Winter Sports meeting that I learned from the Head Coach that he cuts at all levels. As far as freshmen players, he told us that he and his assistant coaches had already picked potential teams through open gyms and had a chance to see who they liked. For the freshman team, he said he has 12 players and that he observed them at the open gym.

I told my son to keep practicing and find out from his friends what the summer schedule is. We'll also send him to camps so he can try out his sophomore year.

High School sports teams need to create a no-cut policy before the student/athlete's sophomore year.

## Emotional Effects of Being Cut from a Team

A 2013 study, *Psychological Symptoms and Chronic Mood in Representative Samples of Elite Student-athletes, Deselected Student-Athletes, and Comparison Students* (Brand, R., Wolff, W. & Hoyer, J. Psychological Symptoms and Chronic Mood in Representative Samples of Elite Student-Athletes, Deselected Student-Athletes, and Comparison Students. *School Mental Health* 5, 166–174 (2013). <https://doi.org/10.1007/s12310-012-9095-8>) found that the emotional effects for athletes who have been cut are significant—maybe even concerning.

Research suggests that cutting athletes may expose them to an increased risk of developing symptoms of mental disorders, particularly in young female athletes. For many students, physical activity and sports allow them to de-stress through simply having fun and playing. Being cut from a team can eliminate this benefit and leave students emotionally vulnerable.

Studies found that, following team selection, the "athletic identity" of those who were cut changed. In addition, athletes who were cut experienced an immediate decrease in positive emotions. Cutting left



Ryan Gusto got cut 3 out of 4 years in high school. In June of 2019, Ryan Gusto was drafted in the 11th round of the MLB Draft by the Houston Astros.

athletes in a state of emotional turmoil, generating feelings of shock, anxiety, humiliation, anger, and despair.

The emotional effect of being cut was evident in discussions with students and parents.

One student recalled her feelings after being cut: *"I was really upset, and I was crying, and I didn't understand... I thought that I was good enough to make the team."* Another student described the work she put in to make the team, then her devastation when she found out she did not make it: *"Really disappointed, working on it for so long to make a team and then not making it."*

Parents also recognized the emotional effects on their children after being cut from a team and discussed how they had to support them through this emotional time: *"She just laid around for a couple of days; she was just really sad and genuinely heartbroken."* *"They just cut him. And that's it. His life was turned upside down, and I had to really support him through this."*

I asked a trusted person involved in athletics at a high school here in Montana, and he told me that he was unaware of any studies that had been done with teens to measure their emotional response to being cut from a team and whether it had left them more vulnerable for feelings of loneliness, depression, even suicidal. Another friendly AD told me the same, adding that her school does not have a cut at any level.

Why does a Coach need to cut, and if it's his school's policy, do they even know how to cut a player? It's more than saying to a kid, "You're just not good enough."

First, an Montana High School Association (MHSA) Class C school can offer me no good reason to cut. The same goes for Class B schools. They have the facilities and can reach out to the community to find suitable volunteer Junior High and ninth-grade coaches.

Gardiner, a Class C school, has a track team with less than 20 kids. Susan Cunningham is the team's coach. She doesn't cut a player. She was the boys' varsity basketball coach—she never cut a player.

Shields Valley basketball coach Jacob Fisher loves developing youngster—she never cuts.

## If You Must Cut, Follow Best Practices

At many schools, research shows:

- Cutting policies are largely absent, unwritten, and/or not communicated well to athletes, parents, and administrators.
- Coaches show a desire for further support, flexibility, direction, and the development of school district

policies for team selection.

- Coaches admit to feeling the pressure of parental influence in team selection and even fearing backlash. To avoid potential repercussions, coaches offer face-to-face meetings with certain players and their parents.
- Tension exists between what is easier for the coach versus what is best for the athlete. For example, coaches see posting a list as the easiest but acknowledge that a face-to-face meeting is best for the athletes.

Some high school coaches feel they are too important to talk with kids, so they just put up a list. These are the worst of the kind. The player has no vision of the future regarding what he needs to work on.

## Provide Actionable Feedback

Coaches should offer specific, actionable feedback regarding what the athlete can work on and provide alternative avenues for sports participation. There should be a balance of critique and positive reinforcement. When seeking this balance, coaches need to be careful not to provide unchangeable responses such as, "You are just not tall enough," as this discourages future participation, and the athlete cannot do anything about it anyway.

As Brand and Wolf describe, athletes involved in the study desired clear feedback on areas for improvement. If athletes perceive that an unchangeable attribute (such as height) is the reason they did not make the team, they feel more restricted, are less likely to believe they are competent in that sport and are less likely to participate in that sport in the future.

Instead, tell the youngster what he or she needs to work on to make the team next year and invite them to see you in the offseason to shoot hoops, play catch, or kick a soccer ball for 30 minutes so you can continue to monitor their growth.

**Ryan Anderson, Park High's Baseball Coach**, told me one way he handles the issue is by inviting a kid to be on the team as a manager, slipping in some field, and hitting drills often during the week. Novel idea: keeps the kid engaged; he's part of the team and can continue his growth while helping the team in other ways.

We've all heard the story of Michael Jordan being cut by his high school coach in his sophomore year. That made Jordan work harder and come back even more determined in his junior year.

**Ryan Gusto got cut 3 out of 4 years in high school.** One day, Ryan came across a particular coach whose bio struck a chord: (then) Broward College head coach Ben

See Jeff Schlapp Page 10

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# ASPEN's Annual Fundraising Event Celebrating 25 Years of Advocacy in the Community

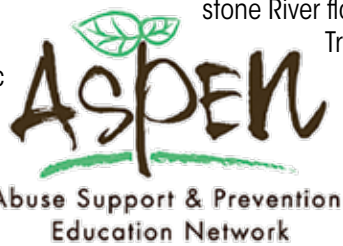
## Dinner, Auction, Raffle, Music and Impact Award Planned at Livingston Depot

Friday, April 4th at the Livingston Depot Center, ASPEN hosts its Annual Community Event with dinner by The 1900, a silent auction, a raffle and music by Dave Eaton. This year marks ASPEN's 25th year, and the organization wants to thank the community for their involvement and support over all of those years. ASPEN Executive Director, Heidi Barrett said, "We want this event to be accessible to community members, who are the backbone of the organization. While it doesn't seem appropriate to celebrate the need for our services, this is an opportunity to honor the positive impact we continue to have through our work with survivors and prevention and education programs."

This year ASPEN will present an Impact Award to Livingston's ACE Hardware

and Kelsen Young, Executive Director of Montana Coalition Against Domestic and Sexual Violence, will speak about ASPEN's work. ASPEN chose April for the Annual Community Event partly because April is Sexual Assault Awareness Month. While confronting violence of any kind can be difficult, ASPEN remains positive. "We continue to see a need for our services, but we also see how, in a supportive community willing to commit resources to advocacy and prevention, we can end violence around us," Barrett said.

ASPEN staff and local volunteers will be working during the event. A raffle includes three prizes: an upper Yellow-



stone River float Trip with Sweetwater Travel combined with an Orvis Clearwater Fly Rod and Reel Package by Dan Bailey's, a two-night stay at Silver Gate Lodging, along with dinner for two at Royal Wulff Tavern, dinner at the Beartooth Cafe and a gift certificate to the Log Cabin Cafe, and a barbecue grill from Kenyon Noble. A silent auction with many items from local businesses will include an overnight stay at the Murray Hotel and dinner at Second Street Bistro, an overnight stay and dinner at Sage Lodge, a bedroom update set by Livingston Home Outfitters and many handmade items, artwork, gift baskets and gift certificates. Neptune's Brewery

will provide beer and The Office Lounge & Liquor Store will provide wine to accompany dinner and The Phoenix will serve mocktails.

The Annual Community Event begins at 5:30 pm Friday, April 4th at the Livingston Depot Center. Tickets are \$25 and are available by visiting <https://www.aspenmt.org/end-the-silence>. Sponsors Opportunity Bank of Livingston, Printing For Less, Livingston's Ace Hardware and NorthWestern Energy make the Annual Community Event possible through sponsorships.

ASPEN, Abuse, Support and Prevention Education Network, provides services, support and advocacy including a 24-hour support line (406-222-8154), an emergency safe house and prevention and education programming.

# The Sleepless Elite to Play an Intimate Set at Pine Creek Lodge

Settle in for an evening of music that feels like a conversation between old friends. On March 21st, The Sleepless Elite will take the stage at Pine Creek Lodge for a special, stripped-down set-offering a rare chance to hear their songs in their most raw, intimate form.

Joined by their stunningly talented friends Stephanie Burda and Michael Boise, audiences can expect heartfelt

performances, rich harmonies, and the kind of storytelling that lingers long after the last note fades. From 7 to 10 pm, experience an evening that's less about volume and more about connection—a carefully curated mix of The Sleepless Elite's original songs alongside a few timeless covers, all delivered with warmth and honesty.

If you're craving a night of live music that feels personal, unfiltered,

and deeply moving, this is it. Seating is limited, and tickets are on sale now at <https://PineCreekLodge.com>

Don't miss the chance to experience The Sleepless Elite like never before.

*"The indie/pop punk track, titled 'Heard About You' will brighten up your day just like the sunshine, and if you aren't totally addicted after just one listen, you weren't paying close enough attention."*



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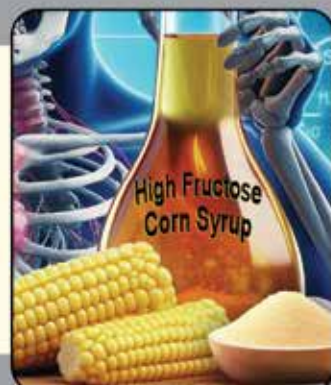
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Jill-Ann Ouellette, Staff Writer [www.pccjournal.com](http://www.pccjournal.com)

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Analysis, Dr. Joseph Mercola



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# Montana Chamber Music Comes to Livingston

by Joyce Johnson



**NOON NOTES**, brings all generations together to hear great chamber music in a fun, learning scenario at The Shane Theater. Chamber music, less formal than other venues, is being performed more than ever these days, as though a longing for the uplifting music of our best.

I jumped in my car alone February 4th because I didn't have time to hook my friends in to join me, not even Ron who loves chamber music.

I drove to The Shane Theater hoping it got the good turnout it deserves. I hustled in just in time to run into the two musicians and Walter Wunsch chatting in front of the theater doors. Walter is a friend of many and sponsor of this very program, monthly here in Livingston as well as a lot of other community venues around the county. My grin got big a minute later when it looked like a 100 middle school kids paraded in the door and upstaged us, chatting loudly, having happily walked from Sleeping Giant Middle School, only a few blocks away.

This month, Montana Chamber Music gifted us with the amazing, presence and playing of MSU Cello Professor, Julia Slo-

varp, with Piano Teacher, Music Corroborator and Internationally known Pianist, Ken Christensen. If the music chosen to play was great enough (Chopin, Schubert, and Dvorak) the vibe of communication between the piano and cello was so arresting I couldn't resist moving my head from side to side, with Julia who swayed happily with the music. I looked around and saw the middle schoolers wig-



gling like a box of puppies. Kids do anyway, but one cannot sit still with such perky and uplifting sound filling you from ear to toe. Just let it in...

When a student later asked Julia how she keeps the beat in such complex harmonies and does she tap her foot? Julia laughed and said she and the cello

just move naturally to the beat. She said "Ken and I communicate with well placed nods and glances throughout." Ken added with emphasis that they also practiced a LOT. I know all agree: It was like Julia's Cello and Ken's Piano must be the best and most harmonious friends. Their enjoyment of making the music got all over us.

Julia quizzed the students who had actually studied info previously sent to them so they would be prepared. They were asked how they felt when they listened, and what were our thoughts.

When Julia asked if any of them played a musical instrument, at least 30 students raised their hands high. My jaw dropped. A fellow listener nearby saw me, nodded, and explained: "There is a great deal of talent in Park County." You guessed it, my eyes stung. Performance pieces: *Introduction et Polonaise Brillante, op.* by Chopin; *Sonata for Arpeggio and Piano in A Minor, D. 821* by Schubert; *Silent Woods* by Dvorak. Any questions or more details, times and dates, of this gift of free music please contact Renee Westlake, Program Coordinator, at: renee.westlake@gmail.com

### Paradise Valley Briefs:

**The Pray Cafe** - On Saturday the 8th, my plans to go over to East River Road, to The Pray Cafe for breakfast got preempted by my husband Ron who made breakfast for us. Never turn down the hubby's offer to cook, but The Pray Cafe is a significant competitor. So far this year it is only open for breakfast and lunch on Tuesdays and Saturdays from 8 am to 2 pm. Owner and long-time local resident, Cheryl Standish is still in the kitchen, while waitress and daughter artist, Laura Ganji, serves us. Days of operation over the years have fluctuated, but they are still there for us as much as possible. Come by for a meal in the Heart of the Valley on E. River Road, between Chico Road and the Pray Post Office, if not just for the cheery local vibe, for good fresh home cooked meals, and some-

body in the kitchen makes lots of seriously great pies.

**Head's Up Artists and Crafty locals** - Paradise Valley Equine on East River Rd., just across from The Pray Cafe, is hosting another Local Craft Market Fest on May 3rd, to show off what we have all been up to this winter. Many practical, equine, and decorative items, and services offered. And lunch. If the amazing attendance and success of the Fall show last year is a hint, this one will bring an awesome attendance too. Show hours are Saturday 9 am to 3 pm, with set-up recommended Friday afternoon. There's ample room in the arena and surrounds for everyone to spread out. Please mark your calendar and look for a reminder in April. You want to set up? Contact Ava Riccardi: wonderhorseenterprises@gmail.com

## SHIELDS VALLEY Upcoming EVENTS

**March 17th**  
JH Track and Field Practice begins at 4:15 pm

**March 19th**  
Crosscut Trip for 4th & 5th Grades. Live Fit & Strong Fitness Challenge Bootcamp in Wilsall at 6 pm

**Shields Valley Mobile Pantry**  
Second Friday of every month in Wilsall from 10:45 am until 11:45 am located in the Wilsall Dance Hall parking lot. In Clyde

Park at High School parking lot from 12:30 pm to 1:15 pm. For more information and to join the program go to <https://livingstonfr.org/get-food/food-pantry.html> or call 406-222-5335.

If anyone has any upcoming events please send email to [shieldsvalleynews@gmail.com](mailto:shieldsvalleynews@gmail.com).



If anyone has any news, events, etc. please let me know at [Shieldsvalleynews@gmail.com](mailto:Shieldsvalleynews@gmail.com)

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### Meals for March 17<sup>th</sup>-21<sup>st</sup>



**Monday, March 17th** - Corned beef, sautéed cabbage, potatoes, roll, pistachio fluff, pears, milk

**Tuesday, March 18th** - Ham & bean soup, cornbread, pears, milk

**Wed., March 19th** - Reubens, fries, bananas, cake, milk

**Thurs., March 20th** - Swedish meatball casserole, roll, peas, rice, milk

**Friday, March 21st** - Pulled pork on bun, coleslaw, fries, oranges, cake, milk

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# Carrots, the Benefits Abound!

by Jill-Ann Ouellette

It's almost Easter season (another month to go)... the stores have been stocked for over a month with decorations, stuffed bunnies, basket makings, and lots of sugary delights—this makes me think of carrots. Why? Maybe it's because the Easter Bunny likes to chomp on them! A little-known fact about carrots is they are not high in sugar compared to many other fruits and vegetables. A medium-sized raw carrot has about 2.9 grams of sugar. And carrots are great "crunching" when you need to munch!



Carrots are a root vegetable belonging to the *Apiaceae* family (*Daucus carota*) known for their orange color (though they also come in yellow, red, purple, and white varieties), rich in beta-carotene, fiber, and antioxidants, with substantial health benefits. All types of carrots are nutritious, but purple carrots contain anthocyanins, which may have additional health benefits.



Roasted rainbow carrots with herbs

name a few ways. My favorite is steamed with plenty of butter, a dash of dill, and a pinch of sea salt. A close second is roasting a large pan of root vegetables with olive oil, lemon juice and lots of herbs. I could have them every day! Here's a more detailed look at carrots:

Carrots originated in Central Asia, although wild carrots are native to Europe, North Africa, and Western Asia.

**Health Benefits** from the *Lexington Medical Center Blog*: Carrots are a good source of beta-carotene, which the body converts into vitamin A, fiber, vitamin K1, potassium, and antioxidants. Here are more nutritional attributes:

**Vision:** They contribute to healthy vision due to their beta-carotene content and help prevent xerophthalmia, an eye disease.

**Antioxidants:** They are rich in antioxidants, which helps protect the body from damage caused by free radicals.

**Fiber:** The fiber in carrots can aid in digestion and help with weight management.

**Immune Function:** Carrots can help support immune function by helping your body produce antibodies.

**Wound Healing:** They can help with wound healing.

**Digestive Health:** Carrots can support digestive health by helping to clean your digestive tract and keep gut cells healthy. The fiber in carrots—any high-fiber vegetables, actually—acts like a natural vacuum cleaner in your gastrointestinal tract, picking up debris as it moves through your body. Carrots support a decreased risk of illness and improving your health overall. [ZENB.com]

**Reduces Risk of Cancer:** Some studies suggest that the antioxidants in carrots may help reduce the risk of certain cancers.

**Cleans your Liver:** Carotenoids are fat-soluble, so when you eat a carrot, they stimulate bile to flow and remove waste. A study by Hsiang-Chi Peng at The School of Pharmacy, Taipei Medical University, Taiwan using rats revealed that beta-carotene may prevent liver damage caused by alcohol. [AMSETY]

**Other health benefits:**

- Carrots may help lower cholesterol
- Carrots may help control diabetes
- Carrots may help strengthen bones

- Carrots may help with weight loss
- Carrots may reduce the risk of cancer
- Carrots may improve cardiovascular health

You can eat carrots at any time of day, and there's no limit to how many you can eat. They are great for on-the-go snacking. Carrots eaten with other food may inhibit the absorption of minerals, so it's better to eat them solo and 30 minutes before a meal.

According to the *The Indian-Express*, besides fiber, a protein present in carrots helps induce a feeling of satiety making it a great food for weight loss. The fiber acts as a prebiotic and helps populate the gut microbiome. If you tend to over-eat, then slice a raw carrot and eat it before your meals for maximum benefit.

Back to the Easter theme... one year when my twins were about five, I made their Easter baskets. I packaged



each item individually and fancy. The basket had exotic fruit, honey sticks, rice crackers, a special toy and one Jason's dark chocolate peanut butter cup. The baskets were well received—that is, until they went to school

the next day and all the other kids had piles of Easter candy in their lunch boxes. I probably lost a bit of street cred, but I continued the healthy, exotic fruit and honey sticks for many Easters later.

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Recipe by  
Carla Williams

## RECIPE CORNER

### Muffin Breakfast Pizza

**Ingredients:**

- 4 English muffins, split in half
- 4 large eggs
- 1 cup cooked breakfast sausage, crumbled
- 1 cup shredded cheddar cheese
- 1/2 cup diced bell peppers
- 1/4 cup diced onions
- 1/4 cup milk
- Salt and pepper, to taste
- Cooking spray or oil (for greasing)

**Instructions:**

- 1. Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper and lightly grease with cooking spray or oil.
- 2. Prepare the Muffins:** Place the split English muffin halves on the prepared baking sheet, cut-side up. Toast them lightly in the oven for 5-7 minutes, until golden and crisp.
- 3. Cook the Eggs:** In a bowl, whisk together eggs, milk, salt, and pepper. Heat a non-stick skillet over medium heat, scramble the eggs until cooked through. Remove from heat.
- 4. Assemble the Breakfast Pizza:** Evenly distribute the scrambled eggs over each muffin half. Add crumbled breakfast sausage, diced bell peppers, onions, and shredded cheddar cheese.
- 5. Bake the Breakfast Pizza:** Place the assembled muffin pizzas back in the oven and bake for 5-7 minutes, or until the cheese has melted and the edges of the muffins are golden brown.
- 6. Serve:** Serve the Muffin Breakfast Pizzas warm and enjoy a delicious start to your day!

**Notes:**

- You can substitute the breakfast sausage with cooked bacon or turkey sausage for a different twist.
- Feel free to add other veggies like spinach or mushrooms to customize the pizza to your taste!
- For extra cheesy goodness, sprinkle some additional cheese before baking.




Photo Credit: thisisnotdietfood.com

# Criminal Nutrition?

by Nurse Jill

To eat or not to eat... that is the question. It has long been known that sugar is addictive. Many studies have focused on how sugar affects our bodies and our health. But not many researchers have explored the idea of losing control of choice in your diet because of an addiction to a food ingredient.

A new lawsuit filed by a 16-year-old widens the focus of diet dangers from just sugar to what has been dubbed "processed" food. Not just processed but ultra-processed foods (UPF) and how these foods are not only a risk to health, but they trump a person's ability to chose a healthy diet due to addiction. The Pennsylvania teenager suffers from non-alcoholic fatty liver disease and type 2 diabetes, both of which were unheard of in adolescents and children even just 50 years ago. Bryce Martinez, the individual filing the suit, alleges that the 11 different food companies listed in the claim purposefully made their food addictive to the point of prioritizing profit over the health of their customers, regardless of their age. While it has been heralded a "first of its kind" in the legal system, it holds echoes of other legal battles in American history that have sought to discern where responsibility lies for Americans' health.

In 2002, there were two notable lawsuits against fast-food chains alleging that foods offered at familiar fast-food joints had caused obesity

and chronic illness in its consumers. Among the legal allegations were a lack of education on the food's ingredients, harm coming from the amount of processing the food underwent, an addictive quality in the meals, and targeting children with their marketing.

These two cases were eventually dismissed but it intensified an argument between consumers and companies in the food industry about responsibility. The key word in the litigation was "caused." Did actions by the defendants



"cause" obesity and chronic illness in the plaintiffs? This is where the judge had to decide between an individual's responsibility for what they ultimately consume and the company's responsibility to provide reasonable food to those individuals. At some point in the legal arguments the defense held that it is common knowledge, if not

common sense, that consuming burgers, fries, and shakes has an inherent health risk of high calories with fat, sugar, and cholesterol. On the other side of the debate one of the plaintiffs stated that they truly believed the food they were giving their children from these establishments

was "healthy," alleging that the restaurants should have posted warnings about the fat, sugar, and cholesterol levels of different menu items.

At what point does responsibility start to shift from the individual to the company?

This question is a legitimate legal inquiry and was a major part of another legal battle that echoes in the Martinez filing. The plaintiffs in the late 1990s took the question a step further and posed a full-on accusation that tobacco companies were indeed responsible. The plaintiffs presented evidence that Big Tobacco knowingly and purposefully altered their products to not only entice patrons but to enable addiction in those that bought tobacco products all for the sake of increased profits. And the judges agreed. This ruling resulted in tobacco companies having to pay out billions over 25 years to compensate for medical costs, a cessation of advertising to minors, and to disband groups that perpetuated the myth



that tobacco was harmless.

And this is where Martinez's lawsuit will probably try to grab traction. The accusation is that food companies have knowingly and deliberately formulated food to be addictive to those who eat it despite known health risks of different ingredients and ultra-processing. They will likely argue similarly to the fast-food lawsuits of 2002 and the tobacco lawsuits of the 1990s, if a customer does not have full knowledge and understanding of the ingredients being used can they be held responsible for consuming those ingredients?

The defense will undoubtedly argue that each individual has the choice to eat or not to eat, regardless of how palatable the food is. In today's information age the companies will also point out that anyone can research and make an informed decision about items in their diet.

Could our grocery store nutrition soon be criminal? There is more to be said about these arguments (tune in next week!) but in the meantime look at your labels and see what is in the food you buy and then ask yourself: to eat or not to eat?



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# I have an oil for that



by Dalonda Rockafellow  
doTERRA Wellness Advocate

## Clear the Fog with Essential Oils

Certain essential oils have properties that stimulate cognitive function, enhance focus and refresh the mind... helping you stay sharp and productive throughout the day.

Are you struggling to focus? Are you feeling mentally drained? That heavy, hazy feeling of brain fog can slow you down, making even simple tasks feel overwhelming. The good news is that doTERRA essential oils can help!

Here are five of my recommendations...

**Peppermint** essential oil is the ultimate wake-up call for your senses. Its cooling and invigorating scent helps wake up the mind and increase alertness. It can be used aromatically to enliven your senses and to promote a feeling of energy. It also supports circulation, bringing oxygen to the brain for better focus. **Try this:** Inhale directly from the bottle or from a drop applied to the palms of your hands, diffuse while working or studying or apply diluted to the back of your neck.

**Lemon** can be your brain's best friend! It boosts concentration and cognitive function, helping to cut through mental fatigue and improve mood. It also supports detoxification, which can clear out brain fog caused by sluggish

digestion. With an energizing and invigorating aroma, Lemon is the perfect essential oil to diffuse for a positive environment. **Try this:** Diffuse in your workspace by adding three-four drops in your essential oil diffuser. You can also add a drop to a glass of water for a refreshing brain boost.

**Rosemary** is a memory enhancer powerhouse! It is well-known for improving memory and mental clarity. Studies show that Rosemary supports neurological function and may even protect against cognitive decline. The chemical makeup of Rosemary gives it renewing properties that can be both energizing and settling- particularly when you diffuse the oil. **Try this:** When you need to study for a big test, memorize your slides for a presentation at work or just need to finish a project, diffusing Rosemary can be very beneficial. Add drops to a diffuser, apply diluted to temples or inhale before an important task. You'll be pleasantly surprised at how you are able to focus on the task at hand.

**Frankincense** is the mind-grounding oil. It helps reduce stress while promoting clarity and concentration. It supports oxygen flow to the brain and has neuroprotective properties that enhance focus. The aroma that Frankincense emits promotes feelings of satisfaction, peace, relaxation and overall wellness. Diffusing this oil will aid you in focusing your intention for the day. **Try this:** Inhale from cupped hands, diffuse during meditation or apply diluted to the back of your neck.

**Basil** is the mental energy booster. Basil essential oil is stimulating and refreshing. It helps to shake off mental exhaustion and boost mental endurance. It's perfect for those long days when focus starts to fade! Basil has the capability to promote a sense of mental alertness and lessen anxious feelings when diffused. **Try this:** Apply diluted to the temples, diffuse during work or study or inhale directly from the bottle for an instant pick-me-up.

Brain fog is just one of the many challenges essential oils can help with. Don't let brain fog hold you back—clear your mind and fuel your focus naturally!

Remember when buying essential oils, it is crucial to make sure that you are receiving oils that are pure and potent. When you purchase pure and potent oils, you are allowing yourself to receive the full benefits of essential oils. Many oils available for purchase today are filled with additives and contaminants, which significantly reduce the

effectiveness of essential oils. doTERRA knows how beneficial essential oils can be when they are pure and have a strong potency, that is why the mission of doTERRA is to create high-standard essential oils that go through strict testing. When you buy essential oils from doTERRA, you have the assurance that each bottle of oil has been responsibly sourced, thoroughly tested and carefully produced with your family in mind. Good luck in your journey and reach out if you have any questions or if I can help in any way!!

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

**See You There!**

# Free Community Event

## Pancakes & Waffles

**Drop-In Event**  
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**Grace United Methodist Church Fellowship Hall**  
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- March 21<sup>st</sup> - 22<sup>nd</sup> (Fri-Sat) **GARY SMALL & COYOTE BROTHERS**
- March 28<sup>th</sup> - 29<sup>th</sup> (Fri-Sat) **TEN YEARS Alternative Metal**
- April 4<sup>th</sup> - 5<sup>th</sup> (Fri-Sat) **CLINT REIMANN BAND Country Music**
- April 11<sup>th</sup> - 12<sup>th</sup> (Fri-Sat) **OLD MAN BEN Country, Bluegrass**
- April 18<sup>th</sup> - 19<sup>th</sup> (Fri-Sat) **TSUNAMI FUNK F&B, Funk, Rock, Jazz**
- April 25<sup>th</sup> - 26<sup>th</sup> (Fri-Sat) **SMOKE**
- May 2<sup>nd</sup> - 3<sup>rd</sup> (Fri-Sat) **EL WENCHO Red Dirt Rock, Blues, Country, Americana**
- May 9<sup>th</sup> - 10<sup>th</sup> (Fri-Sat) **THE DIRTY SHAME Outlaw Country**
- May 16<sup>th</sup> - 17<sup>th</sup> (Fri-Sat) **BLACKWATER Good Ole Rock and Roll**
- May 23<sup>rd</sup> - 24<sup>th</sup> (Fri-Sat) **ASHBURY Grateful Dead Tribute Band**

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# "Enjoying the Journey"

## Prayer with a Purpose

by Lois Olmstead



This column you are reading today is the second part of two parts. I trust you can go to last week's newspaper to read part one if you missed it. We are talking about prayer. A book I wrote, *Wading Through Trouble* was because that's what propels us to pray, right? We think of prayer when we need help beyond ourselves or our own resources.

Some people around us do not know or believe God wants to hear from us. If that is the case with you, a definition of prayer (says Google) is a solemn

request for help or an expression of thanks addressed to God or an object of worship."

Yikes, that brings a "Whoa" to my mind. An 'object of worship' cannot answer your prayer. God can. Regarding trouble, on the back of my book it reads, "We all wade through troubled times. People like you. Like me. Some difficult times seem to go on and on. Learn how to walk with peace and joy, in the midst of storms that do not disappear overnight."

Last week, I said there are 'tools' that have helped me in the storms. The first tool I want to give you is the word 'turn.' Picture your very own screwdriver. You use it to turn things. If you are going to get through long term trouble with joy, you will have to turn from the world's way of thinking and turn to God's way of thinking.

You see the world thinks the main thing to do with trouble is to get out of it, as quick as you can. Did you know that in the world today there are think tanks that are high level problem solution meetings? In our world, if the trouble is pain there's a pill to help says my TV. There are financial packages for financial woes. Get a loan. Good credit or bad credit someone will loan you money. One ad says, 'Get a couch, get a car. No payments for five years from the date of purchase. Can you imagine? Mine would be worn out, the couch or the car. Ads give answers to problems—bugs, dry hands, or dirty floors. You can get a quick solution for a problem you didn't know you had.

I believe God views trials differently. God says, "Consider it a great joy, my brothers and sisters, whenever you experience various trials." (James 1.1). I volunteered to be the class Grammi in Mrs. Woods' 2nd grade class in Colstrip. It was a delight.

Except the times she gave tests to those little angels. I wanted to whisper the answers to them. But the dilemma with that was I really would not be helping them. She knew with the tests she could assess what they knew and what she should review to help them learn. It would be good for some of you to write to me with experiences with trouble that actually turned out to help you in some way.

Knowing God is with me in these times gives me courage, hope and comfort. There are two more 'tools' I want to share with you in the next article, the hammer and the pliers.

Now if any of you lacks wisdom, ask God—who gives to all generously and ungrudgingly—and it will be given to you. Our Bible verse for this week is Hebrews 4:16. "Let us therefore come boldly unto the throne of grace that we may obtain mercy and find grace to help in time of need." I would be delighted to hear from you.



# Local Church Services

**American Lutheran Church**  
129 South F Street, Livingston  
Pastor Melissa Johansen  
Sunday worship 9 am, elevator avail.  
406-222-0512 • alclivingston.org

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

**Church of Jesus Christ of Latter-Day Saints**  
12 White Lane, Gardiner  
David Gilbert branch President  
Sunday worship 10:00 am  
406-848-7509 • lds.org

**Church of Jesus Christ of Latter-Day Saints**  
110 West Summit St., Livingston  
Bishop Trevor Strupp  
Sunday worship 10:00 am  
406-222-3570 • lds.org

**Emmaus Lutheran Church**  
801 East Park Street, Livingston  
Reverend Daniel Merz  
emmauslutheranmt@gmail.com  
emmauslutheranmt.org

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

**First Baptist Church**  
Crossing Community Church  
202 East Lewis St., Livingston  
Pastor Bryce Maurer  
Sunday worship 10:45 am  
406-222-1603 • fbclivingston.org

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

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

**Grace Methodist Church**  
302 South 9th St., Livingston  
Pastor Mari-Emilie Anderson  
Call/visit website for worship times  
406-222-1041  
www.methodistsontheyellowstone.org

**Holbrook United Methodist Church**  
424 Lewis Street, Livingston  
Call/visit website for worship times  
406-222-1041  
www.methodistsontheyellowstone.org

**Kingdom Hall of Jehovah's Witnesses**  
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**Livingston Hope Church**  
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406-222-1577 • livinghope.church

**Livingston Bible Church**  
329 North 5th St., Livingston  
Pastor Monte Casebolt  
Sunday worship 10:30 am  
406-222-2714 • livingstonbible.org

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

**Livingston Church Of God**  
101 South O Street, Livingston  
Pastor Ed Parrent  
Sunday worship 10:30 am  
406-220-0620

**Mountain Bible Church**  
18 Pine Meadow Rd., Livingston  
(off Pine Creek Rd and Hwy 89)  
Pastor Brandon Reagor  
Sunday Worship 10:00 am  
406-219-7628 • mtbible.org

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

**Mountain Springs Baptist Church**  
626 North 13th St., Livingston  
Pastor Justin Sutherland  
Sunday worship 11:00 am  
406-222-1240  
mountainspringsbaptist.com

**Paradise Valley Community Church**  
1772 East River Rd., Livingston  
Pastor Andrew Alberda  
Sunday worship 10:30 am  
406-333-4905  
paradisevalleychurch.org

**Pine Creek United Methodist Church**  
2470 East River Rd., Livingston  
Pastor Mari-Emilie Anderson  
Call/visit website for worship times  
406-222-1041  
methodistsontheyellowstone.org

**Redeemer Lutheran Church**  
425 West Lewis St., Livingston  
Sunday worship 11:00 am  
406-222-1175  
www.rclclivingston.wordpress.com

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

**Seventh-Day Adventist Church**  
1 Guthrie Lane, Livingston  
Pastor Rene Marquez  
406-222-7598  
livingstonmt.adventistchurch.org

**Shields River Lutheran Church**  
105 Ordway St. South, Wilsall  
Sunday worship 9:00 am  
406-578-2212  
srclwilsall.wordpress.com

**Shields Valley Bible Church**  
405 Fifth St. West • Clyde Park  
Pastor Glen Helig  
Sunday worship 11:00 am  
406-686-4708

**St. Andrew's Episcopal Church**  
310 West Lewis St., Livingston  
Reverend Kristin Orr  
Sunday worship 10:30 am  
406-222-0222  
saintandrewsepiscopalchurch.org

**St. John's Episcopal Church**  
8 Story Road, Emigrant  
Reverend Kristin Orr  
Sunday worship 8:00 am  
stjohnspv.org

**St. Joseph's Catholic Church**  
910 McLeod St., Big Timber  
Father Garrett Nelson  
Sunday worship 2:00 pm  
406-932-4728

**St. Margaret's Catholic Church**  
206 1st Avenue North, Clyde Park  
Father Garrett Nelson  
Service Saturdays 4:00pm  
406-222-1393  
stmaryscommunity.org

**St Mark's Church Universal And Triumphant**  
130 South D St., Livingston  
Sunday worship 10:15 am  
406-222-2675

**St. Mary's Catholic Church**  
511 South F St., Livingston  
Father Garrett Nelson, Pastor  
Saturday 6:00 pm year-round  
Holding Services since 1891.  
Sunday at 10:30 am April thru Sept.  
Sunday 8:00 am October to March  
406-222-1393 • stmaryscommunity.org

**St Paul's Evangelical Lutheran Church**  
1116 W Geyser St., Livingston  
Pastor Paul Stern  
Sunday worship 10:15 am  
406-222-3372 • stpaulslivingston.org

**St. William's Catholic Church**  
705 West Scott St., Gardiner  
Father Garrett Nelson  
Sunday worship 8:00 am April-Sept  
Sunday 11:00am October to March  
406-222-1393 • stmaryscommunity.org

**Valley Shepard Church of the Nazarene**  
Services are presently online. Please call for instructions to view a service.  
Reverend Christie American Horse  
Livingston • 406-223-1072

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

**United Methodist Grace Church**  
302 South 9th St., Livingston  
Pastor Mari-Emilie Anderson  
Sunday worship 5:00 pm  
406-222-1041  
www.methodistsontheyellowstone.org

**John 10:10** - The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

Park County  
**Community Journal**

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**PCC Journal**  
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PHONE: \_\_\_\_\_  
INSTRUCTIONS: \_\_\_\_\_

Fill out this form and mail to:

**PO BOX 1851 • LIVINGSTON, MT 59047 • 406-613-9615**

# St. Patrick's Day Jokes

## with Good Housekeeping

**WHERE DO LEPRECHAUNS HANG OUT?**  
On the paddy-o.

**WHAT POSITION DO LEPRECHAUNS PLAY IN BASEBALL?**  
Shortstop.

**WHY DO LEPRECHAUNS LOVE TO GARDEN?**  
They have green thumbs.

**WHY DO GOLFERS HAVE A HARD TIME ENDING THEIR GAME ON ST. PATRICK'S DAY?** They refuse to leave the green.

**WHY ARE THE IRISH SO EFFICIENT?** They get to the meat and potatoes of a matter.

**WHAT DO YOU CALL A BAD IRISH DANCE?** A jig mistake.

**WHY SHOULD YOU NEVER IRON A FOUR-LEAF CLOVER?** You don't want to press your luck.

**WHY DO PEOPLE WEAR SHAMROCKS ON ST. PATRICK'S DAY?**  
Because real rocks are too heavy.

**KNOCK KNOCK.** Who's there? **Clover.** Clover who? **Clover here, and I'll tell you.**

**WHAT WOULD YOU GET IF YOU CROSSED CHRISTMAS WITH ST. PATRICK'S DAY?** St. O'Clas.

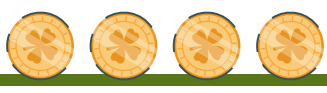
**WHAT KIND OF BOW CAN'T BE TIED?** A rainbow.

**WHERE DO LEPRECHAUNS POST THEIR PHOTOS?** Insta-sham.

**WHAT FORM OF POTATO IS AN IRISHMAN'S LEAST FAVORITE?**  
French fries.

**WHAT IS GREEN AND SINGS?**  
Elvis Parsley.

**HOW CAN YOU TELL AN IRISHMAN IS HAVING A GOOD TIME?**  
He's Dublin-over with laughter.



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Livingston, MT

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Lerner & Loewe's  
**MY FAIR LADY**

February 28 -  
March 23

Fridays & Saturdays at 7:30pm  
Sundays at 3pm  
Special 'Pay What You Will' Show  
Thursday, March 20 *Sponsored by*  
at 7:30pm

**THE SHANE CENTER**  
SHANE LALANI CENTER FOR THE ARTS

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

Some people should use a  
gluestick instead of  
chapstick!

**CASINO~LIQUOR STORE~ LOUNGE**

**UNWINED @ Jackpot**  
BAR & CASINO

218 SOUTH MAIN STREET LIVINGSTON MT

# UPCOMING EVENTS



Calendar of Events runs every week. To place your event on the calendar please email the information to [community@pccjournal.com](mailto:community@pccjournal.com) or drop off your information at the PCCJ office at 108 N. Main Street.

Cost is \$8/week for up to 50 words, 51-100 words is \$10/week, maximum word count is 100 words please. Deadline is Monday's at 5:30 pm for the following issue that will hit the streets on the following Friday.

## Mondays

**WEEKLY GAME OF UNO** at the Park County Senior Center, 206 S. Main St., Livingston on Mondays at 1 pm. Free for members, \$5 per game non-members.

**WEEKLY PINOCHLE** at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

## Tuesdays

**WEEKLY PINOCHLE** at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

**CAREER ASSISTANCE** - Livingston Chamber of Commerce and Job Services of Bozeman are collaborating to provide on-site career and employment services once a week in Livingston, MT at the Chamber. Workforce consultants will be available Tuesdays from 9 am to 3 pm in the Chamber's Conference Room at 303 East Park Street. Contact Leslie at the Livingston Chamber of Commerce (406) 222-0850 or Ellen at Job Service Bozeman (406) 582-9237 for more information.

## Wednesdays

**BINGO NIGHT AT THE OFFICE** - The Office Lounge at 128 S. Main Street is hosting Bingo, 6:30-9:30 pm.

**FAMILY KARAOKE NIGHT** - 49er Diner at 404 E. Park Street is hosting Family Karaoke night from 6-8 pm. For more information call 406-222-8204.

**WEEKLY PINOCHLE** at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

## Mondays-Fridays

**DAILY COFFEE WITH FRIENDS!** Open to all ages 9:15 am to 12:15 pm. Free. Park County Senior Center, 206 S. Main St., Livingston. [ParkCountySeniorCenter.org](http://ParkCountySeniorCenter.org)

## Saturdays

**FREE YOUTH ICE FISHING** Ages 8-16, one adult per 3 children needed. Every Saturday from 9 am - 12 pm, weather permitting, on Daily Lake. To sign up go by Yellowstone Sporting Goods at 1106 W. Park St. #22, 406-222-5185, or Hatch Finders Fly Shop at 5237 US Hwy. 89 Suite 12, 406-222-0989. All other inquires can be made with Brewer at 410-919-3391 or Eric Strader at 816-591-3535. Free Youth Ice Fishing is sponsored by the Living Life Fund mentors and fishing guides.

**March 24 - CRAFT MOVIE NIGHT** - This unique series invites community members to gather with us and combine their love for crafting and cinema in a welcoming and creative setting at the historic Empire Twin Theatres. Attendees are invited to bring their stitching, knitting, or other portable craft projects. Craft Movie Night welcomes all, from seasoned crafters to anyone looking for an enjoyable night out. Admission is \$10. Presale tickets are available now at [cactusblossomcollective.com](http://cactusblossomcollective.com). The film for this night is The miseducation of Cameron Post starting at 7 pm. This event will feature a special Tea + Chat hosted by Coffee Crossing, offering an opportunity for thoughtful conversation about the film. For additional information, please get in touch with Emily Johnson at [director@empiretwintheatre.com](mailto:director@empiretwintheatre.com).

**March 27 - COMPOSTING PANEL** - Whether you are a farmer, backyard gardener or growing in pots come join our lively discussion! Get your questions answered from people with lots of composting experience! Plant-based snacks provided. This free event will take place from 6 - 7:45 pm at the Livingston Library, 228 W. Callender Street. Sign up at [ParadisePermaculture.org](http://ParadisePermaculture.org) or call Mona at 406-222-9999.

**March 30 - FAIRY TEA FOR THE ARTS** - Join a magical afternoon of ballet, live music—featuring a harpist and violinist, a miniature horse, tea & treats! Starring Ballerina Riley Ann Rogers – Soloist, Ballet West. Presented by Youth Arts in Action for the Yellowstone International Arts Festival. Event takes place at Sage Lodge, 55 Sage Lodge, Pray, from 2 - 4 pm. More info and tickets available at <https://www.yellowstoneinternationalartsfestival.org/>.

**April 1 - NIGHT AT THE MUSEUMS** - The Livingston Depot and the Yellowstone Gateway Museum are teaming up for a lively night of Park County trivia and filled with prizes, raffles, local food and drink vendors, and more! Doors will open at 5:30 pm at the Livingston Depot Center, 200 W. Park Street, and the games start at 6:30 pm. Tickets can be purchased at [LivingstonDepot.org](http://LivingstonDepot.org) and proceeds benefit both museums. How much do you know about Park County?

**April 4 - ASPEN ANNUAL COMMUNITY EVENT** - ASPEN hosts its Annual Community Event with dinner by The 1900, a silent auction, a raffle and music by Dave Eaton, starting at 5:30 pm at the Livingston Depot Center, 200 W. Park Street. This year marks ASPEN's 25th year, and the organization wants to thank the community for their involvement and support over all of those years. Tickets are \$25 and are available by visiting <https://www.aspenmt.org/end-the-silence>.

**April 5 - SPRING FLING CRAFT SHOW** - Browse and meander the booths of locally made artisan and craft creations at the Park County Fairgrounds 46 View Vista Dr. in Livingston from 9 am to 3 pm. Park County Rural Fire District 1 will be hosting a fundraising raffle during the show. Food trucks on-site and coffee trailer inside. Admission is \$1 and kids under 12 are free!

**April 10 - OUT WITH THE TURF** in with the Bloom, Abiya Saeed 5:30 pm - 7 pm at the MSU Extension Office, 119 S. 3rd St, Livingston. Meadowscaoping, xeriscaping, pollinator habitat - Abi will guide you through methods of turf removal, plant selection, and care when creating your (and a pollinator's!) dream landscape. Please RSVP to 406-222-4156 or [park@montana.edu](mailto:park@montana.edu).

# NIGHT AT THE MUSEUMS

## AN EVENING OF PARK COUNTY TRIVIA

### AT THE DEPOT

# APRIL 1ST

5:30 pm DOORS

6:30 pm GAME

TICKET: \$50  
[LIVINGSTONDEPOT.ORG](http://LIVINGSTONDEPOT.ORG)

Special Guests:  
QUINN CONLEY  
MAGGIE HENDERSON

The Livingston Depot and the Yellowstone Gateway Museum are teaming up for a lively night filled with PRIZES, RAFFLES, local FOOD and DRINK vendors, and more!

Fundraising proceeds to benefit BOTH Museums  
*How much do you know about Park County?*

# Yellowstone TRAVEL PLAZA "The Truck Stop"

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6am-7pm Daily

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# CASINO

OPEN 8AM-MIDNIGHT  
EVERYDAY

# BREAK *time*

# CROSSWORD

Puzzle #389

## Montana Fun Facts!

In the 1870s the invention of electricity and the popularity of indoor plumbing spurred a great need for copper to carry electrical current and water. Butte had a lot of copper. **Thirty percent of the nation's copper, and fifteen percent of the world's copper, was supplied by Butte in the 1880s.** In the process, what was once "the richest hill on earth" was transformed into the deepest lake in the state, called the Berkeley Pit. This toxic lake is about 1,800 feet deep. By comparison, the deepest natural lake in the state is Tally Lake near Whitefish, which is 500 feet deep.

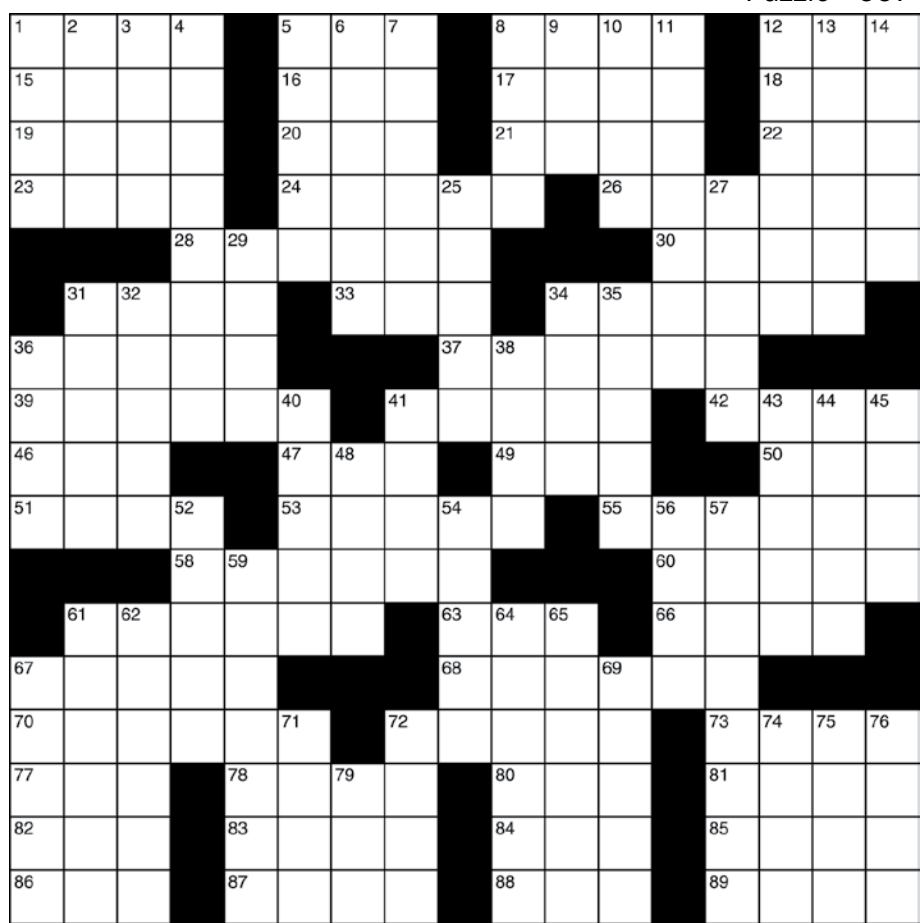
### ACROSS

- 1. Hide
- 5. Distinctive time
- 8. Scarf
- 12. Towel marking
- 15. Green fruit
- 16. Palindromic parent
- 17. Laborer of yore
- 18. Half a pair
- 19. Enlarges
- 20. Dogma
- 21. Lion's cave
- 22. Cinnabar, e.g.
- 23. Roomy
- 24. Tribal head
- 26. Camera stand
- 28. Behind a ship
- 30. Dental work
- 31. Engrave chemically
- 33. Gun an engine
- 34. Group of five
- 36. Plants
- 37. Breakfast juice
- 39. No-no at bridge

- 41. Laughing critter
- 42. Prevalent
- 46. Time period
- 47. Moreover
- 49. Dry
- 50. Fishing pole
- 51. Beginner
- 53. Agitated
- 55. Knight's tunic
- 58. Without a doubt
- 60. Dapper
- 61. Anger
- 63. Coffee vessel
- 66. Card above a deuce
- 67. Crone
- 68. Biscuit
- 70. Roughly textured
- 72. Fighting fish
- 73. Prong
- 77. Hold title to
- 78. Creche figures
- 80. Roofer's caulking material
- 81. Jump for Kwan

### DOWN

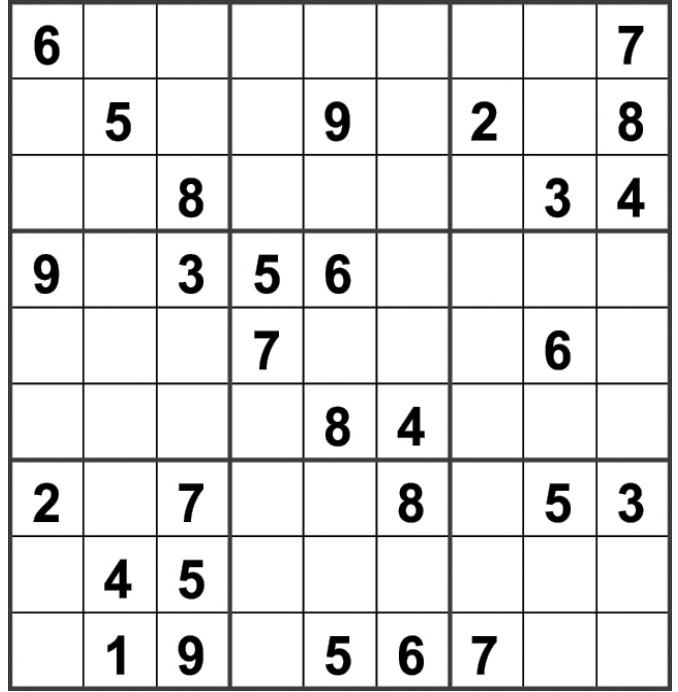
- 1. Swerve
- 2. Polynesian image
- 3. Due
- 4. Smart aleck
- 5. Proclamation
- 6. Bacon measure
- 7. Idolize
- 8. \_\_\_\_\_control
- 9. Botanist Gray
- 10. Bad mood
- 11. Food fish
- 12. Ballyhoo
- 13. Intrusion
- 14. Run-down



- 25. Diplomatic representative
- 27. Entomb
- 29. Rug choice
- 31. Lament
- 32. Copier fluid
- 34. Glass section
- 35. Legislate
- 36. Campus gp.
- 38. Relaxation
- 40. Chopin work
- 41. Gardening aid
- 43. Testy
- 44. Catch \_\_\_\_\_ winks
- 45. Ocean motion
- 48. Earnest
- 52. Tank ship
- 54. Draw out
- 56. Naysayer
- 57. Without a saddle
- 59. Dan Rather, e.g.
- 61. Bathing alternative
- 62. Swagger
- 64. Putrid
- 65. Write down
- 67. Go home
- 69. Gold measure
- 71. Chalet part
- 72. Wait
- 74. Nerve-cell part
- 75. Default result
- 76. Bungled
- 79. Most of a martini

# Sudoku

Puzzle #125



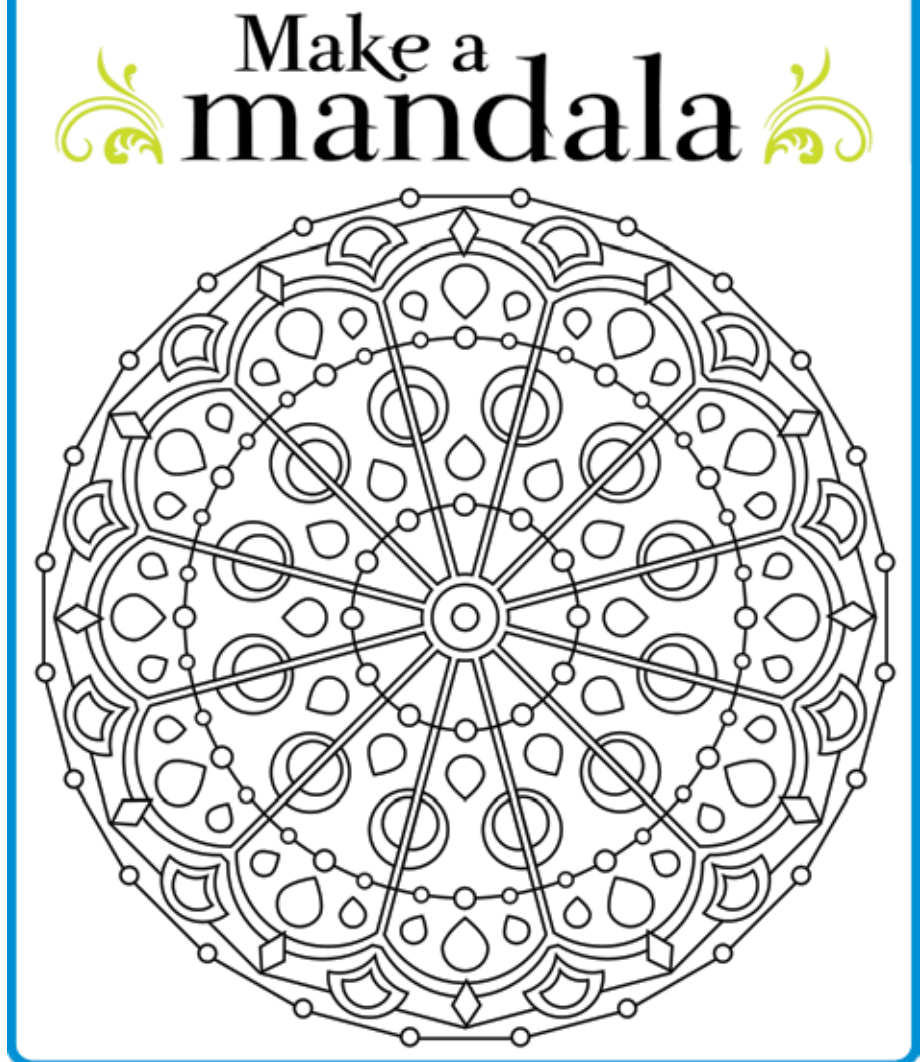
Sudoku - #124

## SOLUTIONS

Crossword - #388

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

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



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# CLASSIFIEDS

## FOR SALE

Double-sized sofa bed, like new, \$100/OBO. 406-222-4636

## HELP WANTED

**Two Carpenters** (\$35 plus an hour) and one **laborer** (\$20 plus an hour) needed for full-time, year-round positions with benefits. Must have own 4x4 transportation. Contact Rudy Greger for interview at 406-222-6506 or 406-220-1703.

**Arrowhead Elementary School** is looking for a Food Service Cook. Hours are eight hours a day, 4 days a week, with some Fridays. Starting pay is \$20/hour.

- Experience with Commercial food preparation (Menu planning, Food Production, Serving Food (offer vs serve)
- Point of Service, Purchasing/ Procurement, Receiving and Storage, Food Safety and HACCP
- Ability to complete state/federal reports
- Attend State meetings
- Focus on using healthy fresh sustainable products
- Montana Driver's License
- Lift 50 pounds
- Honest, organized, reliable, self-motivated

Submit district application, resume, criminal background investigation form, Equal Opportunity Employer form, and fingerprints to Johanna Osborn, Principal, P.O. Box 37, Pray, MT 59065 or email to josborn@arrowheadk8.org. Application materials may be requested by contacting the District Clerk at 406-924-6865 or cself@arrowheadk8.org.

## 2024-2025 Vacancies Arrowhead School District #75

- **Paraprofessional** Monday-Thursday some Fridays, \$18/hour, health, dental, and/or vision
- **High Needs Paraprofessional** Monday-Thursday some Fridays, Hourly Wage D.O.E., health, dental, and/or vision
- **After School Assistant**

More details and applications for all vacancies may be picked up at the Arrowhead Elementary School in Pray, or visit our district website at: Arrowheadk8.com. Questions please reach out to Johanna Osborn, Principal 406-333-4359 or josborn@arrowheadk8.org.

## 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 today's business world. We are committed to providing our

## ANNOUNCEMENT

# Arts & Crafts Spring Fling

## VENDORS WANTED for the Arts & Crafts Spring Fling

Big Timber, MT • April 26th, 2025 • 9 am - 3pm

Contact Becky by email at: [becky.todisco@ceterawealth.com](mailto:becky.todisco@ceterawealth.com) or call 406-930-1880

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

clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to [alice@montanainsurance.net](mailto:alice@montanainsurance.net).

## 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, five paid personal days, 401K & Health Insurance after 1 year or probationary has been met. Schedule is Monday through Thursday 7 am to 6 pm. Apply by stopping in the shop, 908 East Park Street, Livingston, calling 406-222-0214 or email: [bob@oconnorautobody.com](mailto:bob@oconnorautobody.com). **O'Conner's Auto Body is a busy shop, and has been making the community's autos look like new for over 50 years.**

## Non-Emergency Medical Transport Driver

Careway Shuttles is looking for individuals to drive wheelchair capable minivans. Full-time, part-time, and weekend positions. Call 406-206-0888 or email [carewayshuttles@gmail.com](mailto:carewayshuttles@gmail.com) to apply or request a ride! Like us on Facebook @ Careway Shuttles!

## Come Join Our Kenyon Noble Team!



Kenyon Noble Lumber & Hardware's Livingston location is currently accepting applications & hiring for Warehouse Associates and Delivery Drivers. No experience necessary—we will train! Offering competitive wages and great benefits packages. For more information and to see the complete job listing visit us at [kenyonnoble.com/jobs](http://kenyonnoble.com/jobs). You can also apply online!

**Gardiner Public School** is looking to hire a **Physical Education (PE) Teacher**, school days are Mon - Thu, part-time for approximately 6 hours a day. Position is exempt, salary DOE with a full benefit package. A bachelor's degree or higher with a major in physical education or a related degree with a physical

education student teaching experience is required. Candidates must be certified in the State of Montana or be able to become certified. Candidates interested in this position should contact Jeannette Bray, Superintendent at [jbray@gardiner.org](mailto:jbray@gardiner.org) or call 406-848-7563.

**Gardiner School** has openings for the following coaching positions for the fall of 2025: **Head Jr. High Volleyball, Assistant Jr. High Volleyball, Head Jr. High Football, Assistant Jr. High Football.** The coach's responsibilities include developing practice plans and leading practices, providing motivation and advice during competitions, and fostering good mentorship with the Bruin athletes and staff. Outstanding candidates are highly motivated, committed, disciplined, and patient. Please send a letter of interest to Carmen Harbach at [carmen@gardiner.org](mailto:carmen@gardiner.org) or call the Gardiner School at 406-848-7563.

## School Bus Drivers Needed.

Gardiner Public Schools is seeking applicants for School Bus Route Driver Substitute and Activities Bus Driver for the 24/25 school year, with potential for a Regular School Route Driver position for the 25/26 school year. Substitute position is responsible for being on call to drive a morning and afternoon bus route. Activities bus driving would include weekends and evenings or nights on an on call basis. Position requires background check, and drug testing. The school district will assist individuals with training to obtain appropriate licensure. The licensing process is very long and should be started as soon as possible. Individuals must hold a Class B license with a school bus endorsement after training. Individuals interested in the position should fill out the general application for employment on the schools' website, and contact Jeannette Bray [jbray@gardiner.org](mailto:jbray@gardiner.org). Application materials may also be picked up at the school district main office.



## Firefighter/Paramedic – Full-time

To apply, send an updated resume, a cover letter with your interest in LFR, a completed City of Livingston Application and a copy of your certifications to [HR@LivingstonMontana.org](mailto:HR@LivingstonMontana.org). The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Probationary Firefighter/Paramedic within the Livingston Fire Rescue (LFR). This is a full-time, benefit eligible role in LFR with the primary duty assignment in a shift staff role participating in and

making a positive contribution to the operations of your assigned shift. This position reports to the Shift Captain, under the direction of the Fire Chief and helps with cross staffing and performs other duties as assigned. Livingston Fire Rescue is a unique fire department nestled in the mountains of Southern Montana with one of the most advanced EMS systems in the state. We are a growing city situated along the Yellowstone River with our own unique challenges in the Montana rural/urban interface. We offer structural fire suppression, all-hazard rescue response, advanced EMS (Critical Care Paramedic and Community Paramedic services), technical rescue opportunities, airport ARFF, HAZMAT, and wildland response teams. Come join our team and live and work in one of the most beautiful places in America. Less than one hour from Yellowstone National Park and the Bozeman Yellowstone International Airport. For outdoor enthusiasts this is an amazing destination for hiking, hunting, fishing, skiing and other outdoor winter or summer sports!

## Engineer/Firefighter/Paramedic – Full-time, Year-round

The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Engineer Firefighter/Paramedic within the Livingston Fire Rescue (LFR). This is a full-time, benefit eligible role in LFR with the primary duty assignment in a shift staff role participating in and making a positive contribution to the operations of your assigned shift. This position reports to the Shift Captain, under the direction of the Fire Chief and helps with cross staffing and performs other duties as assigned. Performs as lead paramedic in most medical situations, directing crews for proper treatment and triage. Operates all vehicles and pumps, aerial ladder devices, and technical rescue equipment. Livingston Fire Rescue is a unique fire department nestled in the mountains of Southwestern Montana with one of the most advanced EMS systems in the state. We are a growing city situated along the Yellowstone River with our own unique challenges in the Montana rural/urban interface. We offer structural fire suppression, all-hazard rescue response, advanced EMS (Critical Care Paramedic and Community Paramedic services), technical rescue opportunities, airport ARFF, HAZMAT, and wildland response teams. Come join our team and live and work in one of the most beautiful places in America. Less than one hour from Yellowstone National Park and the Bozeman Yellowstone International Airport. For outdoor enthusiasts this is an amazing destination for hiking, hunting, fishing, skiing and other outdoor winter or summer sports! The job posting and forms can be located here: [www.livingstonmontana.org/jobs](http://www.livingstonmontana.org/jobs)



## Angel Line Relief Bus Driver

Join our dynamic team as a Relief Driver with Angel Line Transit at Park County, where you'll have the rewarding opportunity to make a real difference in the lives of our community's seniors and individuals with disabilities. As a key part of our Angel Line service, you'll provide safe, dependable, and friendly door-to-door transportation, ensuring our passengers maintain their independence and mobility. This flexible role offers a unique chance to step in and support our full-time drivers during their absences, making every shift an important one. If you're looking for a fulfilling role with occasional hours and the chance to give back to your community, this is the perfect opportunity! To apply go online to: <https://jobs.parkcounty.org/jobs>.

## Windrider Transit Relief Bus Driver - Park County is seeking

a Transit Relief Bus Driver to join the Windrider Transit team. This part-time position (10-15 hours/week) involves safely operating buses, providing excellent customer service to passengers, and ensuring compliance with safety regulations. Ideal for those who enjoy interacting with diverse community members. Candidates must have a valid Montana driver's license and will be subject to comprehensive drug testing. Join us in serving the community with friendly, reliable transportation services! This job will be open until filled with priority given to applications received by July 2, 2024. To apply go online to: <https://jobs.parkcounty.org/jobs>.

## Administrative/Legal Assistant

Are you ready to make a difference in your community? This position at the Park County Attorney's Office offers a unique opportunity to play a crucial role in supporting justice and serving the public. You'll work closely with a dedicated team of attorneys, ensuring that legal processes run smoothly, from preparing essential case documents to assisting the public with professionalism and care. If you're organized, motivated, and passionate about making a positive impact, we want to hear from you. Join us in this rewarding and dynamic environment—this role will be open until filled! To apply go online to: <https://jobs.parkcounty.org/jobs>.



# Bozeman Symphony Storytime Shines a Spotlight on the Contrabassoon

The Bozeman Symphony invites children and families to a special edition of Symphony Storytime featuring the contrabassoon on Wednesday, March 19th, at 10:15 am. Held in partnership with the Bozeman Public Library's Toddler and Preschool Storytime, this interactive program blends captivating storytelling with live music, creating a delightful experience for children ages 3 to 5. This free event will feature Nick Ober, the Bozeman Symphony's principal bassoonist, alongside Riley O'Toole, Associate Artistic Director of Montana Shakespeare in the Parks, as the special guest reader. Together, they'll bring a story to life through the magic of words and music.



**BOZEMAN SYMPHONY**  
Norman Huynh, Music Director

After the reading, Ober will introduce children to the unique sounds and character of the contrabassoon with a short, engaging musical performance.

The Bozeman Symphony thanks Montana State University's School of Music for providing the contrabassoon to make this Storytime possible.

Families can look forward to additional Symphony Storytime sessions at the Bozeman Public Library at 10:15 am on Wednesdays, April 23rd, May 14th, and June 4th.

For more information about Symphony Storytime and the Bozeman Symphony's education and outreach programs, visit [www.bozemannsymphony.org](http://www.bozemannsymphony.org) or call 406-585-9774.

## Jeff Schlapp

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Bizier.

"I emailed this coach way too many times," Gusto said. "Bugged him, as he would later tell me... [I] just pushed my way in."

Finally, Bizier caved and told Ryan he could fly down for a showcase. Out of 60 kids, Ryan "did not stick out all that much."

But the coach saw enough to offer Gusto an opportunity to walk on at Broward.

After barely making the roster as the 12th of 12 pitchers, Gusto worked his way into a bullpen role. The next season, he followed his coach to Florida SouthWestern. With 110 strikeouts through 75 innings and a 2.88 ERA, he led FSW to a conference championship.

He earned Suncoast Conference Pitcher of the Year honors. In June 2019, Ryan Gusto was drafted by the Houston Astros in the 11th round of the MLB Draft. Sunday, he was one of three final cuts by the Astros and sent back to Triple-A. He'll be in the bigs this year.

What did his High School coach not see? In Gusto's case, he had more desire than talent in high school. But **desire** should have earned him on spot on his high school team.

If you are an athlete who loves the sport, the team adheres to all team rules, comes to all the practices, gives it your all, and shows the desire to improve and learn—then you make the team—it's that simple.

Why, as a coach, as a teacher, as a leader of youth, would you want to crush that love for a sport that you're charged with teaching?

I wouldn't. And I don't want my son's spirit crushed. No parent does.

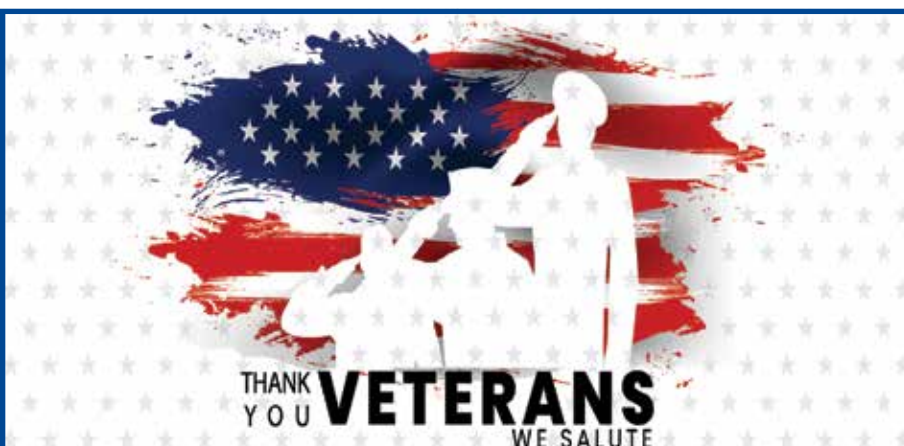
**There are life lessons to be learned, for sure, and in such instances I would say:**

1. In your life, you will face failures, but you will never be a failure. You have not failed in life if, when you face adversity, you stand strong. You don't collapse. You look for the opportunities that failure presents. You stay

classy. You maintain your faith and love for humanity.

2. When you go back to school, some of your friends will have made the team. Treat these friends as you would want to be treated. Offer your congratulations, and give them high-fives. You CAN be happy for others while still being sad about your own loss. Keep this in mind.
3. Life will have many other moments like this. Friends and acquaintances may experience blessings in just the moments you are facing challenges. Don't let the disappointments in your life impact your ability to love people well.
4. It may be hard to share your news with others. You may feel embarrassed and ashamed. Wrestle through those emotions, but hold your head high at school. A school team does not provide your value. A coach does not define your worth. Your significance is not based on your athletic prowess, academic endeavors, social success, or any other measure. You are important and loved just by being you.
5. Don't be afraid of those who may use this information to crush your spirits. There are people in this world hell-bent on being oppressors. You are not one of those people. When they sink low, you rise higher. Raise your child to be an advocate for others (including yourself) and a friend to all.

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



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#399958 | \$315,000

Tammy Berendts | 406-220-0159



### 7 Aquila Lane

Land Listing | 2+ acres  
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Deb Kelly | 406-220-0801



### 28 W Grannis

3 beds 2 baths | 9+ Acres  
#390575 | \$875,000

Julie Kennedy | 406-223-7753



### 759 Castle Mountain Rd

3 beds 3 baths | 2,772 sq ft  
#397719 | \$805,000

Tammy Berendts | 406-220-0159



### 30S Woodard Ave, Absarokee

Commercial Sale | 2,560 sq ft  
#388822 | \$223,000

Jessie Sarrazin | 406-223-5881



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Swanson Team | 406-220-2045



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Multi-Family | Duplex  
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### 1112 Pritchard NW

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Rachel Moore | 406-794-4971



### 1296 US Hwy 10 W

Commercial Sale | 10,160 sq ft  
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Ernie Meador | 406-220-0231



### NHN High Ground Avenue

Land Listing | 0.33 acres  
#395419 | \$200,000

Julie Kennedy | 406-223-7753



### 325 N 3rd Street

Multi-Family | Five+ Units  
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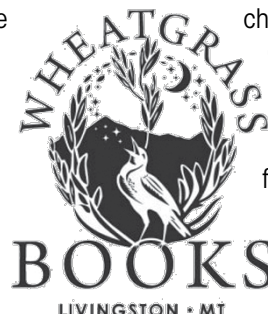
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# Wheatgrass Books Will Host Mike Riley for a Saturday Signing

When Michael Riley bought a 1917 farmhouse on the Yellowstone River fifteen miles from where he grew up, he had no idea what he was getting into. Much of what was in store for him wasn't exactly "a delight," including the presence of an enormous bat colony and decades of guano. But luckily for readers, his memoir that chronicles reclaiming the house,

evicting the bats, and contemplating the life that had led him to this post-retirement purchase is absolutely a delight. While he deftly uses his bat nemesis as a central axis to this moving memoir, the book is a love story about a forty-plus year marriage to a remarkable woman, about decades of teaching inspiring (and challenging) students, about rivers and mountains and dogs and poker, about sobriety and acceptance, and yes, even about a love affair—of sorts—with bats.

*The Bat House, A Montana Memoir* centers on Riley's renovation of a 1917 farmhouse which he discovered was the maternal roosting space for little brown bats. The two-story brick house is an icon in the county. Built by oil drillers where only a buffalo hunter's cabin had been, it stood as a mansion close to the Milwaukee Railroad and a few hundred yards from the river. The memoir



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charts its changing environment as well as the author's journey from loathing bats, fearing them, and wanting to eradicate them, to accepting and honoring them. Four narrative threads weave through the memoir's fifteen years in a vignette like structure: the challenging life of renovation, a professional life 200 miles away in Wyoming, family life, and memories of growing up in eastern Montana. The book reveals the emotional trials of dealing with financial stress, his wife's cancer diagnosis, drought and flood, resolving an addictive past, and the loss of venerable history. Revelation arrives through learning the crucial role of bats in our ecosystem and the unexpected benefits of practicing yoga.

#### About the Author:

Mike Riley taught English and Journalism at Montana State Prison, Cody High School, the Texas School for the Deaf, Blackfeet Community College, on Kwajalein in the Marshall Islands, the University of Montana, and Northwest College, and received the Lifetime Achievement Award from the Journalism Education Association before retiring in Cody, Wyoming. He has an MFA in fiction writing from the University of Montana where he won the TransAtlantic Henfield Award for short fiction and fellowships from the Montana Arts Council and the Wyoming Arts Council, serving as writer in residence for both. He is at work on collections of essays and poetry, as well as a historical novel set in first century Rome.

*Riley's generous and elegant memoir of marriage and house-holding is ceaselessly instructive and unflinchingly celebratory of both.*

*Read it. Then give it to someone you love.*

— Richard Ford

*Written sharp, smart, precise prose that is charming and genuine even in the moments when Riley is gruff, skeptical, or philosophical, he proves exactly the sort of friend you wish you deserved, the teacher you wish you had, and the writer who you wish could accompany you everywhere. The Bat House swoops and dives with grace through beauty, despair, and wonder, and readers will find themselves as plagued by the changing world and their place in it just as Riley is plagued by bats and lifted by memories.*

— Mark Hummel, author of *Man, Underground*

*In a time when things seem to be falling apart everywhere, this story of restoration is a gift: stunning in its prose, surprising in its turns, and reassuring in its affirmation of the human spirit. Many of the great themes of the American West are at play here—man against the wild, man against man, and man against himself; killing and nurture, numbness and vulnerability, isolation and connection. I was stunned time and again by Riley's tender exploration of what it takes to heal both heart and hearth.*

— Teresa Jordan, Buddhist chaplain and author of *Riding the White Horse Home*



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one yard at a time*

"Nothing in nature is exhausted in its first use." - Ralph Waldo Emerson

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**FOUNDATION**  
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AARP Tax-Aide volunteers are preparing taxes for low to moderate-income citizens. AARP or Senior Center memberships are not required. Call to schedule an appointment at the Park County/Livingston Public Library 406-220-6249. **Pick up and complete a pre-appointment packet** before your scheduled visit. Returns that include rental property or businesses with employees or inventory are out of their scope.

Questions? Please contact (406) 219-7879.