



Serving Livingston, Emigrant, Gardiner, Clyde Park, Wilsall & Cooke City

Week of March 23, 2025

New Western Wear Store, Paradise Western Company, Opening on Second Street

Paradise Western Company, a new Western Wear store on Second Street in Livingston, is set to open in early April. The store is adjacent to Catherine Lane Interiors and Elk River Books, all located in the recently renovated historic JC Penny's building.

The Paradise Western Company will offer a carefully curated selection of quality, functional, and stylish western apparel, footwear, and accessories. "It's been a while since locals could shop for quality western goods in Livingston, an area with a rich western heritage," says owner Meg Krusemark. Shoppers will find premium cowboy boots from Fenoglio and Hyer, classic shirts and denim from Wrangler denim, and rugged ranch wear from Schaefer Outfitter. Kimes Ranch jeans bring an updated look to classic western styles that



transcend from the dry lot to a dress up affair. Style hits the high notes with

Stetson and other fun western styles. "We wanted to create a space where

people can find authentic, high-quality western wear that fits their lifestyle," says Meg. She adds that, "Tourists and locals alike, even if they don't dress western as their daily uniform, will find clothing and accessories that add a little western flair to any style, highlighting the love of Montana that we all share."

The boutique also offers specialty services, including professional boot fitting, cleaning, and polishing, as well as hat cleaning and reshapingbringing expert craftsmanship and care to essential western wear. In addition to pre-shaped hats from Stetson and Resistol, in-house experts provide custom shaping for premium open crown hats from Biggar Hats, ensuring a perfect fit and style tailored to each customer's preference. "We have

See Paradise Western, Page 2

Finding the Sacred: The Cycle of Life, Death, Life

Finding the Sacred: The cycle of life, death, life a show opening at The Frame Garden on March 28th with an artists reception from 6 pm thru 8 pm. The show features many media by a powerful group of creative women exploring the cycle of life and death. The artists include Traci Isaly mixed

media, Amber Jean mixed media, Kaycee Kalahar drums, Ashley Noble photography, Kelli Stevenson pottery, Marie Stevenson mixed media, and Monique Chiemi acrylic.

This show is brought forth just as we are coming out the other side of the darkness of winter and the long months of contemplation. and hibernation, a time when we sometimes explore the darkness in the cycle of life and death. In Montana, we are just starting to show some signs that spring, rejuvenation, and new life are comina.

Co-curator, and mixed media artist,



the show "Several female artists have come together at this hallowed time, to interpret what the meaning of Finding the Sacred: the cycle of life, death, life means to them; articulating the sacred through creative expression and the feminine divine. Art has been used for centuries to calculate meaning where words

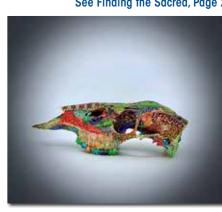
Traci Isaly, says of

often do not suffice. So much can be said, in so many ways, through one

piece of art!"

The rich offerings include handmade drums by Kaycee Kalahar of Folk Elements who says of her work "My art is rooted in ceremony, and each creation is a channel for connection to our higher selves, our true calling,

See Finding the Sacred, Page 2



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Community Journal - 2 Community Sunday, March 23, 2025

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Cooper Jett Leads the Livingston Little Guys Wrestling Club



Southwest Montana Little Guy Wrestling State Championship was held on Saturday, March 22nd, at Park High School in Livingston.

Park County Community Journal

Steph & Joel Martens, Publishers Tony Crowder, Managing Editor Denise Nevin, Sales Manager Jill-Ann Ouellette, Staff Writer Jacob Schwarz, Photographer

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Independently verify all vital information before events.

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Paradise Western

from page 1

done a lot of research on the current best production hat makers out there and we're confident in the quality.of Biggar Hats out of Decateur, Texas. "We're especially proud to bring their hats to Montana," shared Meg.

The store will also offer a venue for ordering custom hats from local custom hat makers, Cofer Hats. "They create such wonderful hats that we're excited to partner with them," says Meg. Customers will be able to browse styles and colors in the store, get their custom measurements, and put in an order that will be sent

Finding the Sacred

from page 1



and to Spirit."

The starkness of winter and the death it brings in the animal world is seen in the stark representation of it in the snows of winter in two of photographer Ashley Nobles pictures. Then there is the emergence of spring with a skull as the reminder of death set amongst the flowers and life of spring.

With deep Montana roots influencing her work, potter Kelly Stevenson "finds inspiration in nature and collaborates with the earth to provide the means. Like Montana's dynamic spring weather, her work can change drastically from one project to the next: at times the act of creating reflects harsh wind and snow; at other times, it's animated by the scent of fresh spring flowers moving through the breeze." In this show she will be working with images carved into her black and white pottery.

Marie Stevenson is a well-known local artist and beloved educator, (and Kelly's mom) who explores the topic with a series of brightly painted skulls. She juxtaposes death, by using a skull as the "canvas," with life, by using bold life filled colors of paint. Stevenson cofounded the Teslow Art Center with her daughter Kelly.

Amber Jean captures the depth of spirit in her rich pieces. She is perhaps best known for her large carved wood sculptures and the fact that she has been chosen by the King of Bhutan to go to his country and create a series of carved pieces for him. She also thrives when working with mixed media to hang on the wall as she has done in this show. She explores the depth of spirit in these pieces.

directly to Cofer Hats.

Beyond clothing, Paradise Western carries an array of leather goods, belts, wallets, and jewelry. The selection will focus on traditional styles of western art and craftsmanship. "We hope to also incorporate western art from local artists as the store grows," Meg shared. Custom leatherwork has been an interest and a passion of Meg's and she hopes to eventually add her own designs to the store offerings in the future.

Owners Meg and Ryan Krusemark bring a wealth of experience to Paradise Western. Ryan grew up surrounded by the western way of life, with roots tied to ranching dating back five generations, as well as retail communities, including his mother's former western boutique in Livingston, Wild West Wild Clothing. Meg's background spans engineering, design, and craftsmanship. Her first experience with retail was their outdoor retail and adventures business, Deep Creek Outdoor, at Chico Hot Springs before expanding into Paradise Western Company. Together, they've created a store that honors tradition while offering a modern, high-quality shopping experience.

The grand opening is set for the second weekend in May. The store is located at 118 S. Second Street in Livingston. Watch for announcements from Paradise Western Company on details of the event.

Seasonal Part Time Employment Opportunity



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Job Description:

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Work Description:

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- 2. Weed control spraying for dry land areas, pastures, turf grass areas and other
- turf grass areas and other.

 3. Work days may vary depending on work load.

Work Days and Hours: 1. Monday through Friday: 7:00

- 1. Monday through Friday; 7:00 am to 3:00 pm.
- 2. Work days are weather dependent and may vary due to weather conditions; rain and wind.
- 3. Work days may vary depending on work load.

Requirements:

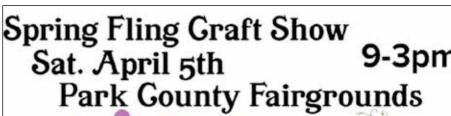
- 1. Must be in good physical condition and be able to lift at least 50 lbs.
- 2. Have a valid drivers license and vehicle able to pull trailer with ATV spray/fertilize equipment.
- 3. No alcohol or drugs.
- 4. Have good work ethic.

<u>Salary:</u>

- 1. Starting salary at \$25.00 per hour.
- 2. Personal vehicle work use reimbursement.

<u>Serious inquiries only (Please):</u>

Contact Ron @ 406: 223-5867



Raffle Prizes

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the booth!

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spirit in these pieces.

The exhibit will be in place at The Frame Garden located at 101 S. Main St. in Livingston through May 13th.

A Sweet Sign of Spring: Girl Scout Cookie Booths Will be Sprouting Up All Around Park County Soon!

Girl Scout Cookie season is a highly anticipated time of year for Montana and Wyoming residents. During this annual event, Girl Scouts unbox their future through the world's largest entrepreneurial program for girls.

If you missed pre-ordering your favorite Girl Scout cookies, you can still indulge in your favorite treat by supporting girls at Cookie Booths beginning Friday, March 21st. When you support Girl Scouts, you help girls flex their entrepreneurial muscles and acquire important life skills like goal setting, decision making, money managements, people skills, and business ethics.

From local grocery to large box stores, Girl Scout troops will hold booth sales March 21st through April 13th. Customers can find exact locations, dates, and times by visiting www.gsmw.org/findcookies. Simply enter your zip code to find a booth nearest to you.

Girl Scout troops will feature up to nine varieties at their Cookie Booths this year: Thin Mints®, Caramel deLites®, Peanut Butter Patties, Peanut Butter Sandwich, Trefoils, Adventurefuls, Lemonades, Toast-Yay!, and gluten/allergen free Caramel Chocolate Chip. The Caramel Chocolate Chip may not be available at all booths and this will be the last year to stock up on Toast-Yay! Cookies will sell

for \$6 per package with
the exception of the
Caramel Chocolate Chip, which
will sell for \$7



per package

Customers may also participate in the Care to Share program. Purchase a package or two from your local Girl Scout troop and they will donate them to their local



hometown heroes, food banks, service organizations, and much more.

If Cookie Booths are not available in

your community, you can still support local Girl Scouts by purchasing online. Visit www.gsmw.org/findcookies to find a troop in your community, or support Girl Scouts of Montana and Wyoming's outreach troops, which benefit

underserved girls.

All of the net revenue raised through the Girl Scout Cookie Program—every penny after the baker is paid—stays with the local council and troops. Girl Scout troops set goals for how to spend their

girl scoutsof montana
and wyoming

proceeds on program-related activities including travel, camp, service projects, and much more.

For more than 100 years, Girl Scouts and their enthusiastic supporters have helped ensure the success of the iconic annual cookie program—and they've had fun, developed valuable life skills and made their communities a better place every step of the way.





The Yardner

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







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Cooper Jett Leads the Livingston Little Guys Wrestling Club as 23 Young-Gladiators from Livingston Go for Gold

Park County Dugout By: Jeff Schlapp

At the recent Divisional event in Helena, 38 Little Guy Wrestlers from Livingston took to the mats to try to qualify for the State tournament if they could finish in fourth place or higher. The team came away with 23 grapplers advancing to the upcoming State tournament at Park High.

Eight teams were in Helena, with over 300 wrestlers competing for spots, starting with the Pee

Wee Divison and working up to the Middle School level.

At Divisional, the following wres-

tlers advanced to the state finals:

First Place

Adilynn Matson defeated Ellie Rose 10-4 in the Pee Wee Girls 48-pound division.

Blake Horsley defeated Wes Hill by a technical fall 16-0.

Reed Konley won first place when he pinned Wyatt Plum in the first period.

Brady Meznarich pinned Hayes Eichinger in a flash, 15 seconds, to win the Divisional title in the Beginne



Cooper Jett pins Helena's Coy Erickson on Saturday at the 2025 Southwest Montana Little Guy Northern Divisionals in Helena.

75-pound weight class.

Kymber Redmond pinned Finley Randall in the first round of the

Championship Beginner Girls 64-pound weight class.

Hunter Horsley won a battle with Korbyn Hall for the Novice 85-pound title by a score of 8-7.

pinned Thane
Hopkins in the
first round to bring
home first place in
the Middle School
80-pound weight class.

Gavin Chandler got the best of teammate Cooper Jett as he pinned Jett in the first round to win the Middle School 115-pound weight class. Both advanced and will certainly face off in the State title match.

Mason Hartman won the Middle School title at 165 when he pinned Bryson Lammie in the first round.

Other Livingston wrestlers to advance out of Divisionals and earn the honor of wrestling at State this weekend are:

Colton Redmond, Murphy

Sullivan, Birch Brown, Mason Cook, Newt Thomas, Cullen Downey, Tavin

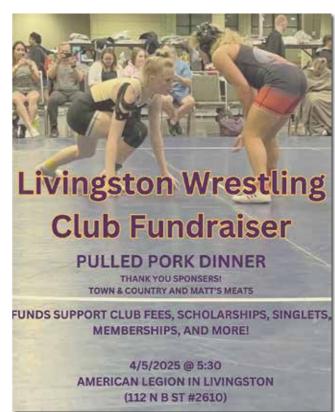
Grant, Amelia Petz, Sawyer Dunmire, Remi Ricci, Ben Meznarich, Lincoln Baker, and Sydney Foster.

Come out and cheer the Livingston team at the Southwest Montana Little Guy Wrestling State Championship on Saturday, March 22nd at Park High School in Livingston!

On April 5th join them for a fundraising dinner with a silent auction at the American Legion in Livingston at 5:30 pm. All proceeds of the pulled pork dinner and auction will go toward club fees, gear, memberships, scholarships, and more to help our athletes thrive.

Come out and support the Livingston Wrestling Club by enjoying a great meal and finding awesome items at the auction.

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







Meals for March 24th -March 28th

Monday, March 24th - Orange chicken over rice, eggroll, fruit cocktail, milk

Tues., March 25th - Italian wedding soup, roll, applesauce, milk

Wed., March 26th - Salmon patties, coleslaw, fries, pears, cake, milk

Thurs., March 27th - Meatloaf, gravy, potatoes, carrots, oranges, milk

Friday, March 28th - Gyros on pita, tzatziki sauce, fixings, fries, cake, milk



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Only 10 Days Till the PHS Rangers Baseball and Tennis Teams Start Their Seasons

Park County Dugout By: Jeff Schlapp

Starts with a must have—Wisconsin Brats There are only 10 days till the opening pitch is tossed to kick off the Park High Rangers (and Sweet Grass High School, who co-ops with PHS) baseball season. Park High Rangers Tennis Teams, boys and girls, start the day before on March 27th, when they travel to

We're sharing our Opening Day Menu-

We figured it's never too soon to begin planning our Opening Day meal and share it with folks, baseball purists, who, like us, plan their whole week around March 28th.

Gallatin High to play the Raptors at noon.

Our meal starts with a few Wisconsin brats and ends with a simple Apple Cake.

These recipes are Mrs. Dugout's, who was born and raised in Madison, Wisconsin. Home of the world's largest Brat Fest.

When we first began dating, she took me to the Hilldale Shopping Center on Memorial Day weekend. For 50 cents each, we ate about eight of the best brats I could imagine (she had one, and I ate the other seven).

Her brother considers it a crime to boil the Brats in anything other than Sam Adams beer, so I'll suggest that along with this recipe my wife's father used.

Wisconsin Beer Brats

Preparation time: 5 minutes Cook time: 30 minutes.

INGREDIENTS

- · 8 cups water
- 10 bratwurst sausages

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- 2 bottles of Sam Adams beer (or your beer of choice)
- · Items of your choice for serving (spicy

mustard, sauerkraut, hoagie buns, cheddar cheese, etc.) No ketchup!

STEPS

- Preheat the grill to medium heat.
- Bring water to a boil in a large stock pot.
- · Once water is boiling add beer and bratwurst.
- Reduce heat to a simmer, and cook bratwurst sausages for about 10 minutes.
- Remove the bratwurst from the pot and transfer it to a plate.
- Cook the brats on the preheated grill for about 3 minutes, then rotate and cook until browned about 5 more
- Optional: Move the brats off direct heat and add cheddar cheese. Cook until the cheese melts. (My wife serves them this way after having them this way at the Milwaukee Brat
- When finished, remove and place back in the large stock pot for 10 minutes. Serve right from the pot.

Side Dishes

German Potato Salad and Baked Beans. Since it's Opening Day and it's baseball, we're in a big hurry, so the night before, go to Matt's Old Fashioned Butcher Shop & Deli and bring some of each home.



Dessert

Simple Apple Cake (Mrs. Dugout's recipe)

For the cake

- 1 3/4 cups all-purpose flour
- 3/4 tsp baking soda
- 3/4 tsp baking powder
- 1 tsp cornstarch
- 1/4 tsp salt
- 1 tsp cinnamon + 1/4 tsp cinnamon for dusting apples
- 1/2 cup oil or melted and cooled butter
- 1/2 cup unsweetened applesauce or sweetened applesauce
- 3/4 cup light brown sugar or dark brown sugar
- 1 tbsp vanilla
- 2 large eggs or 3 small, at room temperature
- 2 medium-sized Granny Smith apples* peeled and chopped, 2 cups total

For the sprinkle

• 3 tsp white sugar

• 1/4 tsp cinnamon

Instructions

- Preheat the oven to 350F/180C.To make the cake easy to remove, place parchment paper on the bottom and two sides of the pan. Gently grease the two sides without parchment paper and set aside. Slice the apples into small cubes and aently toss in 1/4 tsp of cinnamon. Then, set aside while you make the batter.
- In a medium-sized bowl, add flour, cornstarch, cinnamon, baking powder, baking soda, and salt. Stir to combine and set aside.
- In a large bowl, add oil, brown sugar, eggs, vanilla, and applesauce. Whisk for 2-3 minutes until well combined, scraping the sides of the bowl.
- Mix in the dry ingredients and gently fold using a spatula until a batter
- Then, add the apples to the bowl. Gently mix until just combined.
- Spread the batter evenly into the prepared pan. In a small cup, add white sugar and cinnamon and mix together. Then sprinkle evenly on top. This will give you a sweet, crunchy top.
- Bake for 25-35 minutes, depending on your oven.

And there ya have it. Toss in a 4-hitter from Carter Anderson and a 4-1 Ranger win. and you've got yourself a winning Opening Day recipe!

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





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Highlights from Our Mar.-Apr. '25 Issue





Vision for Victory-2025 Global rEVOLUTION Aquarius Is Rising with a High State of LOVE!

Christopher Rudy, HeartCom.org







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Scholarship Opportunity **American Association of University Women**

A \$2500 scholarship opportunity with the American Association of University Women is available to female students from Park County, Montana or from Mammoth Hot Springs with an established Park County, Montana residency. Application deadline is June 9, 2025.

Requirements are:

- Students must be college sophomores, juniors or seniors.
- Any college student accepted into a graduate program may also apply.
- Requirements and applications can be obtained by contacting any scholarship committee member or



your financial aid office. Scholarship committee members that you may contact are:

- Ruth Dargis at ruthkdargis@hotmail.
- DJ Robb at robb_inn@yahoo.com
- Patti Smith at pbear55@charter.net

Upcoming

SHIELDS VALLEY EVENTS

March 25th

JH/HS Basketball Awards Banquet at

March 26th

Live Fit & Strong Fitness Challenge Bootcamp Wilsall at 6 pm

March 29th

Baby Shower for Bridget Sarrazin and soon to be baby boy at Wilsall Community Church 11:30 am. Bridget is registered at Amazon.

Shields Valley Mobile Pantry

Second Friday of every month in Wilsall from 10:45 until 11:45 am located in the Wilsall Dance Hall parking lot. In Clyde Park at the High School parking lot from 12:30 to 1:15 pm. For more information and to join the program go to https:// livingstonfrc.org/get-food/food-pantry. html or call 406-222-5335.

If anyone has any upcomina events please send email to shieldsvalleynews@gmail.com.

If anyone has any news, events, etc. please let me know at Shieldsvalleynews@gmail.com



My doa is very afraid to ride in the car. Is there a way to help him feel at ease?

A: Not to worry. This is very common and generally easy to fix. The solution starts with you.

When you are loading the dog in the car, get happily excited and say, "Let's go for a ride!" Have a couple toys in the car that your pup likes and add a bone or another enticing chewy treat. Go ahead and load up the pup, start the car, put it in reverse, and then back in park. Unload the pup with the same excitement and say, "Yay! We are home!" Go inside and give your pup a treat.

Next time, back out of your driveway or drive a couple feet and "return home." Next time go around the block. Do each step for a couple days and then progress to the next step.

All too often we load the dogs up for a reason, whether to just go to the vet or something boring in the pup's opinion. Try to go for short durations and throw in a fun place that your pup can go into every now and then. In Livingston we are lucky

by: Kylie Purcell

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

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

to have Ace Hardware, Spur Line, and Murdochs as super dog friendly areas to take your pup.

If your dog does not seem to progress successfully take things slower. If that still does not work, it may be time to check with your vet for some pharmaceutical intervention. They can make suggestions and dosages recommendation for different calming meds. CBD is also another alternative for helping ease car stress.

Some dogs like to observe the surroundings through the windows and some prefer not to. Take note of which one your dog seems to be calmer doing. You can also put a kennel in your car to secure your pup or look into a harness or dog seat belt for safety.

Best of luck!

If you have any questions please feel free to contact us! Happy Puppyhood to you!

Easte

FRIDAY April 18th, 2025

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Sunday, March 23, 2025 Foody Community Journal - 7

March is National Nutrition Month

Eating Together Means Making Healthier Choices

Eating with others allows you to eat more mindfully, encouraging you to slow down and truly enjoy each bite. This mindful approach helps you listen to your body's hunger signals, reducing the chances of overeating. Mindful eating promotes better digestion and enhances the overall enjoy-

Planning and enjoying meals together means you rely less on unhealthy snacks or rushed meals. Sitting down for a thoughtfully

prepared meal decreases the temptation for

less nutritious options. Additionally, cooking together can be a fun bonding experience.

This National Nutrition Month®, take the time to enjoy meals with others.

Whether it's family, friends or even cowor-

kers, creating shared experiences around

food can lead to healthier eating habits

Connect with a local dietitian-nutri-

tionist to craft healthy meal plans for

and stronger relationships.

you and your family.

ment of food.

You eat less junk food

Foodwilfe



March is National Nutrition Month® and

this year's theme, "Food Connects Us," cele-

brates the amazing power of food to bring

people together. Sharing meals creates a

vibrant space for conversation, allowing you

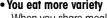
SHARED MEALS FOR HEALTHIER EATING

Enjoying meals together can enhance your eating habits. Here's how:

You eat more variety

When you share meals, you're more likely

You savor your food



to include a balanced mix of food groups, such as vegetables, lean proteins, whole grains and healthy fats, making it easier to create a nutrient-dense plate. Plus, it exposes you to new flavors and cooking styles.





April is National Volunteer Month

Volunteers generously donate a part of their lives to serve others in various ways—cleaning up after an event, fostering shelter pets, chaperoning school field trips, serving meals, greeting the public, weeding, lawn mowing or helping with a mailing. In April, we salute them for their unwavering services to organizations and to their local communities and hold aloft their examples to inspire folks of all ages to serve others.

We will have our 2nd Volunteer Tribute published in the April 27th edition of the paper. Be sure to be a part of this celebration

of the volunteers who have given their time and efforts to your local organization. Email the following info to jill@pccjournal.com.

• Organization Name

• Logo

Mission statement

Happy National Volunteer Month

– April –

• List up to 25 volunteers or groups

How volunteers are crucial

Recipe by

Carla Williams Recipe by Carla Williams Recipe Corner Caramel Apple Dessert Cup

Ingredients

3 cups Granny Smith apples peeled, cored and finely diced (You can also substitute honey crisp, gala, fuji or pink lady varieties. Remember these are small dessert cups and the pieces of apple need to fit on top)

- 1/3 cup light brown sugar packed
- 3 tablespoons salted butter
- 1 teaspoon ground cinnamon 2 cups crushed vanilla wafers I
- used Great Value brand
- ¼ cup salted butter melted and cooled
- 3.4 ounces instant vanilla pudding mix (you can substitute cheesecake pudding mix)
- 11/4 cups cold whole milk
- 34 cup salted caramel sauce divided 1/4 cup and 1/2 cup (I used Ghirardelli brand – you can substitute regular caramel sauce for the salted)
- 1 cup cold heavy whipping cream Instructions

Add the diced apples, brown sugar, butter and cinnamon to a 2-3 quart saucepan over medium heat. Stir the apples frequently, for about 7-9 minutes, until the apples have softened and the brown sugar sauce has thickened to canned apple pie filling consistency. Stir in ¼ cup of salted caramel sauce. Allow the apples to cool completely. (If you are pressed for time, you can chill the apples in the refrigerator. Be aware that condensation may occur on the lid or covering over the apples which may affect the consistency.)

Add the crushed vanilla wafers and melted butter to a small mixing bowl. Stir to completely coat the crumbs.

Add 2 teaspoons of the buttered crumbs to the cups. Use either a spoon or an extra cup to tamp down the buttered crumbs.

Add the cold whole milk and instant



Photo Credit: recipe.ukfinda.com

pudding to a medium size mixing bowl. Use a handheld mixer on low, or a hand whisk, to mix until the pudding begins to thicken. This will take about 2-3 minutes.

Mix in the remaining ½ cup of the salted caramel sauce to the pudding.

Add in the cold heavy cream and continue mixing until the pudding has thickened. This should take about 3-4 minutes (The mixture should be thick enough to hold its shape when piped

Add the thickened pudding to a piping bag, or a gallon size ziplock bag with a corner snipped off.

Snip the end of the piping bag off. Use steady even pressure to squeeze the filling on top of the buttered crumb crust about 2/3 of the way full.

Spoon the cooled, cooked apples on top of the pudding. (About 2 teaspoons) Place the lids on the cups and keep refrigerated until ready to serve. The dessert cups will keep in the refrigerator for up to 3 days. You can also freeze the cups for up to 1 month.

Tips:

- Make sure you use instant pudding and not the cook and serve kind.
- The apples should be finely diced — these are small dessert cups and the pieces of apple need to fit
- The pudding mixture should be thick enough to hold its shape when piped into the cups.



Community Journal - 8 Health & Wellness Sunday, March 23, 2025

Your Leeless Wellness Column

Garrick Fulmer-Faust, Executive Director, Park County Senior Center

lessons, and

challenges.

Seniors are

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careers,

What It Means to Be a Senior-Part 1 of 2

A New Beginning, Not an Ending

There's a misconception that hitting the age of 60 or 65 is like reaching the "end" of something. But for many, this stage

of life is when they can finally focus on the things that matter most. No more juggling hectic work schedules, raising kids, or chasing that elusive "next step." Retirement, or the transition into senior years, is often a time of freedom—freedom to pursue passions, travel, reconnect with friends, or even start new ventures. It's like standing on a fresh starting line with life experience as your guide.

Instead of viewing senior years as winding down, think of them as an opportunity to lean into who you've always wanted to be but didn't have the time for. Whether it's learning to play an instrument, take up painting, or simply having the time to care for your health, this phase can be more of a new beginning than the end of your story.

The Wisdom and Experience Advantage

The beauty of aging is the perspective it brings. You can't buy wisdom. You must earn it by living through decades of life

It's time for the long-awaited hobby.

and life's

unpredictable twists and turns

Think about it this way: while a younger person might make decisions based on impulse or trends, seniors have the gift of hindsight. They've seen enough to understand what really matters. This translates into a calmer, more measured approach to life's inevitable ups and

downs. It's like being able to see the whole picture, instead of just one part of the puzzle. And this wisdom isn't just personal, it's something that can be passed down to younger generations.

The Body Speaks Louder Over Time

There's no denying that the body changes as we age. We may not bounce back from injury as quickly

or handle physical tasks with the same ease. However, those changes don't

mean we're done. In fact, physical movement becomes even more important in senior years.

Exercise isn't about running marathons or lifting heavy weights. It's about maintaining flexibility and independence. It's about being able to get up from a chair without assistance, walk without fear of falling, or simply have the energy to enjoy life. Strength training, yoga, and swimming, are activities that seniors can thrive in, regardless of age. In fact, research shows that regular movement can help prevent or delay conditions like arthritis, osteoporosis, and heart disease.

Being a senior doesn't mean stopping—it means moving smarter. The goal isn't just to live longer, it's to live better. The message here is clear:



Keeping those critical thinking skills sharp.

the more you move, the more you keep your independence.



Aches and pains happen but don't need to stop you.

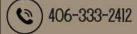
At the *Park County Senior Center*, we believe in taking action. That's why we built *The Hub*—a brand-new, fitness and wellness facility designed specifically for seniors and mobility-challenged individuals that is opening very soon!

It's not just about exercise, it's about you! Whether you're looking to stay strong, make new friends, or learn something new. Stop by the Senior Center at 206 South Main, Livingston to get engaged with the community and for a tour of the facility. For more information, contact Garrick at 406-333-2276, or by email at garrick@parkcountyseniorcenter.org





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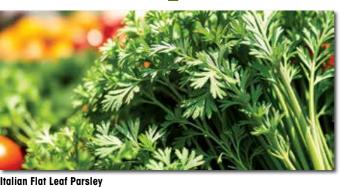
Last weekend, I got the hangers installed to display some of My

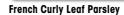
Original Art! There's more to come, so stay tuned for the further adventures. I LOVE the new Digs. Right off Park. 6 huge windows for excellent Day Light Lighting and LOTS of Traffic. Cars, Trucks and Trains carrying Airplane parts! Oh, and look at the Blue Sky and Snow in the Mountains. We're sill offering Glass Cutting, Matt Cutting, Shrink Wrapping, Poster Mounting and etc. Let us change out your old mats for a brand new look. Or maybe you want to Mat & Frame your latest Adventure in your New Sprinter! Come by today or call and make an appointment to fit into your time schedule.

406-222-5974 or E-mail me at:

itextavery@gmail.com

Parsley—Its Health Benefits & Uses





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by Jill-Ann Ouellette

Parsley is a flowering plant native to the Mediterranean. The two most common types of parsley are Italian flat-leaf and French curly-leaf. Today, parsley is widely used as a fresh, culinary herb or dried spice. It is bright green with a mild, bitter flavor that pairs well with many recipes. Often labeled as one of the most powerful disease-fighting plants, parsley has been used to treat health conditions like high blood pressure, allergies, and inflammatory diseases. It provides great nutritional

Nutrition: Parsley offers many more nutrients than you'd suspect. Healthline reports that just a half-cup (30 grams) of fresh, chopped parsley provides:

- Calories: 11 calories
- Carbs: 2 grams
- Protein: 1 gram
- Fat: less than 1gram
- Fiber: 1 gram
 Vitamin A: 10

value as well.

- Vitamin A: 108% of the Reference Daily Intake (RDI)
- Vitamin C: 53% of the RDI
- Vitamin K: 547% of the RDI
- Folate: 11% of the RDI
- Potassium: 4% of the RDI

Parsley is rich in many vitamins, particularly vitamin K, which is needed for blood clotting and bone health. It's also a great source of vitamins A and C—important nutrients with antioxidant properties. Additionally, it's very low in calories yet packed with flavor, making it a great, low-calorie ingredient for many recipes for those watching their weight.

Antioxidants: Parsley contains many powerful antioxidants, which prevent cellular damage from excess free radicals. Your body requires a healthy balance of antioxidants and free radicals to maintain optimal health.

The main antioxidants in parsley are:

- Flavonoids, including myricetin and apigenin
- Carotenoids, including beta carotene, zeaxanthin and lutein
- Vitamin C

Many studies associate higher intake of carotenoids with a reduced risk of certain diseases, including lung cancer. Vitamin C also has strong antioxidant effects and plays an important role in supporting immune health and protecting against chronic disease.

Interestingly, dried parsley may be higher in antioxidants than fresh sprigs. In fact, one study found that the dried herb

had 17 times more antioxidant content than its fresh counterpart! So don't sweat it if you can't get to the grocery store for fresh parsley—keep your dried herbs

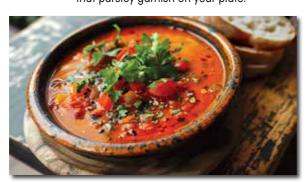
Supports Bone Health: Your bones need certain vitamins and minerals in varying amounts to remain healthy and strong. Parsley is packed with vitamin K—an essential nutrient for your bones, which helps build stronger bones by supporting cells called osteoblasts. This vitamin also activates certain proteins that increase bone-mineral density.

The World Health Organization states bone density is important, as a lower bone-mineral density is associated with an increased risk of fractures, especially in older adults. Studies suggest that eating foods high in vitamin K may reduce your risk of fractures. One study found that higher vitamin K intake was associated with a 22% lower risk of fractures, per PubMed Central.

Cancer-Fighting Substances: Parsley contains plant compounds that may have anticancer effects. Oxidative stress—a condition characterized by an imbalance in levels of antioxidants and free radicals—is associated with the development of certain chronic diseases, including cancer. The flavonoid antioxidants and vitamin C work together to reduce oxidative stress in your body and may lower the risk of certain cancers. For example, high dietary intake of flavonoids may reduce colon cancer risk by up to a 30% according to the National Institute of Health (NIH). One study found that increasing vitamin C by 100 mg per day reduced the risk of overall cancer by 7%. Moreover, increasing dietary vitamin C by 150 mg per day may lower prostate cancer risk by up to 21%. [Healthline]

Protect Eye Health: Lutein, beta-carotene, and zeaxanthin are three carotenoids in parsley that help protect your eyes and promote healthy vision. Carotenoids are pigments found in plants that have powerful antioxidant activity. Lutein and zeaxanthin may prevent age-related macular degeneration (an incurable eye disease and a leading cause of blindness around the world), by up to 26%. Vitamin A is essential for eye health, as it helps protect the cornea—the outermost layer of your eye—as well as the conjunctiva—the thin membrane covering the front of your eye and the inside of your eyelids.

Heart Health: Parsley is a good source of the B vitamin folate, which may reduce heart disease risk in certain populations. Parsley's antioxidants and potassium content may help lower blood pressure. A study in over 58,000 people found that the highest intake of folate was associated with a 38% reduced risk of heart disease. [NIH] Conversely, low intake of folate may increase your risk of heart disease. One study of 1,980 men observed a 55% increase in heart disease risk in those with the lowest intake of this nutrient. Guys, be sure to eat that parsley garnish on your plate.



Antibacterial Properties: Parsley may have antibacterial benefits when used as an extract. For example, a test-tube study demonstrated that the extract showed significant antibacterial activity against yeast, molds, and a common, infection-causing bacteria known as S. aureus. [Healthline]

Easy to Add to Your Diet: Parsley is an extremely versatile and inexpensive flavoring option. You can use the dried version as an ingredient in various recipes. It can enhance the flavor of soups, stews, and tomato sauces. Additionally, it's often combined with other herbs in Italian-inspired recipes.

Fresh parsley is also a great addition to homemade salad dressings, marinades, and seafood recipes. Many people use fresh sprigs in recipes that don't require cooking, as a garnish on hard-boiled eggs,

for instance, or add the herb at the end of the cooking period for the best flavor. Flat-leaf Italian parsley has a stronger flavor and holds up better when you cook it, which makes it the preferred type in most hot dishes, while curly-leaf parsley has less flavor and is better in cold dishes.

Here are a few more ways to add parsley to your diet:

- Stir fresh leaves into a homemade chimichurri sauce.
- Mix finely chopped fresh leaves in your salad.
- Sprinkle fresh or dried leaves on top of a salmon dish.
- Finely chop the stems and add to a potato, macaroni or tuna salad.
 Simmer dried fakes in a homomode
- Simmer dried flakes in a homemade tomato sauce.



Interestingly, the herb may act as a natural breath freshener, so you can also chew on a sprig to freshen your breath. Also, to extend the life of fresh parsley, wrap the bunch in a damp paper towel and store it in a closed container in the refrigerator.

Other Health Benefits: Parsley has been traditionally used to improve and regulate blood sugar levels, and promote wound healing, aiding in digestion, reducing bloating (with its diuretic properties), and with its anti-inflammatory properties can reduce pain and swelling from conditions like arthritis. [Wikipedia] Additionally, parsley can be beneficial for hair growth due to its high vitamin C content, essential for collagen production, a key component in hair follicle health. [Medicinenet.com] Parsley has also been used for millennia in traditional herbal therapy as an aphrodisiac and for its hypotensive properties, lowering blood pressure.

Note: While parsley offers numerous health benefits, it's important to consume it in moderation as part of a balanced diet. Consult a healthcare professional before using parsley for medicinal purposes. Because of its high iron content, overuse of the herb may result in a range of complications, including liver and kidney difficulties. Because there isn't much knowledge regarding how much parsley is too much, it's preferable to use

it as an ingredient rather than as a supplement. [Wikipedia]

Including herbs and spices such as parsley in your food is a terrific way to improve taste without adding excess salt. Most importantly, it is an excellent method to supplement critical nutrients and get the full range of health advantages that this small herb has to offer. So, grab a bunch of fresh parsley at the store and challenge yourself to

use it more often for both your health and the taste!

ParkCountyDugout.com



Your Daily Dose of Park County News

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

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

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





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

Published & Created by former Enterprise Sports Editor,

Jeff Schlapp

ıt com

312-506-7261 jeffschlapp@parkcountydugout.com

The Shane Center Announces Their Summer Outdoor Concert Series (SOCS) Lineup for the 2025 Season

The Shane Lalani Center for the Arts has announced their 2025 lineup—the Summer Outdoor Concert Series is back for their fourth year of bringing free, family-friendly community concerts to the Henry E. Blake Pavilion on Thursdays in June and July. The event kicks off each week at 5 pm, with food trucks and libations for all ages. The community is encouraged to bring chairs or blankets to the Blake Pavilion. There is expanded bicycle parking onsite and additional vehicle parking available at the

"Watching this series grow and become a weekly event for so many has been gratifying," said Executive Director Erika Adams. "We started in a parking lot, and Livingston showed up. Then we built a pavilion and Livingston continued showing up and bring-

ing friends and family from out of town. Last season, we had approximately 3,850 attendees, and this year's musical lineup is great—there is absolutely something for everyone." Kicking things off for the

summer with their first appearance at The Shane Center are the FOSSILS on Thursday, June 5th. Local favorites, the FOSSILS have been entertaining Park County for decades. Their energetic dance music includes favorites from the Grateful Dead to the Beatles to Delbert McClinton. Even though Rich "Pinky" Ruggles on keyboards/bass, Bill Dwyer on electric guitar, Scott Boehler on harmonica and Don Scott on drums



have been doing this a long time, they make each show feel fresh and new. What a classic way to get the season started. Come and join generations of friends and neighbors and definitely bring your dancing shoes.

John Roberts Y Pan Blanco will return this season on Thursday, June 12th for some crowd-pleasing Afro Cuban/Jazz/Funk and Salsa music. John Roberts began playing the piano at the age of 5 while living on an isolated ranch in Southeastern Montana. After graduating in 1996 from Montana State University – Billings with a BA in Music Performance, John moved to Los Angeles to earn his Master of Fine Arts in Western Orchestral Performance from California Institute of the Arts. He has performed in all 50 of the United States and around the

Thursday, June 19th introduces another new band to the SOCS stage - Tsunami Funk blends funk, rhythm and rock and roll. Tsunami Funk is known to bring a party with See Shane Center, Page 16

Beyond Reality An Abstract Art Exhibit

The Livingston Center for Art and Culture is presenting an exhibit that celebrates the creativity and depth of Abstract Art. Beyond Reality features the work of John Garre—an artist that has spent years learning to convey

emotion, design and order. Additionally, thirty-five other artists will show pieces that bring their work to life with paint, ceramics, metal, epoxy, embroidery and



By William Culpepper

William Culpepper is an Assistant Professor of Graphic Design at Montana State University and a participating artist. Culpepper submitted work that focuses on structural abandonment - "I try to

do multiple angles, and as a graphic designer and typographer, I try to make sure there's some signage or typography in the elements. Then I do a collage

digital overlay and work through a digital painting where you can get lost in different elements of the page. I think it works great for this show because it has that mixed reality of what is happening." Kelsy Joronen, another participating artist, works in watercolors, "The pieces that I have going into this show are very fun. The color palette is a departure from what I'm usually drawn to, but it's nice



and pretty. It was inspired by my four-year-old daughter, who is very into pink. It was a fun challenge to pick a different palette that would be more appealing to her."



Beyond Reality will be on display from March 11th through April 5th. The public will have the opportunity to meet participating artists at a reception on Friday, March 28th from 6 to 8 pm. The Center is located at 119 South Main Street in historic downtown Livingston. To learn more, contact the Center at (406) 222-5222 or visit http://www. livingstoncenter.org.

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Sunday, March 23, 2025 Arts & Entertainment Community Journal - 11

Bozeman Symphonic Choir Concert to Feature Animated Artwork by Bryan Schaeffer

Experience an extraordinary fusion of song and art as the Bozeman Symphonic Choir presents The Stones Sang: Celebrating the Land, featuring the premiere of animated artwork by Bozeman-based author, illustrator, and animator Bryan Schaeffer. The concert will take place the first weekend of April at Hope Lutheran Church in Bozeman.

This immersive performance conducted by Interim Symphonic Choir Director Dr. Maren Haynes Marchesini celebrates nature through a diverse program of choral music and mesmerizing visual storytelling. The choir and members of the Bozeman Symphony

strings section will perform Gjeilo's emotive Sunrise Mass, a luminous and transcendent four-movement work that soars through soundscapes of wonder and imagination. The program also includes Gimon's passionate Fire, Palestrina's radiant Dies Sanctificatus,

Balfour & Campbell's evocative Ambe,

from both universi-

power and beauty

artistry. Don't miss

this special event

that celebrates the

of collaborative

ties, showcasing the

Bozone-will be debuted as part of this special perfor-

and Wyers' beau-

ment, Schaeffer's

animated short

films—inspired by his illustrated

Best Trails: 100

Classic SW Mon-

tana Trails to Hike,

Bike, and Ski in the

quidebook The Last

Adding a captivating visual ele-

The Waking.

mance, bringing Montana's landscapes tifully introspective to life in a stunning blend of artistry and storytelling.

Performances are scheduled for Friday, April 4th, at 7:30 pm, and Saturday, April 5th, at 2:30 pm. Tickets start at \$20 and are available at bozemansymphony. org/the-stones-sang or by calling 406-585-9774. Discounted student tickets are available, and limited tickets may be available at the door.

The Bozeman Symphony extends its heartfelt gratitude to the generous sponsors who made this concert possible: Cal & Tricia DeSouza and Gary Kunis & Connie Wong.

The Shane Center Hosts **Cat-Griz Schools of Music**

The Shane Center is proud to announce that our first Cat-Griz Schools of Music performance of the year is coming up on April 6th at 3 pm.

Join them for unforgettable performances that bring together the exceptional music programs of Montana State University and the University of Montana. This spring, delight in a 90-minute vocal and piano program featuring the finest vocalists

This Spring, delight in a 90-minute VOCAL PROGRAM featuring the finest vocalists from both universities. FREE to students!

> shared musical excellence of our state's top universities.

Tickets are available now on our website. Students get in FREE!

For the first time they will bring some of the finest vocalists and keyboardists from the University of MT and MT State University together for-CAT/GRIZ Schools of Music, a showcase of talent. The vocalists will be sharing pieces from some of the greatest European opera composers including Mozart, Strauss, Donizetti, Puccinni and more! The pianists will be playing solos, duos, and quartets including show stopping pieces for eight hands! Their music will include pieces from the greatest American and European composers of all time. A not to be missed classical music extravaganza.

Join them for Cat-Griz Schools of music and witness this immense show of talent, including one of Livingston's very own! Celebrate the extraordinary music of Montana's universities Sunday, April 6th at 3 pm.



Consider a Sponsorship of the Community fournal

The Park County Community Journal is seeking help from our followers to continue its mission: promoting positivity in the local community. We do this by publishing stories about the people, organizations, businesses, and events that represent Park County, often times at request, and most importantly, to shine light on what makes this community special.

We promote local businesses and encourage their support; honor non-profit organizations dedicated to philanthropy; celebrate our vibrant arts community by showcasing its contributors and their work; praise the achievements of students and children in sports and education; recognize major developments in municipal and county government; and cover local events to spur participation and advance the concept of community.

Knowledge as power, though a cliché, is undeniably true, and our intention is to inform readers about the community so as to inspire positive change through mutual support and understanding.

The Journal currently publishes 2,000 copies weekly for distribution throughout Park County. In response to incoming tourists, this number will rise in the early spring to 2,500 and to 3,000 by summer 2025. Park County depends on tourism to thrive, and the newspaper has a role in sharing information with visitors about what our community has to offer through advertising and editorials on businesses and events. In addition to compensating staff, this increase in printing is expensive (\$0.45 per copy; total annual printing expenses amounting to roughly \$50,000 contingent upon need), but our goal is to help the community flourish without placing a burden on our readers.

Up until now, the newspaper has been free of charge—a service provided to the community not intended to generate income through our consumers, much like a non-profit organization. Our desire is to continue this tradition via advertising fees, the Journal's current business model, and by exploring new avenues for raising money to fund operating expenses without shifting costs to readers. For example, we are currently working alongside non-profit organizations like Prospera and Park Local to consider and develop new strategies for increasing revenue, such as adjusting advertising rates for local businesses through the cool season. However, as we are not technically a non-profit organization, our options are somewhat limited.

We are therefore asking you to please consider the value of our newspaper to this community and to support our cause by making a donation that will be used to extend our outreach and impact to locals and visitors alike. Donations may be made once or on a recurring basis, if possible.

Because we are not a charity organization, your gifts are not tax-deductible. However, any donation, small or large,

helps us in our effort to shape this community for the better. Even just two dollars each from a few thousand individuals would be extremely helpful in keeping this newspaper free as we continuously strive to benefit the community.

Thank you for considering a donation to our newspaper. If a gift falls within one of the following sponsorship levels:

Bronze: \$250 • Silver: \$500 Gold: \$1000

Donors will be recognized monthly in the newspaper. Qualifying business donors will be awarded discounted advertising rates during the warm season (June – September.)





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

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. 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.

March 26 - LENTEN LUNCHEONS - Join us at Holbrook Church on the corner of 5th and Lewis in Livingston from 11:45 am to 1 pm for a \$6 lunch and a short Lent message. If you can't make this one, you will have another opportunity on April 9th.

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 or call Mona at 406-222-9999.

March 30 - BINGO - Grace United Methodist Church will host a BINGO night, from 2 to 4 pm at the church Fellowship Hall, 302 South 9th Street. Prizes galore, donations to Livingston Drop-In Center and don't forget to bring a friend. For more information call 406-222-1041.

Calendar of Events runs every week. To place your event on the calendar please email the information to 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.

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 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 6 - VEGAN POTLUCK - Join them at the Park County Senior Center at 206 S. Main St. at 4:30 pm. You don't have to be vegan, but the food does. Please bring a dish to share that is free from meat, eggs, dairy, honey, and gelatin. You can keep it simple by bringing chips & salsa, fresh fruit, pickles or olives, or a green salad. Sharing delicious food and recipes with fun people who care about their health, the planet and most of all—the animals!

Never fight with a dinosaur You'll get Jurassikcked



CASINO~LIQUOR STORE~ LOUNGE





218 SOUTH MAIN STREET LIVINGSTON MT

Sunday, March 23, 2025 Community Journal - 13

BREAK time

Montana Fun Facts!

In the 1880s copper king William Clark, the richest person on earth, was earning \$17 million a month from his mine holdings in Butte. Meanwhile, workers in his mines earned \$3.50 per day. Wages remained \$3.50 a day for nearly 40 years, until they got a raise in 1917 to \$5.25 per day.

> Around 18,000 miners were working in 138 mines in Butte in 1917. A century later, the invention of fiber optic cable for communication and PVC pipe for plumbing led to the collapse of the copper market. There are around 250 miles of streets in Butte and over 2,500 miles of underground mining tunnels beneath the streets.

ACROSS

- 1. Modest
- Promenade
- Magic Moment" (Drifters
- song)
- Onstage gear
- 15. Tail-less simian
- Lost
- 17. Charter
- Hair goo
- 19. Pod content Thin
- 21. Door to ore
- Pindar product
- Boo-boo list
- 25. Verify River inlet
- 28. South African monetary unit
- Precise
- Invented story
- Svmbol
- 39. Certain molding
- 41. Just
- 43. Priest's garment
- Redolence

- 47. Madagascar mammal
- 48. Marsh bird
- 50. Possessive pronoun
- 51. Proposal
- Foamy drink
- Miss Piggy is one
- Military station
- Plentiful
- Of a region Sawbones
- 64. Remove weapons
- from
- 66. Techie
- 67. Rush Auricular
- Confuse
- Monastic official
- 76. Pyramid, for some
- Building annex
- Rich pastry
- 85. Unprincipled 87. Falsify
- Middle of the day Humpback's kin
- Break the 92. Summer drink

- 93. Flit
- 94. Stiff
- 95. Expressions of doubt
- 96. Besides 97. Toward protection
- 98. Exaggeration
- 99. Land portion

- Prank
- Gluck's forte Desire
- Upright pole
- Tilted Maui memento
- 7. Tibetan clerics
- Darn Cat!"
- Cover up
- 10. Pupil's site
- 11. Lounge sofa
- Greek marketplace
- 13. First-aid provider
- 14. Kilt fold
- 24. Madison Avenue em-
- ployees
- 26.

Crossword - #389

- Goes Another
- 30. Unit of resistance 32. Dec. 25

Love Song"

- 34. Sasquatch's kin

63

- 36. Dues payer
- 37. Rare moon color
- 38. Stringed instru-
- ment 39. Group of eight
- 40. Painter's plaster
- 42. Pass, as hours 44. Not a winner

CROSSWOR

45. Roomy

64

- 46. Bro or sis
- 49. Cobbler's tool
- 52. Seniors, to juniors 53. Give forth
- 55. Hindu queen
- 58. Mimic
- 60. Kauai porch
- 62. Right-hand page Rowdy crowd

66

68. Program

89

60

- Tempest in a _
- 71. Fasten, as a rope 72. Omit in pronunciation
- 73. Armada
- 75. Soup liquid
- 77. Bay window 78. Aggressively manly
- 79. Made holy 82.
- Daughter" 83. Folk tales
- 84. Poker starter
- 86. Chess term
- 90. Beam





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

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

> 9 3 5 6

1



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Community Journal - 14

Sunday, March 23, 2025

addressing concerns. **Qualifications & Requirements**

Certifications (Required or Willing to Obtain Upon Hire): Certified Pool Operator (employerpaid certification available) Lifeguard, CPR, First Aid, and AED

certification Preferred Experience:

1-2 years in lifeguarding, recreation, or facility management
At least one year of supervisory experience

Skills & Abilities:

Strong leadership, problem-solving, and communication skills
Ability to handle light mechanical repairs and troubleshooting
Ability to work flexible hours, including weekends and holidays
Strong organizational skills to manage schedules and pool operations

Physical & Environmental Considerations

Ability to stand, walk, stoop, kneel, and lift up to 50 lbs.
Work is primarily outdoors, with exposure to sunlight, water, pool

chemicals, and various weather

conditions. How to Apply

Email your cover letter and resume to Human Resources at HR@ LivingstonMontana.org.
Deadline: March 31, 2025 (Interviews begin mid-April).

Join us for an exciting summer leading a dynamic aquatic team and ensuring a safe, fun experience for the Livingston community!

How to Place your Classifed Ad!

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

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

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

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

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, selfmotivated

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.

Insurance Agent to our team.
We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits.
Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in todays business world. We are committed to providing our

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

EXPERIENCED AUTO BODY TECHNICIAN

CONNOR (A) AUTOBOD

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. O'Conner's Auto Body is a busy shop, and has been making the community's autos look like new for over 50 years.

Come Join Our Kenyon Noble Team!

Kenyon Noble Lumber & Hardware's Livingston location is

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. 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 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 student motivation and advice during competitions, and fostering good mentorship with the Bruin athletes and staff. Outstanding candidates are highly motivated, committed, disciplined, and patient. Please send a letter of interest to Carmen Harbach at carmen@ gardiner.org or call the Gardiner School at 406-848-7563.

CLASSIFIED

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. Application materials may also be picked up at the school district main office.



Mobile Crisis Response Program Manager

Do you have a passion for community mental health? The City of Livingston, Montana is seeking a highly motivated, caring individual for a rewarding opportunity to serve as the Mobile Crisis Response Program Team Manager. You will support our community-based collaborative crisis response team. This position reports to and works under the direction of the Fire Chief. The Program Manager is responsible for developing and maintaining the Mobile Crisis Response Team (MCRT) and the program. The Program Manager manages the annual budget, secures funding through Medicaid reimbursement and grants, and creates program policies and procedures that align with Medicaid and City of Livingston policies. Participates in staff hiring, training, scheduling, and

About the Position The Seasonal Pool N

hours per week)

The Seasonal Pool Manager is responsible for overseeing the daily operations of the municipal swimming pool, including supervising staff, ensuring safety procedures, maintaining water quality, and coordinating aquatic programs. This role reports to the Recreation Director and will manage approximately 12 part-time, seasonal pool attendants.

performance management. Will

be responsible for creating data

statistical reports and clinical

emergency medical services,

schools, hospital emergency

community agencies.

County, MT

Indeed)

2025

2025

departments, and social service

Open until filled. To apply, send

updated resume and 2) a cover

Crisis Response Team. (DO NOT

Office located in Livingston, MT,

Job Type: Full-time, year-round,

apply on Indeed). Work Location:

program area includes all of Park

regularly scheduled at least 40 hours

per week and on call 24/7/365. Rate

of Pay: \$68,000 to \$77,000 annually

depending on experience. This is a

three-year period. The grant and the

extended beyond the initial threeyear

LivingstonMontana.org 1)an updated

position are not guaranteed to be

term. Open until filled. To apply,

send the following items to HR@

resume and 2) a cover letter with

your interest in the Mobile Crisis

Response Team. (DO NOT apply on

Seasonal Pool Manager – Summer

Job Type: Seasonal, full-time (up to 40

Application Deadline: March 31, 2025

Pay Rate: \$20.00 - \$24.00 per hour

Start Date: Early May - Late August

Location: Livingston City Pool, 214

River Drive, Livingston, MT

(based on experience)

grant-funded position for a

letter with your interest in the Mobile

the following items to HR@

LivingstonMontana.org 1) an

tracking systems to provide program

record maintenance. The Program

relationships and collaborate with

law enforcement, fire departments,

Manager will need to effectively build

Key Responsibilities

Supervise and manage daily pool operations, ensuring safety and efficiency. Train, schedule, and oversee lifeguards and pool attendants. Conduct routine safety and emergency training for staff. Maintain pool water quality by performing chemical testing and coordinating maintenance with the Parks Department.

Ensure compliance with safety protocols, including lifeguard surveillance and emergency

response procedures.

Create and maintain operational reports, schedules, and incident records.

Engage with the public, ensuring excellent customer service and

lassifieds

ANNOUNCEMENT

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 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. herefore, 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.



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FEATURED LISTINGS

ERALivingston.com | 406.222.8700



102 Elliot Street S Commercial Sale | 5,676 sq ft #397924 | \$1,500,000 Tammy Berendts | 406-220-0159



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



49 Two Dot Highway 2 beds 1 bath | 1,160 sq ft #389858 | \$300,000 Rachel Moore | 406-794-4971



759 Castle Mountain Road 3 beds 3 baths | 2,772 sq ft #397719 | \$805,000 Tammy Berendts | 406-220-0159



7 Aquila Lane Land Listing | 2+ acres #394836 | \$249,000 Deb Kelly | 406-220-0801



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



508 Miles Commercial Sale | 3,224 sq ft | #397976 | \$430,000 Tammy Berendts | 406-220-0159



28 W Grannis 3 beds 2 baths | 9+ Acres #390575 | \$875,000 Julie Kennedy | 406-223-7753



107 S Main Street Commercial Sale | 7,061 sq ft #395132 | \$1,950,000 Ernie Meador | 406-220-0231



27 Royal Wulff 3 beds 2.5 baths | 2,668 sq ft #390722 | \$1,794,000 Swanson Team | 406-220-2045



1296 US Hwy 10 W Commercial Sale | 10,160 sq ft #397843 | \$2,500,000 Ernie Meador | 406-220-0231



325 N 3rd Street Multi-Family | Five+ Units #394662 | \$829,000 Swanson Team | 406-220-2045



3 beds 1 bath | 1,104 sq ft #397220 | \$179,000 Rachel Moore | 406-794-4971



NHN High Ground Ave Land Listing | 0.33 acres #395419 | \$200,000 Julie Kennedy | 406-223-7753



1115 Ridgeview Trail 3 beds 3.5 baths | 1,758 sq ft #399280 | \$599,000



3015th Street W 1bed1bath | 744 sq ft #399958 | \$315,000

Meet the Team...

Amanda has been a resident of Livingston since 1979 and a full-time licensed real estate salesperson since 1999. She loves Montana's extraordinary beauty and warm-hearted people.

Her commitment to the

community includes involvement

in and support of many local organizations including Big Brothers Big Sisters, Park County Search and Rescue, Yellowstone Gateway Museum,

Amanda Murphy

Sales Associate ABR, CRS, GRI, GREEN 406-220-4848 · amanda@eralivingston.com

> The Blue Slipper Theatre, Community Closet, Western Sustainability Exchange, and the Park County Community Foundation.

"Amanda was a wonderful agent, and person. I truly enjoyed my time with her throughout the whole house hunting process. Because we were from out of state she kept us up on what was happening by giving us her home phone number." - Ron & Michelle B.

REALTORS[®] in Livingston, Bozeman, Big Sky & Ennis

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

Shane Center

from page 11

them wherever they perform their high-energy funk-based shows. Featuring Luke Flansburg on lead vocals and guitar, Eddie Tsuru on bass, Nathan Anderson on guitar, David Charles on keyboard and Isaiah Morales on drums, Tsunami Funk features some of Montana's best professional musicians. Playing tunes from artists like Stevie Wonder, Bruno Mars, Red Hot Chili Peppers, Earth Wind and Fire and many more, the band plays music that usually makes everyone want to get up

and dance. They've been dazzling audiences in Southwest Montana for close to twenty years. Get to the pavilion early for this one and grab a spot close to the dance floor.

Texas Country/Americana artist **Bo De Peña** is bringing his high energy trio to the
SOCS stage on Thursday, June 24th. Colorado-based songwriter/performer Bo DePeña
has developed a reputation as a consummate working musician. Over the years, his
high-energy shows have generated a loyal
fan base around the mountain west, and it's
clear to see why fans of the country music
tradition embrace his songs. From Texas
to Colorado to South Dakota to Montana,
Bo's music can be heard at bars, brewer-

ies, rodeos, honky tonks and beyond. Bo has shared stages with artists such as William Clark Green, Chris Knight, Dale Watson, William Michael Morgan, Ned LeDoux and Colter Wall. His lyrical content is often universal. evoking memories of past lives, lost loves and a longing for home. This explains why his followers are an eclectic bunch, encompassing many backgrounds, tastes and persuasions. If you are a fan of good stories, good tunes and good vibes, you won't want to miss Bo's show.

WWW.Twang comes back to the Pavilion stage to help celebrate the holiday weekend on Thursday, July 3rd. WWW.Twang is Southwest Montana's premiere country band. They play both kinds of music—Country AND Western! There will be a dance floor, and it will be full. This talented group of performers; Buck Buchanan on guitar and vocals, Marcus Engstrom the Telecaster King on electric guitar, Mike Gillan on drum kits keeping

it all percolating along, Russ Olsen on bass and vocals and Mike Parsons on fiddle and vocals. Polish your boots for this one, it promises to be a great night.

Thursday, July 10th brings Acoustic Americana quartet the Two Tracks to the SOCS stage. The Two Tracks are 2022 and 2024 Wyoming Arts Council Performing Arts Fellowship Winners. Husband and wife Julie and Dave Huebner write songs that traverse the male and female perspective with emotional and natural images of rural American life. The band cares about lyrics, story and the power of the song, and every arrangement is designed to fully highlight that direct connection between the song and the listener. Hailing from the eastern side of the Bighorn Mountains in Wyoming, the band has traversed the country bringing their joyful unique sound to stages big and small, including Americanafest (TN), Deadwood Jam (SD), Kate Wolf Memorial Music Festival (CA), MeadowGrass (CO), and the Red Ants Pants Music Festival just down the road. They recently completed their first international trip to Dubai for performances at the World Expo.

Next up, on Thursday, July 17th is **Swamp Dawg** delivering an evening of New Orleans Swampy Funk and Rhythm and Blues. Swamp Dawg is the all-time favorite band at SOCS—this will be their fourth return to the stage—we can't imagine doing a summer schedule without including their fun, NOLA style funk music for your enjoyment. Attendees can expect to dance to swampy Southern Soul music with some new band members to continue the multicultural rhythmic explosion of funk, rhythm and blues and second New Orleans classics. Get there early for this—it will be a full house.

Montana Bluegrass Quintet **Release the Squirrels** takes the stage on Thursday, July 24th. A shiny, new bluegrass quintet that pushes the boundaries of the traditional bluegrass cage. Release the Squirrels hails from the valleys of Western Montana and each of the five group members bring a unique perspective to the band, creat-

ing a cohesive and dynamic voice. From danceable old time original compositions to artful covers of modern songs, the Squirrels have a broad repertoire that appeals to every audience. With a deep appreciation for bluegrass traditions, influences like Bill Monroe and the Bluegrass Album band are present, however the group has a penchant for crafting bold arrangements to pay tribute to the past with a modern flavor. The depth of their musicianship is evidenced by masterful flatpicking, hard driving banjo and rock steady upright bass. Listeners also delight to hear hypnotizing fiddle melodies and inspired mandolin licks interspersed amongst a tapestry of three-part vocal harmonies. This is their first time at The Shane

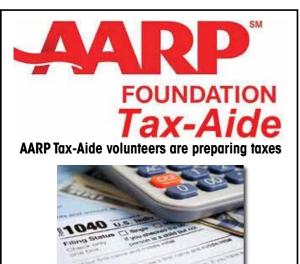
Last, but certainly not least—on Thursday, July 31st, SOCS welcomes back the Tom Catmull Trio. Tom is a word enthusiast; they are the larger part of what makes his world go round. He's spent the last twenty-five years in his adopted hometown of Missoula, MT, presenting words in ways to make them as alluring to people as possible. The last couple of decades have included seven full-length albums, dozens of festivals, countless honkytonks and two ridiculously fun national anthems. Tom and his terrific trio blew our minds in 2024 and we invited him back before he started his second set. Tom's clever and catchy tunes will delight you—great melodies and stories are the perfect summer night music accompaniment.

"We couldn't do this without our sponsors; Livingston HealthCare, Marcia McCrum in Memory of Bliss McCrum, and the Yellowstone Valley Lodge & Grill, our booking partners at Mighty Fine Time John and Joanne Lowell, and most importantly, the Livingston community, who keeps us going with their support throughout the year," said Adams. "Also, join us on June 5th for a special unveiling event!"

For more information on the Shane Lalani Center for the Arts, please visit www. theshanecenter.org

COUP D'ETAT

Wed. March 26th 7pm Only



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.



How much do you know about Park County?



THEATRE