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Week of April 6, 2025

The Mother of All Garage Sales! Proceeds Benefit the Livingston Sister City Exchange Program

Sweet bargains await... at the **2025 Cultural Exchange's Annual Fundraiser**. On April 10th through 13th at the Park County Fairgrounds, 46 View Vista Drive, Livingston come on down and help send Park County Youth to Japan!

Reduce, Reuse and Recycle! Donations are open until April 9th, so go ahead and declutter for Spring—they'll take almost everything except: clothing, refrigerators or heavy metal items. Donations may be dropped off directly at the fairgrounds on April 7th through 9th

between 4:30–8 pm. And they are happy to pick up your donations, call or text 406-581-1568 to schedule a pick-up. This is the number to call with questions as well.

Early-Bird Entry: On Thursday, April 10th with a \$5 Fee (Thursday only) get special early access and first choice! Hours are 6–8 pm and the Silent Auction tables are open.

Regular Free Entry: On Friday, April



11th, hours are 10 am–8 pm. On Saturday, April 12th, hours are 8 am–8 pm, and the Silent Auction closes at 2 pm.

Best Deal Day: On Sunday, April 13th from 9 am to noon—everything is free!

The Livingston Sister City Program

This program is comprised of a group of volunteers committed to the ongoing relationship with our Sister City, Nagonahara, Japan. The cultural

exchange program is open to all students who are at least age 13, but not over 16, and in grades 7–11 attending school in Livingston.

The Program is part of Sister Cities International, a non-profit citizen diplomacy network creating and strengthening partnerships between the US and other international communities in an effort to increase global cooperation at the municipal level, to promote cultural understanding and stimulate economic development.

Poet and Essayist CMarie Fuhrman Reads at Elk River Books

Idaho poet, essayist and educator CMarie Fuhrman visits Livingston to read from and discuss her new collection of essays, *Salmon Weather: Writing from the Land of No Return*, at Elk River Books, 122 S. 2nd St. The free event will be held on Tuesday, April 22nd, at 7 pm, and includes a book signing and reception.



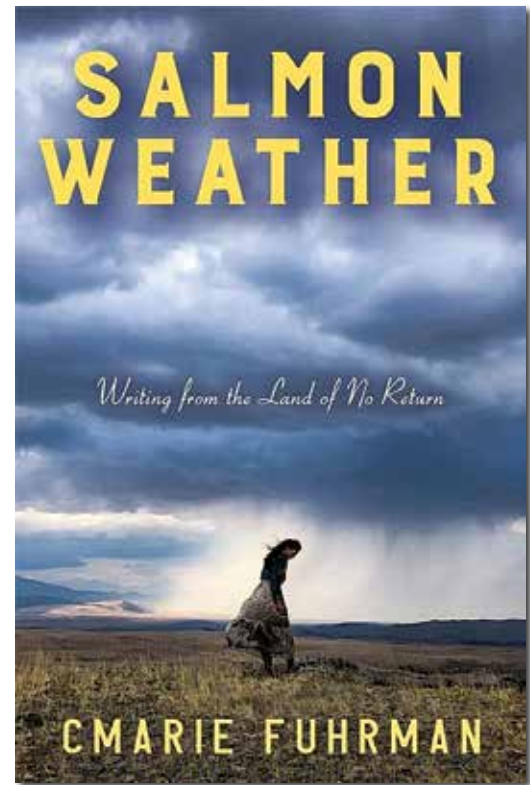
complex history of the American West, she seeks beauty and understanding at alpine lakes, beside wild rivers, on trails, and with her dogs. Here, amidst granite peaks and endangered beings, she confronts the challenges and awe of nature, the ethics of hunting, the past, an uncertain future, and the depths of her own being. As she navigates physical and emotional landscapes, she grapples with questions of identity, belonging, and the delicate balance between humanity and the wild."

Betsy Gaines Quammen, author of *American Zion: Cliven Bundy, God, and Public Lands in the West*. *Gorgeous, gut-wrenching, and transcendent. CMarie Fuhrman offers the reader both her arrant honesty and her giant heart. Salmon Weather casts a love spell.*

CMarie Fuhrman is the author of *Camped Beneath the Dam* and co-editor of two antholo-

gies: *Cascadia Field Guide: Art, Ecology, and Poetry* and *Native Voices: Indigenous Poetry, Craft, and Conversations*. She has poetry and nonfiction published or forthcoming in a variety of publications including Terrain.org, Emergence Magazine, Alta Magazine, Northwest Review, Yellow Medicine Review, Poetry Northwest and Big Sky Journal. She is the director of the Elk River Writers Workshop and an award-winning columnist for The Inlander, as well as the associate director and poetry director for Western Colorado University's graduate program in creative writing. CMarie is the host of Terra Firma, a Colorado Public Radio program, and a former Idaho Writer-in-Residence.

For those who can't attend in person, the event will live-stream at [YouTube.com/ElkRiverBooks](https://www.youtube.com/ElkRiverBooks). For more information, send



an email to info@elkriverbooks.com or call (406) 333-2330.



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Spring Cleaning!

by Jill-Ann Ouellette
As we welcome warmer weather, giving our home a deep spring-cleaning will have us feeling lighter and brighter too.

Park County Community Journal

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Obituaries

April 15, 1940 *Goldie Mae (Kamps) Perry* March 25, 2025

Goldie Mae (Kamps) Perry was born on April 15, 1940. She was the first born to Frieda (Rahn) Kamps and George Kamps. Goldie's siblings are Robert (Marjorie) Kamps, George (Gayle) Kamps, Linda (Robert) Alkire, and Raymond Kamps.

Goldie lived in Springdale, Montana, and attended primary school there. She went on to graduate from Park High in Livingston.

In 1960, she married Jess Perry, and together they enjoyed many fun years. Goldie and Jess were blessed with two children, Marsha (Erroll) Perry and Russell Perry.

Goldie worked for many years in the office of Brand-S Lumber.

Goldie took great pride in her work in the accounting field. Though she never held a CPA license, she believed her skills were every bit as

proficient as those who did. At a time when

passing the CPA exam required both a college degree and rigorous testing, Goldie set herself an audacious goal—to pass the exam on her first try. She worked hard to prepare for the test, which was only administered a few times a year. On the day of the exam, as she set out for Billings to take the test, fate intervened—her car

broke down along the way. True to her determined nature, Goldie refused to let this setback stop her. With unwavering resolve, she hitchhiked to Billings, arriving in time to take and ultimately pass the exam.

Jess and Goldie

loved to square dance and attended dances all over the state, making many close friends along the way.

Goldie enjoyed history and learning about the wonderful state of Montana. She was a proud member of the Park County Pioneers, serving as their treasurer for several years.



She also liked crafts, trying new recipes, and spending time with friends and family.

Special thanks to the caring staff of both the Belgrade Beehive and Home Instead.

Goldie was preceded in death by her parents and brother, Raymond.

Goldie's spirit will keep lighting our hearts and weaving its magic into every story we share.

To offer condolences visit www.franzen-davis.com.



2025 Livingston Park County Job Fair For Employers and Job Seekers



On April 19th, the Livingston Area Chamber of Commerce is hosting its annual Job Fair. Come to the Park County Fairgrounds, 46 View Vista Dr., for the meet and greet from 10 am through 2 pm. Last year over 100 job seekers attended. Don't miss the chance to find a great job!

Welcome job seekers of all ages! If you are looking for work opportunities in Park County, this is the place you want to be. Whether you are looking for a fun, seasonal job or a full/part-time permanent position, you can learn about many potential employers in one place as well as discover what they have to offer. So put on your business casual or construction clean, and meet the local businesses. Maybe your dream job is right around the corner!

Businesses who are seeking good-quality candidates for positions at their companies can purchase a vendor table for the day. Get a chance to meet potential applicants from this pool of eager employees. The cost for a vendor table is \$20 and vendors may arrive at 9 am to set up.

Contact the Livingston Area Chamber of Commerce at 406-222-0850 or visit their office at 303 East Park St. in Livingston.



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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
- How volunteers are crucial
- List up to 25 volunteers or groups

Happy National Volunteer Month
April

Green Can Collection Coming in May



Spring is Springing!

With this lovely spring like weather, we are all itching to get out in the yard and get things in order! The next thought goes to where will I put all the yard waste and when will the City start the Green Can Collection season?

Beginning on Tuesday, May 6th, South of Park Street has collection day on Tuesdays. North of Park Street has collection day on Thursdays.

Reminders:

- Please be reminded to affix your 2025 sticker (included in the spring flyer coming in the snail mail soon) to your green can.
- Green cans are collected from the street. Place your can at the curb before 7 am on your designated collection day. Ensure 3-4 feet of

clearance.

- Ensure the can is free of contaminants such as plastic bags or food wrappers; contaminated loads will be billed as regular garbage.

- Additionally, please ensure the lid is securely closed to prevent spillage during collection.

Thank you for your participating in keeping our community clean and sustainable.



Happening Around Town



by Grant Gager

Street Sweeping Starts on May 5th

Livingston's annual Street Sweeping program kicks off Monday, May 5th. Our team will be out in neighborhoods before then. If you are able, please remove vehicles from the streets to help our crews get an early start on the street sweeping!

More street sweeping updates will come in advance of May 5th; keep an eye out for the Spring Flyer in your mailbox!

Livingston's Spring Cleanup Coming Soon

I've got some junk in my yard but no way to get it to the Transfer Station. How can I get rid of it? You're in luck! Livingston's Spring Cleanup is only a few weeks away. This annual community cleanup event is in its 22nd year and offers a chance for residents to dispose of eligible bulky or hard-to-manage items that aren't accepted in regular trash pickup.

The Schedule:

- Place approved items next to your



trash can on the boulevard or neatly stacked in your alley on Sunday, April 21st.

- Crews will begin pickup on the south side of town, working east to west, then move to the north side, going west to east.

- The full cleanup takes about 1.5 weeks to complete.

What we'll Take:

- One cubic yard per household.
- Yard waste, dirt, rocks, concrete, asphalt, carpet, lumber, windows, shingles, sheetrock, and porcelain fixtures like sinks and toilets.

What we won't Take:

- Furniture, mattresses, appliances, A/C units, tires, paint cans, contractor demolition waste, hazardous materials, bagged household garbage, and recyclables like plastic bags or cardboard.

Clearly mark anything you want to keep so it doesn't get hauled away by mistake.

Northtown Apartments PUD Under Review

The first application has been submitted under Livingston's Planned Unit Development (PUD) ordinance. The proposed residential community is planned for a 20-acre parcel on Scenic Trail. The project includes a mix of studio, one-bedroom and two-bedroom units plus a mixed-use building with space for neighborhood businesses.


The community work session that is required under the City's PUD process was held on Wednesday. A video of the event and the full application are both available on the City's website. The work session offered residents an opportunity to interact with the applicant, learn more about



the project and directly ask questions to address concerns. The City appreciate the community members that joined the conversation.

The project will go before the Land Use Board on April 9th and, likely, the City Commission on May 6th.

View the proposal and submit feedback to the applicant at northtownlivingston.com/pud



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MUSIC, BODY AND SOUL. Part 1

by Joyce Johnson



the deeper levels of man's history from his music and art than from history books. I think music and art history should be *required in grade school, if just fun, simple intros, and given as much importance as computers... and soccer.*

Dance is married to music.

Like many young girls in the 50s, and later, I took dance lessons. There was tap, figure skating that included ballet, hula, and in the 6th grade, the kids in our L.A. public school took ballroom dancing lessons at Mae Murray Dance Studio. A bus load of us filled the studio ballroom every month. We wore dresses to school in those days. The tall, handsome man in the tux, Mr. Dupre', and the lady instructor, demonstrated and taught the fox trot, waltz,

and beauty to hear, watch and very romantic and surprisingly fun, easy to dance, and still celebrated spectacularly in Andre' Rieu's great global concerts.

Other Music thrills: The first time I heard the exotic sitar music of India, my jaw dropped in amazement. It was on BBC radio, in Singapore where I lived in my 30s. It was performed by another music master, Ravi Shankar. Ten years later back home in So. Calif, it happened again! My third significant music experience, and again on the car radio. This time Bach's Brandenburg Concerto #3 came on one late night in rare zero traffic as I flew high speed through the loops of the four expressways that intersected called the L.A. Downtown Interchange. And, just like in my young teens, hearing A Summer Place I felt again that clear, high joy, and a sense of heart flying, and still do when I hear my old favorites. I must add another music medium, that I draw and paint to now, after it helped heal me recover from surgery: Hertz 582 music. It puts me in instant peace—no small thing.

I recently had a fun chat with a neighbor, Dennis Briggs, who shares some memories of the music of our teens. He recently published a book about music: *The Use and Misuse of Music*, and is why I am inspired to write about it. Dennis was science and research-trained in Calif., at U C Davis. He recently retired from managing a greenhouse here in the valley. He has spent much of his adult life in research but also in gathering scientific data about the Music of the Ages, and the ground-breaking discoveries of its powerful affect on us for good and otherwise, including researched history regarding quotes by Plato and Pythagoras. His book tells the facts and findings of dozens of modern experts regarding music affects in all levels of Life and Human Health. So watch for more regarding music studies in future issues.

You can search all music I mention here. You Tube has it all. Your input is always welcome. Dennis' book is on Amazon, and you can contact him at harmony2us@gmail.com.



swing, cha cha, samba, and mambo from the great music of the era. Later, Folk dancing was taught in high school gym class.

They are inseparable. The waltz tempo: 1.2.3 -1.2.3. is in tune with the beat of your heart. Music is math-supported, but the waltz has a high vibrational frequency, or put simply... just feels very good, elevating, and more. No trick of Hollywood is that flow and elegance of the waltz in full formal setting, with billowing silk gowns flowing in spirals around the room—a jaw dropping spectacle of grace

"A Summer Place" is playing in my head. That orchestral soundtrack to the movie, do you remember it? Circa 1959, an American romantic drama filmed at a Calif beach, about teenage lovers from different classes who get back together 20 years later, and must deal with the passionate love affair between their two teen children by previous marriages. The soundtrack had a timeless thing about it; uplifting, a pearl in the shell that "made" the movie a treasured classic. A popular teen hit for years.

It was midsummer, in Windsor Hills, a suburb in southwest L.A., when the gorgeous waltzy theme from "A Summer Place," came loudly off the popular teen radio station (KFWB). We were in a Chevy convertible of course, and sat bobbing our heads to the music at the intersection called Five Points where the roads came together from all directions at the top of a hill. We could see the sparkling distant Pacific Ocean in the west for a couple seconds, then we lost sight of it as we drove down the hill, riding the wave of the music, trusting that life would always be so magical. None of us were over 17. We were just "cruising," which is what you did when you got your driver's license in those days. Music can be and is unforgettable and life changing, so I am going to try and share a few of it's stories here and in coming column pieces.

American Musicals dominated the movie scene from the 1930s to 1960s, loved by many all over the world. Do you remember The Sound of Music, King and I, Oklahoma, South Pacific, Mary Poppins, and Westside Story? They had

exciting dance routines and epic love songs—music treasures that reflected our life adventures dreams and challenges—always centered around love. We can also appreciate, among others, America's modern music masters, more recent, and one especially: composer John Williams, for the superior orchestral soundtracks of Star Wars, Chariots of Fire, Close Encounters, Jaws, Superman and many others. Hobbits and Harry Potter had excellent symphonic music backgrounds, but all of these had a significant affect on movie success.

Music Theory was an elective class for music students in my high school. But the closest I got to theory, or the science of music, was in Jr. High Glee Club, where Mr. Bruce asked us to write a short tune from the simple lesson he gave us about notes. I just willy-Nelly scribbled a bunch of notes down. We passed them in. Mr. Bruce surprised us by playing all of our samples on the piano, with added cords and trills, making each one sound great. He had one eyebrow arched high and glanced at me with a knowing look when he played mine. I shrank, but I over the years taught myself to read and sing in choirs and ensembles and still love to sing.

We had great music and art history classes in Calif. Jr. Colleges. I learned more about

Livingston Healthcare Seeks Community Feedback

Livingston HealthCare and the Livingston HealthCare Foundation are seeking community input and feedback about its organizations. Under guidance from the Livingston HealthCare board of directors, chaired by Lee Kinsey, and the Livingston HealthCare Foundation board of directors, chaired by Joey Lane, the community feedback initiative includes a community-wide survey. "We want to hear what people have to share as we look to better understand how we can best serve this community," notes Jessie Wilcox, execu-



Livingston HealthCare

Billings Clinic Affiliate

tive director of the Livingston HealthCare Foundation. Anyone who lives in the area or visits the community, including those who have never received care from Livingston HealthCare, are encouraged to participate. The survey can be found online at surveymonkey.com/r/2025LHC. All input is kept confidential and will never be directly attributed to the respondent. For those interested in other means of taking the survey or providing feedback, contact Anita Maxwell with the Livingston HealthCare Foundation at 406.823.6710, anita.maxwell@livhc.org.

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3. Work days may vary depending on work load.

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A Park High School Coaching Legend Retires Leaving Behind an Incredible Legacy of Winning and Caring

Ranger Head Soccer Coach Jeff Dickerson Hangs up His Whistle After 14 Years.

Park County Dugout - April 1, 2024
TheParkCountyDugout.substack.com
By: Jeff Schlapp

Park High Head Boys Soccer Coach Jeff Dickerson has retired. He made his decision last week, tendered his resignation on March 26th, and met with the team on Monday to inform them of his retirement.

Dickerson is a coaching legend. He is known and respected throughout the State of Montana and is revered by those who have had the honor of playing for him. He is also well known for the 30-plus years he's put into the game as a referee.

Many local residents know him simply as Jeff, and some remember Dickerson as the kind veterinarian who cared for their pets, horses, and livestock.

I have known him as Coach. For four years, I've had the pleasure of covering Dickerson and the Park High-Sweet Grass Ranger soccer teams, and along the way, Coach has become a friend.

I had a pre-game lunch with Coach Dickerson last Friday before we watched the Rangers baseball team defeat Butte Central in their opening game.

He broke the news at lunch, asking me to withhold telling anyone until he met with the team. I was stunned. The coach has been telling me that he might retire for the past two years, but I didn't see him leaving the team so soon. He's young and still loves to teach and coach, turning 14-year-old boys into tough, smart, independent, and competitive athletes who learn how to perform in and out of the

classroom and become community leaders.

But the overpowering feeling of rebuilding a team that is on the move to becoming a playoff contender each year can reach anyone.

The legacy he leaves behind speaks for itself. In 14 years, the Rangers made it to the playoffs 12 times. More importantly, every kid he has coached has graduated from High School!

The Rangers won a state title under Coach Dickerson in 2013, beating Belgrade 2-1 in overtime in the semifinals and Stevensville 3-1 in overtime to claim the MHSAA Class A Championship.

In 2022, the Rangers beat a stacked Whitefish team in the semifinals, 1-0, in a constant downpour in Livingston to advance to the MHSAA Class A state final.

In the state championship, an extremely talented and unbeaten team from Columbia Falls beat an equally talented Ranger squad (*Calvin Caplis, Alec Dalby, Isaac Winfrey, John Hansbrook, Lance Mascari, Bridger Braham, Ryan Brown, Matthew Marlowe, Silas Hjortsberg, Charlie Vermillion, Zach Rehder, Ethan Coleman, Ethan Mathis and Nicolas Smith, Coen Braham*) 5-2, to claim the title.

He has also created the annual Rust Buster Camp, the precursor to fall practice, which is run by *Be Limitless Futbol School* under Dickerson's watchful eye, and the annual Alumni Game, where former soccer players, such as *Tristan Stenseth and Mike Skaggs*, challenge the current Ranger team.

It's all done at Northside Park and Dickerson Soccer Fields, named after Coach Dickerson in honor of all he's done for the Park County soccer community, including leading the fundraising efforts to build the new soccer fields.

"Jeff has been one of the most influential



Park High Head Boys Soccer Coach Jeff Dickerson

and meaningful members of Livingston's soccer community," Dan Vermillion said. "From spearheading the development of the Northside complex to building one of Montana's strongest high school soccer programs, Jeff has built a foundation for the future success of soccer in Livingston. Future generations of soccer players in Livingston will have him to thank, amongst others, for making Livingston a soccer community."

Vermillion went on to say, "From a personal perspective, Jeff had a profound impact on the growth of our son, Charlie. He coached Charlie in high school soccer and inspired him to really dedicate himself to the game if he wanted to make the varsity team. When Charlie did the work, Jeff started to play him and truly transformed himself both physically

and mentally into a confident, successful young man. Jeff was instrumental in Charlie's transformation.

I am really sorry to see him retire. He is leaving some very big shoes to fill. All I can say to him is thank you for so many years of work on behalf of Livingston's student athletes and the Livingston community. He has made a profoundly positive impact on this community and my family. I cannot thank him enough."

Caleb Minnick helped coach the Livingston Raiders 14U boys soccer team (along with Nicholas Amsk) to the 2024 Montana Cup, the culmination of three months of soccer matches from April to June (the Livingston Raiders 16U team placed second, and the girls' 18U team also finished second in the 2024 Montana Cup).

Minnick became an assistant coach last year on the Rangers staff.

"Jeff's retirement was not on my radar per se," Coach Minnick said. "It might be cliché to say someone is a pillar of a community, but in Jeff's case, I can't think of a better analogy. I got to know Jeff through the club first, and then high school, and throughout that journey as a father, coach, and now club president, he has been a wonderful mentor and trusted advisor all along the way. Even when I was just a brand new coach, he took the time to watch my sessions or games and help me develop my coaching craft. I have seen him do the same for countless other coaches, and I think the fact that our club now has 9 returning Park High School players as coaches on our staff speaks to the love of the game that Jeff helped instill in his players."

Minnick continued, "Every day, our teams play on the best pitches in the state of Montana, and we have Jeff to thank for that. Northside Park and Dickerson Fields would not exist and continue to be a top-notch facility without his leadership on fundraising, planning,

See Coach Dickerson, Page 8

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Natural Life News!

Subscribers Can Download or Print the Complete Issue Online.

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

Highlights from Our Mar.-Apr. '25 Issue

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Adrie Min • Ryegate, MT
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April is Sexual Assault Awareness and Prevention Month

ASPEN Offers Prevention Training and Survivor Support all Year

"Every 68 seconds, an American is sexually assaulted. And every 9 minutes, that victim is a child." These and other statistics compiled and published by RAINN, a national anti-sexual violence organization, show that while awareness, prevention and justice have made gains in decreasing sexual assault, it is still prevalent.

The numbers are more difficult to determine in Montana. According to ASPEN, Abuse Support and Prevention Education Network, supporting sexual violence survivors is a large share of their advocacy work. Once again for the month of April, Sexual Assault Awareness and Prevention Month (SAAM), ASPEN is giving away purple lights for the community to display to raise awareness and show support for survivors. This year to recognize SAAM, the organization wants to encourage members of the communities it serves to participate in education and training opportunities focused on prevention.

"Prevention is the part of our work that gives us hope," said Heidi Barrett, ASPEN Executive Director. ASPEN offers trainings in ten-minute, one-hour, half-day and full day formats about many topics related to sexual violence. Organizations, groups and individuals can learn about bystander

intervention, warning signs, how to support survivors, consent and many more topics.

This year ASPEN is highlighting consent among all of its training offerings. "If we can schedule several groups in every community to learn more about consent and then commit to helping people around them, especially young people, understand it, I have no doubt we can decrease sexual violence and improve outcomes for our young people," Barrett said.

Staff from ASPEN will be available at Livingston's Ace Hardware on April 6th and 19th from 10 am until 1 pm and at Livingston Healthcare April 9th from 11:30 am to 1 pm. ASPEN will give away purple lights while supplies last at these locations and ask households and businesses to hang them through the month of April. ASPEN will also provide information about its prevention programs and how individuals and organizations can participate in training and prevention activities.

Last year ASPEN served 532 people, answered more than 700 crisis calls on its hotline, provided almost fifteen hundred nights of shelter and almost 400 legal and civil justice services to support survivors of sexual and domestic violence. ASPEN appreciates strong support by the community that helps provide these confidential services.



For more information about training available at ASPEN and about domestic and sexual violence, dating violence and human trafficking visit

aspenmt.org, email info@aspenmt.org or call (406) 222-5902. If you need support, ASPEN's 24-hour support hotline is (406) 222-8154.

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Upcoming SHIELDS VALLEY EVENTS

Photo Courtesy of <https://www.hmdb.org>



- April 9th**
Kindergarten Round-up at Shields Valley Elementary School at 8:30 am or call 406-578-2535 to make an appointment.
- April 11th**
Senior Serve Night at The Bank Bar and Vault from 4:30 pm to 9 pm. Shields Valley High School Seniors will be serving dinner (The Vault will have some specials) and all tips will go toward the seniors and their Sober Party.
- April 14th**
Town of Clyde Park Council Meeting at 7 pm
- April 16th**
Live Fit & Strong Fitness Challenge Bootcamp at 6 pm
- April 17th - 22nd**
Spring Break for Shields Valley Schools.
- April 14th**
Live Fit & Strong Fitness Challenge Bootcamp- Wilsall at 6 pm
- April 16th**
School Board meeting at 7pm

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

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What Exactly Is in Italian Seasoning?

by Jill-Ann Ouellette



As a person who enjoys cooking and baking, I always wondered what spices were in Italian seasoning. Whenever I was making an Italian dish and was out of Italian seasoning, I would substitute with parsley, basil, oregano and garlic individually. It turns out I was close and my aromatic journey of Italian flavors still abounds.

Lately, I have been into eating alkaline foods and have been making an avocado oil-dip for my Einkorn Organic Sourdough. I have tried fresh herbs from my windowsill and dried herbs, but I really love a simple shake of garlic powder with a hefty load of Italian seasoning on a fresh toasted slice of bread. This prompted me to find the answer to this question—perhaps someone else is wondering too.

Authentic Italian cuisine relies on fresh herbs and spices, such as rosemary, oregano, and basil. Italian seasoning is a US-created blend of dried herbs, typically oregano, basil, rosemary, thyme, and marjoram, with some variations, including sage, garlic powder, and red-pepper flakes. From enhancing digestion to providing a rich source of antioxidants, this herbal

blend plays a vital role in creating the culinary magic that defines Italian cuisine. Here's a more detailed breakdown of the US dried seasoning:

The Core Herbs:

- Oregano: A key component, known for its strong, slightly peppery flavor
- Basil: Adds a fresh, slightly sweet flavor
- Rosemary: Provides a piney, aromatic flavor
- Thyme: Offers a robust, earthy flavor
- Marjoram: Similar to oregano but with a more delicate, slightly sweeter flavor



Optional Additions:

- Sage: Adds a slightly peppery, earthy flavor
- Garlic powder: Enhances the savory flavor
- Red pepper flakes: Adds a touch of heat
- Onion powder: Adds a savory, slightly

sweet onion flavor

- Parsley: Adds a fresh, slightly bitter peppery taste with a bit of earthiness
- Savory: Adds a peppery earthy flavor

While you are shopping for herbs, be aware that many of the cheapest options may contain heavy metals (like lead, arsenic, and cadmium) or other contaminants that could raise health concerns, so it's best to choose reputable brands—skip the Dollar Store versions. Exposure to these heavy metals can be harmful, especially for children, and can lead to developmental problems and other health issues. Better yet, buy organic!

Make Your Own Italian Salad Dressing

- ¾ cup Olive oil or Avocado oil
- ¼ cup Red or white wine vinegar
- 1 Tablespoon Italian seasoning
- ¼ Teaspoon Salt
- ¼ Teaspoon Black pepper
- 1 Teaspoon Lemon (fresh squeezed)



Place all ingredients in a glass jar with lid. Give it a good shake and its ready to go. Refrigerate any unused dressing. Note: It gets better when the flavors are allowed to marry.

Recipe by Carla Williams

RECIPE CORNER

Coconut Cream Pie Bars - Rich, Creamy, and Full of Tropical Flavor!

Ingredients

For the crust:

- 2 cups graham cracker crumbs
- 1/2 cup unsalted butter, melted
- 1/4 cup granulated sugar

For the coconut cream layer:

- 8 ounces cream cheese, softened
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup shredded sweetened coconut
- 1 cup heavy whipping cream, whipped

For the coconut custard layer:

- 2 cups whole milk
- 1/2 cup granulated sugar
- 1/4 cup cornstarch
- 4 large egg yolks
- 1 teaspoon vanilla extract
- 1/2 cup shredded sweetened coconut
- For the topping:
- 1 1/2 cups whipped cream or whipped topping
- 1/3 cup toasted coconut flakes

Instructions:

- Preheat the oven to 350°F (175°C). Line an 8x8-inch baking pan with parchment paper.
- In a bowl, mix the graham cracker crumbs, melted butter, and sugar until well combined.
- Press the mixture evenly into the bottom of the prepared pan and bake for 10 minutes. Let cool completely.

For the coconut cream layer:

- In a mixing bowl, beat the cream cheese, powdered sugar, and vanilla extract until smooth.
- Fold in the shredded coconut and whipped cream.
- Spread evenly over the cooled crust and refrigerate while preparing the custard layer.



Photo Credit: foodandswine.com/

For the coconut custard layer:

- In a saucepan over medium heat, whisk together the milk, sugar, and cornstarch.
- Add the egg yolks and cook, stirring constantly, until the mixture thickens.
- Remove from heat and stir in the vanilla extract and shredded coconut.
- Allow the custard to cool slightly before spreading it over the coconut cream layer.
- Refrigerate for at least 4 hours or until fully set.

For the topping:

- Spread the whipped cream evenly over the chilled custard layer.
- Sprinkle with toasted coconut flakes for a decorative touch.

Decoration Tips:

- Lightly toast the coconut flakes for a golden, crunchy contrast.
- Drizzle a little melted white chocolate over the top for an extra indulgence.
- Cut into neat squares using a sharp knife, wiping between cuts for clean edges.
- Serve chilled on a white or tropical-themed plate to enhance the presentation.
- Garnish with a few fresh berries or mint leaves for a pop of color.

Happy Baking



Meals for April 7th - 11th

Monday, April 7th - Salisbury steaks, gravy, mashed potatoes, carrots, pears, milk

Tues., April 8th - Potato soup, ½ BLT, bananas, milk

Wed., April 9th - Beef stir fry over rice, eggroll, fruit cocktail, cake, milk

Thurs., April 10th - Lasagna, garlic bread, green beans, oranges, milk

Friday, April 11th - Pancakes, bacon, eggs, grape juice, milk



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Coach Dickerson

from page 5

constructing, and maintaining it. His legacy will forever be part of the Livingston Soccer community, and I owe him a personal debt of gratitude for giving an up-and-coming coach a shot at being part of one of the best programs at Park High School and, in fact, all of Class A soccer. He will be missed, though if I know Jeff, he won't be too much of a stranger. I hope to see him at Northside this Spring."

Calvin Caplis, the captain of the team that went to the state finals in 2022, was reached by telephone and had a lot to say about a coach who helped shape his life.

"Coach Jeff has been an integral part of my life and young people's lives through soccer," Caplis said. "I fell in love with a sport, soccer, because of Jeff. The brightest memories I have from high school are those four years of soccer with the Rangers. Coach is a great person and he has a great sense of humor, but he can also coach players and get them to learn that

they can go beyond perceived limits. He's an inspiration to everyone he coached."

Continuing, Caplis told me, "What he did for Park High is amazing. Soccer in Montana is not very popular, but he took soccer and made it a main sport for the future. He transformed the sport of soccer into something huge."

Coach Dickerson was raised on a farm in Illinois; he has maintained those values to this day with his players, their parents, school administration, and the community.

Honesty, Integrity, Adaptability and Resilience, a Strong Work Ethic, and Dedication. He has built a winning culture of holding each other responsible and caring for each teammate as their family.

He is my most respected coach I cover—for all the unsaid things he has quietly done for Park High, his players, and the soccer community without the need for notoriety.

We'll end with Coach Dickerson's own words, his letter to the School Board.

After considerable reflection and thought, I have taken the view that now is the time to step aside and retire as coach of Park High's Boys Soccer. I am grateful for the time coaching, and

all the memories it has created. The support to grow this program into the many successes we have enjoyed working with the student athletes on and off the field nearly year-around in our community has been exceptional. I cherish the trust given to me, leading this great program for the last 14 years.

I will miss the anticipation of coaching... Rust Buster camp check-in, the first practice, the referee's whistle starting the first match, and the list goes on!!! I will miss the challenges of rebuilding a team each year with players who have changed physically and mentally from the previous season. I will miss the daily challenges of meeting the needs of the team, and the close camaraderie and teamwork of our PHS soccer coaches to meet these challenges. I will miss being part of the growth of these young men on the field, in the classroom, and as vital participants of our community.

I feel strongly that the culture of Park High Boys soccer provides a rewarding experience for all the participants, and hope the administration, parents and community continue their support as this program moves ahead.

For the Good of the Game,
Jeff Dickerson

For more photos and great articles, check out TheParkCountyDugout.substack.com.



We are seeking an Assistant Manager and an Event Coordinator. We are willing to provide training for the position. Required skills include a strong work ethic, the ability to work some weekends and late nights, basic computer skills, and effective communication abilities.

- **Tasks for the Assistant Manager may include placing orders for food, beer, wine, and liquor with vendors, receiving orders and sending invoices to the bookkeeper, overseeing daily operations, brainstorming innovative ideas to discuss with the management team to keep the business fresh and fun, supervising employees and assisting with fill-ins, and ensuring the overall health of the building and the business is top-notch.**
- **Tasks for the Event Coordinator may include scheduling events, menu planning with customers to meet their needs, collaborating with the manager to ensure all materials are ordered for events, and hosting events.**

The right candidate could excel in both roles!

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Your Ageless Wellness Column

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

The Importance of Volunteering for Senior Citizens & Communities



projects. Studies indicate that volunteering can contribute to improved cognitive function and overall well being.

Increased Social Connection— Volunteering offers opportunities to meet new people, build friendships, and combat loneliness. It fosters a sense of belonging and community involvement.

Sense of Purpose and Fulfillment— Contributing to a meaningful cause provides a sense of accomplishment, which is essential for maintaining a positive outlook on life. Seniors possess a wealth of life experience and skills that can be invaluable to community organizations.



Maintaining skills and talents.

Maintaining and Gaining Skills— Volunteering allows individuals to continue using skills that they have gained throughout their lives. It also allows for the opportunity to learn new skills and keeps minds active.

How Communities Benefit:

Valuable Skills and Experience— Seniors bring a wealth of knowledge, experience, and wisdom to community organizations. Their expertise can be invaluable in areas such as mentoring, fundraising, and project management.

Strengthened Community Bonds— Volunteering fosters a sense of community cohesion and strengthens social networks. It creates opportunities for intergenerational interaction and understanding.

Increased Capacity for Community Organizations— Volunteers provide essential support to non-profit organizations and community initiatives, allowing them to expand their services and reach. Seniors often provide very reliable volunteer support.

Intergenerational Benefits— Seniors volunteering with younger people allows for the transfer of knowledge and creates understanding between generations.

Finding Volunteer Opportunities:

Local senior centers and community organizations often have volunteer programs tailored to seniors. Volunteering is a mutually beneficial experience. Through sharing

their time and talents, seniors can enhance their own well-being while making a significant positive impact on the lives of others.

The Park County Senior Center believes 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 opening soon!

At The Hub, You'll Find:

- ✓ Senior-friendly fitness equipment
- ✓ Strength, balance, and mobility classes
- ✓ Educational workshops on nutrition and wellness
- ✓ Social spaces to connect with others
- ✓ A welcoming, supportive community

The Hub is not just about exercise, it's about *you!* Whether you're looking to stay strong, make new friends, or learn something new, *The Hub* is here for you.

Come see what we're all about! Stop by 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, email garrick@parkcounty-seniorcenter.org.



Sharing time with other generations is priceless.

As individuals enter their senior years, the opportunity to contribute and remain engaged in their communities becomes increasingly significant. Volunteering provides a powerful avenue for seniors to maintain a sense of purpose, foster social connections, and contribute valuable skills—and have fun, while simultaneously strengthening the fabric of their communities.

How Seniors Benefit:

Enhanced Mental and Physical Health— Volunteering has been linked to reduced feelings of isolation and depression, common challenges faced by seniors. It promotes physical activity, whether through assisting with community events or engaging in outdoor



Volunteering for outdoor projects.

Consider a Sponsorship of the Community Journal



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.)



Donations can be made using the QR code or mailed to PCCJ, PO Box 1851, Livingston, MT 59047. Thank you for your consideration in helping us to continue our mission!

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 us 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 from both universities, showcasing the power and beauty of collaborative artistry. Don't miss this special event that celebrates the shared musical excellence of our state's top universities.

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

For the first time we 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 composers like Bernstein, Brahms, Puccini, 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 us 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.



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CANINE CORNER



by: *Kylie Purcell*

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

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

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

A: If you ate the same thing over and over every day, I think it's safe to say mealtime would be very boring! Before considering a change in your pup's food, make sure to check with your pup's vet.

What I like to do with my pup's kibble is called top dressing. This adds some extra flavor, variety and goodness to their bowl. It is not recommended to over stimulate your pup's palette with too many different add-ins at once. It's best to try one and see how they like it and how it effects their digestion. Now this isn't recommended for dogs that are overweight, but those at an optimal weight.

For all of these top dressing options you can use either raw or cooked, if you cook them don't use butter and very small amounts of oil and no spices or seasoning. One of the easiest add-ins is egg, crack an egg into the bowl and mix the kibble to coat it. You can also add in the shell, some dogs will eat it some won't. Eggs are a great source of vitamins and minerals and can add shine to your pup's coat. Vegetables are another simple add-in. My pups go crazy for carrots—no need to peel the carrots. Green beans, broccoli, and cauliflower are also great add-ins. We want these to be small additions—so portion control is important. You can also add fruits! Apples (making sure to eliminate the seeds and core) are yummy as well! Some dogs also enjoy strawberries and blueberries.

You can add fish or meat. Smelt is an easy add-in and can be readily purchased from the local grocery store. Chop it up while frozen and add in small portions. One of my pups took a while to enjoy this. At first she would take the fish out of her bowl and roll on it. Just a note: Any wild caught fish or game needs to be in the freezer for a minimal of three weeks if serving raw to minimize transmission of any parasites. Meats are also an option but the fatty pieces should be trimmed and only small amounts should be given. Chicken or turkey gizzards and hearts are also locally available.

Finally, one of the more beneficial top dressings is a pro/prebiotic. Kefir is our go-to but yogurts (non flavored and minimal sugars) are also great! One tablespoon for a 40-60 lb. dog three times a week to help with their gut and microbiome function. Goat's milk kefir is one of the better versions but sometimes is cost prohibitive. Keep it simple and pay attention to what your dog likes! Stay away from bones and take it slowly with add-ins to your pup's food.

Happy Tails!

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



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Greetings from the New Location of **AVERY'S ART WORX** ! Yes ! We're **OPEN FOR BUSINESS** ! Monday thru Saturday 11-5. Custom Matting and Framing your Favorite Art Work is our Specialty. 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





"Roots So Deep" Documentary Showing

Join them for a FREE screening and Q&A with Director Peter Byck (Ep1) and a full panel of experts to facilitate discussion with the group in each of the following episode showings at the Park County/Livingston Public Library from 6 – 7 pm.

- ✓ April 7th, Episode 1: Mavericks & Meadowlarks
- ✓ April 14th, Episode 2: Losing is Winning
- ✓ April 28th, Episode 3: Change is Hard
- ✓ May 5th, Episode 4: One Lane Road Ahead

This is, hands-down, the best agriculture filmmaking I've ever seen. The characters are all so likable and captivating, the graphics are stunning, and I learned a ton about ecology... but none of that would matter without Peter Byck's soul and empathy as storyteller.
— Bill Weir, CNN's Chief Climate Correspondent.

RSVP registration required. Go to globalfoodcollaborative.com/event-list due to limited seating.

The event is brought to you by Integrity Soils and locally with Global Food Collaborative. Contact Robin Richardson at the Global Food Collaborative at 907-360-2803 with questions.



Bozeman Symphony Presents Mussorgsky's "Pictures at an Exhibition" and "Puts' Marimba Concerto"



The Bozeman Symphony invites audiences on a captivating musical journey with *Pictures at an Exhibition*, Maurice Ravel's dazzling orchestration of Modest Mussorgsky's timeless masterpiece, paired with Kevin Puts' *Marimba Concerto*, in two thrilling performances at the Willson Auditorium in downtown Bozeman during the last weekend in April.

Originally composed in 1874 as a piano suite, *Pictures at an Exhibition* brings to life the striking artworks of Russian architect and painter Viktor Hartmann. Through ten vividly distinct movements, Mussorgsky paints musical portraits of scenes ranging from playful baby chicks and a menacing fairytale witch to the solemnity of catacombs and the grandeur of the Great Gate of Kiev. The piece is most famously known in its orchestral form, arranged by Ravel in 1922, which highlights its dramatic color and sweeping intensity.

Adding to the program, the Symphony's former Principal Percussionist, Dana Dominguez, takes center stage as the featured soloist in Grammy Award-winning composer *Puts' Marimba Concerto*. Showcasing both the lyrical and rhythmic capabilities of the marimba, this concerto highlights Dominguez's technical mastery and expressive musicianship. Originally from San Antonio, Texas, Dominguez is now a member of the United States Navy Band's prestigious Concert and Ceremonial Band, performing at official government



and military events, including ceremonies at the White House, Pentagon, and Arlington National Cemetery. She was a member of the Bozeman Symphony from 2020 to 2024.

Rounding out the program is Nina Shekhar's *Lumina*, a mesmerizing work that traces a journey from darkness into light with delicate textures and luminous harmonies.

Performances are on Saturday, April 26th, at 7:30 pm and Sunday, April 27th, at 2:30 pm. Tickets start at \$29 and are available at <https://www.bozemannsymphony.org/pictures-at-an-exhibition> or by calling 406-585-9774. Discounted student tickets are offered and tickets may also be available at the door.

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

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

Our news services cover local community happenings, business news, local sports, and more, 7 days a week.

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

Published & Created by former Enterprise Sports Editor,
Jeff Schlapp
312-506-7261
jeffschlapp@parkcountydugout.com

UPCOMING EVENTS

Mark Your Calendars



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.

Mondays
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. More info, 406-222-8204.
WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston at 6:30 pm. Free for members, \$2 per afternoon game for non-members.

April 6 - THE PASSION PLAY - St. Mary's Catholic Schools sixth grade class will be performing *The Passion* at 5 pm in the church at 39 View Vista Drive. Everyone is welcomed to attend this free event.

April 7 - ROOTS SO DEEP - Free screening and Q&A with Director Peter Byck at the Park County Library, 228 W. Callender Street, 6 - 7 pm. This is Episode 1 of 4, Maver-

icks & Meadowlarks, brought to you by Integrity Soils and locally with Global Food Collaborative. RSVP registration required. Go to globalfoodcollaborative.com/event-list due to limited seating. Contact Robin Richardson at the Global Food Collaborative at 907-360-2803 with questions.

April 8 - WHO DOES WHAT DOWNTOWN - Everyone is invited to an informative panel discussion on, "Who Does What Downtown," at Wheatgrass Books. Social time begins at 5:30 pm, followed by brief presentations at 6 pm and a Q&A session. For more information, please contact info@downtownlivingston.org or ura@livingstonmontana.org.

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.

April 10 - DISABLED IN THE WILD with Amy Denton-Luke, 6:30 - 8 pm. Learning how to explore the outdoors with chronic illness and disabilities. Free and open to all. Attend the watch party in person at the Livingston Park County Library, 228 W. Callender Street, or via zoom at <https://mt-gov.zoom.us/j/7FChhT2eWLH4HmVJb7Q#registration>.

April 10-13 - MOTHER OF ALL GARAGE SALES - Sister City Exchange Program annual fundraiser garage sale at the Park County Fairgrounds, 46 View Vista Drive. Early bird entry on Thursday the hours are from 6-8 pm, Friday the hours are 10 am - 8 pm and Saturday the hours are 8 am - 8 pm, and Sunday is 9 am - 12 noon. (See article on front page.)

April 13 - 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!

April 18 - EASTER DINNER - Meals on Wheels is hosting an Easter Dinner starting at 12 pm at the Park County Senior Center, 206 S. Main Street. To-go orders available but must be ordered by April 11th. For more information or to place a to-go order, call 406-333-2490.

April 19 - PARK COUNTY JOB FAIR - Livingston Area Chamber of Commerce is hosting its annual Job Fair at the Park County Fairgrounds, 46 View Vista Drive, from 10 am to 2 pm. The cost for a vendor table is \$20 and vendors may arrive at 9 am to set up. Contact the Livingston Area Chamber of Commerce at 406-222-0850 or visit their office at 303 East Park St. in Livingston.

April 20 - ANNUAL EASTER EGG HUNT - Sponsored by Livingston Fire & Rescue and the Livingston Recreation Department. You are invited to Sacajawea Park, starting time of 1 pm sharp, for the egg hunt! Children ages 0 to 12 welcome. Over 5,000 eggs and many prizes to be found.

April 26 - ARTS & CRAFTS SPRING FLING - Annual Spring Fling hosted by P.E.O. Chapter CD in Big Timber, 9 am - 3 pm at the Civic Center, 301 Hooper Street.

May 3 - CRAFT SUPPLY SWAP - We're doing it again! Connecting our community of artists, crafters, and makers with unused supplies. Do you have stashes of art and craft supplies from past interests that go unused? Try something new and trade materials! Free, open to all. Drop off your supplies to the Old Lumberyard during the week of the swap or satellite drop-off sites in Clyde Park, Gardiner, and Big Timber so you only need to make one trip. Then attend the swap: Saturday, May 3rd at the Old Lumberyard, 122 N. F St., Livingston. Full event info: www.craftsupplieswap.org.

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 Bus: 406-222-2250
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**320 1/2 N. Main • Livingston, MT
 406-222-0815**

BREAK *time*

CROSSWORD

Puzzle #393

Montana Fun Facts!

The land has an average of 7.4 people per square mile. **Only Alaska and Wyoming have fewer people per square mile than Montana.** The national average is 75 people per square mile. The state with the **densest** population is New Jersey, which has an average of 7,354 people per square mile.

About 48 percent of Montana residents live in rural areas, compared to a national average of 25 percent. Around 80 percent of Montana communities have populations of 3,000 or fewer.

Four of Montana's 56 counties have fewer than 1,000 residents.

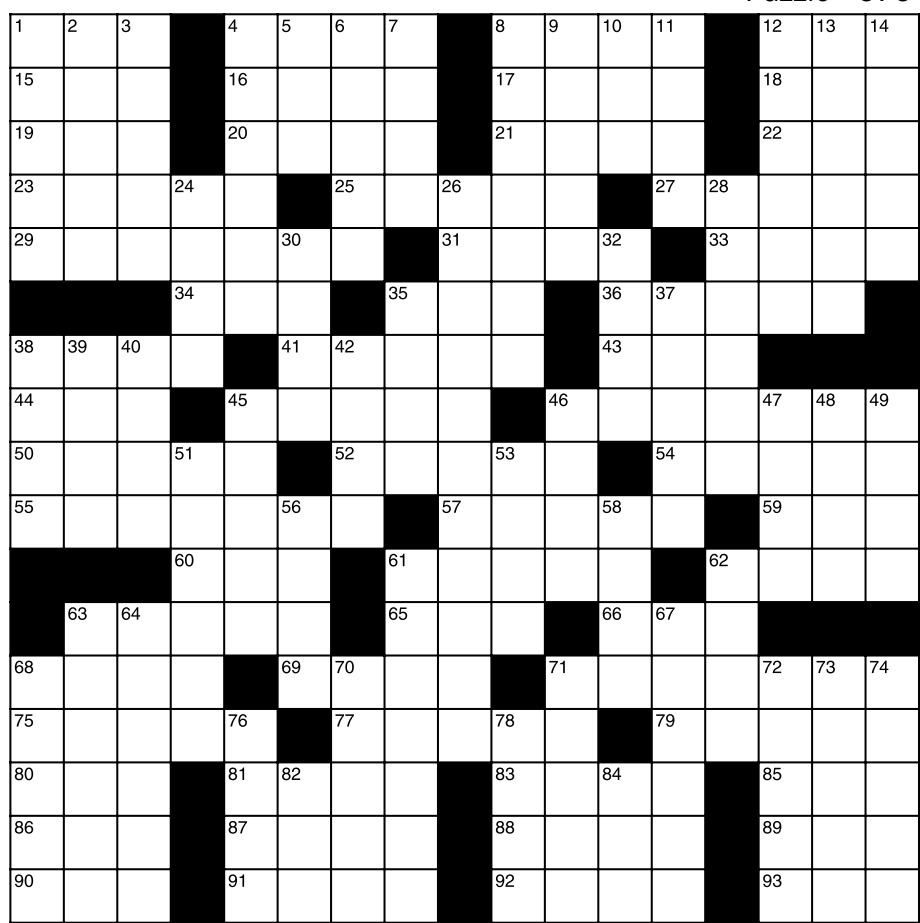
ACROSS

- 1. Pouch, in physiology
- 4. Seven-card _____
- 8. Ratite birds
- 12. Ballet step
- 15. Graduate deg.
- 16. Field mouse
- 17. Elbow
- 18. Home boy?
- 19. Auditory organ
- 20. Bald eagle's kin
- 21. Newspaper article
- 22. Lobster eggs
- 23. Bikini, e.g.
- 25. Cheer
- 27. Send forth
- 29. Storyteller
- 31. Jot down
- 33. Advance, as money
- 34. New Zealand parrot
- 35. Remark further
- 36. Baseball or soccer
- 38. Cathedral part
- 41. Number in a trio
- 43. Christmas drink
- 44. Lash
- 45. Band of singers
- 46. Jellylike dessert
- 50. "Madama Butterfly," e.g.
- 52. Hanging loosely
- 54. "Mack the _____"
- 55. Keepsake
- 57. Cuban music
- 59. Sprinted
- 60. Sticky stuff
- 61. Mario Van Peebles film
- 62. Gala
- 63. Hornet's revenge
- 65. Crude shelter
- 66. Healthy place
- 68. From _____ to stern
- 69. Andersen's ugly duckling
- 71. Never-ending
- 75. Skulog
- 77. Catalog
- 79. Grin
- 80. Mouse's cousin
- 81. Enthralled
- 83. Santa checks his twice

- 85. Silent greeting
- 86. Had a knish
- 87. Bogus butter
- 88. Calmer direction, nautically
- 89. Wine holder
- 90. Snead's score
- 91. Salon treatment
- 92. Alongside
- 93. Fruit refresher

DOWN

- 1. Besmirch
- 2. Decline
- 3. Noel
- 4. Lithe
- 5. Rocky summit
- 6. Of an arm bone
- 7. Consider
- 8. Serial portion
- 9. Choral work
- 10. Small stringed instrument
- 11. Eighteen-wheeler
- 12. Ship's officer
- 13. Quantity
- 14. Race
- 24. Huron or Ontario



- 26. Not openly
- 28. Motto
- 30. Solemn promise
- 32. Medieval slave
- 35. Elaborate melody
- 37. _____ dot
- 38. Energy source
- 39. Old King Cole's request
- 40. Give the impres- sion
- 42. Migratory worker
- 45. Liturgical law
- 46. Bodybuilders' rooms
- 47. Car spare
- 48. "_____ first you don't succeed . . .": 2 wds.
- 49. Hawaiian goose
- 51. Government
- 53. Blast of wind
- 56. Clothing
- 58. Defeat
- 61. Specter
- 62. Cultivate
- 63. Levels
- 64. Sway
- 67. Torment
- 68. Remnant
- 70. Windshield cleaner
- 71. Outcast
- 72. Japanese fighter
- 73. Above a whisper
- 74. Shelflike projection
- 76. Actor's tool
- 78. Dash
- 82. London libation
- 84. Sargasso or Caspian

Sudoku

Puzzle #128

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

Sudoku - #127

SOLUTIONS

Crossword - #391

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

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



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CLASSIFIEDS

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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.

Arrowhead School District #75 is NOW HIRING

Arrowhead School District is located in the beautiful Paradise Valley, South of Livingston, MT. Arrowhead is a small rural school serving 4K to 8th-grade students. We currently serve less than 100 students. Please reach out if you are interested in any of the following positions for the 2025-2026 School Year:

- Principal
- K-8 Teacher
- Special Education Teacher
- High Needs Paraprofessional
- Paraprofessional
- After School Program – Coordinator, Specialist, and Aide
- 2025 Summer School Program – Coordinator, Specialist, and Aide

For further information: Contact the School Principal, Johanna Osborn at (406) 333-4359, josborn@arrowheadk8.org, or visit the district website at <https://www.arrowheadk8.com/>.

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 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.

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. You can also apply online!



The Gardiner school is searching for the following coaching positions for the 2025-2026 school year.

1. Junior High football (head and assistant). August 15-Oct 15

2. High school girls basketball (head coach). November 20-February 28

General duties for the coach.

- Create and implement practice plans for the team.
- Communicate regularly with school administration, athletic director, families, the public, and players.
- Participate in parent meetings, senior night, and awards ceremonies.
- Have an understanding of the game of basketball and a good working relationship with athletes.
- Maintain the values of the Bruin athletic program.
- Must complete the state required coaching classes: MHSA rules clinic (HS), Concussion in Sports (HS and JH) and Fundamental in Coaching (HS), First Aid and CPR (HS and JH). Please contact Jeannette Bray or Carmen Harbach at the Gardiner school. 406 848 7563. jbray@gardiner.org, or carmen@gardiner.org

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. In this role, 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 its program. Key responsibilities include managing the annual budget, securing funding through Medicaid reimbursements and grants, and creating program policies and procedures that align with Medicaid and City of Livingston policies. Additional duties include participating in staff hiring, training, scheduling, and performance management. The Program Manager will also develop data tracking systems to produce program statistical reports and maintain clinical records.

This role requires the ability to build strong relationships and collaborate effectively with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and social service community agencies.

To apply, please send the following items to HR@LivingstonMontana.org:

- An updated resume
- A cover letter detailing your interest in the Mobile Crisis Response Team

For more information regarding this job posting, please see: https://www.livingstonmontana.org/sites/default/files/fileattachments/human_resources/page/9024/01.06.2025_mobile_crisis_response_program_manager_f_tyr.pdf

Seasonal Pool Manager – Summer 2025

Location: Livingston City Pool, 214 River Drive, Livingston, MT
Job Type: Seasonal, full-time (up to 40 hours per week)

Pay Rate: \$20.00 - \$24.00 per hour (based on experience)
Application Deadline: March 31, 2025
Start Date: Early May – Late August 2025
About the Position

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. 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 addressing concerns.

Qualifications & Requirements
Certifications (Required or Willing to Obtain Upon Hire):

Certified Pool Operator (employer-paid 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!

Detention Officer – Are You Trustworthy, Self-Motivated and Punctual?

The Park County Sheriff's Office is looking for two new full time team members interested in a career in a law enforcement capacity with our Detention Center. Take pride in performing excellent public service to your community thru providing inmate care.

Be formally trained in integral aspects of your field such as PPCT-pressure point control tactics, tactical handcuffing and CIT- Crisis Intervention Training.

Shifts are bid by seniority, as follows:
7am-3pm, 3pm -11pm, 11pm-7am
Benefit package includes Sheriff's Retirement System; 3 vacation weeks, 12 sick days, holidays, Health and Life insurance, AFLAC, discounted local merchants/vendors, etc.

Become part of the Park County Detention Staff and serve the community with compassion and caring in the capacity of a Detention Officer. Click on the Job Description for qualifications and additional information.

To apply please download the application package, print it out and submit with your updated resume and cover letter by mail to:

Park County Human Resources
414 E. Callender St.
Livingston, MT 59047

Applications and signatures MUST be originals for consideration. NO ELECTRONIC, FAXED or EMAILED applications will be accepted.

Arrowhead Elementary District #75

Resolution

Notice of Intent to Increase/Decrease Non-voted Levies

The Arrowhead Elementary District is committed to financial transparency. Statute 20-9-116 MCA requires the District to provide notice of its intent to increase or decrease non-voted levies in the ensuing fiscal year.

Fund Supported	Estimated Change in Revenues*	Estimated Change in Mills*	Estimated Impact, Home of \$100,000*	Estimated Impact, Home of \$300,000*
Adult Education	No change est.	No change est.	No change est.	No change est.
Bus Depreciation	No change est.	No change est.	No change est.	No change est.
Transportation	No change est.	No change est.	No change est.	No change est.
Tuition	\$ 60,904.56 Increase	3.22 Increase	\$4.34 Increase	\$8.68 Increase
Building Reserve	\$ 466.10 Increase	0.02 Increase	\$0.03 Increase	\$0.09 Increase
Total	\$ 61,370.66 Increase	3.24 Increase	\$4.37 Increase	\$8.77 Increase

*Impacts above are based on current certified taxable valuations from the current school fiscal year, as required by 20-9-116 MCA

The District Major Maintenance Amount (SMMA) is \$23,360. We estimate the State share of the SMMA if fully funded will equal \$3,563.39 so our anticipated permissive levy in the Building Reserve is \$19,796.61. The amount of SMMA per dollar of local effort is 0.18 (20-9-525(3)MCA). The District intends to use the permissive Building Reserve levies listed above to finance projects and improvements to school and student safety.

These estimates are the District's best estimates at the current time. If the District's taxable value, certified by the department of revenue 20-9-369(3) MCA, increases the mill and taxpayer cost increases will be less than presented here. These estimates are preliminary and changes are expected before the final budgets are set in August. Please contact the District Business Office at (406) 924-6865 or cself@arrowheadk8.org if you have questions.



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Ernie Meador | 406-220-0231



JUST LISTED
1320 Wineglass Lane
3 beds 2 baths | 1,463 sq ft
#400460 | \$399,900
Baylor & Carolina Carter | 406-223-7903



JUST LISTED
17 Evergreen Lane
Multi-Family | 5+ Units
#400436 | \$1,495,000
Swanson Team | 406-220-2045



JUST LISTED
TBD E Lewis Street
Land Listing | 0.16 acres
#400476 | \$199,000
Swanson Team | 406-220-2045



JUST LISTED
98 Miller Drive
5 beds 3 baths | 3,352 sq ft
#400605 | \$916,900
Tom Gierhan | 406-220-0229



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



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



619 N 12th Street
Multi-Family | Duplex
#398691 | \$685,000
Ernie Meador | 406-220-0231



1112 Pritchard NW
3 beds 1 bath | 1,104 sq ft
#397220 | \$179,000
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



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



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



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



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



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

Meet the Team...

"I love helping others find their own special piece of Montana to call home and pride myself in going "above and beyond" to help make your dream come true!"

Jessie lives on a multi-generational working family ranch, raising commercial black angus cattle with her husband, daughter, and in-laws in the

beautiful Shields Valley. In addition to real estate, she is an active volunteer in the Park County 4-H program and the secretary/treasurer for the Park County Farm Bureau.

Ranching and rodeo have been paramount in her life and have instilled a great admiration for the

Jessie Sarrazin

Broker

GRI, Distinctive Properties

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land and wonderful communities across our amazing state. She still team ropes as much as possible, although most of her rodeo time is now spent in the bleachers cheering for her daughter in rodeos across the Big Sky State.

"Jessie Sarrazin is a wonderful realtor! She is there for you, thoughtful and will always go the extra mile to get things done." -Michael M.



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Spring Cleaning! Tips for Inside Your Home

by Jill-Ann Ouellette

As we welcome warmer weather, giving our home a deep spring-cleaning will have us feeling lighter and brighter too. I'm now a member of the over-60 club, but when I was young, my Mom and Aunt Marge taught me the "proper way" to clean a room and the importance of spring and fall cleaning. I admit it's a lot of work if you have a big home, but it's worth it! The first thing to conquer is having an organized approach that includes several once-a-year tasks ideally suited for spring. Don't delay—get ready to enjoy warmer days with a space that sparkles!

1. Make a Checklist—Before you begin the project, create a checklist to get organized and plot out your work. Pick up and eliminate clutter in each room before you start spring-cleaning. If you're feeling overwhelmed by clutter, designate some organizing "power sessions" into your schedule. As you declutter, equip yourself with a few boxes for sorting: one for garage sale items, another for items to donate, and a garbage bag for items to toss. What things you are keeping can go back to their correct places and rooms.

2. Wash Windows—Be sure to pick a cloudy day to wash your windows. If it's too sunny, the cleaning solution will dry too fast, and you'll get streaks. Water and a microfiber cloth will typically clean windows more effectively than chemicals. Otherwise, make a homemade glass-cleaner solution with 1/4 cup rubbing alcohol, 1/3 cup vinegar, and 2 cups of distilled water.

3. Sliding-Door Tracks—Sliding-glass-door tracks probably aren't the first spots you'd think to tackle during spring-cleaning, but you'll be glad you did it before the outdoor entertaining season gets going full swing. Scrubbing the tracks with an old, dry toothbrush to loosen debris will make this task go quicker than using your vacuum. Finish with a wet sponge.

4. Overlooked Surfaces—Spring-cleaning is an opportunity to address those surfaces you overlook during your regular cleaning routine.

Once a year, clean your exhaust fans in the bathroom and kitchen. Give your baseboards, door-frames, and other trim, picture frames, bi-fold closet doors and walls a thorough cleaning. Wash them with a sponge and a squirt of dishwashing liquid mixed in



wooden furniture, use an all-natural cleaner and polish: Mix 1/2 teaspoon of olive oil and 1/2 cup of vinegar or lemon juice in a plastic spray bottle. Shake well and spray onto a microfiber cloth.

8. Refresh Window Treatments—Curtains and draperies aren't typically dirty enough to launder but they do collect a lot of dust, especially if you have a dirt road near your home.

If you don't want to launder them, go over them thoroughly with the upholstery attachment on your vacuum. You can also remove dust by putting curtains in the dryer on low with a fabric-softener sheet. You won't need to re-iron them if you hang them back up right away.

9. Dust Light Fixtures—Use a microfiber or lint-free cloth to dust fixtures and light bulbs that you can reach. For ceiling fans, skip the ladder and use an extendable duster. To clean grimy bulbs, lightly dampen a cloth with vinegar and wipe. Of course, tackle light fixtures before cleaning

the rest of the room so any falling dust doesn't disrupt already-clean surfaces. For safety reasons, be sure a bulb is cool to the touch and your hands are dry.

10. Safety Inspection—Check the batteries in your smoke and carbon monoxide detectors. Perform all the required safety checks you have around your home. If you don't own a fire extinguisher—purchase one.

Learn how to use it, and keep it in the kitchen. You may want to purchase more for each floor of your home and the garage.

If you find it difficult to stay on top of your home-cleaning routine, you're not alone. If we can pull off a weekly cleaning routine, then we have at least one day a week where the house sparkles—it's a good thing! But here's the good news: If you commit to doing a deep spring-cleaning, it'll make those regular, weekly cleanings much more manageable... because a clean home is a happy home!

a bucket of warm water or vacuum closely with attachments to get into the crevices.

5. Deep-Clean Carpets—To maintain a new carpet's warranty, you may need to have it cleaned professionally every twelve to eighteen months (hopefully you checked your warranty at the time of installation). Otherwise, you can do a DIY carpet cleaning by renting a deep cleaner or buying a professional-style model designed for home use. Follow the directions for mixing the cleaning solution, rinsing, and drying carefully to ensure you get the best cleaning results.



6. Under Furniture and Behind Appliances—Before vacuuming the floors while spring-cleaning, ask for help to move your sofa and chairs and roll up the area rugs. Move kitchen appliances away from the wall as much as you can. In some cases, you can pull them out enough to use a vacuum hose. It's best if you can get them pulled out enough to give the space a quick mop as well.

7. Freshen Furniture—Restore smooth leather with an upholstery cleaner and conditioner. Use a suede brush to perk up nubuck leather. To freshen up



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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.

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