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Week of June 22, 2025

LIVINGSTON ROUNDUP RODEO

It was over 100 years ago that Charlie Murphy, owner of the Ox Yoke Ranch, in Paradise Valley, now known as the Mountain Sky Ranch, and a few friends held the first 3-day rodeo over Labor Day weekend with \$2,500 in prize money—equivalent to \$46,600 today. This annual event later became known as Livingston Roundup Rodeo.

Consistently the rodeo attracts a high caliber of Professional Rodeo Cowboys Association (PRCA) and Women's Professional Rodeo Association (WPRA) competitors each year. The award-winning announcer, Steve Kenyon, is one of the personalities on RFD-TV. Steve has been with the event for over twenty-five years.

The LRA has hosted generations of cowpokes. Why? Because they know how to have fun, hosting more than 5,000 people each night. They also feature spectacular fireworks nightly.

The rodeo consistently has top stock to assist the contestants in winning their way to the National Finals Rodeo (NFR). The LRA stock contractor is the Silver



Creek Rodeo Company with locations in Stevensville, Texas, and Carrollton, Ohio. They make it their mission to test the mettle of the contestants, who come to compete from across the country and

Canada.

Contestants are vying for the purse money in bare-back riding, steer wrestling, team roping (header and heeler), saddle bronc, tie-down roping, bull riding and the ladies have barrel racing and breakaway roping. Each has a \$16,500 purse, with added money. LRA is in the top 10% of PRCA purses nationwide.

Whether

you're a first timer or an old timer, the LRA is dedicated to providing spectators with their best rodeo ever! For everyone's safety, weapons, large bags, coolers, outside alcohol, food, dogs (expect service animals), or strollers are strictly forbidden inside the gates. All items will be subject to search. Also, no professional photography is allowed.

Livingston Roundup Rodeo pays homage and tribute to the rich history, heritage, and lifestyle of Montana and the West. It has long since been a destination event for those spectators who come not just from a few Montana counties, but also from all over the United States, Canada, and Europe—virtually anyone vacationing in our neck of the woods.

Please join the LRA for the Livingston Roundup Rodeo, July 1st - 4th, at the Park County Fairgrounds, located at 46 View Vista Drive. For ticket availability, please contact tickets@livingstonroundup.com.

Livingston Roundup Parade

© Burning Ember Photography

Don't miss out on the 101st Livingston Roundup parade on July 2nd in downtown Livingston at 3 pm. This year the parade is celebrating the **Treasures of Montana**. Hosted by the Livingston Chamber of Commerce with upwards to 100 entries participating each year, you are sure to enjoy this family-friendly event.

Speaking of treasure, this year's Grand Marshall is Caron Cooper. The Volunteer of the Year is Jack Luther and the Ranch Family honor goes to the Davis Family Ranch.

The chamber needs volunteers and banner carriers for the parade. You are invited to the Pizza & Placement party at the Chamber on Saturday, June 28th at 4 pm to find out how you can help make this event unforgettable! The Chamber extends a heartfelt acknowledgement to all the individuals who have worked tirelessly behind the scenes for the past century to make this one of the best parades in Montana!



2025 Slack Days and Rodeo Performances

Monday, June 30: Timed Event for Slack, 3 pm

Tuesday, July 1: Rodeo at 8 pm and Farmers and Ranchers night

Wednesday, July 2: Livingston Roundup Rodeo Parade downtown at 3 pm, Rodeo at 8 pm and First Responders night

Thursday, July 3: Rodeo at 8 pm, with Tough Enough to Wear Pink Auction*

Nightly fireworks follow rodeo events.

Friday, July 4: Barrel racing slack starts at 9 am; Rodeo at 8 pm

***Tough Enough to Wear Pink** Night has a \$200 bonus for contestant wearing pink with the highest point ride or fastest time in their event. The public is encouraged to wear pink as well. The live auction (during the rodeo performance) proceeds go to the Park County Cancer Alliance with a 100% match from the LRA!

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Park County Community Journal

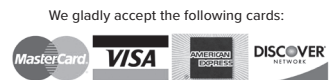
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Published weekly on each Sunday of the month.

Disclaimer: While attempts are made to ensure the accuracy of all information, errors will occur. Independently verify all vital information before events.



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Livingston Art Walks

"The HeART of ART in Montana"

More than most small western towns, Livingston has a large selection of fine art galleries. You'll find most of them in the historic downtown district and within walking distance of each other.

Many of these galleries have joined together to form the Livingston Gallery Association (LGA), which is dedicated to promoting and supporting the art and culture of the area. On the fourth Fridays starting in June, they host the popular Art Walks in downtown Livingston.

At the art walks, people stream through downtown and Livingston is abuzz with life. The galleries stay open late, offer light appetizers, socializing, and a lot of great art. Save the dates for the downtown strolls from 5:30 to 8 pm on **June 27th, July 25th, August 29th and September 26th.**

LGA believes that a healthy community has access to and engagement with art. They continue to increase their online presence with streaming exhibits, artists'



talks, demonstrations, and more. Visit LivingstonGalleryAssociation.com or find them on Facebook. Keep updated on their

website especially for the Holiday Art Walk in late November/early December.

Dirt Road Pray Parade

The Pray Parade, otherwise known as the Dirt Road Parade, will be held on Friday, July 4th at 3 pm. Spearheaded by Lorna Marchington, the parade is organized and hosted by the community of Pray, including Ted and Susan Miller, Amos and Alandra Knight, Cara and Tim Price (who travel each year from Illinois to participate), and several others as a collaborative effort between neighbors to celebrate community and commemorate American emancipation.

According to Marchington, the event began during COVID in response to social distancing regulations and has grown tremendously, initially comprising only 15 participants, since exploding into a self-sufficient destination parade for locals and tourists alike to champion American ideals of liberty and independence, as well as the Pray community, in camaraderie.

"It was important for us to host this parade to feel a sense of community during the pandemic," says Marchington.

This year the parade will commence eastwards from the Pray post office,

located at 8 Pray Road, and traverse two miles before circling back for a second appearance. Stacey Nevin Boucher and Lynette Clark Pinkerton will lead the procession presenting the nations colors.

Beginning at the Pray post office, spectators form a line down Pray Road to view the parade, which will include original members like Paradise Valley Fire Department and D&D Greenhouse, as well as military veterans, the Park County Motor Vehicle Club, members of the Crow Nation (dressed in full regalia), and others from the Livingston and Bozeman communities. Vintage trucks, motorcycles, buggies, floats, farming equipment, horses and other spectacles will also be on display.

Festivities continue following the parade with live music, cold refreshments,



food available for purchase from Miss Lucy's Chuck Wagon, and various artisan vendors selling crafts, décor, jewelry and other merchandise—all located just east of the triple cabins and along Pray Road. Attendees, including tourists, are encouraged to stick around and socialize in celebration of fellowship.

The parade is also accepting new participants at this time, though, organizers ask that anyone partaking dress appropriately and behave politely with consideration for families and children. Staging begins at 1 pm behind the Pray post office.

Please join the Pray community in celebrating our nation's independence by attending the parade on July 4th. Questions may be directed via email or phone to Lorna Marchington at Lornadune62.Im@gmail.com or 406-223-1559.

Livingston Depot Center Hosts the 37th Annual Festival of the Arts: Fine Art, Crafts, Food & Fun!

The Depot Festival of the Arts is back! The Livingston Depot will host its 37th annual Festival of the Arts on Wednesday, Thursday, and Friday, July 2nd, 3rd, and 4th. Festival hours are from 10 am to 6 pm on the 2nd and 3rd, and from 10 am to 5 pm on July 4th.

The Festival of the Arts showcases fine artists, artisans, and handcrafters from Montana and the western region into the three-day juried presentation. Past and new vendors will show a wide array of oil paintings, photography, woodwork, ceramics, jewelry, metal work, apparel, repurposed antiques, stained glass, herbals, toys, and more.

"The Festival is so much fun and a great way to support our local artists. We are so impressed with the caliber and diversity of the artists and crafters this year. Between our returning favorites and a new crop of outstanding creators, I think it's the

best mix of work yet," said Depot director Laura Cota. "We can't wait to welcome everyone back to Depot Park, and back to our town for the yearly Fourth of July festivities."

The event also includes a variety of food vendors like: Old Faithful Franks, Crepe Diem, Bad Burger, Mountain Berry Bowls, Taste of Asia, chocolates, specialty lemonades, flavored ices and ice creams.

Visitors can also enjoy the adjacent Depot Museum's historic rail and Yellowstone exhibits, as well as this year's special exhibit, "The Grizzly Bear Illustrated: 1828-1943." The curated collection of vintage imagery explores the complex relationship between humans and grizzly



bears on the early western frontier.

The Depot Museum exhibits are open Monday through Saturday from 10 am to 5 pm with a nominal admission. Group tours are also welcome, and more information is available through the Depot office at (406) 222-2300 or its website, www.livingstondepot.org.

The Grizzly Bear Illustrated: 1828 - 1943 will be on display at the Depot Museum through September 1st, 2025.

More information is available at www.LivingstonDepot.org.

Yellowstone Independence Day 5k Run/Walk on July 4th

On July 4th at 8 am in Livingston MT, the **Yellowstone Running Club (YRC)** brings you the 2nd annual "Yellowstone Independence Day 5k" run/walk fundraiser! Last year they had such an amazing turnout and are ready to do it again and hope you will join in! This year they have an updated route, chip timing, lots of raffle prizes and fun fun fun!

This is a FUN run that helps support our area youth running team attendance at regional cross-country championships and furthers the Yellowstone Running Club mission to promote running/walking in the area. This year YRC plans to help area youth runners attend the Nike Regional Cross Country Championship in Idaho.

The race starts at the historic Sacajawea Park located at 616 River Drive, next to the Yellowstone River. Wear your most patriotic attire and decorate your strollers for a chance to win a special prize. All runners will be entered to win fun raffle prizes and snacks will be provided post race! This race will be chip-timed compliments of Muddy Dog Sports! Please note while everyone love dogs and running with their furry friends, dogs are not allowed in Sacajawea Park per the City of



Livingston. So keep them home and safe. Cost is \$25 per runner. There is no cost for participants ages 0 – 5 and \$10 for ages 6 – 12. Prices increase after June 30th at 11:59 pm. Online registration is open now at runsignup.com/Race/MT/LivingstonIndependenceDay5k and will end at 9 pm on July 3rd but same day registration is available in person from 7:15-7:45 am at the start line (payment by cash, venmo or check). Sign up in advance by June 30th and save money! Price increases to \$30 starting July 1st.

Bib pickup is also from 7:15 -7:45 am on Friday at Sacajawea Park's new picnic shelter on the north side of the park. T-shirts will be available for purchase on race day. Bottled water and snacks will be provided after the race. A water aid station will be available approximately halfway through the course.

If you or someone you know would like to support the race or athletes and they may not be available on the 4th or unable to participate with us, they can still help by donating. Please contact us at yellowstonerunningclub@gmail.com.

The Yellowstone Running Club is committed to promoting running/ walking for people of all ages in the Park County and surrounding areas. It supports youth runners from the area wanting to attend regional and national

cross country running competitions. Through fun runs and fun-draising they work to promote wellness through running/walking in the greater Park County area! Visit us at YellowstoneRunning-Club.org.

Upcoming **SHIELDS VALLEY** EVENTS

Farmers Market

Date: June 30th from 4:30 to 7 pm

Location: Holliday Park in Clyde Park

Food: Crazy Mountain Catering

Music: Tyler Potter & Last Minute Surprise

Kids Activity: Bicycle Parade

Sponsor of the Week: Crazy Mountain Catering

A big thank you to Bank of the Rockies- Clyde Park branch for filling planters in both Clyde Park and Wilsall in front of businesses. This event started several years ago. The businesses purchased the barrels and will water the plants all summer long. Next time you are in the bank be sure and tell them how much they are appreciated. The flowers brighten up the community.

Thank you to everyone who came and supported the 71st Annual Wilsall Rodeo. It was another great year and the weather was fantastic. See you all next year.

Wilsall Fire Department (WFD) would like to thank everybody that came to breakfast at the station. They served about 380 folks, had lots of great conversations, and shared the pleasures with the community. Thank you all for your most generous contributions and many thanks to Glenn's Shopping Center for your very generous donation of sausage and eggs. You are MUCH appreciated! WFD members (and families) work hard each year to make this breakfast a success. They are grateful for all the support they have received from the entire Shields Valley. See you next year!

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

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

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Livingston's City Manager News

Managers Message By Grant Gager

I am pleased to submit my fiscal year 2025-26 budget recommendations for review and consideration by the Commission and public. With this third budget recommendation as the Livingston City Manager, I'm excited to continue making meaningful improvements in how residents and visitors experience Livingston while also planning for our future.

In FY 2025-26, the City will continue to implement the 2021 Growth Policy. The City will again focus on the Growth



Policy areas previously endorsed by the City Commission (Land Use Recommendations; Place-making and Community Character; Housing; and Resiliency) while also focusing on implementing the recommendations of recent and on-going community planning efforts, including the Downtown Master Plan, Parks Master Plan and Trails & Active Transportation Plan. I am excited to continue implementing the Community's vision and look forward to delivering projects that will build upon Livingston's community character.

I encourage you to review my FY

2025-26 City Manager's Recommended Budget at https://www.livingstonmontana.org/sites/default/files/fileattachments/finance/page/3057/2026_city_managers_recommended_budget.pdf.

City News

Downtown Utility Work Begins

The City's 2025 Downtown Improvement Project is officially underway. The City Commission recently approved a contract with Askin Construction for the project that focuses on storm water and utility improvements. Crews began exploratory work earlier this spring in the alley between Main and 2nd Street and are now moving forward with active construction.

As construction continues, residents and businesses in the area may notice increased activity, including vacuum trailers, utility checks, and temporary access adjustments. The work is part of a broader effort to modernize core infrastructure and improve service reliability downtown. Thanks for your patience as we invest in the city's future from the ground up.

The full construction schedule can be viewed at <https://www.livingstonmontana.org/publicworks/page/downtown-alley-improvement-project>.

Sheep Mountain PUD

The City's Consolidated Land Use Board considered the Sheep Mountain Planned Unit Development (PUD) proposal and recommended approval to the City Commission; the meeting video is available on the City's website. The project, located on Miles Lane just north of East Gallatin Street, aims to bring 48 new affordable housing units to Livingston. This project includes a mix of one-, two- and three-bedroom apartments. The applicant is pursuing a Low-Income Housing Tax Credit award to ensure that each unit will be deed restricted to serve the community's affordable housing needs.

The development also includes shared amenities like bike and gear storage, laundry facilities, and on-site parking. To explore the full site plan, environmental assessments and traffic studies view the application packet on the city's website.

Pole Patrol

Crews from NorthWestern Energy will be working throughout the city over the

next six weeks as part of their annual inspection and treatment program for utility poles. The work includes checking the structural integrity of the poles and applying preservative treatments to extend their lifespan. Residents may notice crews using boom trucks, tablets and even binoculars to get a closer look at the equipment. It is all routine and there is no cause for concern.

Summit Street Paving, Part 2

West Summit Street is expected to get a fresh coat of asphalt. Following last summer's paving west of 7th Street, the Streets crew will continue their westward march. Please be aware that detours and road closures will be in effect in the area.

Residents of West Summit Street are asked to park their vehicles on nearby side streets to ensure clear access for construction vehicles. We appreciate your understanding as we work to smooth the road ahead.

Happening Around Town...

Question: I'm hot and looking to cool off, is it okay to swim in the lagoon?

Answer: We recommend that you try the City pool next to the lagoon. The lagoon is fed by waterways that meander through both agricultural and urban environments. Along the way, the water accumulates contaminants that are likely to make humans sick including (oils, fertilizer and biological waste). So, enjoy Livingston's outdoor pool... there are only two seasons left to enjoy it!

Have questions you'd like us to answer in this section? Send them our way, and we will answer them in the next newsletter posted on our website!

Get Ready for a Fun Summer in Livingston!

The City of Livingston's on-line summer program guide is here! From youth camps and sports leagues to community events and pool activities, there's something for everyone. We'll be updating it regularly, so be sure to bookmark the page (<https://www.livingstonmontana.org/rec/page/community-summer-2025-programming-guide>) and check back often to stay in the loop all summer long.

Let's make this summer one to remember!

FOOD
BOOTHS
LECTURES
WORKSHOPS
KIDS' ACTIVITIES

CLEAN
ENERGY FAIR

9A-4P
08.23.25

DOWNTOWN GREAT FALLS, MT
100 CENTRAL AVE BLOCK
FRIDAY EVENING EVENT TBD

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!

Successful Adoptions and Community Engagement at Upper Yellowstone WHB Event

The Bureau of Land Management's Montana/Dakotas Wild Horse and Burro Program saw strong public interest and successful placements at the Upper Yellowstone Adoption Event, held June 6th – 8th at the Park County Fairgrounds in Livingston, Montana.

Of the 56 animals offered, 40 wild horses and burros found new homes with private adopters, reflecting a 71% placement rate and continued enthusiasm for adopting America's wild equines. The event featured a diverse selection of untrained horses, burros, and saddle-trained mustangs, offering options for adopters at all levels of experience.

Two saddle-trained mustangs, gentled by the Wyoming Honor Farm, were made available through silent auction and drew significant attention. One gelding was adopted for \$1,900, while the other brought \$1,450.

The remaining animals included untrained geldings, mares, yearlings, and burros, many of which were placed with adopters eager to begin the journey of

training and bonding. One enthusiastic adopter even camped out overnight to ensure she would be first in line to adopt a specific yearling she had her heart set on.

The yearling pen was especially eye-catching, featuring a striking variety of colors and markings. Adopters and onlookers alike admired the vibrant mix of palominos, pintos, roans, bays, and more—a true testament to the natural diversity and beauty of America's wild herds. These young horses, full of curiosity and potential, were in high demand as every single yearling was adopted by the end of the event.

A highlight of the weekend was the "Next Steps" clinic with Mustang Matt, which provided hands-on guidance for new and prospective adopters. The session focused on groundwork, trust-building, and what to expect after bringing a wild horse home. The demonstration drew a large and engaged audience and offered valuable insight into humane handling techniques.

The BLM extends its sincere thanks

to all adopters, volunteers, staff, and community members who contributed to the success of the event. Events like this support the Wild Horse and Burro Program's mission by placing excess animals into private care while promoting public education and the responsible management of our nation's wild herds.

If you couldn't attend the Upper Yellowstone event, or if you're ready for another chance to adopt, join us for the Bitterroot Valley Wild Horse & Burro Adoption Event, on June 28th – 29th at the Matt Bischof Training Facility in Hamilton, Montana.

More than 40 wild horses and burros will be available, including yearlings and 4 – 5 year-old mares and geldings. Don't miss your chance to connect with one of these remarkable animals and bring home a piece of the West.

To learn more or apply in advance visit www.blm.gov/whb.

Fifteen burros were available for adoption at the Upper Yellowstone Wild Horse and Burro Adoption Event. Photo by Bryson Jones.



Teddy Jones, 7, pets a saddle-trained horse from the Wyoming Honor Farm. Photo by Brittany Jones.



One of the untrained horses eats hay at the event in Livingston. Photo by Bryson Jones



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GOOD NEWS!
In these rapidly changing and challenging times, when promises of stability and safety rarely come through; when trusted spiritual leaders prove false; when lying in politics seems to be the norm; when those you depend on the most often hurt you the deepest -- is there anything left you can trust? YES! You can trust the BIBLE! Let's get together and study the evidence.
Framo Rimoni -- 406.220.8914
Come join me @ The Shane Center, Movement Room,
415 E. Lewis, Livingston
10am -- 1st & 3rd Saturday of each month, beginning June 7th
All Are Invited!!

The Cost of Care

by Nurse Jill

With ever-increasing prices of healthcare in the 21st century, it can sometimes seem like hospitals have forgotten their true purpose of offering help and healing to the general population. When price increases happen at the grocery store a lot of people can understand the variables that drive those numbers up. However, when you open a bill from the hospital and see triple or quadruple digits it can be at best baffling and at worst maddening.

Why does healthcare cost so much? And why do they charge for every little thing?

The short answer is because they are charged for every little thing and need to recoup the costs in order to keep their doors open to the public. Even little items like the wipes they use to clean the skin before taking blood have to be bought from a supplier. And while a lot of items are negligible in cost they add up significantly over a functional year. Add to that the cost of paying off construction loans, utilities, and staff salaries and you've got millions of dollars running through even the smallest of hospitals. A hospital like Mayo Clinic will run in the billions for their operating budget. For 2024, Mayo was reported to have an 18.5 billion dollar operating budget. This was just the hospital itself and not the clinic offices. That number is staggering but makes sense when you consider all that they offer for technology and care.

For example one good MRI machine can cost anywhere from \$500,000 to \$5 million dollars and that doesn't include the cost for electricity, maintenance work, or repairs. Electricity for a high-level, large volume machine can run more than \$10,000 a month. Maintenance and repairs are usually part of a contract with the company that also can add a whopping 10K a month for high-volume institutions. Repairs can be costly as well and even if you don't need to fix components the maintenance of the machine will likely cost you over \$500 an hour for a trained technician to complete on a scheduled basis.

Not only is the MRI machine expensive but hospitals also need to pay for the certified technician to run the machine, the radiologist to interpret the images taken by the machine, the computers that are essential for seeing the images, and the specialized room/building to house the whole process.

On top of that hospitals have to invest in secure computer programs in which to document the process, the results, and the patient's response to the procedure. Add-in more staff to greet and check-in patients, the phone system to call patients, janitorial staff, and additional utilities like heating and cooling and you can maybe start to see why your hospital bill climbs so steeply.

And the MRI is only one small component in a high-cost system where dollars are counted by the minute.

In fact, some operating rooms charge a patient based off of time in

the room, ranging from \$25-\$125 a minute depending on the specialty involved. In an open-heart procedure there are no less than six people caring for one patient—each with specialized training from running heart-lung bypass to efficiently passing instruments to the primary surgeon. The cost of a life is never so evident as when you see what it takes to sustain that life—but somebody has to pay for it.

And this is where compassion and cost come to a crossroads. What a difficult task to reconcile the mission of compassion, help, and healing with the necessary evil of financial responsibility to support the mission.

Many people see the hospitals as the "bad guy" charging folks for services despite their situations. And while some hospital administrations have been found to be lacking in scruples there are far more variables and nuances to this system than anybody realizes. And every step of the process contributes to the problem—including some patient responsibility.

So what's the takeaway? The system is broken (that's pretty obvious), but how do we fix it? There is no one clear answer to this and many a meeting are focused on seeking solution. While you wait for those solutions here are three things you can do now.

One: **Pay attention to your bill.** There are usually representatives at your hospital that can have a conversation with you about your bill; what the

charges are for, how insurance covered it (or didn't cover it), and what your responsibility is. Ask questions.

Two: **If you can't pay your bill, go talk to someone.** There are payment plans and resources that may be helpful to you. Putting a medical bill on a credit card is usually not the best option if you end up paying finance charges.

Three: **Pay attention to legislation.** The world of healthcare is difficult to understand but do your best and realize it is never clear cut. What looks good for the consumer is not always good for the institution trying to keep their doors open. And vice versa. Everyone in the game must make concessions in order to keep good care available, especially in rural settings.

The majority of folks working in hospitals still have good intent behind what they do but it's getting harder and harder to do that economically. Hopefully there are solutions coming but in the meantime assume hospitals really are trying their best to keep doing what they started doing in the first place: help and healing.



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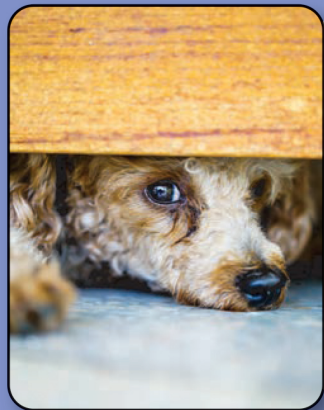
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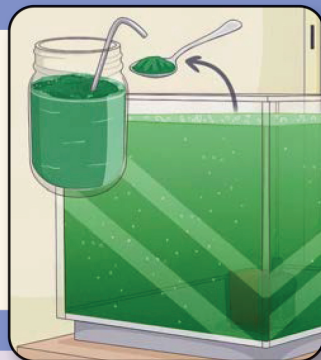
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Your Ageless Wellness Column

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

You Are Not Broken

(also featured in the series: *Soul Amnesia – The Reclaiming of the Self*)

Welcome back to Your Ageless Wellness. In our last conversation, we explored the powerful concept of re-membering—the act of reclaiming lost or forgotten parts of ourselves. This week, we're taking that idea one step further and pointing the lens toward the healthcare system.

Western Medicine and the Myth of Separation.

One of the greatest disservices in modern Western medicine is the way it separates the body into disconnected parts. It divides the heart from the mind, the muscles from the nervous system, the emotions from the organs—as if we were machines made up of replaceable parts instead of living integrated beings. You've seen it in action. You go in for knee pain and you're referred to an orthopedist. You mention fatigue, and you're sent to an endocrinologist. You bring up anxiety and you're told to speak with a mental health specialist. Each symptom is farmed out to a different specialist, and yet, no one steps back to ask: What is this body saying as a whole?

Where are the general practitioners (GP) who used to know our stories, our families, our histories and not just our charts? We went to them for just about everything! Today's GPs are often limited to a 10-minute visit and use a checklist. There is no time to ask, "How are you, really?"

Today, the trend leans more toward specialization than synthesis. And while specialists can be lifesavers in urgent or complex conditions, they often treat parts of you without ever looking at the whole. Let's be honest: It's rare these days to find a general practitioner who really knows you. Most medical doctors are now specialists; each trained to look at one piece of the puzzle—heart, lungs, joints, hormones—without connecting the dots. It's like taking your car to a mechanic and being told the left headlight is fine... but no one ever looks under the hood.

And here's an interesting point; when something does go wrong, the standard answer is often to prescribe a pill. Not always a solution—just something to mask the symptom. But symptoms aren't the enemy. They're messengers. The body's way of waving a red flag and saying, "Hey, something deeper is going on here." It's telling you that there is dis-ease within itself.

Why, then, are we so quick to silence symptoms?

Let me ask you this:

- Why do insurance companies refuse

to cover alternative or preventive care like massage, acupuncture, nutrition, or movement therapy?

- Why aren't natural or holistic methods offered as first-line options instead of last-resort curiosities?
- Why are we told to accept a diagnosis without being encouraged to question it, research it, or explore it from multiple angles?
- And why do insurance plans rarely cover naturopathic or integrative care—approaches that emphasize prevention, root cause discovery, and whole-person healing?
- Why does our system spend billions on pharmaceuticals—but almost nothing on root cause healing?

Let's call this out for what it is: a system designed to respond, not to prevent. A system where sick care is more profitable than true wellness. (I know I'm gonna get some feedback from these words!)

Even the very word "pharmaceutical" gives us a clue. The word has Greek roots—"pharmakon"—which paradoxically means cure, poison, and also sorcery! In ancient Greek usage, 'pharmakon' was associated not only with healing and toxicity, but with magical practices—casting spells, concocting potions, and influencing behavior through unseen forces. (see Galatians 5:20 and Revelation 18:23 for biblical reference).

That layered meaning should raise eyebrows!

Are we simply being treated, or are we being subtly conditioned? We've normalized a culture of taking pills, often without understanding what those pills do beyond suppressing symptoms. Every medication has side effects—some mild, some serious, some that require more pills to manage the side effects of the first.

We live in a time where information is more accessible than ever, and yet many still feel powerless when it comes to their health. But you do have a choice. You can get a second—or third—opinion. You can read the side effects on that bottle—but don't stop there! Look up that drug online. Search for real-world user experiences, clinical studies, and the full list of possible side effects. Often, the most serious risks aren't even listed on the packaging. What's printed on the bottle is just the tip of the iceberg. You can ask, "What's the root cause here, not just the symptom?" or "Is there a natural alternative that will help my body heal itself?"

And most importantly, you can listen to your own body.

Here's something I've learned working with older adults, a lifetime of deferred choices eventually catches up. Many people I coach were taught not to question doctors, not to make waves, not to trust their own instincts. That ends now. If you take one thing from reading this column, let it be this:

You are not broken.

You are not a list of symptoms. You are a whole person. And you have the right—and the responsibility—to know yourself.

Now let's take a moment to step outside the Western paradigm and look at how a very different culture once approached healthcare.

In ancient China, there was a system where people paid their doctors a regular fee to keep them healthy. If a patient fell ill, the payment would be suspended until the doctor restored them to health. This incentivized doctors to focus on preventive medicine and wellness. (From "Lessons in corporate health-from ancient China" www.weforum.org.)

Let that sink in.

The doctor's job wasn't to treat disease—it was to prevent it. The goal wasn't to manage symptoms, but to maintain harmony. That made the practitioner accountable. It meant they were watching closely for imbalances in the body, the mind, the emotions, the environment—because any one of those could knock a person off center.

Now contrast that with the Western system. We pay after we get sick. We don't see a doctor until there's a problem. And even then, the solution often isn't wholeness—it's management, a prescription here, and a specialist there... Symptoms get silenced. But the deeper issue? Rarely addressed.

In the Chinese model, a doctor who kept you out of their office was a good doctor. In our current model, the more visits, the more prescriptions, and the more "care" you receive—the more the system profits. There's no incentive for you to truly heal. In fact, there's more profit in keeping you dependent. (Yes, I said that!)

This isn't just a flaw in the system—it's a symptom of a deeper disconnec-



tion. A forgetting.

And that brings us back to the theme of re-membering.

To re-member is to re-collect all parts of you—to call them back into wholeness. It also means to rejoin the long-lost idea that healing is not something done to us, but something we participate in. You are not a passive recipient of your health care. You are the co-creator of your well being.

So I'll ask again:

- What would it look like to put yourself in the driver's seat of your health journey?
- To partner with practitioners who want you to thrive, not just survive?
- To ask better questions, demand clearer answers, and stop outsourcing your body's wisdom?

This ancient Chinese model might feel worlds away—but the principle behind it is timeless.

You are worth more than symptom suppression. You deserve care that honors the whole of you. And you have the right to reclaim that.

Re-member that.

Want support on your wellness journey?

Come check out The Hub—Livingston's only fitness and wellness center designed specifically for older adults and mobility-challenged individuals. We're not just a gym; we're a community. A place to reconnect with your body, reclaim your strength, and remember that it's never too late to move, grow, and thrive. We invite you to come be a part of something meaningful. Your health is worth it—and so are you! For more information, contact **Garrick Fulmer-Faust, CPT, and Certified Life Coach**, Executive Director of The Hub at the Park County Senior Center located at 206 S. Main St. in Livingston. Call 406-333-2276 or email him at garrick@parkcountyseniorcenter.org.

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Where Little Minds Grow Up With Big Ideas

Empathy in the First Five Years: How the Young Brain Builds Human Connection

Melissa Whithorn, Program Director, Future Promises

Empathy's foundation is deeply neurological and begins to form early in life—well before a child can articulate their emotions.

From birth, a child's brain is wired to connect. Infants possess mirror neurons—brain cells that respond both when they perform an action and when they observe someone else's action. These neurons facilitate imitation, a crucial component for empathy. For instance, when a newborn sees a caregiver smile, their brain registers the emotional signal, prompting them to mimic that expression. This early mirroring allows babies to begin understanding the emotional states of others.

Between birth and age five, the brain undergoes rapid growth. During this period, empathy's architecture is shaped by both biology and environment. Children learn about emotions, how to identify them, and how to respond—first in themselves, and then in others. This development is linked to secure attachment. When a caregiver consistently responds to a child's needs with warmth and sensitivity, the child's brain learns that emotions are safe and manageable, fostering outward emotional concern for others.



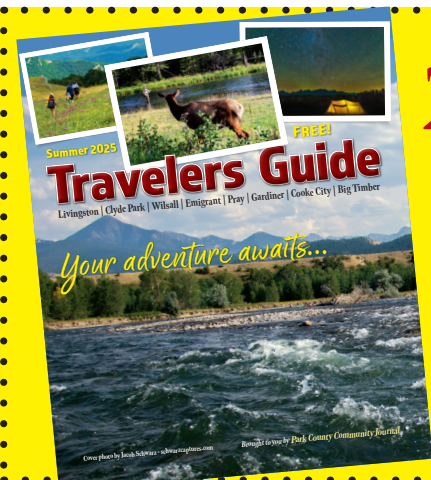
By age two, toddlers show signs of empathy—comforting crying peers or expressing concern when someone is hurt. These actions indicate a developing emotional brain. At this stage, children differentiate between their own emotions and those of others, requiring development in the prefrontal cortex (self-regulation) and the limbic system (emotion processing), which experience significant growth in early childhood.

Experiences in the first five years influence a child's lifelong empathy capacity. Nurturing environments with responsive adults promote higher levels of empathy. Conversely, neglect, trauma, or inconsistent caregiving can hinder emotional regulation skills, affecting children's ability to connect

with others' emotions. Early education settings play a key role by modeling kindness, teaching emotional vocabulary, and providing opportunities for children to practice perspective-taking. Activities like reading books about feelings, discussing daily experiences, and playing cooperative games can enhance empathy development.

The first five years offer a critical window for forming neural pathways that support empathy. Investing in emotionally rich, secure, and connected experiences for young children fosters their development today and contributes to a more compassionate future. For more information, please contact Melissa@einsteinlearningcenter.com.

Melissa Whithorn is with Future Promises, an early childhood education non-profit organization based in Livingston.



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LuLu's Market Celebrates Four Years in Business



Summer is in full swing and we've got some exciting news to share from LuLu's Montana Market, located at 5237 US HWY 89 S, just a mile south of town. We will be having a weekend-long celebration on June 21st and 22nd.

LuLu's Turns 4: Handcrafted, Heartfelt & Homegrown

Join us for a fun-filled celebration as we mark another year of supporting Montana makers!

- Free scoops of Genuine Ice Cream for all visitors
- Food trucks on site on: On Saturday, Old Faithful Franks and on Sunday, Up In Smoke BBQ
- Local shopping, food & more.

We hope to see you there!

Updated Summer Hours

We've extended our hours to better serve locals and visitors:

- Monday – Wednesday: 9 am – 7 pm
- Thursday: 11 am – 7 pm

- Friday & Saturday: 9 am – 8 pm
 - Sunday: 12 pm – 5 pm
- Let's Paint! for Elevate** – July 12th & 13th
- We're also proud to host a two-day guided painting class benefiting Elevate Montessori School through the Give A Hoot Campaign.
- "Owl Love" Painting | All skill levels Includes materials, snacks, water, and a scoop of Genuine Ice Cream Taught by talented local artists:
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- Saturday, July 12th at 6:30 pm – Adults & Teens
 - Sunday, July 13th at 10:30 am – Family-Friendly



Tickets: \$45 per person. Reserve online or in-store.

"No Kid Hungry Montana" Grants Over \$20k to Combat Summer Hunger in Rural Communities Across the State

For kids who receive school meals, the summer months can be the hungriest time of year. *No Kid Hungry Montana* provided three organizations across the state with a total of \$20,100 to help reach more kids in rural communities with summer meals.

Traditional summer meal programs have only reached a fraction of kids in rural communities, but non-congregate summer meal flexibilities have been a game changer in recent years. No Kid Hungry's grant funding supports summer meal programs that make meals more accessible for rural families by delivering meals to children who need them or allowing parents to pick meals up at a central location to be taken home for their kids, oftentimes for multiple days at a time.

The following community organizations received summer meal grants from *No Kid Hungry Montana*:

- Human Resource Development Council, District IX

- Land to Hand Montana
- Helping Hands in partnership with Hardin School District.

For many children, during the school year, free and reduced price school meals ensure reliable access to nutrition. When schools close for the summer, however, these meals disappear and families struggle from the strain on already-tight budgets. A recent No Kid Hungry nationwide survey found that nearly three quarters (74%) of rural families living on low incomes with children ran out of food in the past year.

"Summer meals are a lifeline for kids and families who rely on school meals throughout the school year," said Brianna Guerrero, *No Kid Hungry Montana* state campaign manager. "We're excited to support the programs that are making dependable nutrition accessible to families in all corners of the state, reaching many more kids with the food they need to stay healthy over the summer

and start the next school year ready to learn."

For help finding a Summer Meal site, visit NoKidHungry.org/Help or /Ayuda. The program is available to all children 18 and under.

About No Kid Hungry

No child should go hungry in America. But millions of kids in the United States live with hunger. No Kid Hungry is working to end childhood hunger by helping launch and im-



prove programs that give all kids the healthy food they need to thrive. This is a problem we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization committed to ending hunger and poverty. Join us at NoKidHungry.org.



CANINE CORNER

I have a dog that is very nervous in most situations. I am wondering if there is any hope for my dog having a social life?

A: Yes, there is a chance for your dog to be around people and other dogs without being upset, but it will take some work with small gradual changes. Most shy dog owners believe that if they take their dogs into places around other dogs to play that will solve everything. They are halfway correct. I would start by taking your dog in the car with you more. Drive to the dog park let your dog see other dogs while feeling safe in the car with you. Then, I would graduate to going places where there are mostly calm people, where the dog is less likely to have an issue. Try places like your bank or small stores that

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!

don't sell human food products. Make sure that if an over-eager dog lover comes up to your dog, let them know your dog is shy and needs a moment. I would honestly stay away from places like PetSmart with your pet so you do not overwhelm them. Remember to start small and use praise as the biggest reward. Stay calm in every situation with your dog because whatever you feel—travels down the leash. Good luck and keep in mind to reward for even the littlest achievements.

Please feel free to contact us! Happy Puppyhood to you!

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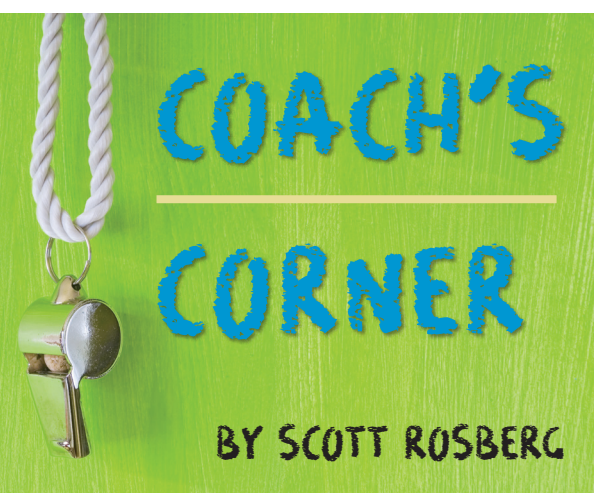
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Not How I Planned It, but Thanks!



For those of you who have read my column in the past, you may remember that last June, I was hired to be the Activities/Athletic Director (AD) for the school district in Livingston. I told you then that the AD job is one that requires many hours of actual in-the-office work time. However, it is the behind-the-scenes unseen hours things that take the most time.

I didn't write that to have you feel sorry for me. I wrote it to explain why I didn't have the time to write this column for a while. I said in my column in January that because I had a handle on the time constraints of the job a bit better that I would start writing it consistently again.

HA! That was wishful thinking. I never could get over the hump and work these columns/articles into my work week.

But now I can. You may be wondering why. Those of you who follow our athletic programs probably know that a couple of months ago, I resigned my position as AD. Working for only one year was not the plan. I had hoped to work in the position for 3 - 5 years and then head into my retirement. Unfortunately, my body had other plans.

Five days ago, I had ankle replacement surgery on my left ankle. This is the third surgery on that ankle since 2022. I will not go into all the details here as to why I needed these surgeries, as it would take way too long to explain. This latest surgery came 6 months after I had rotator cuff surgery—the third one on my right shoulder and the fifth one overall. Suffice it to say that my body is falling apart.

Therefore, I decided I could not continue in the position of activities director. There is just way too much movement; walking, running at times, lifting, pushing, pounding, etc. in the job, that I just could not see doing it for another year, let alone another 2 - 4 years. I am sorry that I was not able to continue in the job at this time.

A Positive Experience

I have been an AD for 13 years, eight years in Washington and five years in two different stints here in Livingston. While there are aspects of the job that are no fun, I really enjoy a lot of elements of it. My favorite part has always been anything where I get to work with kids. They are why I got into teaching and coaching 43 years ago, and they continue to be the reason I love working in education.

I have long believed that we **coaches, teachers, and**

administrators are here to provide kids the opportunity to have a positive experience in whatever realm we are dealing with them. Everything I have done as an English teacher for 23 years, a coach for 40+ years, and an AD for 13 years was considered with this question: Is this action I am about to take or these words I am about to speak going to help provide this kid/these kids a positive experience?

Of course, a "positive experience" can mean different things to different people. This is why I have always encouraged coaches and activities supervisors to develop a coaching/leadership philosophy. A philosophy becomes a guide by which they live their coaching/leadership lives. It is a statement that they use to help them make the decisions they make to determine their course of action in everything they do. It is their cornerstone, the foundation upon which everything they do is built.

Core Covenants

Part of their philosophy is what we call **Core Covenants**. Core Covenants are the values, guiding principles, and performance standards that coaches and teams intentionally and purposefully develop to determine the team's identity. Their covenants are the traits and characteristics by which they live their lives together. When people see their team together, they should be able to see those covenants in action in such a way that it is obvious what those covenants are. The covenants tell everyone, "This is who we are," because the actions of the team members are so strongly aligned with those covenants that the team members become living embodiments and examples of them.

Unfortunately, most teams in the world don't intentionally and purposefully determine their Core Covenants. Most teams just focus on the nuts & bolts of the experience—skill development, competition, administrative tasks, etc. They don't take the time to say, "This is who we want to be, and this is what we want to be known for." Therefore, the experience determines the team culture that exists, rather than the culture determining the experience that they have.

It is critical for coaches and leaders of any kinds of teams to focus on developing their own philosophies and then creating time for them and their teams to develop the Core Covenants by which they want their teams to live. They then need to **work** at instilling those covenants into every aspect of their experience together. They should take time to teach the covenants and show examples of them to their teams. They should also reward team members who live up to those standards that they have developed as being crucial to the success of their team's experience.

A Coach of Coaches/Leaders

I have always looked at the main job of the AD as being a "Coach of Coaches/Leaders." That was my second favorite part of the job—working directly with

coaches/leaders to try to provide kids the opportunity to have a positive experience in their programs. As a coach of a team/program, I could work to have a positive impact on the lives of the thirty or so kids that were in that program. As an AD, however, I could positively impact the lives of hundreds of kids in our entire activities/athletics program.

The way I could have that positive impact, though, was through the coaches/leaders of our activities/athletic programs. The more I could help the coaches and leaders of our programs be the best leaders they could be, the better our programs could be. Unfortunately, I got so bogged down in the minutiae and the administrative tasks of the job this year that I was never able to work with our coaches/leaders as much as I would have liked.

If you are one of our coaches/leaders, I am sorry that I didn't get a chance to pour into you and help you as much as I would have liked. You are such an important part of the lives of the kids you lead. Don't ever forget that and make sure you always put their needs first in any way you can. They will be so grateful to you for that, and you will enjoy the job so much more and feel a self-satisfaction in knowing you did your best to help kids have a great experience under your care.

Thanks!

Thanks to all of you coaches/leaders for allowing me

the chance to work with you this year. You are a great staff, and I had a blast working with all of you!

Also, thanks to the rest of you; kids, teachers, administrators, parents, and community members who helped make the past year a memorable one for me. I appreciate all of you and all your efforts to create the best experience possible for our kids.

While I will get back to speaking on character-based athletics, leadership, and team building at schools around the country like I have done for over 15 years, I will also still be around Livingston. Once my ankle heals, I will be working at the Railyard/Firehall Fitness Centers, like I did for eight years before becoming the AD again. I also hope that my new ankle will allow me to coach basketball again.

Those are just some of the different options for me to consider doing, but one thing is for certain: I don't plan on just lying around and doing nothing! If you ever need anything, don't hesitate to reach out. I'll try my best to help in whatever way I can.

Have a great summer, and I'll see you all soon!



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Community Foundation Awards 2025 "We Will" Grant Recipients are...



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The Park County Community Foundation (PCCF) is proud to announce the 2025 We Will grant recipients, awarding nearly \$400,000 to 30 nonprofit organizations working to shape a stronger, more resilient Park County. Thanks to the generous support of the community, PCCF has awarded over \$2 million *We Will* grants since 2007.

PCCF's *We Will* initiative is a bold, community-driven effort that aligns local philanthropy with the real needs and aspirations of Park County residents. Informed by extensive community engagement, including input from over 1,000 residents, four town halls, and expert forums, PCCF awarded grants to nonprofits working across five community priority areas: Landscapes & Natural Amenities, Housing & Affordability, Economic Performance, Small Town & Rural Lifestyle, and Health, Safety & Education.

"Grounding our grantmaking decisions in both data and citizen input is our most effective tool for deep community impact," said Gavin Clark, PCCF executive director. "This year's grants reflect the voices of Park County residents and the realities we face."

PCCF's *We Will* grant cycle is possible through the generosity and support from donors across Park County. Their unwavering commitment to Park County's future has empowered local nonprofits to take bold steps toward solving complex challenges—from housing and mental health to conservation and community vitality.

"By investing in the *We Will* grant program, PCCF supporters are not only funding programs—they are fueling hope, resilience, and opportunity across every corner of our county," said Tricia Erickson, PCCF philanthropy director. "We extend our heartfelt gratitude to each individual, family, and business whose contributions made these grants a reality."

2025 *We Will* grant highlights include:

- **Creating Safer, Healthier Communities:** From a new Safe School Zone in Wilsall to expanded mental health and early childhood services, these grants are helping ensure that every resident—especially the youngest and most vulnerable—can thrive in a safe, supportive environment
- **Expanding Access to Housing and Stability:** With funding for emergency housing, homebuyer education, and community land trusts, PCCF is helping local families find and keep stable homes in an increasingly competitive housing market.
- **Fueling Economic Opportunity:** Investments in childcare cooperatives, regenerative ranching, and food security are strengthening the local economy while supporting working families and sustainable practices.
- **Protecting the Land We Love:** Grants to conservation and environmental education programs are preserving Park County's natural beauty and biodiversity for future generations—ensuring that our landscapes remain a source of pride and prosperity.
- **Celebrating Culture and Community:** From storytelling workshops to youth

arts programs and rural recreation improvements, these grants are enriching the cultural fabric and smalltown spirit that define Park County.

"Every dollar we grant is grounded in the voices of Park County residents and the data that reflects their lived experiences," said Keva Ward, PCCF program manager. "These investments are not just about solving problems—they're about building the future our community envisions."

More information about the *We Will* initiative, grants and to read the full 2024 *We Will* Report can be found at www.pccf-montana.org.

2025 *We Will* Grants by Community Priority Area:

Landscapes & Natural Amenities: \$81,400

- **Friends of Park County:** Protecting Park County's natural beauty and resources for future generations by facilitating constructive community dialogue surrounding growth strategies.
- **Gallatin Valley Land Trust:** Supporting their Northern Yellowstone Open Lands initiative of protecting Park County's valuable and vulnerable private land parcels through conservation easements.
- **Montana Freshwater Partners:** Supporting the Give Back to the Yellowstone program, a community education and engagement project to increase awareness of natural river processes and best river protection practices.
- **National Parks Conservation Association:** Supporting of the Yellowstone Pronghorn Program, which increases pronghorn habitat connectivity by engaging volunteers and fostering environmental stewardship.
- **Park County Environmental Council:** Increasing capacity to protect Park County's public lands and advance sound land use planning in a way that reflects the collective vision of Park County residents.
- **The Common Ground Project, Inc.:** Supporting the Yellowstone Safe Passages Storytelling Initiative in increasing awareness, resources, and collaboration related to wildlifevehicle conflict mitigation.
- **Wilsall School:** Supporting the Ripple Effect Aquatic Learning program, enhancing student learning about the Shields Valley and the Greater Yellowstone watershed.

Housing & Affordability: \$83,668

- **Farm to School of Park County:** Supporting the efforts of Deep Creek Farm and the Summer Lunch in the Park program of preserving farmland, increasing food production, and teaching agricultural skills.
- **Giving Tree of Park County:** Expanding the frequency of the Giving Tree program to provide hygiene supplies, personal sport clothing, and other resources to support kids in rural areas of Park County.
- **HRDC of District IX - Livingston Office:** Supporting the Gardiner Area Community Land Trust Education and Homebuyer Readiness Program, creating more pathways to homeownership and

a stable community.

- **The Livingston Food Resource Center:** Working to create a healthier, more resilient Park County where no family faces hunger alone.
 - **Yellowstone Bend Citizen's Council:** Delivering savings to the community through the installation of solar panels at the Bluebunch Flats, an affordable housing apartment complex in Livingston.
- ### Small Town & Rural Lifestyle: \$87,500
- **Elk River Arts & Lectures:** Supporting the Elk River Arts & Lectures Storytelling Series that gathers the community together to explore the rich history through the art and practice of storytelling.
 - **Friends of the Yellowstone Gateway Museum:** Supporting the 2025 Speakers Workshop Series, which examines and shares the extraordinary cultural and natural history of Park County.
 - **LiveWell49:** Advancing their mission to embrace a culture of health in Park County through creative community solutions and effective outreach.
 - **Park County Senior Center:** Increasing participation and activities in Seniors to Seniors and Youths to Seniors programs at The Hub, a community and fitness gathering space.
 - **Project49:** Improving the well-being of Park County residents through the funding of the Studio49 community-centered maker space, art studio, and event venue.
 - **Rural Resilience:** Closing gaps in Park County's rural communities through funding a parttime social worker to serve the youth and families.

Economic Performance: \$50,000

- **Bruin Booster Club Inc:** Supporting the Gardiner Public Schools Track and Field Renovation project, updating the athletic facility that serves as a community hub for hosting school and public events.
- **LINKS for Learning:** Helping to fulfill their mission of offering equitable access to safe, stimulating learning environments for students after school and in the summer, and further improving child care opportunities.
- **Park Local Development Corporation:** Facilitating the Park County Child Care Cooperative's goal of increasing childcare

availability in the county by improving the cost and capacity of childcare.

- **Western Sustainability Exchange:** Supporting the Regenerative Ranching Program, which provides the knowledge, tools, and peer connections to empower ranchers to thrive using regenerative practices.
- ### Health, Safety & Education: \$94,500
- **ASPEN:** Creating permanent offices and additional emergency housing to provide a safe space for victims and survivors of domestic and sexual violence and human trafficking.
 - **CASA of Park and Sweet Grass Counties:** Assisting child advocates and the offering of necessary training opportunities to support child abuse or neglect victims.
 - **Community Health Partners:** Supporting the Park County Early Childhood Coalition in their mission to boost family knowledge and engagement through connection opportunities.
 - **Friends of Park County Search and Rescue:** To purchase a utility snowmobile and provide specialized training for the Sheriff's Search and Rescue Team to enhance their capacity for emergency response.
 - **Park County/Windrider Transit:** Improving the safety and effectiveness of the free health transportation Dial-A-Ride Services by purchasing and installing a camera system.
 - **Park County Drop In Center:** Bolstering their mission of providing a safe drop-in place for adults to gather for support, socialization, and access to community services.
 - **Shields Valley Elementary School:** Creating safe school zones for Shields Valley students through the installation of updated speed limit signs.
 - **The Shane Lalani Center for the Arts:** Supporting the Youth Education Program's goals of increasing accessible student participation and engaging new student populations.
 - **Town of Clyde Park:** Supporting the Holiday Park Recreation Improvement project, creating more options for physical activity and social interaction in Clyde Park.

TheParkCountyDugout.substack.com

where life stories are told

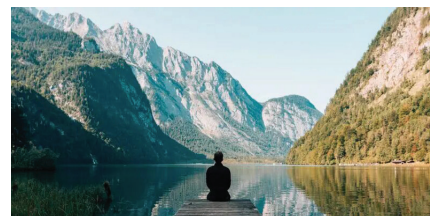


Your Daily Dose of Park County News

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, 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,

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GREEN PEAS, PLEASE!

By Jill-Ann Ouellette



Green peas are a widely grown, cool-season vegetable crop with an early-season harvest. They don't thrive in the summer heat but grow well in cooler, high-elevations and also tropical areas. They have both low-growing and vining varieties. Vining peas grow thin tendrils from leaves that coil around any available support and can climb from 3 to 7 feet tall. There are dwarf varieties that are suitable for container growing, reaching only about 8 inches. Many varieties reach maturity about 60 days after planting. Green peas can be a popular and an unpopular vegetable, depending... I remember coming home from elementary school with my middle brother and when we crested the front door and the savory aroma of pea soup would reach us, he practically cried—he wasn't a pea fan. Me, I was thrilled when my Mom made delicious pea soup!

Peas have been part of the human diet for hundreds of years and are consumed worldwide. The history of the (wild) pea brings us to the Mediterranean Basin and the Near East. The earliest archaeological finds of peas date from the late Neolithic era of current Syria, Anatolia, Israel, Iraq, Jordan and Greece. In Egypt's Nile delta area, early finds date from c. 4800–4400 BC, and from c. 3800–3600 BC in Upper Egypt. Peas were present in Afghanistan c. 2000 BC, and in modern-day Pakistan and western- and northwestern India c. 2250–1750 BC. It was in the early 3rd century BC when they discovered that peas sown in late winter create a more tender pea.

The Greeks and Romans were cultivating this legume from around 500 BC to 400 BC, with vendors in the streets of Athens selling hot pea soup. In the 18th century, amateur plant breeder Thomas Knight of Downton, near Salisbury, England developed the first sweet-tasting pea that we enjoy today.

Strictly speaking, green peas are not vegetables; they are part of the legume family—plants that produce pods with seeds inside, like lentils, chickpeas, beans and peanuts.

However, green peas are commonly cooked and sold as a vegetable. And since green peas are high in complex carbs called starches, they are considered a starchy vegetable along with potatoes, corn and squash. You can find them at the local grocery store in the frozen or canned-food section, and as fresh produce.

There are several varieties of peas, including green, yellow, black-eyed, and purple peas, but green peas are the most frequently consumed.

High in Many Nutrients & Antioxidants

Green peas have a huge nutrition profile while their calorie content is fairly low, with only 67 calories per 1/2-cup (80-gram) serving [USDA]. About 75% of those calories come from carbohydrates and the rest are provided by protein, with a small amount of fat.

Furthermore, peas contain just about every vitamin and mineral you need, in addition to a significant amount of fiber [Healthline.com].

Research shows peas may help protect against some chronic illnesses, such as heart disease and cancer. There is some discussion and claims that green peas are harmful and should be avoided due to the antinutrients they contain that can cause bloating. (More on that later.)

The USDA touts a 1/2-cup serving of cooked peas provides the following nutrients:

- Calories: 67
- Carbs: 12.5 grams
- Fiber: 4.4 grams
- Protein: 4.3 grams
- Vitamin A: 3.6% of the DV
- Vitamin K: 17% of the DV

- Vitamin C: 12.6% of the DV
- Thiamine: 17% of the DV
- Folate: 12.6% of the DV
- Manganese: 18% of the DV
- Iron: 6.8% of the DV
- Phosphorus: 7.5% of the DV

One thing that makes peas unique from other vegetables is their high-protein content. For example, a 1/2-cup of cooked carrots has only 0.6 grams of protein, while 1/2-cup of peas contains seven times that amount [USDA]. They are also rich in polyphenol antioxidants, which are likely responsible for many of their health benefits [NIH].

While green peas are one of the best plant-based sources of protein, which is why they are so filling, they have a high amount of fiber. Eating protein increases the levels of certain hormones in your body that reduce appetite. Protein works together with fiber to slow digestion and promote feelings of fullness. Eating adequate amounts of protein and fiber may automatically reduce the number of calories you eat throughout the day by keeping your appetite under control.

Peas support healthy blood sugar control. They have a relatively low glycemic index (GI), which is a measure of how quickly your blood sugar rises after eating a food. Diets that contain a lot of low-GI foods have been shown to be helpful for regulating blood sugar levels according to the NIH. This is because fiber slows the rate at which carbs are absorbed, which promotes a slower, more stable rise in blood sugar levels, rather than a spike. Additionally, some studies have found that eating protein-rich foods may be helpful for stabilizing blood sugar levels in individuals with type 2 diabetes.

Therefore, the effects that green peas may have on blood sugar are known to reduce the risk of several conditions, including diabetes and heart disease.

The fiber in peas benefits digestion. Their impressive amount of fiber feeds the good bacteria in your intestines, which keeps them healthy and prevents unhealthy bacteria from overpopulating your digestive system. This may reduce your risk of developing a few common gastrointestinal conditions, such as inflammatory bowel disease, irritable bowel syndrome, and even colon cancer [NIH].

What's more, most of the fiber in green peas is insoluble, meaning it does not blend with water, but rather functions as a "bulking agent" in your digestive tract. It has been shown to **lower total cholesterol** and "bad" LDL cholesterol, both of which increase the risk of heart disease when elevated. Their soluble fiber is also beneficial as it absorbs water to create bulk, which helps with diarrhea management. This means that it adds weight to stool and may help food and waste pass more quickly through your digestive system.

Green peas also provide flavonols, carotenoids and vitamin C, antioxidants that have been shown to reduce the likelihood of **heart disease** and **stroke** due to their ability to prevent damage to cells. Green peas also contain saponins, plant compounds known for having **anti-cancer effects** and may inhibit tumor growth. Furthermore, they are rich in vitamin K, which may be especially helpful for reducing the risk of some cancers [NIH].

Okay, let's talk about the antinutrients. Despite the abundant nutrients in green peas, there is a downside to their nutritional quality [Healthline.com]. As with most legumes and grains, peas can interfere with digestion and mineral absorption. Generally, they aren't a concern for healthy folks but can impact those who rely on legumes as a staple food. The nutrients are (per NIH):

Phytic acid may interfere with the absorption of minerals such as iron, calcium, zinc and magnesium.

Lectins are associated with symptoms such as gas and bloating and may interfere with nutrient absorption. That happens as some of the carbs escape digestion and are then fermented by the bacteria in your gut, which produces gas and flatulence. If you have IBS or another gastrointestinal disease

that makes you very sensitive to FODMAPs and have completed an elimination diet that identified green peas as a trigger food, then it's best to completely avoid them, as even a small serving may cause discomfort.

Here are a few methods you can use to help prevent adverse effects from those antinutrients:

- **Keep portion sizes reasonable:** About 1/3 cup to 1/2 cup of green peas at a time is enough for most people.
- **Experiment with preparation methods:** Fermenting, sprouting and soaking may be helpful for reducing the amounts of antinutrients in green peas.
- **Eat them fully cooked:** Antinutrient levels are higher in raw peas, which make them more likely to cause digestive discomfort.

Overall, green peas are an exceptionally healthy food to incorporate into your diet. There are so many ways to do so, such as a main dish of pea soup with ham, or adding them to your green salad, in scrambled eggs or an omelet, in a stir fry, in tuna-noodle cas-



serole, making your macaroni salad prettier, in a side dish with carrots or corn and dill, or maybe a few of you might remember creamed tuna and peas on toast!

Green Pea Salad: Here is a quick, crowd-pleasing, pea-salad recipe to try or to bring to your next potluck. This is a small recipe (serves 4), but can easily be doubled or tripled:

Ingredients:

- 2 cups frozen green peas thawed but cold
- 2 hard boiled eggs, chopped as you like
- 1/4 cup chopped celery
- 1/4 cup chopped red onion
- 1/4 cup shredded or cubed cheddar cheese
- 1/2 cup mayonnaise
- 1 tablespoon apple cider vinegar
- 1 tablespoon Dijon mustard
- Dill, salt and pepper to taste

Instructions:

1. I generally blanch the peas in a bowl of warm water to soften them first.
2. Toss together the peas, eggs, red onion and celery in a medium-sized bowl.
3. In a separate small bowl, mix together the mayonnaise, sour cream, vinegar and mustard.
4. Drizzle the mayonnaise mixture over the peas, and gently stir to combine. Add in shredded or cubed cheddar. Season with a dash of dill. Add salt and pepper to taste. Sometimes if I have turkey bacon on hand, I will crumble it on top.
5. Chill in the fridge for 30 minutes to let the flavors come together.

This recipe is on the smaller side, as I prefer a fresh pea salad. When I bring it to a potluck I will multiply by 2 or 3 for a bigger crowd. I enjoy changing things up and will add chopped radishes, shredded carrots or dill pickles. You can also switch the cheese to your liking. Often times I will garnish with fresh herbs or fill the bowl with lettuce. **Enjoy!**

Recipe by
Carla Williams

RECIPE CORNER

Better Than Anything Bars

Ingredients:

Bars:

- 1 cup butter, softened
- 1 cup brown sugar, packed
- 1/2 cup white sugar
- 2 medium eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups milk chocolate chips or semi-sweet chocolate chips

Caramel Sauce:

- 14 ounces caramels, unwrapped (or 14 ounces of caramel bits)
- 5 ounces of canned evaporated milk (do not use the whole can if larger than 5 ounces)
- 1/2 cup peanut butter

Instructions:

1. Preheat the oven to 375°F.
2. Prepare a 9"x13" baking pan by spraying it with no-stick cooking spray.
3. In a mixing bowl, cream together the butter and sugars until fluffy.
4. Add the eggs one at a time, beating after each addition, then mix in the vanilla extract.
5. Add the flour, baking soda, and salt; mix until fully combined.



Photo Credit: recipequickeasy.com

6. Stir in the chocolate chips by hand or lightly with your mixer.
7. Place half of the cookie dough into the bottom of the baking pan and bake for 8-10 minutes.
8. While the dough is baking, combine the caramels and evaporated milk in a microwave-safe bowl.
9. Microwave on power level 5 for 1-2 minutes, stirring at 30-second intervals until well combined.
10. Stir in the peanut butter thoroughly.
11. Spread the caramel mixture over the baked dough.
12. Drop the remaining dough by teaspoonfuls on top of the caramel mixture.
13. Bake for 17-20 minutes, or until the remaining dough is golden brown and baked through.





July Hardesty



Edward Jones
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you can take advantage of catch-up contributions to most 401(k), 403(b), governmental 457 plans and the federal government's Thrift Savings Plan. If you're 50 or older, you can save pretax an extra \$7,500 to your retirement account beyond the standard total limit of \$23,500 allowed in 2025. Those 60–63 years old can contribute to these plans an extra \$11,250 above the standard total limit. That's an annual total of \$31,000 for people ages 50 and older; or \$34,750 for those 60–63 years old in pretax retirement plan contributions.

cies. To protect your hard-earned retirement savings, build an emergency fund separate from your long-term investments. It can help ensure you have what you need to cover surprises like a large auto repair, unexpected medical bills, temporary loss of income from changing jobs or early retirement caused by health issues. For most people, three to six months' worth of total expenses is an appropriate amount for an emergency fund. And you'll want to keep it in an accessible, low-risk account that holds cash and equivalents. Above all, try to avoid taking money from your long-term retirement investments. Doing so could result in taxes, penalties and reductions to your overall principal investment, all of which could affect your retirement savings.

Take the right amount of risk. You may think it's risky to put money away for retirement instead of keeping it handy for discretionary spending. But the biggest risk of all is not reaching your retirement goal. For example, a portfolio that's all in cash will have little increasing value over time and won't provide any growth potential even to keep up with inflation. It's as if you're losing money every year. Then again, if your investments are only keeping up with inflation, your money is not growing. Consider growth investments to help build the funds you'll need in retirement. The key is ensuring you have the appropriate amount of risk—not too much, but not too little—to achieve your growth goals.

Retirement should be an exciting time to enjoy what you've worked so hard to earn. Planning for what you'll need and protecting those savings can help ensure a comfortable future.

July Hardesty | Financial Advisor | Edward Jones
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Offering strategies based on what's important to you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Is Your Retirement at Risk?

It's important to save for retirement, but only half of Americans have calculated how much money they'll need, according to the 2024 Retirement Confidence Survey by the Employee Benefit Research Institute. Yet without knowing how much you'll need, it's hard to know if you're on track to reach your goals for retirement.

Here are a few considerations to help shape your retirement savings strategy.

Calculate how much you'll need. You may dream of retiring "comfortably," but how do you define "comfortable" in terms of actual money?

Take the time to outline how much you spend now, and how much you think you'll spend in retirement. That will help you understand how much you need to save now to afford the retirement lifestyle you want later. A financial advisor can help with resources and knowledge for building and managing your retirement strategy.

Start saving now. It's easy to procrastinate, especially if you are younger and further away from retirement. But the earlier you start, the less you may need to save from each paycheck to build your funds over time. If you're closer to retirement,

Save separately for emergen-



Top of Head

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“Enjoying the Journey”

by Lois Olmstead

Since the birth of my Livingston Enterprise column in 1987, many of you have followed our family through the graduations and weddings of our sons; then on to the births that made us Grampi and Grammi to our grandchildren. Cancer came for me in 1992 with surgery, chemo, and radiation. Later my book “Breast Cancer and Me” on that experience was published. In 1994, He-Who-Who-Takes-Long Steps (my husband, Robert) retired from Montana Power after 35 years, thirty of them in Colstrip. That was followed by an array of fun jobs, beginning with being a parts man at Carquest. You kept up with the sale of our home



by the lake, where I had my ducks, 10 miles north of Colstrip. We had a pond and so named it “On Golden Pond.” We lived there nine years. I traveled the country speaking. Those were grand experiences, and you enjoyed them with me in that column. You traveled along in August 2003 as we and our stuff moved 200 miles west to the middle of the hayfield on the ranch where I grew up in the Shields Valley. I wrote about it. *We are packing and heading west. If you have some spare money sitting around, invest in the tote company. We will be buying a jillion of those plastic totes. We will need to leave stuff in storage until our place is ready. Our spot is over the hill near where my Granddad lived. We have some wood stakes in the hayfield where our modular home will sit. The bigger staked-out-spot is for the shop for He-Who. It is amazing to me*

how he looks incredulously at what I say I am taking and then when I ask him if this particular rusting old contraption piece of junk goes into the ‘to the dump’ pile, he says, “You got to be kidding—that is valuable!” You might say a prayer for us. We’ve got a long way to go in this sorting thing. We have to build a road, dig a well, pour a foundation and put in fence before we settle down there. So, we are doing some tri-fold packing. What goes into storage units, in my Dad’s shop and what we need for the next three months. The day of the move came. We looked like the Beverly Hillbillies. It was an adventure all right. Plastic totes by the dozens (120 actually!) were hefted into colorful stacks in a U-Haul truck. We loaded Friday evening and Saturday morning in 3-digit heat. At 2:30 pm, we headed down the road. If you saw us during our 200-mile trip on I-90, you would remember. It was quite a sight. Melissa drove their pickup pulling Todd’s white trailer with Lisa and Taryn as passengers. Next in line was Todd, with

Justin and Dustin, in their Suburban, pulling a U-Haul trailer (filled to the brim with car parts, which I’m not going to mention). Next was He-Who and Ross in the big orange and white U-Haul truck full of our furniture and towing Robert’s treasured old yellow Rosebud County pickup. Next were Kevin, Kathie and Tracy in their pickup with engines, rims, transmissions and other valuables (no comment). Following them in Tillie (my car) was, me, Tyler and all the lamps and breakables. Eldon Rice said, “After reading your columns all these years, I would just like to be a mouse in your house—there seems to always be adventure there!” There were two more moves after that. So yes, Eldon, there are more adventures ahead. And one still to come, which I am excited to tell you about in the future. Our Bible reading today is Isaiah 43.19. It is a great promise about adventure and God’s provision for us. We could call it “Enjoying the Journey.” And the Community Journal column is aptly named...



Local Church Services

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

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

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

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

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

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

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

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

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

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

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

Kingdom Hall of Jehovah's Witnesses
1505 E Gallatin St., Livingston
Sunday Public talk and Watchtower 10:00 am
406-222-2012 • jw.org

Living Hope Church
226 South 3rd St., Livingston
Senior Pastor Shad Durgan
Sunday worship 8, 9:30 and 11am
406-222-1577 • livinghope.church

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1 Corinthians 16:13 - *Be on your guard; stand firm in the faith; be courageous; be strong.*

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Community Journal

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UPCOMING

Mark Your Calendars

EVENTS

Mondays - Weekly
WEEKLY TAI CHI at the Park County Senior Center, 206 S. Main St., Lvg. Every Monday at 10 am. Free to everyone.

WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St. Mon. & Wed. evenings at 6:30 & Tues. at 1 pm. Free for members, \$2 per afternoon game for non-members.

Tuesdays - Weekly
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.

WEEKLY MEDITATION at the Park County Senior Center, 206 S. Main St., Lvg. Every Tuesday at 1 pm. Free to everyone.

WEEKLY PINOCHLE at the Shields Valley Senior Center in Wilsall, 202 Elliot Street, every Tuesday at 1:30 pm.

CAREER ASSISTANCE - Livingston Chamber of Commerce and Job Services of Bozeman are providing on-site career & employment services once a week in Livingston, at the Chamber. Workforce consultants will be available from 9 am to 3 pm at 303 East Park St. Contact Leslie at the Livingston Chamber (406) 222-0850 or Ellen at Job Service Bozeman (406) 582-9237 for more info.

Wednesdays - Weekly
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.

Thursdays - Monthly
DIABETES SUPPORT GROUP - Livingston Health Care (LHC) is offering a free adult diabetes support group, for Type 1 or Type 2, on the first Thursdays of each month in the LHC Conference rooms, 320 Alpenglowl Lane, at 5:30 pm.

June 25 - CRAFTS at the Shields Valley Senior Citizens Center, 202 Elliot Street in Wilsall, 1:30 pm. (Last Wed. of each month.)

June 26 - SUMMER OUTDOOR CONCERT SERIES - Live music under the Henry Blake Pavilion at The Shane Center, 415 E. Lewis Street, starting at 4 pm when the food trucks begin and the music starts at 5 pm. This weeks featured artist is Bo DePeña Trio.

June 27 - ART WALK - Downtown Livingston Art Walk, galleries stay open late, offer light appetizers, socializing, and a lot of great art from 5:30 to 8 pm.

June 27-28 - BIG TIMBER RODEO - 102nd Annual Big Timber NRA Rodeo, 78 Fairgrounds Road. Friday starting at 7 pm, Saturday starting at 6 pm. Music, food, entertainment and rodeo! Free parking. Gates open 1 1/2 hours before events. Pre-sale tickets can be purchased at eventbrite.com and at The Fort in Big Timber. Tickets can also be purchased at the gate.

June 28 - COLMEY VET HOSPITAL 75TH ANNIVERSARY will take place at Mayor's Landing, 97 View Vista Drive, from 11 am to 2 pm. \$15 off pet food voucher for first 50 people, raffle and pet costume contest!

June 28 - EMIGRANT PEOPLE'S MARKET located at 8 Story Road in Emigrant on the lawn of St. John's Church, Saturdays from 9-1 pm, June thru October, weather permitting. Locally created goods, local honey, jams and eggs, eclectic curated items. New vendor inquiry please email emigrantpeoplesmarket@gmail.com for information.

June 29 - IF IT WORKS, FIX IT! - Spay Neuter Project is organizing a spay/neuter clinic at the Park County Fairgrounds, 46 View Vista Drive. For appointment call 406-222-2134 or email: spayneuterlivingston@gmail.com. Low cost vaccination and microchip clinic will also be offered, contact Laurel at laurel-rhodesdvm@gmail.com to make an appointment.

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.

June 30 - SHIELDS VALLEY FARMERS MARKET - The 2025 season is underway starting in Clyde Park at Holliday Park from 4:30 to 7 pm. The market will include music, kids activities, and a different food truck each week as it alternates the location in Wilsall at Veterans Park.

June 30 - LIVINGSTON ROUNDUP RODEO SLACK starting at 3pm at the Park County Fairgrounds, 46 View Vista Drive.

July 1-4 - LIVINGSTON ROUNDUP RODEO - Rodeo each night at 8 pm followed with nightly fireworks at the Park County Fairgrounds, 46 View Vista Drive. General admission tickets available at the gate. Also, barrel racing slack at 9 am on Friday, July 4th.

July 2 - LIVINGSTON ROUNDUP PARADE starting at 3pm in downtown Livingston on Main Street, Calender to 2nd Street.

July 3 - SUMMER OUTDOOR CONCERT SERIES - Live music under the Henry Blake Pavilion at The Shane Center, 415 E. Lewis Street, at 4 pm when the food trucks begin serving and the music starts at 5 pm. This weeks featured artist is WWW. Twang.

July 4 - DIRT ROAD PARADE - The Pray Parade will begin at 3 pm at the Pray post office, 8 Pray Road, and travel two miles before circling back for a second appearance. Festivities following the parade with live music, cold refreshments, food and various vendors. To sign up to participate, contact Lorna at lornadune62.lm@gmail.com or 406-223-1559.

July 4 - YELLOWSTONE RUNNING CLUB - Second Annual 5K Walk/Run fundraiser with updated route, chip timing, lots of raffle prizes and fun! Online registration is open now at runsignup.com/Race/MT/LivingstonIndependenceDay5k and will end at 9 pm on July 3rd but same day registration is available in person from 7:15-7:45 am at the start line along with bib pickup at Sacajawea Park's new picnic shelter.

NOW SHOWING

SHOWTIMES

HOW TO TRAIN YOUR DRAGON
Friday, June 20 - Thursday, June 21
4:30 pm and 7:15 pm

ELIO
Friday, June 20 - Thursday, June 21
4:15 pm and 7 pm

THE WILD ROBOT
Wednesday, June 25th
1 pm only

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BREAK time

CROSSWORD

Puzzle #404

Montana Fun Facts!

Water in Montana is naturally clean and safe to drink due to the natural filter system. All snow and rainwater travels through this same filtering system deep in the rock.

In Montana, 27 percent of the land is forested, with nearly all of it in the state's western half. In Maine, 82 percent of the state is forested (the most in the nation) and in North Dakota only 1 percent (the least).

Butte, Montana is called the "richest hill on planet earth". This is because of the rich mining history of this city.

ACROSS

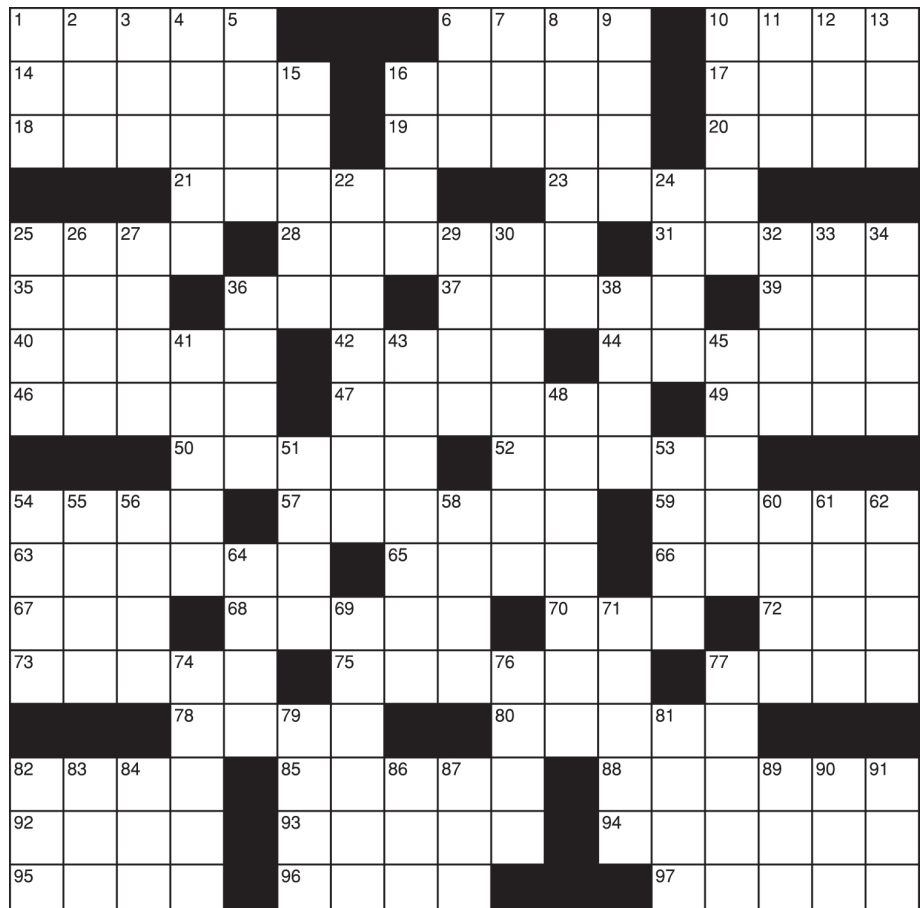
- 1. Forehead coverings
- 6. Cart
- 10. Thunder sound
- 14. Kind of type
- 16. Cotton cloth
- 17. Brioche
- 18. Shoof
- 19. Contradict
- 20. Not pretty
- 21. Giraffe's kin
- 23. Deep mud
- 25. "For _____ the Bell Tolls"
- 28. Asian boat
- 31. Long bone
- 35. Baton
- 36. Bear's lair
- 37. Pertaining to birds
- 39. Lumberjack's implement
- 40. Ascended
- 42. Land unit
- 44. Heaven
- 46. Spoof
- 47. Angle
- 49. African plain

- 50. Sayonara
- 52. Dire
- 54. Romanov title
- 57. Wood-smoothing tool
- 59. Suit of mail
- 63. Close again
- 65. Vaccines
- 66. Cordwood measure
- 67. Before, in poetry
- 68. Stair post
- 70. Little child
- 72. Operated
- 73. Hi-riser?
- 75. Draw out
- 77. Blow mark
- 78. Milano money, once
- 80. Earth pigment
- 82. Ricelike pasta
- 85. Reel of yarn
- 88. Bet type
- 92. Look quickly
- 93. Poet's product
- 94. Ceremony

- 95. Duelist's blade
- 96. English baby carriage
- 97. Composition

DOWN

- 1. Infant garment
- 2. Had a steak
- 3. Badger
- 4. State of depression
- 5. Submerge
- 6. Buck's love
- 7. Tease
- 8. College graduates
- 9. Sasquatch's kin
- 10. Sadistic
- 11. Captain's diary
- 12. 100 percent
- 13. Tissue layer
- 15. Terminate
- 16. In shape
- 22. Chicken soup?
- 24. Small one
- 25. Brit. female fliers
- 26. Israeli circle dance



- 27. Bloodhound's enticement
- 29. Young salmon
- 30. Retaliator
- 32. Chignon's locale
- 33. Leaf part
- 34. Enjoy a book
- 36. Document
- 38. Pervasive quality
- 41. Terrify

- 43. Advise
- 45. Candid
- 48. Inconsistent
- 51. Ocean oasis
- 53. Measureless
- 54. Deuce follower
- 55. Parched
- 56. Offshore
- 58. Sub shop
- 60. Paltry

- 61. Spoken
- 62. Budget item
- 64. Oppositionist
- 69. More feeble
- 71. Survey alternative
- 74. Pitch
- 76. Pine product
- 77. Ire
- 79. Invitation

- sign-off
- 81. Leave
- 82. Ajar, to Keats
- 83. Corded fabric
- 84. Final letter
- 86. Epoch
- 87. Creed
- 89. Nudge
- 90. Soft cap
- 91. Stout kin

Sudoku

Puzzle #139

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

Sudoku - #138

SOLUTIONS

Crossword - #403

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

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



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CLASSIFIEDS

FOR SALE

Stunning Wedding Dress - Champagne color, white lace flowers, long, see-thru sleeves, custom lace-up back, size 16. Worn only once, \$50. 406-581-3012.

Chest Freezer - Brand new apartment size chest freezer (21" x 25" x 33"), \$75. Call 406-222-4636.

SERVICES

LGH Remodel/Painting for interior and exterior painting for all types of projects. Call Louis at 406-223-8344. Licensed and insured, local references available.

FOUND

I found this item near Livingston Peak, close to bathroom C195z near the 4th tree, by the bush with red speckles, not turquoise. It is a Star series X970z Forehead Extension apparatus which supports 2 external isometric oscillators mechanisms. If this is yours and you want it back, I placed it 1 click down the trail and next to the log that looks like Dick Van Dyke left forearm, you know, the one with the bump. It's the one that looks like it has a mustache.
Good Luck on Your Journey,
Onix Lapis

HELP WANTED

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

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

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: MSHA 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

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!

Einstein's Learning Center is accepting applications for **substitute teacher, part-time assistant teacher, full-time lead teacher and part-time support staff**. We are not just coworkers; we are friends and family. We laugh together, cry together, and have fun together! To apply, please fill out application and state paperwork that is provided on our website at: <https://einsteinslearningcenter.com/employment>. We look forward to speaking with you!

Fairgrounds & Parks Crew Staff
Join Our Team This Summer!
(multiple positions available) Looking for a fun, active summer job that makes a difference in your community? Join our Fairgrounds and Parks team! We're hiring energetic, reliable individuals to help maintain the **Park County Fairgrounds** and support our events throughout the summer. For full details and requirements visit: https://jobs.parkcounty.org/jobs/148/Fairgrounds-Parks-Crew-Staff#job_148.

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: 7 am-3 pm, 3 pm-11 pm, 11 pm-7 am. 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. Visit link below for the Job Description for qualifications and additional information. <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://jobs.parkcounty.org/uploads/files/jobs/37/02.2025-Detention-Job-Description.pdf>
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

Sheriff Deputy
Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full time team member interested in a career in a law enforcement capacity in service to Park County residents and visitors. Open until filled.

Equipment Operator - Solid Waste POSITION IDENTIFICATION
Work Unit: Solid Waste Department – Collections
Title: Equipment Operator
Supervisor: Solid Waste Foreman
Current Classification:
Pay Grade: 12 (\$22.42 – \$27.62) Non-Exempt
Permanent Full Time - 5 days per week
Position overview: This position is responsible for the operation of heavy equipment for the Park County Solid Waste Department. This position includes collection of refuse using roll off trucks and front load refuse trucks. Maintenance of collection sites and equipment is required on a regular basis. Position is subject to the DOT federal drug testing requirements for a Commercial Vehicle License including a two-year clean testing history. You must have a valid license to operate equipment.

Windrider Transit Relief Bus Driver
Park County is seeking a Transit Relief Bus Driver to join the Windrider Transit team. This part-time position (10-15 hours/week) involves safely operating buses, providing excellent customer service to passengers, and ensuring compliance with safety regulations. Ideal for those who enjoy interacting with diverse community members. Candidates must have a valid Montana Driver's license and will be subject to comprehensive drug testing. Join us in serving the community with friendly, reliable transportation services! This job will be open until filled.

How to Place your Classified Ad!

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

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.

ANNOUNCEMENT

Emigrant People's Market, located at 8 Story Road, Emigrant, MT 59027, on the lawn of St. John's Church. Every Saturdays from 9 to 1 pm June through October, weather permitting. Locally created goods, local honey, jams and eggs, eclectic curated items. New vendor inquiry please email emigrantpeoplesmarket@gmail.com for information.

The collage features several overlapping classified ads. A prominent 'JOBS' ad lists various roles. A 'Career' ad is partially visible. A 'Team Leaders' ad mentions 'MORBI PR...'. A magnifying glass is positioned over a 'Trainee' ad, which describes a position with a 30% discount. Other ads include 'Looking for...' and 'Facilities'.

PARK COUNTY DROP IN CENTER

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CERTIFIED BEHAVIORAL HEALTH PEER SUPPORT SPECIALIST (CBHPSS)

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Special Exercises for Upgrading Health

The most effective ingredient of any exercise, is motion. Our bodies are designed to move. It has been asserted that every movement a human being makes is interbound with the motions and rhythms of other things, like planets solar systems, stars, constellations, galaxies etc. In essence we never move alone, because our body's small modicum of energy is connected to all other energies-in-motion, everywhere through space. Inexhaustible are the forces made available to us at all times!

Now this may read as something fanciful and yet this is easy to reconcile, with a simple thought-experiment. If one imagines a huge spiderweb and touches it with their imaginary finger, the entire web shakes. If this thought-experiment has done its work, a sense of the interplay of all things becomes more reasonable and this can be applied to exercises that upgrade health. So, we live in an ocean of motion. It is filled with moving energy of all kinds, degrees, grades and intensities. And our bodies are an outward sign of the presence of life-in-motion and this life can be put to use, just as the power of waterfalls is used to generate enough energy to run a small town. Now, there are at least two types of motion.

Some exercises involve motion and others don't, yet nothing is really still, though it may appear on the surface. For example, Qi Gong is a very old method of sustaining radiant health, through motion, beathing and adopting certain static postures. Some postures that are taken up, appear to be static. For example, there is a posture in Qi Gong called Zhan Zhuang (standing like a tree).

This type of standing is called motion-in-stillness, whereby the outer body appears stationary yet on the inside the flow of energy through the internal organs is coherently increased. A solitary tree on the edge of town looks stationary from the outside but on the inside there exist a circulation system, that draws water from the roots to the leaves. One can practice this type of standing and receive the benefits of improved circulation of the basic energy or Qi (Chi). Of course, there is a method for doing this properly. Now, what about stillness-in-motion?

In Taiji, you have stillness-in-motion, which is the complement of motion-in-stillness. In Taiji or Taijiquan, the patterns of motion are reflective of the spiral, which is how solar systems and galaxies revolve around a common center. The idea behind these movements is that when the motions of human beings imitate the motions of the universe, health can be increased, because the exerciser is moving in rhythm with the natural flow of things.

Today, it is a useful thing to be in rhythm with the greater life that interpenetrates and surrounds everything.

Here is an exercise that includes both motion and stillness. This can be a short-cut method for feeling Qi or the basic energy of life.

You can either stand or sit in a comfortable chair, with your arms naturally dangling at your sides. The first part is to be aware of your hands, especially, the palms of your hands. How do they feel to you? As energy follows thought, you may feel more energetic movement in your palms. This is an example of motion-in-stillness.

The second part is to very, very slowly and gently, extend the index fingers of both hands. Notice anything different? Even if you just notice the feeling of slowly extending your index fingers, that is something that will set the stage for something more to happen. As your fingers are connected with the rest of your body, through your connective tissue system, it may not take long before you feel the effects of extending your index fingers, encompassing your entire body.

This is a great method to generate more energy coherence through the simple act of pointing. Though this gesture may not appear consequential on the surface it is the basis for fundamental movement skills and even enhanced personal safety strategies. Now, let us do this again but this time, while your hands and arms are still relaxed along your sides, gently and ever so slowly, extend your index fingers and as soon as you feel something, hold the fingers there. See if you can feel a difference in the quality of energy in your palms. An increase in the amplitude of sensations may occur. Some people notice a tingling, others a sense of fullness, like a tire being filled with air. Whatever you notice is useful. If you can sense something energetically different, then all you have to do to feel more is to play more with this simple yet profound motion. Not only does this gesture improve general circulation it can also enhance a sense of greater well-being.

In some specialized scientific communities, it is understood that all movements engender electrical impulses, whether it is the act of bending the arm, walking or running. Most people can't track the flow of energy, because they are moving too fast to notice. So, this gentle pointing exercise is done slowly, so anyone can track the flow of their own energy, without distraction.

In my Taijiquan classes, we incorporate these as well as motion-in-stillness and stillness-in-motion, to assist students in upgrading their own health and well-being to higher levels of energetic coherence.

Kevin Raphael Fitch, Coach Fitch, has earned gold medals in many international Taiji competitions. He is a former martial arts competition judge, from 2004-08. He has written for Inside Kung Fu and has conducted classes for corporations, senior centers, departments of recreation and law enforcement. He has been conducting classes at the Shane Center and is available for demonstrations, semi-private and group classes. For more information, please visit his website: www.taijilivingston.theastrologyconsultant.com



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996 Forest Grove Road
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#402710 | \$699,000
Swanson Team | 406-220-4340



326 S 5th Street
3 beds 1 bath | 1,879 sq ft
#403239 | \$550,000
Julie Kennedy | 406-223-7753



923 W Clark Street
3 beds 2 baths | 1,808 sq ft
#402441 | \$557,500
Jon Ellen Snyder | 406-223-8700



425 N 7th Street
4 beds 2.5 baths | 1,726 sq ft
#401573 | \$630,000
Theresa Coleman | 406-223-1405



22 Boyd Road
3 beds 2 baths | 2,724 sq ft
#401769 | \$1,575,000
Julie Kennedy | 406-223-7753



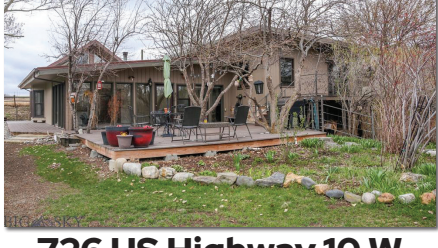
107 Elliot Street N
Commercial Sale | 3,104 sq ft
#98072 | \$600,000
Tammy Berendts | 406-220-0159



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



TBD E Lewis Street
Land Listing | 0.16 acres
#400476 | \$199,000
Swanson Team | 406-220-4340



726 US Highway 10 W
4 beds 3 baths | 3,277 sq ft
#401505 | \$889,000
Julie Kennedy | 406-223-7753



329 S B Street
Commercial Sale | 9,652 sq ft
#401553 | \$1,650,000
Theresa Coleman | 406-223-1405



1115 Ridgeview Trail
3 beds 2.5 baths | 1,758 sq ft
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Robyn Erlenbush CRB Broker Owner | Each office independently owned & operated.

Meals for June 23rd - 27th


Monday, June 23rd - Loaded baked potato, chili, pears, milk

Tues., June 24th - Chicken chili Verde soup, tortilla chips, banana, milk

Wed., June 25th - Beef stroganoff, roll, green beans, peaches, cake, milk

Thurs., June 26th - Sweet & sour chicken over rice, eggrolls, fruit cocktail, milk

Friday, June 27th - Salmon patties, coleslaw, fries, watermelon, milk



206 S Main St
Livingston, MT 59047
406-333-2490

Check us out on Facebook
Livingston Meals on Wheels

Lunch served cafeteria style
Serving food until 12:15 pm

SUGGESTED DONATION \$6 PER MEAL IF OVER AGE OF 60
NO MEMBERSHIP NEEDED
\$8.50 if under 60

Salad bar included in meal price
If you would like a to-go meal please call before 9am

The Bull, The Myth, The Legend Comes to Livingston

By Blue Duck, Legendary PBR Bull and Occasional Philosopher

LISTEN UP, HUMANS.



This is *your* boy, Blue Duck—1,635 pounds of muscle, attitude, and Oklahoma sass. I live the good life most days: grazing in the sun, napping in the shade, and making Cord McCoy fetch me snacks like the well-trained butler he is. (Love ya, Cord. Don't forget the molasses cubes this time.)

But every once in a while, the lights flick on, the crowd roars, and it's *go time*. That's right, I'm talking about the **Livingston Classic PBR** presented by Ressler Motors Chev-

rolet, returning Saturday, **July 12th** at 7 pm to the Park County Fairgrounds. And guess what? *I'll be there*, looking handsome, dangerous, and ready to launch some poor cowboy into the Montana sky.

Now don't get me wrong—I love riders. They're brave little fellas. I can feel every twitch, every lean, every desperate prayer they mutter under their breath. I respect the effort. But let's be honest:

I'm smarter, stronger, and I've got moves that would make a ballerina jealous. Sometimes I buck 'em off in under three seconds just to remind everyone who's boss. Other times? I let them ride—just to keep it interesting. You're welcome.

I live down in Oklahoma most of the year, and let me tell you—it's hot. Like, standing-in-a-bonfire-while-wearing-a-fur-coat hot. So rolling into Livingston, Montana in July is like checking into a luxury spa; cool nights, green grass, and the best fans in the world. Y'all know how to



cheer a bull on. I'd tip my hat to you if I wore one.

I take my job seriously. I train. I stretch. I eat right (mostly). After all, I only have to work **eight seconds a week**, but when it's my turn, I put on a show. And this year? I've got new moves. I'm not just bringing the heat—I'm bringing the fireworks. You don't want to miss it.

But fair warning: tickets are going fast. And I don't want to see you standing outside the gates, crying

into your cowboy hat because you waited too long. Head to LivingstonClassicPBR.com and lock 'em in. I'll be watching. And judging.

See you July 12th. Come early. Cheer loud. And bring snacks. (For me, obviously.)

Yours in hooves and horsepower,

BLUE DUCK

PBR Superstar, Bull of the People, and Cord McCoy's Favorite Roommate

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