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Week of July 13, 2025

Beartooth Rally & Iron Horse Rodeo, July 17th-20th

Get ready for the 31st annual **Poker Run & Iron Horse Rodeo**. The Beartooth Pass Poker Run meanders from Red Lodge to Cooke City, Montana along the Beartooth Highway—one of the most scenic routes in the country. Montana's only Iron Horse Rodeo in the entire state is in Red Lodge at the Home of Champions Rodeo Grounds—one of the most premier locations for an outdoor event.

The festivities begin in Red Lodge at the rodeo grounds where **camping is open** starting on Monday, July 14th until Sunday, July 21st. Amenities include: Porta Potties, Wash Stations, Shower/Bathrooms, Trash Bins, and security provided by Set Free Ministries.



The Poker activities begin on Thursday, July 17th, in Red Lodge with a **Local Poker Walk**. No motorcycle necessary—just bring some friends and explore the local shops in Red Lodge and play some cards. Sign-ups are from 2- 3 pm. Last Card is at 6 pm. Poker Cards are \$5/1 or \$10/3. Location is at CMor Red Lodge Real Estate, 103 South Broadway Ave.

The second annual **Bike Night with an evening of live music** is also on the 17th at the rodeo grounds. Doors open at 6:30 pm and the show starts at 7:30 pm. Entry fee is by donation—\$10/person is suggested.

On Friday, July 18th, **Bone Daddy's Custom Cycle Loop Poker Run**

hits the road. Sign-ups are 8:30 am-noon. One poker card is \$15, with additional cards at \$10 each. Last card is at 6 pm. Location is at Bone Daddy's Custom Cycle, 210 North Broadway Avenue in Red Lodge. The run proceeds will benefit the Industrial Arts program at Red Lodge High School. The Run loops through the surrounding Montana towns and rolling hills at the base of the Beartooth Mountains. Followed by a Street Dance at Snow Creek Saloon, 124 South Broadway Ave. in Red Lodge.

On Saturday, July 19th , they head out for the spectacular **Beartooth Pass Poker Run**. A motorcyclist's favorite, a trip up Chief Joseph Scenic Byway, curving the outer edge of Yellowstone National Park, and down the Beartooth Pass to Cooke City. Proceeds benefit Operation Second Chance. Sign-ups are from 8:30 am-noon.



Last Card: 6 pm. A Poker Card is \$15, with additional cards at \$10 each. Start location is at Bone Daddy's Custom Cycle in Red Lodge. The run is followed by a live music street dance outside the Snow Creek Saloon.



On Sunday, July 20th, the funny and family-friendly **Iron Horse Rodeo**—a one of a kind experience—will also be held at the Home of Champions Rodeo Grounds. The show begins at 1 pm. Sign-ups are from 9:30 am-noon. Contestant fee per event is \$10. General admission is \$10, with kids under ten free. The rodeo grounds are located at 101 Rodeo Dr. in Red Lodge. There is a wonderful **Vendor Fair**

happening at the rodeo grounds starting at 10 am. Admission is \$10 (which includes rodeo entry, with kids under ten still free). So, come early to shop local and regional vendors offering goods for everyone, and enjoy the delicious food and drinks.

Between 2017 and 2024, the Beartooth Rally and Iron Horse Rodeo has donated almost \$90,000 to numerous charitable organizations, like the Boy & Girls Club of Carbon County, Operation Second Chance, St. Vincent Healthcare Foundation's NICO Program, and the local

Hellroaring Skate Park. The rally works with the Kids Helping Kids 501(c)(3) in making these contributions happen. All the support from sponsors, vendors, local partners, and rally attendees is what makes it possible to give back to the local community and to those most in need.

See you on the road! Get the most up-to-date information on their website: BeartoothRally.com.



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Park County Community Journal

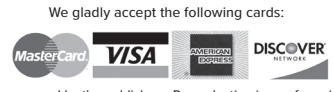
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Obituaries

March 28, 1950

Howard James Olson

June 28, 2025

In the arms of angels, Howard James Olson, left this world late in the evening, Saturday, June 28, 2025. His battle with heart disease and COPD was finally over.

Howard was born on March 28, 1950, in Livingston, Montana, to Bobbie and Roy Olson joining his brother Gary and later adding younger brother Dan. His father, Roy had the first home built on the Northside hill and Howard's grandfather Al Olson helped plant evergreen trees at the homesite. That home and now very large trees can still be seen while traveling west towards the Livingston truck stop. When Howard started kindergarten, he would walk down that hill on a path the family used. He decided after the first day, that was enough of school, and for four days, stopped to play at a creek and when he saw the other kids leaving the school, he would walk home for lunch. His mother finally got a phone call and that was the end of playing hookie.

The family moved to Laurel, Montana, when Howard was six when his father transferred with the Burlington Northern Railroad. Their home was one of the few on Pennsylvania Avenue when they arrived and so there was nothing but a big open field of grass west of their home, where Howard and his brothers had many adventures. The family hunted, fished, camped and were involved with baseball and other sports. Howard's favorite sport in high school was wrestling and he was second place winner at the state tournament. Their home on the corner was always busy with friends and neighbors stopping by. Howard's father Roy was artistic and had

a den downstairs where he painted and did taxidermy work. That den had many visitors. Howard, like his father, never met a stranger and I was never sure who might show up at my dinner table. My father-in-law also had little nicknames for everyone. Howard was Scruff, Susan was Sue bear, Bret was Whoa boy, Jacob was Jakey, and Howard's mother Bobbie was Bobcat.

Shortly after graduating from high school in 1968, Howard signed up for the military and followed his father, joining the Navy. He was stationed in Hawaii as a store man and when he returned to Montana he began working for the railroad. Later he followed his dream of becoming a taxidermist.

In the summer of 1973, Howard met his future bride at a rock concert at Pioneer Park in Billings. On their first date, Howard took Susan to Emerald Lake to go fishing. After five years of adventures fishing, hunting, and camping, Howard proposed and they were later married on June 18, 1978, near Dagmar, Montana, at her family's home, Nielsen Family Farms. Howard and Susan eventually moved to Old Chico, Montana, where Howard started his taxidermy work. On March 29, 1982, their adopted son Bret Matthew was born. When Bret was 4, Howard and Susan left Old Chico and moved to their present home and business in Paradise Valley, where it was more visible to the public at 10 Sundance Drive. Howard's business grew and son Jacob joined family on February 20, 1989.

Howard always wanted a daughter, and that came true with Jacob's daughter Chloe Lynn Olson born September 10,



2014. Grandpa Howard holds a special place in her heart. Our family grew again when grandson, William Jacob Olson was born on March 10, 2025. One last time, Howard followed his Dad and nicknamed Chloe, Buttercup and William, Little Wills. We also have three step-children Sara, Ryan and Lane whose parents are Bret and Shawna Olson in Billings.

Howard was a good businessman, teacher, friend, husband, father, grandfather and will be dearly missed. God has been good to this Olson family.

A memorial service has been scheduled for the end of August.

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



NOTICE OF CELEBRATION OF LIFE

David A. Amunrud

Friends and family, we invite you to join us for a Celebration of Life
coffee hour for David Amunrud, July 26, 2025, at 1pm at the Shields Valley
Bible Church, 405 W. 5th St., Clyde Park, Mt.

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Clark's Journey Through Park and Sweet Grass Counties—A Driving Tour

Clark's Trail through Park County

- Information on Clark's travels on Billman Creek

Entering Yellowstone Valley

1 Frontage Road at Bozeman Pass, 1.4 miles past exit 319

Hunting Grounds

2 Frontage Road, just east of exit 325 near mile marker 06

Searching for Large Cottonwoods

3 9th Street and River Drive
- On Horseback

4 9th Street and River Drive

Sacajawea on the Yellowstone

5 Sacajawea Park near the bandshell

Wide, Bold, Rapid and Deep

6 Sacajawea Park near the bandshell

High Rugged Mountain

7 Judson Park next to the Depot

All types of Critters

8 Chamber of Commerce
- Heading down the Yellowstone

9 Meyers River View Trailhead

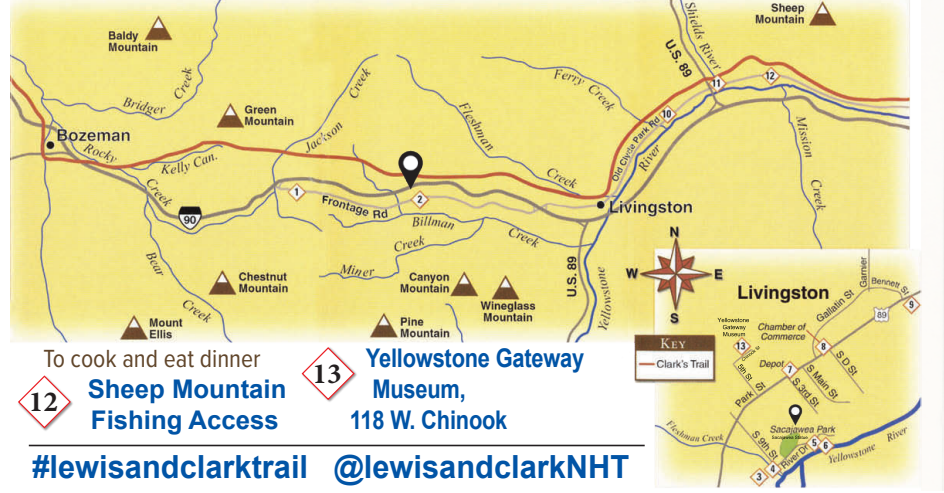
Returning to the shortgrass prairie

10 Follow Garnier, which becomes Old Clyde Park Rd

Named in Honor of John Shields

11 Old Convict Grade at Shields River

The tour begins east of Bozeman. Exit at Jackson Creek (exit 319) and follow the Frontage Road (Old Highway 10) towards Livingston. Interpretive signs at each stop provide details about the journey.



Experience the adventure of Captain William Clark's trek across Park and Sweet Grass Counties as he headed home with the Corps of Discovery Expedition on July 15, 1806. Clark was a true explorer, scientist and mapmaker. As a result, there exists detailed records of his travels, which enables us to reproduce accurately his trip and share it with visitors and locals alike.

After having reached the West Coast, the Lewis & Clark Expedition was heading eastward towards home and exploring the Yellowstone River on the way. Near Lolo, MT, they split up, with Clark heading east along Yellowstone Valley with Sacajawea, and Meriwether Lewis heading northeast for the Missouri Valley. They would reunite at the convergence of the two rivers. This was no pleasure trip; for one thing,

they were in a hurry. They were short on supplies and cold weather was approaching. On July 15th, they left their camp just outside of Bozeman and pushed through Park County to reach the next site, which was just beyond the Shields River, all in one day. (Capt. Clark is the one who gave the Shields River and Valley their names.)

Although they were in a hurry, they took a three-hour break to rest the horses and prepare a meal. Some historians believe this occurred near the spot where, today, Interstate 90 crosses the Yellowstone River in Livingston.

Clark found abundant wildlife, making several entries in his journal. He saw large numbers of elk, antelope, bison, geese, great numbers of beavers, and some bears. (Most of these beasts and fowl are

in abundance today.)

The party continued following the Yellowstone River into Sweet Grass County and the Big Timber area. Clark made note in his journals about two streams entering the Yellowstone—the Boulder River from the south and Big Timber Creek from the north. Clark moved northeast to the convergence of the Yellowstone and the Missouri Rivers, north of Sidney, MT.

The driving tour begins east of Bozeman at the Jackson Creek, at Exit 319 off the Interstate, and meanders through the two counties. Follow the map, read the interpretive signs, and retrace the steps of Captain Clark and the Corps of Discovery to see what they saw as they traversed the beautiful landscape of Southwestern Montana some 200 years ago.

To commemorate the trail of the Corps of Discovery Expedition, a larger-than-life bronze statue of 17-year old Shoshone, Sacajawea and her son "Pomp" was erected in Livingston's Sacajawea Park on the banks of the Yellowstone River. This was the first time she is depicted on horseback and the only time she is portrayed with her son (not wrapped in a papoose) at 19 months old. This is how old Pomp would have been when they were in Livingston with Captain Clark on July 15, 1806. This public art project provides a unique opportunity to celebrate a moment from our past. To find out more about the statue, or how you can further support its maintenance, call the Great Bend of Yellowstone Lewis and Clark Heritage Commission at 406-222-0570.

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Book Signing on Saturday, July 12th at the Emigrant People's Market

Author Kevin "Raphael" Fitch, of Livingston, will sign copies of his new book: *Astrology, Light and America's Future*, at the Emigrant Market, this Saturday. It is his third major work, since *Celestial Configurations of Africa and the Caribbean*, Raphael's 626 page book on African historical cycles, was released in 2012, and his international thriller, *The End Zone An Ahmad Jones Novel*, came out in 2018. "My first book covered African astro-political cycles... excerpts from the first draft were quoted in front of a group of African political leaders, in Senegal, West Africa, in 2011," Raphael said. After visiting Montana once a year, since 2008, he recalls how he landed in this wonderful part of the country.

"As an actor, since 1987, I was invited to

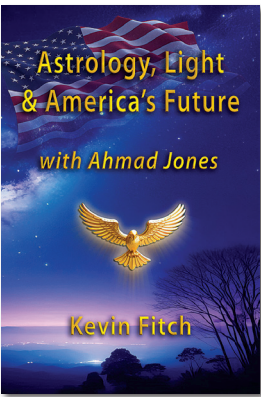


Livingston to give a dramatic solo performance of Kalil Gibran's, *The Prophet* and have been here ever since. That was in the summer of 2020." Raphael has written much since then, even on Montana and like most of his previous non-fiction and fiction books, the through-line of his current book involves real-world geo-political events and their accurate relationships to astronomic cycles. "My new book," Raphael says, "informs on the intersection of verifiable historical cycles, world economics and planetary phenomena, even elements of quantum physics and the so-called fractal order of the holographic universe. These are blended into a sort of theatrical format that is relatively easy to read and enjoy. This book is for anyone but especially amateur historians interested in some aspects of American history, philosophers, scientifically inclined astrologers, energy workers and meta-physicians.

"It is a unique contribution to the genre, of scientific astrology, storytelling and historical facts. Unlike many books on cycles, that focus

on dire prediction, Raphael says, "This book aims to show the larger framework of linear and non-linear time, through which our present world cycle is passing. It presents perspectives that are actually fun, practical, sensible and useful."

Raphael, approaching age 67 this week, commented on the time when he was introduced to what is commonly called astrology, and which he simply calls the chemistry of the luminaries. "I was working at IBM in the 80s," he says, "and two of my colleagues were versed in the mathematics of calculating horoscopic charts. They taught me how to apply basic astronomical measurements and various terrestrial coordinate systems, to render a chart. These systems represent the scientific basis on which astrology is founded. That's how I began seeing the uses of this dis-



cipline. I began writing about it, in connection with the march of world events, after employing it in my private consulting work. It's been over 45 years, and my world wide clientele has spanned the gamut of professions, from corporate execs, international stakeholders, therapists and scientists, to law enforcement personnel, lawyers, actors and directors."

In *Astrology, Light and America's Future*, Raphael presents aspects of American history and present challenges, including that of many other national entities, whose timelines are shown to be based on repeatable and measurable astronomic cycles, all contained within the brightness of the future.

Kevin Raphael Fitch will be on hand to sign books, from 10 am to 1 pm at the Emigrant People's Market. For more information, please visit his website: www.theastrologyconsultant.com

Bozeman Symphony Welcomes New Principal Flute

The Bozeman Symphony and Music Director Norman Huynh announce the appointment of Sierra Schmeltzer as Principal Flute starting with the Symphony's 2025-26 concert season, *Music that Moves Us . . . to Join Together*.

A dynamic performer and passionate educator, Schmeltzer joins the Symphony from Los Angeles, where she maintains an active freelance career performing with esteemed ensembles including the San Diego Symphony, Pacific Symphony, and Los Angeles Chamber Orchestra. She also currently serves as Principal Piccolo with the Boise Philharmonic and maintains a thriving

private teaching studio.

"I am so thrilled to welcome Sierra to the Bozeman Symphony family," said Music Director Norman Huynh. "Principal flute is one of the most important roles in the orchestra. We are lucky to have someone with her experience and talent to contribute to our already highly skilled woodwind section."

Musician Committee Chair and Principal Oboe Sandy



Stimson stated, "I am looking forward to working with Sierra. Along with her beautiful, expressive playing, she is also a wonderful colleague."

Schmeltzer holds a Bachelor of Music from the Hart School of Music and a Master of Music and Graduate Certificate from the University of Southern California. She was awarded First Prize in the 2024 San Diego Young Artist Competition and

was a semi-finalist in the 2023 National Flute Association Young Artist Competition.

When she's not on stage or in the classroom, Schmeltzer enjoys spending time with her two cats, Henri and Thor.

The Bozeman Symphony's 2025-26 season opens the weekend of September 20th with *Sounds of America I: Marsalis & Rachmaninoff*. Tickets are available at www.bozemansymphony.org or by calling 406-585-9774. Adult tickets start at just \$29, with student discounts available. Tickets at the door are subject to availability.

VOLUNTEER SPOTLIGHT:

Livingston Food Resource Center

Meet **Phil Davidson**—Pantry stocker and Pantry Supper Club meal-delivery guy extraordinaire for the center. He has been volunteering for over four years. He comes in for a couple hours on Mondays and Wednesdays to help stock the pantry shelves. Phil also delivers for the Supper Club one day per week.

Phil enjoys a "variety in life." He has many interests, from reading the daily stock-market report (really) and bicycling, to watching women's sports (WNBA especially). Phil retired from the accounting office of Xanterra in December of 2021. He heard the center needed volunteers and signed right up. He's been having lots of fun ever since!

Phil's favorite part of volunteering for the FRC is the camaraderie of the volunteers and the staff. He says, "Every shift you work is a really good time."

When Phil isn't at the center, you can find him somewhere around the globe. He is a very active volunteer for the Fuller Center (similar to Habitat for Humanity). As a matter of fact, he was heading off to Armenia to start building this week. Phil is also a member of the Board of Directors for the Gardiner Food Pantry. He has volunteered for several other organizations, too.

Phil's words of advice are: "Any and all volunteering is a reward in itself, compared to the effort you put into it." His thought on volunteering if you are in the older generation is: "You can't teach an old dog new tricks, but you can try doing it really slowly!"



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VOLUNTEERS NEEDED to stock shelves, packaging dry goods, helping in the kitchen and/or assisting clients shop. As a group, you can prepare and distribute Backpack Buddies Bags, be part of the Pantry Supper Club Program, and Summer Lunches in the Park, or assemble holiday meals. LFRC also needs occasional help loading and unloading trucks and moving inventory. Email Jeanie Babcock for more information at Jeanie@livingstonfrc.org.

If your organization would like a **Volunteer Spotlight**, e-mail Jill Ouellette at jill@pccjournal.com.

Got Company? Bring Them Down to The Shane Center!

Summer is in full swing and The Shane Center is offering the perfect activity for all your guests with their popular SOCS series. Each Thursday in June and July features the best in local and regional performers at a free community concert in the Henry E. Blake Pavilion.

On Thursday, July 17th, **Swamp Dawg** will deliver an evening of New Orleans Swampy Funk and Rhythm and Blues. Swamp Dawg is the all-time favorite band at SOCS—this will be their fourth return to the stage. We can't imagine doing a summer schedule without including their fun, NOLA style funk music for your enjoyment. Attendees can expect to dance to swampy Southern Soul music with some new band



Swamp Dawg

members to continue the multicultural rhythmic explosion of funk, rhythm and blues and second New Orleans classics. Get there early for this—it will be a full house.

Montana Bluegrass Quintet **Release the Squirrels** takes the stage on Thursday, July 24th. A

shiny, new bluegrass quintet that pushes the boundaries of the traditional bluegrass cage. Release the Squirrels hails from the valleys of Western Montana and each of the five group members bring a unique perspective to the band, creating a cohesive and dynamic voice. From danceable old-time original compositions to artful covers of modern songs, the Squirrels have a broad repertoire that appeals to every audience. With a deep appreciation for bluegrass

traditions, influences like Bill Monroe and the Bluegrass Album band are present, however the group has a penchant for crafting bold arrangements to pay tribute to the past with a modern flavor. The depth of their musicianship is evidenced by masterful flatpicking, hard driving banjo and rock steady upright bass. Listeners also delight to hear hypnotizing fiddle melodies and inspired mandolin licks interspersed amongst a tapestry of three-part vocal harmonies. This is their first time at the Shane Center.

SOCS concerts take place, free of charge, from 5 – 8 pm. There are food trucks and

libations for all ages. Concert attendees are encouraged to bring chairs. There are a few shared tables reserved for patrons of the food trucks while enjoying their dinner. Sponsors include:

Livingston HealthCare, Marcia McCrum in Memory of Bliss McCrum, Erin Denton O'Brien and the Yellowstone Valley Lodge & Grill, and booking partners at Mighty Fine Time - John and Joanne Lowell.

Bike parking is available onsite, and additional car parking is available at the Lincoln School at 215 E. Lewis.

The Shane Center is located at 415 E. Lewis. For more information on the Shane Lalani Center for the Arts, please visit www.theshanecenter.org.



Release the Squirrels

Wheatgrass Books is Hosting Montana Authors Helene & Robert Mitchell

Wheatgrass Books welcomes husband and wife team Helene and Robert Mitchell to the bookstore located at 120 N. Main Street on Saturday from 11 am to 2 pm on July 19th. They will be signing copies of **Loving Again** which they co-wrote and of Helene's recently released **Murder on the Rez**.

About the Books

Murder on the Rez tells a story of Missing and Murdered Indigenous Woman (MMIW), the story of innocent young women who are kidnapped and trafficked off the Crow Reservation in Southeast Montana.

When Detective Maggie Monroe stops for fuel on the way to see her sons in Absarokee, Montana, she finds a 14-year-old Native girl hovering in the passenger seat of her car. "Please Ma'am, take me with you. He's gonna cut me, but I don't wanna be cut. He says he owns me."

Maggie's discovery sets off a series of

events leading to a ring of human traffickers, bringing local and Tribal law enforcement, and the FBI, together to an unpredictable end.

Loving Again is a guide for those souls who have lost their long-time spouses and yearn to continue living life in all its beauty as fully and bravely as possible. The authors suffered this same loss, looked for help and found few resources for seniors looking for life choices after becoming widowed. They met on a dating site, fell in love, and threw away their rocking chairs, opting for cruises, Friday night

Loving Again



A GUIDE TO ONLINE DATING
FOR WIDOWS AND WIDOWERS

...YOU DON'T HAVE TO BE ALONE

By Gail Decker Cushman
and Robert L. Mitchell

dates, and writing marvelous words of love. The authors explain how to navigate this new world of social media with simple explanations and examples. Dating sites number in the thousands and this book analyzes the best sites for widowed persons, how to write a profile, select a picture, and join the millions who have found companionship online.

About Helene Mitchell

Montanan Helene Mitchell writes about the intermountain West, specifically Montana, Nevada, and Idaho. She has written eleven books: five

mysteries in the *Maggie Monroe Series*, five in a romantic comedy series called the *Wrinkly Bits*

Series (under her given name Gail Cushman) and one with her husband, Robert Mitchell *Loving Again A Guide to Online Dating for Widows and Widowers*.

Born and raised in Idaho, she served as a Marine officer during Vietnam, teacher, principal, superintendent, and now writes and travels with her husband Robert AKA "Cowboy" Mitchell.

About Robert Mitchell, AKA Cowboy

Robert Mitchell is a retired Montana rancher, pilot, mechanic, expert witness, and storyteller. He is an author and writes humorous blogs under the name "Cowboy Bob" about an old cowboy, constantly puzzled by the widow lady down the lane. He lives on a piece of ground overlooking the Stillwater valley in the shadow of the Beartooths with his wife Gail (AKA Helene), his co-conspirator, with their faithful dog Cody. He recently was part of the Elk River Storytelling, telling of a Widowers online quest for love.

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Where Little Minds Grow Up With Big Ideas

Early Childhood Education is NOT Babysitting

Melissa Whithorn, Program Director, Future Promises

I am deeply passionate about changing the perception that childcare staff are merely babysitters. As a Childcare Director and Advocate, I have consistently advocated for a more accurate understanding of our roles. Years ago, I had the honor of being a stay-at-home mom and home-schooling my children. My oldest child was homeschooled from kindergarten through 12th grade and is now a student at MSU; my son was homeschooled until middle school and will be attending Park High School in the fall. During that time, I often downplayed my efforts by saying, "I am just a mom." It wasn't until I had a conversation with a life insurance agent who detailed the cost of replacing everything I did each day that I began to recognize my actual value and self-worth. Many caregivers fall into this same trap, by not acknowledging our worth, we inadvertently fail to demand the respect we deserve.

First, let me emphasize that there is nothing wrong with being a babysitter or nanny. These roles provide a valuable service and require a unique set of skills and knowledge that not everyone possesses. Every parent has

likely said, "I would never trust (fill in the blank) with my child." That statement alone highlights the significance of the individual entrusted with the care of your child, whether they are a babysitter, nanny, or teacher.

Comparing jobs is akin to comparing apples and oranges. While both are fruits, they serve different purposes and provide distinct benefits; their differences often outweigh their similarities. That well-known adage rings true. So, why should we compare a babysitter with an early childhood educator? To justify such a comparison merely because they both engage with the same population would be as misguided as suggesting that both apples and oranges come from the same farm.

Are Childcare workers Just babysitters?



Therefore, I do not intend to compare an early childhood educator to a babysitter. Instead, I will outline the role of an early educator, allowing you to appreciate its unique value. I will not diminish the role of a babysitter by implying that they are less important or skilled than I am as an educator.

Childcare teachers work five days a week for 10-11 hours. They are expected to never get sick, never have a headache, never need to go to the doctor during working hours, never need a break, and always be filled with energy and excitement. They spend their day teaching

children how to think and respond to those around them. They are stable and constant in most children's lives, and they become the emotional support that children need to explore the world successfully. With the ever-growing demands of the school system asking children to perform



at a higher level at younger ages, it is now the job of early education to teach math, reading, classroom skills, and social and emotional skills. They teach children everything from how to share to how to hold a fork. While the core of early education is to teach social and emotional skills, children can better understand their feelings and their place in the world. There is a very real and demanding push for 4-year-olds to be reading 100+ sight words and doing basic math up to 10. The role of the early education teacher is to lay a foundation in a person's life that will be solid and secure so they can build a well-rounded life and sense of self so they can go on to learn and grow as a productive member of society. It is a job that should be coveted, praised, and supported with the utmost respect. It is the role that is prepping the future leaders of our world, inspiring hope and potential in every child.

As early educators, we should hold our heads high and be proud of the work we do, demanding that the community recognize us for who we are: teachers, educators, caregivers, world changers, and leaders. We must continue to advocate for the respect and recognition we deserve, as this will not only benefit us but also the future generations we are shaping.

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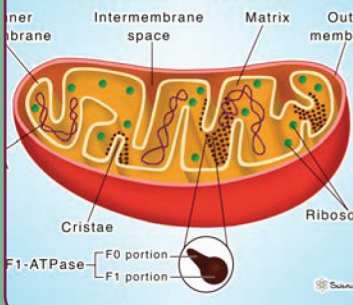
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Thurs., July 17th - Lasagna,
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Your Ageless Wellness Column

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

Learning to Listen

In our last article, we explored the belief that "it's too late" to make changes—and we began looking at the role pain plays in keeping us stuck. We asked the question, your body, mind, and spirit are still listening to you... but are you listening to them?

This time, let's explore what that really means—and how we can begin to actually listen to our bodies in a way that supports healing, movement, and greater well-being.

Your body doesn't speak English. It has a language of its own. It doesn't use words. It uses sensations: tightness, stiffness, restlessness, fatigue, cravings and pain. These are its vocabulary. And the more we ignore those signals, the louder (and more uncomfortable) they become.

Most of us were never taught how to interpret these signals. We were taught to push through them, numb them, or ignore them completely. But listening to your body is not weakness—it's wisdom.

It's a form of partnership. Pain isn't the enemy—it's information. Pain gets a bad reputation. But not all pain means "stop." Some pain says, "Hey, I'm not used to this—take it slow." Other pain says, "Something's not right—pay attention."

The key is learning the difference. And that takes practice, time and patience. The more we listen, the more we learn what's safe, what's helpful, and what needs extra care.

From my own experience at 65 years old, I can tell you—I've had plenty of experience learning to listen to my body. And to be honest,



for most of my life, I wasn't listening at all.

I've always been a "push through the pain" kind of person. In my younger years as a bodybuilder, it was all about "one more rep," "no pain, no gain," and pushing beyond limits. That kind of mindset is necessary if you're chasing performance or competition—and I don't regret it. Discipline, focus, and grit got me far. But over time, that lifestyle took a real toll.

And if you're wired like me—to override the signals and just keep going—then you've probably trained yourself to ignore your body's voice. The problem is, if you don't listen early, your body will eventually make sure you listen.

After that chapter in my life came decades of carpentry and construction work—including 22 Montana winters working outdoors. I won't even try to list all the injuries and flare-ups I've collected over the years. But let's just say: my shoulders, knees, and lower back each have a lifetime of stories to tell.

And that's the impetus of why the Board of

Directors here at the Park County Senior Center let me build the fitness center designed for seniors and mobility-challenged adults. Like many of you, I've reached a point where my body has demanded that I pay attention. It's no longer optional to ignore the signs.

Listening to your body isn't something most of us are taught when we're young. We think we're invincible. But eventually, the reckoning comes. So if you're a younger adult reading this, take it from me—start listening now. And if you're older, it's not too late. It has never been.

So let's begin with some simple suggestions...

Three Daily Check-Ins. These are gentle, doable ways to start paying attention to what your body is telling you:

1. Morning Scan - when you wake up, before you even get out of bed, take 10–15 seconds to scan your body and ask:

- What feels tight?
- What feels strong?
- What wants to move?

Even a few shoulder rolls, ankle circles, or deep breaths can make a difference.

2. Midday Pause - somewhere in the middle of your day—maybe at lunch take a pause and ask:

- How's my energy right now?
- Am I breathing deeply or shallowly?
- Have I moved in the last hour?

A short walk, a stretch, or even standing up and shaking out your limbs can reset your system.

3. Evening Wind-Down - before bed, check in. Not with judgment, just with curiosity and ask:

- What did my body need today?
- Did I give it that?
- What can I try tomorrow?

Listening isn't about doing everything right—it's about becoming aware.

Listening Builds Trust.

This is a relationship—you and your body. It's been with you from the very beginning, and it will be with you till the end. You don't need to control it. You don't need to fix it. You just need to listen.

The more we listen, the more we might discover that not all pain is physical.

Sometimes what we carry in our bodies is emotional: grief, stress, fear, and even unspoken words—they don't just vanish. They settle in.

In fact, emotional trauma will (if not dealt with) manifest somewhere in your body as dis-ease, like cancer.

We'll talk more about this in an upcoming article, but for now, just know this: Your body doesn't just remember your movements. It remembers your experiences, too.

Are you ready to reconnect with your body? If you'd like a safe space to start reconnecting, we've built one just for that.

The Park County Senior Center has opened The Hub, a wellness and fitness center created specifically for seniors and mobility-challenged adults. It's a place to move, explore, and rebuild that mind-body connection—one breath, one step, one moment at a time.

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Your body has something to say. Let's start listening.



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Silly Kitchen Victories

by Joyce Johnson



Brilliant Solution #1

Anyway, where was I? Oh yeah, the mischievous holes in the bread. I recently just snip off the holey ends of the slice, so it fits in the toaster, and then pop the scraps in a bag in the freezer. Why? Because they make really great breadcrumbs later! Just put em on a cookie sheet in a low heated oven for an hour or so. (Best google for accuracy.) I told Lynette, Montana born Foodworks owner, what I did with the SD holes, and she nodded seriously... at my wisdom, and when I offered to sell the crumbs to her, she stared for a second



ative kook, I invented homemade, delicious, date spread for toasted sourdough. I puree it myself from organic medjool dates ("Joolies,") in a little ninja chopper, after soaking them in a jar of water in the fridge for three days to make them soft and to pull the pits out. Joolies are loaded with nutrition by the way. I sometimes add banana, hemp seeds, a dash of cinnamon, berries and tahinni or sunseed butter blended in. Combos vary with every new batch. I hear that us gluten-sensitive folks can handle Food-



but nodded politely again; took a moment from her very busy day to be kind to her silly customer. What good PR!

Brilliant Solution #2
I believe this last bit is also share-wor-

thy here. It regards my long-time house plant, the species they use in space shuttles because they clean the air so well, like spider plants. I forgot the name. See picture to identify. The plant had three real long arms which secretly over-grew high on a shelf, and partly down behind the sofa, and I just couldn't cut them off. Determined to find a place for it, I searched every room for a high sunny spot without a plant. Nope, not in this house. But never give up! We always have options. See image of kitchen table. Unique and fun and pretty new light fixture? Seriously silly, I am at your service.



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Livingston Sister City Exchange Program Sends Eight Local Kids to Japan

Park County Dugout - July 9, 2025
TheParkCountyDugout.substack.com
By: Jeff Schlapp

Eight kids from Livingston won't have a problem writing the traditional "What I did over the summer" back-to-school essay this fall, as they are currently taking part in a Foreign Exchange program that is allowing them to visit Japan. The trip may be as impressive as visiting Wrigley Field, especially if the Cubs are playing the dreaded St. Louis Cardinals.

The eight kids (**Justin Earl, Finnegan McGrath, Max Olsen, Julia Kerr, Nora McNew, Griffin King, Theo Stern, and Kameryn Stewart**) and their two chaperones (Nick Amsk and Abbie Bandstra) flew from Bozeman to Tokyo, Japan, over the weekend as part of the Livingston Sister City Exchange Program, part of Sister Cities International.

No doubt, Amsk took along a soccer ball to pass the time at airports after being recently named Park High School's head varsity boys' soccer coach.

The Livingston Sister City has a history dating back to 1991. Its program comprises a group of volunteers committed to the ongoing relationship with our Sister City, Naganohara, Japan.

Starting in the summer of 1992, both communities sent their junior high or high school-aged students for exchange homestay visits. Grants and

donations initially funded the program, followed by loans taken out to pay for travel and homestay expenses. Currently, fundraising covers all costs related to the exchanges.

Beverly Sandberg, President of Sister City Livingston, told me that St. Mary's, Sleeping Giant Middle School, and Park High School students aged 12-16 can apply as of September 1st of the application year.

"The application process includes an essay about why the applicants want to visit Japan," Sandberg said. As one can imagine, there are only a limited number of spots available each year. If you apply for the 2026 trip and are not accepted, don't give up. Sandberg told me that some kids have applied two or three times before they were accepted.

The students were able to visit Tokyo, and from there they departed for Naganohara, Japan, where they will stay until they return home on July 18th. The eight kids are invited to stay, typically with host families in their homes, where they will spend the days immersed in Japanese culture and spend time sightseeing.

The host families in Japan are usually the same ones that send their kids to Livingston. Sandberg told me that they will arrive here on July 31st (a total of 11 guests) and leave on August 10th. Last year, the Livingston kids took their guests to Yellowstone Park, and they also spent a day floating the river,

among other day trips.

The Japanese exchange students are traditionally treated to a picnic at Sacajawea Park in Livingston to thank each other, as well as to have time to relax before flying home.

If you think your child would be interested in being part of the International Cultural Exchange Program, you can find information about the Sister Cities International Cultural Exchange Pro-



Livingston Sister Exchange Program students prepare to leave on a trip of a lifetime! Back row - Nick Amsk, Chaperone; Justin Earl; Finnegan McGrath; Max Olsen. Front row - Julia Kerr; Nora McNew; Griffin King; Theo Stern; Kameryn Stewart; Abbie Bandstra, Chaperone. Photo Credit - Daniel McGrath

gram here: <https://sistercities.org/>.

For more photos and great articles, check out [TheParkCountyDugout.substack.com](https://theparkcountydugout.substack.com).

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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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Finn Schretenthaler Invited To Race in the Big Sky Montana Mile

This invitational features 12 of the state's fastest high school, college, and post-collegiate runners.

Park County Dugout - July 8, 2025
 TheParkCountyDugout.substack.com
 By: Jeff Schlapp

The honors keep piling up for Park High senior Finn Schretenthaler. Deservedly so. On Monday, the Big Sky State Games announced this year's Montana Mile men's and women's fields are set with 12 males and eight females expected to compete in the race on July 18th. Schretenthaler nabbed one of the 12 invites for men. This year will mark the 34th Montana Mile for the men and the 26th for the women. Duncan Hamilton holds the Montana Mile men's record with a time of 4:04.83 in 2022. Lois Ricardi-Keller set the women's Montana Mile record in 2011 with a time of 4:53.90. According to the BSSG press release, opening ceremonies will begin at 7 pm on July 18th, followed by the parade of athletes at 7:15 pm at Lockwood High School in Billings. Schretenthaler is the defending two-time MHSAA Class A Cross Country champion and the 2024-25 Gatorade Montana Boys Cross Country Player of the Year. He won last year's Class A state cross country meet this past season in an all-class best time of 15:33.19. This spring, he won the MHSAA Class A 1600-meter race with a new state record. At Park High School, Schretenthaler holds the records in the 1600m, 3200m, 800m, and 5K events. He is also a state champion in the 3200m. He'll be up against some incredible runners at the Big Sky State Games Montana Mile. Below is biographical information on the other male runners (the BSSG provides capsule information for each runner):

Men's Field
Ase Ackerman
 Ackerman had a successful athletic career at Montana State University Billings, competing

in both track and field and cross country. The former Dawson County High School runner was named a team captain for the Yellow-jackets. He received GNAC All-Conference in the 3,000-meter steeplechase and 1,500 and holds the 8K and 1500 school records. Ackerman finished second in the 2023 Montana Mile and this will be his sixth year competing in the race.

Chase Drange
 Drange is participating in his second Montana Mile. Drange is a former cross country and track athlete at Tiffin University in Ohio. Drange graduated high school from Custer County in Miles City and earned a third place at the Eastern Class A Championships in the 800. Drange was a scoring member of the Tiffin cross country and track and field teams, marking a best last year in the 1500 with a time of 4:06.42.

Jackson Duffey
 Duffey will be competing in his second Montana Mile. Duffey is a former cross country and track athlete at Rocky Mountain College, graduating in 2022. While in college, he qualified for NAIA nationals all four years and was a two time national qualifier in the 5K track event during the 2022 indoor and outdoor seasons. Duffey graduated high school from Ronan and earned the designation as an all-state cross country runner and two-time all-state in track. Duffey is the former cross country coach at Rocky Mountain College.

Kye Mcabee
 Kye Mcabee will be competing in his first Montana Mile. Mcabee will be a senior at Billings West in the fall. Mcabee has the school record for the 1,600. He was the Eastern AA Divisional champion and 2024 city cross country Champion. This last year, Mcabee placed sixth in the 1600 and ninth in the 3,200 at the State AA meet. Mcabee competed at the 2025 Nike Outdoor Nationals in Eugene, Oregon.

Austin Schellig
 Schellig will be a senior at Joliet and is

competing in his first Montana Mile. Schellig holds the Class B state record in the 800 as well as the Joliet record in the 800, 1,600, 5K, and anchored the school-record-setting 4x400 relay. Schellig won first place in the 2025 State B meet in the 800 and 1,600 meters. He was named the 2024 Montana USATF Athlete of the Year.

Wilson Schmidt
 Wilson Schmidt will participate in his first Montana Mile. He attends Belgrade High School and will be a senior. Schmidt holds the Belgrade record in the 1,600, 800, and 400 meters, as well as the state record in the 800 meters. Schmidt was the 2025 Class AA State Champion in the 800, 1600, and cross country.

Carson Steckelberg
 This fall, Steckelberg will be entering his junior year at University of Montana. Steckelberg competes for the University of Montana cross country and track and field teams. He currently holds the school records at Bozeman Gallatin for the 1,600, 3,200, and 5K in cross country. He was three-time all-state for cross country and two-time all-state for track. He will be running in the Montana Mile for the fifth-consecutive year. Steckelberg won the 2024 Montana Mile.

Peyton Summers
 Summers will be a sophomore at Dawson Community College in the fall. Summers holds the Montana Class B cross country state record and he also holds Wolf Point High School records in the 5K, 3,200, 1,600, and 800. At the 2024 State B Track meet, Summers placed first in the 1,600, 3,200, 4x400, and third in the 800. This will be Summers' second year competing in the Montana Mile.



Levi Taylor
 Former Laurel Locomotive and Montana State University standout Levi Taylor will be making his fifth appearance in the Mile. Taylor is the school record holder at Laurel in the 1,600 and the 3,200. He is also part of the record-holding team in the distance medley relay at MSU. He is a three-time NCAA All-American. He competed in the 2024 NCAA

National Championships in the steeplechase taking home 12th place and qualifying for the Olympic Trials.

Caleb Tomac
 Caleb Tomac attends Rocky Mountain College and will be a sophomore this coming fall. Tomac attended Havre High School and was the State A champion in the 800. Tomac also earned the designation as all-state in track and field for three years in high school and holds the Rocky freshman record in the 1,500. This will be Tomac's first Montana Mile.

Jackson Wilson
 Jackson Wilson attended Douglas High School in Box Elder, South Dakota, and is a former Rocky Mountain College athlete. Wilson won the 2023 NAIA national title in cross country and was a nine-time NAIA All-American. Wilson holds the Rocky Mountain College school records in the indoor 3K, outdoor 5K, indoor 1 mile, indoor 5K, outdoor 10K, and 8K cross country. Wilson was also named the NAIA Runner of The Year. This will be Wilson's first Montana Mile.

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

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Washing All Produce...

By Jill-Ann Ouellette

Since the 1970s, there has been a movement touting the benefits of consuming organic versus conventionally grown produce. The benefits of eating fresh fruits and vegetables, however they're grown, have been well established. It takes a little education and common sense to understand the benefits of not overloading your body with chemicals (pesticides, some herbicides and preservatives) that your body can't break down and which can cause health issues. It would be great if we could all grow our own food in the backyard and have full control over the growing process, yet that's not feasible.

In my article last week, I identified the Dirty Dozen and the Clean Fifteen that was recently released by the Environmental Working Group (EWG). The EWG is an independent, non-profit organization that researches levels of toxic chemicals in everyday products including produce. A visit to their website, EWG.org, just might change your life and health for the better! They have a free app for your phone so you can view the lists when you are shopping.

Washing fruits and vegetables before eating them helps reduce not only the amount of pesticide and herbicide residues, but also prevents bacterial growth. So, wash your conventionally grown produce to get the pesticides off and wash all your produce to prevent bacterial growth. Doing so will increase the refrigerator life of the produce (saving you \$\$) and it will keep you healthier.

Today, let's look at four different, low-cost methods of washing:

- Rinsing with tap water
- Soaking with tap water
- Soaking with a solution of baking soda
- Soaking with a solution of vinegar in water

There isn't a one-size-fits-all solution to cleaning fruit and vegetables. While all four approaches can lower pesticide concentrations on produce, they might not

remove all traces of pesticide residue from all produce. Some produce is harder to clean than others (broccoli), and some pesticides (systemic) are more difficult to remove. Avoid soaps, dish detergents, and bleach—even some produce washes should be avoided due to safety concerns and their efficacy.

Other factors that come into play on how to clean produce are time and feasibility. When I return home from the grocery store or farmers market, I put all the fruit and produce near my sink. Once the freezer and refrigerator items are put away, then comes the produce cleaning.

Rinsing and soaking with water is a good way to reduce pesticide residue, but it's more effective to soak them with baking soda or vinegar. I use a baking soda soak on fruit and a vinegar soak on veggies.

When it comes to washing fruits and vegetables, any method is better than none. Here are some steps and best practices for whichever method is practical for you. Before you begin cleaning your produce, start with a good, thorough hand-washing and be sure you have a clean space (counter or kitchen sink) to work. Remove inedible layers on produce, any visible dirt, and cut away signs of spoilage or damage.

Rinsing with tap water

- Hold the produce under running water, rubbing and rotating it with your hands gently.
- For firmer items, like potatoes or carrots, you can use a produce brush.
- Rinse for at least 20 seconds.

Soaking in tap water

- Fill a large bowl or clean sink with tap water.
- Soak produce for 10-15 minutes.
- Take the produce out of the water rather than pour the water out, so dirt stays settled to the bottom.
- Rinse under water to remove any remaining residue on the surface.

Soaking in baking soda or food-grade vinegar, such as distilled white vinegar



- In a large bowl or basin, mix a teaspoon of baking soda for each cup of water or mix 1-part vinegar to 3-parts water.
- Soak produce for 5-10 minutes.
- Take the produce out of the soaking water rather than pouring the water it out, so dirt stays settled to the bottom.
- Rinse under running water to remove any remaining residue and baking soda or vinegar from the surface.

No matter which method you choose for washing fruits or vegetables, after you're done make sure to remove excess water from produce with a clean towel or salad spinner.

My personal exception to these methods is strawberries and mushrooms. Yes, strawberries are very high on the Dirty Dozen list; however, you can't pre-wash them. You really need to refrigerate them and wash right before consuming.

Mushrooms will take on water and should never be soaked, only rinsed, before using and patted dry to get the extra dirt and moisture off.

More Tips:

- For produce with inedible peels, like avocados, rinse the surface to prevent transfer of contaminants to the inside of the fruit or vegetable when you peel or cut it.
- For softer fruit and vegetables, such as berries, soak them, then gently rinse and rotate them to avoid damage.
- For tough produce, like root vegetables, scrub using a brush or cloth under the running water to remove dirt.
- Soaking and then rinsing your leafy greens can clean hard-to-reach spots missed by a quick rinse.

And guess what? Clean fruits and vegetables taste better, too!

Recipe by
Carla Williams

RECIPE CORNER

Mississippi Mud Cake Delight

Ingredients:

For the cake:

- 1 cup unsalted butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 1 1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1 cup chopped pecans or walnuts (optional)

For the marshmallow layer:

- 3 cups mini marshmallows (or 1 jar marshmallow creme)

For the chocolate frosting:

- 1/2 cup unsalted butter
- 1/3 cup milk
- 1/4 cup unsweetened cocoa powder
- 3 cups powdered sugar
- 1 tsp vanilla extract
- 1 1/2 cups chocolate chips (semi-sweet or milk)

Instructions:

1. Preheat oven to 350°F (175°C). Grease a 9x13" baking dish.
2. In a large bowl, cream together the butter and sugar until fluffy. Add eggs one at a time, mixing well. Stir in vanilla.
3. In a separate bowl, whisk together flour, cocoa powder, baking powder, and salt. Gradually add to the wet ingredients and mix just until combined. Stir in nuts if using.
4. Pour batter into prepared dish and



Photo Credit: recipe-ideas.com

bake for 30–35 minutes or until a toothpick comes out clean.

5. Immediately after baking, top the hot cake with marshmallows. Let them melt and gently spread into an even layer.
6. While the marshmallows melt, prepare the frosting: In a saucepan over medium heat, melt butter, then stir in milk and cocoa. Bring just to a boil, then remove from heat and whisk in powdered sugar and vanilla until smooth.
7. Pour the warm frosting over the marshmallow layer, then sprinkle chocolate chips generously on top.
8. Let the cake cool completely so the layers can set before slicing and serving.

Optional tip:

- Pop it in the fridge for an hour before serving—it helps the layers firm up and makes cutting a breeze!

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Fish & Wildlife Commission Draft Agenda for August Meeting

HELENA – The Montana Fish and Wildlife Commission is set to meet on August 21st starting at 8:30 am at Montana Wild in Helena.

Along with the 2025/2026 Furbearer and Wolf Trapping and Hunting Regulations and several habitat and access proposals, FWP is asking the Commission to approve a variety of other proposals as well. The Commission will consider the following:

- Future Fisheries Improvement Program projects for the summer of 2025 funding period. The 17 projects recommended for approval would improve fish habitat around the state.
- Selection of organizations to auction 2026 moose, bighorn sheep, mountain goat, mule deer, elk, antelope and swan licenses. This is the annual decision by the Commission on which groups to award these licenses for auction. The money generated by these auctions goes to FWP for management of the species.
- A temporary closure of the Blackfoot River adjacent to Milltown State Park near Missoula. This proposal would close the river in this section so BNSF Railway can safely repair the railroad bridge in the area. The closure is estimated to be four



months long.

- Lease agreement to continue to manage Newlan Creek Reservoir Fishing Access Site (FAS) near White Sulphur Springs. This 25-year, no-cost lease extension would allow FWP to continue to manage the FAS at Newlan Creek Reservoir.
- Lease agreement to continue management of the Fresno Tailwater FAS near Havre. This no-cost lease agreement between FWP and the Bureau of Reclamation would allow for the continued FWP management of the FAS.
- Lease agreements with Ravalli County for Whittecar Shooting Range near Hamilton. The two lease agreements proposed would allow for the continued operation of the 25-acre shooting range along with a 5-acre range for Ravalli County law enforcement.
- Approval of the 2026 Nongame Wildlife Account Annual Workplan. This workplan directs work for FWP's nongame wildlife program for the 2026 year. This work includes a variety of research projects, communication and outreach, and work to ensure continued state management of nongame wildlife.

All of these items are available for public comment through August

4th. Commissioners may propose amendments to any proposals on the agenda and will make the final decision on all proposals at the August 21st meeting.

Comments on FWP proposals can be submitted by going to the Commission website and clicking on the Au-

gust 21st meeting. Comments will also be taken in person at Montana WILD or any FWP Regional Office during the meeting and virtually during the meeting from those who register. Registration for those who wish to participate virtually will begin approximately two weeks prior to the meeting.



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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

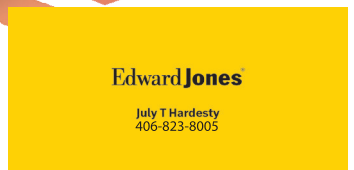
Donors will be recognized monthly in the newspaper. Qualifying business donors will be awarded discounted advertising rates during the warm season (June – September.)



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!



July Hardesty



Investing With Heart: Find a Financial Advisor Who Shares Your Values

When it comes to managing your money, there's more to consider than just the bottom line. For many people, investing isn't only about building wealth or reaching goals—it's about making sure their dollars support charitable causes and principles that are in line with their closely held values.

Whether your focus is on protecting the planet, aligning with your faith or giving back to your community, a financial advisor who understands your values can help you build a portfolio that reflects what matters to you. Here's how to help find a good fit.

Know What You Stand For

Before you start searching for a

financial advisor, take a moment to reflect on your own values. Are you passionate about sustainability? Do you want your investments to avoid companies that conflict with your faith? Is charitable giving a big part of your life and something you want to incorporate into your financial strategy?

Make a list of your top priorities. Understanding what drives you can help make it easier to find a financial advisor who shares and respects your vision.

Do Your Homework

Once you've clarified your goals, start looking for financial advisors who focus on values-based investing. Terms like "socially responsible investing" (SRI),

"faith-based investing," "impact investing" or "ESG" (which stands for environmental, social, and governance) are good keywords to use during your search.

Browse financial advisor websites and check their credentials. Some may highlight their experience with sustainable funds or philanthropic planning. Look for signs that they're comfortable helping clients invest with a conscience.

Ask the Right Questions

After narrowing your list, schedule a few introductory discussions, which can be done in person or remotely, depending on your preference. These chats are your chance to learn more about how the financial advisor works and whether they'll be a good fit.

Ask about their investment approach:

- Do they offer portfolios with a focus on ESG or faith-based filters?
- Have they worked with clients who have similar values to yours?
- How do they assess charitable giving strategies or donor-advised funds?
- Do they know the complex tax rules associated with charitable giving?

Listen closely to the questions they ask of you. Are they truly interested in what matters to you? Do they understand your values and priorities?

Also, consider their communication style. Will they keep you updated regularly? Are they open to collaboration when you want to adjust your plan?

Trust Your Instincts

Choosing a financial advisor is a per-

sonal decision. Beyond their professional qualifications, you want someone who listens well and respects your goals. Don't hesitate to meet with several financial advisors before making your choice. The right person will make you feel understood and supported, both financially and personally.

Ideally, you and your financial advisor will forge a long-term relationship that spans the changes and milestones in your life. As the details of your financial strategy may change, you'll still want to hold onto your values in your investments.

Investing With Purpose

Whether you're hoping to reduce your carbon footprint, stay true to your faith or make the world a better place through giving, you don't have to choose between your values and your financial future. Many good financial advisors can help you do both.

Taking the time to find someone who shares your vision can help you feel confident that your investment strategy can align with your personal beliefs.

This content was provided by Edward Jones for use by July Hardesty, your Edward Jones financial advisor at 115 W Callender Street in Livingston, MT.

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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,
Jeff Schlapp
312-506-7261
jeffschlapp@parkcountydugout.com



2025 Park County Fair

Open Class

July 22-26

To Enter: <https://fairentry.com/Fair/Signin/22452>
OR Scan the QR Code



Bring entries to the Fairgrounds Exhibit Hall on Tuesday, July 22nd. Between 3-7 pm

Contests:

Tallest Sunflower
Purse with a Purpose
Ugly Fabric

Due Tuesday 3-7 pm

No 4H/FFA Crossover

Photography Classes 1-4
2 Entries/Lot

Cake Decorating Thursday 1 pm



Commissioners Pie Tasting Friday 1 pm



Questions: Call Patti Hoyem 406-578-2134

“Enjoying the Journey”

by Lois Olmstead

This week we will wrap up our series on moving along. You traveled with me in the changes of my life as He-Who-Took-Long-Steps and I moved from Colstrip to our house in the hayfield on my folks’ ranch in 2004. Then my Dad’s health changed, we sold that home and moved over the hill closer to them. In 2015, we bought a smaller modular home so we could move in faster. Life changed completely in 2016 when my dear soulmate husband went to heaven on April 16 and my dad on May 26. Mom and I lived in our homes along the creek until her eyesight was failing.



We sold our houses and moved to Clyde Park, a town of 300 or so, ten miles north. You can see why the key words in this series was “moving along” in changes in life. Firmly believing in my heart that God was with us all along the way, and especially in buying the house the Clyde Park. It was perfect for us and had been in our friends, the Elliott family, for years. Mom was 97. She said she was “going full circle in her life” since her folks lived a couple blocks from the Elliott house when they got married in 1922. Two days after friends and family got us all moved in, my Mom suffered a stroke and went to heaven a few days later. I am so grateful she got to travel “full circle.” That was in December 2021. Moving along. Now I am. I have loved

living in this home. I have loved living in Clyde Park. I could easily live here forever. However, in April, after turning the wonderful age of 83, I felt God leading me to downsize. This beautiful home has four bedrooms, one I use for my sewing room, I have two and a half bathrooms. One is my “spa” with a clawfoot bathtub. This house was built in 1912 but carefully and completely remodeled in 2009. The new kitchen is glorious and, in each room, woodwork, doors and all was redone, even keeping the wood floors so the original charm lasts. The only thing I had to do was build a garage right out my back door. So yes, it has been such a joy to live here. But I could live very happily with less. It is time. The little house in my backyard is on a second lot, part of this property. It has been a fun adventure turning that into a vacation rental. Don’t you think someone younger could appreciate all of this? Maybe even a family with children? I will miss my front porch. The last

two months I have spent much time dwelling there; with a cup of coffee by my chair, reading and enjoying the city park across the street and my view of the mountains. Folks getting exercise on the walking path around the park stop to visit. I will miss this. My friend, Bruce Lay, gave me some good words. (I was mourning leaving Clyde Park and my friends here. Yes, in life changes, we can mourn.) Bruce said, “Lois, you have had a glorious chapter in Clyde Park. You can treasure it. Then look forward to a new glorious chapter ahead God will be with you there too.” That helped me. Maybe good advice for all of us as we face change? Sounds kind of spiritual too, doesn’t it? Our Bible verses last week were Jeremiah 29.11-13. Let’s read them again this week. And friends, some of you readers of this column for years, pray for me as the property is now listed and I look for a smaller home in Livingston, my next chapter in “Moving Along.”



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 11 am
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.rclivingston.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

Mark 12:30 - Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

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

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

Mondays - Weekly

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 Alpenglow Lane, at 5:30 pm.

July 13 - LULU'S PAINTING CLASS benefiting Elevate Montessori School from 10:30 am to 12:30 pm at LuLu's Montana Market, 5237 US Hwy 89 S. Join us for this family fun event.

July 13 - PARK COUNTY MOTOR VEHICLE PARK - Family fun for all ages at the Mud Drags event in Livingston, Exit 337 then follow the signs. Kids dash for cash, raffle baskets, and vendors on site. Bleachers available, chairs welcomed. For more information go to ParkCountyMVP.com.

July 17 - 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 Swamp Dawg.

July 17 - HOOTENANNY RIVER PARTY - Join us for the 3rd Annual Hootenanny Yellowstone River Party starting at 6 pm in Sacajawea Park—a free, community celebration of the river we all love. River-themed games, awesome prizes, food and cold brews. It's our biggest summer event, and this year it's gonna be a hoot (literally). Bring your crew and sign up your team to compete in friendly games for the ultimate river prize. Team registration NOW OPEN - <https://docs.google.com/.../1FAIpQLSc0Dfbp6D3nH1.../viewform>.

July 17-20 - BEARTOOTH RALLY & IRON HORSE RODEO - Join us for the 31st Annual Poker Run & Iron Horse Rodeo starting in Red Lodge and running to Cooke City. Get the most up-to-date information on their website: BeartoothRally.com.

July 19 - TEAM RIVER RUNNER a nation-wide Veteran's organization is hosting the 21st annual Pig Roast Fundraiser from 6 to 10 pm at the Emigrant Outpost located at 70 Murphy Lane in Emigrant. The fundraising event is open to public and will include food (an entire pig) and alcoholic beverages (a full bar including liquor, wine and beer) for purchase, live music from local favorite Blake Brightman, a raffle with several prizes donated by local businesses, a silent auction, and storytelling from veterans. For more information or to donate an auction item, please contact Deborei Lyn at 678-373-7005.

July 19 - EMIGRANT PEOPLE'S MARKET located at 8 Story Road, Emigrant, MT 59027, on the lawn of St John's Church. Saturdays 9-1 pm. June -October, weather permitting. Locally created goods, local honey, jams and eggs, eclectic curated items. New vendor inquiry please email emigrantpeoplesmarket@gmail.com for information.

July 20-August 28 - WALKING TOURS - Yellowstone Gateway Museum host walking tours in downtown Livingston. All tours meet across from the Livingston Depot Center, 200 W. Park Street. Ticket prices are: Adults \$15, children, seniors, and museum members \$10 & "Sip & Stroll" is \$20. Tuesdays is "Murders on the Streets" starting at 7 pm. Thursdays is "Ghosts and Ghost Signs" starting at 7 pm. Fridays is "Sip & Stroll" starting at 12 pm (21+ only, ID required). This tour samples beers in local bars. Please wear comfortable shoes and weather appropriate clothing. You can book online or pay in cash on site.

July 21 - HORSE SHOW - Park County Ag Fair, morning horse show, 8 am - 7 pm, Park County Fairgrounds, 46 View Vista Drive. 8 am to noon is the horse show including packing. Working ranch and trail classes from 1 pm to 5 pm.

July 24 - 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 Release the Squirrels.

July 25 - 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.

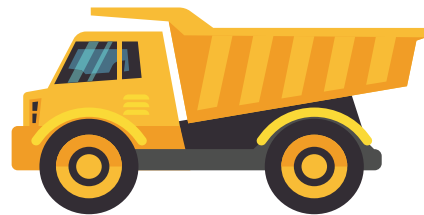
July 25 - RANCH RODEO - Events include team branding, trailer loading, sort & doctor, and wild cow milking. Over \$5,000 in added cash and prizes. Rodeo starts at 7 pm at the Fairgrounds, 46 View Vista Drive. Contact McLain Payne at 406-946-2339 to enter.

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BREAK time

Montana Fun Facts!

In 1888, there were more **millionaires per capita** in Helena, Montana than any other city on earth. Most of these millionaires made their money from gold.

One of the largest steer in world history rests in the O'Fallon Museum in Montana. This steer was about six feet tall and weighed an impressive 3,980 pounds.

The largest snowflake ever observed was seen in Fort Keogh, Montana. This snowflake had an incredible diameter of 15 inches.

ACROSS

- 1. Pursue
- 4. Part of CD
- 8. Pisa dough, once
- 12. Knowledge
- 15. Forest forager
- 16. Toward the center of
- 17. Blessing close
- 18. Cuckoo
- 19. Lancelot's title
- 20. Hold it!
- 21. Group of actors
- 22. Louisville Slugger
- 23. Kitchen appliance
- 25. Highway vehicle
- 26. Do, re, or mi
- 27. Street surface
- 29. Silly person
- 31. Agenda
- 33. Root vegetable
- 36. Fireside
- 38. Prudish
- 39. Principal
- 42. Painting or photography
- 43. Bend an _____
- 45. Plummet
- 47. Naomi, to Wynonna
- 49. Model
- 50. Ricelike pasta
- 51. Road for Cato
- 52. First whole number
- 53. "Victory Garden" prop
- 54. Roster
- 55. Animation unit
- 56. Ship deserter
- 57. Sediment
- 59. Hose shade
- 61. Campaign event
- 64. Small bag
- 66. Valley
- 67. Crevice
- 70. _____ butter
- 73. Guitar's ancestor
- 74. Newspaper section
- 77. Speech holder
- 81. "_____ Night Long"
- 82. Minty herb
- 83. Sills or Sutherland

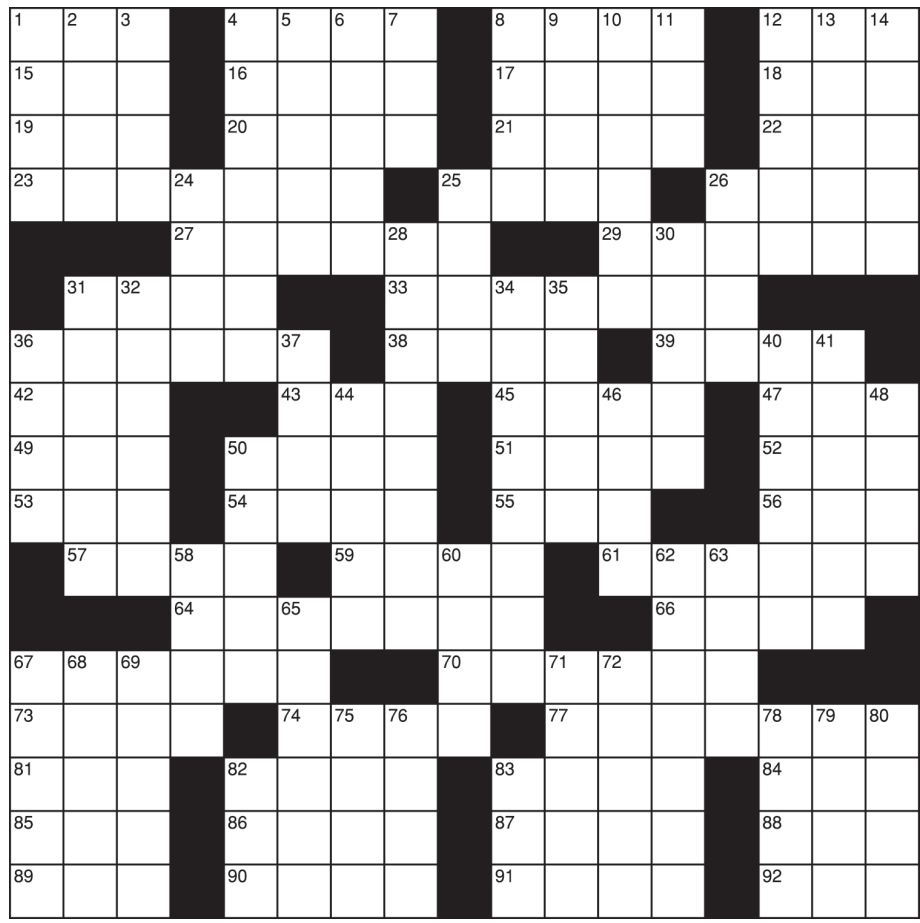
- 84. Bambi's mother
- 85. Saltwater body
- 86. _____-jerk reaction
- 87. Assist a burglar
- 88. Twins
- 89. "48 _____"
- 90. List object
- 91. Give a job to
- 92. Currency, in Kyoto

DOWN

- 1. Greeley's direction
- 2. Mishmash
- 3. Edible pod
- 4. Far
- 5. Entomb
- 6. Hurricane or tornado
- 7. Officer
- 8. Bridal-gown trim
- 9. Mosque priest
- 10. Quit, as a job
- 11. Picnic insect
- 12. Barbecue choice
- 13. Growing out
- 14. Gunpowder ingredient

CROSSWORD

Puzzle #407



- 24. Constellation member
- 25. Wound remainder
- 26. Slangy negative response
- 28. Come close
- 30. Tanker
- 31. Era
- 32. Following
- 34. Mock
- 35. Hit hard
- 36. Chop up
- 37. Brave man
- 40. Neither good nor bad
- 41. Bestow
- 44. Ancient Mexican
- 46. African plain
- 48. Parcel (out)
- 50. Pipe instrument
- 58. Medieval serf
- 60. Default result
- 62. Instruct
- 63. Sheet of cotton
- 65. Despot
- 67. Fracas
- 68. Measuring device
- 69. Geography book
- 71. Suspect's out
- 72. Not once
- 75. Carpenter's curve
- 76. Overrun
- 78. Ocean motion
- 79. Scoundrel
- 80. Bright, as colors
- 82. Glide down the slopes
- 83. Morse-code word

Sudoku

Puzzle #142

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

Sudoku - #141

SOLUTIONS

Crossword - #406

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

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



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HELP WANTED

St. Mary's Catholic School is hiring a full-time **Preschool Teacher** with benefits for the 2025-26 school year. Please contact Melissa Beitel at (406) 222-3303 or mbeitel@stmaryscatholicsschool.net

Shields Valley School District is now accepting applications for two **High Needs Paraeducator** positions, beginning August 18th, 2025.
Position Overview: Are you passionate about making a meaningful difference in the lives of students? Shields Valley School District is looking for dedicated, compassionate individuals who are excited to support students with diverse academic and behavioral needs. In this rewarding role, you'll go beyond traditional paraeducator duties by providing focused, one-on-one support that truly impacts a student's daily success. Comprehensive training will be provided to ensure you feel confident and equipped to meet the unique needs of each student you work with. This is a wonderful opportunity to grow professionally while making a lasting difference!

- Schedule: (as outlined in the board-adopted academic calendar)
- Up to 9 hours per day, Monday through Thursday Occasional Fridays
 - Starting Wage: (Includes single health insurance)
 - Applicant with a HS Diploma or equivalent: \$15.36
 - Applicant with an Associate's Degree or equivalent: \$16.41

• Applicant with a Bachelor's Degree or higher: \$17.47
Effective: August 18, 2025
Closing Date: July 10, 2025, or until filled. For applications, please contact Danny Johnston at djohnston@shieldsvalleyschools.org or 406-578-2535. Access the Classified Application Packet at www.shieldsvalleyschools.com. Shields Valley School District is an equal opportunity employer. Job-specific training will be required as a condition of continued employment.

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

- **Junior High Football (Head and Assistant).** August 15th - Oct 15th
General duties for the coach.
 - a. Create and implement practice plans for the team.
 - b. Communicate regularly with school administration, athletic director, families, the public, and players.
 - c. Participate in parent meetings, senior night, and awards ceremonies.
 - d. Have an understanding of the game of basketball and a good working relationship with athletes.
 - e. Maintain the values of the Bruin athletic program.
 - f. Must complete the state required coaching classes: MHS 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://einsteinlearningcenter.com/> employment. We look forward to speaking with you!

Library Board of Trustees – Volunteer Opening

The Livingston Park County Public Library is seeking a dedicated volunteer to join its Board of Trustees. The Library's mission is to enrich the community by providing access to information, content, and collaborative spaces consistent with people's needs.

How to Apply: Interested individuals are encouraged to submit an application to the City Clerk. *Help us continue to build a strong, vibrant Library for our community.*

Mobile Crisis Response Program Manager

Do you have a passion for community mental health? The **City of Livingston, Montana**, is seeking a highly motivated, caring individual for a rewarding opportunity to serve as the Mobile Crisis Response Program Team Manager. In this role, you will support our community-based, collaborative crisis response team. This position reports to and works under the direction of the Fire Chief. The Program Manager is responsible for developing and maintaining the Mobile Crisis Response Team (MCRT) and its program. Key responsibilities include managing the annual budget, securing funding through Medicaid reimbursements and grants, and creating program policies and procedures that align with Medicaid and City of Livingston policies. Additional duties include participating in staff hiring, training, scheduling, and performance management. The Program Manager will also develop data tracking systems to produce program statistical reports and maintain clinical records. This role requires the ability to build strong relationships and collaborate effectively with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and social service community agencies. To apply, please send the following items to HR@LivingstonMontana.org:

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.

To apply, please download the application from jobs.parkcounty.org, 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

Park County Road Department is looking for an **Operating Engineer** full-time. Apply now! Position is responsible for the operation

and maintenance of county roads and bridges. Works along with the other team members on projects and the Shop Mechanic to assist in the repair and maintenance of the vehicle/equipment fleet. 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. If necessary, Park County will facilitate driver to obtain Commercial Vehicle Driver's License. Please apply online at jobs.parkcounty.org.

GIS Coordinator - IT Technician

Are you a skilled IT professional with a passion for GIS and technology systems? We are looking for an IT/GIS Technician to support both **Park County** and the City of Livingston. This is a great opportunity for someone who enjoys working with everything from hardware and software troubleshooting to mapping and spatial data analysis. Please apply online at jobs.parkcounty.org. **Apply now!**

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@pccjournal.com for more information on placing a larger classified ad.

ANNOUNCEMENT

Emigrant People's Market, located at 8 Story Road in Emigrant on the lawn of St. John's Church. Every Saturday from 9 am 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.

ANNOUNCEMENT

HELP WANTED

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HELP WANTED

HELP WANTED

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216/218 Little Creek Bend
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606 W Gallatin Street
3 beds 1.5 baths | 1,819 sq ft
#403418 | \$529,000
Jon Ellen Snyder | 406-223-8700



425 N 7th Street
4 beds 2.5 baths | 1,726 sq ft
#401573 | \$599,000
Theresa Coleman | 406-223-1405



923 W Clark Street
3 beds 2 baths | 1,808 sq ft
#402441 | \$539,000
Jon Ellen Snyder | 406-223-8700



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



7 Aquila Lane
Land Listing | 2+ acres
#394836 | \$244,000
Deb Kelly | 406-220-0801



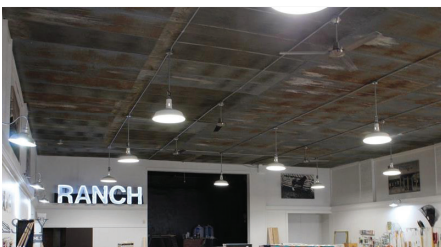
28 W Grannis
3 beds 2 baths | 9+ Acres
#401255 | \$875,000
Julie Kennedy | 406-223-7753



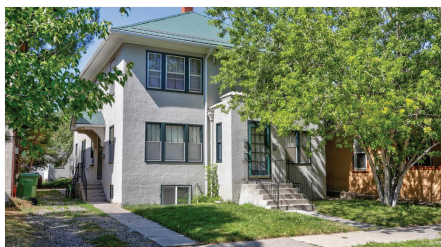
107 S Main Street
Commercial Sale | 7,061 sq ft
#395132 | \$1,950,000
Ernie Meador | 406-220-0231



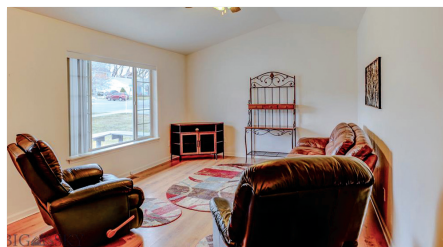
9 Grizzly Meadow Road
4 beds 3 baths | 20+ acres
#400644 | \$2,500,000
Tom Gierhan | 406-220-0229



512 Miles
Commercial Sale | 4,212 sq ft
#389433 | \$495,000
Tammy Berendts | 406-220-0159



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



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



98 Miller Drive
5 beds 3 baths | 3,352 sq ft
#400605 | \$898,690
Tom Gierhan | 406-220-0229



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
#399280 | \$589,000
Baylor & Carolina Carter | 406-223-7903



416 N 3rd Street
4 beds 2 baths | 2,074 sq ft
#403314 | \$579,000
Deb Kelly | 406-220-0801

Meet the Team...

Born and raised in the beautiful Paradise Valley, I have a deep appreciation for the local community and its unique charm. After completing my education in Boston, I returned to my roots and spent four enriching years in the title and escrow industry, gaining valuable insights into

the real estate process.

With a passion for helping others find their dream homes, I bring a personalized approach to each client, ensuring a seamless experience from start to finish. In my spare time, I find fulfillment in reading and

Carolina Carter

Sales Associate

406-223-8168

carolina@eralivingston.com

playing music, which inspires my creativity and dedication in my real estate career. I'm excited to help you navigate the vibrant real estate market in our area!



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FWP Proposes Changes to Wolf Regulations in Effort to Increase Harvest

Commission to make final decision at August meeting

HELENA – Montana Fish, Wildlife & Parks is proposing changes to wolf trapping and hunting regulations aimed at bringing down the number of wolves across the state, as required by law.

FWP's proposal will go before the Montana Fish and Wildlife Commission at their August 21st meeting. It is open for public comment through August 4th.

Wolf numbers in Montana remain relatively stable despite an increase in harvest in 2024, according to the 2024 Wolf Report, released today. Montana law requires the Commission to pass regulations that will decrease wolf numbers to a sustainable level statewide.

"We've tried different regulations over the past two years in an effort to increase harvest and realize a decline in wolf numbers, but those changes have only had success in certain areas of the state, most notably southwest Montana," said Quentin Kujala, FWP Chief of Conservation Policy. "The changes we're proposing this year are targeted at trying to increase harvest in west and northwest Montana."



(To see a video explaining the proposal, look at FWP's YouTube page.)

FWP is proposing the following regulations:

- Hunters and trappers can harvest 15 wolves on a single hunting and trapping license (30 wolves total), provided that at least five of those wolves are harvested via hunting and at least five of those wolves are harvested via trapping in FWP regions 1 or 2.
- Trapping within the geographic area identified by a federal court will be limited to January 1st to February 15th. The geographic area is all FWP regions 1, 2 and 3, and portions of regions 4 and 5. This area, with limited trapping dates, is the same as last year, according to the FWP proposal.
- Outside this geographic area, wolf trapping will open December 1st and go through March 15, 2026.
- A statewide quota of 500.
- The statewide quota includes a quota of three wolves in Wolf Management Unit (WMU) 313 and a quota of



- three wolves in WMU 316.
 - On private lands wolf hunting will be allowed outside of daylight hours and hunters can use artificial light, night vision, infrared, and thermal imaging scopes.
 - Hunting outside of daylight hours on public lands is prohibited.
- Allowing multiple wolves to be harvested with a single hunting license will result in a decrease in revenue for FWP. During the past five years about 15 percent of hunters

purchased more than one wolf license. The anticipated loss in revenue will be about \$43,000.

The Commission will approve final 2025/2026 Furbearer and Wolf Regulations at its meeting August 21st. Commissioners can propose amendments prior to the meeting and those amendments will be posted online for public comment.

To see the full proposal for the 2025/2026 Furbearer and Wolf Regulations and to comment, go to the August 21st Commission meeting webpage.



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