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GARDEN CENTER CLOSEOUTS Pgs 2-3

LAWN CARE Pgs 4-5



# Community Journal



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Week of July 20, 2025

# Cornhole Carnival Fundraiser July 27th

The Community School Collaborative (CSC) invites the public to its first-ever **Cornhole Carnival Fundraiser** on Sunday, July 27th, from 4 to 7:30 pm at The Shane Center Pavilion. This lively, family-friendly event promises games, music, food, and fun for all ages—while supporting career readiness programs for youth.

The event centers around spirited cornhole games which are open to all. Games are \$5 per person, and the winner will take home a \$200 cash prize. No pre-registration is required—just come ready to play!



In addition to cornhole, the carnival will offer a variety of attractions for families and children, including:

- Face painting
- A hands-on art project hosted by Ozment Art
- A kiddie cornhole toss and bouncy house

- Live music from Benson's Landing String Band
- **Food trucks** and refreshments from the Shane Concession Caboose

The Community School Collaborative is a local nonprofit that partners with the Livingston School District and community organizations to offer career exploration and work-based learning opportunities to middle school students. Programs such as Cougar Career Days, Cougar Pop-Up Clubs, and Job Shadowing aim to equip youth with the tools and experiences needed to build fulfilling careers and meaningful lives.

All proceeds from the Cornhole Carnival will support CSC's mission to develop tomorrow's workforce through hands-on learning and community connection. CSC is participating in the Park County Community Foundation *Give A Hoot* Campaign.



All donations made during the month of July are eligible for a partial match. Donations can be made online at [give-a-hoot.org](https://give-a-hoot.org).  
**Come for the fun—stay for the future.**

**Join CSC on July 27th and Give A Hoot for local youth!** For more information contact Gina Morrison at 307-250-6904 or by email at [director@cscokids.org](mailto:director@cscokids.org).

# Catholic Daughters Elect Jo Ann Harper MT State Regent

Livingston resident Jo Ann Harper was elected Montana State Regent of the Catholic Daughters of the Americas during the 39th Biennial State Convention held on June 6th and 7th, in Billings.

Jo Ann has made Livingston her home for 30+ years and is a member of Court St. Mary #645 Catholic Daughters in Livingston. Her term as the Montana State Regent is for the next two years. Jo Ann is the sixth State Regent representing Court St. Mary of Livingston.

Who Are Catholic Daughters of the Americas (CDA) of Montana? Locally Catholic women of Park County and members of St. Mary's Catholic Parish, established it in 1921. Court St. Mary #645 whose motto mirrors CDA nationally, "Unity and Charity" with a mission that states: **"Catholic Daughters of the Americas strives to embrace the principle of faith working**



**through love in the promotion of justice, equality, and the advancement of human rights and human dignity for all."**

Court St. Mary supports many local charities through financial and volunteering efforts. A few of those local charities are Counterpoint, Stafford Animal Shelter, Yellowstone Boys & Girls Club, HRDC Warming Center, Meals on Wheels, and Loaves & Fishes. CDA has given forty-eight scholarships to Park County High School seniors since 1992. It also offers support to St. Mary's School and sponsors an art contest annually for elementary school students.

Catholic Daughters of the Americas have gone through several name changes since their inception as Daughters of Isabella in 1903. Currently there are roughly 63,000 members in 1,250 courts in the United States, Mex-



ico, and the territories of Puerto Rico, Guam and the Virgin Islands.  
Court St. Mary was one of the

original 10 Montana courts needed to establish a State Court, which officially happened in 1947. Today, there are eight local organizations throughout Montana known as "courts." The leader of each court is elected for a 2-year term and is referred to as "Regent." These courts provide financial support to Ronald McDonald House in Billings, Florence Crittendon Family Services in Helena and recently Love & Sonshine Ministries in Billings.

Through the efforts of many CDA members and families throughout Montana, Our Lady of Lourdes Shrine in Emigrant was dedicated in 1978. The shrine is located on Murphy family property on the corner of Hwy 89 South and Murphy Lane. It is supported by the State CDA, while being maintained by Court St. Mary of Livingston.

Congratulations Jo Ann. For information about Catholic Daughters of the Americas, go to their website <https://www.catholicdaughters.org>



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Index



**Business Spotlight**  
by Siobhan Stevenson  
Student Intern..... 10

**Community** ..... 2

Fishing Closures in Yellowstone  
City Manager News by Grant Gager..... 3

Montana Clean Energy Fair  
Casting for Recovery Fundraiser ..... 8

Mountain Biker Repels Bear..... 9

Shields Valley Upcoming Events  
Business Spotlight—Cactus Blossom .... 13  
by Siobhan Stevenson/Student Intern

Financial Focus® by July Hardesty..... 14

**ELUSIVE LIZARD REMAINS HIDDEN**..... 15

Discover Montana's Wildlife—Binocular Trunks... 19

Interesting Facts About July..... 20

**Art & Entertainment**..... 4

The Heart of the Story: *Blue Slipper*  
"Rooted"—A Summer Exhibit LCAC  
Wheatgrass Books Presents ..... 5

Music at The Shane Center  
The Sleepless Elite

**Health & Wellness**..... 6

Foggy Thinking or Frayin Mind? by Nurse Jill  
Your Ageless Wellness Column..... 7

**Sports** ..... 11

Nick Coate Resigns after Seven Years  
NCAA Has Approved a New Rule  
Routines & Habits in the Unseen Hours  
Coach's Corner by Scott Rosberg

**Foody**..... 12

Broccoli—Eat the Sprout Instead of the Head  
Recipe Corner by Carla Williams

**Calendar of Events**..... 16

**Break Time** ..... 17

Montana Fun Facts!  
Crossword/Sudoku/Kids Zone

**Classifieds** ..... 18



**Park County  
Community Journal**

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

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# Warm Water Temperatures and Low River Flows Prompt Fishing Closures in Yellowstone

MAMMOTH HOT SPRINGS, WY - Effective Saturday, July 12th, select Yellowstone National Park rivers will close to fishing due to warm water temperatures and low river flows. This closure will protect the park's native and wild trout fisheries and remain in effect until conditions improve.



**What will be closed?**

- The Madison River and all associated tributaries.
- The Firehole River and all associated tributaries.
- The Gibbon River and all associated tributaries down stream of Norris Campground.
- The closure will be reassessed when water temperatures cool and flow returns to more typical summer conditions.
- Staff will continue to monitor park rivers and streams for warm temperatures and low flows, and

watch weather forecasts. The extended forecast calls for continued hot and dry conditions with a slight chance of isolated afternoon thunderstorms, which contribute to continued low stream flows and warm-water temperatures.

- Additional closures or restrictions may be implemented if necessary.

**What will be open?**

- Yellowstone Lake and other lakes will remain open to fishing from sunrise to sunset as specified in the Fishing Regulations 2025 booklet.
- All other rivers and streams not listed as closed.

Water temperatures have exceeded



68 degrees Fahrenheit (20 degrees Celsius) in recent days and flows on many rivers, streams and creeks are low. These conditions are extremely stressful to fish and can be fatal.

**Anglers:** On rivers, streams and creeks that remain open or unrestricted, please fish during the coolest times of day and land fish quickly. Do not play hooked trout to exhaustion. Gently handle fish in the water as much as possible and let them recover before release. Your cooperation will protect the park's fisheries.

# GARDINER BREWFEST

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# Livingston's City Manager News

## Manager's Message By Grant Gager

### Wellness Center Update

The Wellness Center continues to take shape at the corner of Gallatin and North M Streets!

Last week, the pool specialists poured cement for the second pool at the Wellness Center (the lap pool was formed in March). This pool will have a maximum water depth of four and a half feet and will include a walk-in entry area with a small slide for children, a moving water channel for physical therapy (and play) as well as a small rectangular swimming area with seating.



walls will be constructed before attention turns to the roof.

We are about 18 months from opening to the public and crews are hard at work keeping the project on-time and on-budget.

### City Manager's Recommended Budget

#### Big Plans, Smart Spending

The City Manager's Recommended Budget for Fiscal Year 2026 has been presented to the City Commission. The proposal focuses on implementing Livingston's adopted Growth Policy and master plans while making meaningful operational improvements that benefit residents and visitors alike.

Highlights of the proposed budget include:

- New food waste composting options to reduce landfill use
- Online permitting to streamline building and planning processes
- Expanded fire and EMS staffing for more reliable emergency response
- Capital investments like unpaved road treatment, new park equipment, and safer pedestrian crossings on Park Street
- Continued funding for warming shelter operations, expanding the urban forest and the Mobile Crisis Response Team

To view the full proposed budget and explore what's planned for the coming year, go to <https://www.livingstonmontana.org/>



On Monday July 14th, the wall panels arrived on-site and the building began to rise! Over the next several weeks the exterior



finance/page/budget-documents.

### Downtown Utility Work Continues

The City's 2025 Downtown Improvement Project will resume work this week. As construction continues, residents

and businesses in the area will notice temporary access adjustments. We thank you for your patience as we work to modernize old and under-sized pipes to ensure that downtown Livingston is ready for the future!



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

### Happening Around Town...

**Question:** I got a text saying I owe parking fines and my car will be towed. What's going on?

**Answer:** It's a scam. Several residents have reported receiving texts, emails, or robocalls demanding immediate payment for supposed unpaid parking fines. That is not how the City of Livingston handles citations. If you receive a legitimate parking citation, it will be placed directly on your vehicle in a pink envelope, which includes instructions for paying or contesting the citation. The City

does not send texts, emails, or make automated calls about parking enforcement. Any official communication will come through the U.S. mail. Have questions you'd like us to answer? Send them our way, and we'll include them in the next newsletter available on our website at [livingston-montana.org](http://livingston-montana.org)!

## Montana Clean Energy Fair It's the Electric Event of the Summer!



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The 14th annual Montana Clean Energy Fair is the premiere event for comprehensive, clean-powered living in the Big Sky State. Experience the power of cost savings with renewables and efficiency. Attend top tier workshops, meet a host of local and regional exhibitors, and check out the EV car show. This indoor/outdoor fair is family-friendly. You will walk away with the practical tools to save money, support local, and experience energy freedom and resilience. Electrify your life at the

Montana Clean Energy Fair in the Electric City, Great Falls, located at 100 Central Avenue Block, 2 Park Dr. South on Saturday, August 23th, from 9 am to 4 pm and admission is FREE!

For more information about this event please contact Makenna Sellers at [makenna@montanarenewables.org](mailto:makenna@montanarenewables.org) or call (406) 214-9405. For more information about The Montana Renewable Energy Association (MREA) please go to: <https://montanarenewables.org>

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**GOOD NEWS!**

In these rapidly changing and challenging times, when promises of stability and safety rarely come through; when trusted spiritual leaders prove false; when lying in politics seems to be the norm; when those you depend on the most often hurt you the deepest -- is there anything left you can trust? YES! You can trust the BIBLE! Let's get together and study the evidence.

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Come join us!  
Call for new meeting location.  
10am -- 1st & 3rd Saturday of each month.  
All Are Invited!!



# The Heart of the Story: The Blue Slipper Theatre Has Been Bringing Livingston Together for Over 60 Years

Right in the heart of historic downtown Livingston stands a stone building with light blue trim that has accomplished something remarkable for over 60 years. The Blue Slipper Theatre, founded in 1964, located at 113 E. Callender Street, is Livingston's original community theatre—an artistic treasure powered not by big budgets, but by big heart.

In a town full of creativity and character, the Blue Slipper is a rare gem. It is a nonprofit organization that, year after year, continues to create magic on stage through grit, passion, and community spirit. With minimal funding and maximum dedication, this small-but-mighty theatre has told hundreds of stories, welcomed thousands of patrons, and built a legacy that spans generations.

**The past two years have been a time of remarkable growth and transformation.** Thanks to the unwavering commitment of the board members who kept the theatre afloat through the challenges of the COVID years, to-

day's leadership has been able to build on that foundation and usher in a bold new chapter. **With a refreshed logo and website**, expanded programming, and a renewed commitment to community, the Blue Slipper is embracing the future with the same tenacity and heart that shaped its past.

If you haven't stepped inside the Blue Slipper, you're missing one of Livingston's most special places, one of our town's most authentic, inspiring spaces. This isn't just a theatre—it's a gathering place. It's where neighbors become scene partners, where newcomers are welcomed with open arms, where stories are told and laughter is shared, and where connection happens both on and off the stage.

Yes, the Blue Slipper produces an entire season of **live, Mainstage theatrical plays**, everything from poignant dramas to outra-



geous comedies. But the magic doesn't stop there. Throughout the year, the theatre also hosts **live music, stand-up comedy, literary events, community collaborations (includ-**

**ing with the Livingston-Park County Public Library), workshops, parties, and more.**

Every show is an invitation to experience something real. The Blue Slipper is a space built by the community, for the community. And after more than 60 years, it's still going strong because of the volunteers who give their time, the artists who share their gifts, and the audiences who keep showing up.

Come see what makes this theatre so special. It's local. It's handmade. It's heartfelt. And it's waiting for you. Come see a show. Attend a concert. Take a workshop. Volunteer. Celebrate. Discover the magic that's been here all along.

To learn more about upcoming events, programming, and how to get involved, visit [www.blueslipper.org](http://www.blueslipper.org). Sign up for our monthly newsletter. We promise no spam. And be sure to follow the Blue Slipper Theatre on Facebook and Instagram. The story continues, and you're invited!

## "Rooted" – A Summer Exhibit at Livingston Center for Art & Culture

The Livingston Center for Art and Culture is proud to present *Rooted - A Summer Botanical Exhibit*. The show runs from July 15th through August 7th. Along with our co-curator, Lynda Sanders, the Center has created an exhibit full of floral whimsy and a bounty of botany, suitable for summertime in Montana. A wide range of art styles and media are represented, from wood sculpture, mixed media, watercolor, leather work, wool felting, jewelry and so much more. Plants are

immeasurably valuable to humans—without them we wouldn't exist. They provide essential resources including food, shelter, medicine, oxygen generation and endless other things. In many societies plants contribute to cultural traditions, art and spiritual practices. But plants also add extraordinary beauty and vibrancy to landscapes; around our homes, in our cities and in natural settings. This is very evident in Montana, especially in the spring, summer and fall when plants are in their full

glory. From the plethora of color provided by spring flowers, the vibrant greens found along streams during the summer, to the turning leaves in the fall. *Rooted* is a celebration of plants and what they provide us. An artist reception will be held on Friday, July 25th, from 5:30 to 8 pm during the Livingston Art Walk.

The Center is located at 119 South Main Street in historic downtown Livingston. For more information contact the Center at (406) 222-5222 or visit [http://www.living-](http://www.livingstoncenter.org)



[stoncenter.org](http://www.livingstoncenter.org). We have a gallery blossoming with creativity. Come See!

## CLYDE PARK, MONTANA PROPERTY FOR SALE

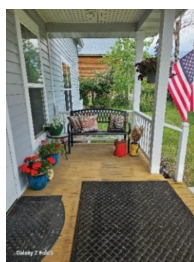
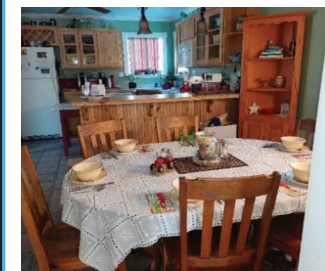


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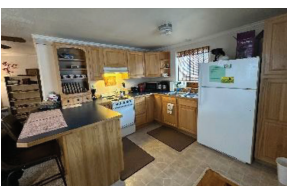
### MAIN HOUSE



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# Wheatgrass Books Presents: *Saving the Big Sky: A Chronicle of Land Conservation in Montana*

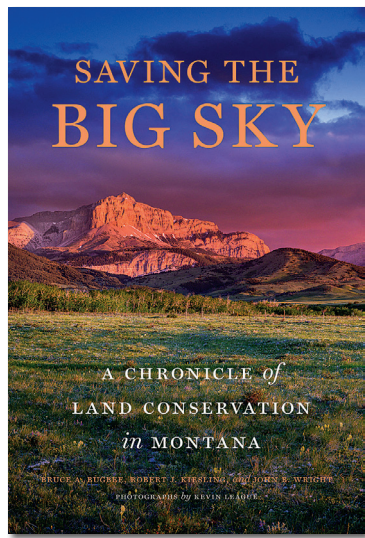
On Friday, July 25th, the 4th Art Walk of the season, from 5 to 8 pm at Wheatgrass Books, located at 120 N. Main Street in Livingston, there will be a book signing with three authors Bruce A. Bugbee, Robert J. Kiesling, and John B. Wright. They will be signing copies of *Saving the Big Sky: A Chronicle of Land Conservation in Montana* with photographs by Kevin League; contributions from the Confederated Salish and Kootenai Tribes, Shane Doyle (Apsáalooke), Steve Running, and Todd Wilkinson and maps supervised by Kevin McManigal and Hannah Shafer published by Oregon State University Press.

The essential purpose of *Saving the Big Sky* is to inspire the reader to help conserve even more of Montana," writes the authors in this compelling study of how six million acres of biodiverse land were conserved in Montana over the past fifty years. Indigenous and non-Indigenous knowledge about land stewardship has evolved and since the 1970s tribes, nonprofit organizations, land trusts, and government agencies have conserved land in many creative ways. Beautifully illustrated with more than ninety color photographs and thirty detailed maps, *Saving the Big Sky* showcases land con-

servation achievements across eight regions of the state: the Rocky Mountain Front, the Blackfoot Valley, the Greater Yellowstone, the Missoula Region, the Helena Region, Northwest Montana, the Flathead Indian Reservation, and the American Prairie.

Land protection is shown to work best when large, intact, connected landscapes can be conserved, rather than small, fragmented, isolated parcels. Conservationists have found that landowners in Montana more widely accept conservation easements and other voluntary, financially compensating tools that respect private property rights. The brilliant images and striking before-and-after maps featured here celebrate the ranches, farms, wildlife habitats, and scenic open spaces that are forever safeguarded.

In documenting conservation accomplishments and suggesting what more can



be done, *Saving the Big Sky* invites readers to participate in conserving Montana—or whatever cherished landscape they call home.

*Conjured from afar, the name Montana rings in the mind like a bell, romantic apotheosis of all that's wild and fresh about the American West. But those of us who know the state personally understand the enormous effort required to keep Montana the inspirational place it's been for so long. In 'Saving the Big*

*Sky' readers from the far away to the nearby now have a superb volume in hand to teach us all just how to keep Montana magical.*—Dan Flores, New York Times bestselling author of *Coyote America: A Natural and Supernatural History* and *Wild New World: The Epic Story of Animals and People in America*.

*Montana is robust and precious. Hereabouts we treasure what's natural and wild.*

*At a time when so many Americans get their notions of the state from a cheesy horse opera titled 'Yellowstone', it couldn't be more important to present certain realities—about what's worth conserving, and how best to conserve that—in a tapestry made vivid not by fantasy but by fact. Bugbee, Kiesling, and Wright do that superbly (with a bit of crucial help from Shane Doyle) in this deeply informed, loving book.* —David Quammen, New York Times bestselling author of *The Song of the Dodo: Island Biogeography in an Age of Extinctions*.

#### About the Authors

**Bruce A. Bugbee** is a land conservation consultant and founder of American Public Land Exchange.

**John B. Wright** has completed over one hundred conservation easements in Montana and the Rocky Mountain West and is professor emeritus of geography and environmental studies at New Mexico State University.

**Robert J. Kiesling** is a real estate broker, conservation consultant, and former executive director of the Montana Environmental Information Center and the Big Sky (Montana/Wyoming) office of The Nature Conservancy.

## Shade, Community and Music at The Shane Center

July is flying by and The Shane Center in Livingston 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. There are only two left for the season—that went quick!

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.

Rounding out the season on Thursday, July 31st is the **Tom Catmull Trio**. Tom is a word enthusiast. They are the larger part of what makes his world go round. He's spent the last twenty-five years in his adopted hometown of Missoula, Montana, presenting words in ways to make them as alluring as possible to people who crave such things. The last couple of decades have included seven full length albums, a few television appearances including PBS 11th and Grant, a hundred theater performances, dozens of festivals and countless honkytonks. Tom and



his terrific trio blew our minds in 2024 and we invited him back before he started his second set. Tom's clever and catchy tunes will delight you—great melodies and stories—the perfect

summer night music.

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 Live Events - 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](http://www.theshanecenter.org).

## The Sleepless Elite with Special Guest Cleo Allen Toll—and a Mysterious Twist

Montana's powerhouse alt-pop band, **The Sleepless Elite** are returning to the stage at The Attic on Saturday, July 26th for a high-energy night of original music, powerful vocals, and unexpected surprises. This special evening will also feature a performance by **Cleo Allen Toll**, a gifted singer-songwriter known for his captivating voice, heartfelt lyrics, and indie-Americana vibe.

But that's not all—rumors are circulating about a "**secret second set**" that promises to take the night in an entirely different direction. While the band is staying tight-lipped, they've hinted at costumes, character transformations, and a wild genre pivot that you won't see coming.

"We've got something really special planned," says frontwoman Carolina Kehoe. "Let's just say, if you leave early, you're gonna miss something wild."



See you at the Attic on Saturday, July 26th, doors open at 7 pm, show starts at 8 pm. Must be 21+ years old for entry.

Tickets are available at <https://www.theatticmontana.com/>. Fans are encouraged to follow @TheSleeplessElite on Instagram and TikTok for teaser content, behind-the-scenes footage, and hints about the big surprise. Carolina says, "Trust us—you won't want to miss the second half of this show!"

### Meals for July 21st - 25th



**Monday, July 21st** - Beef stroganoff, zucchini & yellow squash, roll, banana, milk

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

**Tues., July 22nd** - Chicken noodle, crackers, fruit cocktail, milk

Check us out on Facebook  
Livingston Meals on Wheels

**Wed., July 23rd** - Mushroom and Swiss burger, sweet potato fries, fixings, pineapple, cake, milk

Lunch served cafeteria style  
Serving food until 12:15 pm

**Thurs., July 24th** - Sweet & sour chicken over rice, eggroll, peaches, milk

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

**Friday, July 25th** - Fish fillet, coleslaw, tartar sauce, potato pancakes, cake, pears, milk

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

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# Foggy Thinking or Fraying Mind?

by Nurse Jill

If you're like most people you have had moments of forgetfulness in an average day. And while these minor lapses in memories do not bother those in their 20s and 30s as folks get older they may start to wonder, "Is this just foggy thinking or is my mind actually starting to fray a bit?"

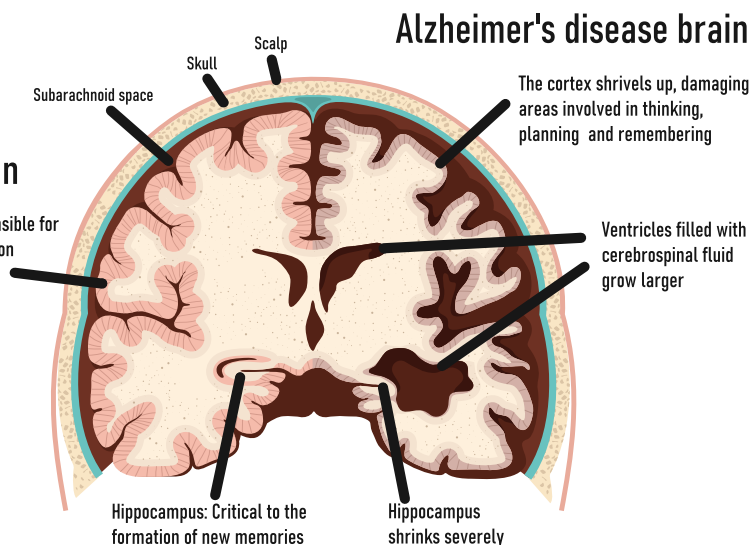
You most likely know someone who either has been affected by dementia, or you know someone who has had to care for someone affected by dementia. It can be scary and while, as a society, we have kind of accepted it as "just what happens when we get older" we can't help but hope it won't be us. It would be nice to know if there are health steps we could take to prevent or limit the possibility of dementia in our own lives.

Contrary to public belief, dementia is not a specific disease. Dementia is a set of symptoms that result from changes in the brain due to a variety of causes. Dementia symptoms can include (according to the Alzheimer's Association): "trouble with memory, language, and problem-solving; difficulty concentrating; and struggling to understand and express thoughts; ... confusion, poor judgment and acting impulsively..." Dementia can be the result of any one of at least eight different chronic conditions.

Alzheimer's disease is the most known cause of dementia, and for good reason, 60-80% of reported dementia is attributed to Alzheimer's. Alzheimer's dementia is a condition where the brain suffers from an excessive accumulation of abnormal proteins and protein fragments. Other changes such as decreased ability of the brain tissues to utilize glucose as well as brain tissue inflammation are markers in the diagnosis of Alzheimer's disease. These changes in brain tissue ultimately interfere with the electrical connections (neurons and synapses) inside

## Healthy brain

Cerebral cortex: Responsible for language and information processing



the brain resulting in difficulty remembering, depression, trouble communicating, confusion, poor judgment, and changes in behavior. As neurons and synapses continue to suffer damage the symptoms may extend to trouble walking, speaking, and even swallowing.

Alzheimer's is usually stereotyped as a severe condition, but it can take years to even notice a person's dementia symptoms are more than just normal aging let alone get an official diagnosis of Alzheimer's. A diagnosis often includes MRI, PET scan, cerebrospinal fluid analysis, and a detailed history of years of worsening of symptoms. In addition, researchers are finding that the changes in brain tissue due to Alzheimer's can begin a full 22 years prior to any symptoms developing. This makes prevention and treatment difficult when it takes so long to diagnose the ailment. However, the FDA just approved a blood test that will allow practitioners to screen for these brain changes with less diagnostic burden than ever before. This new option was shown 92% accurate in one study and offers more insight into a person's brain health with one simple blood draw.

Until 2021, Alzheimer's was an unalterable

diagnosis, meaning that there wasn't much, if anything, a patient could do to change, slow, or minimize the progression of the disease. But in 2021, the FDA approved the first drug to slow the progression of Alzheimer's which was great step in the field. The research on the different drugs is too complicated to delve into here but suffice it to say researchers are making strides in "significantly" improving outlooks for the Alzheimer's population. Which means that screening early may eventually make a big difference in the ultimate outcome. These drugs are all treatments, not cures, but some could extend cognitive ability by years. The results won't be complete until many more years of data are collected but there seems to be some hope. In addition to medicinal treatments a lot of research is also being done on non-medicinal treatments.

There is no cure for Alzheimer's (or any cause of dementia) and it is not easy to study or collect data on. The majority of individuals who suffer from dementia symptoms have two or more conditions that affect their brain's abilities. This means that while someone may have been diagnosed with Alzheimer's there is likely another variable at play which changes how we

might interpret responses to therapies.

Prevention is always the best answer to health problems but even more so when the biggest factors, such as age and genetics, are unalterable.

It may seem inevitable that we all suffer from dementia but only 11% of those 65 and older are diagnosed with Alzheimer's in the United States. Whether your "brain farts" are innocuous or an early concerning symptom there are specific health habits that can decrease your own personal risk of Alzheimer's (and other causes of dementia).

The Alzheimer's Association recommends these twelve healthy habits directly aimed at modifiable risk factors for dementia:

1. Maintain a healthy blood pressure. Ask your doctor about treatment for high blood pressure.
2. Maintain a healthy weight.
3. Maintain a normal blood sugar. Ask your doctor about managing high blood sugars.
4. Stop smoking.
5. Get a good night's rest. Ask your doctor about treating conditions such as sleep apnea that interfere with quality sleep.
6. Maintain a healthy diet heavy in whole foods.
7. Maintain an active lifestyle.
8. Be aware of your mental health. Ask for help if you have concerns about your mental health.
9. Be socially active. Stay in touch with friends and family. Or join a group to make friends.
10. Engage in cognitive challenges. Actively learn something new or find an activity that requires thinking.
11. Be kind to your ears. Use ear protection and get treatment for hearing problems.
12. Wear a helmet and your seat belt. Avoiding traumatic brain injury decreases your dementia risk.

Visit the Alzheimer's Association on-line at [alz.org](http://alz.org) for more helpful information.

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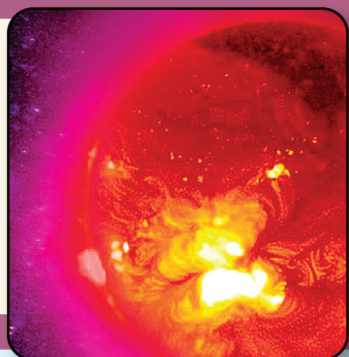
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# Your Ageless Wellness Column

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

## "When the Body Speaks: What Trauma Might Be Trying to Tell You"

Most people think of their body like a car. If something breaks, you fix it. If something hurts, you numb it. But the body doesn't work like that. It's not a machine. It's a living, breathing **network**—and every part talks to every other part.

Your emotions don't just float around in your mind—they live in your body. If those emotions, especially painful or traumatic ones don't get processed—they don't go away. They go in.

### The Science Is Clear: Trauma Affects the Body

Over the last few decades, major studies have confirmed what many cultures have always known: **unhealed trauma doesn't just affect the mind—it reshapes the body.**

In fact, a landmark study called the ACE Study (Adverse Childhood Experiences) found that people who experienced trauma—like abuse, neglect, or instability—were significantly more likely to develop chronic health problems later in life, including:

- Obesity
- Diabetes
- Heart disease
- Autoimmune issues
- Even cancer (Source: Verywell Health)

So if you've ever wondered *why your body feels the way it does...* your body might be holding on to more than you think.

### It's Not Just in Your Head. It's in Your Body.

Think of trauma like a surge of emotional electricity. If the body can't process it safely at the time, it stores it somewhere.

Research shows trauma can:

- Shrink parts of the brain that regulate stress
- Over activate the parts that respond to danger
- Suppress digestion, immunity, and hormone balance (Source: *The Body Keeps the Score*, Bessel van der Kolk, MD)

This survival wiring helped us in the moment, but long-term—it wears the body down.

### The Connection Between Trauma, Weight Gain, and Eating Patterns

One of the most common places trauma shows up is in our relationship with food and our bodies. And again—it's not about willpower. It's about survival.

What the research shows:

- A 2022 UK study found that **food addiction** explained almost half of the link between childhood trauma and adult obesity (PubMed).
- Emotional abuse in childhood has been shown to cause anxiety and bulimia, which then increase the risk of obesity (BMC Public Health).
- A review of multiple studies confirmed that the more **trauma someone experienced as a child**, the more likely they were to be overweight or obese as an adult (Springer).
- Survivors of sexual abuse may unconsciously gain weight as a way to feel protected, make themselves "unattractive," or dissociate from a body that no longer feels safe (PubMed).

These behaviors aren't irrational. They are adaptive. They are the body's attempt to cope when the heart and mind don't know how.

### The Meridian Map: A Deeper Layer of Connection

In Traditional Chinese Medicine, the meridian system maps emotional energy through channels that connect physical organs, muscles, and emotions.

Here's what that looks like:

- **Liver:** Stores anger and frustration → connected to muscles, digestion, and headaches
- **Lungs:** Grief and sadness → tied to breathing, skin issues, immune health
- **Kidneys:** Fear → linked to adrenal fatigue, lower back pain, and



chronic fear states

- **Heart:** Joy and purpose → when blocked, may cause anxiety, insomnia, or tightness in the chest
- **Breasts:** Often associated with nurturing and boundaries—issues can reflect unmet emotional needs in giving or receiving care

This isn't just symbolic. It's based on thousands of years of lived experience—and modern trauma therapy increasingly echoes these same energetic truths.

### Western Medicine vs. Holistic Care: A Quick Reality Check

Western medicine is essential—especially for acute injuries or life-threatening situations. But when it comes to **chronic pain, fatigue, weight issues, or mysterious symptoms**—it often falls short.

Many treatments focus only on managing symptoms without asking why those symptoms exist in the first place. That's where holistic care shines. It sees you as a connected whole. It listens for patterns. It works with your body's intelligence—not just against its pain.

### How Do You Start Listening to the Body?

Start small:

- Notice where you hurt—and when it flares up

- Ask yourself, *what else am I carrying here?*
- Breathe into the pain, instead of bracing against it
- Track emotional patterns that match physical ones
- Seek support from trauma-informed professionals

### Your Body Isn't Broken. It's Speaking.

That tight chest, stiff neck, or chronic fatigue—it's not a betrayal. It's communication. Pain is not the enemy—it's the language of something deeper.

You are not just treating a symptom. You are learning to understand a message. And when that happens—real, lasting healing begins.

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# Casting for Recovery Fundraiser

Casting for Recovery (CfR), a nationwide non-profit organization, is thrilled to present a fundraising event at Sage Lodge in Pray on Tuesday, August 19th beginning at 5:30 pm. CfR will host the Fly Fishing Film Tour (F3T)—an exciting evening that will replace their 2024 event at Sage, the Drift Boat Drive-In. While last year's gathering was held outdoors, this year they're moving the celebration inside the lodge for a more intimate and elevated experience.

Founded in 1996 in Vermont, Casting for Recovery (CfR) was born from a simple yet powerful idea: to offer women with breast cancer the therapeutic benefits of nature, movement, and connection through the gentle art of fly fishing. What began as a grassroots effort to serve a small group of women has grown into a nationally recognized nonprofit, providing oncology-informed fly fishing retreats across the United States. The organization will celebrate its 30th anniversary next year.

The program blends expert fly fishing instruction with emotional support and medical guidance in a nurturing, community-centered setting. Each retreat is



free of charge and designed specifically for women at any stage of breast cancer treatment or recovery. The two-and-a-half-day experience offers more than just a weekend away—it provides empowerment, hope, and healing with long-lasting benefits after the final cast.

In 2017, Casting for Recovery relocated its national headquarters from Vermont to Bozeman, aligning the organization more closely with the heart of the fly fishing community and its many passionate supporters. With one in eight women diagnosed in the United States, the organization is committed to expanding its outreach efforts.

As of 2025, CfR operates a network of up to 60 retreats annually, serving more than 900 women each year through the dedication of volunteer medical professionals, fly fishing guides, and program coordinators. With over 12,500 women served through 1,000 total retreats in all 50 states since its founding, Casting for Recovery remains committed to ensuring that no woman faces breast cancer alone and that all have the opportunity to find strength, peace, and renewal on the water.



Though all women diagnosed with breast cancer at any age or stage are welcome to participate, CfR is committed to helping women from underserved communities, including women of color (including Alaskan and Hawaiian natives), low-income or uninsured women, military women and those in rural areas.

During this year's fundraising event, guests will enjoy a buffet-style dinner in the Sage Grill, along with a signature Casting for Recovery cocktail, leather branding station, live music, and a silent auction featuring premium outdoor gear, artwork, and unforgettable local experiences. The evening will culminate with a powerful and inspiring lineup of F3T films in the Yellowstone Room.

This new format brings the community together in a beautiful indoor setting while still capturing the energy and

heart of the original Drift Boat Drive-In. Tickets are limited to just 100 guests, making this an exclusive evening dedicated to storytelling, connection, and supporting CfR's mission to bring healing to women facing breast cancer through nature and community.

Tiffany Greene, Casting for Recovery's Community Engagement Manager, is currently seeking event sponsors and local partners who would like to get involved in making this night a success. From in-kind donations to sponsorship opportunities, there are many ways to support the event and help bring healing to more women in Montana and beyond.

For more information, to make a contribution, or to sponsor the event, please contact Greene by email at [tiffany.greene@castingforrecovery.com](mailto:tiffany.greene@castingforrecovery.com) or call (413) 672-1297.

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# Mountain Biker Safely Repels Bear Encounter Near Troy

Park County Dugout - July 15, 2025  
TheParkCountyDugout.substack.com  
By: Jeff Schlapp

A mountain biker safely managed a close encounter with a bear while riding on the Starry Goat Trail on national forest-land near Troy, MT last week.

The incident occurred when the biker, riding alone, noticed a bear approaching along the trail. The biker quickly dismounted, retrieved bear spray from his bike's water bottle cage, and discharged it when the bear came within range. The bear reacted immediately, retreating approximately 20 yards into the woods. The bear sat at the base of a tree and the biker rode off without further incident.

Thankfully, no injuries were reported. The bear's exact species remains unconfirmed, though the biker believed it was a grizzly bear based on its characteristics.

The Starry Goat Trail, located off Callahan Creek Road west of Troy, remains

open but users are urged to remain cautious of possible bear activity. Montana Fish, Wildlife & Parks staff set up cameras on the trail to try and identify the bear but did not see any activity and recently pulled the cameras.

## Be Bear Aware.

Montana is bear country. Avoiding conflicts with bears is easier than dealing with conflicts. Here are some precautions to help recreationists avoid negative bear encounters:

- Carry bear spray in an accessible place and know how to use it.
- Stay alert and look for bear activity, especially where visibility or hearing is limited (woods, bushy areas, streams)
- Anyone traveling quickly (mountain biker, trail runner) can be at high risk of surprising a bear.
- Ride or run in daylight and in groups.



Mountain Biker deters bear with bear spray

- Slow down and look ahead, especially in areas of dense vegetation, berry patches, and around blind corners.
- Make noise! Let bears hear you, especially where visibility is limited.

For more information and resources on bear safety, visit [fwp.mt.gov/conservation/wildlife-management/bear](http://fwp.mt.gov/conservation/wildlife-management/bear).

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

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

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

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

On Tuesday, July 15th, Park High School Football Coach Nick Coate resigned.

First, it was Jeff Dickerson, the Rangers soccer coach, and now it's Coate. UGH. Double UGH. Throw in Park High's Activity Directory, Scott Rosberg, who resigned in April - Triple UGH.

All good men, good teachers, good leaders, and most importantly, all three loved Park High and the students/athletes they were entrusted with.

Coate was the Rangers' assistant coach for two years and the Head Coach for seven. He led his team onto the field the last two

years for games at Carroll College and Bobcat Stadium at MSU, winning what turned out to be his final game against Stevensville 19-6.

In a series of text messages, Coach Coate shared with me that he emailed his resignation to Park High's new Activity Director on Tuesday.

"I'll miss the kids and the fun I had coaching them," Coach Coate said. "Right now, my work and home life have to be my number one priority, and even though we have a very talented team, I just don't have time for it all right now. I have also announced my resignation to the team."

Over the years, I have had the pleasure of working with a few coaches whom I enjoy, and Coate has been one of them. He's even

invited me to watch game film, and he's been on the Dugouts Coaches Corner Podcast.

He's always treated me fairly, and the Dugout has enjoyed watching the Rangers play till the horn sounds, no matter the score, as if it's the first series of downs. He was a players' coach, with many often telling me they would rather have played for Park High and Coach Coate than for some team that made the playoffs.

Those who played for Coach Coate loved him.

I'll miss seeing him on the sidelines in the fall; it just won't be the same. We wish him well.



**Park High Head Football Coach Nick Coate speaks to his team after they won their season finale 19-6 over the Stevensville Yellow Jackets last season at MSU Bobcat Stadium in Bozeman.**

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

# The NCAA Has Approved a New rule Change Allowing Division I Schools to Directly Pay Student-Athletes

*The University of Montana will opt-in this year to the NCAA's House settlement, joining Montana State.*

Park County Dugout - July 15, 2025  
TheParkCountyDugout.substack.com  
By: Jeff Schlapp

Colleges no longer need to hide behind their Boosters, local car dealerships, or shoe contracts; the NCAA has approved a new rule change allowing **Division I schools to directly pay student-athletes for the use of their name, image, and likeness (NIL)**. This change is part of the House v. NCAA settlement, which was finalized on June 6, 2025, and took effect on July 1, 2025. The settlement also includes a \$2.8 billion damages pool for current and former athletes.

The new rules mark a significant shift in the NCAA's approach to amateurism and athlete compensation. The changes allow schools to directly compensate athletes for the use of their NIL, potentially impacting recruiting, competitive balance, and the overall college sports landscape.

While the NCAA trumpets a \$2.576 billion payout and the fall of amateurism's last vestiges, what lies beneath for colleges and universities is a regulatory transformation as sweeping as it is uncertain.

The rule change essentially allows college athletic teams to assume the role of the G League or minor leagues in professional sports. No longer is it considered a goal by D1 athletes

to receive free room and board and tuition (who are we kidding, that goal went out the window 35 years ago), but rather what college has the best revenue sharing, in essence, "who can pay me the most" will be the focus of the best college athletes, not who has the best physics department.

### History of NIL payments

In the spirit of amateurism, direct compensation to athletes was banned. It was thought that fans wouldn't be as interested in watching college sports if the teams were comprised of professional athletes. It was also believed that if college athletes received scholarships as the sole form of compensation, they would remain active members of the college community.

The NCAA had also prohibited collegiate athletes from receiving any compensation from their name, image, or likeness (NIL). In other words, unlike professional athletes, college players could not endorse any products for money or sell autographs. In short, not only were college athletes prohibited from receiving direct compensation for their work, they also could not profit from their popularity. Athletes were also, for the most part, barred from signing with a sports agent for representation.

In June 2021, the rules underwent slight changes. College athletes were still barred from receiving a salary (known as “pay for play”).

However, the U.S. Supreme Court ruled that these athletes could indeed enter into NIL deals, which allow them to endorse products or sell their autographs. In its opinion, the Supreme Court noted that the concept of amateurism does not automatically confer immunity from antitrust laws, and that prohibiting NIL contracts could indeed violate those laws.

While NIL deals promise newfound opportunities for athletes, they also risk exacerbating disparities and distractions within collegiate athletics.

Of the top 100 athletes in NIL rankings in 2024, 98 were either football or basketball players. There is also a clear imbalance between men's and women's sports. For example, Caitlin Clark became the all-time leading scorer in women's college basketball history. And then she broke the all-time NCAA record for men or women—Pete Maravich's record of 3,667 points scored. However, Clark ranked 38th in NIL rankings. Another kind of disparity involves players on the same team who are similar in skill but differ in social media flare.

And when a freshman in college is given millions of dollars, there's a high probability that it can become quite the distraction, whether it is a direct distraction, as some have claimed about Shedeur Sanders, or a result of applying more pressure to perform and maintain this level of popularity online. Many of these players now have obligations to fulfill as part of their NIL deals which can take time away from their academic and athletic responsibilities, which should be their top priorities.

Until the court's ruling on July 1st, college athletes could not receive pay-to-play salaries from their schools. That's changed.

The recent settlement means that athletic programs across the country are now free to start paying millions to their athletes, marking one of the most significant changes in the history of college athletics. The deadline for schools nationwide to opt out was Monday.

## Athletes Should Be Paid For Their Efforts

These students dedicate significant time, effort, and talent to these sports and should be compensated for their dedication.

Our college athletes are not just students but employees in every sense. Consider their routine: early morning practice, followed by classes, then additional practice, study sessions, team meetings, and finally, games during the season.

most full-time jobs. These are not just kids playing a game; they're individuals undertaking a significant workload and should be compensated.

### Scholarships Are Not Enough To Cover All The Expenses

Some will argue that scholarships cover college-related expenses. If you have been a scholarship student, you know how many additional expenses (such as clothes, workshops, and certifications) must be covered beyond college expenses. Receiving payment alleviates the stress and financial burden that some students may face.

Many college students come from less fortunate backgrounds and must support their families and themselves. If college athletes receive payment under such circumstances, they can alleviate the financial strain on their families and excel in the sport without any tension.

## Right To Make Money Off One's Own NIL

The amateur sports world is big globally and generates millions of dollars. It is only fair that college athletes, who create this income, also receive a share of the money generated from their name, image, and likeness (NIL).

The settlement does not resolve whether athlete pay must be allocated in a gender-equitable manner under Title IX. This unresolved legal question poses enormous implications. A misstep here could open institutions to costly and high-profile lawsuits.

### Key aspects of the new rule:

- **Direct Payments:** Schools can now directly compensate athletes, rather than relying solely on third-party NIL deals.
- **Revenue Sharing:** Schools can distribute a portion of their revenue to athletes, with a cap of \$20.5 million per school for the first year.
- **NIL Oversight:** A third-party clearing-house will be established to monitor NIL deals and ensure they are fair and not used as recruiting inducements.
- **Roster Limits:** While scholarship limits will be eliminated, new roster limits will be implemented.
- **Compliance:** An enforcement body will be created to ensure schools comply with the new rules, including roster limits, direct payments, and NIL deal requirements.
- **Potential Expansion:** The settlement also allows for the creation of a new



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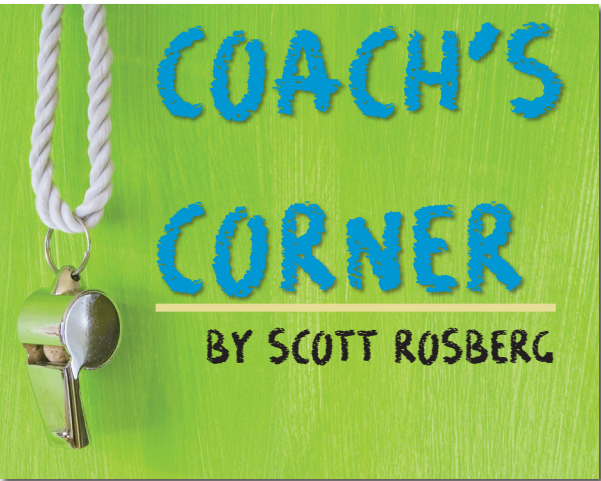
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# Routines & Habits in the Unseen Hours



In my last column, I talked about the importance of the Off-Season, and how coaches and players should approach this very important time in their development both individually and as a team. Today, I want to talk about the time that we need to spend both in the off-season and during our seasons, as well to become the best we can be. The most important moments of those times happen in "The Unseen Hours."

I first heard the term "Unseen Hours" from a former basketball skills trainer named Alan Stein, Jr. I interviewed Alan for my **Great Quotes for Coaches** podcast a few years ago (Episode 31 – 10/19/20). It is one of my favorite episodes because Alan dropped so many great truth bombs and eye-opening ideas. I had been a fan of his before that, and then I became a HUGE fan of his after that.

Alan had a partner in the basketball training space named Drew Hanlen. The two of them trained middle school, high school, and college players, many of whom went on to amazing college and NBA careers. Both of them talk about the importance of maximizing what they call, "the unseen hours." In fact, Drew has a great podcast with the title **The Unseen Hours**.

The unseen hours are the moments that we spend when no one is watching us, while we are working at and perfecting our craft without anyone else around or even knowing that we are working.

We are all passionate about something (or some things) that we want to get great at. For those of us in the athletic world, our sport should be one of those things that stirs us in our soul and makes us do all that we can to become our best.

But how do you get *great* at something? By working your tail off in the *unseen* hours when no one else

is watching you... by repeatedly working on the fundamental elements of your sport until you have them down so well that you could do them without even thinking... and by working on the next-level elements (but only after you have mastered the fundamentals) that require a baseline of proficiency and strength that will take you to new heights of personal and team success.

When you start putting in your hardest work in the *unseen* hours, you start to develop into the coach, player, teacher, student, administrator, boss, worker, or whatever it is that you want to be great at.

## Routines & Habits

One way to develop in the unseen hours is to create routines and habits that you do daily that can offer you the opportunity to grow almost on *autopilot*. Once you establish and follow daily routines like that, they become so ingrained in you that you don't even need to think about them. You do them so often and with such focus that they become part of who you are.

Drew Hanlen talks about how every day of his high school years, he was in the gym at 6 am working on his ballhandling and shooting. His goal was to get 500 shots up every morning for all four years of high school. This was his daily habit, and it was done during his unseen hours.

People saw the results of his work when he played in his high school games and then in his college games. But what they didn't see was all the work he did on his ballhandling and shooting during his daily habit of getting into the gym every day at 6:00 am. More than anything, this daily habit is what separated him from everyone else and made him the player and leader he became.

I, too, have had my share of routines and habits. The routine that has had the greatest impact on me and my own personal growth and development has been my morning routine. I get up an hour (or more) earlier than I used to, and I have a set pattern of things that I try to do every morning that propel me forward on to the rest of my day. I say "try to" because I have my share of days when I don't get to my usual routine.

But when I do follow my morning routine, good things usually happen for me. I am focused, disciplined, and strategic. Because I am all of those on the mornings when I follow my routine, I am productive. I get into a groove, elements start working together, and it's easy to fall into a pattern that produces positive results. The pattern of the routine propels me forward and puts me in a positive state of mind for getting things done that need to be done.

**SAVERS**

I have followed a few morning routines, but the one that I have had the most success with is from a book called **The Miracle Morning** by Hal Elrod. Elrod created his morning routine after a life-altering accident and the subsequent struggles he had after it. As he was trying to put his life back together, he came up with a morning

routine based on the acronym **SAVERS**:

- **Silence** - Incorporating practices like meditation or deep breathing for clarity and focus
- **Affirmations**: Using positive self-statements to reprogram the subconscious mind
- **Visualization**: Mentally rehearsing desired outcomes and successes to enhance motivation and goal achievement
- **Exercise**: Physical activity to boost energy levels and improve mood
- **Reading**: Engaging in personal development or educational reading to expand knowledge and perspective
- **Scribing**: Journaling or writing down thoughts and ideas to process emotions and clarify thinking

By doing these six things each morning, I set myself up for success so much better than when I don't do them. Whether it's Elrod's SAVERS routine or something else, I recommend you find some routine that works for you to get your day going and then do all that you can to honor it and stick to it. It can change your life in such a positive way.

However, just like anything else, the key to making a morning routine work for you is for you to work for it. You must take action. It requires focus, discipline, and consistency. But think about how much better anything you do will be if you do it with focus, discipline, and consistency.

Interestingly enough, when I sat down to do my SAVERS this morning, I had no idea what I was going to write about for this week's column. However, when I was in my first SAVER—*Silence*—I was sitting quietly doing a deep breathing exercise and clearing my mind, when the idea for this column hit me. I stayed in my silence for a few more minutes and during that time, three more ideas came to me. I opened my eyes, started typing my ideas in the Notes app on my phone, and six other ideas for column topics came to me. My morning routine helped propel me forward into creating today's column and future columns.

A morning routine can work for you, too. Learning to use routines and habits for your own personal growth, as well as the growth of your team, can take you to new heights. By focusing your attention on performing your routine to the best of your ability and having the discipline to do it on a consistent basis, you will make great strides in your daily improvements to becoming the best you can become.

To check out more materials from Scott, go to his website [SlamDunkSuccess.com](http://SlamDunkSuccess.com). You can email Scott at [scott@slamdunksuccess.com](mailto:scott@slamdunksuccess.com).



## NCAA

from page 10

subdivision of Division I schools with their own set of rules, which could potentially impact recruiting, transfers, and roster sizes.

As reported by Montana Sports, Montana was originally planning to opt-in during the 2026-27 academic year. The school explained this week that it switched after rosters were grandfathered into the final approved settlement, so that roster cuts weren't necessary.

Athletic director Kent Haslam told MTN Sports the "initial settlement had no provision for accommodating roster limits through what's now called 'designated student-athletes.' But as it unfolded, there was an opportunity to preserve our (current) roster limits by grandfathering in your current squad sizes. That completely changed our mindset."

Nebraska-Omaha and Montana were originally among the schools opting out. Montana State has already opted in, raising the recruiting stakes for two programs that are often among the best teams in the Football Championship Subdivision.

Haslam told MTN Sports, "Everything surrounding the House settlement, we were ready for. We were excited for everything around revenue sharing and scholarship and financial and how that's restructured. The hesitancy was around roster limits, and once that got resolved and we could make sure that we were ready to do

it, we opted in."

To compound the direct payment of an athlete, there is the Transfer Portal: a college football version of free agency. The days of sitting out a year after transferring? Gone. The days of athletes jumping schools, building brands, and chasing NIL deals? That's the new normal.

Pair that with the rise of Name, Image, and Likeness (NIL), and you've got an almost unmanageable system. Coaches call it a mess. Players call it freedom. Fans call it confusing. Either way, the toothpaste is out of the tube—and there's no putting it back in.

College athletics finances have undergone significant shifts with the rise of NIL and the transfer portal. What used to be about scholarships and recruiting pitches is now about budgets, negotiations, and market value. NIL collectives are increasing their budgets with every transfer window, and some schools are now allocating over \$20 million annually for athlete compensation.

At this point, if a program isn't spending at least \$10 million, it's considered behind. And it's not just about the star quarterback—recruits are entering the portal with six- and seven-figure expectations. To stay competitive, programs are introducing new revenue streams, including ticket surcharges, targeted alumni donations, and even stipends for parents' travel expenses. NIL isn't just a side deal anymore—it's a budget line.

What we will see is the shift of balance and competition. The days of Northwestern upsetting Notre Dame are long gone (replaced by a fluke win by Northern Illinois last year over ND). What

we have now is the NCAA admitting that schools like Texas, USC, Oregon, LSU, Alabama, and Ohio State are essentially minor leagues for the NBA and NFL.

What isn't said, however, to the 17 and 18 year old athletes by the NCAA or their recruiters is what happens to the star player once they are injured and can no longer play, will they continue to be paid, will the school cover the costs of room, board, and tuition until they graduate?

Will high school athletes require an agent before signing with a college?

College athletes work extremely hard and arguably are not far behind their professional counterparts. Furthermore, they generate a significant amount of money and goodwill for the colleges they serve. At the end of the day, they're providing labor to the colleges. So, it makes little sense that they are unpaid.

Until now, a new, transparent era in college sports has begun.

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



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**July 27<sup>th</sup> (Sun) THE PICKIN' PEAR Folk, Rock, and Bluegrass**

**August 1<sup>st</sup> - 2<sup>nd</sup> (Fri-Sat) THE FOSSILS Folk, Rock, and Psychedelia**

**August 3<sup>rd</sup> (Sun) POLLY O'KEARY & RHYTHM METHOD Classic Blues**

**August 8<sup>th</sup> (Fri) GHOST TOWN BLUES Classic Blues**

**August 9<sup>th</sup> (Sat) TRIGGERED BAND Rock & Country Band**

**August 10<sup>th</sup> (Sat) LARRY MYER Solo guitar rock artist**

**August 15<sup>th</sup> - 16<sup>th</sup> (Fri-Sat) BRICKHOUSE BAND Rock & Country Band**

**August 17<sup>th</sup> (Sun) 125TH ANNIVERSARY BLOCK PARTY 5-9 pm**



# Broccoli—Eat the Sprout Instead of the Head



A close up of broccoli sprouts

By Jill-Ann Ouellette

Broccoli sprouts, nature's tiny powerhouses, have been making waves in the health community for their incredible nutritional punch. Packed with vital nutrients and bioactive compounds, these miniature greens are not just a trend, but a timeless superfood with a rich history and a promising future. Let's delve into the world of broccoli sprouts, their remarkable benefits, and creative ways to incorporate them into your diet.

## A Brief History

Sprouts, including broccoli sprouts, have been a part of human diets since ancient times. The earliest evidence dates back to around 2000 BCE in China, where sprouts were cultivated for their nutritional value and medicinal properties. Fast forward to the 20th century, Dr. Paul Talalay at Johns Hopkins University School of Medicine discovered the incredible concentration of sulforaphane in broccoli sprouts. This compound, a potent antioxidant and anti-inflammatory, catapulted broccoli sprouts into the spotlight of natural health advocates worldwide.

## Nature's Little Powerhouses

Broccoli sprouts are a powerhouse of nutrients, boasting high levels of vitamins A, C, and K, as well as folate, protein and fiber. Basically, broccoli sprouts include the nutritional value of a mature head of broccoli but in a much greater amount. To be exact, they have been discovered to contain seven times more polysulfides than mature broccoli.

Those sprouts are rich in sulforaphane, an isothiocyanate that plays a crucial role in regulating inflammation, reducing oxidative stress, and supporting the body's detoxification processes. Studies have shown that sulforaphane

can help protect against various chronic diseases, including cancer, heart disease, and type 2 diabetes.

Moreover, broccoli sprouts are an excellent source of indole-3-carbinol (I3C), a compound that can help balance hormones and support liver function. Additionally, they contain glucosinolates, which break down to sulforaphane when the sprouts are chewed or chopped. This process

makes the nutrients in broccoli sprouts more bioavailable, enhancing their health benefits, which makes them the most nutritious sprout of all varieties.

## Grow your own

Sprouting them yourself is easy. To maximize the health benefits of broccoli sprouts, it's essential to cultivate them properly. Opt for organic seeds, as pesticides can interfere with the sprouts' nutritional content. Soak the seeds overnight, place in a canning jar preferably with a screened top, then rinse and drain them twice a day until they reach the desired size, usually 3-5 days. Store sprouts in the refrigerator to maintain freshness and prevent bacterial growth.

When purchasing sprouts at the grocery store or local farmers market, look for fresh, vibrant green ones with no signs of yellowing or molding. They should have a crisp texture and a mild, slightly spicy flavor. To preserve their nutrient content, consume sprouts raw or lightly cooked.

## How to Incorporate Broccoli Sprouts

- Broccoli sprouts can be eaten raw or cooked.
- Elevate your salads, sandwiches, or use as a garnish for various dishes, soups, stir fries or avocado toast.
- Ramp up the nutrition value of your daily smoothie with a handful of sprouts.
- If you make your own humus, add broccoli seeds to the chickpeas by soaking together.
- A common recommendation is to consume about ½ cup of fresh sprouts twice a day.

## The Future of Broccoli Sprouts

As our understanding of broccoli



Mixed microgreens

sprouts' health benefits continues to grow, so too does their popularity. From humble beginnings in ancient China to cutting-edge research labs, broccoli sprouts have proven their worth as a natural, effective, and delicious way to support overall health.

Embracing broccoli sprouts and other natural foods is an excellent way to take control of your health and support a sustainable food system. By opting for nutrient-dense, locally grown, and minimally processed foods, we can break free from the propaganda of traditional institutions and cultivate true health and well being.

In conclusion, broccoli sprouts offer a wealth of health benefits, from

regulating inflammation to supporting detoxification. By incorporating them into our diets through salads, smoothies, and more, we can harness nature's power and live happier, healthier lives. So, go ahead, embrace the power of broccoli sprouts, and let your body thrive!

Some researched included use of Enoch AI.



Watercress microgreens

Recipe by  
Carla Williams

## RECIPE CORNER

### Pineapple Cream Cheese Bundt Cake

#### Ingredients:

- 1 cup (225g) unsalted butter, softened
- 1 package (8 oz / 225g) cream cheese, softened
- 2 cups (400g) granulated sugar
- 6 large eggs
- 1 tsp vanilla extract
- 2 ½ cups (315g) all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- 1 can (8 oz / 225g) crushed pineapple, drained
- Powdered sugar, for dusting (optional)

#### Instructions:

1. Preheat your oven to 325°F (165°C). Grease and flour a Bundt cake pan.
2. In a large bowl, cream the butter, cream cheese, and sugar until light and fluffy.
3. Add eggs one at a time, beating well after each addition. Stir in the vanilla.



Photo Credit: [insanelygoodrecipes.com](https://insanelygoodrecipes.com)

4. In a separate bowl, whisk together the flour, baking powder, and salt. Gradually add to the wet mixture.
5. Fold in the crushed pineapple.
6. Pour the batter into the prepared Bundt pan and smooth the top.
7. Bake for 60–70 minutes, or until a toothpick inserted in the center comes out clean.
8. Let cool in the pan for 15 minutes, then invert onto a wire rack to cool completely.
9. Dust with powdered sugar before serving, if desired.



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## Business Spotlight



by **Siobhan Stevenson**  
Student Intern

Cactus Blossom Collective is a thoughtfully curated, woman-owned and operated, artisan boutique, located at 111 W. Callender Street in Livingston. Established in 2015 by co-owners Jessica Konley and Kristi Reed, two visionaries with a passion for creating, Cactus Blossom is a space where artists can share their work with the community.

Konley and Reed were introduced by a mutual friend and quickly bonded over motherhood, creativity, and their dreams of entrepreneurship. Neither had formal business training prior to starting Cactus Blossom but had both successfully run businesses of their own. Konley previously owned Paper Airplane Designs, which occupied the space where Cactus Blossom is now located, and Reed started Windy Peak Vintage, an online vintage shop.

Growing up in the suburbs surrounded by big box stores, Reed has a longstanding appreciation for thoughtfully curated artisan concept stores. When Konley decided she needed a break from her nursing career, they both saw this as an opportunity to create a space to explore their own artistic passions and share them with other artists and the community.

Konley and Reed have created a space that transcends a traditional concept store—Cactus Blossom is a place where they honor their own artistic abilities while also elevating other artists in the community. Over the past decade the maker community at Cactus Blossom has grown to include over a hundred artists.

While most artists featured in the shop are local to Montana, Cactus Blossom also displays products by creators and small businesses from all around the world—countries such as France,

Spain, New Zealand and others. Local artists showcased have included, Standing Rattle (beaded jewelry), Gumbo Lily Pottery, Cynthia Handle (sculptor and metal smith), and long-standing in-house artist Katie Sisum of Glassisum Designs (stained glass and glass blower). Konley also features her handwoven and needle punched rugs in the boutique.

When curating their inventory, Reed and Konley emphasize a set of core values they want to promote in their shop. In a world where fast fashion has become the norm, they have created a space to display unique, handmade pieces crafted using natural fibers and sustainable processes—supporting and elevating artists from near and afar who align themselves with their mission.

Cactus Blossom not only offers a retail experience but also hosts social events. Throughout the year, the business holds gatherings organized by Hilary Honadel, a print maker who features her



event this Friday, July 25th from 5 to 8 pm to raise awareness about their mission to politically empower the youth of Montana. The event will present Some Lamps, a collaborative sculptural lamp show featuring Josie Parry and Ned Bardsley, as well as live music provided by local musician Ted Robinson.

Most of all, Konley and Reed want Cactus Blossom to be a safe space for everyone from all walks of life. They work hard to create a welcoming environment where people are free to be themselves and enjoy their surroundings. During the Community School Collaborative's Cougar Fridays, for example, Sleeping Giant middle school students venture out into the community to explore career paths at local establishments, including Cactus Blossom. Konley describes a feeling of pride and accomplishment when, as she explains, "young artists eyes light up seeing (possibly for the first time) that art is a valid career choice" upon entering the store.

Cactus Blossom is now celebrating its ten-year anniversary. Both Konley and Reed express their hopes to continue building their community of artists that has grown over the last ten years. They want everyone

to know that they are welcome and encouraged to "stroll on in" and experience Cactus Blossom.

"We love this community, these people, our downtown business friends, and we are here to keep growing together," says Konley.

You can visit the Cactus Blossom Monday through Saturday from 10 am to 5:30 pm and on Sundays from 10 am to 3 pm. Visit their website at <https://www.cactusblossomcollective.com> or contact their staff at (406) 600-3800.



art in the store. Hilary explains that gatherings are "come as you are" types of events where everyone is welcome. Through her gatherings, she hopes to elevate local artists by raising awareness about their work and create a community of artists and art lovers alike.

Hilary also hopes to create meaningful change by partnering with non-profit organizations for select gatherings. For instance, Forward Montana will have representatives at the shop's Art Walk

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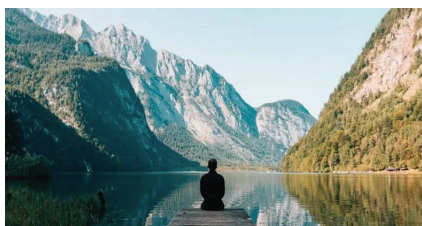


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Purse with a Purpose  
Ugly Fabric**

**No 4H/FFA Crossover**

**Due Tuesday 3-7 pm**

**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**





July Hardesty



vestments like stocks, bonds and cash; so they stay in the right mix for your needs. This mix, known as your asset allocation, is designed to reflect your comfort with risk, your investment goals and how long you have until you'll need to use the money for a major life event like retirement or the purchase of a new home.

For example, let's say your target portfolio is made up of 60% stocks, 30% bonds and 10% cash. Over time, as the value of

cash investments. This helps bring your portfolio back in line with your goals.

Markets go up and down. That's normal—but it also means your portfolio can shift without your even touching it. If you don't rebalance regularly, you might be taking on too much (or too little) risk.

**Rebalancing offers several benefits.** It helps keep your investment plan on track and manages your exposure to risk. It also encourages disciplined decision-making, rather than chasing trends.

It might feel strange to sell investments that have been doing well and buy ones that haven't. But this strategy can help you "buy low and sell high," which is one of the key ideas behind successful investing.

You may be wondering **how often** you should rebalance your portfolio. There really is no one-size-fits-all answer. Some people rebalance once a year. Others do it more frequently based on how far their investments drift from their target percentages.

What's important is that you check your portfolio regularly—at least annually—and make adjustments when needed. After big market movements, whether up or down, it's a good idea to take a closer look.

# Why Rebalancing Your Portfolio Matters—and How to Do It

In life, balance is everything—whether it's finding time between work and family or maintaining a healthy diet. The same goes for your investments. Keeping your financial portfolio balanced is a smart way to stay on track toward your long-term goals, even as the markets shift.

That's where portfolio rebalancing comes in. Rebalancing is the process of adjusting your in-

each investment changes, your portfolio may become unbalanced. If stocks have a great year and rise in value, they could end up making up 70% of your portfolio. That means you're taking on more risk than you originally intended.

To get back to your 60/30/10 target, you would sell some stocks and possibly buy more bonds or

Keep in mind that if you rebalance by selling investments in a taxable account, you might owe capital gains taxes. Also, some brokers charge fees for trades. But if you own similar investments in a retirement account like an IRA or 401(k), you can often rebalance without triggering taxes. A financial advisor can help you choose the best approach—and may even be able to help you avoid or reduce costs.

Your ideal investment mix will probably change as your life changes. Younger investors might favor stocks for growth. As you near retirement, you may want to focus more on income and stability. Rebalancing helps you adjust as your goals evolve.

Think of your portfolio like a car on a road trip—regular check-ins and small course corrections will help you stay on the right path. A financial advisor can help you design a strategy that keeps your investments aligned with your goals every step of the way.

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

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# 49<sup>TH</sup> ANNUAL SHIELDS VALLEY OLD SETTLERS DAYS

CLYDE PARK, MONTANA

## AUGUST 23<sup>RD</sup> & 24<sup>TH</sup> 2025

THEME: TEAMS, TRAINS, TRUCKS

### SATURDAY

- 8 A.M. FIREMAN'S BREAKFAST**  
at Clyde Park Rural Fire Department
- 8 A.M. - 4 P.M. QUILT SHOW**  
Mary Karell 222-1728
- VENDORS, ARTS & CRAFTS**  
Terry Sarrazin 223-1501
- COFFEE BAR**  
by CP Womens Club
- SVOS MUSEUM**  
Sandra Watson & Jim Cassidy 794-7150
- SILENT AUCTION**  
Dolores Davis 794-7150
- CAR SHOW IN LOT (9 AM)**
- BANK OF ROCKIES**  
Kevin & Kathie Olmstead 368-9099
- 9 - 11 A.M.**
  - 8:30 A.M. - REGISTRATION**
  - SVOS RANCH RUN**  
SPONSORED BY BANK OF THE ROCKIES at Holliday Park in Clyde Park Lacey Arthun 788-3676
  - SVOS RANCH RUN 10K STARTS 9 A.M.**
  - 5K STARTS 9:15 A.M.**
  - 1 MILE WALK/RUN 9:30 A.M.**  
Start/Finish at Holliday Park in CP
  - RIFLE RAFFLE**  
Jeff Sarrazin 220-1951
- 10 A.M. PARADE LINE UP**  
Line up at SV High School

- 11 A.M. PARADE (NO ENTRY FEE)**  
1st Place - \$150  
2nd Place - \$100  
3rd Place - \$75  
Children's Best of Theme - \$50  
Businesses Best of Theme - \$50  
Horse Best of Theme - \$50
- GRAND MARSHALS:**  
Doe Stafford  
Lyle and Myrt Woosley
- 12 P.M. NOON LUNCHES**  
Clyde Park Tavern  
Rosa's Pizza
- 1 P.M. FFA GAMES IN THE STREET SV FFA CORNHOLE TOURNAY**  
Behind Community Center  
**ANNOUNCE WINNERS OF CAR SHOW**
- 2:30 PIE AUCTION**  
Teresa Lehman 220-2958
- 3-5:30 P.M. DANCE ON THE PATIO TO MEYER'D DOWN**  
Sponsored by Clyde Park Tavern
- 3 P.M. SILENT AUCTION CLOSES WINNERS ANNOUNCED 4:30 P.M.**
- 6 P.M. SVOS BARBECUE BY JEFF SARRAZIN**  
At Community Hall  
Adults & YOUTH - \$15  
7 & under FREE
- 8-11 P.M. DANCE AT THE ANTLER BAR WITH MEYER'D DOWN**

### SUNDAY

- 9:30 A.M. RUBBER DUCK RACE**  
at Shields River Bridge  
by Bracketeer 4-H Club
- 10 A.M. COFFEE BAR**  
CP Community Hall
- 10:30 A.M. CHURCH SERVICES**  
CP Community Hall  
Non-denominational  
Special music provided
- 12 P.M. POTLUCK PICNIC**  
CP Community Hall  
**A-M: HOT DISH**  
**N-Z: SALAD**
- HONORING GRAND MARSHALS:**  
Doe Stafford  
Lyle and Myrt Woosley
- RIFLE RAFFLE DRAWING**



FOR MORE INFORMATION: JEFF SARRAZIN 406-220-1951  
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# ELUSIVE LIZARD REMAINS HIDDEN

True to their nature, the horny toads weren't revealing themselves during a June 28 Lizard Bioblitz field trip with Montana Fish, Wildlife & Parks outside of Miles City.

That didn't seem to dampen the enthusiasm of the nearly 20 people who came out to look for greater short-horned lizards at Pumpkin Creek Ranch Recreation Area. They seemed to enjoy just being outside at the beautiful site, getting in a hike and some scenery while looking under rocky outcrops and along the trail for nature's hide-and-go-seek champion. A few kids came away with armfuls of tiny bones from other exotic creatures and some very cool lizard stickers.

The event was part of a statewide short-horned lizard bioblitz involving FWP and partner agencies running from June 21 to 28. This native species is a species of concern in Montana because we lack data on its populations and distribution.

Pumpkin Creek missed the rainstorm that hammered other areas, but weather may still have played some role in the lizard's no-show status. It was a bit windy and humid there as systems moved through the region, and



FWP nongame biologist Amanda Hall said the lizards may have felt shifts in the weather and stayed in hiding. She noted that attendees' efforts were not in vain, however, as all data is important in conservation efforts.

Before splitting into small groups to seek out lizards, Hall and nongame technician Ella

Engelhard gave a short talk about greater short-horned lizards. The biology staff talked about how to distinguish male from female lizards.

You don't have to attend an FWP event to help us obtain important data, though; if you see a lizard, simply record the location, get GPS coordinates if

possible, and note the date, number observed and take a photo with something in the picture for scale.

To report a greater short-horned sighting, go to [fwp.mt.gov/conservation/wildlife-management/greater-short-horned-lizard](http://fwp.mt.gov/conservation/wildlife-management/greater-short-horned-lizard). Or report your observations to your local FWP biologist.

## 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!



# Mark Your Calendars UPCOMING EVENTS



## 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 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 18-20 - CHRISTMAS IN JULY PIG ROAST** - Who says Christmas only comes once a year? We're turning up the holiday heat in Big Timber with our 1st Annual Christmas in July at the Boulder River Roadkill, 1557 Main Boulder Road, McLeod. Come for the slow-roasted pork, stay for the cold drinks, live music, and a weekend packed with summer cheer. We've got bands Friday and Saturday, bingo on Sunday, and plenty of BBQ in between.

**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.

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

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

**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 23-26 - PARK COUNTY AG FAIR** taking place at the Park County Fair Grounds, 46 View Vista Drive. Livestock shows daily, 4-H youth rodeo, mutton bustin', and so much more. Market sale will be on Saturday the 26th starting at 3:30 pm. Ranch rodeo will be on Friday the 25th starting at 7 pm. Barns open daily at 10 am.

**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.

**July 26 - GARDINER BREWFEST** will take place at the Arch Park from 3 pm to 10 pm. Fun for the whole family. Vendors, Food, Kids Corner, Corn Hole, four bands, and of course Beer! North Yellowstone Education Foundation is this year's event sponsor, and all proceeds will be used to help support a mental health therapist at Gardiner School. Advanced Tickets \$40 per person if purchased by July 24th. (Note this includes brewery beers all day and a 12 oz commemorative steel cup.) Door Tickets \$50 also includes a 12 oz commemorative steel cup. Non-alcoholic & kids tickets \$10. Children under 12 are free. For additional information, visit <https://www.gardinernyef.org/upcoming-events>

Your fingers have fingertips  
but your toes don't have  
toetips.  
Yet, you can tiptoe but not  
tipfinger...



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# BREAK time

# CROSSWORD

Puzzle #408

## Montana Fun Facts!

**Fort Benton** is as far inland as a person can navigate by boat on any continent. Located 3,560 miles from the Gulf of Mexico, it's known as the **"world's innermost port."** In the early days of river navigation, 20 percent of the steamboats that left St. Louis bound for Fort Benton via the Missouri River never returned to St. Louis. Fort Benton was the end of the line because five waterfalls blocked the Missouri River where the city of Great Falls is now. When Lewis and Clark portaged the 18 miles around the falls in 1805, the effort took them 31 days.

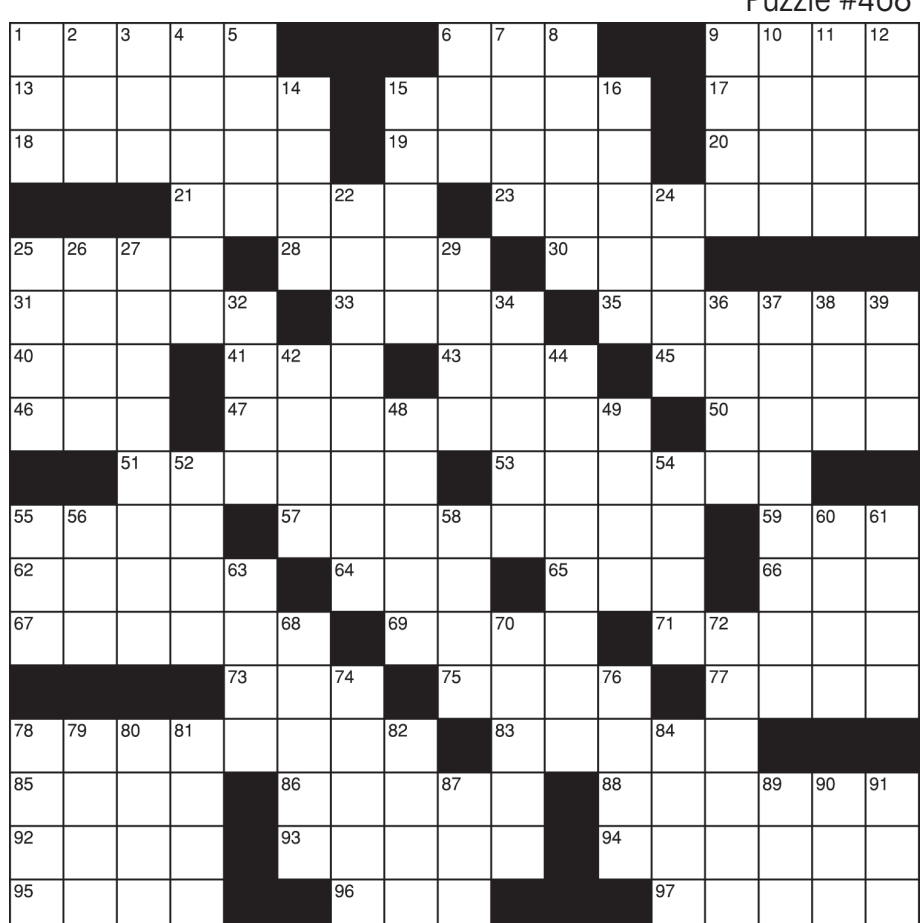
### ACROSS

- 1. TV commercial writer
- 6. Make a selection
- 9. Goopy stuff
- 13. Extent
- 15. Of hearing
- 17. Former Italian bread
- 18. Put down
- 19. Building floor
- 20. Without repetition
- 21. Loyalty
- 23. Relinquish
- 25. Old Gaelic
- 28. Little brown songbird
- 30. "\_\_\_\_\_ There Was You"
- 31. Loamy deposit
- 33. Chemical compound
- 35. Halloween prop
- 40. Camel's-hair fabric
- 41. Ajar, to bards
- 43. Baglike structure
- 45. Cotton cloth
- 46. Brand-\_\_\_\_\_

- 47. Mountain's contrast
- 50. Capri or Man, e.g.
- 51. Southern shrub
- 53. Muss
- 55. Execrate
- 57. Nonfiction writer
- 59. Fore's counterpart
- 62. Monkey business?
- 64. Dry
- 65. Petal-puller's word
- 66. Nasty mutt
- 67. Tried hard
- 69. Catalog of names
- 71. Pithy
- 73. Id's companion
- 75. Judge
- 77. Bird's retreat
- 78. Do business
- 83. Not right
- 85. Angelic headgear
- 86. Playing card
- 88. Social event

### DOWN

- 92. Thus
- 93. Cavalry sword
- 94. Term of office
- 95. Lacking strength
- 96. Genealogy word
- 97. Allowed by law
- 1. Insert
- 2. Barely passing grade
- 3. Roaring-lion film company: abbr.
- 4. Certain Alpine ridges
- 5. Imminent
- 6. Opposite of in
- 7. Instructor, for short
- 8. Tell-all card
- 9. Radiance
- 10. "The Thin Blue \_\_\_\_\_"
- 11. Humpback's kin
- 12. Cohort
- 14. Poet's plenty
- 15. Pale



- 16. Songlike poem
- 22. Barren
- 24. Vegas machine
- 25. Pizazz
- 26. Graduation garb
- 27. Saline solution
- 29. Snack
- 32. Animal trunk
- 34. Church members
- 36. Bubble steamily
- 37. Smart aleck
- 38. Pipe joint
- 39. Spelling \_\_\_\_\_
- 42. Long stick
- 44. Convent
- 48. "Frida" prop
- 49. Succulent
- 52. Nil
- 54. Let it stand!
- 55. Owns
- 56. Probable
- 58. Caustic material
- 60. Bother
- 61. Waste allowance
- 63. Actor Montand
- 68. Mild oaths
- 70. Ed Norton's domain
- 72. Motor
- 74. Pacific or Arctic
- 76. Over half
- 78. Muscle
- 79. Pink, as steak
- 80. Pond growth
- 81. Cranny
- 82. Cylinder
- 84. Holiday tune
- 87. Average mark
- 89. Carpet
- 90. Timespan
- 91. Electric \_\_\_\_\_

# Sudoku

Puzzle #143

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

Sudoku - #142

## SOLUTIONS

Crossword - #407

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

WOO		DISC		LIRA		KEN
ELK		INTO		AMEN		ANI
SIR		STOP		CAST		BAT
TOAS		TER		SEMI		NOTE
		TARMAC				GOOBER
		PLAN		PARSNIP		
		HEARTH		PRIM		LEAD
		ART		EAR		DIVE
		SIT		ORZO		ITER
		HOE		ROTA		CEL
						RAT
		DREG		ECRU		DEBATE
				SATCHEL		DALE
		CRANNY		PEANUT		
		LUTE		ROTO		LECTERN
		ALL		SAGE		DIVA
		SEA		KNEE		ABET
		HRS		ITEM		HIRE
						YEN



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# CLASSIFIEDS

## FOR SALE

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

## SERVICES

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

## 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](http://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](mailto: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](http://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!

### Airport Facilities and Maintenance Technician

The Airport Board is looking for a Facilities and Maintenance Technician to assist with upkeep and various duties at the Mission Field Airport.

### 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](mailto: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](http://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](http://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](http://jobs.parkcounty.org). **Apply now!**



**For Need to Know Information During a Disaster or Emergency Sign Up for Nixle**

Text Your Zip Code to 888777 or Sign Up Online at [www.parkcounty.org](http://www.parkcounty.org)

## 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](mailto:emigrantpeoplesmarket@gmail.com) for information.

## ANNOUNCEMENT

## HELP WANTED

# NOW HIRING

American Automotive is hiring a full-time **AUTOMOTIVE TECHNICIAN**. Wage dependent on experience. We are a family-oriented business with a fun work environment, paid holidays, vacation benefits, growth opportunities and other perks. Quarterly reviews with raise opportunities and will pay for continuing education.

Stop by 320 1/2 North Main Street and ask for Destri, or call 406-222-0815.

## HELP WANTED

## HELP WANTED



**PARK COUNTY DROP IN CENTER**



**PEER-SUPPORT RECOVERY SERVICES**



**WE ARE HIRING**

**One Full-Time or Two Part-Time Positions Available**

**CERTIFIED BEHAVIORAL HEALTH PEER SUPPORT SPECIALIST (CBHPSS)**

To apply, please email your resume and cover letter to [director@pcdropincenter.org](mailto:director@pcdropincenter.org)

## WE ARE HIRING



**One Full-Time or Two Part-Time Positions Available**  
**CERTIFIED BEHAVIORAL HEALTH PEER SUPPORT SPECIALIST (CBHPSS)**  
To apply, please email your resume and cover letter to [director@pcdropincenter.org](mailto:director@pcdropincenter.org)



# Discover Montana's Wildlife with FWP's Binocular Trunks

Montana's skies and landscapes are alive with the sights and sounds of more than 400 bird species, from the western tanager to the bald eagle. Thanks to a generous donation from the Jean Smith Estate, Montana Fish, Wildlife & Parks offers binocular trunks for public groups to borrow, bringing the wonders of birding and wildlife viewing to life for educational field trips across the state.

Each trunk is packed with 25 pairs of Vortex 8.5x32 Raptor binoculars — perfect for spotting a fleeting glimpse of a mountain chickadee or tracking a soaring red-tailed hawk. Accompanying the binoculars are birding booklets filled with tips, species guides and insights to spark curiosity and deepen appreciation for Montana's rich biodiversity. Whether you're a teacher, community group leader or outdoor enthusiast, these trunks are designed to make wildlife exploration accessible, engaging, and unforgettable.

This incredible resource was made possible by the legacy of Jean Smith, an ornithology professor at Carroll College whose passion for birds inspired generations. Her estate's donation to FWP reflects her lifelong commitment to bird conservation and education, ensuring that Montanans of all ages can connect with the natural world she cherished.

How to Borrow a Binocular Trunk  
FWP encourages schools, youth groups, homeschool cooperatives and other public organizations to take advantage of these trunks for field trips and outdoor learning. Available at FWP regional offices, the trunks are free to borrow for educational purposes. Simply contact your local FWP office to reserve a trunk and plan your wildlife adventure.

For more information or to reserve a trunk, visit FWP's website or call your nearest FWP regional office.

# SUICIDE PREVENTION

**CRISIS TEXT LINE |**

Text MT to 741-741

A free, 24/7 text line for people in crisis.

**NATIONAL SUICIDE PREVENTION LIFELINE**

IN MT, JUST DIAL 988

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



If you are in crisis and want help, call the Montana **Suicide Prevention Lifeline**, 24/7: **NOW DIAL 988**

*Much more than just a switch to an easier-to-remember number, it represents a holistic revision of the State's suicide prevention and mental-health crisis-management system.*

Please feel free to download any of the programs and resources on our website:

**Dphhs.mt.gov/  
SuicidePrevention/  
suicideresources**

**[SuicidePreventionLifeline.org](https://SuicidePreventionLifeline.org)**

**Dept. of MT DPHHS**  
MONTANA'S DEPT. OF PUBLIC  
HEATH & HUMAN SERVICES



# Landmark

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#### 310 Hannaford Street S

2 beds 2 baths | 1,140 sq ft  
#404066 | \$299,000

Tammy Berendts | 406-220-0159



#### 218 Little Creek Bend

3 beds 2.5 baths | 1,593 sq ft  
#403812 | \$1,100,000

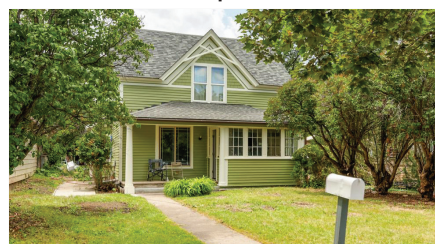
Deb Kelly | 406-220-0801



#### 996 Forest Grove Road

3 beds 2.5 baths | 30+ acres  
#402710 | \$699,000

Swanson Team | 406-220-2045



#### 326 S 5th Street

3 beds 1 bath | 1,879 sq ft  
#403239 | \$550,000

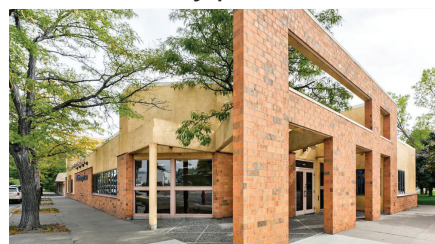
Julie Kennedy | 406-223-7753



#### 518 W Lewis Street

4 beds 2.5 baths | 4,398 sq ft  
#403584 | \$1,275,000

Julie Kennedy | 406-223-7753



#### 401 S Main Street

Commercial Sale | 10,375 sq ft  
#384182 | \$2,200,000

Ernie Meador | 406-220-0231



#### 98 Miller Drive

5 beds 3 baths | 3,352 sq ft  
#400605 | \$843,690

Tom Gierhan | 406-220-0229



#### 1296 US Hwy 10 W

Commercial Sale | 10,160 sq ft  
#397843 | \$2,500,000

Ernie Meador | 406-220-0231



#### 726 US Highway 10 W

4 beds 3 baths | 3,277 sq ft  
#401505 | \$889,000

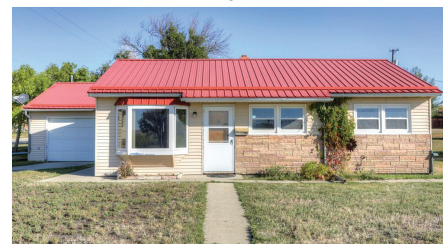
Julie Kennedy | 406-223-7753



#### 305 Lathrop Street W

2 beds 2 baths | 996 sq ft  
#399947 | \$429,000

Jessie Sarrazin | 406-223-5881



#### 1112 Pritchard NW

3 beds 1 bath | 1,104 sq ft  
#397220 | \$165,000

Rachel Moore | 406-794-4971



#### 1007 E Geyser Street

2 beds 2 baths | 1,584 sq ft  
#402047 | \$649,000

Julie Kennedy | 406-223-7753

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# Interesting Facts About July You Never New

(Well, Some People Know This Stuff,) *But Not Me-Joel  
I Feel Shame*

**1. It is Named After Julius Caesar.**  
July gets its name from Julius Caesar, the Roman general and statesman who reformed the calendar. Originally called Quintilis, it was renamed in his honor after his death in 44 B.C. This change was part of Caesar's calendar reforms, marking the shift to the Julian calendar, which laid the foundation for the calendar we use today. This was just one of his many lasting impacts on history.

**2. It is the Warmest Month in the Northern Hemisphere.**  
It's no surprise that July is considered the hottest month in the Northern Hemisphere. With the Earth tilted toward the Sun, places in the northern latitudes experience peak summer heat during this time. This makes it the perfect time for beach trips and outdoor adventures, as long as you're ready to stay hydrated and cool off in the shade!

**3. The United States Celebrates Independence Day in July.**  
On July 4th, the United States celebrates its Independence Day, marking the signing of the Declaration of Independence in 1776. This historic event is celebrated with fireworks, parades, and family gatherings. Independence Day is more than just a national holiday; it's a reflection of the American spirit and a time for citizens to reflect on the country's freedoms and values.

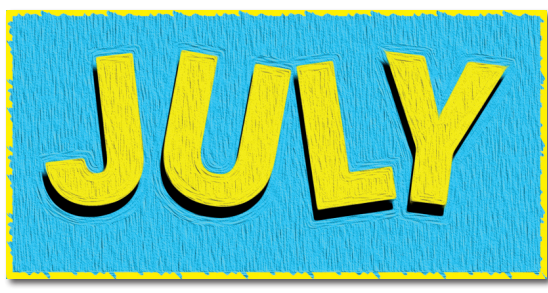
**4. The birthstones for July are the ruby, which symbolizes contentment, passion, and love.**  
The birthstone associated with the month of July is the ruby. Rubies are precious gemstones known for their deep red color and exceptional beauty. Symbolically, the ruby represents contentment, passion, and love. It is believed to inspire vitality, courage, and strength in those who wear it. Throughout history, rubies have been

highly prized and associated with royalty and nobility.

**5. It is National Ice Cream Month.**  
There's no better time than July to indulge in ice cream! In 1984, President Ronald Reagan declared July as National Ice Cream Month, recognizing the summer treat's role in American culture. Ice cream sales peak during this month, as families and friends cool off with cones and sundaes. Whether you prefer vanilla, chocolate, or a swirl of both, this month is the perfect time to treat yourself.

**6. The Full Moon in It is Known as the Buck Moon.**  
The full moon that occurs in July is called the Buck Moon, named for the time when male deer grow their antlers. It's a special moon that has been used in many different cultures as a time to mark the changing of seasons. This moon is an important moment for stargazers and nature lovers alike, offering a chance to connect with the rhythms of the natural world.

**7. In the Southern Hemisphere, July marks the middle of winter.**  
While July represents the height of summer in the Northern Hemisphere, it marks the midpoint of winter in the Southern Hemisphere. Countries such as Australia, Argentina, South Africa, and New Zealand experience their coldest temperatures during this time. Winter in July brings chilly weather, shorter days, and the opportunity for winter sports and activities like skiing, snowboarding, and ice skating. In the Southern Hemisphere, July offers a unique blend of winter festivities and traditions.



People embrace the season by enjoying warm drinks, cozying up by the fire, and celebrating holidays such as Christmas in July.

**8. It Marks the Anniversary of the First Moon Landing.**  
On July 16, 1969, Apollo 11 was launched, and on July 20, Neil Armstrong and Buzz Aldrin became the first humans to walk on the moon. This historic event marked a significant milestone in human space exploration. The moon landing forever changed our understanding of space, and the excitement of that achievement still resonates today.

**9. It is the Month of the Most Lightning Strikes in the U.S.**  
During July, thunderstorms are more common, especially in the United States. This leads to a dramatic increase in lightning strikes, making it one of the most dangerous months for electrical storms. While awe-inspiring, lightning safety is crucial, so always remember to stay indoors during a storm to avoid accidents.

**10. It Has the Highest Average Rainfall in Some Areas.**  
While July is known for its heat, it's also a month when rainfall peaks in some regions, especially tropical areas. Places like the Caribbean see heavy rainfall during this month, helping to sustain lush vegetation. Rainy days in July can provide the perfect excuse to stay indoors and catch up on a good book or a movie marathon!

**11. It Hosts Shark Week.**  
Every July, Discovery Channel brings us the exciting and educational Shark Week, a week-long event dedicated to raising aware-

ness about sharks and their role in the ocean ecosystem. Shark Week brings viewers face-to-face with these fascinating creatures, showing both their beauty and their role in maintaining marine life balance.

**12. The International Day of Friendship is celebrated on July 30th.**  
The International Day of Friendship, observed on July 30th each year, is a special day dedicated to promoting friendship and fostering camaraderie among individuals, communities, and nations worldwide. Interesting Facts About July, the day was proclaimed by the United Nations in 2011, recognizing the value and importance of friendship in promoting peace, understanding, and cooperation. On this day, people are encouraged to reach out to friends, old and new, and celebrate the bonds of friendship that enrich their lives.

**13. In Ancient Rome, It Was the Fifth Month of the Year.**  
In the Roman calendar, which started in March, July was originally the fifth month. It was later moved to the seventh month when the calendar was reformed into the Julian calendar. Ancient Romans celebrated the middle of summer with various festivals and public holidays, many of which still influence modern practices today.

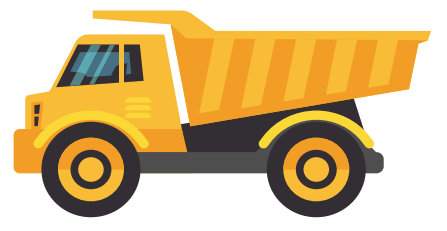
**14. It is the Birth Month of Famous Authors.**  
Many famous authors were born in July, including George Orwell (July 25, 1903), Ernest Hemingway (July 21, 1899), and the legendary author of "Harry Potter," J.K. Rowling (July 31, 1965). These writers have influenced countless people worldwide, and their works continue to shape modern literature.

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