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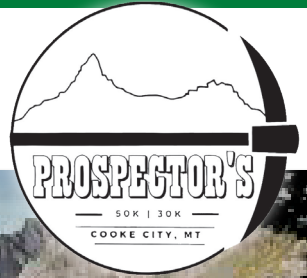


FREE Park County Community Journal

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

Week of July 27, 2025

2025 Prospectors 50k/30k



Aptly named for the rugged men who explored this area starting in the 1860s, where the views are as good as the gold they were looking for. If you can pull your eyes away from the surrounding mountain views, you'll run by big and small reminders of the mining activity, including homesteads, equipment, and endless spur roads.

The 50k course starts in Silver Gate and finishes in Cooke City, following access roads and trails and gaining approximately 5,500 vertical feet. The 30k course follows the majority of the 50k course. Prospector's 50k/30k is operated under a Special Use Permit administered by the Gardiner Ranger District of the Gallatin National Forest.

This race is not for the faint of heart. It has a 12-hour cutoff time with each aid station having progressive cutoffs. If you make it to an aid station after the cutoff time you cannot continue the race (and no refunds will be issued).

The Prospectors run mission is to support the folks who are there when you need it—which is why they donate to Cooke City Fire/EMS and Cooke City SAR. A portion of the runner fees goes towards these organizations along with additional donations

collected at the events. Their goal is to give each organization \$800-\$1,000 to support the important role they play in the safety of the Cooke City community!

Cost for runners are as follows for 50k/30k: \$100/\$80 – early-early bird special, \$120/\$95 – general registration, \$135/\$115 – late registration. Includes a beer, scenic racer photos, custom race flannel and the race of your lifetime! Limited to 100 racers per event. You can register online through runsignup.com.

On Friday, August 8th at 5:30 pm is early registration at the Cooke City Exxon. General or same-day registration for the 50k is at the City Park in Silver Gate beginning at 6 am on Saturday, August 9th, the 50k race starts at 7 am.



The 30k early registration is at the Cooke City Exxon on Saturday, from 9 - 11 am and 4 - 6 pm. General registration on the morning of the race at the City Park in Silver Gate starting at 7 am. The 30k race starts at 8 am on Sunday, August 10th.

They couldn't make this race so great without the support of their sponsors. Don't forget to patronize and thank these wonderful businesses that support the race:

Cooke City Exxon will be providing UTVs for course support, post race beers and awards!

Cooke City Sinclair will be hosting

the finish line and providing every finisher with Wilcoxson's Ice Cream! **Red Lodge Ales** will be keeping the post-race beers flowing!

Cleanwaste Outdoor will be supplying WAG bags for all participants and aid stations!

Headwaters Studio Screenprinting.

Awards will be hosted after most racers have finished. The categories are: 1st, 2nd, 3rd overall male and female winners for each race. All spectators should stick around after the finish for awards and a cowbell party for the top final finishers!

WHEN & WHERE

50k | August 9th | 7am

30k | August 10th | 8am

Start: Silver Gate, MT

Finish: Cooke City, MT
(3 miles from start)

Food Resource Center Sees Increase in Use, Seeking Donations

by Siobhan Stevenson
Student Intern



Twenty years ago, founding members of the Livingston Food Pantry of Park County recognized a need in the community for a place where people from all walks of life suffering from food insecurity could receive the resources they needed. A new location, located at 202 S. 2nd Street, became the current Livingston Food Resource Center (LFRC) in 2015. This year marks the tenth anniversary of serving Livingston and the surrounding

rural communities of Park County.

The LFRC is built around the mission to "Increase nutrition security and overall well-being in our community by addressing the root causes of hunger" states Executive Director Kaya Patten-Fusselman. Patten-Fusselman describes that, due to the complex, multi-dimensional



nature of food insecurity, the center emphasizes increasing nutrition security rather than eliminating food insecurity by focusing on a variable within their control: enhancing the nutritional value of the food they are providing to the community.

The LFRC offers eleven different programs—ten food services and



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a counseling department. They run the onsite food pantry that clients can visit weekly on Tuesdays and Thursdays from 1 to 5 pm. A monthly mobile food pantry serves the rural areas of Park County, including Emigrant, Wilsall and Clyde Park. The Pantry Supper Club delivers dinners throughout Livingston, Paradise Valley and Shields Valley, traveling over 4000 miles in 2024.

Additionally, the Center collaborates with DPHHS of Montana to provide basic food items to people over the age of 60

[See Food, Page 6](#)

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Kim Chapman,
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Pictured above at the Shane Center: Executive Director Erika Adams, Sal Lalani, and Founder & Artistic Director Russell Lewis.

In Loving Memory of Sal Lalani

A Pillar of Community, Philanthropy, and Kindness

Dear Friends,
With heavy hearts, we share the news that Sal Lalani passed away on the morning of Sunday, July 13, 2025. Sal was a deeply respected

community member whose generosity, humility, and unwavering support made him a cornerstone of Livingston.

Together with his beloved wife Carol, Sal's philanthropy, service, and leadership helped shape some of the most beloved institutions in our town, including the Shane Lalani Center for the Arts, named in memory of their late son. His contributions went far beyond financial—he showed up, gave his time, and led with integrity and heart.

"Sal gave from a place of deep love for this community," said Dain Rodwell, former Board President of The Shane Lalani Center for the Arts. "He believed in the power of the arts, in lifting others up, and in building something meaningful for future generations."

For decades, Sal dedicated his life not only to his family and business but also to helping support the work of those around him. His generosity and unshakable kindness touched the lives of countless individuals, nonprofits, and families.

Whether he was mentoring a young entrepreneur, lending support to local organizations, or simply showing up for someone in need, Sal embodied a spirit of service and compassion that made our town feel more like home.

"Sal didn't just talk about community—he built it, supported it, and believed in it," said Erika Adams, Executive Director of The Shane Lalani Center for the Arts. "He was like a father to me and we will carry his spirit forward in everything we do."

Alongside his wife Carol, Sal gave generously, both financially and personally to causes that strengthen the heart of Livingston. From supporting youth arts and education, to championing health-care, to quietly helping neighbors behind the scenes, Sal's legacy is one of action, humility, and enduring love.

"Sal's impact on The Shane Center and the broader community is immeasurable," said Sarah Skofield, current Board President. "His belief in the transformative power of the arts helped sustain and grow this organization."

As we grieve the loss of this remarkable man, we also celebrate the life he lived and the countless lives he touched through his generosity. Sal Lalani leaves behind a legacy of kindness, purpose, and profound love—for his family, for this town, and for the people in it.

Details regarding memorial services will be announced in the coming days. In the meantime, we extend our deepest sympathies to Carol and the entire Lalani family. We are holding them and each of you who loved Sal in our hearts.

With love and gratitude,

Erika Adams
Executive Director
(406) 403-8986

FWP Announces Public Comment Opportunities

HELENA – Montana Fish, Wildlife & Parks is seeking public comment on the following proposals and environmental assessments (EA). For more information, including how to submit comments, click on the link provided or visit fwp.mt.gov/public-notice.

Yellowstone Cutthroat Trout Introduction into Bokma Reservoir Draft Checklist EA

FWP recently entered a Private Pond Fishing Access Agreement to stock fish in Bokma Reservoir for public access. FWP is looking to supplement occasional stocking of native Yellowstone cutthroat trout into Bokma Reservoir when opportunity arises. Located in Stillwater County, Bokma Reservoir is approximately nine surface acres when full and is fed by a diversion from an unnamed tributary to Keyser Creek. Outflows from the pond drain to Keyser Creek. The pond was stocked with rainbow trout in the past, but no game fish are currently present. Lake chub are the only species that have been documented in Keyser Creek; however, there may be other native fish species present in Keyser Creek and Bokma Reservoir. Both the main outlet structure and an overflow structure will be screened to minimize escapement of stocked fish downstream.

Comment deadline: Today at 5 p.m. Glen Lake Rotary Park Utility Easement

The proposed project is a utility easement for FWP lands in north Bozeman. Glen Lake Rotary Park is on land owned by FWP but day-to-day management is conducted by the City of Bozeman. The proposed easement at Glen Lake Rotary Park will establish a utility easement for NorthWestern Energy to bore underground gas and electric services across a small, 10-foot-wide corner of this parcel, to service

a fiber hut facility owned by Yellowstone Fiber. The proposed easement will be triangular and approximately 10 feet wide. The entire easement area is approximately 289 square feet.

Comment deadline: July 23 Largemouth Bass Introduction to Jakes Reservoir EA

FWP proposes to stock largemouth bass in Jakes Reservoir and is the sponsor of this project proposal. The species is not indigenous to the drainage and has not been present historically. The primary goal of the fish introduction would

be to provide additional recreational angling opportunities in Jakes Reservoir.

Comment deadline: July 31 Adoption of Private Landowner's Rules

The Fish and Wildlife Commission is proposing the adoption of a new rule to adhere to the requirements of Senate Bill 83 (2025 Montana Legislature) and to further clarify how rules on private landowner's property enrolled in public access agreements will be adopted and enforced.

Comment deadline: Aug. 15

Park County Community Journal

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OP-ED

by Patricia Grabow

We Don't Have to Sing the Railroad Blues

Opinion Editorials state the views solely of the author and do not reflect the views of the Community Journal.

For a train town with several at-grades and an underpass, you would think we might have a better appreciation for the significance of crossings, because in terms of planning our future, for all of our stumbles, we are still at one.

The reason I've often touched on our remarkable Livingston Growth Policy with its incorporations of "Smart Growth," the handiwork of sixteen hundred citizens (a large fraction of our population), is because we're still in a long process of where the rubber meets the road. Or for a railroad town—where the steel meets the rails.

And surprising as it might sound, it seems like one dimension of that as we move into this remarkable town's future, might be the importance of healing further some of our relationship with the railroad, currently the Burlington Northern Santa Fe (BNSF).

The history of that relationship goes way back. In 1863 to 1868, the Bozeman Trail came through Livingston, and our first road was mapped officially in 1879. Then when Northern Pacific's (NP) engineers came through with track in 1882 - 83, it crossed the Bozeman Trail, part of which is still visible today. One can see it by going out to the truck stop west of town and between the Egeland railroad crossing and the car sales shop across from PFL, right where the trains start really fighting to build on their momentum to tackle the pass. Sacrificing the small crossing here might help in negotiation for a smart overpass out of Northern Lights connecting with Highway 10 instead.

Livingston is not just another town along the way. We are the Northern Pacific's baby, and thus close BNSF kin. In 1872, Northern Pacific along with Hayden Party members lobbied Congress to create the first national park in the world. The NP not only touted Livingston as its

Yellowstone gateway, they named the town and various streets after company executives, and it stayed the NP until the BN and Amtrak days of the 70s.

Twenty beautiful hotels in Livingston, plus the third Livingston Depot, the major hotels of Yellowstone including Old Faithful, Canyon, and the remodel of Lake, were all built within about five years, between 1903 and 1908. The NP was there for it all, promoting Livingston and bringing tourists in up to six passenger trains a day. It was an amazing symbiotic relationship!



This used to be called "hotel row." Some of the 20 hotels that sprung up in Livingston between 1903 and 1908 were all full of tourists going to this new concept, Yellowstone, a national park.

We were leagues beyond a whistle stop, and we could be so again.

Part of the NP's commitment, beyond the Yellowstone connection, was that between our central location and seat at the base of the Rockies passes, we became home to the largest railroad shops between the Minneapolis/St. Paul end to the east and the Seattle/Tacoma end to the west.

The shops were central to the economy of Livingston for years. People like Warren McGee lobbied for almost ten years to fight the multi-

line Burlington Northern merger around 1970 (the Santa Fe part came about fifteen years later). As feared, the shops eventually closed down, and Livingston went into a recession.

This was on top of the 1950s Interstate 90 routing that took us from waypoint to nearby point. Tourism was still our saving grace, but we then made highway contact with three points at least two miles from Livingston's Central District. Ouch.

We limped out our recovery for years with the tourism that came, plus the Montana Rail

Link jobs during the years they bought the lower-line track-age from the BNSF. But in the meantime, in the background, a remarkable organization went to important remediation work, the Park County Environmental Council. As many know, in earlier years, in their ignorance, the railroad shops had

polluted the ground with solvents and unwittingly created a carcinogenic plume.

There was no dearth of heroes along the way to actually cleaning up the plume. In addition to state agents, local visionary PCEC directors like Steve Caldwell, Jim Barrett, and many others helped oversee a grounds cleanup. Given the area involved, it was a daunting task and probably felt like a mouse looking at eating an elephant: you had to just start somewhere.

Forward further along to a vote of the Livingston City Commission when I was last on it. We

had made the decision to sue what had been in many ways the city's parent who gave us much of our life, in order to clean up what had the potential to kill (probably more) people and destroy much of our land on the north side of town. We did sue, and three years later we had a cleanup that lasted almost eight years.

I think Livingston especially lucked out in a woman named Aimee Reynolds from the Montana Department of Environmental Quality. I attended every meeting regarding the plume cleanup for the eight years it was in full swing and saw this remarkable problem solver work day and night to achieve what seemed like an impossible task—and it cost Burlington Northern, who inherited the mess rather than creating it, a young fortune in addition to the \$36 million settlement to clean it up, but give them credit, they did.

Which gets back to my earlier point, it is time to recognize what was done to rebuild with the BNSF in concrete ways, and for everyone's benefit—see them as neighbor and partner again. A lot of groundwork was laid on which we can build in the future. And I mean that literally.

I'm still a bit of an urban planning geek, and I claim some credit in being a voice in recognizing that for example, we did not need to (in gross structural unwisdom) plan the destruction of Miles Park in order to give the Wellness Center a home. But that's just part of the critical point in Livingston's future as illustrated out in the Growth Policy. We seriously need to see the whole picture so it can benefit everyone.

There are now still something like twenty acres to the west of the Wellness Center site that are ripe for development, and owned, now after its purchase of MRL, by none other than the BNSF. They could be forgiven for, even after all that remediation, feeling hesitant to sell it, but this could be integral to Livingston's future growth that could both contribute to Smart Growth and alleviate developers' pressures on other farming and ag parts of town that don't need to be in the crosshairs. You know, like the irony of that last ill-considered annexation for the Department of "Agriculture" back behind the Albertson's area on Love's Lane.

See OP-ED, Page 4

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"Monochrome: A Black and White World" Exhibit at the Frame Garden

The Frame Garden recently opened this black, white and grey exhibit from several artists in different mediums. Stop by 101 S. Main Street in Livingston and take in a wide variety of media in the show. Removing the color from a scene, or in the process of creating art it would more often be not adding color into a piece, leaves a more simplified scene, the skeletal essence of an image.

Artist Amber Jean is treating us to a

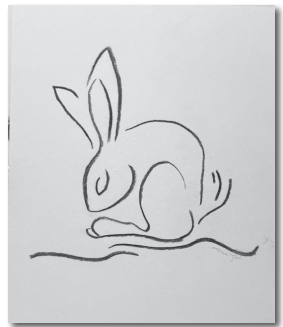


preview of her many, multiplying, charcoal, "Zen Rabbits." They are whimsy and playful while also being studies of form and light. Monique Chiemi presents the natural world in graphite and ink. The ink drawings by Cody De Grote are very detailed portraits of wildlife while the charcoal sketches by Edd Enders are the very basic forms of his subjects. In contrast some of George Kalantzes' photographs show the depth of subtleties through the shades of gray

and also the dramatic quality of high contrast lighting. Pastel is a media rarely seen in black and white, artist Allie Louis Thomas has taken up that challenge with stunning results in her



images capturing aspects of the west. This diverse and captivating exhibit which opened during the July 25th ArtWalk, will be in place through August 19th. Call Laura at 406-222-5122 with any questions.



OP-ED

from page 3

Ill-planned annexations like the PFL area I discussed before could choke and kill us like the dead zones around Columbus, and that's serious. The subsequent farmland area grab out by exit 333 is only more flouting of the Smart Growth we worked hard to plan for, and especially after blunders like these, it will take more courage by our officials, some of whose seats are up again, to reinforce that spine and get serious.



The acres near the Wellness Center along E. Gallatin and Bennett Streets.

Those twenty acres east of the Wellness Center, on the other hand, could be beautifully developed. The land is central and accessible, the infrastructure is in place,

with a far shorter run to the treatment plant, and it is part of the city. The BNSF is likely to eventually sell the land at some point. Maybe sooner rather than later if Livingston is feeling the growth thing?

For the Growth Policy you almost couldn't ask for a better fit.

If the BNSF feared for liabilities, there are ways to work with that, as there always have been since the earliest days of environmental reclamation. And having watched her in action, as I see it, if Aimee Reynolds and thus DEQ, declares completed reclamation tests habitable, I have full confidence it is.

If the time is not right now, it's hard to imagine when. The land is flat, it's well out of flood risk (unlike some annexations), and it has great views, infrastructure, park potential, and proximity to the Wellness Center. Heck, they could site the now-unlikely Suce Creek project into town instead, with much safer winter roads, and still get nice views. This could even afford the hospital a further housing resource at barely a stone's throw or

two away.

If we were smart, we'd have re-sited (or still could reconsider) that Department of Agriculture building with its sixty workers to a better place for them to grow instead, with the Wellness Center close by, instead of shoe-horned into an obscure corner on the far side of the interstate, not to mention the one way road restrictions in that area, and taking down



Part of the grove of trees that the (in the writer's view misplaced) Department of Agriculture structure would have to cut down in order to use the property on Love's Lane, which would be irreplaceable for generations.

one of the more beautiful groves of trees in our community. Win-win, if we upped our IQ about it.

Then there's the possibility that we could put the BNSF shops back to work in a non-polluting way, as I've touched on in past guest opinions for the PCCJ. And if you really get me steamed enough, maybe next time I'll talk again about how to do what it takes to finally get serious (and I've been ranting about this for many years before I decided to toss a hat back into the city commission ring) about our overpass. It is an understatement that we do not seriously need another study of north side access. We've spent over a quarter of a million dollars on that already. It should not sound that crazy to finally listen to what the citizens on the north side of town have been saying.

Well, we've got three seats on the city commission open again this November, and at last count nine declared candidates. May (even if for at least another three months) people start getting that old-time railroad crossing religion all over again and finally realize that we can simply just get 'er done.

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SHIELDS VALLEY EVENTS

Date: July 28th from 4:30 to 7 pm
Location: Holliday Park in Clyde Park
Food: Ms. Sippins
Music: Hannah Jo Lally
Kids Activity: Sumo Balls
Sponsor of the Week: Park Electric

Date: August 4th from 4:30 to 7 pm
Location: Veterans Park in Wilsall
Food: Mountain Provision
Music: Ian Thomas
Kids Activity: Sumo Balls
Sponsor of the Week: Park Farmers Co-Op & Antlers Bar

Save the Dates

More details coming soon:

- August 1st - Dinner and a Movie - Willsall Style at 6 pm (at the Wilsall rodeo grounds)
- August 9th - UFF DA FEST
- August 10th - Wilsall Ranch Rodeo
- August 23rd & 24th - Shields Valley Old Settlers Days (Theme: "Teams, Trains & Trucks")

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

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

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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Country Outlaw Quenby Releases Debut Album

Meet QUENBY—country’s newest outlaw and advocate makes a fierce mark with her self-titled debut, out this Friday. Throughout the album, the Montana-based songwriter and activist forges her own path, empowering others to steer clear of society’s rigid expectations in favor of something way more radical—being yourself. A radical truth-teller and firebrand, QUENBY has spent her life starting over; born in Wayland, shaped by Boston, Hollywood, and Austin, she now calls the scenic solitude of Livingston home. In each place and on each journey, she chased a different dream like acting, getting a degree from Harvard, and even running for public office.

She grew to love the charged-up songwriting of Texas artist Kris Kristofferson, so she made her first single from the record a proper reimagining of his song “Best Of All Possible Worlds.” It celebrates the country star’s legacy of activism and challenging the status quo, while flipping the song in an exciting new way.

Much like Kristofferson, QUENBY is a radical changemaker; she recently ran for political office in her Montana district to bring progressive ideals to a community in need. Throughout the album, she showcases her Americana roots and brings them into full context of today’s challenging times—the underdog is every marginalized person, and she is ready to fight for them.

With influences like Wanda Jackson, Dwight

Yoakam, and Rosie Flores, QUENBY stands out as a lifelong wanderer who finally laid creative roots within herself after years of asking for permission from everyone else. QUENBY is also inspired by artists who celebrate loyal friendships and community like Jason Eady and Courtney Patton as much as she is by those that use their platform to speak out against injustice, like Amanda Shires and Jason Isbell.

A patchwork of cosmic country tunes and warm Americana tells QUENBY’s many stories of hard-won wisdom and emotional rebirths. *Corduroy Roads* offers a spiritual call to action: don’t miss your turn. *Resistance* is a battle cry written for the times when Quenby picked the harder road just to prove something to herself. Whether she sings about her brother’s death on *Absaroka*, or taking back your dignity on *Wined & Dined*, QUENBY offers life lessons through a wholly human lens. Elsewhere, *Drifter* finds her conflicted between life on the road and at home, and *Washington Waltz* centers around the different ways people choose to live their lives. Altogether the record celebrates the gratitude QUENBY has for the path she’s on.

From start to finish, QUENBY makes music that is unfiltered, urgent, and deeply real. One listen and it’s clear that she’s not trying to fit in with the Nashville scene—she plans to re-write the rules instead.



Final SOCS Show of the Season at the Blake Pavilion

The Shane Center for the Arts is wrapping up their fourth season of producing the SOCS (Summer Outdoor Concert Series) with a stellar line up. Nearly 3500 people attended the events, filling every Thursday evening in June and July with the best in regional music.

The final performer of the year 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 to 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.

The Shane Lalani Center for the Arts Hosts Annual Spotlight Gala in the Blake Pavilion



The Shane Lalani Center for the Arts invites you to an unforgettable evening of dinner, dancing, and community celebration at its annual **Spotlight Gala** on Friday, August 23rd at 5:30 pm in the beautiful Blake Pavilion.

As The Shane Center’s one and only annual fundraiser, the Spotlight Gala has become a beloved tradition and this year’s event promises to be the best yet. With proceeds supporting year-round programming and arts education initiatives, your presence truly makes a difference.

Guests will enjoy drinks from **The Office Lounge**, appetizers courtesy of **FoodWorks**, and a delicious dinner catered by **Follow Yer’ Nose**, all served alongside complimentary beer and wine provided by **Neptune’s Brewery** and longtime Shane supporters **Colin and Seabring Davis**.

As you dine, you’ll be treated to a show with lively musical performances featuring volunteers from our Community Theatre Productions and talented youth participants from our Young Actors’ Workshop. Audiences will get to relive some of the season’s most memorable moments, with highlights from *My Fair Lady*, *Grease*, *The Lion King*, and an exciting preview of *The Hunchback of Notre Dame*.

After dinner, the party really gets going as **Meridian**, the dynamic local band and Grand Champion winner of Yellowstone Country’s Got Talent 2025, takes the stage. Comprised entirely of Shane Center youth participants including cast members from this spring’s *Grease* production, Meridian will have you dancing all night long.

And don’t miss the grand finale: the official announcement of The Shane Center’s 2026 Community Theatre Season! Be the first to know and tell all your friends.

The Spotlight Gala is the ultimate bash in Livingston! **Reserve your seats today** by calling The Shane Center box office at (406) 222-1420. Tickets: \$125 per individual / \$675 for a table of six. **Please RSVP by August 13th**. Tickets are limited and expected to sell out.



49TH ANNUAL SHIELDS VALLEY OLD SETTLERS DAYS

CLYDE PARK, MONTANA
AUGUST 23RD & 24TH 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 TOURNERY
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

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FOR MORE INFORMATION: JEFF SARRAZIN 406-220-1951 OR LACEY ARTHUN 406-788-3676

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Food Resource

from page 1



living 130% below the federal poverty line. Other programs offered include the Farmers Market, which allows low-income families to access fresh produce through LFRC coupons and SNAP benefits. They also host a Thanksgiving Meal Basket program that provides ingredients for people to cook the holiday dinner at home.

The LFRC also works closely with Livingston Public Schools to provide nutritious food for students. At the elementary level, the center partners with the Expedition Church to run Backpack Buddies, a program providing weekend and holiday food bags to students who rely on free and reduced school lunch services. Additionally, they operate satellite food pantries accessible to students at Sleeping Giant Middle School and Park High School. During summer vacation, nutritious lunches are provided to school-age children at both Sacajawea and Green Acres parks from Monday to Friday. Livingston's Farm-to-School operates the G Street and Mars

Park locations in partnership with the school district.

In tandem with their primary location, the LFRC also operates a bakery for their Kamut for Community Bread program. A grant awarded by the Steele-Reese Foundation allows the program to provide nutrient dense bread made from Montana grown wheat and Native grown Rocky Boy Kamut to local food pantries, and the Northern Cheyenne Agency and Crow Nation.

Patten-Fusselman explains that, because many underlying factors contribute to food insecurity, the Livingston Food Resource Center also provides free, on-site counseling to their clients. In-house counselor Julie Anderson, provides support during the difficult process of accessing social welfare programs like Medicaid, Disability, and SNAP. The counseling program is made possible with support from AMB West.

In addition to providing food through their internal programs, the LFRC offers food to local organizations, including Aspen, L'esprit, the HDRC Warming Center, and others. The Center also collaborates with small businesses by renting their onsite commercial kitchen to 18 local businesses—Jackalope Provisions, Vickie's Perogies, and Sweet Caroline's, amongst others.

Over the past five years, the LFRC has seen a sharp increase in the number of households relying on their services—over 300 more than at the height of the COVID-19 pandemic. As of 2025, the LFRC is providing resources for an aver-

age of 548 households per month—up from 397 in 2023 and 210 in 2021, reflecting a 160% increase in service provisions. The center serves one in six people in Livingston and one in eight people throughout Park County. Of their clientele, one in three are seniors and one in five are youth.

Patten-Fusselman describes the perfect storm: as clientele numbers continue rising, federal safety nets weaken. In response to the center losing 40% of the food they were receiving through The Federal Emergency Food Assistance Program, Patten-Fusselman expresses "hunger isn't political; people should have access to enough food." With the loss of federal funding and increased demand for their services, the LFRC is currently purchasing 62% of their food. In comparison, the Gallatin Valley Food Bank bought 11% of its food according to 2023-2024 fiscal year data. These factors have driven the LFRC into a continuous monetary deficit. They now more than ever rely on local donations to continue their services.

Support provided by the LFRC to the Livingston and Park County communities would not be possible without longstanding commitment from their board members, 186 volunteers, local donors and partnering organizations, including but not limited to AMB West, Park County Community Foundation,

First Interstate Bank, Town & Country Foods, and Expedition Church.

Patten-Fusselman says, "Thank you in particular to our major donors who chose to invest in the nutrition security of Park County."



Please consider donating to help support your Park County community. As the LFRC is a certified non-profit organization, all donations are tax deductible and greatly appreciated.

To learn more about food assistance and all other programs offered by LFRC, please call (406) 222-5335, visit <https://livingstonfrc.org> or stop by 202 S. 2nd Street in Livingston.

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<u>JUNE 19</u> Tsunami Funk	<u>JULY 17</u> Swamp Dawg
<u>JUNE 26</u> Bo DePeña Trio	<u>JULY 24</u> Release the Squirrels
	<u>JULY 31</u> Tom Catmull Trio

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Your Ageless Wellness Column

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

The Body Keeps the Score—But It also Keeps the Wisdom

There's a reason we say, "Listen to your body." The body has a memory. It stores trauma. It holds tension. It keeps score.

But it also holds something else: wisdom. The body remembers what brings joy, what feels good, and what keeps you strong. The question is, are you listening?



We live in a world that encourages us to numb out, to ignore the signals, to silence discomfort with a pill, distract ourselves with noise, or push through fatigue until we collapse. We're conditioned to believe that symptoms are the problem, instead of seeing them as a message. But your body is not trying to betray you. It's trying to talk to you.

So how do we begin listening again? It starts with *presence*. And presence starts with a pause.

How to "Check In" With Your Body.

Here is a simple 60-second practice you can do anytime—before or after meals, movement, or just when you're feeling a bit off.

60-Second Body Check-In

1. **Sit or stand still.** Put your feet on the floor. Let your shoulders drop. Take a slow, deep breath

in through your nose and out through your mouth.

2. **Ask:** "What's happening in my body right now?" Notice tension, tightness, warmth, or pain. No judgment. Just observe.
3. **Scan head to toe.** Jaw, neck, shoulders, belly, hips, knees, feet. What's calling your attention?
4. **Breathe into what you find.** Wherever there's discomfort, send a little breath. Let it soften.
5. **Ask:** "What do I need right now?" Water? A stretch? Food? A nap? A laugh? You'd be surprised how often your body knows.

That's presence. And presence changes everything.

Why We Say: Keep Moving.

At The Hub, our motto is simple: Keep Moving. It's not about how fast or how far—it's about staying engaged. Because when we stop moving, the body begins to break down. And not just physically.

What Happens When We Stop Moving? Physically:

- Muscle loss (sarcopenia)
- Bone loss (osteoporosis risk increases)
- Stiff, painful joints
- Weakened balance and coordination
- Reduced circulation and immune function

Mentally:

- Increased brain fog
- Memory and focus decline
- Sleep disruption
- Motivation decreases

Emotionally:

- Mood drops
- Anxiety and depression increase
- Isolation worsens

- Confidence fades

What Improves When We Start Moving Again?

Movement is powerful medicine—and your body responds quickly when you give it a chance.

Physically:

- Muscles grow stronger
- Bones get denser and more resilient
- Joints move with greater ease
- Balance returns
- Circulation improves

Mentally:

- Clearer thinking
- Better memory
- Deeper, more restful sleep
- Increased drive and initiative

Emotionally:

- Elevated mood
- Reduced anxiety
- Greater self-trust
- A growing sense of aliveness

This Is Why We Move. This Is Why The Hub Exists.

The Hub was designed to be a safe, welcoming space where seniors can move, connect, and grow stronger—together. No pressure. No intimidation. Just encouragement and support.

When you join us at The Hub, you're not joining a gym. You're entering a space where you can explore your strength—mentally, emotionally, and physically. All you have to do is show up. We'll meet you where you are.

Let's Keep Moving.

Next week, we'll explore the role of intention and how it shapes your experience. What is your **intention** when you check in with your body? When you eat? Before you fall asleep? When you wake up?

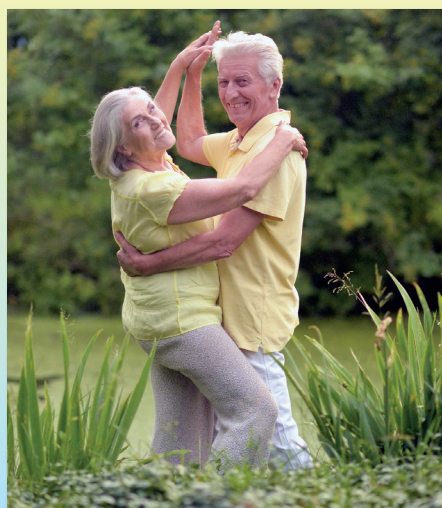


Setting intention is more than just having a plan—it's an act of presence. And presence is a prerequisite for *all* meaningful change.

Let's talk about how to begin living with intention—in movement, in rest, and in everything in between. Stay tuned.

Stop by for a tour of the fitness center located at 206 S. Main Street, in Livingston at the Park County Senior Center or call 406-333-2107. You can connect by email at garrick@parkcountyseniorcenter.org

The Hub is here to support your whole self—body, mind, and spirit.



Meals for July 28th - August 1st

Monday, July 28th - Crab salad, crackers, Italian pasta salad, watermelon, milk

Tues., July 29th - French onion soup, ½ beef sandwich, peaches, milk

Wed., July 30th - Meatloaf, gravy, potatoes, sauteed cabbage, pears, cake, milk

Thurs., July 31st - Club sandwich, fixings, watermelon, milk

Friday, August 1st - Salmon patties, coleslaw, fries, bananas, cake, milk



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Does the 4% Rule Still Make Sense for Your Retirement?

You may have heard of the "4% rule" when it comes to retirement. The idea is simple: After you retire, you withdraw 4% of your investment portfolio each year. In theory, this helps ensure your savings last for your lifetime. While this rule can be a helpful starting point, it's not a one-size-fits-all—and it's definitely not a substitute for a plan tailored to your specific needs, wants and wishes.

The truth is, how much to withdraw in retirement depends on factors like when you

retire, if you'll work part-time, how long you expect retirement to last, your lifestyle goals, inflation and whether you want to leave a financial legacy to heirs. So, the 4% rule should be viewed as more of a guide than a strict rule.

Let's start with age. The 4% rule is often based on someone retiring at 65 and expecting to live until about 92. But if you retire earlier, you may want your portfolio to stretch further. In that case, you might need to start with a lower withdrawal rate,

maybe closer to 3%. And if you retire later, you might safely withdraw a little more—perhaps 4.5% to 5%—depending on your financial situation.

Your retirement lifestyle also plays a big role. Are you planning to travel the world or spend more time at home? If you expect higher spending in the early years of retirement, you may need to adjust your withdrawal rate or plan to reduce spending later to balance things out.

Your financial flexibility matters too. If you have less wiggle room with your expenses, rely heavily on your portfolio for income or want to preserve wealth for your heirs, a more conservative approach might be wise. In this conservative scenario, your portfolio withdrawals may be met from interest and dividends. Think of your withdrawal rate as existing on a spectrum from more conservative to less conservative, with your personal situation determining where you land.

Then there's inflation. A well-built strategy usually includes small annual increases in withdrawals to keep up with rising costs—about 2.75% per year. But you don't need to take a raise just because the calendar says so. If the markets have had a tough year or you don't need the extra income, it might be smart to skip an increase. Being flexible can improve the chances your money will last.

It's also important to understand what's known as your "portfolio reliance rate"—how much of your retirement income comes from your investments versus other sources like Social Security or pensions. The higher this percentage, the more conservative you may want to be with withdrawals.

And don't forget the IRS. If you're drawing from a traditional IRA or 401(k), you'll need to take required minimum distributions (RMDs) once you reach age 73. Your RMD for any year is the account balance as of the end of the prior calendar year divided by a life expectancy factor according to the IRS. These RMDs need to be accounted for in your strategy.

The bottom line? The 4% rule is a useful starting point, but it's just that—a starting point. A good financial advisor can help you build a strategy that reflects your age, your goals and your full financial picture. By revisiting your plan regularly and staying flexible, you'll give yourself the best shot at turning your savings into a secure, fulfilling retirement.

July Hardesty | Financial Advisor | Edward Jones
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Office: (406) 222-4803 | Fax: (866) 537-6919
Offering strategies based on what's important to you.

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

There's A New Dentist in Town!

Livingston Dental Care is excited to welcome Dr. Paul Gilroy D.D.S. to our team and introduce him to the community. He will begin seeing patients in late July. The office is located at 422 South Main Street.

Dr. Gilroy is originally from upstate NY. In 2003, he joined the Army and served in the Infantry from 2003 to 2009. In 2013,

he graduated from the University of Rochester with a B.S. in Neuroscience.

Dr. Gilroy was accepted into the Health Professions Scholarship Program provided by the U.S. Army in 2013 and attended the University at Buffalo School of Dental Medicine. After school he served as a dentist in the Army for six years.

When he is not in the office, Dr. Gilroy enjoys time with his two children, hiking and time outdoors, photography, and going to the gym.

Livingston Dental Care is proud to provide you with expert consultation and treatment. To learn more about their services, please visit Livingstondentalcare.net or call them at 406-222-6061.



FANTASTIC 4
Friday, July 27th - Thursday, July 31st
4:30 pm & 7:15 pm

THE PHOENICIAN
Friday, July 27th - Thursday, July 31st
4:15 pm and 7 pm
WEDNESDAY JULY 30th
4:15 pm ONLY

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GIVE A HOOT

Park County Community Foundation's Giving Challenge

Dinner *and* a Movie—Wilsall Style

For the last twenty years or so Wilsall has been serving up a delicious community dinner followed by a movie under the stars. This annual summer event on August 1st is a major fundraiser for *Build A Better Wilsall* that you will not want to miss!

Be at the Wilsall rodeo grounds on Cooper St. off Hwy. 89 North at 6 pm. Enjoy the prime rib cooked by Bruce Parks and Butch Waddell, two different salads, and rolls with butter along with brownies for dessert. Water is furnished and adult beverages are available for purchase. Price per dinner is \$20, family discounts available—so do bring the whole family!

After dinner the live auction begins with incredible items donated by community businesses and members. They have a wonderful array of items such as: glass work by Becky Ratliff, a hand-woven table runner by Bev Polk, hand-woven alpaca items by Amberly at Crazyhead Creek Farms, beef and tallow

products by Ranchers of Shields Valley, silk scarves by Dru Robidou, a painting by Diane Draper and beautiful items from Ace Hardware, Kenyon Noble, True Value and others. Be sure to thank a few of the event sponsors when you are out and about: Glenn's, Hogenson's, Ace Roofing, Park Farmer's Co-op, Old PO Liquor Store, Bank of the Rockies, Red Dog Ranch, and Stu's Chemical.

Some folks say the best auction items are the five homemade pies. For each lucky pie auction winner, they receive an entry (goes with each pie) for a chance to win a rifle from Murdoch's (or a gift card).

As the evening darkens, the memorial slideshow begins to celebrate community members from Wilsall who have passed away in the last year. They call it "all the gold." Next up is the movie, which is a secret selection but is family-friendly.

Build A Better Wilsall is aligned to improving their town. One of their current

projects is to bring back a piece of history through the purchase of the town's original 1918 fire truck. They are in the process of raising money to purchase it from the estate of the antique collector/restorer from Wilsall who purchased it in Billings, MT, back in the 1960s. He restored it to perfect condition and it runs well today! The gentleman treasured the fire truck and housed it in a garage on his property (along with 50 other vehicles). If anyone who can't attend the event wants to help bring the truck back by offering a donation, please send checks written out to *Build A Better Wilsall* Foundation to the Bank of the Rockies, at P.O. Box 2, in Clyde Park, Montana 59018.

Some of the previous projects that *Build A Better Wilsall* have completed includes: Donations to rodeo grounds for a concrete slab and other refurbishments; flags, sprinklers, benches, and a granite veteran's memorial at the cemetery; flowers around town; a pavilion, flag, memorial, rest rooms, playground equipment, and signs at the park; picnic table and garbage can at the statue; donations to BPA, the



Wilsall signs at the end of town, donations to the stockyard, reproduced photos for the gallery at the museum, speakers at the school, donation to Sedan School for painting; maintenance and fencing at the Conoco station.

Please join them for a delightful summer evening with your family with great food, great auction items for a worthy cause, and a movie under the open sky. Email Cheryl Robinson at montanalove-ly54@gmail.com or call her at 406-223-9014 for questions or more information.

Montana Old-Time Fiddler's Picnic A Small Party for 500 of our Closest Friends!

Grab your fiddle, add a guitar and a banjo or two, and you have all it takes to make some of the best music anywhere. On Friday, August 1st through Sunday, August 3rd at the Mercier Ranch, south of Livingston on U.S. Hwy. 89 South. The music starts playing at around noon on Friday. It continues into the wee hours of the morning until the last of the musicians are too tired to play. On Saturday at noon, the potluck/barbeque is sure to please. On Sunday, they start off with a morning gospel jam, followed by a pancake breakfast at 9 am. The event tapers off around 2 pm on Sunday.

The Montana Old-Time Fiddler's Picnic is an annual event put on by musicians and for musicians in celebration of the fiddle, bluegrass, western swing, country, and folk music that we all love. This 3-day event is organized in an informal, jam format, meaning there's no schedule of performances or musical events. It's all impromptu and spontaneous! And you will find some of the best fiddlers, banjo pickers, and guitar players from all around the

country who gather for nonstop music, camping, food and fun. Camping is available on-site, but spots are on a first-come-first-serve basis. No water is available, so bring your own supply. Porta-potties are provided.

The picnic was the brainchild of James "Doc" Allison, of Livingston, more than 45 years ago, and was originally organized as a potluck of fiddlers to get together and play music they loved. "It's straight playing—no competition and no stress connected with it," said Doc. He originally hosted the event at his farm in Livingston. The picnic's popularity grew over the years until it was simply known as "Doc's," and became the highlight of the summer for fiddlers and lovers of Americana. Doc hosted his last Fiddler's in the summer of 2005. It was then moved to its present location on the Mercier Ranch south of Livingston and is now hosted by David and Candace Payne. Sadly, we lost Doc Allison in January of 2020, as our world changed and the whole world changed for a spell due to COVID-19. The picnic organizers took a



few years off and were back underway in 2023.

Enthusiasm for the picnic is as high as ever for this year, and they're looking forward to seeing you. As always, the public is cordially invited. Admission

and parking are free, although cash donations help to defray the costs and are graciously accepted. Contact David Payne at 406-431-1378, or by email at dpo@mt.net, or visit: FiddlersPicnic.blogspot.com.

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DOORDASH

Last Chance to Participate in the 2025 "We Will" Community Survey and Win A \$100 Gift Card

Time is running out for Park County residents to participate in the 2025 *We Will* Community Survey, a vital opportunity to shape the future of the county. The survey, launched by the Park County Community Foundation (PCCF), closes on Wednesday, July 31st. Organizers are encouraging all residents to make their voices heard before the deadline.

The *We Will* Community Survey is a cornerstone of the *We Will* initiative, which gathers public input to guide community development and inform PCCF's annual *We Will* Community Grants—totaling nearly \$400,000 in 2025.

"The *We Will* Community Survey allows us to gather valuable opinions on the key challenges facing the county," said Gavin Clark, PCCF Executive Director. "As Park County evolves, we want to make sure we're

understanding what's important to Park County residents as we work collaboratively to build a stronger Park County for generations to come."

Each year, PCCF combines public opinion with hard data in its *We Will* Report, which is published every fall. The 2025 *We Will* Report, to be released later this year, will reflect the results of this summer's survey and serve as a roadmap for community priorities and funding decisions.

Community perceptions gathered through the survey directly influence how PCCF allocates resources, supports local nonprofits, and identifies areas of greatest need. The insights help ensure

that the foundation's work remains grounded in the lived experiences and aspirations of Park County residents.

"We don't just collect data—we act on it," said Keva Ward, PCCF Program Manager. "The voices of our neighbors shape the grants we award, the partnerships we pursue, and the programs we support. This is your chance to help guide the future of Park County."

New this year, the survey includes questions about nonprofit effectiveness, aiming to better understand how residents perceive the role and impact of local nonprofit organizations. Residents aged 18 and older who complete

the survey can enter a drawing to win one of five \$100 VISA gift cards. The survey is available online at: <https://www.surveymonkey.com/r/WeWillPC25>, and paper copies are available at the HRDC office and the Livingston Food Resource Center, both located on 2nd Street in downtown Livingston. Rural residents should have received postcards with survey details, and alternative completion methods are available by contacting PCCF at (406) 224-3920.

More information about the *We Will* initiative is available at www.pccf-montana.org.

The *We Will* initiative is made possible thanks to the generous support of AMB West Community Fund, BNSF, Yellowstone Valley Lodge and Grill, Dan Bailey's Outdoor Company, Livingston HealthCare, and Montana Property Brokers.



Best Grilled Alley Chicken in Montana - Who Knew Dan Durgan and Riverside Hardware: Friday Summer Lunch - Grilled Hawaiian Chicken. Ya Gotta Check This Out!

Park County Dugout - July 19, 2025
TheParkCountyDugout.substack.com
By: Jeff Schlapp

Dan Durgan, owner of Riverside Hardware in Livingston, along with his wife Julia Durgan, has been slingin' grilled Hawaiian



Spencer Durgan, Dan Durgan, and Ainsley Jergenson serve up Hawaiian Chicken and rice in the alley behind Riverside Hardware, which is at 107 S. Main Street in Livingston, on Fridays from 11:00 am to 1:00 pm until the end of August.

Chicken for two years on Fridays in the alley behind his store for lunch - who knew!

Friday was a packed day, calendar-wise, for me and the Dugout. I met with Josh Congleton to interview him about his candidacy for one of the three open seats on the Livingston City Commission in the morning

at Perk on Park. I had an interview set for 5 pm with Tessa Welsch, a director from Livingston. I also had to pick up William from tennis camp at noon, which was briefly interrupted by a group of kids I bumped into on their way to swimming with *Links for Learning* for summer camp, along with their camp counselors, Kelli Wetzel, Jessica Gubler, and Elsie Wadle.

When I arrived at the Livingston tennis courts, Luke Jergenson, fresh off his victorious tennis match against Kepler Jacobik (Kepler beat Luke on Thursday), said "hi", and we chatted for a moment. He happened to mention that his brother-in-law was barbecuing in the alley behind his store, Riverside Hardware - what?

He invited me and William to stop over for lunch (he'd pick up our tab), so when practice was over, I asked William if he wanted to go - his quick answer, whenever food is involved, was "yes."

I know Durgan from covering his son, Luke's, tennis career at Park High. He has turned down interviews in the past whenever I discovered he has donated to a community cause, fundraiser, or the Car



Along with Rusty Quinten, we ate lunch on Friday with the Jergenson family and Jon Durgan at Riverside Hardware's best alley grilled chicken east of Chicago!

Show, not worried about gaining notoriety, but rather doing the right thing and always giving back to his community. However, on Friday, he was happy to talk to me.

Durgan, who opened the hardware store from scratch in 2016, told me he started grilling last year. Durgan, whose sister is Rachel (Durgan) Jergenson, and Pastor Shad Durgan (Living Hope Church) lived in Hawaii for a few years and worked as the principal of a school where he learned to make the chicken.

"You know we're always so busy here at the store helping customers, that we don't get a chance to talk to them," Durgan told me. "So last summer, I thought of serving lunch on Fridays as a way to just connect with our customers. I spoke with the City and applied for, and received, a license. Then, I started making Hawaiian Grilled Chicken and rice, along with a cold drink, and sold it for \$10. I usually make about 55 plates, and we're open for lunch at 11 am until we sell out on Fridays through the end of August."

With Durgan's two sons manning the store, Bobby, an incoming senior at the University of Montana (where he is studying pre-law with hopes of attending law school), and Luke, who will be a senior at Park High, Durgan had his daughter Spencer helping him serve lunch along with his niece Ainsley Jergenson.

The lunch is served in a to-go container,

but you're encouraged to sit at one of the two tables that Durgan has set up to chat with your neighbors or meet new friends. We sat with Luke and Rachel, Rusty Quinten, Caleb and Logan Jergenson, and Jon Durgan.

Durgan has also set out a large sun canopy so on sunny days, such as Friday, those who stop by won't melt under the scorching sun.

So what's the verdict? William scored his lunch a 10/10. I'm going back each Friday till the end of August: hands down, the best-kept secret in town.

I'd eat the meal every day.

The chicken is grilled to perfection, accompanied by Durgan's sweet sauce, which he generously applies. The rice is served in individual portions, not in a ball or clump, with or without pineapple slices. It's Ginormous!

For \$10, I challenge you to find a better lunch bargain in town.

The Dugout keeps talking about Community - well, this is Community.

Dan Durgan and Riverside Hardware Store have found a unique way to extend a hand to the Park County community.

The Best Grilled Alley Chicken in Montana is located behind Riverside Hardware - Who Knew!

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

D&D

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Family Ranch in Paradise Valley's Mill Creek Drainage Conserved

Over 1,500 acres of highly scenic agricultural land in Paradise Valley's stunning Mill Creek drainage will remain intact and undeveloped through a conservation easement established by Alan and Laurie Redfield and Sarah Nollemeier, in partnership with Northern Yellowstone Open Lands, a regional initiative of the Gallatin Valley Land Trust (GVLT).

The Warfield Ranch, purchased in 1947 by Laurie and Sarah's parents, James and Margery Warfield, supports a cow-calf operation, productive hay ground, and timberland that is "Certified Family Forest" by the American Tree Farm System. Bounded by Mill Creek to the northeast and National Forest to the south, the property provides critical wildlife habitat for a variety of species iconic in the Greater Yellowstone Ecosystem.

Laurie and her sister, Sarah, were raised on the ranch. Deeply connected to the land, community, and rural lifestyle, Laurie and her husband, Alan Redfield, a fourth-generation Montanan, raised their twin daughters, Katie and Jodi, there, as well. The family continues to manage the ranch, along with Sarah. Now grown, Katie and Jodi come to the ranch frequently to help their parents as the third generation to steward the ranch.

"Our kids were raised in the same way we were," shares Laurie. "We were turned loose. When you have that kind of childhood, it's woven into your personal fabric."

Seeing the impact of rapid development in the Paradise Valley and throughout Park County has been painful for the Redfields. Passionate about keeping their land open and available for agriculture for future generations, they researched conservation easements, which are voluntary land protection agreements with landowners that limit the type and amount of development on a property while keeping it in private ownership.

"I have researched conservation easements for 20 years," says Alan, a former Mon-

tana legislator who strongly supports private property rights and protecting Montana agriculture. "The process has changed. It's become more refined."

When making the final decision about whether to conserve their land, Alan and Laurie turned to their children.

"We were trying to look down the road when thinking about this," shares Alan. "It was up to them. It allows us to preserve the property like we see it. It's part of a transition plan. A lot of ranches have to look at this. It makes us feel better that it's taken care of."

Their daughter Katie said the decision was easy because the agreement allows the family to retain options about operating the ranch.

Alan explains, "We're able to keep managing the land the same way." "There isn't an impossible rulebook," continues Laurie.

Laurie also shared her appreciation for partnering with GVLT's Northern Yellowstone Open Lands team and the long-term commitment to conservation that the Redfield family and the land trust share.

"We feel like they're definitely going to hold up their end of the deal," says Laurie. "It's important to us that they take that responsibility seriously."

"It's been an honor to partner with the Redfields, and we are grateful for their commitment to protecting agriculture and open space in the Paradise Valley," says Northern Yellowstone Open Lands Program Manager Cole Herdman. "Between Laurie's expertise as a ranch manager and land steward and Alan's time as the Ag teacher at Park High School, service on the Montana Board of Livestock, and investment in forest management, the two have built a life and community

around land stewardship."

The Redfields donated a substantial amount of property value to create the conservation easement. The easement was also made possible, in part, by funding from the Natural Resources Conservation Service's Regional Conservation Partnership Program (RCPP) project awarded in 2022 to the GVLT-led Upper Yellowstone Watershed Conservation Partnership, along with contributions from local philanthropists.

"This RCPP project helps Park County farming and ranching families conserve their historic agricultural lands, which benefits the entire community by protecting and enhancing Montana food production, critical wildlife habitat and migration corridors, and water quality in the Upper Yellowstone River Watershed," explains Justin Meissner, NRCS Montana Assistant State Conservationist for Easements and RCPP.

Sitting on her porch overlooking the stunning landscape and summarizing their decision to put the land in a conservation easement, Laurie concludes, "When you've been with the land this long, it's not just a chunk of ground, it's your heartbeat."

GVLT has partnered with 21 families to conserve more than 20,000 acres of working farms and ranches, critical wildlife habitat, and scenic open space in Park County since 1995. It's Northern Yellowstone Open Lands initiative brings an increased, place-based focus to conservation throughout the county.

Northern Yellowstone Open Lands is honored to be participating in Park County's annual month-long *Give a Hoot* community

giving challenge for the first time this July. To support our work, visit <https://www.give-a-hoot.org/organization/NorthernYellowstoneOpenLands>.

What is a conservation easement?

Northern Yellowstone Open Lands partners with private landowners to conserve working farms and ranches, fish and wildlife habitat, open lands, and scenic views. To protect these special places, Northern Yellowstone Open Lands uses conservation easements, which are voluntary agreements with landowners that limit the type and amount of development on a property while keeping it in private ownership. Each easement is tailored to the specific property and runs with the title of the land in perpetuity. Landowners may receive income tax or cash incentives for completing a conservation easement, which previous participants have used to reinvest in their agricultural operation, purchase additional land, or finance generational transitions on the ranch. Conservation easements do not change the taxable value of agricultural land. The public benefits from the protection of conservation values such as prime agricultural soils, wildlife habitat, river corridors, and the overall character of our region.

About Northern Yellowstone Open Lands

Northern Yellowstone Open Lands is a regional initiative of Gallatin Valley Land Trust serving Park County, Montana, landowners and communities who are committed to preserving the region's unparalleled natural landscapes and working lands. For more information and to support our work, visit northernyellowstoneopenlands.org.



VOLUNTEER SPOTLIGHT— Community School Collaborative



Brett Ozment is a volunteer educator/facilitator for the collaborative. He moved to Livingston in the spring of 2022. As an artist, Brett loved the "feel" of this community and visited the Park County Community Foundation (PCCF) to ask if they could point him in a direction where he could put his passion to work and volunteer. PCCF pointed him toward the Com-

munity School Collaborative (CSC). Excellent advice—it was! Brett is passionate about unveiling to children the power of social and emotional learning through art. He says, "Volunteering feels like my life calling."

Brett is originally from Southern Missouri. He moved to Montana in 2010 and resided in Big Sky and Bozeman for seven years before finding that Livingston is where he belonged.

Brett shared, "Working with children and seeing them connect and 'light up' while learning... is magic!" He added, "Working with Yvonne and Gina is just great, too!"

A piece of advice he offers to others in considering volunteering here, "If you are passionate about being involved in the community and find it interesting to plant a seed in the mind of youth and watch it grow... Come hang out with CSC!"



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VISION: A future where Montana youth can develop into healthy, thriving adults.

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If your organization would like a **Volunteer Spotlight**, contact Jill Ouellette by email at jill@pccjournal.com.

The Thrill of Dill



By Jill-Ann Ouellette

Dill is a versatile herb that has been used for centuries as both a culinary spice and a medicinal remedy. Its rich history dates back thousands of years, with records of its use dating back to ancient Egypt. With its name derived from the Old Norse word “dilla,” which means to soothe, dill has been used since ancient times to treat colic in infants and digestive problems, as well as to help with breastfeeding. [NIH] In this article, we’ll explore the history and health benefits of dill, as well as how it can be incorporated into your daily routine to support your overall well-being.

Ancient Origins of Dill • The earliest known records of dill (*Anethum graveolens*) as a medicinal herb date back to about 5,000 years ago in ancient Egypt. The Egyptians recognized the soothing properties of dill and referred to it as “ruqa,” which translates to “soothing medicine.” They used dill for various purposes, including easing stomach discomfort and promoting good digestion.

The herb gained popularity throughout the ancient world, spreading to Greece and Rome, where it was highly valued for its culinary and medicinal uses. In Greece, it represented wealth, while the Romans associated it with good fortune. Dill also has a history of being used for protection against evil, promoting happiness, and when infused in wine, to enhance passion. Gladiators were fed meals covered with dill because it was hoped that the herb would grant them valor and courage. In ancient times, soldiers would apply burnt dill seeds to wounds to help them heal.

Dill is mentioned in the Bible (Matthew 23:23) as an herb that was tithed. This means that, at the time, dill was already being cultivated, because only plants that were actively cultivated were used in tithing.

Settlers in North America called dill “meetin’ seed” because it was given to children to chew on to keep them quiet during sermons.

Culinary Uses of Dill • Beyond its medicinal uses, dill has been an essential ingredient in many traditional cuisines around the globe. Its distinctive flavor profile, characterized by a balance of sweet and tangy notes, makes it a favorite in dishes such as pickles, fish dishes, and salads. Dill has been used in Russian cuisine for centuries. It thrives in Russia’s harsh climate, growing abundantly in gardens and farms across the country. In Scandinavia, dill is a staple ingredient in classic dishes like dill potatoes and pickled herring. In the United States, dill is often

associated with traditional dishes like potato salad, fish dishes and, of course, dill pickles.

Nutritional Profile of Dill • Dill is not only delicious but also rich in essential nutrients. It is an excellent source of vitamins A, C, and D, which play crucial roles in supporting immune health, skin regeneration, and bone health. It’s also packed with antioxidants. Additionally, dill provides several B-complex vitamins, including riboflavin, pyridoxine, and folate, which aid in cell growth, energy production, and cognitive function.

Medicinal Properties of Dill

For centuries, dill has been celebrated for its medicinal properties. Some of the most notable health benefits associated with dill include:

- **Digestive Aid:** The essential oils found in dill leaves and seeds help stimulate the digestive system, easing symptoms of indigestion, bloating, and gas.
- **Anti-inflammatory:** Research suggests that consuming foods rich in antioxidants may help reduce chronic inflammation throughout the body. It may prevent or even treat certain conditions, including heart disease, Alzheimer’s, rheumatoid arthritis, and certain forms of cancer. [NIH] Furthermore, animal studies have suggested that dill extract may have cholesterol- and triglyceride-lowering effects. However, research in humans is less certain.
- **Antibacterial:** The antibacterial properties of dill make it an effective, natural remedy for fighting harmful bacteria, especially those that cause digestive issues.
- **Immune Support:** The presence of various vitamins and antioxidants in dill contributes to a stronger immune system, helping the body fight off infections and illnesses.

Modern Applications of Dill

Today, dill continues to be widely used in modern medicine and natural remedies. It is available in various forms, including fresh leaves, dried leaves, seeds, and essential oils. The essential oil extracted from dill is highly concentrated and can be used in aromatherapy, topical applications, and other therapeutic treatments.

Incorporating Dill into Your Daily Routine

Dill is most commonly used to flavor cucumber dishes. Whether in salads, pickles or a cold, refreshing yogurt soup, dill and cucumber are the perfect match. There are numerous other ways to incorporate dill into your daily routine to reap its health benefits. Here are some tips:

1. In the Kitchen:

- Use it as a garnish, fresh or dried, for soups or roasted vegetables.
- Sprinkle it fresh or dried on top of cold, cucumber salads.
- Use it in potato, macaroni or tuna salads or on baked/roasted potatoes.
- Stir it into yogurt-based dips like tzatziki.
- Chop it fresh and add it to green salads.
- Use it to add flavor to fish, lamb, or egg dishes.
- Add it to baked breads.
- Incorporate it into sauces, marinades, or homemade salad dressings.

As for the seeds, dill seeds can be used whole or crushed and added to most any food, like bread, soups, or vegetable dishes. Of course, they can also be used to make dill pickles.

Add fresh dill leaves to your favorite recipes to offer a burst of flavor and aroma.

2. Infusions: Make a dill infusion by steeping fresh dill leaves in hot water to create a soothing tea. This infusion can be enjoyed hot or cold and is great for relieving digestive issues.

3. Essential Oils: Use dill essential oil in aromatherapy diffusers or apply diluted drops topically to promote relaxation and reduce stress.

4. Spice Blends: Create your own spice blends by combining dill with other herbs and spices for a unique flavor profile in your dishes.

Storing Fresh Dill • First, you want to lightly spritz the leaves with fresh water,



wrap the sprigs loosely in a paper towel, and then place them in a zip-top plastic bag. Store the dill in the veggie drawer of your fridge for up to one week. For longer storage, you can also freeze fresh dill by rinsing and then placing the sprigs in a single layer on a cookie sheet in the freezer. Once frozen, transfer the sprigs to a freezer-safe bag and return to the freezer for up to six months for best flavor. Frozen dill can be used in cooking without thawing first. Dried dill and dill seeds should be stored in an airtight container in a cool, dark place for six months to one year.

Dill is a remarkable herb with a rich history and a wealth of health benefits. From its ancient origins in Egypt to its modern-day uses in culinary and medicinal applications, dill continues to be a popular choice in kitchen across the globe and has proven its worth as a versatile and valuable natural remedy.

Overall, dill is a flavorful herb/spice that can add a nutritional boost to your diet while adding a splash of color. It’s a thrill!

Recipe by
Carla Williams

RECIPE CORNER

Pecan Pie Cookies

Ingredients:

Cookie Dough:

- ½ cup unsalted butter, softened
- ½ cup brown sugar, packed
- 1 large egg
- 1 tsp vanilla extract
- 1 ¼ cups all-purpose flour
- ½ tsp baking powder
- ¼ tsp salt
- Pecan Pie Filling:
- ¾ cup chopped pecans
- 1/3 cup brown sugar
- ¼ cup corn syrup
- 2 tbsp unsalted butter, melted
- ¼ tsp salt
- ½ tsp vanilla extract

Instructions:

Cookie dough:

1. In a large bowl, cream together butter and brown sugar until fluffy. Beat in the egg and vanilla. In a separate bowl, whisk together flour, baking powder, and salt. Gradually mix dry ingredients into the wet until a soft dough forms. Chill for 30 minutes.
2. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
3. Roll the dough into 1-inch balls and place on the baking sheet. Gently press



Photo Credit:celebrationgeneration.com

the center of each with your thumb or the back of a teaspoon to make an indent.

4. In a small bowl, mix the filling by stirring together chopped pecans, brown sugar, corn syrup, melted butter, salt, and vanilla.

Assemble and bake: Spoon about 1 tsp of filling into the center of each cookie. Bake for 10–12 minutes, until edges are lightly golden. Let cool completely on a wire rack.

Tip: Drizzle a little melted white or dark chocolate over the cooled cookies for a pretty finish and an extra touch of sweetness!



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Researchers Have Found That Young Athletes Who Specialize in Just One Sport Are More Likely to Experience Injuries and Undergo Injury-Related Surgeries.

Young Athletes Should Consider Taking a Cross-Training Vacation to Enhance Their Performance and Overall Physical and Mental Well-Being.

Park County Dugout - July 18, 2025
TheParkCountyDugout.substack.com
By: Jeff Schlapp

According to recent studies, over 44 million youth athletes participate in some form of organized sports in the United States (National Council of Youth Sport). Good. At the Dugout, we love youth sports and the athletes who undertake the challenge of competition.

Organized sports offer several benefits for young people, including fostering physical activity and potentially leading to lifelong healthy habits. Participation in youth sports has also been linked to improved mental and physical health in children and adolescents.

Specifically, studies indicate that youth sport participants have higher levels of physical activity, lower body fat, better health and well-being, and fewer symptoms of mental ill-being compared to non-participants. Additionally, children who participate in sports may develop better cognitive skills and exhibit improved academic potential.

However, there are also potential risks and challenges associated with youth sports, including the risk of injuries, burnout, excessive pressure to win, and issues related to early specialization in a single sport.

Parents, coaches, and organizations must prioritize a child's overall well-being by ensuring proper training, promoting a balanced approach, and fostering a positive and supportive environment. By focusing on enjoyment and development rather than **solely on winning**, youth sports can provide a safe and enriching



experience for children.

Nathan Fitton, associate professor of orthopedics in the Michigan State University (MSU) College of Osteopathic Medicine, chief medical information officer for MSU Health Care, and MSU Athletics team physician; Jared Lutsic, MSU College of Osteopathic Medicine alumni and orthopedic surgery resident at Henry Ford Warren; and others studied the effects of sport specialization on high school and collegiate athletes.

Their findings, recently published in the *Clinical Journal of Sport Medicine*, reveal a direct association between the intensity of sport specialization and the incidence of injuries among high school and college athletes.

Why this matters:

- MSU researchers say that young athletes who specialize in just one

sport experience more injuries and injury-related surgeries.

- Switching sports for one season a year, or roughly three months, can keep young athletes safer and provide a better outlook for their long-term health.
- This information is essential for parents, coaches, young athletes, and their health practitioners as they make decisions about upcoming sports seasons.

Some professional football players practice ballet. An NCAA champion runner also swims. An Olympic gold medal speed skater does six-hour biking sessions. According to researchers from Michigan State University, these athletes are ahead of the game because cross-training can help prevent injury in youth athletes.

"We expected to learn that highly spe-

cialized athletes would have higher injury rates," Fitton said. "What's alarming is a statistically significant increase in surgical procedures after an injury. We found that the more specialized an athlete was, the more likely they were to need surgery to correct an injury. This was true for male and female athletes."

"There are lifelong implications for youth sports injuries," he added. "Injured athletes don't always return to their pre-injury state. In the short term, this may mean they don't get back to the sport at a level where they want to be. Longer term, we see arthritis from trauma to joints at an earlier age than would be expected. And we see 30- and 35-year-olds who need additional surgeries or lifestyle modifications to recover from an injury they experienced as a youth athlete."

In the survey, NCAA Division I, II, and III athletes were asked about their participation in sports, specialization, injuries, recovery periods, and treatment methods. Findings showed that highly specialized athletes were more likely to report injuries, and among those who reported being injured, more than half reported a reinjury.

"We asked college athletes about their specialization status and learned that those who had a history of being highly specialized in high school got injured more frequently in college and had more severe injuries," Lutsic said. "Parents, physicians, and coaches should consider this when advising student athletes."

Crosstrain for better performance and lower risk of injury

One of the significant advantages of cross-training is its ability to prevent

[See Young Athletes, Page 20](#)

TheParkCountyDugout.substack.com

where life stories are told

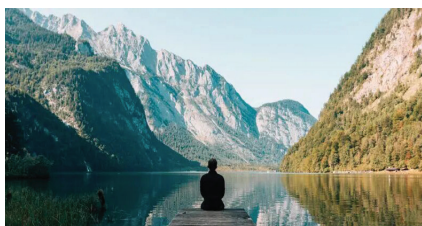


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Our news services cover local community happenings, business news, local sports, and more, 7 days a week.



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

Published & Created by former
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Jeff Schlapp

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LIVINGSTON, MT DOWNTOWN WALKING TOURS

TUESDAYS: "Murders on the Streets," 7 pm

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Single Tickets Now on Sale for Bozeman Symphony's 2025-26 Season

Individual tickets for the Bozeman Symphony's 2025 - 2026 Classical Series, Bozeman Symphony Presents Series, and Bozeman Symphonic Choir concerts are now available.

The Symphony's 58th season—*Music that Moves Us . . . to Join Together*—kicks off in mid-September with *Sounds of America I: Marsalis & Rachmaninoff*, the first of three special programs honoring America's 250th anniversary. Throughout the season, the Symphony will celebrate the heart and soul of American music with its Sounds of America concert series, featuring iconic works, contemporary voices, and world-class musicians.

This exhilarating season offers a rich blend of beloved classical masterworks, a vibrant new commission, and dazzling guest artists. A highlight will be the world premiere of *Carnival of the Nearly Extinct Animals*, a whimsical and poignant new work by acclaimed American composer Stephanie Ann Boyd, co-commissioned by the Bozeman Symphony.

The season welcomes a roster of internationally renowned guest artists, including violinist Hannah Ji,



cellist Jonathan Swensen, pianist Michelle Cann, baritone Lester Lynch, and tenor Terrence Chin-Loy. Audiences will also enjoy performances by some of the Symphony's own outstanding musicians: horn players Madeleine Folkerts and Elizabeth Schmidt, and clarinetist Wendy Bickford.

Classical Series:

- September 20th – 21st, 2025: *Sounds of America I: Marsalis & Rachmaninoff*
- October 11th – 12th, 2025: *Nature's Wonders: Beethoven's*

Pastoral Symphony

- January 24th – 25th, 2026: *Masters of Melody: Mozart, Copland, & Haydn*
- March 21st – 22nd, 2026: *Romantic Splendor: Schumann & Schubert*
- April 25th – 26th, 2026: *Lyrical Landscapes: Mahler, Walton, & Clair de lune*
- May 15th – 17th, 2026: *Sounds of America II: Rhapsody in Blue & West Side Story*
- June 13th – 14th, 2026: *Sounds of America III: Appala-*

chian Spring

Bozeman Symphony Presents Series:

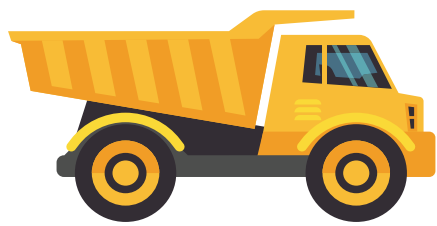
- December 12th – 14th, 2025: *Holiday Spectacular*
- February 13th – 15th, 2026: *Cinematic Legends: The Music of Hans Zimmer & Ennio Morricone*

Bozeman Symphonic Choir Series:

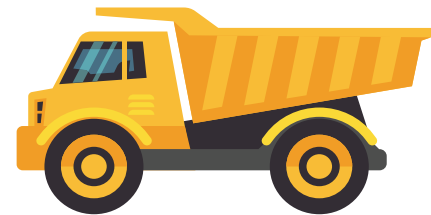
- November 13th – 15th, 2025: *Night & Light: The Music of Lauridsen & Shaw*

Tickets, subscriptions, full program details, and artist bios are available at bozemansymphony.org or by calling 406-585-9774.

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“Enjoying the Journey”

by Lois Olmstead

It is Day 3362 since He-Who-Took-Long-Steps went to heaven. And even now there are days like this that make me sad. (Day 3362 = 9 years, 77 days). If you are in a season of loss, and I know many of you who read this column are on this same path, you understand. It is a strange conundrum, because with lonely times comes precious memories of happy times! Each summer, I can honestly say seeing the tourists here to visit Yellowstone Park makes me jealous, and at the same time glad that they are doing what we enjoyed so much. Like this story from my journal about us:

It was time for a day of “recess” at the Olmstead Homestead. We packed a lunch, chairs, a thermos of coffee and drove the 60 miles to the Park. We showed our Golden Age pass at the gate and headed south. We saw mountainsides



carpeted with wildflowers in every color, a few elk and one buffalo.

“There sure isn’t a lot of traffic,” commented He-Who as we stopped along the road to enjoy the vista and fill our coffee cups from the thermos. Driving on to Hayden Valley we found the reason for no traffic.

A herd of two to three hundred buffalo covered the green valley floor. Another herd was crossing the two-lane highway we were on. A Park Ranger vehicle came cruising up behind us, lights flashing, but there was barely room for him to get between the lines of traffic.

“It looks like an impossible situation to me,” I said as we inched through the buffalo along the road. “But what a sight! Everyone needs to get pictures.”



He-Who started counting cars as we passed through. There were 125 cars, buses, motor homes, motorcycles and four bicycles in line! I said, “That makes our day whether we see a bear or not!”

We drove the few miles to Lake and found a picnic table right along the water. After lunch we drove 40 miles to Old Faithful Inn where it is our ritual to eat a dish of huckleberry ice cream.

The couple behind us had three kids. The mother was busy on her phone while the three were asking her how long it would take, what kind of ice cream did they have, and “Where is the bathroom?” all at once.

When they got quiet, I asked, “Where are you from?”

“We are from New Jersey,” she said. “We have been gone a month. We flew to Denver, rented a car, visited family, then drove to Mount Rushmore. Then Cody, and Jackson Hole, saw the Tetons and now have spent a week here. We fly home from

Bozeman tomorrow.”

“Wow!” I said, “That is quite a trip. I’m glad we live just an hour away.”

The dad said, “We are all tired and ready to go home.”

“I can imagine. Huckleberry ice cream will help” I said. Then it was our turn at the ice cream counter. We ordered two dishes of huckleberry, one scoop each.

“Could you tell us which way to get to Bozeman the quickest?” the mom asked. She was looking at the map on her phone.

I said, “With the traffic today, West Yellowstone would be your best route.” We wished them well and found seats in the lobby by the fireplace. “Wow” I said and He-Who echoed “Wow” also.

“You know I really don’t know whether that really makes me miss those days with our three little boys or whether it makes me plenty thankful today it is just the two of us!”

Wise as always, he said “Some of both, some of both.”

So yes, precious memories and a personal bit of advice from me. Do things together with your loved ones while you can! Our Bible verses this week are Psalm 107:8-9. God Bless You All.



Local Church Services

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Psalms 30:2 - LORD my God, I called to you for help, and you healed me.

Park County
Community Journal

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PCC Journal
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NAME: _____
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Fill out this form and mail to:

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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 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 HealthCare (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 20-August 28 - WALKING TOURS - Yellowstone Gateway Museum hosts 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 4 pm (21+ only, ID required). This tour samples beers in local bars. Please wear comfortable shoes and weather appropriate clothing.

July 27 - CORNHOLE CARNIVAL FUNDRAISER - Bring your friends, family and your game to The Shane Center pavillion at 415 E. Lewis from 4 to 7:30 pm. This is a fundraiser for Community School Collaborative and Cougar Career Days. Live music, raffles, kid's corner with bouncy house, face painting and more. Food trucks and refreshments will also be available. For more information contact Gina Morrison at 307-250-6904 or by email at director@csc4kids.org.

July 28 SENIOR CENTER BACKYARD BBQ - Join us for pulled pork, polish sausages, sauerkraut, chips and cookies! Cost is by donation and is taking place from 3 - 7 pm at 817 W. Park Street, parking is available on Callender street.

July 31 - 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 Tom Catmull Trio.

August 1 - DINNER AND A MOVIE - Come join us for a dinner, auction and movie under the stars presented by Build A Better Wilsall. Be at the Wilsall rodeo grounds on Cooper St. off Hwy. 89 North at 6 pm. Enjoy the prime rib cooked by Bruce Parks and Butch Waddell, two different salads, and rolls with butter along with brownies for dessert. Water is furnished and adult beverages are available for purchase. Price per dinner is \$20, family discounts available—so do bring the whole family! Email Cheryl Robinson at montanalovely54@gmail.com or call her at 406-223-9014 for questions or more information.

August 1-3 - ANNUAL OLD-TIME FIDDLER'S PICNIC Grab your fiddle, add a guitar and a banjo or two, and you

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

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

have all it takes to make some of the best music anywhere at the Mercier Ranch, south of Livingston on U.S. Hwy. 89 South. As always, the public is cordially invited. Admission and parking are free, although cash donations help to defray the costs and are graciously accepted. Contact David Payne at 406-431-1378, or by email at dpo@mt.net, or visit: FiddlersPicnic.blogspot.com.

August 2, 9, 16, 23, 30 - EMIGRANT PEOPLE'S MARKET located at 8 Story Road, Emigrant, 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.

August 4-7 - ELKS JUNIOR GOLF CAMP - Taking place at the Livingston Golf & Country Club, 44 View Vista Drive from 8 - 11 am. Call the golf shop for more details and to sign up, 406-222-1100.

August 9-10 - PARK COUNTY MOTOR VEHICLE PARK Family fun for all ages at the Park County Motor Vehicle Park MudBog and Tuff Trucks event in Livingston, Exit 337 then follow the signs. Kids dash for cash, raffle baskets, and vendors on site. Bleachers available, chairs welcomed. For more information go to ParkCountyMVP.com.

August 15-16 - FORGET ME KNOT 2025 FEST - Community Benefit Music and Arts Festival in Cooke City, Montana. For more information and to purchase tickets online visit www.ForgetMeKnotFest.org.

August 19 - CASTING FOR RECOVERY - Fundraising event at Sage Lodge in Pray beginning at 5:30 pm. Casting for Recovery will host the Fly Fishing Film Tour free of charge and designed specifically for women at any stage of breast cancer treatment or recovery. For more information, to make a contribution, or to sponsor the event, please contact Greene by email at tiffany.greene@castingforrecovery.com or call (413) 672-1297.



CARRYING LOCAL
SPECIALTY WINES AND WHISKEY

OPEN 7 DAYS A WEEK! 8AM - 12AM
406-222-9581

110 Centennial Drive, Next to Subway, across from McDonald's



504 E. Park Street
406-333-3100

NORTH



Next to Taco Bell & Dominos
406-333-2142

SOUTH



CROWN ROOM
CASINO

ALL LOCATIONS
OPEN 7 DAYS A WEEK!
8AM - 12AM

BREAK time

CROSSWORD

Puzzle #409

Montana Fun Facts!

The folks in Saco set a **record in 1999** by cooking a 6,000-pound hamburger. Seventeen cows went into that burger. The next day, leftovers included biscuits and gravy for breakfast and sloppy joes for dinner.

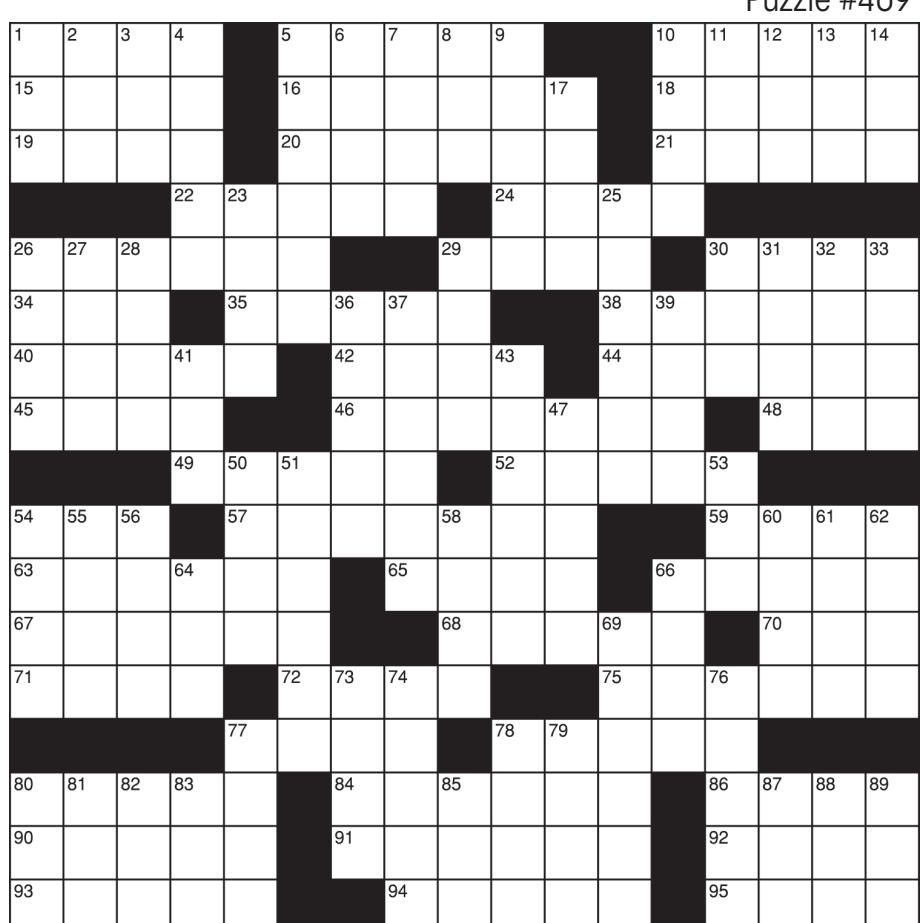
The small town of Summit, located on the southern border of Glacier National Park, sits at an altitude of 5,216 feet. In January, 1972, Summit set the state records for greatest snowfall in 24 hours; greatest snowfall in four days; greatest snowfall in five days; and the greatest snowfall in one month. A total of 131 inches fell during that month. Some of the records have since been broken, but it remains a blizzard of truly epic proportions.

ACROSS

- 1. Continually
- 5. Athenian marketplace
- 10. Southern nut
- 15. Satisfy fully
- 16. Prayer
- 18. Giraffe's kin
- 19. Nature's bandage
- 20. Quake
- 21. Resist
- 22. Old anesthetic
- 24. Computer storage
- 26. Indian
- 29. Noteworthy act
- 30. Mouth off
- 34. On the _____ (in hiding)
- 35. Alex Trebek, e.g.
- 38. Seer
- 40. Indian clan
- 42. March date
- 44. Suds
- 45. Mass calendar
- 46. Essential nutrient
- 48. Cote member
- 49. Valuable possession

DOWN

- 2. Russian drink
- 54. Plump
- 57. Hassock
- 59. Random attempt
- 63. Guarantee
- 65. Smallest of the litter
- 66. Jostle
- 67. Wide-eyed observer
- 68. Precipitous
- 70. Service cost
- 71. Alpine pool
- 72. Frittata fundamentals
- 75. Hair color
- 77. Kind of bean
- 78. Sad
- 80. Faith
- 84. Sheep meat
- 86. Lion's pad
- 90. Applied grease
- 91. Flu symptom
- 92. Teen's spot
- 93. Brazilian dance
- 94. Candle
- 95. Make (one's way)
- 1. Snaky curve
- 2. Rug cleaner, for short
- 3. 7th Greek letter
- 4. Renaissance fiddle
- 5. Pregame song
- 6. Skirt panel
- 7. Done
- 8. Unit of radiation
- 9. Positive electrode
- 10. Pig meat
- 11. Add to
- 12. Finalize
- 13. Chimpanzee, e.g.
- 14. Nothing
- 17. Battle song?
- 23. You, to Shakespeare
- 25. Impassive
- 26. Ensemble singer
- 27. Young salmon
- 28. In the middle of
- 29. Stand on your own two
- 30. Perched
- 31. Feel a dull pain



- 32. Destroyed evidence
- 33. Dried up
- 36. Mongoose kin
- 37. Magazine VIP
- 39. Place in order
- 41. Python's relative
- 43. Scholar
- 47. "____ Carlo"
- 50. Painful
- 51. Sound system
- 53. Smoker's
- 54. Duke
- 56. Rectangular pier
- 58. Romanov title
- 60. Bean curd
- 61. Allege
- 62. "I've ____ Work- ing on the Railroad"
- 64. Decorative vase
- 66. Cowboy-boot gear
- 69. Breadwinner
- 73. Bodybuilders' rooms
- 74. Haggard
- 76. Subsidiary statute
- 77. Fountain order
- 78. Dance movement
- 79. Flow out slowly
- 80. Lettuce variety
- 81. Drowned valley
- 82. Horror-film street
- 83. Society miss
- 85. Darjeeling or pekoe
- 87. An ____ in the hole
- 88. Country resort
- 89. Color of Rudolph's nose

Sudoku

Puzzle #144

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

Sudoku - #143

SOLUTIONS

Crossword - #408

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

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



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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.

M&S Cooper CSS Grand Touring Tires 225/60 R17. Like new, \$250 for set of 4. 406-223-4444

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 18, 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: until filled

For applications, please contact Danny Johnston at djohnston@shieldsvalleyschools.org or 406-578-2535. Access the Classified Application Packet at www.shieldsvalleyschools.com. Shields Valley School District is an equal opportunity employer. Job-specific training will be required as a condition of continued employment.

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

- **Junior High Football (Head and Assistant).** August 15th - Oct 15th
General duties for the coach.
 - a. Create and implement practice plans for the team.
 - b. Communicate regularly with school administration, athletic director, families, the public, and players.
 - c. Participate in parent meetings, senior night, and awards ceremonies.
 - d. Have an understanding of the game of basketball and a good working relationship with athletes.
 - e. Maintain the values of the Bruin athletic program.
 - f. Must complete the state required coaching classes: MSHA rules clinic (HS), Concussion in Sports (HS and JH) and Fundamental in Coaching (HS), First Aid and CPR (HS and JH)

Please contact Jeannette Bray or Carmen Harbach at the Gardiner school. 406 848 7563. jbray@gardiner.org, or carmen@gardiner.org

Key Insurance in Livingston is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our clients with the right

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

Come Join Our Kenyon Noble Team!

Kenyon Noble Lumber & Hardware's Livingston location is currently accepting applications & hiring for **Warehouse Associates** and **Delivery Drivers**. No experience necessary—we will train! Offering competitive wages and great benefits packages. For more information and to see the complete job listing visit us at kenyonnoble.com/jobs. You can also apply online!



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


Sheriff Deputy
Are You Trustworthy, Self-Motivated and Community Minded? The **Park County Sheriff's Office** is looking for one new full time team member interested in a career in a law enforcement capacity in service to Park County residents and visitors. Open until filled. To apply, please download the application from jobs.parkcounty.org, print it out and submit with your updated resume and cover letter by mail to: Park County Human Resources 414 E. Callender St. Livingston, MT 59047

Park County Road Department is looking for an **Operating Engineer** full-time. Apply now! Position is responsible for the operation and maintenance of county roads and bridges. Works along with the other team members on projects and the Shop Mechanic to assist in the repair and maintenance of the vehicle/equipment fleet. Position is subject to the DOT federal drug testing requirements for a Commercial Vehicle License including a two-year clean testing history. You must have a valid license to operate equipment. If necessary, Park County will facilitate driver to obtain Commercial Vehicle Driver's License. Please apply online at jobs.parkcounty.org.

GIS Coordinator - IT Technician

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





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

ANNOUNCEMENT

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

ANNOUNCEMENT

HELP WANTED



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FEATURED LISTINGS

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98 Miller Drive

5 beds 3 baths | 3,352 sq ft
#400605 | \$843,690
Tom Gierhan | 406-220-0229



28 W Grannis

3 beds 2 baths | 9+ Acres
#401255 | \$870,000
Julie Kennedy | 406-223-7753



425 N 7th Street

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



726 US Highway 10 W

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



996 Forest Grove Road

3 beds 2.5 baths | 30+ acres
#402710 | \$699,000
Swanson Team | 406-220-2045



606 W Gallatin Street

3 beds 1.5 baths | 1,819 sq ft
#403418 | \$529,000
Jon Ellen Snyder | 406-223-8700



9 Grizzly Meadow Road

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



1115 Ridgeview Trail

3 beds 2.5 baths | 1,758 sq ft
#399280 | \$589,000
Baylor & Carolina Carter | 406-223-7903



7 Aquila Lane

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



216/218 Little Creek Bend

Multi-Family | Home w/Apartment
#403832 | \$1,100,000
Deb Kelly | 406-220-0801



107 S Main Street

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



102 Elliot Street S

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



107 Elliot Street N

Commercial Sale | 3,104 sq ft
#398072 | \$600,000
Tammy Berendts | 406-220-0159



325 N 3rd Street

Multi-Family | Five+ Units
#394662 | \$829,000
Swanson Team | 406-220-2045



329 S B Street

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



416 N 3rd Street

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

Meet the Team...

With over twelve years of experience in the industry, Sarah brings a wealth of expertise to the Montana real estate market. Raised in Livingston and having attended Montana State University in Bozeman, Sarah is deeply rooted in the community and passionate about helping

clients achieve their real estate goals.

Beyond real estate, Sarah loves to enjoy all the beauty that Montana has to offer and to spend time with family, friends, and grouchy dog, Loki.

"Sarah Swanson was incredible. As a first-time homebuyer, I was incredibly nervous about the process. However, Sarah made this daunting experience feel simple. Sarah always advocated for my best interests even when they weren't helpful to her. Sarah not only managed my stress and communicated with me quickly and effectively, but also carried herself with professionalism, confidence, and the familiarity of an old friend. If you're looking for an excellent home-buying experience, look no further than Sarah Swanson." -Alexis B.

Sarah Swanson

Broker

ABR, AHWD, Distinctive Properties
406-220-2045 • sarah@eralivingston.com

Sarah is committed to delivering personalized service and guiding you through every step of your real estate journey, whether you are a first time home buyer or seasoned investor.



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Young Athletes

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injuries. By diversifying activities, it avoids overtraining and reduces the risk of injury from repeating the same movements.

Mental and psychological benefits

The benefits of cross-training also extend to mental well-being and psychological benefits. Physical activity, and cross-training in particular, promotes the release of endorphins, which improves mood and reduces stress. Additionally, cross-training fosters social connections and a sense of community belonging, **which is crucial for maintaining self-esteem and mental resilience.** It fosters perseverance, team spirit, and the drive to be your best.

"Athletes can still be very committed to a single sport and reduce their risk of injury by playing just one other sport for three months," Fitton explained. "Cross-training is like rotating the tires on your car. You'll get longer use and better performance when tires are regularly rotated. For our bodies, diversification of movement reduces the risk of injury and helps maintain healthy functioning."

Fitton says that other activities, such as dance class or participating in a school play, can provide the much-needed break for young athletes. Even taking a day or two a week to do something that uses different muscle groups would be beneficial, he added.

By the age of 13, approximately 70% of children will quit participating in organized sports. Why? Despite all the research that shows the benefits of youth sports, kids say, "It's just not fun any-

CROSS TRAINING THROUGH SPORTS SAMPLING

Playing multiple sports can help athletes improve performance while reducing the risk of injury and burn out and is an important part of making health a competitive advantage. Check out the following recommendations and benefits of cross training in complementary sports.

PRIMARY SPORT	COMPLEMENTARY SPORTS		BENEFITS
Basketball	Soccer Track and Field (be careful of overuse injuries caused from running such as shin splints, stress fractures and patellofemoral pain syndrome)		Better defenders, footwork, agility, timing
Football	Wrestling Lacrosse Baseball Martial Arts	Basketball Track Swimming Soccer	Hand eye coordination, confidence, mental toughness, footwork, body control, speed, explosiveness, muscle development, endurance, foot speed ¹
Soccer	Tennis Swimming Lacrosse	Basketball Volleyball	Speed quickness, anticipation, improve playing vision, passing/team play, develop other skills in different plains of motion vertical jump, coordination and spatial awareness
Swimming	Dance Gymnastics Cross Country Track and Field Baseball/Softball (avoid being a pitcher or catcher to limit repetitive throwing) Volleyball (be aware of any shoulder ailments)	Soccer Football Cheerleading	Balance, stamina, speed, bone/joint impact (which is not provided when then are swimming in the pool- this is essential for skeletal development.)
Tennis	Dance Basketball Track and Field Baseball/Softball (be aware of any shoulder ailments)		Cardiorespiratory capacity, endurance, mental toughness, control, explosiveness
Track and Field	Volleyball Swimming Dance	Baseball/Softball Basketball	Full body movements, multi-planar ²
Volleyball	Soccer Track and Field	Swimming Golf	Agility, short explosive movements, develop reflexes, focus concentration
Wrestling	Football Rugby Volleyball	Baseball Golf	Develop a mental edge, learns read and react, accelerate/decelerate (body control) power, patience and hand-eye coordination

1. <https://winningyouthfootball.com/2011/11/2690/>
2. <https://www.weckmethod.com/articles/5-reasons-to-include-multi-planar-movements-in-functional-strength-training>



more."

Turns out, today's sports aren't designed to be fun, according to the author of this Washington Post article. She cites rising costs, pressure to specialize, and high demands as issues. While the sports kid in me doesn't want to believe this

to be true, I am starting to wonder. Last weekend, I spoke to parents who spent an average of \$1,500 **for a weekend** softball tournament.

I'm not one to talk about the "good old days" and how much better things were way back when. However, I can't help but

notice how much more intense sports are now compared to when I was a kid.

I've written a series of articles recently in the Dugout arguing that we should give our kids a break over the summer (for parents of kids age 5-13) and let kids be kids. No travel sports, nor electronics; reconnect with nature, let kids imagine their games, and have fun exploring the outdoors.

Let them discover the joy of "pickle" or "Sandlot Baseball," put a hoop up on the garage, and have your kids discover the fun of driveway basketball.

Make sports fun again. And in doing so, you can reduce the risk of injuries.

There are too many benefits of youth sports for kids to be quitting at such a young age, so as adults, let's vow to do better. Let's help keep it fun for kids and give them free time to discover and play along the way. Then, when they're not having fun anymore, let's try to learn why and do something about it.

All too often, kids will write off sports, thinking they're not an athlete or lack the necessary skills (probably something an adult said to them at some point). But maybe your kid will find their love of the game in any game.

Now I realize a few of you might have the next Megan Rapinoe or Michael Jordan on your hands. But even if your kid is amazing and destined to go pro, I bet they still like just going outside and kicking the ball around or playing a game just for the fun of it. We need to encourage more of that.

Oh, and ice cream. We should always look for more reasons to indulge in celebratory ice cream.

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

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