

Vote Carl Berntsen for County Commissioner

Paid for by Carl for Commissioner, Nels Swandal, Treasurer, 305 E Lewis St. Livingston, MT 59047

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Park County Community Journal

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

FREE

SUNDAY EDITION • June 2, 2024

2024 Gardiner's NRA Rodeo

It's official—rodeo season 2024 in Montana gets under way on Father's Day weekend. If you want to experience one of the best, small-town rodeos in the state, you don't want to miss the Upper Yellowstone Roundup in Gardiner! Upper Yellowstone Roundup Association (UYRA) was started by the Gardiner Jaycees in 1975, and has been an annual tradition in this Yellowstone National Park border town ever since. The Northern Rodeo Association (NRA) sanctions the two-day event, held Friday and Saturday, June 14th and 15th, at the Jim Duffy Arena, on 100 U.S. Hwy. 89 So., in Gardiner, near the banks of the Yellowstone River. Jacob's Stock is the contractor that

will provide stock for the weekend. Events include: bull riding, saddle bronc riding, bareback bronc riding, steer wrestling, team roping, ladies' breakaway roping, ladies' barrel racing, junior breakaway roping and junior barrel racing. Slack is held on Friday, June 14th at 9 am. Slack is a free event for spectators. Tickets for evening rodeo performances are \$20 for adults, \$15 for children ages 6 to 12, and free for children 5 and under. Gates open at 5 pm on Friday, June 14th. Events start at 6 pm. On Saturday,



June 15th, Gardiner starts their celebration with a parade at 11 am, sponsored by the UYRA. Rodeo events start at 6 pm. Future Farmers of America (FFA) is serving concessions and

Ringling Bar brings their refreshment trailer for a Watering Hole. Get your fill of impossible rides, crunching crash landings and highflying roping! Spend your day partaking in Gardiner's majestic mountains, raft the Yellowstone River, take a short day hike, soak in the local hot springs, then come on over to the rodeo, you are sure to have a great time! For more information, contact the rodeo coordinators, Hell's A' Roarin' Outfitters, at 406-848-7578, or email them at hellsaroarinoutfitters@gmail.com.



WSE's Livingston FARMERS MARKET

Western Sustainability Exchange's Livingston Farmers Market summer season commences on Wednesday, June 5th, with Wildfire Preparedness Day. Starting at 4:30 pm at Miles Park Band Shell, next to the Livingston Civic Center, this event is sponsored by the Park County FireSafe Coalition and Sun Mountain Lumber. Attendees will not only learn how to prepare for the upcoming wildfire season but also have the exciting opportunity to meet Smokey Bear, take photos with him, see a fire engine and rescue vehicle, and even spray a firehose. Cole Thorne, the lead singer/songwriter of mountain-island soul band Cole & The Thornes, will provide live music. Her sultry vocals combined



with conscious lyrics and Latin-reggae influence make for a laid-back & happy ambiance. A huge thank you to Fairfield Inn & Suites by Marriott and Home2 Suites by Hilton for sponsoring all the music at the Market this season! At 5 pm, the Paradise Permaculture Institute will present a workshop on regenerative gardening. This workshop offers attendees ten valuable tips that can save time, money, enrich the soil, and encourage perennial food crops. The institute will also share their top 12 plants and their benefits for regenerative gardening and give away a free package of seeds, making this a must-attend event for all gardening enthusiasts. During our music intermission at



6 pm, attendees will enjoy a special performance from the Yellowstone Ballet Company. This summer's farmers market will run from June 5th through September 18th at the Miles Band Shell Park, rain or shine. Special events will include Kids Day on June 12th, Give A Hoot About the Farmers Market on June 26th, The Cayden Leonard Memorial Bike Rodeo on July 17th, Healthy Soils Day on July 24th, Give A Hoot Grand Finale on July 31st, Art At The Market Day on August 7th, Eat Local Day on August 14th and Community Health Day on September 4th.

River Drive will be closed during the farmers market each week from Yellowstone Street to the Civic Center parking lot, which will remain open for farmers market parking. This is the same closure as previous years and will help provide a safe area for pedestrians and bicyclists and allow the Market to expand into and across the road. Please remember to leave your furry family members at home! The Livingston Farmers Market is committed to ensuring food access for all Park County residents. We offer three food access programs: the Senior Farmers Market Nutritional Program (SFMNP), the Livingston Food Resource Center's (LFRC) Health Families Token Program, and the Supplemental Nutrition

See Livingston Farmers Market, Page 2

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Qualifications for the Job:

- Life Long Resident
- Accountant
- Own Local Rental Properties
- Volunteer of the Year Award for 2023
- Been Attending Commissioner Meetings & Other Board Meeting for Over 2 Years
- Served on Multiple Non-Profit, Government/Military Boards

Focus Areas:

- Roads
- Budget
- Growth Policy
- Property Rights
- Community Collaboration
- Constitution
- Local Government Communication

I am Christina Nelson. I have lived in Park County all my life. I am married and have a daughter in college. I own a bookkeeping business, am part owner of a local Electrical Company and own multiple rental properties in Park County.

I have been attending the weekly County Commissioner meetings, and serving on the planning board, and a variety of other local boards for over two years. I am involved with many local non-profit organizations and have served on a school board. I have a wide perspective of what we need to change.

I was in charge of the Military Family Readiness Group for my husband's unit while they were activated. During that time the Military Families of Park County placed the yellow ribbons on the trees down Park Street in Livingston. We were the group that was responsible for the military monument at Sacagawea Park.

While there are many issues to be addressed, here is my top three:

- Budget: Our county's budget is in the negative. We need to cut costs and think outside the box.
- Roads: We do not have any more miles of roads but cannot keep up like we have in the past. Road maintenance repairs and rebuilds needs to be organized better.
- Growth Policy: I can see the use and importance of a growth policy if it is one that the community wants. But the state makes it difficult to have with their guidelines of a Growth Policy. I ask that you look at the Montana Growth Policy Resource Book. We are danged if you do and danged if you don't.

With all of these issues and more, I believe that if we got a handle on the budget and started holding people accountable, the other issues would fall into place. The tourists' need to more directly help pay for what they use. The State needs to ease up the reins and let the local spending be left to the locals. We need to bring back some basic accounting and not as much government type accounting.

I believe with my experience and motivation that I am ready to do everything I can to get us back to the basics and Montana Way of Life. We need to protect our property rights, our family values, and our constitution.

- Christina Nelson

ChristinaNelsonForParkCounty.com
406-223-8518 • nelsonparkc406@gmail.com



Paid for by: Christina Nelson for County Commissioner, PO Box 50, Clyde Park, MT 59018

LETTERS TO THE EDITOR



Dear Editor,

Don't get Duped by Ref. 1
I am writing to urge my fellow citizens not to be misled by the deceptive promises surrounding Referendum 1. Having been duped myself, I feel compelled to share my experience and advocate that everyone works to inform themselves about this issue.

Last summer, while outside the Emigrant Post Office, I was approached to sign a petition supporting Referendum 1. The individual gathering signatures painted an appealing picture, suggesting that by repealing the growth policy, we would regain control over local government and have a greater say in shaping its future. Trusting in these assurances, I signed the petition.

However, as I learned more, I discovered the truth: Referendum 1 is not what it seems. Contrary to the promises made, its repercussions would be detrimental to Park County and local control.

Referendum 1, if passed, would

not empower locals as I was led to believe. Instead, it would take away any possibility of local control over growth and development. It would eliminate our ability to have any say in changes that out-of-state developers can impose on us.

My greatest fear is commercial development along the Yellowstone River, with strip malls lining Paradise Valley alongside fast food restaurants and big box stores. This has happened in other places. In order to prevent this from happening here, we need a Growth Policy. We need to vote NO on Referendum 1.

It's crucial for voters to recognize that the interests driving this referendum do not align with our community well-being. These promises do not line up with the truth. Don't get duped!

I urge everyone to join me in voting no on Referendum 1. Together, let's ensure that our community's future is safeguarded against deception and manipulation.

Ellen Smith Eaton, Emigrant

Farmers Market

from page 1



Assistance Program (SNAP) with double SNAP benefits. SNAP provides essential nutritional support for various groups, including low-paid working families, low-income older adults (60 years and older), people with disabilities living on fixed incomes, and other individuals and households with low incomes. The Double SNAP program further enhances affordability by providing a one-to-one match for every dollar of SNAP benefits

spent at the Market, up to \$20 per week.

A huge thank you to our Program and Market Sponsors: July Hardesty with Edward Jones, Sibanye Stillwater, Bank of the Rockies, First Interstate Bank, Kenyon Noble, and our Community Partners: the City of Livingston, Livingston Food Resource Center, Park County Environmental Council, and Happy Trash Can Composting. Also, to all our Special Day sponsors, for helping

to make the magic happen!

To learn more about our food access programs or to apply, visit the WSE Headquarters booth at the Market or call Shannan Mascari at 406-222-0730 ext. 1. For the full calendar of special events and live music, or to learn how to become a sponsor, visit <https://westernsustainabilityexchange.org/livingston-farmers-market/>.

Park County Community Journal

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

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Wilsall's 70th Anniversary NRA RODEO

If its rodeo action you want, then you don't want to miss the 70th Annual Wilsall Rodeo.

The Northern Rodeo Association (NRA) sanctions the two-day event, held Saturday and Sunday, on Father's Day weekend, June 15th and 16th, at the Arena off U.S. Hwy. 89 No., in Wilsall. The NRA itself boasts more than 1100 members.

This NRA season anticipates more than \$500,000 in payouts to competing cowfolk at more than 40 rodeos throughout the region. Cowboys and cowgirls from all over Montana, surrounding states, and Canadian Provinces will compete in Wilsall for prize money. Both days of the rodeo will feature the rough stock of Red Eye Rodeo, one of the Montana's top stock contractors.

This year's events are: bull riding, junior barrels, saddle bronc riding, steer wrestling, team roping, tie-down roping, WNRA (women's) barrel racing, and WNRA breakaway roping.

The weekend begins on Saturday, June 15th, with a 6:30 pm slack event.

Contestants try their luck and skill against Wilsall Rodeo's best. Cowgirls will also get

a chance to win top money in barrel racing and breakaway roping. After the rodeo, a dance with live music continues to heat up the night.

Sunday, June 16th, starts off with a tasty community breakfast at the firehall beginning at 8 am, put on by the Wilsall Fire Department. Next up is the parade, which marches down U.S. Hwy. 89 No., beginning at noon and ending at 1 pm. The rodeo resumes at 2 pm.

How did this all start? Well, back



in the autumn of 1953, a few local boys with the rodeo bug began to talk about putting a rodeo together. They rounded up about 30 people interested in hosting it and the Wilsall Rodeo and Racing Association was born. This was the start of this organization that now has about 150 members. At the beginning, shares of stock were sold for money to erect chutes and the arena. A group of folks with equipment and trucks went into the timber and in one day cut enough lumber to build the corals, and the chutes.

In spring of 1954, the arena and the chutes were ready for a tryout. Some of the local folks did just that and with a few finishing touches, the rodeo grounds were ready. The first rodeo

was held on June 29, 1954. By 1958, with an abundance of cowboys entering the show, they went to a two-day rodeo. At first, all of the shows had been amateur, but many of the local boys have gone professional and are now stars in the rodeo world. The competition level increased when

the NRA sanctioned them.

Wilsall is nestled at the foot of the Crazy Mountains in the Shields Valley, about 30 miles north of Livingston on U.S. Hwy. 89 No. This Old West town provides an authentic western atmosphere, just perfect for the rodeo. Join them for a weekend full of fun and action!

For more information, call Gary Hoyem at 406-223-2381, or send email to gpcwrh@msn.com.



2024 Wilsall Parade

The Wilsall Rodeo and Racing Association held their first rodeo way back in June 1954. The veterans in Wilsall began sponsoring a parade during the rodeo and it has been a huge part of the Wilsall rodeo ever since. In those earlier days, there were a lot of horse-drawn teams pulling wagons of people, and they still have teams almost every year. The parade was once cited in a newspaper as "the best 10-minute parade in Montana!"

A few years ago, the Women of Wilsall (WOW), originally founded in 1976, took over the sponsorship of the parade. Each year, WOW puts on a colorful, fun feature of some kind in the parade.

Since the beginning, the parade has been blessed to have the Veterans Honor Guard leading the

parade. The parade has honored many locals as their Grand Marshalls. Oftentimes, the Livingston Roundup Rodeo queen candidates will ride in the parade. The Saddlelites from Bozeman, a premier mounted drill team, has been in the parade several times. Talk about

lucky—the parade route has had the Ringling 5 playing music. The typical floats are by the 4-H clubs, local businesses, political floats, and local organizations,

such as the Build-a-Better Wilsall Foundation, and Old Settlers (out of Clyde Park).

The parade gathers at the Wilsall School. It begins at noon on Sunday, June 16th, and goes to the far end of town and turns down U.S. Hwy. 89 No. and ends at the Park Farmers Co-Op. There are no entry fees.

The WOW ladies award prize money for the top three entries. We are very proud of this wonderful tradition.

For more information, email Cheryl at Montanalovely54@gmail.com



THE 10th ANNUAL TAP INTO MONTANA BREWFEST

SATURDAY JUNE 22, 2024
AT MILES PARK IN LIVINGSTON, MT
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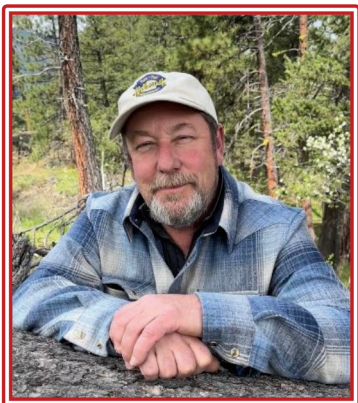
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TICKETS & INFO AT TAPINTOMT.COM



June 4, 2024

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Tap Into Montana Brewfest Celebrates 10 Years

Montana's premier brewfest, Tap into Montana is celebrating its 10th year in Livingston. The annual community event is being held June 22, 2024 from 3-7 pm at Miles Park Bandshell in partnership with the Livingston Center for Art and Culture. Sample craft beer from your favorite Montana breweries, enjoy live music, delicious local food, and arts and craft vendors while taking in the beautiful view of the Yellowstone River and Absaroka Mountains.

This year features Montana breweries, cider houses, and even a meadery. Live music on the bandshell stage from Livingston legends the Band of Drifters and Quenby and the West of Wayland Band. Local food trucks will be serving up delicious food including Follow Yer Nose BBQ, Island Noodles, Old Faithful Franks, and the United in Light Ice Cream Truck. And new this year, local art and craft vendors will be on site selling their wares including Miguel y Co Vintage Clothing and Boots, Montana Beerings, The Mud Shack Pottery, Pickenpaugh Pottery, Raised By Wolves Studios, and Topher's Hats. And don't forget the fan favorite and ever entertaining, Brewers Olympics organized by Neptune's Brewery owner, Jon Berens and Katabatic Brewing Head

Brewer, Ben Ward. The Olympics features feats of strength and agility by participating brewery employees.

Paid admission gets you a free sampler glass and unlimited samples. Get your VIP ticket for a chance to arrive an hour ahead of the crowd and sample some specialty brews from the breweries in your very own VIP glass.

The event is open to all ages, but you must be 21 with a valid ID to sample beer. VIP tickets are \$45 in advance/\$50 at the gate (these tickets are limited and usually sell out in advance). Regular admission tickets are \$35 in advance/\$40 at the gate. Designated Driver Tickets are \$15 in advance/\$20 at the gate. And Kids 13 and under are free. Well behaved dogs are welcome, but must be leashed at all times.

Free shuttle service is provided in partnership with Windrider. Pick up and drop off locations include Neptune's Brewery (L Street), Treasure Lanes (North side), the Ace Hardware Lot, and the Sleeping Giant Trade Center Lot (by the Buckhorn/Rosa's). Shuttle service is



provided free of charge to riders. Parking is available near the park and at the Civic Center. River Drive will not be open to through traffic.

Tap into Montana was started in 2015 by local business owners, Rachel Anderson (owner of M Design Group), Lanette Jones (former owner of Katabatic Brewing), and Janett Prescott (former owner of the Office Lounge and Liquor Store) in conjunction with the nonprofit organization Vision Livingston. It originally included a Craft Beer Week with local businesses participating in beer related events throughout the week leading up to the brewfest. The event was created as a shoulder season event to draw folks from outside of the immediate area to travel to the Livingston and stimulate the local economy during the slower time of the

year.

The event has evolved and changed over the years but continues to be organized and promoted by Rachel Anderson.

Over the years, Tap into Montana has donated proceeds from the event totaling over \$45,000 to Park County non-profits, including the Livingston Ice Skating Association/Park County Recreation Rink and Big Brothers Big Sisters of Big Sky Country. This year, the brewfest has partnered with the Livingston Center for Art and Culture and a portion of the proceeds from the event will be donated back to LCAC.

Tickets and information at tapintomt.com or follow on Instagram and Facebook at @tapintomt.



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Shield Valley Principal Greg Sager tells Graduates to "Go Get Life!"

In a Moving Goodbye as Friends and Family Jam the Gym in Clyde Park to Celebrate Graduation on Sunday

Park County Dugout | Livingston
By: Jeff Schlapp

On a beautiful, sunny Sunday afternoon in Clyde Park, 11 kids said goodbye to their childhood and hello to adulthood as they sat on the stage in the Shields Valley High School gym one last time as over 300 of their friends, relatives, and family members watched.

At 2 pm, Shields Valley Band Director Mark Mills struck up the band one final time (he's retiring and moving to Texas) as



they played Pomp and Circumstance, and the graduates began to file in. They came from opposite directions of the gym and met in the middle, then turned and walked together across halfcourt of the basketball court to the stage, where they took their seats for the ceremonies.

The graduating eighth-grade class was introduced and they received their diplomas before the seniors. They were Bodie Bullard, Shaw Olson, Kale Rock, Graesin Hamm, Braden Payne, Cody Rushbrook, Andrew Long, Ryker Peterson, Levi Rushbrook, Kendall Mosley, Izabella Risteau, and Sierra Wilcox.

Dr. Danny Johnston, Superintendent of Shields Valley School, thanked everyone for coming and said he was grateful to the great teachers who taught all grade levels. He gave a special mention to Lacey Arthun (it seems every student's favorite high school teacher when I interview the kids), who celebrated her own milestone—19 years of teaching. Then he introduced the Salutatorian, Ian Danielson.

Danielson gave a touching and humorous speech telling how each fellow graduate had earned a nickname from him, what it was, and why they earned it.


Ava Burkes was the Class Valedictorian, and she told a story of how fellow graduates

See Shield Valley Graduates, Page 5

VOTE CARL BERNTSEN FOR COUNTY COMMISSIONER
VOTE JUNE 4TH OR RETURN YOUR ABSENTEE BALLOT

"IN A COMMUNITY WHERE PRIVATE PROPERTY RIGHTS ARE RESPECTED, FREEDOM THRIVES, AND PROSPERITY FOLLOWS. AS YOUR COUNTY COMMISSIONER, I'M COMMITTED TO SAFEGUARDING THESE RIGHTS, ENSURING THAT GOVERNMENT SERVES THE PEOPLE, NOT THE OTHER WAY AROUND."

~ CARL BERNTSEN



CARL BERNTSEN

FOR COUNTY COMMISSIONER

Paid for by Carl for Commissioner
Nels Swandal, Treasurer 305 E. Lewis St, Livingston, MT 59047

Poetry Spotlight

THE TUNNEL OF LIFE

Written by: Robert Nehls

"Who knows of life? Not I," he said.
 "It would surely not be me.
 For I have flown on crippled wings
 And rarely have been free.
 I've seen the world from far below
 An angel's point of view.
 Have not walked where saints have strolled
 Or been among the few.
 But I have traveled through the tunnel
 Toward the everlasting light.
 Felt the warmth and understanding,
 For an instant. Yes, that's right.
 Heard the music of the heavens.
 Almost reached my final goal.
 But a voice kept screaming at me,
 Somehow tugging at my soul."
 'Come back my love, come back,' she cried.
 "So desperate was her voice."
 'If you go my love. I'm going too.'
 "Well, I really had no choice.
 I drifted back into her arms.
 Felt her tears upon my face.
 She thanked the Lord for answered prayers,
 While pulling me from His embrace."

"Who knows of life? Not I," he said.
 It would surely not be me.
 But I've traveled through the tunnel,
 And I've glimpsed eternity."

Shield Valley Graduates

from page 4

had moved and inspired her. And how they had grown during their four years of high school.

Greg Sager gave a very moving and truth-filled speech to the Class of 2024. He told them that their lives were beginning, and they could do anything with them; they just had to go get it. Life didn't owe them anything. It would be tough, maybe even knock them down, but if they worked hard, it would make all the difference in their lives. Their dreams would be filled if they went and got it and didn't sit on the sidelines.

He even managed to throw in a quote from one of my favorite people, Lou Holtz (Notre Dame's last National Champion football

coach). Sager's speech is what every 18-year-old ought to hear when they graduate.

At that point, the diplomas were handed out, and the new graduates were able to hug their parents and walk through the door of adulthood. Some are going on to college, and some will study nursing. One is thinking of becoming a welder, and at least two are going to be ranchers.

Wherever they go, whatever they become, like those who graduated before them, Sager told them, they will always be Rebels.

The Shields Valley Class of 2024 is Ava Burkes, Ian Danielson, Chauncey Davis, Myles Fehlmann, Nat Granbois, Mackinze Hogenson, Kyle Jerke, Regan Long, Miles Orr, Benna Pinson, and Ruger Stallard.

For more photos and great articles, check out the [ParkCountyDugout.com](https://www.parkcountydugout.com).

ServeMontana is "All Ears" for Input on State Service Plan

ServeMontana, the Governor's Office of Community Service, wants to hear your perspective via the short, online Community Needs Assessment.

"The assessment is an opportunity to empower voices and transform communities through AmeriCorps service," says Sarah R. Sadowski, Director of the Governor's Office of Community Service. "From Montana's rural towns and tribal nations to our most populated cities—we are all ears."

Responses to the assessment help craft the State Service Plan, which will guide the path of AmeriCorps national service in the Big Sky State for the next three years. The Community Needs Assessment covers the following focus areas: Economic Opportunity, American Indian Affairs, Education, Healthy Futures, Veterans & Military Families, Montanans Age 55+,

Land & Natural Resources, and Disaster Services. Respondents can choose up to three pressing needs within each focus area, identifying specific concerns in our communities such as financial literacy, tribal language preservation, and legal assistance.

The anonymous, accessible Community Needs Assessment is online at surveymonkey.com/r/servemtcna. Individuals, community organizations, nonprofits, and government agencies are encouraged to complete the assessment. If you have questions or would like a paper copy of the assessment, please contact serve@mt.gov or (406) 444-9077.



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Our mission We believe your food is your fuel...and this incredible Montana life deserves good fuel! Our organic farmers and ranchers give us amazing tools to work with, and we are grateful to them and this community of hard working, hard playing people. If you like our food...thank a farmer or rancher.

Good food. Good for you. OMNIVORE, VEGETARIAN, VEGAN, GF EVERYONE COMES TO OUR TABLE

breakfast	Lunch & dinner	baked goods
Sandwiches Burritos Oatmeal Quiches Frittata Fruit & Veggie Smoothies Coffee Tea & More	Soups & Chili Panini Rotating Daily Hot Bar Pot Pies & Pasties International Explorations Rotisserie Chickens Healthful Salad Bar Beer & Wine	Organic & GF Sourdough Bread Pies Cakes Sweet Breads Muffins Cheesecakes & Tarts Cookies Galore Special Orders (No Problem)

John Lowell Releases New Recording “Snow on the Wineglass”

“Snow on the Wineglass” is Livingston resident John Lowell’s newest recording and was released in late May. A collection of 11 songs, it features ten original songs and one reworking of a Robin and Linda Williams song “Step it Out, Nancy.”

The legendary folk duo joined Lowell on the recording adding harmony vocals.

“I’m proud of this,” said Lowell from his home on the Northside of Livingston.

“My wife Joanne termed this music ‘Western Americana’ and I think that

genre fits.

I have been a student of Western history for decades and these songs all tell stories about life in the West.”

During the pandemic, John Lowell recorded his first Western Americana project, “She’s Leaving Cheyenne” and it was promptly embraced by the International Western Music Association, garnering four nominations. He won the Working Cowboy Song of the Year, in 2022, and the album was named number one in the state by Wyoming Public Radio.

“There are a few co-writes on this

project,” added Lowell, “and each of those writers join me on our track for the album. You’ll hear collaborations with Tim Stafford, Joe Newberry, Thomm Jutz and Jim Schulz. The rest I made up all by myself.”

Accolades are pouring in for this new recording including Western Music pioneer Hal Cannon’s review, “*It’s western through and through. Listen—you can hear crisp Montana mornings and feel the red hue of unbounded mountains at dusk. In an age where music has flash but can be shallow as a tea cup saucer, this is something with a depth of locale, history, and abounding musicality.*

Here’s a toast to John Lowell and place-based music at its finest.”

Wesley Daniels, a DJ for the Early American Roots Music Show on KVIS in Montpelier, Idaho, adds, “John Lowell’s “Snow On The Wineglass” CD of 2024 is a soulfully eclectic collection of mostly original songs that is nothing less than a perfect addition to American Roots Traditional, REAL LIVE Cowboy music. It’s a fabulous quality album smothered in real to life songs with obvious heartfelt passion for the American spirit. More of this is in desperate need!”

John Lowell will be teaching at the Montana Fiddle Camp in Monarch, MT, and at the Grand Targhee Bluegrass Camp and returning for his 9th tour of Germany in the fall, following a tour in the Upper Midwest.

Lowell will be performing next year at the Lone Star Cowboy Gathering in Alpine, TX, and teaching songwriting



at Schreiner University in Kerrville, TX, during a six-week residency in Fredericksburg, TX, with performances throughout the Hill Country.

John Lowell has recently been named a finalist in the Montana Governor’s Arts Awards – the highest honor a Montana artist can receive. “It’s been a great couple of weeks!” laughed Lowell.

You can catch him in concert with long-time band mate Ben Winship (The Growling Old Men) when they join Mike Compton and Joe Newberry (Compton & Newberry) on stage at the Myrna Loy in Helena, MT on June 27th, at the Attic in Livingston June 28th, at a private house concert in Madison County on June 29th and at St. Timothy’s on Georgetown Lake on June 30th. The Growling Old Men will also perform June 15th at Tippet Rise near Fishtail, MT.

More information or tickets are available for the Attic and the house concert in Madison County by contacting Joanne Lowell at 406-599-1075. You can learn more about “Snow on the Wineglass” which features cover art by Janie Camp Hjortsberg at www.johnlowell.com. You can listen, stream and purchase at <https://johnlowell.bandcamp.com/album/snow-on-the-wineglass>.

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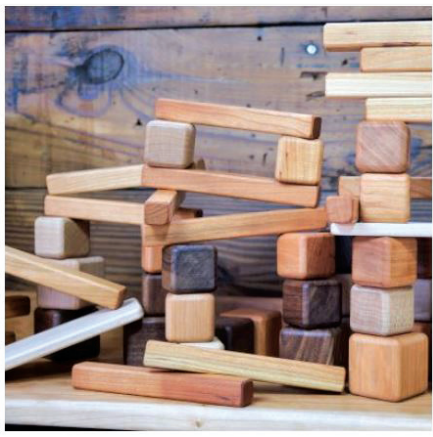
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“Building Blocks” from Short Stories by JJ

by Joyce Johnson

Once upon a time, in the early 1800s, there was this amazing little kid named Herbie, the firstborn child to a homesteader in Montana. Those were the days when settlers lived with dawn-to-dusk labor, and little time for play, but little Herbie was enterprising from day one, and kept his Ma on her toes as he tried to pull everything apart to explore his baby world. So his Pa made him some building blocks and the clonking and tumbling noise was like a percussion accompaniment to the mooing of cows and clucking of the chickens outside; the soundtrack of their lives in those early days.

One day Ma heard the puppy barking, and some scraping and thumping noises in the other room, so went to see what was what. Tail wagging and tongue lolling, the puppy was “helping” Herbie slowly push the rocking chair and side table away from the wall. Ma was stunned, then sprang into action

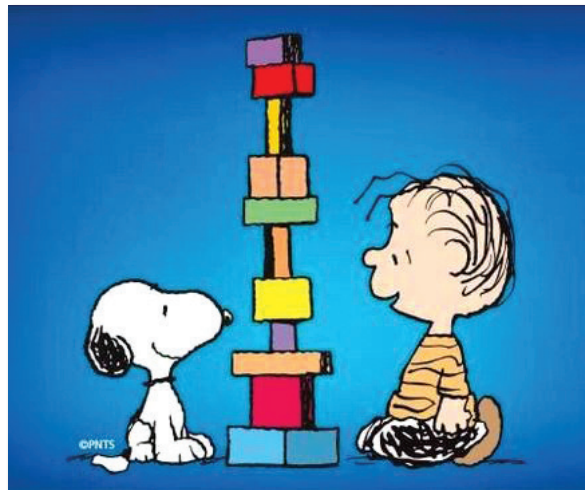


when Herbie picked up the hammer and was about to hit the wall with it. “What are you *doing* Herbie?” She rushed over to take it from him but he dropped it, nearly on his foot! But then lifted his chubby little hands in the air and grinned which he already knew created instant forgiveness. She blinked and smiled but redirected his and his puppy’s attention to the building blocks and put the room back in order.

The day the barn disappeared. As Herbie got bigger, the drive to fix, take apart or re-create things got bigger too and the banging of a hammer was now the frequent sound accompaniment to the mooing and clucking homestead, with the addition of a saw. He was tall for his age at 12, and looked older, but in those days boys grew up fast. One day He hitched the horses to the wagon for his parent’s trip to town to buy provisions, and said, “Mind if I stay home, Pa, and um...do some chores?” Pa said yes because chores were endless, and the dog would as always protect him. Herbie was a hard-working farm kid, and like all boys his age, knew how to use the shotgun. But what could possibly go wrong on this sunny, summer day?

The Sun had slipped down on the horizon when the horses pulled the loaded wagon back onto the homestead. Pa immediately ghasped and shouted, WHOA!!! The startled horses reared but stopped, and the dog approached, ears and tail drooping as though guilty of something. Pa looked at the old hound and said, “Where’s that Herbie,... and [gulp] what happened to our barn?” The dog appeared to smile but was likely just panting nervously. Although they heard distant hammering which was vaguely comforting, the first thing they did was to locate the two cows, the pig, and a mule who were normally in the, now missing, barn but thank goodness all were seen happily grazing in the field. They let the clucking chickens remain wandering and pecking at things everywhere, but hazed the goats out of the kitchen garden. Seeing that all livestock was accounted for, Ma collapsed onto the porch steps and watched Pa march determinedly toward the distant sound of hammering, and a big pile of wood.

As it turned out, Herbie had decided to demolish the weathered old barn to rebuild better, and one thing led to another. Apparently the old beat up garden shed was dismantled too, and the stack of fencing wood was just not where it was when they left. But it must be explained that Herbie had proved to



be good if not a bit prolific at fixing and building things using what materials were “laying” around, or earned in trade helping nearby homesteaders repair stuff. He was frequently absent from the little school he attended, but many sons were kept at home at times for farm chores, and at harvest.

Chapter 2 and Cut to the 21st century. A tall, powerfully built young man hurried through a large business office, weaving around the many desks, a hammer hanging from a loop on his cargo pants. A cheerful, life-educated, practical maverick, and natural fixer, it wasn’t long before he built his own business, and one day a young lady customer asked about the pile of carved wood squares sitting on a shelf in his office. He smiled disarmingly and said, *“just some kid’s old building blocks, my grandpa told me been in the family forever... and I remember playing with them too.” [to be continued]*

Finn Schretenthaler Wears the Crown of Long-distance Running Champion in Class A

The Class A State Track & Field Meet was held Friday and Saturday at Laurel High School in Laurel, and the Park High Rangers finished 11th out of 22 teams. Corvallis (68.8) won the team title, barely holding off Columbia Falls (67), and Whitefish was a distant third with 56 points.

Teammates Tristian Watts and Camden Fenton qualified in the Long Jump event for the Rangers, with Watts just missing out on a top-15 score when he jumped a personal best of 20-03.75 for 16th place.

Ryan Miller tied with just about everyone else in the High Jump event as 11 of the 14 competitors leaped 5’ 10. Miller’s PR last week of 6’0 held up as the winning leap (Banyan Johnston of Columbia Falls), but despite Miller’s herculean effort, he was unable to match the jump. He did medal running a leg on the Ranger’s sixth-place 4x400 relay team.

Senior Cole Bartz can take pride in throwing the Shot Put 49’ 2.5 for a personal best in his final event at state and finishing in seventh place. His improvement since his freshman year, when he tossed 31’ 10.25 at Divisionals, is remarkable.

Alec Dalby had never run the 400-meter race in a track competition before this year. One can imagine how great he would have been after finishing out of the medals after qualifying for state, but his sacrifice of track for soccer and spring soccer has paid off with a paid scholarship to college for soccer.

He can take some solice in knowing his personal best time in the 400-meter race that he posted last week, 51.71, was good enough for sixth place at state.

Magnus Huss took home 10th place in the 100-meter dash. Magnus has proven to be a warrior for the Rangers since coming to Park High from Denmark as a foreign exchange student, on the football field, and on the track. On Saturday, he helped the 4x100 Ranger Relay team of Tyler Grenier, Alec Dalby, and Nicolas Smith secure eighth place at state.

The Lady Rangers’ 4x400 Relay team of Veronica Glenn, Ashley Strupp, Sabra Wilton, and Annabelle Smith ran the fastest time as a team, so they gave it their best shot—at state, which is all you can ask for—to post their best time.

Strupp competed in the 300-meter hurdles. Strupp capped off an amazing track career by qualifying and competing in her fourth state meet. Vay Obrien got 15th in the Women’s Pole Vault event.

Molly Arterburn competed in the Long Jump. A junior, Arterburn often



Finn Schretenthaler poses with the two state medals he won for winning the 3200-meter race and finishing fourth in the 1600-meter race during the MHSAA State Track Meet in Laurel. Photo credit: KJ Schretenthaler

competed in seven events throughout the Lady Rangers track season and continued to improve in her events this year. The Rangers can expect great things from her next season.

Sophie Sestrich finished in the top 15 in the Womens 3200-meter race. Next year will be her senior year, and she is a hoss during offseason training, putting in miles and miles of hard work along with her brother Cameron, so she’ll

be ready to compete on the hills of cross country and the flat track.

Asa Duncan finished tied with Carter Gage (Laurel) in the Pole Vault event with a vault of 13’ 6”, but he took second place based on the MHSAA rule of the number of attempts. He showed remarkable gains over his high school track career, vaulting four feet higher than his freshman year. Asa was also on the sixth-place 4x400 Ranger Relay team, which medaled on Saturday.

The 4x400 relay team of Asa Duncan, Kimball Smith, Ryan Miller, and Alec Dalby brought their best to Laurel. They set a personal record of 3:30.35,

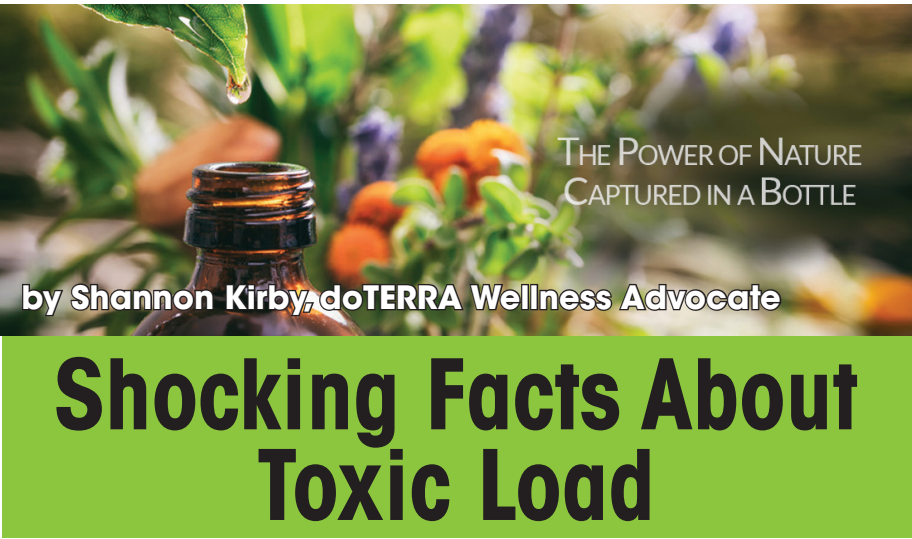
which was good enough for sixth place. They held off Corvallis, who crossed the finish line in 3:30.67. All four team members are seniors, so they finished their athletic careers at Park High on a high note with a medal and memories they will talk about at Park High reunions for years to come.

That leaves Finn Schretenthaler. Every week, I write that he dropped time and was amazing. He really was amazing, indeed spectacular, as he held off Ben Bird (Hardin) to win the 3200-meter race. Bird ran the fastest he’s ever run the 3200-meter race, closing with a 9:32.49 time.

On any other day, Bird would have been a two-time state winner (he set the Class A state record in the 1600-meter race with a 4:17.71) because Schretenthaler’s best time leading up to Friday was 9:46.39. Somehow, Schretenthaler found another level as the two battled, side by side, over the final 100 meters, and at the finish line, it was Schretenthaler by a step to claim victory. He ran 14 seconds faster than he had before to do it, posting a 9:32.30 time.

“I felt good coming into the final turn,” Finn told me. “I wasn’t sure how far ahead I was, but I felt it was enough to win, and I snuck a peak over my shoulder, I saw Ben (Bird) coming up fast. He passed me briefly, and then we were even down the final 100 meters, and I could pull ahead. It was enough where I knew I had won. I’ve never had a

See Finn Schretenthaler, Page 1



by Shannon Kirby

What is “toxic load”? Basically, it is the amount or volume of toxic substances that we are exposed to that accumulate in our bodies and/or tax our system and organs.

Where do these toxins come from? Just about anywhere. We breathe them in, like car exhaust or cigarette smoke. And many times, it is from sources we don’t even think of. We put them on our skin or have contact via our skin and they are absorbed. We might even ingest them (BPA from lining of cans, plastics that leach into food, artificial colors and sweeteners, etc.).

An obvious source of toxic load is chemicals. We are exposed to them everywhere, every day; makeup, shampoo and conditioner, toothpaste, facial creams, body wash, laundry soap, hair products, perfume, dish soap, household cleaners, dryer sheets, paint, carpet, preservatives—typically anything using the word “fragrance.”

The average person uses up to ten personal care products a day. The average woman puts on more than 500 synthetic chemicals on her body every day—which is really scary considering that roughly 60% of what we apply to our skin is absorbed into our bodies. Skin has no safeguards against

toxins, whereas the respiratory system and the digestive system do have some built in protections that help minimize effects.

The European Union has banned more than 1,300 chemicals found in cosmetics. The FDA has banned 8 and restricted 3.

What you read below comes directly off a website I found as I was doing research to teach class on the topic of toxic load and how to reduce it.

THE DIRTY LIST - <http://www.beautyliestruth.com/dirty-list/>

*All of the substances below have all been banned or restricted in Europe and other countries, but they are still totally legal in the U.S.

1. PARABENS

(anything that ends with “paraben,” like butylparaben, ethylparaben, methylparaben, propylparaben, etc.)

- Popular preservatives that mimic the hormone estrogen and are linked to cancer, reproductive toxicity, immunotoxicity, neurotoxicity and skin irritation. They may increase our risk of breast cancer.
- Research from the Kyoto Prefectural University of Medicine suggests that some parabens we had previously presumed to be safe, such as Methylparaben, may mutate and become toxic when exposed to sunlight,

causing premature skin ageing and an increased risk of skin cancer.

- Methylparabens are found in more than 16,000 products, including moisturisers and toothpastes. Cosmetic producers have always defended their use of parabens on the grounds that they can’t be absorbed into the body. But many leading researchers disagree, including Dr. Barbara Oliso, an independent professional chemist, who says, “Research shows that between 20 and 60 percent of parabens may be absorbed into the body.”
- Found in shampoos and other bath products, lotions, and lots of cosmetics. Helps to preserve shelf-life.

2. FORMALDEHYDE

(& FORMALDEHYDE-RELEASING PRESERVATIVES DMDM HYDANTOIN, DIAZOLIDINYL UREA, IMIDAZolidinyl urea, methenamine, 1,4 Dioxane & Quarternium-15)

- Considered a known human carcinogen, this preservative was made famous by the “Brazilian Blowout.” It can also cause asthma if inhaled, neurotoxicity and developmental toxicity.
- Found in the Brazilian Blowout, other hair treatments and some nail polishes.

3. "FRAGRANCE"

(So anything that says “fragrance” or “parfum” on the label)

- This word on a label could mean between 10 and 300 different chemicals, but companies are not required to list anything in their “fragrance” mixture. Common synthetic fragrances contain hormone disruptors such as phthalates, which have been linked to an increased risk of breast cancer and reproductive problems like early puberty, and the feminization of baby boys.
- These are endocrine disruptors.
- Found in everything from face cream, perfume, soap, dryer sheets, toilet paper, air fresheners, scented candles... any product with a scent.
- The only way to avoid “fragrance” is to buy products that are scented with organic essential oils.

4. PROPYLENE GLYCOL

(a fancy word for anti-freeze)

- Essentially antifreeze, this chemical alters our skin structure so other chemicals can penetrate deeper, and it causes reproductive, brain and nervous system harm in animal studies.
- Found in many cosmetics and food products.

5. COAL TAR DYES

(LOOK FOR “CI” FOLLOWED BY A 5 DIGIT NUMBER)

- Used extensively in cosmetics, coal tar dyes are a mixture of many chemicals that are derived from petroleum and cause cancer and neurotoxicity.
- Banned in food products, but found in many hair dyes, lipsticks & other cosmetic products.

6. TALC

(SIMILAR TO ASBESTOS)

- This absorbent and anti-caking agent is known to be toxic and is linked to cancer. Asbestos-containing talc particles have been known to cause tumors in human ovaries and lungs.
- Found in powder products, such as eyeshadow, baby powder, face powder, deodorants, & other loose-mineral cosmetics.

7. MINERAL OIL

(OR ANYTHING THAT SOUNDS LIKE THE WORD “PETROLEUM”)

- This is a crude oil derived from the distillation of petroleum to produce gasoline. It is a known human carcinogen, and it also causes skin problems.
- Found in baby lotions, creams, lip balms, & skin ointments, as well as cosmetics.

8. ALUMINUM ZIRCONIUM

(OR ANY ALUMINUM COMPOUND)

- Used as the antiperspirant in deodorants,

this heavy metal has been linked to the development of Alzheimer’s Disease and has been found in breast cancer tumors. It is also a respiratory, neurological, & developmental toxin.

- Found in antiperspirant products.

9. SODIUM LAURETH

(OR SODIUM LAURYL SULFATE)

- One of the most dangerous ingredients used in products, this chemical is linked to skin damage, eye damage, and liver toxicity. It is also toxic to the environment.
- Found in most skincare and cosmetics, as well as household and car cleaners, and engine degreasers.

10. BHA & BHT

(aka Butylated Hydroxyanisole & Butylated Hydroxytoluene)

- Considered “a reasonable anticipated human carcinogen,” this chemical preservative interferes with normal reproductive system development and thyroid hormone levels. It can also cause skin depigmentation, liver damage, and stomach cancer in animal studies.
- Found in moisturizers and makeup.

11. TRICLOSAN

Found in most liquid dishwashing detergents and hand soaps labeled “antibacterial.” Also in most toothpastes. Triclosan is an aggressive antibacterial agent that can promote the growth of drug-resistant bacteria. Explains Sutton, “The American Medical Association has found no evidence that these antimicrobials make us healthier or safer, and they’re particularly concerned because they don’t want us overusing antibacterial chemicals—that’s how microbes develop resistance, and not just to these [household antibacterials], but also to real antibiotics that we need.” Other studies have now found dangerous concentrations of triclosan in rivers and streams, where it is toxic to algae. The EPA is currently investigating whether triclosan may also disrupt endocrine (hormonal) function. It is a probable carcinogen. At press time, the agency was reviewing the safety of triclosan in consumer products.

Now that you know a bit more about toxic load, go read the labels on the products you use in your home. You will be shocked. I will address some simple ways to decrease your toxic load in my next article. In the meantime, you are welcome to reach out to me with questions – I would love to speak with you.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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How to Read a Sunscreen Label

It's official—summer's here! Let's do a quick check in on sunscreen protection. Reading the labels can be confusing.

I remember when I was a youngster getting slathered with lotion by Mom or Dad when we'd go to the beach and head for the water. Then it was time for the picnic and playing on the beach for half an hour ('cause we couldn't go back in the water right after eating for fear of drowning). Then we got the second layer of lotion on for round two of water fun. We used Coppertone—I still remember the delicious coconut scent.

If you are sensitive or have allergies to sunscreens, you do have other lines of defense against the sun. You can cover up with shirts, hats, shorts, or pants. You can find or make shade. Plan outdoor activities around the hottest sun by avoiding exposure during the peak hours. Be sure to hydrate with water.

Here's a quick breakdown on that label:

Sun Protection Factor (SPF) is a measure of how well the product will protect from UVB rays, the main cause of sunburn. SPF does not take into account the harmful UVA rays, which may lead to long-term health problems like skin cancer and wrinkles.

SPF number: Greater than 50+ offers only marginally better protection from sunburns and may not provide a good balance of protection from other types of sun damage.

Broad-spectrum: This term, as defined by the FDA, is used on products intended to protect from both UVA and UVB rays. Some products that tout their broad-spectrum coverage may fail to meet UVA protection standards set in other countries.

Hypo-allergenic: This term has no legal definition, so its meaning may vary widely. Don't be fooled by products with this and other claims such as "gentle." Some products with these descriptions may contain ingredients that are potent skin allergens.

Water resistant: This term is regulated by the FDA. To satisfy the definition, a sunscreen must be tested for SPF after a



tester has spent 40-minutes in a pool or tub (or 80 minutes to be considered very water resistant.) People should be aware that no sunscreen is truly waterproof.

In sunscreens, look for the **active ingredients:** Zinc oxide or titanium dioxide. These do the work of providing protection from UV rays. Avoid those that use oxybenzone or octinoxate. Both of those ingredients have been shown to be harmful to both human health and aquatic life.

Inactive ingredients: These are added to help stabilize a product, add scent, moisturize, or make it feel like other cosmetics. Avoid sunscreens that include retinyl palmitate, also known as Vitamin A, which can speed the development of skin tumors on sun-exposed skin. If you see the word "fragrance," beware! It may contain a blend of undisclosed ingredients including hormone-disrupting phthalates.

Directions: Most people don't wear enough sunscreen to get the SPF protection advertised on the bottle. Apply at least one ounce of sunscreen per application. And reapply often, especially after getting wet or sweating.

These are some of the best and safest sunscreens for your summer shopping list:

- Stream 2 Sea
- Thinkbaby Mineral
- Thinkbaby Sport
- Attitude Broadspectrum
- Babo Botanicals

I was reading a recent study conducted by Swedish researchers titled, "Avoidance of Sun Exposure as a Risk Factor for Major Causes of Death: A Competing Risk Analysis of the Melanoma in Southern Sweden." It included a population of almost 30,000 women. The differences in sun exposure were assessed as a risk factor for all-causes of death. The study was of women 25 to 64 years old, conducted over 20 years. When the sun



exposure habits were analyzed using modern survival statistics, they discovered several things.

The results proved that sun exposure lowers cardiovascular disease and promotes longevity. Perhaps it may pave the way for a deeper understanding that humans need sunlight to be truly healthy. Our modern way of life (not to mention our long Montana winters) involves too much time spent indoors, which can lead to physical, mental, emotional, and spiritual degeneration. Consider direct, daily exposure to sunlight like taking your vitamins, or exercising, for

maintaining your health. Conversely, sunlight deficiency and/or depravation should be viewed as unhealthy.

A fast wrap-up: Make sun safety the priority when choosing a sunscreen by avoiding ingredients of concern and look for mineral products with zinc oxide. Don't fall for high-SPF labels. Choose lotions and sticks over sprays, and remember to reapply often. Enjoy the beauty of summer in Montana! And remember, the optimal times for absorbing your Vitamin D are when the UV rays are least harmful—before 10 am and after 4 pm. Don't shy away from the sun!

Numbers Don't Lie

by Nurse Jill

Summer is just around the corner and, if the snow will take a hint and go on vacation, we will start seeing beautiful gardens pop up all around town with sprinklers going and folks hauling their hoses to each corner green spot to encourage growth.

But some hoses will have been damaged by the winter. When the pressure in the hose increases with ice formation the hose will spring a leak and the beautiful blooms won't get their daily drink.

The same is true for our 'hoses.' We have arteries and veins that are constantly filled with fluid, our blood. When the pressure gets too high those hoses can become damaged or, in the worst case scenario, spring a leak.

This is why your numbers matter. When you take your blood pressure you are measuring the pressure that your 'hoses' are putting up with. Too high for too long and damage starts to occur.

A typical textbook blood pressure is 120/80. The top number, also referred to as systolic pressure, is the pressure that occurs in your arteries when the heart is actively pushing blood through your circulatory system. When your heart goes thump, thump, it is squeezing the blood in its chambers through those arteries and veins to get it to your body and lungs quickly.

Put your palm of your left hand toward the ceiling. Now place two fingers of your right hand on the thumb side of your left wrist just below where the joint bends and feel for your pulse. Each time that you feel a throb, it is the result of your heart actively pumping. This is the systolic pressure that you are feeling, the 120 number from the example above.

When your heart relaxes for a fraction of a moment after forcefully pushing blood through your body and lungs there is still pressure in the fluid system. It does not drop to zero. We call this residual pressure the diastolic pressure, which is the 80 number in the example above. This diastolic pressure keeps blood from back flowing and losing the gain it got when the heart pumped.

While we use the textbook example of 120/80 to assess blood pressure, a lot of variables can change those numbers within an acceptable range. But generally speaking if your blood pressure consistently runs higher than that 120/80 at rest your doctor may diagnose you with hypertension (high blood pressure) and offer treatment to prevent damage to your arteries.

The arteries and veins all vary in size and length. Some are very large and some are very small.

The smaller ones are more prone to damage from high pressure. Unfortunately, small arteries are what supply oxygen to our brains and hearts. Consequently the two biggest risks of high blood pressure are heart damage and stroke.

There are other risks of tissue damage



from high blood pressure but these two are the scariest.

Many do not realize the risk. A lot of people who have high blood pressure "feel fine" and therefore do not see the benefit in altering lifestyle or taking medication. The damage to the small arteries is not felt until it has progressed to cause a problem.

But the problem can be prevented by lowering your blood pressure.

So how do you lower blood pressure?

- If you have a way to monitor your blood pressure, do it. Keeping track may help you identify when it is highest and be able to help you see your success as you invest in positive change. Remember to take notes so that you can look back at patterns and results from your efforts.
- If your doctor has recommended medication, take it. If you don't like taking the medication be honest with your doctor and tell them so. There may be another dosage or different timing or another type of drug to try.
- Eat well. Limit sugar and processed foods.
- Get moving. Even 20 minutes of walking a day makes a difference! Start slow if you've been inactive for awhile (and check with your doctor).
- Lose weight. Every pound lost is a positive correlation with better health.
- Avoid nicotine. Nicotine can temporarily increase your blood pressure after use. If you're already battling high blood pressure this increases your risk of damage.
- Get good rest. Find a sleep schedule that works for you and stick with it. Less than 7 hours a night of good rest is associated with high blood pressure.
- Manage stress. Take your breaks. Go to therapy. Find healthy boundaries. Breath deep.
- Follow up with your doctor. It's important to keep track of your blood pressure after offering treatment for high blood pressure.

Taking care of yourself now will pay dividends for your health later. Numbers don't lie. If your blood pressure is high, damage is happening regardless of how you feel. So do what you can to manage it so that you can have many years more managing your garden and enjoying the summers in Montana.



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CANINE CORNER



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

Yes, there is a chance for your dog to be able to be around people and other dogs without being upset, but it will take some work with small gradual changes. Most shy dog owners believe that if they take their dogs into places around other dogs to play that will solve everything. They are halfway correct.

I would start by taking your dog with you in your car more. Drive to the dog park let your dog see other dogs while feeling safe in the car with you. Then I would graduate to going into places where there are just calm people. Your dog is less likely to have an issue. Try places like your bank or small stores that don't sell human food products or are not likely to have a lot of other dogs.

Be mindful and alert if an over-eager dog lover approaches your dog, tell them your dog is shy and to give fido a moment.

by: Kylie Purcell

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


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

Stay away from places like Petsmart so you do not overwhelm your dog.

Remember to start small and praise is your biggest reward. Stay calm in every situation with your dog, because whatever you feel travels down the leash. Good luck and keep in mind to praise for even the littlest achievements!



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Top Organic Cereal Choices

by Jill-Ann Ouellette

We’ve all heard that breakfast is the most important meal of the day. It’s my experience that what you choose to eat first thing can set the tone for the rest of my day. Most people don’t have the time to cook a big breakfast seven days a week, let alone sit down and enjoy it. Naturally, we defer to quick and portable choices—like cereal. A lot of processed cereals ARE bad for you, but not ALL. Making an informed choice will help set your day up for success, instead of sugary, pink and yellow puffs of something that will have you in a slump by mid-morning.

The Environmental Working Group (EWG) is an independent organization that researches food and household products for safety. They recently released this list of the best breakfast cereals. They recommend against eating too many ultra-processed products, a designation that applies to most packaged breakfast cereals made today. An ultra-processed food is, “an industrially formulated edible substance derived from natural food or synthesized from other organic compounds. The resulting products are designed to be highly profitable, convenient, and hyper-palatable, often through food additives such as preservatives, colorings, and flavorings.”

However, if you DO choose cereal for your morning meal, there are significant differences between organic and conventionally processed ones. Organic cereals contain fewer ultra-processed ingredients and potentially harmful food additives than their conventional counterparts. By choosing organic, you avoid artificial preservatives and added colors or flavors, because they are not allowed for use in organic foods.

Nearly a quarter of conventional cereals out there contain the harmful preservative Butylated hydroxytoluene (BHT). That’s just one example. Approximately 2,000 synthetic chemicals may be used in conventionally packaged foods. Only a tiny fraction of synthetic substances that have passed rigorous screening can be used in organic packaged foods.

Federal regulators and independent experts are required to screen all synthetic substances before they can be approved for use in organic products.



Those synthetic ingredients are permitted in organic food only if there are no organic or natural alternatives. Ingredients that harm human health are banned from packaged organic foods, as are synthetic ingredients that damage the environment.

You can trust the product when you see “USDA Organic” on the packaging. Organic packaged foods must be formulated in compliance with robust standards set by independent and government experts. A plus—organic packaged foods also have a better overall nutritional profile and tend to have less added sugar.

Ok, let’s get to the list for organic cereal. Here are the top 5 choices [from ewg.org]:

1. Forager Organic Grain Free Os, Toasted Cassava Cereal with Plant Protein, Chocolate
2. Barbara’s Organic Honest O’s Cereal, Original
3. 365 Whole Foods Market Organic Fruity Super Rings, Organic Plant-based, Fruity Super
4. Kashi Organic Cereal, Cinnamon Harvest
5. Nature’s Path Organic Almond Nut Butter Crunch Cereal

While organic options are a better choice, and if you’re trying to avoid potentially harmful ingredients, there are some good conventional choices. One example is: Alpen No-Sugar Added Muesli, Regular or Triple Berry. These are generally free from known ingredients of concern. When purchasing a conventional cereal, look for products that contain few or no artificial ingredients, no BHT, and less than 10 grams of sugar.



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Recipe by
Carla Williams

RECIPE CORNER

Triple Chocolate Mousse Torte

Ingredients:

Crust:

- 1 1/2 cups chocolate cookie crumbs
- 1/4 cup unsalted butter, melted

Dark Chocolate Mousse:

- 1 cup dark chocolate, chopped
- 2 cups heavy cream, divided
- 1/4 cup granulated sugar
- 1 teaspoon gelatin, dissolved in 2 tablespoons water

Milk Chocolate Mousse:

- 1 cup milk chocolate, chopped
- 1 1/2 cups heavy cream, divided
- 2 tablespoons granulated sugar
- 1 teaspoon gelatin, dissolved in 2 tablespoons water

White Chocolate Mousse:

- 1 cup white chocolate, chopped
- 1 1/2 cups heavy cream, divided

- 2 tablespoons granulated sugar
- 1 teaspoon gelatin, dissolved in 2 tablespoons water

Garnish:

- Chocolate shavings
- Whipped cream

Directions:

- Combine cookie crumbs with melted butter and press into the bottom of a springform pan. Chill.
- For each mousse layer, melt chocolate with 1/2 cup cream. Cool slightly. Whip remaining cream with sugar to soft peaks. Add gelatin mixture to melted chocolate, then fold in whipped cream. Pour over crust and chill before adding the next layer.
- Repeat for milk and white chocolate mousse layers. Chill the torte for at least 4 hours or overnight.
- Garnish with whipped cream and chocolate shavings before serving.

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Sipping Coffee and Chatting with Lori Dust

Preparing to oversee her final Graduation she talks about her pride and love for all that is Park High

Park County Dugout | Livingston
By: Jeff Schlapp

Park High School will celebrate 115 students' successful four-year journeys as they graduate on Sunday at 2 pm at Park High in Livingston. For principal Lori Dust, it will no doubt be a day filled with memories, tears, hugs, and pride as she sits through her final graduation before retiring in July.

On Saturday, I met with Dust for coffee and a chat at The Perk on Park to discuss Park High, the School Board, and the State of Education. Best laid plans—as often happens when we are together. We discussed a myriad of topics. One thing that struck me after digesting our conversation is how proud Dust is of her students, teachers, and Park High.

Dust has been an educator for 39 years. For the past eight, she's been the Park High School vice-principal and then its principal. It's leader and number one cheerleader. And she's proud of the legacy she leaves behind.

"Our students this year have received around \$1.7 million in scholarships," Dust told me. "These kids have worked really hard. But more than that, they are just great kids, wonderful humans, and very kind people. For the size of our school, it always blows my mind how much talent our kids have and how much money they've earned for their talent. We have amazing, hard-working teachers who write wonderful recommendations for the kids, and they are so deserving of what they have earned. We are very proud. I'm very proud of

all the kids graduating."

Dust was raised by a father who was an educator, an administrator, and a superintendent in Indiana. She also had an aunt who was a teacher, and together, they influenced her choice to become a teacher. She is a zealous proponent of public schools and wants the community to know that Park High is doing great things.

"Public education has formed the backbone of this country," Dust said. "I find it frustrating, more nationally than locally, with the attacks on public education. I've been doing this for 39 years. I was raised by a school administrator, my dad, and he showed me a lot. I've learned to work with the teachers union, and right now, Julie Bartz, our rep, does a great job. But public schools have taken a false beating since Covid and pop-up schools are not the answer. They take public education dollars away from the schools and then send

us kids unprepared for high school. It's not fair to the students or the parents. These schools have opened and accepted students and then closed after a year or two. On the other hand, we have worked very hard to create a caring, nurturing, and accountable educational environment so our kids are given the tools of success, and they have taken advantage of that."

We talked a little bit about the School Board, and Dust said she thinks the Board has had her back. However, after the past couple of months, the school community needs to heal over the hiring process for her replacement. Dust's main takeaway is the

support of the superintendent, Chad Johnson.

"I have enjoyed working with Chad (Johnson) a lot," Dust said. "I think that Chad is a superintendent who knows his craft, just a solid guy. He doesn't really align with any board members. He does his job. But he knows policy, school laws, and budgeting, so we need to continue supporting him and his efforts.

He's going to do great things—he has a great team. I think that Cole (Maxwell) is a great choice as Park High's next principal. We've been talking on the phone, and I'm going to sit down with him for a bit when he comes to town next week. The board members are invested in doing what's right and are committed to our school, and I believe the newest members that were recently elected will only serve to strengthen the board."

We talked about Park High and where her pride comes from, and she told me it's the kids and the teachers she is so proud of. We talked and shared a few thoughts on sophomore Ben Cipiriani, the first Park High baseball player recently named All-state (she and I share a love of sports), and Dust beamed with pride (there's that word again) when I mentioned him and his exploits on the diamond. She was anxiously awaiting news about Tess Cocotos, Houston Dunn, and Logan Jergenson (Park High's tennis players at state).

We spoke about Ben Hahn, the Health Enhancement Teacher at Park High. I reminded her of the story she shared three years ago about begging him to come to Park High on a late-night phone call. I told her he is one of the teachers I see as the kids' biggest cheerleaders, and she agreed.

We discussed the innovative ways that

Park's classrooms are taught, including social studies teacher Kyle Neibauer's recent use of teepees to show his students how difficult they were for Native Americans to construct and live in during the winter months. She told me that Neibauer is another example of a great teacher thinking outside the box to connect with his students.

Dust also addressed the class they miss, Home Economics, which I've heard from kids. She said that was a necessary result of budget cuts, but there are plans to bring it back. She is aware that it is painful, and she stressed that the school values the course and would like to see it return.

I asked her if Cole Maxwell was as big of a sports fan and could hope to fill her shoes as the Ranger's number one sports fan. She told me he knows sports she learned through their conversations and the programs' importance. Then she said:

"That didn't happen by accident," Dust told me. "We realized that students involved in sports would have a tough go because of our school size, so we decided to seek out coaches that would build a culture we backed, and we, as a school, supported the athletes. I happen to love sports, but we always had teachers and administration at the games supporting them. That goes for all activities. We have a new FFA advisor starting in the fall that we are very happy about."

It's easy to look at Park High through Dust's glasses and call it rose-tinted. Why shouldn't they be? For eight years, she has worked at the school with one goal—to impact students' lives positively. Has she succeeded? I'll let those who have worked with her and by her side over the years explain.

"Ms. Dust is old school," Nate Parseghian told me. "She has a Gary, Indiana mentality, and it has made us better. When the class bell rings, the door is closed and locked. Ten seconds late? Sorry, you're locked out. Report to the office to record your tardy. That type of standard quickly raises the bar of accountability. Working for Ms. Dust has been a pleasure, and I look forward to continuing her legacy through my career in education."

"Principal Dust shines as a role model, leading with heart and strength," Adria Rodgers said. "As Principal Dust heads into retirement, her impact lingers on. With her kindness and wisdom, she leaves behind a trail of motivation for us to follow, a reminder to lead with heart and keep pushing forward."

"Lori Dust is one of the best administrators I've ever had," Megan Burns wrote. "If it weren't for her, I wouldn't believe in myself as much as I do as a coach or a teacher. She has a unique way of instilling pride and ownership in people and making them believe in themselves. I'm blessed to have been able to have her as a mentor in my young career."

Those are three quotes from educators at Park High, but I find the following just as impactful and maybe a bit more powerful

See Shield Valley Graduates, Page 13



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Chatting with Lori Dust

from page 12

because it comes from someone who is not an educator but whose daughter thrived while at Park High.

"There are truly not enough words to be said about Ms. Dust," Brooke Wemier wrote in an email. "I've had the honor of working with Ms. Dust directly and hold her in very high esteem. She has a very candid ability to be proactive and handle business while remaining humble and kind. Her diligence and commitment without expectation of appreciation are impressive, to say the least. Her passion for Park High School and her love for our students is unwavering. This has been far more than a job for Ms. Dust. Our students are her children, and the impact that she's had on their lives is immeasurable. If you could see through my eyes what I've witnessed and experienced in Ms. Dust's leadership, you would agree that there are not enough words to describe her incredible impact on our

community. Ms. Dust is a real-life superhero who saves young lives! She is to be highly commended for her dedication, values, and character. Ms. Dust is far more than a leader; she's a 'salt of the earth' gem, and I'm honored to call her my friend. She will be missed, tremendously!"

Dust is indeed humble, and it's always about the teachers with her. She will look back at all she accomplished while at Park High on Sunday. She reminds me of a baseball manager over a 162-game season trying to get the players on the team to gel and play together; teacher and students, coaches and players. With the fan's support (the community



of Livingston), the ball players or, in this case, the students can reach their potential.

I'm lucky that the three schools, Park and Shields Valley schools, have principals who support my writing, and Dugout and Gardiner High has an athletic director and community members who open doors for me. I'd be lying if I didn't say the future at Park High makes me a bit uneasy because of the unknown without Lori Dust and Nate Parseghian (he also leaves

in July to become Manhattan High School's activities director). Will the new principal and vice-principal be supportive of me attending so many school activities and writing about the students? Or will they be like some who feel that you're not a real news outlet if you can't hold it in your hands? Time will tell.

I'll attend the graduation ceremonies and look forward to seeing my friend, Principal Dust, one last time fulfilling her role. Then I'll watch her leave, maybe glance back with her sparkling smile, and take one last look at what she helped build. Then she'll be off.

"I'll say a few things at graduation," Dust to me. "But the truth is the day belongs to the kids. I'll give space to the new folks. I know the school is in good hands. There is a lot of historical and institutional knowledge they can lean on, and if they need help I'll be happy to do so. But I plan to teach a course at MSU and spend the days floating on the river!"

For more photos and great articles, check out the ParkCountyDugout.com.

Finn Schretenthaler

from page 7

race like that before. It feels great to win. I could win the 1600. I led through most of the race, but Ben won after I wore out. He's a great kid and runner."

This was the second time that Schretenthaler dropped time and posted a personal best time in a state championship, winning the Class A Cross Country individual title last fall when he posted a 15:27.78 to beat Bird by 10 seconds for the title.

"I am feeling emotional right now," said Finn's mother, KJ Schretenthaler,

Saturday during the celebration by the Park High Booster Club for the team. "He's worked so hard, and he ran two terrific races, getting a PR in the 1600 as well and fourth place. We're so proud of Finn and excited for him; I'm anxious to see what his future holds."

There are a couple of notes worth mentioning. In the Class "C" State Track Meet (story coming on Shields Valley and Gardiner), Oren Arthun from Manhattan Christian was a three-time winner over the weekend, taking first place in the 3200, 1600, and 800-meter races. In Class "AA," Gallatin High won



the boy's team title and Helena the girl's title. Nathan Neil of Bozeman won the 1600 and 3200-meter races and a leg on Bozeman's third-place relay team. Neil, a University of Washington recruit, also won the "AA" cross-country title.

And Tyler Grenier—well, he went out fighting in the 100-meter race. Unfortunately, his heat was stacked, and it didn't help that the two lanes next to him were empty, so there was no one racing against him that he could pace the finish against.

Brook Weimer, president of the Park High Booster Club, and Park High principal

Lori Dust made arrangements with the Montana State Troopers, Livingston Police, and Livingston Fire and Rescue to give Finn and the Rangers an escorted parade into town Saturday at 6:50 pm which looped from Park Street down Main Street and into the parking lot of Park High where they were met by fellow students and community members in celebration.

It was a well-deserved party and the second parade honoring Finn and his accomplishments in a year.

The Rangers were coached by Joey Lane and her assistant coaches were Shad Durgan, Matt Schad, Casey Bartz, Olga Mogen, Quinten Counts, and Michael Kokot.



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Little Feet Preschool Celebrates Graduation

And Teacher/Director Julie Gayde Benden's Retirement After 40 Years

Park County Dugout | Livingston
By: Jeff Schlapp

Thursday, at Holbrook Methodist Church in Livingston, marked a new chapter in the lives of 12 preschoolers and the closing of a long book in Julie Gayde Benden's life.

Little Feet Preschool held its annual Graduation Ceremony, and 12 children are moving on to begin kindergarten in the fall. The kids had a blast performing for parents, and there were treats available after the ceremony.

The school's owner and primary teacher, Julie Gayde Benden, celebrated the kids and her own milestone. After devoting herself for 40 years to education, Gayde Benden is hanging up her chalk and getting her traveling shoes on.

"I've been interested in working with this age group since my

babysitting days in Michigan," Gayde Benden said. "My first year working in a daycare in Huntington Woods as an aide during my summers off from the University of Michigan clinched it for me. I've done nothing else ever since. I've worked in several daycare centers, ran two home

daycares, and owned Little Feet for the past 20 years. It was my happy place. I've never not wanted to go to work. I sold the contents of the school to Mia Brenna and Bray Holmes.

Mia's mom, Judy

Lanternman, ran Little Feet before me. So it will be a full circle moment. I am excited to do some traveling and, of course, subbing."



On Thursday, the kids put on a show for friends, family, and relatives, including one where the parents participated, and the kids sang You Are My Sunshine while holding homemade paper plate rays of sunshine in front of their faces.

Next year, the school will have new faces, both teachers and

students, but the goal of preparing the kids for kindergarten and having fun will remain the same. If you are interested in more information about Little Feet Preschool, call (406) 333-0014.

For more photos and great articles, check out the [ParkCountyDugout.com](https://www.parkcountydugout.com).



Julie Gayde Benden

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Published & Created by former Enterprise Sports Editor,
Jeff Schlapp

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Tuesday Art Night at Educatio

by Brett Ozment

Tuesday Art Night: A Tapestry of Community and Innovation

Join us next Tuesday from 5:30-8 pm at 129 South Main Street in the Educatio building to experience this magic firsthand and see how you can contribute to our community’s vibrant future.

The vibrant heart of Park County beats like a drum at Tuesday Art Night, a community gathering that offers a creative oasis for families and artists alike. On a donation based system, this event is not only a hub for local creatives to showcase their talents but also a perfect opportunity for children to dive into the world of art and expression. Here, under the glowing lights and amidst the laughter and chatter, families find a welcoming space to inspire and be inspired, to create and share without barriers. Join us to discover how paint, pixels, fabric, and design converge to create a tapestry of community art that’s as enriching as it is entertaining.

Stuart Nelson: Engineering Sustainable Futures with ArcologyX

Meet Stuart Nelson, a seasoned innovator with a 30-year career in Silicon Valley, where he mastered the realms of hardware, software, and systems engineering in the test equipment industry. Now, Stuart is channeling his expertise into designing an accessible and innovative manufactured building system. As part of a dedicated team, they are pioneering the creation of accessible Arcologies, self-sustaining habitats for Earth and Mars. Stuart is excited to inspire and engage young minds at Tuesday Tech side of Art Night, encouraging



kids to explore, create, and have fun with the endless possibilities of art and tech!

Stuart works with youth around 3D modeling and printing, providing audio and visual experiments, even assisting some kids with creating and building their very own computers. He elevates the platform for creative exploration, allowing this seamless transition between art and technology, oftentimes the adults in the room are just as mesmerized as the kids.



Allison Vicenzi: Weaving Sustainability into Fashion

Allison Vicenzi of Vicenzi Designs uses her platform at Tuesday Art Night to blend fashion with sustainability. Her line of eco-friendly apparel not only challenges the norms of fashion design but also inspires other artists to think green. Allison’s work highlights how artistic endeavors can transcend traditional mediums and champion sustainability, making her a beacon for aspiring eco-conscious designers in Park County. As an integral part of the Tuesday Art Night team, she had this to share with us about her involvement and goals:

“I always envisioned creating a company that gave back, and as my business evolved, I realized we can give back more than money. Sharing time, knowledge, and materials with the community helps foster a collaborative culture here and aligns with the “zero waste” design goals of the company.”

Josh Olsen: Revitalizing Spaces with Project 49

Josh Olsen is a cornerstone of the Project 49 initiative, which aims to revitalize underused properties in downtown Livingston for local businesses, artists, and nonprofits. Josh gives us the details here: “Project49 began as an effort to preserve and reimagine the Teslow Grain Elevator for use by the community. We always knew that we wanted to focus on providing opportunities for kids to be active and creative in the hours when school wasn’t in session. As parents and

folks who work with kids, the lack of a safe space for kids to be outside of school is a real issue for this area. We spent time talking to the community and finding like-minded partners who had great ideas for what that space could be and we landed on a climbing gym as well as a maker-space and indoor recreation facility. The idea is to provide a place where kids can interact with interesting and inspiring community members while learning skills, expressing themselves creatively and generally feeling like they have a place to be. Our sustainability as an organization will come from the adult membership fees for using the climbing gym and maker space, which will allow us to provide low-cost or free services to local kids.”

His contributions to Tuesday Art Night often include a myriad of different art and building materials, an array of tools, as well as engaging discussions on urban renewal and community development. Working with Josh and Project 49 to create opportunities for youth and community engagement are happening and Tuesday Art Nights are a shining example of that. We’ll look more in depth on that connection and the upcoming collaborative projects next week.

Israel Rowland: Leading with Creativity at Leadership 49

Israel Rowland is another dynamic leader in the community, a mechanical engineer by trade, our paths overlap in leadership and community engagement. We met through Leadership 49, an organization dedicated to fostering community leaders, and have quickly become friends. Part of a group known as the Potato People, we serve a new and exciting version of loaded baked potatoes every month at Loaves and Fishes with a few other cohorts, or we might be out in the Shields Valley in bee suits helping a friend split a hive. At Tuesday Art Night, Israel



engages with artists and entrepreneurs alike, assisting youth with strategic advice in the creation of their current project while sharing insights on leadership and community engagement. His work with Leadership 49 empowers individuals to take active roles in shaping Park County, illustrating how leadership is both an art and a science.

The Art of Community

Tuesday Art Night is more than just an art class; it’s a crossroads of creativity, leadership, sustainability, and innovation. Each week, individuals like Stuart, Allison, Josh, and Israel come together to share their visions, projects, and insights enriching our community’s cultural fabric and driving forward our collective ambitions.

As Park County continues to grow and evolve, Tuesday Art Night remains a testament to the power of community and the transformative role of the arts in society.

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

SuicidePreventionLifeline.org

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— BOB DYLAN

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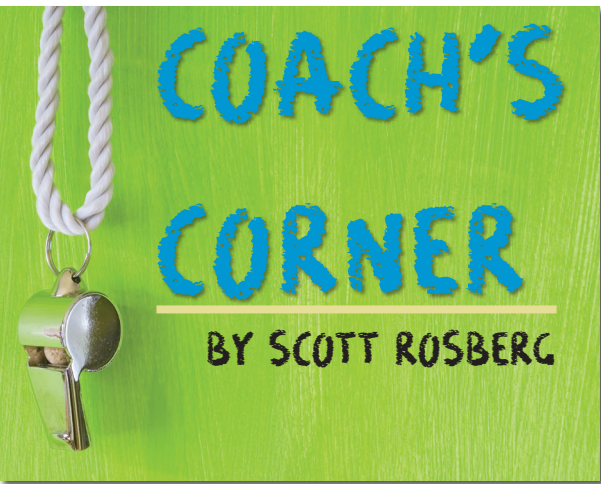
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The Best Kind of Teammate

I was the athletic/activities director and high school girls' basketball coach in a small town in the Yakima Valley in Washington in the early 2000s. In my last year as the coach, we had a group of 8th grade girls that would be coming into our high school the next year who we could tell were going to be really good athletes. They were especially good at basketball. There were four of them who potentially would be able to start on the varsity team as freshmen.

The high school players who would be returning the next year were struggling a bit with all the attention the 8th graders had been receiving. At the basketball banquet at the end of the season prior to the new freshmen joining the program, I told the returning players and their parents, "You have been hearing about this great group of 8th graders for a few years now, haven't you? You may even be a little sick of hearing about them."



I saw a lot of head nods and a couple of disgusted looks on faces of some of the girls. I then said, "Well here's the deal. If you are truly in this to be a great team and create a great team experience for yourself and your teammates, you have to embrace them." The looks on their faces were priceless.

I continued. "That's right. You have to embrace them. You have to bring them along and teach them what it means to be a member of this program and this team. But at the same time that you embrace them, you have to fight them tooth and nail for everything they want and you want. You have

to be the best teammates you can be to them while at the same time competing with them and trying to beat them out of a spot on the team."

The room was silent now. All eyes were like lasers searing my eyeballs. "Because if you truly want what is best for you and for this program, you understand that the better you are, the better we are. But at the same time, you also understand that the better they are, the better we are. And the only way that is going to happen is if you become the best you can be. You have to go out and compete against them the best that you can, so that you make them AND you the best that you all can be."

Giving Credit Where Credit is Due

To their credit, most of the girls who were returning and who were good

players but stood a good chance to lose their potential starting spots went out and did just that. They worked to make themselves better while at the same time embracing those incoming freshmen and making them better. They taught the freshmen what it meant to be a player in the program. They helped develop the culture that the head coach who followed me was seeking to create. And they pushed the freshmen every single day to become even better.

Those freshmen played in the state tournament all four years of their high school careers, taking second place twice and third place once. They helped raise the bar for what scoreboard and tournament success meant in a program that had not had too much of it in recent years. That program continues to be one of the best in the state. Much of that credit goes to the coach who did an incredible job creating a culture of excellence for every girl in that community to aspire to.

Many people will also give credit to that group of freshmen girls who came in and created a new level of success due to their talent and their commitment to excellence, and they are certainly deserving of such credit.

But I always think of the sophomores, juniors, and seniors ahead of them who pushed those freshmen girls so hard while at the same time embracing them and welcoming them into the program. To me, they deserve as much credit as anyone for how that program took off.

It is not easy to do this. It takes a bit of a special attitude to fight as hard as you can, compete with everything you've got, while at the same time embrace the people against whom you are competing. Yet, it shouldn't have to be that special of an attitude. It should be the norm in team sports. But how often do we address it?

The Paradox on Teams

I have been a coach for over forty years. For the first twenty-one of them, I never really gave that concept much thought. I was always about TEAM. My mantra has always been Team-First. Put the needs of the team ahead of your own. I think most coaches think and feel that way.

But it wasn't until after that team, twenty-two years into my coaching career that I started to really delve into the idea that there is a paradox that I have never really addressed much before. I have always wanted every kid to be a great teammate. But I have also wanted every kid to be the best s/he can be. I hadn't thought too much about how those two notions can be at odds with each other.

I hadn't really thought about the idea that these kids all want the same thing first and foremost—to play and to play a lot. But in order for us to have success

and for us to be the kind of team I want us to be, that desire might need to be secondary to the needs of the team.

Because of that, every day they live in a paradox. They must try their hardest to beat their teammates in every drill, every sprint, and every scrimmage, while at the very same time be the best teammates to those same people by helping them get better, putting them into position to have success, and cheering them on when they subsequently have success, sometimes at their own expense. When you think about it, it takes a somewhat special person to be able to do that.

Yet, we take it for granted that our players should just be that way. While I love the notion that we think so highly of athletes in team sports that we would automatically assume that our players will be willing to put the team first while at the same time trying to be their best competing against those teammates, I realize now that I should have been more aware of what I was asking. I realize now what a mistake it was to not address this more with my teams earlier in my career. And after that year with the incoming freshmen girls, I started addressing the concept with my teams more often. However, I believe I need to do it even more often.

More importantly, I need to make sure that the players address it, too. They need to know that it is okay for them to want to beat their teammates out for positions on the team. But they also need to know that if they are going to be part of this team, they need to help those same teammates improve in such a way that the teammates may beat them out. And all the while, they must all embrace one another as great teammates do. This is how the best teammates behave in team settings.

I talk a lot about the importance of coaches being intentional in creating their culture. Well, here is another place we must be intentional. We must intentionally discuss this concept with our kids and work on it with them, so that everyone is on the same page. We do not want to leave anything to chance. By taking the time to address it with our players, we give them ownership of what they are feeling. Once we do that, we can empower them to be their best while helping their teammates and their teams become the best they can be.



To check out more materials from Scott, go to his website SlamDunkSuccess.com. You can email Scott at scott@slamdunksuccess.com.

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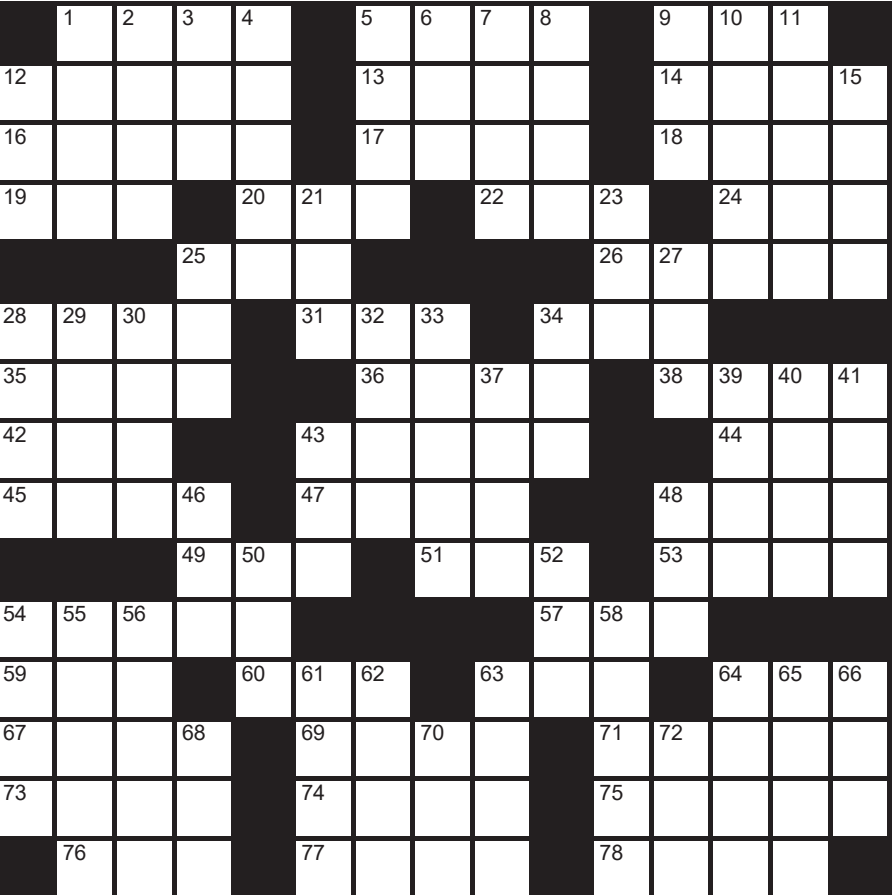
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Crossword Puzzle Number 333



- Across**

1 Not strapped

5 Mining passage

9 Welding flash

12 Disgraced comic

13 U2 lead vocalist

14 Major health scare of 2002-03

16 Chip dip

17 1 for H, or 2 for He

18 “Yo!”

19 Anger

20 Teeny amount

22 Hearst kidnap org.

24 Observe

25 Dough dispenser

26 Fingerboard bars

28 Hobble

31 Not-for-profit TV spot

34 Angel dust

35 In which two dozen merles were found

36 Run at low speed

38 Kernel

42 CD- ---

43 Type of bottle with one surface

44 Owing

45 Afloat on the ocean

47 Touchdown forecasts

48 Big brute

49 Whey-faced

51 Type of joint

53 TV host --- Seacrest

54 49-er

57 “--- Love You” (Beatles hit)

59 100 square meters

60 Sir ---, Arthurian knight

63 Now let me think ...

64 Small snub-nosed dog

67 Smurf in red

69 Kvetch

71 --- ear and out ...

73 Visit

74 Doctor imprisoned on the Dry Tortugas
- 75 Stay still, at sea

76 Catastrophic occurrence

77 Approximately

78 Patron saint of sailors
- Down**

1 Laugh loudly

2 The Apple --- (Tasmanian nickname)

3 Parent company of Simon & Schuster

4 Big hotel name

5 --- hair day

6 --- Lemon, female barnstormer and navigator

7 Getaway places

8 Utensil

9 Bat wood

10 Hike

11 Undercroft

12 Forensic TV franchise

15 “Simon --- “

21 Signal booster

23 Home of one Super Bowl team, briefly

25 Emulate

27 Turntable speed measure

28 Yuri Zhivago’s love

29 NASDAQ debuts

30 Silent actor

32 It’s not quite as fine as clay

33 “A weasel hath not such --- of spleen ...” (Shakespeare, “Henry IV” Pt. I)

34 Author

37 Brightest Simpson

39 Nervously irritable

40 Ambience

41 Typical Hunger Games devotee

43 Range of knowledge

46 Wonderment

48 “Either you do it --- will!”

50 Presumably unicorns missed it

52 Air-pollution measure

54 Hikers’ helpers

55 In a snit

Crossword Puzzle Number 332 Solutions



56 Land between China and India

58 “... ---, though your heart is aching ...”

61 Magazine contents

62 It’s --- move

63 Reverse

64 “The United States themselves are essentially the greatest ---” (Walt Whitman)

65 “... and --- dust shalt thou return.” (Genesis)

66 Bygone GM brand

68 Bridge agreement

70 Lifeblood of TV and the web

72 “--- sine numine” (Colorado’s motto)



- Bar staff

Buyer

Clerk

Consultant

Cook

Courier

Driver

Farmer

Nanny

Nurse
- Pilot

Researcher

Scientist

Stockbroker

Surgeon

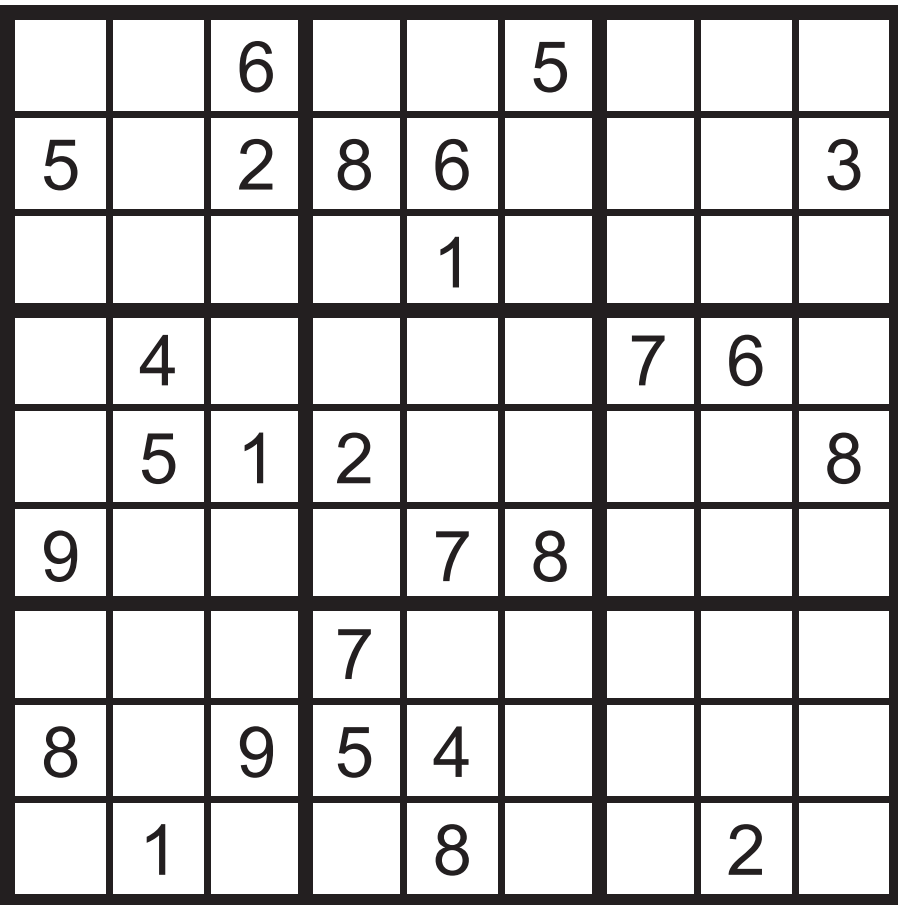
Trainer

Tutor

Waiter

Welder

Sudoku Puzzle Number 332



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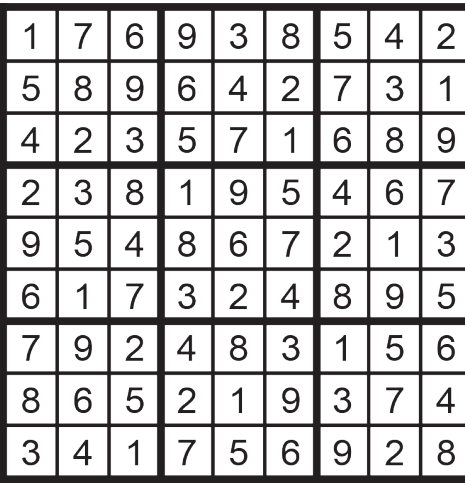
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Sudoku Puzzle Answers 331



Classifieds

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HELP WANTED
St. Mary's Catholic School has two openings for the 2024-2025 school year. We are seeking a **full-time head cook/food service director** and a **full-time preschool teacher**. Please contact Melissa Beitel at (406) 222-3303 or mbeitel@stmaryscatholicsschool.net.

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.

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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!

Heavy Equipment Operator
The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Heavy Equipment Operator within the Public Works Department. This is a full-time role in Public Works with primary duty assignment in Water/Sewer. Heavy Equipment Operators perform a variety of duties involved in the installation and repair of City infrastructure. This position performs highly skilled operations near gas, water, sewer, telecommunications infrastructure and also performs work in the public right of way. This position is a vital position working in consultation with the Superintendent and other public works staff and leadership. Please apply at <https://www.livingstonmontana.org/hr/page/heavy-equipment-operator>.

Public Works – Streets and Parks – Spring and Summer 2024 – Seasonal, Temporary. The City of Livingston, Montana is seeking multiple 2024 spring and summer seasonal employees to work in the Public Works department supporting tasks in the Parks Department (including Cemetery) and the Streets Department.
• Parks and Cemetery assists with performing maintenance on the City parks, mowing, weed removal, and minor repairs to playground repairs, pool maintenance, trails, and trees.
• Streets assists with street sweeping, pot hole patching, painting, chip sealing, and other street activities including alleys. Please apply at <https://www.livingstonmontana.org/jobs>.

Lifeguards and Swim Instructors
- Summer is almost here and the City of Livingston is now recruiting summer seasonal Swim Instructors and Lifeguards. We are looking for candidates who enjoy interacting with youth and who can commit to working the entire season starting in late May/early June 2024 with an end date of August 2024. This position will report to the Pool Manager and the Recreation Director. Qualifications, Knowledge, Skills, and Abilities:
• Lifeguard, CPR, First Aid, and AED certified or become certified upon hire.
• Aquatics/Lifeguarding experience is

desired, but not required.
• Ability to effectively and clearly communicate verbally and in writing.
• Ability to work independently, solve complex problems, and troubleshoot concerns while maintain positive relationships with employees and patrons. Please apply at <https://www.livingstonmontana.org/jobs>.

The **Gardiner School** has openings for the following coaches for the 2024-2025 school year: Head junior high volleyball & Head junior high football. The coach's responsibilities include developing practice plans and leading practices, providing motivation and advice during competitions, and fostering good mentorship with the Bruin athletes and staff. Outstanding candidates are highly motivated, committed, disciplined, and patient. Please send a letter of interest to Carmen Harbach at Carmen@gardiner.org or call the Gardiner school 406-848-7563.

Short Term Road Worker
Join our dynamic Public Works Department as a Short Term Road Worker, where you'll be at the forefront of maintaining county roads and bridges. From operating patching equipment to mowing scenic routes, your days will be filled with diverse tasks. With opportunities to work independently and collaborate with various stakeholders, including the public and governmental agencies, this role offers a blend of autonomy and community engagement. Embrace the challenge and make a tangible impact on the infrastructure that shapes our county's landscape. Apply now to drive change, quite literally, in Park County! **There are multiple short term or seasonal positions available** and this job will be open until all are filled.

Detention Officer - 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 with our Detention Center in service to Park County residents and visitors. Open until filled. For more information and to apply online go to: https://jobs.parkcounty.org/jobs/37/Detention-Officer#job_37.

Contractor Wanted. My greenhouse needs roof vents. If you have experience working with polycarbonate, please contact me... my plants are waiting to get in the dirt! Text or call, Jill 406-223-4899.

Green Box Caretaker, Chico/Trail Creek - Are you passionate about environmental stewardship

and community service? Join our team as a Green Box Caretaker in the Public Works Department's Refuse Division. In this role, you'll play a vital part in maintaining cleanliness and orderliness at Green Box sites, ensuring proper refuse handling, and providing excellent customer service to citizens. With opportunities to operate equipment like excavators and engage with the public, this position offers a fulfilling way to make a positive impact on Park County's environmental sustainability efforts. Apply now to become an essential member of our dedicated team! This position will be open until filled with priority given to applications received by April 4, 2024. To apply go online to: <https://jobs.parkcounty.org/jobs>

Public Health Nurse/Prevention Specialist - Join the dynamic team at Park County Health Department as a Public Health Nurse/Prevention Specialist! With flexible part-time or full-time options available, this multifaceted role offers a diverse range of responsibilities tailored to meet the ever-changing needs of our community. From organizing and conducting immunization clinics to coordinating chronic disease prevention programs and conducting home visits for maternal and child health, this position provides an opportunity to make a real difference in public health. Enjoy the chance to work with diverse populations, and the satisfaction of contributing to innovative approaches aimed at improving community health outcomes. Apply now to be part of this vital public health initiative! This position will be open until filled with preference for applications received by April 10, 2024. <https://jobs.parkcounty.org/>

Deputy County Attorney - Join our team at the Park County Attorney's Office as a Deputy County Attorney, where you'll play a vital role in prosecuting criminal offenses and providing legal counsel to County government, including all agencies and boards. This is part-time position, equivalent to 0.6 FTE or 24 hours per week. As a Deputy County Attorney, you'll handle a diverse range of responsibilities including legal research, drafting pleadings, conducting investigations, presenting to a court or jury, participating in mediations and settlement conferences, and oral argument. If you're a skilled attorney with a passion for public service and making a difference in your community, apply now! The job will be open until filled with preference for applications received by April 23, 2024. <https://jobs.parkcounty.org/>

Registered Sanitarian
Become a vital part of the Park County Health Department Team as a Registered Sanitarian! Under the guidance of the Health Department Director, you'll play a crucial role in safeguarding public health and the environment. From conducting compliance inspections to responding to emergencies, we're looking for someone who can apply their expertise in regulatory oversight and meticulous attention to detail. If you're a Montana Registered Sanitarian with a passion for environmental protection and public health, apply now to make a difference in your community! This position will be open until filled. <https://jobs.parkcounty.org/>.

Notice of Filing Dates for Justice of the Peace
On March 26, 2024 the Park County Commission appointed an interim Justice of the Peace. This nonpartisan office will appear on the November 5, 2024 General Election Ballot as an unexpired term to begin on January 1, 2025 and to be completed at the end of 2026.
As stated in MCA Section 13-14-118 (2) If a vacancy for a nonpartisan nomination cannot be filled as provided in subsection (1) and the vacancy occurs no later than 85 days before the general election, a 10-day period for accepting declarations for nomination or statements of candidacy and nominating petitions for the office must be declared by: (a) the governor for national, state, judicial district, legislative, or any multicounty district office; (b) the governing body of the appropriate political subdivision for all other offices.
The Park County Commission has declared a 10-day filing period in a public meeting held on April 16, 2024, where they voted to set the 10-day filing period from June 17 – June 26, 2024.

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Jon Ellen Snyder | 406-223-8700



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Aurora Fritz | 406-224-2501



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Ernie Meador | 406-220-0231



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#391724 | \$1,650,000
Julie Kennedy | 406-223-7753



907 Meriwether Drive E
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#391568 | \$685,000
Tom Gierhan | 406-220-0229



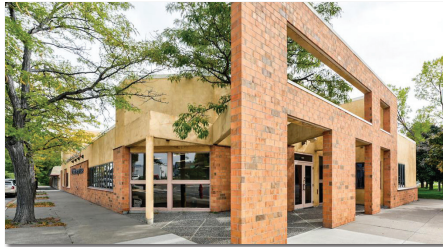
16 Wild Horse
3 beds 2 baths | 2,016 sq ft
#390156 | \$1,400,000
Tammy Berendts | 406-220-0159



111 Chestnut Lane
2 beds 1.5 baths | 2,128 sq f
#390809 | \$550,000
Jessie Sarrazin | 406-223-5881



90 Paradise Found Drive
Land Listing | 10+ acres
#389634 | \$435,000
Theresa Coleman | 406-223-1405



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



12 Lovers Lane, Absarokee
3 beds 3 baths | 2,800 sq ft
#390978 | \$865,000
Jessie Sarrazin | 406-223-5881



320 South C Street
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#385422 | \$320,000
Ernie Meador | 406-220-0231



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Amanda Murphy | 406-220-4848



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#389858 | \$350,000
Rachel Moore | 406-794-4971

Meet the Team...

I have proudly called Montana home for over 40 years. After spending my younger days in Bozeman, I moved to Livingston and have enjoyed raising my family in this wonderful community since 1993.

In my free time you can find me on the golf course, the river, or the trail – anything to be outside.

I'm also an active volunteer with The Shane Lalani Center for the Arts having happily

Deb Kelly

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settled into the costume shop after years of sharing the stage with my daughter and many other wonderfully talented community theater actors.

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Excitement Builds as the Annual Livingston Classic PBR Comes to Town

Bull Riding enthusiasts, mark your calendars! On July 13, 2024, the Livingston Classic PBR (Professional Bull Riders) event will bring high-octane action and thrilling entertainment to our town. This eagerly awaited event promises to be a highlight of the summer, drawing top-tier bull riders from across the country to compete in a spectacle of skill and courage.

The Livingston Classic PBR is renowned for its electrifying atmosphere and exceptional showcase of PBR talent. Attendees can look forward to an evening packed with heart-stopping bull rides, as

professional riders take on some of the fiercest bulls in the sport. The event not only highlights the athletic prowess of the riders but also the formidable power and unpredictability of the bulls, making for an unforgettable experience.

The Livingston Classic PBR is more than just a thrilling sports event; it is a significant boost to the local economy. The influx of visitors brings increased business to local hotels, restaurants, and shops. Additionally, part of the proceeds from the event will go towards supporting local charities and community projects, ensuring that the benefits of the PBR extend well beyond



the Park County Fairgrounds.

Tickets for the Livingston Classic PBR are on sale now and can be purchased online at livingstonclassicpbr.com. Given the popularity of the event, early purchase is highly recommended to secure the best seats. The website offers detailed information on ticket pricing and seating options.

The Livingston Classic PBR is set to deliver a night of unparalleled excitement and community spirit.

Whether you're a die-hard PBR fan or someone looking for an entertaining evening out with family and friends, this event promises something for everyone. Don't miss your chance to witness the adrenaline-pumping action of professional bull riding right here in Livingston.

Get your tickets today and join us for a spectacular night at the Livingston Classic PBR on July 13, 2024!

For more details and to purchase tickets, visit livingstonclassicpbr.com.



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