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7th Annual GIVE A HOOT Campaign Kicks Off Community Giving Challenge Starts on July 1st

Park County Community Foundation (PCCF) is excited to announce the seventh annual *Give A Hoot* campaign that begins on Tuesday, July 1st. *Give A Hoot* is Park County's month-long community giving challenge that gives folks the opportunity to help their community by donating to local nonprofits. *Give A Hoot* is made possible each year thanks to the long-term support and generosity of the Dennis & Phyllis Washington Foundation and Willow Creek Ranch.

"*Give A Hoot* was created to inspire people across Park County to support and celebrate our local nonprofits," said Keva Ward, program manager at the Park County Community Foundation. "This year's matching pool supporters amplify the impact of every donation and inspire a culture of community giving. Together, we're building a stronger, more resilient Park County."

Over the past six years, *Give A Hoot* has raised over \$10 million from more than 20,000 donations, supporting 100 participating nonprofit organizations. Each year, PCCF raises a matching pool to help increase the funds raised by individual organizations, making your gifts go even further.

The 2024 *Give A Hoot* campaign closed with \$464,000 in the matching pool, ensuring that participating organizations received an additional \$0.32 for every dollar they raised, with ten organizations receiving the maximum partial match of \$15,000 and five organizations receiving a partial match of \$10,000.



PARK COUNTY COMMUNITY FOUNDATION

This year, thanks to the generosity of many dedicated philanthropists and businesses, PCCF will kick off the campaign beginning with nearly \$500,000 in the matching pool. That amount will grow throughout the campaign since individuals may contribute to the matching pool as well as to their favorite nonprofits. The final matching pool amount will be distributed among participating organizations at the close of *Give A Hoot*.

Tricia Erikson, philanthropy director at PCCF shared, "We're humbled by the generosity of our matching pool sponsors, and of each individual contribution throughout *Give A Hoot*. This spirit of giving fuels the impact that we all want to see in our community. It brings our missions to life, making a real difference in the lives of those we serve."

PCCF is grateful for the support of our 2025 *Give A Hoot* Matching Pool Sponsors:

The Dennis & Phyllis Washington Foundation, Willow Creek Ranch, the JAKET Foundation, the Solso Family Foundation, Jan & Trevor Rese-Jones, Members of Circle 49,

the Arthur M. Blank Family Foundation, the Harvey & Carol Massey Foundation, Diana & Bruce Rauner, Livingston's Ace Hardware, Fishcamp Custom, Highcamp, Bill Flick, Frontline Ag Solutions, Sal & Carol Lalani, Dovana Foundation, Community Closet, First Interstate Bank, Opportunity Bank of Montana, Joe Phelps, Printing For Less, Sibanye Stillwater, and The Office in Livingston.

"Here in Montana, we watch out for each other. It's what we do," Gavin Clark, executive director, explained. "From helping our kids learn and grow, to making healthy food available to hard-working families, to providing connection and support for our older citizens, Park County nonprofits have our backs in every stage of life. A gift to them is a gift to your entire community."

Impact is what *Give A Hoot* is all about. Garrick Faust, executive director at the Senior Center in downtown Livingston shared, "The Fitness Hub at the Park County Senior Center would not have been able to open its doors this last May if we hadn't received the funding from the 2024 *Give A Hoot*

campaign. So many of Park County's senior residents will benefit from the opening of *The Hub*, a brand new, fully outfitted senior fitness facility." In addition to the fitness center for seniors, the Hub's programming aims to encourage intergenerational connections, bringing high schoolers and our more seasoned residents together to learn from each other.

Gifts to any of the 91 participating nonprofit organizations can be made online by credit card at www.give-a-hoot.org. Donations can also be made by check – payable to "Park County Community Foundation" and mailed with a donation form to PO Box 2199, Livingston, MT 59047 or dropped off at the Park County Community Foundation's office at 104 S. Main St. in Livingston. Donation brochures were mailed this week to homes and post office boxes county-wide and are available from any participating organization.

For questions about *Give A Hoot* and how you can support Park County nonprofits, you may contact Keva Ward at 406-2245-3920.

About Park County Community Foundation

For the love of Park County, we inspire investment and leadership to cultivate resilient communities. Founded by community leaders in 2005, the Park County Community Foundation connects caring people with the most pressing community needs. We believe Park County's challenges can be solved through mutual understanding, cooperation, and a robust culture of philanthropy. Learn more at www.pccf-montana.org.



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The Park County AG Fair

The 2025 Park County AG Fair takes place at the Park County Fairgrounds (46 View Vista Drive) in Livingston, and runs from Wednesday, July 23rd to Saturday, July 26th. For many Park County families, the fair is the biggest and best event of the year. This year, the theme is the "Candyland" Admission is free for all ages!

Every day and night, this AG Fair has something for everyone, with dozens of 4-H, FFA (Future Farmers of America), and open-class exhibits, as well as educational talks, vendors, food, arts and crafts, entertainment, and much more. The festivities include dog agility and obedience competitions followed by the FFA Chapter Sundown Showdown and the 4-H Youth Rodeo.

On Saturday, guests will enjoy the Buyers' Luncheon, and at 3 pm, the 4-H/FFA Auction, where youngsters' show their steers, heifers, lambs, rabbits, goats, chick-

en, and pigs to be sold to the highest bidder. Made-in-4-H items such as woodworking, leather craft, and other handmade projects will be auctioned off, too. Once the auction wraps up, there will be a Buyers' Celebration with live music and dancing.

We invite you to come on down and check out all the animals, watch the competitions, and take a stroll through the exhibit hall. Enjoy live music and dancing, and some good home-cooked vittles and treats.



For information please see the Park County Extension Office at 406-222-4156 or email park@montana.edu, or visit Montana.edu/extension/park.

Be Part of the Park County Tobacco-Prevention Champion Team



Are you passionate about making a real difference in Park County? Do you care about empowering others to live healthier, tobacco-free lives? We're building a dynamic team of advocates, educators, and changemakers—and we want you on board.

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change

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- Promote quitting among adults and young people

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student, teacher, healthcare worker, or concerned citizen, your voice matters.

No experience necessary—just bring your energy, your ideas, and your commitment to a tobacco-free future. The time commitment is an hour-long meeting (virtual or in person) 3 or 4 times per year.

Ready to make your impact? Join us and be part of something bigger. Together, we can clear the air.

Please contact the Park County City-County Health Department at 406-222-4145 or via email at healthdepartment@parkcounty.org



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Livingston Farmers Market



The Livingston Farmers Market is off to a fantastic start this summer, featuring over 90 vendors, weekly live music, and fun themed days for the whole community to enjoy.

July's Themed Special Days Include:

- **July 9th – Christmas in July:** Enjoy frozen hot chocolate and a special visit from Milkshake the Cow.
- **July 16th – Healthy Soils Day:** Learn about sustainable agriculture through hands-on soil demonstrations and a rain simulator.
- **July 23rd – Give-A-Hoot Day:** Celebrate Park County's Month of Giving with special activities that highlight local nonprofits and community impact.

New This Season: The **Open Hub Studio Booth**, presented in partnership with Studio49, offers free weekly craft activities for all ages. This interactive booth invites market-goers to get creative—and take their handmade projects home with them.

As you enjoy the festivities, don't forget to explore and support our incredible local vendors! While Montana's growing season is just getting started, you'll already find an impressive variety of fresh,

locally sourced products, including:

- Leafy greens, arugula, spinach, radishes, microgreens, herbs, chives, rhubarb, mushrooms,

scallions, garlic, and more

- Farm-fresh honey, eggs, beef, and lamb
- Garden-ready veggie starts, fresh-cut flowers, and baked goods
- Handcrafted items from talented local artisans—and so much more!

Food Access Programs:

The Livingston Farmers Market proudly supports equitable food access through three vital programs:

- Senior Farmers Market Nutrition Program (SFMNP)
- Livingston Food Resource Center's Healthy Families Token Program
- Supplemental Nutrition Assistance Program (SNAP) with Double SNAP Benefits

SNAP provides essential nutritional support to low-income families, seniors, and individuals with disabilities. Through the Double SNAP program, shoppers can receive a dollar-for-dollar match—up to \$20 per week—when using SNAP benefits at the market. A heartfelt thank-you to **Expedition Church** for their ongoing volunteer support in helping manage these important programs!

There's something exciting every Wednesday all summer long

at the Livingston Farmers Market. Find the full calendar and music lineup at LivingstonFarmersMarket.org.

Much gratitude to our Presenting



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tain Industries, First Interstate Bank, Kenyon Noble, Livingston Center for the Arts, N2C Farms LLC., Park County Community Foundation, Sibanye Stillwater, Sky Federal Credit Union, Sweetwater Fly Shop, and Spur Line, our Community Partners; the City of Livingston and Livingston Food Resource Center, Park County Environmental Council, Happy Trash Composting, Expedition Church and every one of our Sprout Sponsors!

For more information contact Market Manager Shannan Mascari at (406) 222-0730 or email at info@westernsustainabilityexchange.org. Check out their website: www.LivingstonFarmersMarket.org.



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JUNE 12 John Roberts y Pan Blanco	JULY 10 Two Tracks
JUNE 19 Tsunami Funk	JULY 17 Swamp Dawg
JUNE 26 Bo DePeña Trio	JULY 24 Release the Squirrels
	JULY 31 Tom Catmull Trio

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Got Company? Bring Them Down to The Shane Center!

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

Thursday, July 10th brings Acoustic Americana trio the **Two Tracks** to the SOCS stage. The Two Tracks are 2022 and 2024 Wy-



oming Arts Council Performing Arts Fellowship Winners. Husband and wife Julie and Dave Huebner write songs that traverse the male and female perspective with emotional and natural images of rural American life. The band cares about lyrics, story and the power of the

song, and every arrangement is designed to fully highlight that direct connection between the song and the listener. Hailing from the eastern side of the Bighorn Mountains in Wyoming, the band has traversed the country bringing their joyful unique sound to stages big and small, including Americanafest (TN), Deadwood Jam (SD), Kate Wolf Memorial Music Festival (CA), MeadowGrass (CO), and the Red Ants Pants Music Festival just up the road.

They recently completed their first international trip to Dubai for performances at the World Expo.

Next up, on **Thursday, July 17th** is **Swamp Dawg** delivering an evening of New Orleans Swampy Funk and Rhythm and Blues. Swamp Dawg is the all-time favorite band at SOCS—this will be their fourth return to the stage. We can't imagine doing a summer schedule without including their fun, NOLA-

style funk music for your enjoyment. Attendees can expect to dance to swampy Southern Soul music with some new band members to continue the multicultural rhythmic explosion of funk, rhythm and blues and New Orleans classics. Get there early for this show—it will



be a full house!

SOCS concerts take place, free of charge, from 5 - 8 pm. There are food trucks and libations for all ages. Concert attendees are encouraged to bring chairs. There are a few shared tables reserved for patrons of the food trucks while enjoying their dinner. Sponsors include: Livingston HealthCare, Marcia McCrum in Memory of Bliss McCrum, Erin Denton

O'Brien and the Yellowstone Valley Lodge & Grill, and booking partners at Mighty Fine Time - John and Joanne Lowell.

Bike parking is available onsite, and additional car parking is available at the Lincoln School at 215 E. Lewis. The Shane Center is located at 415 E. Lewis. For more information on The Shane Lalani Center for the Arts, please visit www.theshanecenter.org.

A Trio of Poets Presented by Elk River Books

Elk River Books presents "A Trio of Poets," an evening of readings by Montana poets Corrie Williamson and Charles Finn, and Wisconsin's Austin Segrest, on Thursday, July 24th at 7 pm. Elk River Books is located at 122 S. 2nd St. The event is free and will be followed by a reception and book signing.

Williamson is the author of three books of poetry, most recently *Your Mother's Bear Gun*, released in 2025 from River River Books. Her other books include *The River Where You Forgot My Name* (a 2019 Montana Book Award finalist) and *Sweet Husk* (winner of the 2014 Perugia Press Prize and a finalist



Corrie Williamson

for the Library of Virginia Award for Poetry). She is also a co-editor of the anthology *A Literary Field Guide to the Rocky Mountains*, forthcoming from Mountaineers Books. Her work has appeared widely in literary journals such as The Kenyon Review, AGNI, Missouri Review, Ecotone and others. She was the recipient of the 2020 Boyden Wilderness Writing Residency, spending seven-and-a-half months living off-grid in a remote section of the Rogue River. She lives in Lewistown.

Finn is the former editor of the literary and fine art magazine *High Desert Journal*, author of the nonfiction collection, *Wild Delicate Seconds: 29 Wildlife*



Charles Finn

Encounters, and two poetry collections, *On a Benediction of Wind: Poems and Photographs from the American West*, winner of the 2022 Montana Book Award, and *A Mountain's Idea of Time*. He is the co-editor of the textbook/anthology *The Art of Revising Poetry: 21 U.S. Poets on Their Drafts, Craft, and Process*, as well as co-editor of the poetry anthology, *We Are All God's Poems*. He lives in Havre with his wife Joyce Mphande-Finn and their two cats, Tija and Rilke.

Segrest is the author of *Groom*. His first book, *Door to Remain*, won the Vassar Miller Poetry Prize. His poems can be found in POETRY, VQR, The Yale Review, The



Austin Segrest

Threepenny Review, Ecotone, The Common, New England Review, Ploughshares and many other journals. His essays on poetry can be found in APR, Poetry Northwest, 32 Poems, Southern Humanities Review, On the Seawall and Pleiades. Originally from Alabama, he holds a PhD in literature and creative writing from the University of Missouri and an MFA from Georgia State. He has received fellowships from Ucross Foundation, the Fine Arts Work Center, the Sewanee Writers' Conference, and the NEH. A former poetry editor of The Missouri Review, he currently teaches at Lawrence University in Appleton, Wisconsin.

For those who can't attend in person, the event will live-stream at [YouTube.com/ElkRiverBooks](https://www.youtube.com/ElkRiverBooks). For more information, send an email to info@elkriverbooks.com or call (406) 333-2330.

Consider a Sponsorship of the Community Journal

The *Park County Community Journal* is seeking help from our followers to continue its mission: promoting positivity in the local community. We do this by publishing stories about the people, organizations, businesses, and events that represent Park County, often times at request, and most importantly, to shine light on what makes this community special.

We promote local businesses and encourage their support; honor non-profit organizations dedicated to philanthropy; celebrate our vibrant arts community by showcasing its contributors and their work; praise the achievements of students and children in sports and education; recognize major developments in municipal and county government; and cover local events to spur participation and advance the concept of community.

Knowledge as power, though a cliché, is undeniably true, and our intention is to inform readers about the community so as to inspire positive change through mutual support and understanding.

The *Journal* currently publishes 2,000 copies weekly for distribution throughout Park County. In response to incoming tourists, this number will rise in the early spring to 2,500 and to 3,000 by summer 2025. Park County depends on tourism to thrive, and the newspaper has a role in sharing information with visitors about what our community has to offer through advertising and editorials

on businesses and events. In addition to compensating staff, this increase in printing is expensive (\$0.45 per copy; total annual printing expenses amounting to roughly \$50,000 contingent upon need), but our goal is to help the community flourish without placing a burden on our readers.

Up until now, the newspaper has been free of charge—a service provided to the community not intended to generate income through our consumers, much like a non-profit organization. Our desire is to continue this tradition via advertising fees, the *Journal's* current business model, and by exploring new avenues for raising money to fund operating expenses without shifting costs to readers. For example, we are currently working alongside non-profit organizations like Prospera and Park Local to consider and develop new strategies for increasing revenue, such as adjusting advertising rates for local businesses through the cool season. However, as we are not technically a non-profit organization, our options are somewhat limited.

We are therefore asking you to please consider the value of our newspaper to this community and to support our cause by making a donation that will be used to extend our outreach and impact to locals and visitors alike. Donations may be made once or on a recurring basis, if possible.

Because we are not a charity organization, your gifts are not tax-deductible. However, any donation, small or large, helps us in our effort to shape this community for the better. Even just two dollars each from a few thousand individuals would be extremely helpful in keeping this newspaper free as we continuously strive to benefit the community.

Thank you for considering a donation to our newspaper. If a gift falls within one of the following sponsorship levels:

**Bronze: \$250 • Silver: \$500
Gold: \$1000**

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

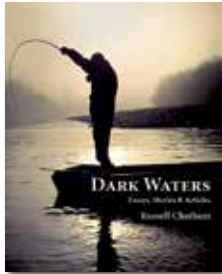


Donations can be made using the QR code or mailed to PCCJ, PO Box 1851, Livingston, MT 59047. Thank you for your consideration in helping us to continue our mission!

Elk River Books Hosts Launch of Chatham Reissue

Author Rick Bass and photographer Stephen Collector will join Lea Chatham to celebrate the reissue of her father, Russell Chatham's classic book, *Dark Waters: Essays, Stories and Articles*, at Elk River Books, 122 S. 2nd St., on Tuesday, July 8th, at 7 pm. The event is free.

Dark Waters was first published in 1988 by Chatham's Livingston-based publishing company, Clark City Press. It was lauded by the New York Times as a work of "bold eloquence [that] covers topics such as sex, drugs, eating, friendship and art with a conviction born of irrepressible passion." Long out-of-print, this collection, which centers on Chatham's love of fly fishing, is being reissued by Ice Cube Press, featuring a new foreword by author and famed magazine editor, Terry McDonnell.



For the book launch celebration, Bass and Collector will read favorite passages and discuss their friendships with Chatham, who with his Clark City Press published Bass' *The Ninemile Wolves* and Collector's *Law of the Range: Portraits of Old-Time Brand Inspectors*.

Bass is the author of more than 30 books including *With Every Great Breath: New & Selected Essays*, and the forthcoming *Wrecking Ball: Race, Friendship, God and Football*. He's the executive director of the Yaak Valley Forest Council, the recipient of a Montana Governor's Award in the Arts and has been arrested in that same chamber for protesting the Keystone XL pipeline. His profile of Chatham was published in his book *The Traveling Feast*. Collector, born in Virginia in 1951, is a freelance photographer and life-long sportsman. His



Stephen Collector

feature writing has appeared in *The Drake*, *Anglers Journal*, *American Angler*, *The Big Sky Journal*, *Tail Fly Fishing*, *Quail Forever Journal*, *Modern Huntsman*, and *The Pointing Dog Journal*. He lives in Boulder, Colorado.

Chatham was an internationally known painter and fine art lithographer, writer, publisher and avid fisherman



Russell Chatham

who maintained a gallery and studio in Livingston, and owned the Livingston Bar & Grille. His writing has appeared in *Esquire*, *The Atlantic*, *Sports Illustrated*, *Outside* and dozens of other publications. His



Rick Bass and Black Ram guitar

books include *The Angler's Coast*, *Silent Seasons*, *Striped Bass on the Fly*, *The Missouri Headwaters* and *One Hundred Paintings*. With over 400 solo shows at museums and galleries over the last five decades, his artwork is held in numerous private and public collections.

For those who can't attend in person, the event will live-stream at [YouTube.com/ElkRiverBooks](https://www.youtube.com/ElkRiverBooks). For more information, send an email to info@elkriverbooks.com or call (406) 333-2330.

Bozeman Symphony Offers Free Summer Ensemble Concerts with Montana Shakespeare in the Parks

The Bozeman Symphony, in partnership with Montana Shakespeare in the Parks (MSIP), announces a series of free summer ensemble concerts featuring Symphony musicians performing across Montana. These intimate, open-air, one-hour performances will precede select MSIP productions during their statewide summer tour, offering audiences a unique pairing of live classical music and Shakespearean theater.

The concerts begin on Tuesday, July 1st, at 5:15 pm with a duet by Violinist Chelsea Linda

and Violist Nathan Hallauer at Makoshika State Park in Glendive before MSIP's *As You Like It* performance at 6:30 pm.

The series continues on Friday, July 11th, with a duet for oboe/English horn and percussion in Fishtail Family Park in Fishtail. Bozeman Symphony Principal Oboe Sandy Stimson and Principal Timpani Jeff Vick will perform at 5:15 pm, leading into MSIP's presentation of *As You Like It* at 6:30 pm. The duet will also perform on Saturday, July



BOZEMAN SYMPHONY
Norman Huynh, Music Director

12th, at 5:15 pm at Silver Gate Park in Silver Gate, before Henry V.

On Friday, August 1st, flutists Sue Makeever and Megan Makeever will present a duet at 4:45 pm at Legacy Plaza on the University of Montana Western campus in Dillon, ahead of the 6 pm showing. There will also be musician performances before the Thursday, Aug. 14th program at 4:45 pm at Woodland Park in Kalispell and on Saturday, September 6th, at

3:45 pm at Pony Park in Pony.

These performances are part of the Bozeman Symphony's Far Afield outreach initiative, which for more than 30 years has brought live classical music to rural and underserved communities across the Greater Yellowstone region. Far Afield concerts aim to inspire and connect Montanans of all ages through the power of music.

For more information and concert updates, visit www.bozemannsymphony.org or call (406) 585-9774.

Join Wheatgrass Books this Coming Saturday, July 5th, for a Book Signing with Bozeman Photographer Andy Austin

Wheatgrass Books is thrilled to welcome acclaimed adventure photographer Andy Austin for a Saturday Signing. Andy will be at Wheatgrass Books, located at 120 N. Main Street in Livingston from 11 am – 2 pm with his newly released book, *MONTANA: Photographs from the Last Best Place*, a 288-page, 12-by-12-inch hardcover collection capturing the stunning diversity of Big Sky Country.

"This book isn't just about showing off scenic places, it's about sharing the soul of Montana," said Austin. "Every photo carries a story, a memory, or a moment that shaped how I see this place."

Designed as a large-format hardcover, *MONTANA: Photographs from the Last Best Place* is organized by region and showcases all six official tourism regions of Montana. The book depicts the state's diverse landscapes, from the badlands and sweeping prairies in the east to the towering mountains west of the Continental Divide, as well as historic mining towns and ranchlands of the southwest and the rugged river breaks of central Montana. While iconic places like Glacier and Yellowstone National



Parks are included, the book's heart lies in showcasing that Montana is so much more than just national parks. It's also the backroads, small towns, tribal nations, and wild spaces that don't always make the postcards.

Austin comes by his love for Montana's wild places and vast spaces naturally, as he was raised in Billings. He earned his college degree from

Montana State University in Bozeman, where he also played football for the MSU Bobcats. After graduating, he traded his helmet for a camera and has traveled extensively to all 56 counties in Montana, documenting everything from remote wilderness landscapes to the cultural richness of local powwows, small-town rodeos and tight-knit communities. His work reflects a deep respect for the land and the people who call it home.

With a social media following of over 300,000 and a reputation for authentic storytelling, Austin's work has been featured by top travel brands, tourism boards and outdoor publications around the globe. This book marks his first published collection.

Learn more about Austin at andyaustin-photo.com.

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JULY
19

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This is all to benefit Blind and Visually Impaired Veterans from all over this great country. They learn to kayak and partner with veteran instructors to learn new skills, become more physically active and to create an environment of camaraderie with other fellow veterans.

If you have any questions or would like to donate an auction item, please call Debi at 678-373-7005



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Slim Down with Smart Tech

by Nurse Jill

Swimsuit season is upon us and most of us are grateful for it. But with the donning of water wear may come the realization of just how many hot chocolates (with whip) we had this winter while waiting (not so) patiently for summer to start.

The good news is that with summer comes nice weather and fewer excuses to slack on activity. Summer exercise can actually be fun with swimming, paddle boarding, and sprucing up the garden as legitimate calorie burners that have the benefit of a workout without the burden of a workout. There are a lot of ways to soak in the long-awaited sun that also have health benefits as a side effect.

However, even with increased activity that bikini body may still be elusive. Is there an adjunct to the usual "burn calories and eat right" traditions that might help slim sides and eliminate love handles?

This is the claim that many available apps such as Nook, Weight Watchers, MyFitnessPal, and Loselt make. The developers of these apps assert that doing weight loss with a (digital) friend is more effective than going it alone with just minimal knowledge of diet and exercise. These apps can track calories, macronutrients, micronutrients, activity, emotions, and a myriad of other variables that contribute not

only to your weight but to your overall health. But most come at a price.

Nook focuses on the psychology of eating. Why are you eating? And why did you choose to eat that? What triggers do you have in eating? Nook also gives you a way to track your food intake, including not just the calories, but the nutrient value, and offers daily or weekly mini lessons on the psychology of food. Their intent is to help you understand the why behind your choices while also helping you be aware of your choices.

MyFitnessPal is an app that tracks activity level as well as food intake. In their premium version you can even find workouts that fit your ability and time preferences. While these developers do not teach you about food psychology, their resources still help with one major hurdle in health—awareness. How much exercise are you getting? How many calories are you taking in? What kind of calories are they?

Loselt and **Weight Watchers** are similar apps that, like all the rest available out there, offer varying services such as: coaches, community, calorie counting, meal plans, workouts, accountability, and food journaling.

So, is it worth it to invest in an app that promises to get you back into that swimsuit you wore in college? And will it actually work?

That depends.

The point of all these app features for the average Joe is mainly to make

the user aware of day-to-day choices. So many choices in food and exercise sneak under the radar and sabotage efforts for better health. These apps aren't miracle workers, they are just truth tellers. If you don't realize how many calories you need for the day let alone how many calories you consume, then how will you be able to make food choices that support better health? If you don't keep track of small victories in exercising, then how can you notice progress and be motivated to continue putting forth physical effort? These apps offer ways to keep track, notice wins, and give consistent gentle accountability. You can't argue with facts in black and white on your phone screen. The facts can also give you flexibility. Just trying to limit intake can actually be harmful but looking at your food log and realizing you have an extra 300 calories to enjoy for the day takes the guilt away from that evening scoop of vanilla on the deck.

Keeping track of what you eat, realizing the nutrient value of those foods, monitoring your activity, and having accountability will all help someone to achieve better health. The biggest factor in most studies surrounding weight loss is consistency and persistence. If these apps can help with those two factors, then they may be worth an investment. Do some research and

see if you think having a digital friend by your side in your health journey would be beneficial. Many offer a free trial period to try them out.

Can you do all those things without an app? Absolutely. Will it take a little more effort and awareness? Absolutely. But it is doable, and it is helpful to be aware and to keep track.

Do not focus too much on the end goal. In fact, it may be helpful to think of weight loss as more of a side effect than an end-all. The goal is to get strong and fuel your body in such a way that you feel good. We take vitamins on the daily without needing to see "results." View healthy eating and exercise as the same. A walk is good for you regardless of which way the scale moves. Eating leafy greens with protein is good for you even if your pants are still tight. Don't get discouraged if you never get closer to that summer swimsuit fitting nicely. Instead, be encouraged that your making small choices for health. And then keep making them. Here's to summer health.



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Tues., July 8th - Pea soup, $\frac{1}{2}$ ham sandwich, banana, milk	
Wed., July 9th - Taco salad, refried beans, fixings, tortilla chips, watermelon, cake, milk	Lunch served cafeteria style Serving food until 12:15 pm
Thurs., July 10th - Pork roast, gravy, potatoes, peas, banana, milk	SUGGESTED DONATION \$6 PER MEAL IF OVER AGE OF 60 NO MEMBERSHIP NEEDED \$8.50 if under 60
Friday, July 11th - Egg salad sandwich, chips, cucumber salad, oranges, cake, milk	Salad bar included in meal price If you would like a to-go meal please call before 9am



Your Ageless Wellness Column

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

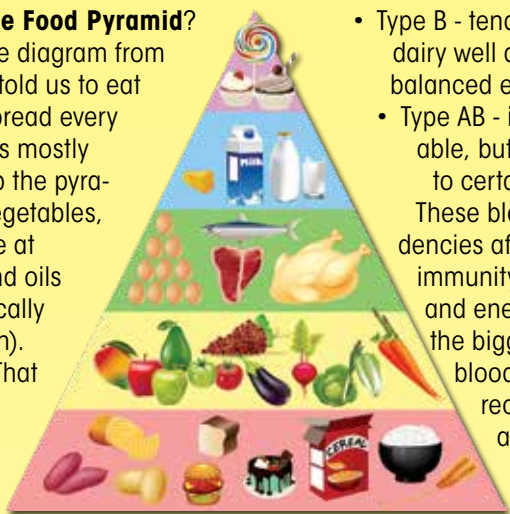
Rethinking the Plate: Why the Old Nutrition Rules Don't Work Anymore

Remember the Food Pyramid?

The dusty, triangle diagram from health class that told us to eat 6-11 servings of bread every day. The base was mostly grains, moving up the pyramid with fruits, vegetables, and a tiny triangle at the top for fats and oils (which were basically treated like poison).

Spoiler alert: That thing was built more for commercial agriculture than for human health.

It's no wonder so many of us grew up confused about what "healthy eating" even means.



- Type B - tends to tolerate dairy well and benefits from balanced eating
 - Type AB - is more adaptable, but can be sensitive to certain lectins
- These blood-type tendencies affect digestion, immunity, inflammation, and energy. But here's the bigger truth—your blood is your body's recorder. It holds a real-time log of what's working... and what's not. A simple blood

panel can show vitamin deficiencies (like B12 or D), inflammation markers, hydration levels, and more. In other words, your blood literally writes the menu for what your body needs.

Lets rethink **meal frequency**. The 3-Meals-a-Day Myth of breakfast, lunch, and dinner is a script we've been handed—it's not a biological truth. It was created to serve factory schedules during the Industrial Revolution. Before that, many cultures ate once or twice a day, based on sun cycles or spiritual rhythms.

Modern marketing (hello, breakfast cereal industry) helped turn "three squares a day" into a non-negotiable. Meal timing should match your metabolism. People who are fast metabolizers burn through food quickly and may need more frequent fueling. Therefore slow metabolizers benefit from smaller, evenly spaced meals to avoid storing excess energy as fat. When slow metabolizers skip meals, the body may go into storage mode—leading to sluggishness and weight gain. Ask yourself after each meal, "Do I feel energized, neutral, or sluggish?" The answer will teach you more than any food label.

Water, let's Talk About It. The "8 glasses-a-day" traces back to a 1945 U.S. Food and Nutrition Board suggestion, "A suitable allowance of water for adults is 2.5 liters daily..." But it also said, "...Most of this quantity is contained in prepared foods." That's the part that was left out—and the 8-glasses rule took on a life of its own. Fruits, vegetables, soups, and

cooked foods contain water. Herbal teas, broths, and juicy fruits also count. You don't need to force down eight glasses if you're eating hydrating meals. Although you should sip water consistently throughout the day. Pale yellow urine is a good sign that you need more water. Thirst is a late signal—by then, your body's already slightly dehydrated. Seniors often experience a reduced thirst response, which makes early hydration even more important.

Calories are not king. The calorie-counting craze oversimplifies nutrition. Take for instance 300 calories of soda vs. 300 calories of leafy greens? Same math, wildly different biology. Seniors often need fewer calories—but more nutrients. It's not about how much—it's about what and why.

Learn to **"listen to you."** Your body has a language; mood, digestion, energy, and sleep. Learning it takes time, but it's worth it. Keep a simple food journal, if needed. Notice your patterns. You are your own best experiment. Start there.

Who's really **writing the rules?** (And why you should question the rules.) Agencies like the USDA and FDA are not neutral; they serve agriculture, not just health.

- Grain and dairy groups helped shape the Food Pyramid.
- Dairy still has its own food group—despite being problematic for many adults.
- These same agencies have approved harmful chemicals in our food and environment: DDT, once sprayed on neighborhoods while kids played in the fog.
- Growth hormones and antibiotics have been found in livestock.
- Glyphosate on produce is potentially linked to cancer and endocrine disruption.
- If they got those things wrong...

what else might they be wrong about?

- These systems are not designed for your health. That's why it's your job to take it back.

Take the power back. Where to start? Choose organic when and if you can afford it. Organic produce limits exposure to synthetic chemicals and GMOs. Yes, the organic label isn't perfect. It's being chipped away at by corporate influence. But choosing organic is a solid place to start. Even better: you can buy local, which is fresher, richer in nutrients, and keeps your dollars in the community. Check out the local Farmers Markets, or visit D & D Produce on South Hwy 89 for seasonal fruits and veggies grown closer to home. When you choose local and organic foods, you're not just feeding your body—you're making a stand!

Up Next:

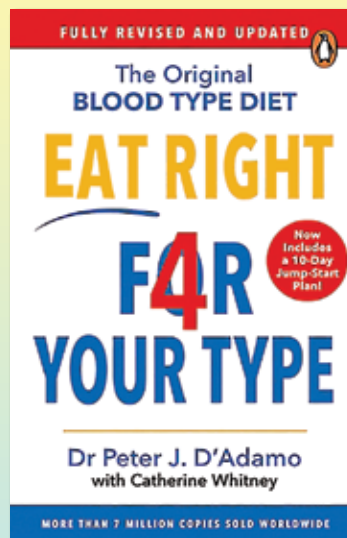
In next week's article, we'll continue the conversation and explore how to listen to your body—your cravings, symptoms, signals, and sensations. Because when your body speaks, it's not just talking... it's teaching.

This article is part of the *Your Ageless Wellness* series—created

to support the health, vitality, and confidence of our senior community.

If you're ready to move more, eat better, and feel stronger, visit The Hub—Park County's only fitness and wellness center designed specifically for older adults and those with mobility challenges by stopping by

the Park County Senior Center at 206 S. Main Street in Livingston to learn more or call 406-333-2276 to speak with Garrick Faust, CPT, Certified Life Coach, Certified Nutritionist, and Executive Director of The Hub. You can also visit www.agelesswellness.net.



From Pyramid to Plate (and still off-base). In 2011, the USDA swapped the pyramid for **MyPlate**—a cleaner, more modern visual. It looks better, but still suffers from the same issue; it treats every body the same. These models don't account for age, activity level, digestion, metabolism, or cultural differences. They're designed for the "average American," which, let's be honest—is a moving target.

Body Type, Blood Type, and the Wisdom in Your Blood. We're not all built the same. So why would we eat alike? Nutritional needs vary based on body type, age, ancestry, and even blood type. You've probably heard of the Blood Type Diet—while it's not the holy grail, it offers useful clues:

- Type O - often feels best with higher protein and fewer grains
- Type A - may thrive on more plants, less red meat

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Park County's Childcare Crisis: Local Providers Step Up to Bridge the Gap

In Park County finding reliable and affordable childcare has become one of the most pressing challenges for working families, and for the economy as a whole. Across the state, the cost of childcare far exceeds what most families can afford to pay. At the same time, underpaid staff are leaving the field, facilities are stretched thin, and local businesses are struggling to fill jobs when employees can't find affordable care for their children. The numbers paint a stark picture. According to a recent study reported by the Daily Inter Lake, Montana loses an

estimated \$232 million annually due to the ripple effects of childcare instability, including lost workforce productivity, employee turnover, and business disruptions. At the same time, Montana Free Press reports that nearly 60% of Montana residents live in a childcare desert, where licensed providers cannot meet the needs of working families. In Park County this crisis is felt acutely. Local licensed childcare centers and several licensed in-home programs all play a critical role in caring for the community's children. They provide safe, educational,

and nurturing environments for children—but behind the scenes, they face an uphill battle. The reality is that the true cost of providing childcare, wages, food, rent, insurance, educational materials, is much higher than what most families can afford to pay. Raising tuition to match these costs would make care inaccessible for many. Yet maintaining low tuition means that childcare centers often operate at a deficit, struggling to pay staff livable wages while keeping their doors open. "We're committed to providing high-quality early childhood education and care," said Baily Goodwine, Board Chair of Elevate Montessori. "But we also know our teachers deserve to earn enough to live in the communities they serve. How do we strike a balance or find a new business model?" Childcare is not just a personal issue; it's an economic one. When families can't find care, parents often have to reduce their hours or leave the workforce entirely. That means lost income, reduced productivity for local businesses, and long-term consequences for the local economy. As Montana Free Press puts it, "The broken childcare system is holding back Mon-



tana's workforce." But solutions are within reach, if communities rally together. Supporting early childhood education is an investment: in the future, our children, families, and economic stability. This July, supporters can donate to the three non-profit childcare centers through Park County Community Foundation's Give A Hoot platform: Elevate Montessori School, Little People's Learning Center, and Montessori Island School. The donations will help keep tuition reasonable while ensuring staff can earn fair wages and programs remain high-quality and sustainable. Visit www.give-a-hoot.org/ through the month of July to donate. Because investing in childcare today—means a stronger, more vibrant Park County tomorrow.

GOOD NEWS!

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

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Sat. & Wed. 4:30 ONLY

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Park County Community Foundation's Giving Challenge

To Help Baby Animals Survive, Leave Them Alone

If you're out and about outside or even at home and you notice a baby animal alone, don't take pity. Take off. You might think you're saving a life, but you're actually risking it.

It's important to understand that wildlife care for their young much differently than humans. One strategy that some species, particularly those species typically preyed upon by other animals (deer, rabbits, birds), use is to distance themselves from their young for many hours at a time. This helps to keep predators away from their young. For example, fawns are born without a scent, and it is safer for them if their mother, who has a scent, is not nearby. This also can potentially distract a predator into focusing on the doe rather than its offspring.

Wild animals thrive better where they have plenty of natural habitat (food, water, shelter, space). The potential to spread wildlife disease is also a good reason to leave young wildlife alone. Baby ground squirrels, racoons and rabbits can carry zoonotic diseases, which means diseases that are infectious for humans. Examples include plague, hemorrhagic diseases and tularemia.

If you see a baby animal, whether a goose or a grizzly, keep your distance and leave it alone. Handling baby ani-



mals can be dangerous, and usually once young animals are picked up by people they can't be rehabilitated.

Fish, Wildlife & Parks (FWP) does not accept, hold or rehabilitate moose, deer, elk and most other animals, including waterfowl. If you bring a deer or elk to FWP, you'll be asked to take the animal back to the site where it was found. If the animal can't be returned, it may need to be humanely euthanized.

What can you do?

- Leave it there. It's natural for deer, elk, rabbits and birds to leave their young alone for extended periods of time.
- Control your dog. Keep your dog

under control, especially in the spring when newborn wildlife is most vulnerable. Pet owners can be cited and dogs that harass or kill wildlife may by law have to be destroyed.

- Keep cats indoors. Many birds nest and feed on the ground. Young birds are also learning how to fly, making them vulnerable to cats. The bacteria in cat saliva are toxic to birds, so even if a cat does not immediately kill a bird, its bite often leads to infection and death.
- Keep in mind. It is illegal to possess and care for a live animal taken from the wild.

If you are unsure if an animal needs help, call your local wildlife biologist.

Surplus Licenses

Licenses and permits may be made available for purchase after the drawing if the department receives fewer applications than the number of licenses available for the department to issue. These licenses are called surplus licenses.

To purchase a surplus license, you must first sign up for the Surplus License List during the sign-up dates shown in the table below. The dates are dependent upon the date each drawing is held and are subject to change from year to year.

2025 Surplus Schedule

License/Permit	Surplus List Sign-up Dates
Deer Permit	6/15/2025 - 7/15/2025
Elk Permit	6/15/2025 - 7/15/2025
Deer B License	6/15/2025 - 7/15/2025
Elk B License	6/15/2025 - 7/15/2025

Resident and nonresident hunters can sign up through the [MyFWP portal](#). Payment of the license fee is not required

at the time you sign up on the Surplus License List. Once the sign-up period is closed, the list will be randomized and hunters at the top of the list will be contacted via email with instructions to finalize their purchase. Hunters must keep their email address current in their ALS record. Hunters must finalize the purchase of the license/permit within the timeframe specified in the email (typically a five day window), otherwise, your opportunity will be offered to the next hunter on the randomized list. Obtaining a license from this list has no effect on your existing bonus points.

After the surplus purchase dates listed in the table shown above have closed, remaining unsold surplus licenses may be made available to purchase over-the-counter at any license sale providers.

License limits per hunter:

The total number of Deer B licenses a **RESIDENT** hunter may hold each year (through a combination of licenses acquired through drawings, purchased over the counter and through surplus sales) is a total of seven. Hunters electing

Deer B license opportunities will have the option to purchase two through the Surplus List.

The total number of Deer B licenses a **NONRESIDENT** hunter may hold each year is dependent on if they hold a nonresident general combination. Nonresidents who hold a combination license can hold a maximum of two Deer B licenses in addition to their combination license. Nonresidents without a combination license can only hold a maximum of one Deer B license.

For Elk and Elk B licenses, a hunter may hold a maximum of three each year. Only one of the three can be a general elk license, and two could be Elk B licenses through various sources such as the original drawing, game damage, or surplus. If you do not hold a general Elk license, you could obtain up to three Elk B licenses. Hunters electing Elk B license opportunities through the Surplus License List may only purchase one. However, additional opportunities up to your maximum of three may be made available through over the counter or damage hunt sales.

For more information, contact the FWP licensing office at 406-444-2950.

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Historic Trail Creek Ranch Conserved: 884 Acres in Paradise Valley to Remain Forever Open

Robert and Valerie Anderson have partnered with Northern Yellowstone Open Lands, a regional initiative of the Gallatin Valley Land Trust (GVLT), to forever conserve their 884-acre historic family ranch, located southwest of Livingston in the Trail Creek area. The Andersons worked with Northern Yellowstone Open Lands to establish a voluntary land protection agreement, or "conservation easement," ensuring the property will remain intact and available for agriculture for generations to come.

The Anderson's goal was simple—to keep the farm and ranchland the same as it has been for the past 100 years.

Robert (Bob)'s ancestors, the Nesbits, arrived in the Paradise Valley in the 1870s after the Civil War. His grandfather purchased the property in the 1930s, and it has remained in Bob's family ever since.

"This ranch has hardly changed since the late 1800s," says Bob. "If you look at pictures, it looks the same."

After Bob's grandfather died in 1953, his mother inherited the ranch. Bob, a fourth-generation Park County rancher/farmer, later purchased the ranch from his mother in 1980 and has continued to serve as owner and operator for the past 45 years.

"If you are in the ag business, you have to be dedicated," says Bob. "It's a hard life. Some people say you are missing out on a lot. But I don't think I am missing out. It's a choice I made knowing it would be tough, and I have put my fullest into it."

The prime farmland soils and native rangeland on the property support grass hay and cattle production. Bob continues to farm the land and leases the grass.

"If you really want to keep land in ag, this is one way to do that," says Bob.

For many working farmers and ranchers, conservation easements can also help with generational transitions.

Bob explains, "This agreement releases our children and grandchildren from increasing outside pressures to subdivide and ensures the land will stay in one contiguous piece for the purpose of agriculture."

Keeping the land intact and in production also benefits the community by protecting scenic open space, water quantity and quality in the Upper Yellowstone River watersheds, and critical wildlife habitat.

The Anderson's ranch is directly adjacent to protected private land and U.S. Forest Service public lands, creating a mosaic of habitat utilized by a wide range of resident and migratory wildlife species, including elk, sandhill cranes, bears, pronghorn, and a multitude of birds drawn to the

1.5 miles of Trail Creek that flow through the property.

"We are extremely grateful for the opportunity to partner with Bob and Val," said Northern Yellowstone Open Land Project Manager Kelsie Huyser. "Working lands play a vital role in stewarding the rural character, local economy, and wild nature of this region."

The Andersons donated a substantial amount of property value to create the easement. This donation was matched by generous private philanthropy secured by GVLT and substantial funding from the U.S Department of Agriculture Natural Resources Conservation Service Regional Conservation Partnership Program (RCPP) grant awarded in 2022 to the Upper Yellowstone Watershed Conservation Partnership, also led by GVLT.

"It's great to see these generational ranches, that have been in family ownership since before Montana was a state, being permanently conserved through working lands conservation easements," said Justin Meissner, Montana NRCS Assistant State Conservationist for Easements and RCPP. "RCPP enables locally led coalitions to address landscape-scale conservation issues. This is especially true in the Paradise Valley and much of Montana, where development pressure has made the transition of working lands to the next generation increasingly difficult."

The Anderson's ranch is one of the first conservation easements to receive this grant funding.

Building on GVLT's 30-year history serving Park County, which has included working with 21 families to conserve



over 20,000 acres of agricultural lands, the Northern Yellowstone Open Lands initiative features dedicated staff and a Livingston-based office. While rooted in GVLT's proven experience, the Northern Yellowstone team brings a renewed, place-based focus to conservation throughout the county.

What is a conservation easement?

Northern Yellowstone Open Lands partners with private landowners to conserve working farms and ranches, fish and wildlife habitat, open lands, and scenic views. To protect these special places, Northern Yellowstone Open Lands uses conservation easements, which are voluntary agreements with landowners that limit the type and amount of development on a property while keeping it in private ownership. Each easement is tailored to the specific property and runs with the title of the land in perpetuity. Landowners may

receive income tax or cash incentives for completing a conservation easement, which previous participants have used to reinvest in their agricultural operation, purchase additional land, or finance generational transitions on the ranch. Conservation easements do not change the taxable value of agricultural land. The public benefits from the protection of conservation values such as prime agricultural soils, wildlife habitat, river corridors, and the overall character of our region.

About Northern Yellowstone Open Lands

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



SHIELDS VALLEY

Upcoming EVENTS

Date: July 7th from 4:30 to 7 pm
Location: Veterans Park in Wilsall
Food: Funk Family Food Truck
Music: Olivia Harms and the Roadrunners
Kids Activity: Kite Flying
Sponsor of the Week: ERA Landmark and Delta Signs

July 7th Vacation Bible School hosted by Wilsall Community Church from 9:30 to 11:30 am
Give your kids an unforgettable summer adventure! Our Vacation Bible School (VBS) is happening July 7th-9th at Holliday Park in Clyde Park, and it's packed with fun!
Kids aged 5-12 will dive into exciting

Bible stories, enjoy lively games, sing energizing songs, and munch on delicious snacks. It's the perfect way to learn and grow this summer.

July 12th Baby shower for Cayla Parks at Wilsall Senior Center. She is registered at Amazon.

Congratulations to Dan Crane who retired from the Postal Service on **June 30th**.

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

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

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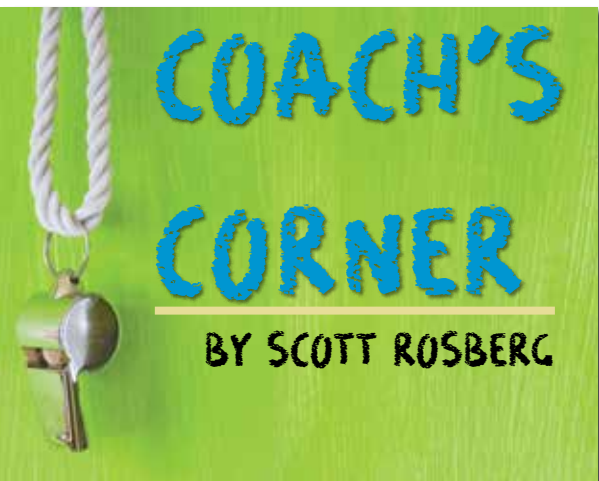
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The Off-Season



For 43 years, I have preached about the importance of the summer and the "Off-Season" for the development of athletes, coaches, and teams. The off-season is the best time for players and coaches to focus on their own individual improvement. Then, the season is when all those players and coaches come together and work to make the team the best it can be. Of course, it's not as cut-and-dried or as literal as that. Players and coaches can work on and improve individually during their seasons, and they can work at being a better team during the summer.

However, the sentiment behind the concept is true. First, the "off-season" is a time for rest and rejuvenation. Most players will have dealt with some kind of injury or nagging ache at some point during their season. No matter the level of injury, the off-season is a great time to give your body a rest from the six-days-a-week season when it's hard to give one's body the amount of rest required for the body to recuperate properly. The best time for this to happen is at the beginning of the off-season.

Players and coaches also need a mental/emotional rest after a season. Along with the body, the mind and spirit can take a beating during the season. It is important for players and coaches to get away from the sport for a while after a season. Like with physical injuries, the amount of time for recuperation and rejuvenation will vary from person to person. The key is to get the mind and spirit away from the day-to-day activities and pressures of the sport. This can be done in a variety of ways: reading fiction, exercising, traveling, hobbies that you can't do during the season, and anything else to get your mind out of the rut of a season.

The Weight Room

Once you have had some time away from your sport, it's time to get back to work. The first place that athletes need to get to is the Weight Room. Coaches, you must stress the importance of the weight room in your kids' lives. You want your players to be bigger, faster, and stronger. They will get that way by getting into the weight room. The more YOU talk about the importance of the weight room, the more THEY will start understanding it. If you don't place an emphasis on it, they won't.

One of the best ways for you to show the importance of the weight room to them is to get in there yourself. That can mean you opening it up and supervising; it can mean you instructing and coaching them on their lifts; or it can mean you opening it up for them and then working out

yourself while you are in there with them. I think the last two are the best ways, as you are teaching them how to lift and then you are demonstrating the importance of why we lift.

Even if you're not a person who strength trains or you don't feel comfortable teaching about it, you can still open up the weight room for them. If you want them to be committed to the weight room, YOU need to be committed to it, too, and open it up for them. You would not have open gyms or actual practices and not show up. Why would you not do the same thing with the weight room? And don't let the weight room supervision fall only on the shoulders of the football coach. ALL of you should take a shift sharing some time supervising the weight room.

Skill Work

The next place kids need to get to work is their skill development. This is what most kids need more than anything else. No matter what age or what sport we are talking about, ALL kids need to have strong fundamental skills to succeed. Unfortunately, way too often, the moment kids hear the "fundamental" and "skills," they shut down. Some of their responses, either verbally, non-verbally, or just not showing up, are as follows:

"I don't need to work on fundamental skills. I already got those down, man."

"BORING!"

"When do we get to scrimmage?"

"Sorry, Coach, but I can't make it today. I'll be there for the open gym, though."

ARRRGGGHHHH!!! They don't get it! They don't understand that they're not developing in the best way possible to be the best versions of themselves. They don't understand that you have to work the game before you play the game.

Too many kids think that they either have already worked on their skills enough and that they just need to play to put all that work into action. Others think that they will get their skill development naturally by playing the games and that skill development is a natural by-product of playing their games.

In response to those two ideas, let me say that for the first one, "NO! You have not worked on your skills enough. PERIOD!" There is always more work to be done to become the best you can be. Whatever sport you compete in, you will see that, even at the highest competitive levels of the sport, the competitors still work on their individual skill improvement. If it's good enough for them, it's good enough for you.

As for getting your skills developed while playing your games, there has been a move in this direction in the last twenty years, especially in soccer, where the advent of "Small-Sided Games." Small-Sided Games are when you put small groups of players together to compete in a game-like setting. Through these 3 v 3, 5 v 5, 7 v 7, etc., there are a lot of skills that one naturally develops.

I like the "Small-Sided Games" concept. However, I think it needs to be used in conjunction with drills for skill development, not in place of them. In basketball, while we do our share of 1 v 1, 2 v 2, & 3 v 3 "games," we do them as part of a skill or strategy development drill. We will work on moves, cuts, actions, etc. in a 1 v 0 setup. After 5-10 minutes of that, we will put the kids into groups to try those new

skills out against an opponent. We will eventually build that up to a 5 v 5 setting to see how it all incorporates together and to see how those skills fit into the scheme they are playing in.

Games/Competitions

Finally, teams need to be competing in the off-season. Athletes need to be put into competitive situations like they will be experiencing in the season. Nothing prepares kids for their competitions like actually competing in those kinds of competitions.

These competitions can range from open gyms to scrimmages in practice to playing in games against other teams/schools. All three have their strengths and weaknesses. **Open gyms** allow a freedom for kids to "just play," but it lacks structure and feedback on how to improve; it can also create bad habits. **Scrimmaging in practice** is a great way to see what players are doing well and what kinds of things the team can be good at, but it is difficult to catch and correct everything that players do wrong or poorly. This, too, can lead to the development of bad habits. **Competing against other teams** can simulate what the competitions during the season will be like, but they can minimize some players' development if those players don't get to play very much. Also, coaches can't cover EVERYTHING that happens in games that they need to address with their kids. Finally, players often focus only on the scoreboard—if the team won, they were good; if the team lost, they were bad.

Whether you/your athletes work on some or all of these elements of developing in the off-season, the key is that you/they WORK. Don't let the off-season go by without devoting a good amount of time to your sport. And those of you involved in multiple sports need to make sure you are giving an ample amount of time to each of them. It's not fair to your teammates/coaches in one of your sports, if you devote all of your time to one or some and none of your time to theirs.

Everyone is counting on you to come back to the new season the best you can be at this time. The only way you can do that is to make sure you put in the work necessary to improve to become the best you're capable of becoming.

I hope you have a great summer!

However, consider what that means: it mean enjoying your summer leisure activities, while at the same time working hard on ALL of the elements you need to become the best that you 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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Our services are designed to bring local community members and neighbors closer to one another with engaging, humorous, inspiring and heartwarming daily local stories.

Published & Created by former Enterprise Sports Editor,
Jeff Schlapp
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Eating Together Means Making Healthier Choices



SHARED MEALS FOR HEALTHIER EATING

Enjoying meals together can enhance your eating habits. Here's how:

• You eat more variety

When you share meals, you're more likely to include a balanced mix of food groups, such as vegetables, lean proteins, whole grains and healthy fats, making it easier to create a nutrient-dense plate. Plus, it exposes you to new flavors and cooking styles.

• You savor your food

Eating with others allows you to eat more mindfully, encouraging you to slow down and truly enjoy each bite. This mindful approach helps you listen to your body's hunger signals, reducing the chances of overeating. Mindful eating promotes better digestion and enhances the overall enjoyment of food.

• You eat less junk food

Planning and enjoying meals together means you rely less on unhealthy snacks or rushed meals. Sitting down for a thoughtfully prepared meal decreases the temptation for less nutritious options. Additionally, cooking together can be a fun bonding experience.

Take the time to enjoy meals with others. Whether it's family, friends or even coworkers, creating shared experiences around food can



lead to healthier eating habits and stronger relationships.

Connect with a local dietitian-nutritionist to craft healthy meal plans for you and your family.

WHY SHOULD YOU CONSULT A DIETITIAN-NUTRITIONIST?

Healthy eating habits are essential to physical and mental well-being. In fact,

many individuals benefit from ongoing nutritional guidance tailored to their specific needs.

WHAT DO THEY DO?

Dietitian-nutritionists hold university degrees in nutrition and belong to

WHEN SHOULD YOU CONSULT THEM?

There are many reasons why you may need to modify your diet to maintain or regain good health. Diseases like diabetes and conditions like pregnancy, hypertension and hypercholesterolemia require careful dietary management. You might also seek their guidance to manage certain food intolerances or allergies. For example, if you suffer from irritable bowel syndrome (IBS), a dietitian-nutritionist can provide a specific list of foods to include or avoid.

Dietitian-nutritionists can also assist athletes in improving their performance, support breastfeeding mothers in ensuring their babies develop healthily and guide individuals in various other situations. If you have questions about how nutrition impacts your body, a dietitian-nutritionist can offer a science-based approach to your concerns.

It's important to remember that a healthy and balanced diet is the key to a long and healthy life. Do you or a loved one need professional support? Do you want to adopt healthier eating habits or discuss your current nutritional situation? Schedule an appointment with a dietitian-nutritionist in your area.



Recipe by
Carla Williams

Recipe Corner Steakhouse Potato Salad

Ingredients:

For the Salad:

- 2 pounds russet potatoes peeled and cubed
- 3 hard-boiled eggs chopped
- 3 celery stalks diced
- ½ red onion finely chopped
- 6 slices cooked bacon crumbled
- 2 tablespoons fresh chives chopped

For the Dressing:

- ½ cup mayonnaise
- ½ cup sour cream
- 2 tablespoons Dijon mustard
- 1 tablespoon apple cider vinegar
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon paprika

Instructions:

1. **Cook potatoes:** Boil 2 lbs cubed potatoes in salted water in a large pot until just tender (15-20 minutes), drain with a colander, and cool completely.
2. **Prep mix-ins:** Chop eggs, dice celery stalks, finely chop red onion, crumble bacon slices, and chop chives.
3. **Mix dressing:** In a small bowl with a whisk, combine mayo, sour cream, Dijon, vinegar, salt, pepper, garlic powder, and paprika until smooth.
4. **Combine salad:** In a large



Photo Credit: mycountrytable.com

mixing bowl, gently toss cooled potatoes, all mix-ins, and dressing together using a spatula.

5. **Chill and serve:** Refrigerate for at least 1 hour, then garnish with extra chives and bacon.

Notes

- Chill before serving for better flavor; the salad gets creamier and tastier.
- Don't overcook potatoes, or they might get mushy and watery in the salad.
- Taste the dressing before mixing; add salt or vinegar as needed.
- Add bacon and chives last, so they stay fresh for presentation.
- Keep airtight and eat within three days for the best experience.



2025 Park County Fair Open Class

July 22-26

To Enter: <https://fairentry.com/Fair/Signin/22452>

OR Scan the QR Code



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

Contests:

Tallest Sunflower
Purse with a Purpose
Ugly Fabric

Due Tuesday 3-7 pm

Open Class Animals:
8 years old & Under
Must Enter by June 27th

No 4H/FFA Crossover

Photography Classes 1-4
2 Entires/Lot

Cake
Decorating
Thursday
1 pm



Commissioners
Pie Tasting
Friday 1 pm



Questions: Call Patti Hoyem 406-578-2134



Twenty-eight Park County Teens Walk With Christ During Mission To Navajo Nation

Kepler Jacobik and Jon Durgan discussed the Mission, thanks to Livingston's Living Hope Church, and how it has impacted their lives and strengthened their faith.

Park County Dugout - June 30th, 2025
TheParkCountyDugout.substack.com
By: Jeff Schlapp

"In the same way let your light shine before others so that they may see your good works and give glory to your father who is in heaven." (Matthew 5:16)

In many ways, this is what twenty-eight youth group members of Living Hope Church in Livingston did from June 18th to June 25th while completing a mission to the Navajo Nation in Arizona.

For Kepler Jacobik and Jon Durgan, the mission was a powerful learning experience of seeing God's love work through them, and it was a lot of fun to boot.

Kepler and Jon sat down with me on Sunday afternoon, after they and others had described their work to the parishioners of Living Hope Church during the morning worship service. I was excited to hear about the trip after Pastor Shad Durgan from Living Hope Church told me the youth group had left to do God's work.

What an opportunity for these young people. What an extraordinary exaltation to

lead, guide, direct your life and your approach to today. To live in a way that the light of Christ in you shines before others. That people may see your life and give glory to God.

Kepler and Jon told me that they had both embraced the opportunity and witnessed God's good works and miracles during the trip.

The group left Bozeman on June 18th and flew to Window Rock, Arizona, which serves as the capital of the Navajo Nation, the largest Native American tribe by tribal enrollment.

Kepler, who hopes to become a Missionary pilot through Moody Aviation, took advantage of the flight and got an inside look at the cockpit, meeting the pilots.

"This was my first mission," Kepler told me as we sat outside Coffee Crossing in Livingston. "Mission work has always been in my heart, and that's where I want my future to be, as I hope to become a Missionary pilot, flying into isolated areas bringing medicine, food, and needed supplies. I thought



Living Hope Church Youth Missionaries enjoyed a day of fun and exploration at Spider Rock Overlook, located within the sacred and ancient Canyon de Chelly National Monument in Chinle, Arizona—photo Courtesy of Kepler Jacobik.

this would be a good time to start, and as I learned more about the trip, including where we were going and what we would be doing, I became convinced that God was leading me. I knew I wanted to be a part of the mission. I wanted to work with Jesus."

On the sixth day of their mission, the group was introduced to Pastor Rudy, an

Assemblies of God missionary pastor, on the Hopi Reservation. Both made a huge impression on the kids.

"Pastor Rudy told us he was from Texas," Kepler told me. "He moved to the Reservation to serve and talked about the challenges of being there, such as loneliness, but he

[See Walk with Christ, Page 19](#)

July is National Ice Cream Month



The seventh month of the Gregorian year is named in honor of Julius Caesar. In 63 B.C., Caesar had been elected Pontifex Maximus. During this time, the calendar was 355 days long. Gradually, through mishandling and corruption, pontiffs allowed the calendar to lengthen to please one priest and anger another. A year after Caesar completed the calendar, he was assassinated on the Ides of March. In this honor, the Roman Senate named the seventh month July, the month of Caesar's birth.

Quintilis - July was originally named

Quintilis after Marcus Aurelius Claudius Quintillus, a Roman Emperor who died in 270 B.C. Before the Roman calendar, there were only ten months, and **Quintilis** was the fifth month. When the Romans added new months, **Quintilis** and other months were adjusted. The new solar year would consist of 365 days, adding 10 to the total. The extra days were distributed among the months with 29 days.

Certain countries and institutions adhered to this ancient system until well into the twentieth century. The Julian calendar was used in Russia until 1947 and in China until 1949. To this day the Eastern Orthodox Church adheres to Caesar's calendar.

Weather & Seasons

The dog days of summer begin in July and carry through until August. July weather is an excellent time for completing home renovations and projects.

This summer month is also perfect for eating ice cream. In fact, the entire month if July celebrates ice cream. There are seven ice cream-related holidays on the calendar to keep us cool.

Did you know July's full moon is called the **Buck Moon**? During the month of July, a male deer's antlers grow the fastest and reach its annual growth potential.

What's Your Astrological Sign?

If you're born in July your sign is either Cancer or Leo. Cancer is the crab sign and



Leo is the lion. Your birth flowers are larkspur and water lily. The larkspur represents the bonds of love. While larkspur doesn't bloom until Fall, the water lily blooms all

summer long.

The primary birthstone of July is Ruby. This is a valuable gemstone found predominantly in Myanmar and Vietnam. These beautiful stones vary in shades from blood red to pinkish-red and signify wealth and prosperity.

5 Fast Facts About July

1. Several countries celebrate their independence in July including Canada, the United States, and France.
2. July has 31 days.
3. The bikini debuted in July 1948.
4. Neil Armstrong put the first footprints on the moon in July of 1969.
5. Notable people born in July include:
 - Ernest Hemingway
 - Princess Diana
 - Tom Cruise
 - Medgar Evers
 - Tom Hanks
 - Nelson Mandela
 - Robin Williams

And Presidents: John Quincy Adams, Calvin Coolidge, Gerald Ford and George W. Bush.

Enjoy some ice cream in July!



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July 11th - 12th (Fri-Sat) **CLINT REIMANN BAND** Country Western & Retro Rock

July 13th (Sun) **THE RED ELVISES** Surf Rock

July 18th (Fri) **CELLAR DOOR BAND** Modern twist cover band

July 19th (Sat) **IAN THOMAS & BAND OF DRIFTERS** American Roots

July 20th (Sun) **MATHIAS** Solo Acoustic Rock Artist

July 25th - 26th (Fri-Sat) **AARON GOLAY & ORIGINAL SIN** Americana, Roots, Rock, & Soul

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

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

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

August 8th (Fri) **GHOST TOWN BLUES** Classic Blues

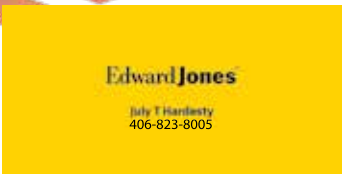
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July Hardesty



You Have an Estate Plan — Whether You Know It or Not

Think estate planning is only for the wealthy or elderly? Think again. If you own anything—a home, a car, a savings account, even a pet—you already have an estate plan. The only question is: Did you create it, or will your state do it for you?

When someone passes away without an estate plan, state laws take over, deciding who gets what and when. This legal process may not reflect your wishes. That’s why taking control of your assets through a personal estate plan should be a top priority.

At its core, estate planning is about clarifying your wishes and making things easier for your heirs. It ensures your assets are

distributed according to your preferences, designates who will make decisions on your behalf if you can’t and provides guidance for your care in a medical crisis. Most plans include four key components:

- 1. A Will** – This document outlines how your assets should be distributed after your death and names an executor to oversee the process in probate court. It can also designate guardians for minor children. Keep in mind that a will doesn’t cover everything—certain transfer on death (TOD) accounts and jointly held property may bypass your will entirely.
- 2. Power of Attorney** – If

you become incapacitated, you’ll want someone you trust to be able to make decisions on your behalf. A durable power of attorney designates such a person, helping to ensure your bills are paid, your business continues (if you have one) and your wishes are honored.

3. Health Care Directive – Sometimes called a living will, this document spells out your preferences for medical treatment if you’re unable to speak for yourself. It can also designate someone to make health care decisions for you.

4. Beneficiary Designations – Accounts like 401(k)s, IRAs, and life insurance policies transfer directly to the people you name, regardless of what your will says. It’s essential to review these beneficiary designations regularly, especially after significant life events such as marriage, divorce, death of a spouse or the birth of a child.

One common myth is that a will is all you need. But wills only take effect after death; they don’t help if you’re alive but unable to make decisions. Another misconception is that estate planning is only for the wealthy. In truth, planning is about more than

money—it’s about making things easier for the people you love during difficult times.

An effective estate plan can prevent costly legal battles, reduce confusion and give your loved ones a clear roadmap to follow. It also allows you to leave a legacy that reflects your values and priorities.

As your life changes, your estate plan should change along with it. Review your documents every few years or after major life events. It’s often a good idea to seek help with such reviews. Your financial advisor or attorney can guide you through the process, ensuring your plan fits your unique circumstances.

In the end, estate planning isn’t just about planning for what happens when you are gone. It’s about feeling confident, knowing that what matters most—your family, your purpose, your legacy—is protected.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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“Enjoying the Journey”

by Lois Olmstead

First this week, thank you for all the comments, calls, and visits around town telling me you appreciate my columns.

Talking about life changes is a serious topic, whether it is about our health, our work, our families, or sudden upsets in our life like accidents and disasters. Yet I know most of us turn to God in times like these because they are situations out of our control. (Key word-control?) Simple everyday decisions we think we can handle, right?

That is why all this feedback lately encourages me. It is good when my life changes are shared with you and you tell me you appreciate and enjoy the stories,



and they are helpful. That was my goal in writing about this latest journey.

In the last column you read, “So on January 19th, 2014, we moved into our 1000 square foot “Tiny House” a modular we had built, to be closer to my folks as they struggled with my Dad’s memory loss. Our houses were just a football field length apart with lawns and trees between.

We had a good two years together. Then in 2016 change came. My husband, He-Who-Took-Long-Steps, went to heaven very unexpectedly on April 28th and Dad got to experience new life and healing when he went to heaven four weeks later on May 26th. The love of God, family and friends got us through the changes and we adapted.

In later months, Mom and I would tell people, we are “two independent Montana women” and “No, we don’t live together.

Our houses are a city-block’ apart on the ranch.” Those were unforgettable times for us, from the times in the hayfield and the times in our Tiny House as a family.

But as lots of you well know, years and time keep moving and sometimes we have to move too. In 2021, Mom and I began talking about our future and getting our affairs in order. We both experienced how important a will can be for those left behind. Now we wanted that for our kids and grandkids. Maintaining two households gets difficult and takes more dollars these days. (Notice I did not say a thing about us getting older.)

Mom’s eyesight was worsening. In the spring, we knew it would be better if we downsized all our stuff and lived together. We listed our five-acre property along with our houses and began sorting, what to take, what to sell and what to give away. Mom had her list of things to leave to kids and grandkids already. We hired Rick Young & Sons Auctioneers to sell our stuff.

God blessed us over and over along this journey! Those on this path with us

knew we kept saying “no regrets” and Mom, then 97 years old, told me she was praying, “Lord please let me live long enough to get in our new house.” We were overwhelmed by how many of our family and friends helped us.

As we sorted, it felt like we had a ton of stuff between us. I did not count the tablecloths and placemats but we could have outfitted a county fair event between us. The funniest thing was we never were everyday tablecloth people!

Maybe we should have a tablecloth contest or a coffee cup contest or a number of family photo albums contest? Yes, stuff and change are topics we can all relate to.

Next issue will wrap up this series on moving along with the change in my life now. I have been wearing my bracelet that has Joshua 29.11 on it, “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” That can be the Bible verse for all of us this week.



Local Church Services

American Lutheran Church

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

Church of Christ

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

Church of Jesus Christ of Latter-Day Saints

12 White Lane, Gardiner
David Gilbert branch President
Sunday worship 10:00 am
406-848-7509 • lds.org

Church of Jesus Christ of Latter-Day Saints

110 West Summit St., Livingston
Bishop Trevor Strupp
Sunday worship 10:00 am
406-222-3570 • lds.org

Emmaus Lutheran Church

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

Expedition Church

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

First Baptist Church

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

Gardiner Community Church

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

Gardiner Baptist Fellowship

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

Grace Methodist Church

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

Holbrook United Methodist Church

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

Kingdom Hall of Jehovah’s Witnesses

1505 E Gallatin St., Livingston
Sunday Public talk and Watchtower 10:00 am
406-222-2012 • jw.org

Living Hope Church

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

Livingston Bible Church

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

Livingston Christian Center

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

Livingston Church Of God

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

Mountain Bible Church

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

Mount Republic Chapel

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

Mountain Springs Baptist Church

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

Paradise Valley Community Church

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

Pine Creek United Methodist Church

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

Redeemer Lutheran Church

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

The Summit Lighthouse

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

Seventh-Day Adventist Church

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

Shields River Lutheran Church

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

Shields Valley Bible Church

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

St. Andrew’s Episcopal Church

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

St. John’s Episcopal Church

8 Story Road, Emigrant
Reverend Kristin Orr
Sunday worship 8:00 am
stjohnspv.org

St. Joseph’s Catholic Church

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

St. Margaret’s Catholic Church

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

St Mark’s Church Universal And Triumphant

130 South D St., Livingston
Sunday worship 10:15 am
406-222-2675

St. Mary’s Catholic Church

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

St Paul’s Evangelical Lutheran Church

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

St. William’s Catholic Church

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

Valley Shepard Church of the Nazarene

Services are presently online.
Please call for instructions to view a service.
Reverend Christie American Horse
Livingston • 406-223-1072

Wilsall Community Church

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

United Methodist Grace Church

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

Galatians 5:13 - You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

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Community Journal

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Mark Your Calendars UPCOMING EVENTS

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

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

Mondays - Weekly

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

Tuesdays - Weekly

WEEKLY PINOCHLE at the Park County Senior Center, 206 S. Main St., Livingston. On Monday and Wednesday evenings at 6:30 and Tuesdays at 1 pm. Free for members, \$2 per afternoon game for non-members.

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

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

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

Wednesdays - Weekly

FAMILY KARAOKE NIGHT - 49er Diner at 404 E. Park Street is hosting Family Karaoke night from 6-8 pm. More info, 406-222-8204.

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

Thursdays - Monthly

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

July 6 - MASS ASCENSION OF KITES - Gather your kites and head to the Northside Park at 14th & Summit in Livingston for this family-friendly fun kite flying event. Make a wish for good winds! Brought to you by Livingston Kite Company.

July 7-10 - ELKS JUNIOR GOLF CAMP - Taking place at the Livingston Golf & Country Club, 44 View Vista Drive from 8 - 11 am. Call the golf shop for more details and to sign up, 406-222-1100.

July 7-11 - SUMMER ART CAMP WEEK 4 - Plein Air: Outdoor Landscape Painting and Drawing will take place at the Livingston Center for Art and Culture, 119 S Main Street. To register for this camp go to LivingstonCenter.org. Campers will learn the art of plein air painting and drawing outdoors, capturing the beauty of the local landscape. This camp is inspired by classic and local artists who painted in natural settings. With a local guest artist demo.

July 10 - SUMMER OUTDOOR CONCERT SERIES - Live music under the Henry Blake Pavilion at The Shane Center, 415 E. Lewis Street, starting at 4 pm when the food trucks begin and the music starts at 5 pm. This weeks featured artist is Two Tracks.

July 11-13 - 62ND ANNUAL YELLOWSTONE RIVER BOAT FLOAT - This free family-friendly 3-day float starts at the Mayor's Landing access in Livingston at 8:30 am on Friday. First day ends in Big Timber at the Otter Creek access. Saturday starts at 9 am and stops at the Indian Fort Campground access. The final day destination ends in Columbus. More information can be found on their facebook page: <https://www.facebook.com/groups/134142730656>.

July 12 - BEAVER CREEK POTLUCK - There will be a potluck dinner at Beaver Creek Community Hall, 651 Swingley Rd, at 6:30 pm. Please bring a main dish, salad, or dessert to share. The public is invited to attend.

July 12 - LIVINGSTON CLASSIC PBR presented by Ressler Chevy is set to return to the Park County Fairgrounds, 46 View Vista Drive at 7 pm. Tickets are going fast, and advance purchase is highly encouraged. Get yours now at the official website: www.LivingstonClassicPBR.com—and only from this site to ensure authenticity.

July 12 - UNITED IN LIGHT OPEN HOUSE - United In Light draft horse sanctuary at 101 Billman Lane, will have open house visiting hours from 10-Noon! (Or by appointment) The giants are excited to see you!!! We've have enjoyed several visitors that have come out to visit over the last couple weeks! Thank you for sharing your love with the gentle giants of UIL! See you all soon!!

July 12 - EMIGRANT PEOPLE'S MARKET located at 8 Story Road, Emigrant, MT 59027, on the lawn of St John's Church. Saturdays 9-1 pm. June -October, weather permitting. Locally created goods, local honey, jams and eggs, eclectic curated items. New vendor inquiry please email emigrantpeoplesmarket@gmail.com for information.

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

July 17 - SUMMER OUTDOOR CONCERT SERIES - Live music under the Henry Blake Pavilion at The Shane Center, 415 E. Lewis Street, starting at 4 pm when the food trucks begin and the music starts at 5 pm. This weeks featured artist is Swamp Dawg.

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

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FRIDAY EVENING EVENT TBD



MONTANA RENEWABLE
ENERGY ASSOCIATION

BREAK time

CROSSWORD

Puzzle #406

Montana Fun Facts!

Jordan, Montana is one of the remotest county seats in the United States. The nearest airport is 175 miles away while the nearest bus line is 85 miles away.

The Guinness World Record Association recognized the **Roe River in Montana as the shortest river in the world.** It is only 201 feet long and can be found near Great Falls.

Montana is home to one of the largest earth-filled dam in the world. This dam is the **Fort Peck Dam** located in northeast Montana.

ACROSS

1. Heidi's mountain

4. Eye woe

8. "Tell ____ About It"

11. Make waterproof

15. Caesar's twelve

16. Munch

17. Dark brew

18. Doing nothing

19. Mischievous tyke

20. Starlet's quest

21. Lived

22. Thailand, formerly

23. Overweight

25. Magician's word

27. To and ____

28. Human

30. Forest beast

31. Sunday song

32. Beginner

35. "Takin' Care of Business" gp.

37. Indian title

39. Grayish green mineral

40. Honey badger
44. Fancy light

47. Matador

48. Jar covering

49. Dill herb

50. Yodeling sound

52. Seed holder

53. Position

55. Business venture

58. Arrogant

59. White-tailed flier

60. Poetic work

61. Blended whiskey

63. Acrobat's garment

65. Reject, as a bill from Congress

68. Came in feet first

70. Fuel type

74. Terrible anger

75. Deep valley

78. Person who receives gifts

79. Guitar device

81. Dismiss

82. Shipment

84. Before, to bards
85. Offshore

86. Sweet ____

87. Hush, as a child

88. "____ America" (Gibson film)

89. Smell

90. Be wrong

91. Pot filler

92. Legend

DOWN

1. Self-evident truth

2. In-between state

3. Hamelin rat catcher

4. Campbell film

5. Yet, briefly

6. Squeal

7. Large jug

8. Anchor's rope

9. Delight

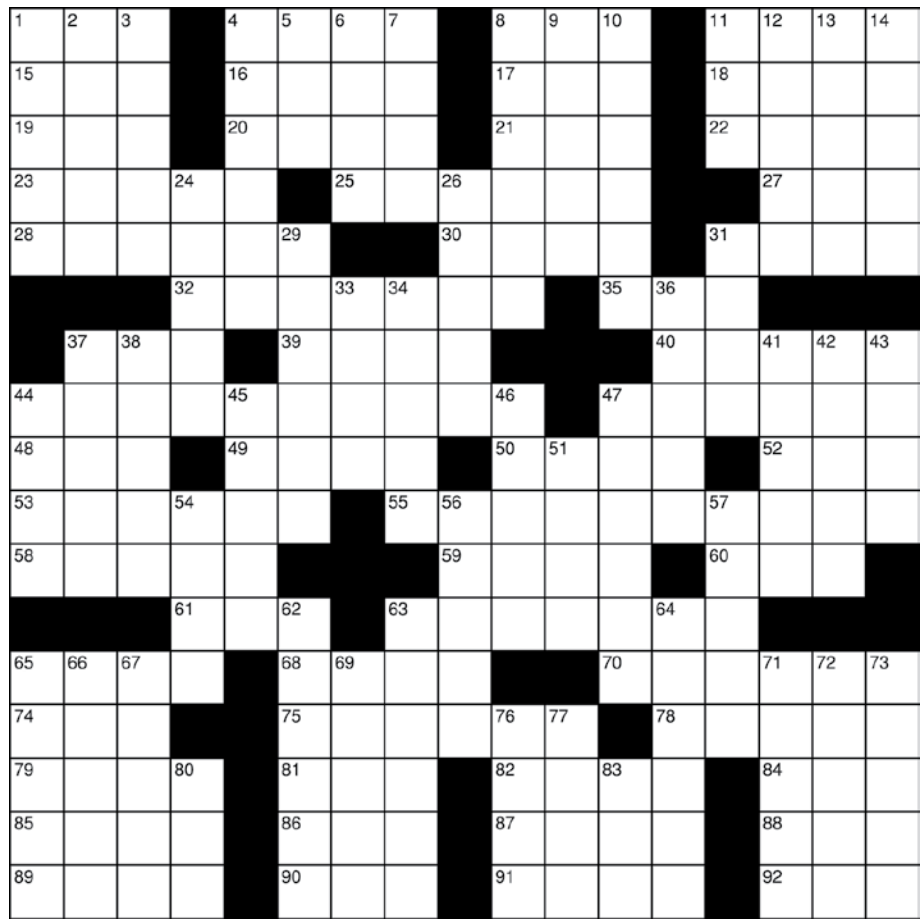
10. Soak up again

11. Female sibling, for short

12. Enlighten

13. Dream interrupter

14. Defective car



24. Dry-cleaner's concern

26. Elicit

29. Potential

31. Rime

33. Fictional account

34. Type type

36. TV's "F ____"

37. Bake eggs

38. Ham operator's item
41. Slightly warm

42. Notched

43. Ore deposit

44. Sound of a horse's hoof

45. Fine and ____

46. Of an earlier time

47. Spool content

51. Lincoln coin
54. Continental currency

56. Destitute

57. Western show

62. Flee

63. ____ algebra

64. Conundrum

65. Church deputy

66. Delete

67. Wigwam's relative
69. Not as strict

71. Move stealthily

72. Chilling

73. Suspiciously alert

76. Earthen vessel

77. Verb's counterpart

80. Hardwood

83. High, in music

Sudoku

Puzzle #141

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

Sudoku - #140

SOLUTIONS

Crossword - #405

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

PAS	STEP	RAID	ACE
ARC	EAVE	EDGY	BOG
TOR	EMIR	FAUN	EAR
EMU	DELUGE	AERATE	
NABOB	SARAN	OMIT	
	BELIEF	GAIT	
CREDIT	FRO	NODS	
PLOY	LEVEE	FROTH	
RIGLYRE	ERGO	NEE	
OMEGA	INFER	WEIR	
BRUT	RNA	LICHEN	
SHOO	SCYTHE		
TOUT	PESTO	ANKLE	
EXPOSE	TYRANT	AIL	
RES	INTO	SPAT	BAD
RYE	LEER	ESNE	ONE
YET	TRAM	TEAR	BAR



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HELP WANTED

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

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

ANNOUNCEMENT

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

HELP WANTED



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INFORMATION.**

and equipped to meet the unique needs of each student you work with. This is a wonderful opportunity to grow professionally while making a lasting difference!

Schedule: (as outlined in the board-adopted academic calendar)

- Up to 9 hours per day, Monday through Thursday Occasional Fridays
- Starting Wage: (Includes single health insurance)
- Applicant with a HS Diploma or equivalent: \$15.36
- Applicant with an Associate's Degree or equivalent: \$16.41
- Applicant with a Bachelor's Degree or higher: \$17.47

Effective: August 18, 2025

Closing Date: July 10, 2025, or until filled. For applications, please contact Danny Johnston at djohnston@shieldsvalleyschools.org or 406-578-2535. Access the Classified Application Packet at www.shieldsvalleyschools.com. Shields Valley School District is an equal opportunity employer. Job-specific training will be required as a condition of continued employment

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

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

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

Key Insurance in Livingston is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to alice@montanainsurance.net.



Come Join Our Kenyon Noble Team!

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



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

Library Board of Trustees – Volunteer Opening

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

How to Apply:

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

Mobile Crisis Response Program Manager

Do you have a passion for community mental health? The **City of Livingston, Montana**, is seeking a highly motivated, caring individual for a rewarding opportunity to serve as the Mobile Crisis Response Program Team Manager. In this role, you will support our community-based, collaborative crisis response team. This position reports to and works under the direction of the Fire Chief. The Program Manager is responsible for developing and maintaining the Mobile Crisis Response Team (MCRT) and its program. Key responsibilities include managing the annual budget, securing funding through Medicaid reimbursements and grants, and creating program policies and procedures that align with Medicaid and City of Livingston policies. Additional duties include participating in staff hiring, training, scheduling, and performance management. The Program Manager will also develop data tracking systems to produce program statistical reports and maintain clinical records.

This role requires the ability to build strong relationships and collaborate effectively with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and social service community agencies. To apply, please send the following items to HR@LivingstonMontana.org:

Sheriff Deputy

Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full time team member interested in a career

in a law enforcement capacity in service to Park County residents and visitors. Open until filled.

To apply, please download the application from jobs.parkcounty.org, print it out and submit with your updated resume and cover letter by mail to: Park County Human Resources 414 E. Callender St. Livingston, MT 59047

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

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

GIS Coordinator - IT Technician

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



HELP WANTED



WE ARE HIRING



One Full-Time or Two Part-Time Positions Available

CERTIFIED BEHAVIORAL HEALTH PEER SUPPORT SPECIALIST (CBHPSS)

To apply, please email your resume and cover letter to director@pcdropincenter.org

ANNOUNCEMENT

HELP WANTED

Walk with Christ

from page 13

was there serving God, and we were able to pray with him. He has a big heart, shown by the fact that he adopted a four-year-old girl named Grace, who was born to a drug addict, and Grace was born with four different drugs she was addicted to."

Kepler went on to talk about the Hopi Indians...

"The Hopi people are supposedly some of the oldest tribes on the planet. They have a lot of rituals and prophecies that we learned about. For me, one of the lessons that I learned from the Hopi people was to be closer to others. It's amazing how kind and generous they were."

One of the memorable things both



A group of Park County and Living Hope's Youth Group members on their Mission to Window Rock, Arizona, and the Navajo Nation. Photo courtesy of Kepler Jacobik.

Kepler and Jon spoke about was the food, particularly the Navajo traditional *Fry Bread*.

Frybread emerged from the forced relocation of Native Americans to reservations and the subsequent reliance on government-provided rations, including flour and lard. The Hopi, along with other tribes, adapted these ingredients to create frybread out of necessity.

"They made us tacos using this bread," Jon exclaimed. "Or sometimes they would serve it plain or with powdered sugar; it was awesome."

I'm constantly amazed by the kids I cover (Kepler and Jon have been featured in the Dugout on numerous occasions during its sports coverage) and how they find simple joys in life, like Fry Bread, even during the bigger moments, like a Mission.

God works in mysterious ways.

Both told me of the Christian Radio Network that the Navajo Nation had with Jon being part of the Living Hope Church team, along with Noah Craig and others who recorded radio devotional segments. The Navajo Nation is building a radio station, Jon told me, which will feature the Christian Radio Network with Navajo-spoken ministries.

Other highlights and memories from the mission...

"We did a lot of manual labor," Jon told me. "We did God's work, helping people who can't always help themselves."

And they spoke of a closeness that came from the mission, strengthening relationships with friends.

"For me, it was like being with a big family," Kepler said as Jon shook his head in agreement. "I've been coming to youth

group since I was in fifth grade, so most of the kids on the trip I knew, despite being home-schooled. Jon, I've known since third grade. It was nice to see everyone being their true selves and not feeling peer pressure to be someone they're not. Sharing our faith at night, for me, brought me closer to the group."

In my own life, I constantly wondered how I came across certain people, especially after my stroke. Or I wonder what this person or these people think about me. Even if we say, "I don't care what others think about us." We still wonder what they think about us. It's just one picture of the pride in us that focuses on ourselves. And there are many different dimensions to pride. And some people may say, "I don't care what anybody thinks about me." However, pride manifests in other ways along those lines.

Why did I choose Kepler and Jon to interview about Living Hope's mission? Because I have written about them before, I like, respect, and appreciate them, as well as their parents. Kepler was a star on the tennis courts for Park High, and Jon was on the basketball and track teams at Park, but it was his senior year of football, his only year, that had those in the know wondering what if he had played for four years.

Perhaps it was because of their walk with Christ that they are both humble when interviewed about their athletic achievements, quick to give glory to their teammates.

In a moment of self-reflection on Sunday, while discussing Manhattan Christian School and Andrew Kim, who had recently returned from a mission trip, Jon told me that the experience had helped him renew his relationship with Jesus and God.

"What struck me during the week was all the faithful people," Jon said. "The people we would meet daily all had faith, even though they lived on a reservation. Seeing God's faithfulness through them was a beautiful thing. I found myself looking around at the reservation

and for some people, poverty, and knew that with a swipe of his hand, God could make it all go away, but he sent us there to do His work and to teach us to be better, to be loving and caring."

In Matthew 5:16, Jesus tells us to live consumed by what others think about, not you, but about God. Live so that others think well of God. Live so that others give glory to God. And live so that others see your life, hear your word, observe your works, and they don't say anything about you. They give glory to God.

This is *humility*. To live in such a way that your light shines before others.

Kepler Jacobik and Jon Durgan represent such humility.

Kepler's goal of becoming a Missionary pilot, she shared, was ramped up during the trip; her dream came alive for her.

Jon may have found his life's calling as a result of being on the Navajo mission. He planned on attending MSU to major in Special Education, and he still will. Yet he heard God calling him to a greater purpose upon graduation, to become a teacher and coach at the Navajo Nation Reservation.

Living Hope Church sent 28 kids to the Navajo Nation, where, together, they made a difference in many lives and, along the way, may have changed their own.

To see more pictures of the Living Hope Church Mission Trip and to read a daily diary, visit <https://www.livinghope.church/navajo-mission-journal>.

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



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Robin Nelson | 406-600-9034



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Baylor & Carolina Carter | 406-223-7903



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#401553 | \$1,650,000
Theresa Coleman | 406-223-1405



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#401505 | \$889,000
Julie Kennedy | 406-223-7753



416 N 3rd Street
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#403314 | \$579,000
Deb Kelly | 406-220-0801



1320 Wineglass Lane
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#400460 | \$399,900
Baylor & Carolina Carter | 406-223-7903



22 Boyd Road
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#401769 | \$1,575,000
Julie Kennedy | 406-223-7753



1007 E Geyser Street
2 beds 2 baths | 1,584 sq ft
#402047 | \$649,000
Julie Kennedy | 406-223-7753



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



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



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

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**JULY 12
2025**

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SHOW 7:00PM
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