

Crafted for Comfort.  
Built to Last.

POLYWOOD

LIVINGSTON • BOZEMAN • BELGRADE



# FREE Park County Community Journal

Serving Livingston, Emigrant, Gardiner, Clyde Park, Wilsall & Cooke City Week of June 15, 2025

## An Unforgettable Night of Bulls, Riders, and Montana Big Sky Excitement with the Livingston Classic PBR

One of Montana's most anticipated summer traditions is back! The Livingston Classic PBR (Professional Bull Riding) presented by Ressler Chevy is set to return to the Park County Fairgrounds at 46 View Vista Drive on Friday, July 12th at 7 pm. It promises another night of adrenaline-pumping action, community spirit, and Western pride.

A fan favorite for years, this event is a must-see for rodeo lovers, thrill seekers, and families alike. Thirty-five of the toughest bull riders on the Professional Bull Riders (PBR) tour will go head-to-head with some of the rankest bulls in the business—brought to Livingston by none other than Cord McCoy and Blake Sharp, reining and two-time PBR Stock Contractor of the Year.

This event is for everyone—from lifelong ranchers to weekend fly fishers just getting off the river. Whether you come decked out in your best cowboy gear or roll in wearing whatever's still dry from your float trip, you'll fit right in. It's family-friendly, a perfect date night, and an ideal outing for anyone looking to experience the heart-pounding excitement of professional bull riding under the Montana sky.

Tickets are going fast, and advance purchase is highly encouraged. Get yours now at the official website: [www.LivingstonClassicPBR.com](http://www.LivingstonClassicPBR.com) — and only from this site to ensure authenticity.

Don't miss your chance to be part of one of the biggest events of the summer. Livingston Classic PBR is back—and it's going to be one for the books!



## Come Shop Park County Vendors at the Gallatin Valley Farmers Market, Now Open for the 2025 Season

The Gallatin Valley Farmer's Market (GVFM), hosted at the county fairgrounds (located at 901 N. Black Ave) in neighboring Bozeman, will kick off the 2025 season on Saturday, June 14th. This year, 15 vendors from Park County have registered to participate each Saturday from 9 am to 12 pm through September 13th, excluding July 12th and 19th—during the Gallatin County Annual Fair.

Independently organized in 1971, the market was created as a space for farmers and crops people to peddle produce, since evolving to include arts and crafts, live music, and food trucks, including fresh coffee and kettle-cooked popcorn.

The market is hosted by Career Transitions



**Tony Crowder**  
Managing Editor

(CT), a local non-profit based in Belgrade tasked with workforce and human resource development through various employment and educational programs—HiSET preparation and examination (the High School Equivalency Test, similar to the General Education Development program, commonly referred to as the GED), Commercial Driver's Licensing (CDL), career coaching and financial education. The overall mission of the organization is to promote self-sufficiency.

The farmers market, says newly hired manager Avery Helgeson, is a platform for small business owners to break into the larger marketplace in a low-cost, family-friendly environment—promoting independence and entrepreneurship within the community. Helgeson, who originally relocated to Gardiner in 2020, is the third market manager since Career Transitions was selected amongst several non-profit organizations to oversee the market in 1995, replacing Sarah Brandhorst, who succeeded Kristi Welch in 2020.

Supervised by Executive Director Jennifer Sipes, Helgeson, two market assistants and a small team of volunteers operate the market each weekend, which now includes roughly 150 vendors (not including weekly lottery vendors) from Bozeman, Belgrade, Three Forks, Manhattan, West Yellowstone, White Sulphur Springs, Big Timber, Wilsall, Emigrant, Pray and Livingston—some who have consistently attended the market for nearly 50 years.

Four of the fifteen vendors hailing from Park County raise livestock and crop to earn their living at the Gallatin Valley Farmers Market. Ripe produce grown locally is reaped sometimes daily in places like Livingston—transported to Bozeman before dawn for distribution at the market each Saturday. Rows of tables are lined with lush micro greens, corn and soy-free eggs, freshly cut flowers, and pasture-raised animal products—processed along



Fleshman Creek or harvested in the Cokedale community.

Kira Jarosz from Black Dog Farms, an operation located just four miles northwest of Livingston, has attended the GVFM since 2018. Jarosz and her husband have been farming since 2017 and employ a small team of four assistants to help raise livestock and process animal products—primarily chicken, pork,

[See GVFM, Page 2](#)

Authorized Hearing Aid Dealer for:  
Unitron, Phonak, Starkey, Signia & Oticon

**CALL OR STOP BY TODAY!**

**406-333-2547**  
615 W. Park St. • Livingston, MT

**Most Insurance Plans Honored**

**OPEN:**  
Mon.-Fri.  
9:00-5:00

We Accept  
MasterCard, Visa, Discover

### TESTIMONIAL

**Harold & Pat Stewart, Livingston**

Dan originally set up our hearing aids so we could hear and understand Great. But we've had them for 4 years now and hearing aids need ongoing professional maintenance from time to time. Marge and Dan are always **Johnny on the Spot** with our follow-up visits and service. A couple of times when we couldn't get in to the office they came by the house! We always know we're going to have good service from BEAR HEARING because we know Marge and Dan Care.

- ✓ **Highest Quality Products!**
- ✓ **Experience!**
- ✓ **Service!**
- ✓ **Great Savings!**
- ✓ **And We're Local!**



Index



**The Griz are National eSport Champs**  
**Park County Dugout - June 2025** ..... 6

**Obituaries** ..... 2  
Larry Lew Bradley

**Community** ..... 3  
Team River Runners *by Tony Crowder*  
Shields Valley Upcoming Events  
The Griz are National eSport Champions ..... 6  
Livingston HealthCare-Perception Project  
WHY ELSE LIVE? *by Joyce Johnson* ..... 7  
Financial Focus *by July Hardesty* ..... 9  
Livingston's City Manager News  
SOCS Presents Tsunami Funk  
Seeking Judges-PC 4-H/FFA Fair ..... 11  
Park County News  
National Fishing Day Liv Farmers Market .... 16

**Health & Wellness** ..... 4  
I Have an Oil fot That-SuperMint  
Your Ageless Wellness Column

**Foody** ..... 8  
Rhubarb-the Pie Plant  
Recipe Corner *by Carla Williams*

**Arts & Entertainment** ..... 10  
Blue Slipper Theatre-wasted  
Montana Regional Ballet Workshop

**Calendar of Events** ..... 12

**Break Time** ..... 13  
Montana Fun Facts!  
Crossword/Sudoku/Kids Zone

**Classifieds** ..... 14



**Park County Community Journal**

Steph & Joel Martens, Publishers  
Tony Crowder, Managing Editor  
Denise Nevin, Sales Manager  
Jill-Ann Ouellette, Staff Writer  
Jacob Schwarz, Photographer

Nurse Jill, Columnist  
Joyce Johnson, Columnist  
Shannon Kirby, Columnist  
Lois Olmstead, Columnist  
Dalonda Rockafellow, Columnist  
Scott Rosberg, Coach's Corner  
Jeff Schlapp, Contributing Writer  
Carla Williams, Recipe Corner

PO Box 1851, Livingston MT 59047  
406-220-0919 • pccjournal.com •  
email: community@pccjournal.com

Published weekly on each Sunday of the month.

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

We gladly accept the following cards:



All rights reserved by the publishers. Reproduction in any form, in whole or in part, without our written permission is prohibited.

The views, thoughts, and opinions expressed in The Park County Community Journal, including articles, Letters to the Editor, Opinion, OP-ED or user-generated content, are solely those of the individual authors and do not necessarily reflect the official policy or position of The Park County Community Journal.

Any content provided by our contributors, or users is their opinion, and they are responsible for the accuracy, completeness, and validity of their statements. The Park County Community Journal does not guarantee the accuracy or reliability of any opinions expressed in the content.

The Park County Community Journal is not liable for any content that may be considered offensive, inappropriate, or inaccurate.



April 24, 1941

Larry Lew Bradley

June 5, 2025

Larry Lew Bradley, a devoted family man, lifelong educator, and faithful member of his church community, passed away peacefully on June 5, 2025, at the age of 84.

Born in South Dakota on April 24, 1941, Larry came into the world alongside his twin sister, tied for the youngest of 13 children in a large and loving family. His early years shaped a deep sense of commitment, humility, and compassion that remained constant throughout his life.

Larry married the love of his life, Glenda, and together they raised two sons, Robert (45) and Benjamin (43). Their marriage was filled with love, shared values, and a strong foundation in faith, family, and education. Though Glenda passed before him, Larry honored her memory daily with quiet grace and strength.

A lifelong educator and middle school principal, Larry was passionate about nurturing young minds and building strong, supportive communities. His dedication to education took him and his family on enriching adventures, living and working in places like Indonesia and

Barrow, Alaska. These experiences reflected Larry's belief in learning, openness to the world, and sense of adventure.

Larry's Christian faith was central to his life. He was an active member of his church, finding meaning and connection in Bible study, service, and fellowship. Whether through volunteering, teaching, or simply being there for someone in need, Larry's kindness left a lasting mark on those around him.

He was a loving and involved grandfather who lived close to his grandchildren; Mark (18), Sean (14), and Lily (11). Larry found great joy in watching them grow and being a steady presence in their lives.

He will be fondly remembered for his warm demeanor, gentle humor, deep love of chocolate, and his signature habit of keeping a black comb in every suit jacket. He was always prepared and always thoughtful.

Larry is survived by his sons; Robert and Benjamin, and his grandchildren, who carry forward the values and love he instilled in them.

His legacy of service, faith, and family



will live on in all who knew and loved him.

A graveside service will be held at Mountain View Cemetery in Livingston, Montana, at 1 pm on June 17th where Larry will be laid to rest beside his beloved wife, Glenda.

To offer condolences visit [www.franzen-davis.com](http://www.franzen-davis.com).

GVFM

from page 1

duck and eggs. Apart from attending local farmers markets, they supply meat and eggs to restaurants such as Campione in Livingston and Little Star Diner, a farm-to-table establishment located in Bozeman.

Regarding the Gallatin Valley Farmers Market, Jarosz says, "It's always been a great market, and it just gets better every year. I am always amazed at the variety of food Montana farmers are producing. It's really amazing considering our climate. You can for sure buy all of your groceries at the market."

Market member Borrowed Acre Produce, managed by Julie Serafin, is a small operation based in Livingston. Originally from Santa Fe, New Mexico, she relocated to Montana in 1999 and began attending the GVFM just one year later. Serafin, who started farming in 1996 on a single acre of borrowed land, grows a wide-variety of produce in limited fashion—

lettuce, kale, spinach, radish, beets, carrots, tomatoes, peppers, broccoli, garlic, onions and other vegetables, all raised on a one-acre plot. Serafin oversees the operation—what she's taken to calling a boutique garden—with assistance from her two sons, who mostly help with manual labor.

Serafin also attends the Livingston Farmers Market every Wednesday at Sacajawea Park and sells maple syrup—sourced directly from her husband's home state of Vermont.

When asked about her experiences at the GVFM, Serafin said, "I've participated in the market for 25 years. It's run very well. Bozeman has great clientele interested in quality food. They're willing to come out every week to support the farmers."

Miller Farm and Willow Bend Produce, vendors based in Livingston, are also registered at the market, offering all-natural pork and a variety of produce, amongst other items.

Arts, crafts, and specialty foods vendors from Park County include Cauda Pavonis Jewelry, Adom Designs, Beanpod, DANGLESby-JAC, Marshall Pottery, Little Red Hobby Farm, Paradise Perk, Ruthless Roasting, T Designs and market-favorite Daisy Donuts. These attendees provide a number of commodities to enhance the markets offerings, including but not limited to coffee, pastries, wool products, custom designed hats, artwork, other craft goods and more.

Though unbeknownst to most, the GVFM also serves as the primary fundraising mechanism for Career Transitions. In her new role, Helgeson has been charged with elevating

awareness about how funding earned through the farmers market is used to support programming at Career Transitions, amplifying social media marketing and devising strategies to solicit monetary contributions from the community to achieve this goal—crucial given the CDL program's recent struggles, as well as rising rental costs at the Gallatin County fairgrounds. Rather than increasing vendor fees, Helgeson and her team are seeking support from the community.

"We want keep the market accessible for merchants and farmers while offsetting inflation and the rising cost of living," says Helgeson.

In the past, donations have been accepted though not required for admission to the market. Moving forward, patrons will be encouraged to donate at least one dollar at the entrance to help Helgeson and Career Transitions achieve weekly fundraising goals.

Helgeson recently initiated a new sponsorship program, partnering with local businesses whose missions align with Career Transitions

and the farmers market. These businesses make sizable donations in trade for a booth at the market to do outreach and education.

The Phoenix Garden Center (formerly Gallatin Valley Garden Center), for example, a plant nursery in Bozeman, offers horticulture classes for aspiring gardeners. For small business owners

seeking financing, Clearwater Credit Union will provide financial education. Others include Outside Bozeman, Moonlight Productions and Blackwood Groves, each of which aim to promote community engagement in some aspect



through their respective business models.

GVFM also became one of seven farmers markets in the state to receive a miniature grant awarded by Harvest of the Month, a non-profit program dedicated to providing education on locally-grown produce native to Montana, typically featuring one produce item per month—initially, in school-settings, yet recently adapted to farmers markets as Harvest of the Week. Grant funding will be used to implement the program at GVFM, highlighting vendors who grow and sell produce items featured weekly—a ripe example of how the market remains dedicated to celebrating farmers. Recipe cards with fun facts about various produce items will be available to market customers each week.

The Gallatin Valley Farmers Market is a stalwart for the agricultural community, giving priority to produce vendors and animal farmers who rely on it to maintain their livelihood. According to Helgeson, 30 to 40 percent of vendors fall into this category and are given preference over arts and crafts dealers (many of whom merely supplement their income by participating in the market) on the waitlist and for placement. You too can support this community most Saturdays this summer at the Gallatin County Fairgrounds from 9 am to 12 pm.

For more information about the market, such as weekly lottery registration, please contact Avery Helgeson at [avery@careertransitions.com](mailto:avery@careertransitions.com).

  
**Franzen-Davis Funeral Home**  
Funeral Home, Crematory & Monument Company

**Area Deaths**

Elisa Stowell, Kristine Courchene, Loren Barker,  
Sandra Hillman, Sharon Punke, Larry Bradley,  
James Anderson, Earlyn Sherwood, Cynthia Duncan

*Our dedicated staff is devoted to serve the families of our community with honesty, integrity, respect and compassion.*

**406-222-2531**

118 N. 3rd Street / P.O. Box 638, Livingston, MT 59047

Website: [www.franzen-davis.com](http://www.franzen-davis.com)

Email: [franzen-davis@franzen-davis.com](mailto:franzen-davis@franzen-davis.com)



# Team River Runners

Team River Runner, a nationwide veteran's organization with chapters in several states, is hosting the **21st annual Pig Roast fundraiser** on Saturday, July 19th from 6 to 10 pm at the Emigrant Outpost, located at 70 Murphy Lane in Emigrant. Proceeds from the event will be used to fund the Outta Sight Clinic, a weeklong workshop for blind, visually impaired and amputee veterans to learn whitewater kayaking with direction from veteran instructors.



**Tony Crowder**  
Managing Editor

experience a sense of camaraderie with fellow veterans. Veterans will be staying in Gardiner at the Yellowstone River Motel during the clinic.

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. Raffle tickets will be sold for \$20 each or six for \$100 and are available for purchase before and during the event. The silent auction will include a Winchester XPR 270mm, donated by Amy Gray from Whistler Towing and valued at \$759, as well as a metal laser print portrait from C. Thomas Hoff at Wild West Gallery in Gardiner valued at \$1,000.

Other event sponsors include The Murray Bar, Sage Lodge, Ace Hardware, Kenyon Noble, Murdochs, Whiskey Creek, Foodworks and Matt's Old Fashioned Deli, the latter of which will be providing sandwiches during the clinic.

"Special thanks to the veterans and volunteers for their service and camaraderie. They're amazing. It's nice to see people with disabilities overcome," says fundraiser coordinator Deborei Lyn, who has been involved with the event for 10 years.

On behalf of Team River Runner, Lyn expresses gratitude for Whistler Towing, Sage Lodge and Chuck Tanner, chef & owner of the Emigrant Outpost.

Please join Team River Runner at the annual Pig Roast fundraiser in a show of support for veterans on Saturday, July 19th.

For more information or to donate an auction item, please contact Deborei Lyn at 678-373-7005.



From July 14th to July 20th, ten participants and fifteen team leaders, all of whom are veterans, will kayak down the Yellowstone River through Yankee Jim Canyon in the Custer Gallatin National Forest. Led by event coordinator and team leader Celiann M. Gonzalez, participants will first train at the dredge and receive instruction from fellow veterans, primarily relying on auditory cues for guidance.

The clinic is an opportunity for veterans to learn new skills, become physically active and



## SHIELDS VALLEY **Upcoming** EVENTS

### Farmers Market

**Date:** June 30th from 4:30 to 7 pm

**Location:** Holliday Park in Clyde Park

**Food:** Crazy Mountain Catering

**Music:** Tyler Potter & Last Minute Surprise

**Kids Activity:** Bicycle Parade

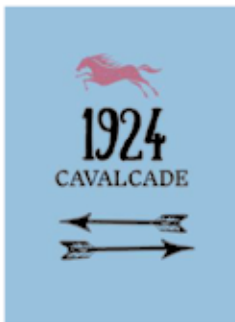
**Sponsor of the Week:** Crazy Mountain Catering

for another great season beginning June 30th. The market will include music, kids activities, and a different food truck each week. The location alternates in Wilsall at Veteran's Park. More details to follow soon.

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

Mark your calendar! The Shields Valley Farmers Market is gearing up

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



May 2025

Dear friends,

The rich history of native American culture in Park County has been on a murmured pause for many years. During the 2024 100-year anniversary of the first Livingston, Roundup and Parade, that cultural silence was broken.

We had the honor of the Crow Nation accept a much-anticipated invitation to grace not only 2nd of July Parade in Livingston but opening the Livingston Round Up Grand Entry. They were such a crowd favorite that they won a beautiful trophy. They were also a crowd favorite of the Dirt Road Parade in Pray Montana on July 4th.

2025 brings us the opportunity for them to join us again! Our friends have agreed to come, in full regalia. What a treat.

With the cost of travel expenses of coming to such a distance, we are reaching out for contributions to help offset this burden. 1924 cavalcade has created 501c3 for those of you who would like to participate in such a cultural bridge.

We are asking the community to assist in offsetting the costs for their journey. A goal of \$9500 has been established to cover expenses.

Your financial contribution is much appreciated.

Make checks payable to:

**1924 Cavalcade**  
Box 45  
Emigrant MT 59027

In appreciation,  
**Martina Real Bird**, Co-chair  
**Lorna Marchington**, Co-chair  
1924 Cavalcade

1924 Cavalcade | box 45 | Emigrant MT 59027



**Thursdays in June & July**  
**5-8 pm**

**JUNE 5**

**The Fossils**

**JUNE 12**

**John Roberts y**

**Pan Blanco**

**JUNE 19**

**Tsunami Funk**

**JUNE 26**

**Bo DePeña Trio**

**JULY 3**

**www.Twang**

**JULY 10**

**Two Tracks**

**JULY 17**

**Swamp Dawg**

**JULY 24**

**Release the Squirrels**

**JULY 31**

**Tom Catmull Trio**

sponsored by

Marcia McCrum  
in Memory of  
Bliss McCrum

Livingston  
HealthCare  
Billings Clinic Affiliate

MFT  
Mighty Fine Time  
LIVE EVENTS

YELLOWSTONE  
Valley Lodge & Grill



**BRING YOUR OWN CHAIR!**  
Food Trucks & Concessions Available

Expanded bicycle parking onsite.  
Additional vehicle parking  
available at Lincoln School.

theshanecenter.org  
415 EAST LEWIS ST, LIVINGSTON



# I have an oil for that

by Dalonda Rockafellow  
doTERRA Wellness Advocate



## Essential Oil Spotlight: SuperMint

Packed with the power of nature and carefully crafted to support your overall well-being, SuperMint is your go-to solution for a variety of common ailments and everyday struggles.

**SuperMint** is a doTERRA blend that is made up of a variety of mint essential oils including, Peppermint, Japanese Peppermint, Bergamot Mint and Spearmint. It is a powerfully refreshing blend

that is clean and crisp and has an energizing and invigorating aroma.

Combat **foggy thinking** and **mental fatigue** with SuperMint's refreshing aroma. Create an uplifting environment that is ideal when dealing with mental unclarity. Try this: Inhale the crisp scent straight from the bottle or add drops to a diffuser with water. This will awaken your senses and boost concentration helping you power through your busiest days.

Say goodbye to **aches** and **pains** with SuperMint's extensive relief formula. From headaches, and muscle aches

to congestion and coughs, SuperMint tackles it all. Try this: Make a roller bottle of SuperMint and fractionated coconut oil (FCO) and apply to where it hurts. For coughs and congestion, add a couple drops to a little bit of water then gargle and swallow. SuperMint will provide you with the comprehensive relief you need to move forward.

Ease **digestive discomfort** and upset naturally. Whether it's stomach discomfort, bloating or indigestion, SuperMint will soothe and provide gentle relief, promoting digestive support and wellness and restoring balance to your gut. Try this: Apply a roller bottle directly to where your discomfort is or add drops to water or a veggie cap and swallow.

SuperMint isn't just for physical ailments—it's your ally in **emotional health**. Feel stimulated, motivated and ready to take on the world with SuperMint's uplifting aroma. Bid farewell to feelings of defeat, gloominess and struggle. Try this: Add drops to your hands, cup your nose and inhale for 3-5 deep breaths. Repeat, if necessary.

Get creative with SuperMint by trying these DIY recipes:

**Diffuser Blend:** Add 3 drops SuperMint and 3 drops of your favorite citrus essential oils for an invigorating aroma that will refresh your space and lift your spirits.

Try this: 3 drops SuperMint  
3 drops Wild Orange

**Breath Spray:**

3-5 drops SuperMint  
Distilled or Filtered Water  
Add SuperMint to a small glass

spray bottle. Fill with water. Shake gently and spritz in mouth for a refreshing burst of flavor.

**Hot Cocoa:**

Add 1-2 drops of SuperMint blend into your hot cocoa and stir. Enjoy

Experience fast-acting relief whenever you need it most with SuperMint. Whether you're dealing with shortness of breath or a sudden headache, SuperMint offers quick relief, allowing you to get back to feeling your best in no time. SuperMint is here to help you live your best life, everyday.

Along with the essential oil blend, it is available in beadlet form for convenient internal use on-the-go. There is also SuperMint touch, which is prediluted

with fractionated coconut oil for easy topical application. Good luck in your journey and reach out if you have any questions or if

I can help in any way!!

*Dalonda Rockafellow has been using and educating about health and doTERRA essential oils for 10+ years. She maintains a website and has an active Facebook page; Lavender, Lemon & Learning that she uses to keep people up to date on the benefits of using CPTG (Certified Pure Tested Grade) essential oils for their health and well-being. You can contact her at dalonda@bigskyoils.com or mydoterra.com/dalondarockafellow or text 406-220-4449.*

*Are you interested in receiving a monthly email to learn more about essential oils? If so, contact me at one of the above suggestions and I will get one sent out to you.*

**the main print shop**  
GRAPHICS • PRINTING • SOLUTIONS  
business cards - large format printing  
post cards - mailings - photos - envelopes  
invoices - binding...and so much more!  
406-333-2191 • themainprintshop.com  
orders@themainprintshop.com  
108 N. Main St., Livingston, MT 59047

**NOW SHOWING**

**SHOWTIMES**

**HOW TO TRAIN YOUR DRAGON**  
Friday, June 13th - Thursday, June 19th  
4:30 pm and 7 pm

**THE UNHOLY TRINITY**  
Friday, June 13th - Thursday, June 19th  
4:15 pm and 7:15 pm  
SUNDAY 15th ONLY 7:15 pm

**MIGRATION**  
Wednesday, June 18th  
1 pm ONLY

**MRS. DOUBTFIRE**  
Sunday, June 15th  
4:15 pm ONLY

106 North 2nd Street  
Livingston, MT  
406-222-0111  
livingstonmovies.com

**Empire THEATRE**

**D&D West Greenhouses**  
Livingston, MT

**We are having a HAIL of a Perennial Sale**  
(due to hail storm last week)

**TOMATOES ARE IN!!**  
Heirlooms, cherry and slicing tomatoes!

OPEN MONDAY THRU SATURDAY, 10AM TO 6PM • CLOSED SUNDAY'S  
HIGHWAY 89 SOUTH • DDWESTGREENHOUSES.COM • 406-224-9880

**EVERYTHING YOU NEED IN ONE CONVENIENT LOCATION**

10:00AM - 12:00AM  
7 DAYS A WEEK

128 S. MAIN STREET  
406-222-7480

**The Office MONTANA**

**EAT\*DRINK\*PLAY\*SHOP**





# Your Ageless Wellness Column

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

## Part Six: Re-Membering Ourselves—"Know Thyself"



It is a philosophical maxim that emphasizes the importance of self-understanding and self-awareness. It originated in ancient Greece, specifically as an inscription at the temple of Apollo in Delphi. Socrates famously adopted it, believing that self-knowledge is the foundation of wisdom.

It may be the most important directive in human history.

But how can we know ourselves—truly—when parts of us have been scattered, ignored, or forgotten along the way?

This is the quiet tragedy of modern life; we are dis-membered, fragmented, pulled in a thousand directions by duty, distraction, survival, family responsibilities, career demands, cultural expectations, and in the process, vital parts

of who we are get left behind.

That creative spark, the love of art or music, the curiosity that used to get us in trouble—but also led us to beauty. The childlike wonder, the voice that wanted to sing, to dance, to explore.

Gone? No—just tucked away.

It's no coincidence that when schools face budget cuts, the first programs to go are art, music, and physical education. The things that nourish the soul, the body, that creative spark—labeled as "non-essential." And so, from early on, we're taught to forget the very parts of us that make us whole.

But now—in this stage of life (the golden years) we are blessed with something rare: Time.

Time to Re-member. To literally re-assemble the parts of ourselves that were left behind.

Funny how language can be... at first glance the words, remember and recollect, would be thought of as "well, I can't remember where I put that thing" or "I have no recollection of that," simple mental things we tend to shrug

off or are flippant about. But, as in many cases, if one looks deeper at words, one may find more valuable insights.

For example: remember (re-member) would indicate that while once whole, something happened to cause a dis-memberment, something lost or possibly taken from us. To recollect; (re-collect), would also indicate that we were once whole but then there was a fragmentation, and the realization of that triggers us to the need to re-member, to re-collect these lost things.

These aren't just words about memory. They are words about healing. Humanity itself, (as a whole), is and has been fragmented. We have forgotten who and what we are.

We are not just forgetful. We are recovering from a kind of soul-amnesia, a forgetting brought on by pain, pressure, or programming. And perhaps that forgetting wasn't accidental. Perhaps, by design or trauma, we've been encouraged to forget our wholeness.

So what now?

Now, we begin to Re-member. To Re-collect. To become again what we always were.

Ask yourself:

- What part of me have I forgotten?
- What brought me joy before the world told me to be serious?
- What small passion have I put aside in the name of practicality?

And most of all:

- What do I want to Re-member now?

Your wellness journey isn't just physical. It's a return to your wholeness. Not becoming someone new. But reclaiming who you've always been. And that, perhaps, is the truest form of healing there is.

Want Support?

At **The Hub**, we believe wellness includes how you move, how you eat, and how you think. If you'd like help starting that shift toward a healthier mindset and stronger body, we're here for you. For more information, contact **Garrick Fulmer-Faust, CPT, Certified Life Coach**, Executive Director of The Hub at the Park County Senior Center located at 206 S. Main Street in Livingston. Call 406-333-2276 or email him at [garrick@parkcountyseniorcenter.org](mailto:garrick@parkcountyseniorcenter.org).






**CROP PROTECTION Supplies & Services**  
(Aerial & Ground)

**CALL US TODAY!!**  
**406-220-4980**

1024 Prairie Drive  
Livingston, MT 59047

[alpine49mark@gmail.com](mailto:alpine49mark@gmail.com)  
[www.alpineagservices.com](http://www.alpineagservices.com)



**Natural Life News!**

Subscribers Can Download or Print or View the Complete Issue Online.

It's full of links for deeper digging...

**Highlights from Our May-June '25 Issue**

**What's with All the POLARIZATION?**  
*What in the World Is Happening?*  
Cher Gilmore, for Share International



**WE ARE HIRING!**




**LOOKING FOR A PREP/APPLICATOR FOR RHINO LININGS. REQUIRES PHYSICAL LABOR. \$20/HOUR DOE NO PREVIOUS EXPERIENCE NECESSARY, TRAINING AVAILABLE.**

**STOP BY 320 1/2 N. MAIN STREET AND SPEAK WITH HELENA FOR MORE INFORMATION.**



**Rhino Linings**  
of Livingston

320 1/2 N. Main St. Livingston, Montana  
406-222-0815



**Ozempic®—a Natural Alternative?**  
Boosting the **GLP-1 HORMONE** w/o Side Effects!  
Crystal Maceira, CBP, LMT, MH  
[PositiveLifeChange.info](http://PositiveLifeChange.info)

**Subscribe at**  
**NaturalLifeNews.com**  
**It's FREE!**



**NATURAL LIFE NEWS**  
Go to Home Page



# The Griz are National eSport Champions

## UM Video Game Team Scores National Championship

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

**MISSOULA** – Grizzly Esports at the University of Montana recently leveled up with its first team to win a video game college national championship.

The five-member UM squad competed in League of Legends, a strategy game in which two teams of powerful champions face off to destroy each other's base. Players choose from among 140 champion varieties who work together online to secure kills and take down towers as they battle their way to victory. The multiplayer game boasts 120 million monthly users.

UM won the championship on May 6th, competing in the National Esports Collegiate Conference organization. NECC hosts competitions for 500 participating colleges.

"This is the first time in the history of our program we had a top win at the national level," said Cale Patenaude, the UM esports assistant director. "Our team went undefeated during the regular season and then in the NECC West Conference playoffs. They were then selected for nationals based on that performance—and our guys just kept winning."

The team didn't travel to nationals. Instead, they completed online in UM's Esports Arena, located in the University Center. All matches were streamed on UM's esports Twitch channel.

National champion team members are:

- Andrew "MrPredator" Dinh, a freshman in music education from **Great Falls**.
- Dean "ReplayDK" Klakken III, a senior in game design and interactive media from **Florence**.
- Dylan "OGRE RI GAP" Nguyen, a freshman (undeclared) from **East Helena**.
- Logan "UMT Dapuppy" Richardson, a junior in human biological sciences from **Pleasanton, California**.

- Jace "Krauuuunk" Thomas, a sophomore in psychology and pre-law from **Bozeman**.

Patenaude believes team members won it all by playing well together, building one another up, capitalizing on individual talents, and strategically covering up individual weaknesses.

"It's what a real team needs to do," he said. "They pick each other up and lift each other up. We couldn't have done it without Dean's amazing leadership and the team's willingness to grow, adapt, and build resilience, showing that in the face of adversity, they can overcome."

Team chemistry came together quickly. Patenaude said the champions only practiced together for about four hours with actual games and scrimmages. They also spent about three hours studying gameplay videos. Additionally, team members spent several hours playing solo on the ranked ladder of League of Legends.

"I think we won because we came together, played, and focused on communication over micro plays," said Klakken, the team captain. "It was never about who made a mistake. It was about how we could get better, and we tried to look at everything from a team perspective."

Grizzly Esports officially launched in 2019 and now has 120 students on active rosters competing in various game competitions across different conferences. Patenaude said the organization provides a supportive community for gamers at UM, crafting an environment where academics are emphasized, and students are encouraged to support one another. The team also fundraises for a variety of charitable causes, such as Can the Cats and Extra Life.

"While we don't focus on winning or push our players to be the most competitive, our environment invites natural growth and winning," Patenaude said. "We do this by supporting each player, finding the right teams, and giving them room for growth."

Grizzly Esports also provides \$1,000 scholarships to 50 UM students annually. Ten

scholarships are distributed at each grade level from freshmen through graduate students.

"This win is really special because it shows the work we put into the program, our players and our community can turn out results like winning a national title," Patenaude said.

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



## Livingston HealthCare to Share Results From Community Perception Project

Livingston HealthCare and the Livingston HealthCare Foundation recently completed a community feedback initiative that involved more than 1,000 participants.

The organizations will host "Survey Insights: Your Voice, Livingston HealthCare's Future," a community gathering to share the summarized findings and priorities moving forward. The public event will be held on Wednesday, June 18th at 5:30 pm at Livingston HealthCare's Hagemeyer Conference Rooms. All are welcome to attend. Cafe Fresh will provide complimentary refreshments.

"We appreciate everyone who took time to participate and look forward to sharing what we learned and our priorities moving forward," notes Bruce Whitfield, chief executive officer of Livingston HealthCare.

Under guidance from the Livingston HealthCare board of directors, chaired by Lee Kinsey, and the Livingston HealthCare Foundation board of directors, chaired by Joey Lane,

the community feedback initiative included a community-wide survey, an employee survey and one-on-one conversations.

### About Livingston HealthCare

Livingston HealthCare is a locally-owned and locally-governed not-for-profit community healthcare provider. Designated as a Level 4 Community Trauma Facility, Livingston HealthCare also offers a 25-bed critical access hospital, a multispecialty provider clinic, rehabilitation services, and home-based services. Livingston HealthCare and its patients have access to an extensive network of specialty services and medical research. Visit [LivingstonHealthCare.org](https://LivingstonHealthCare.org) for more information.

### About the Livingston HealthCare Foundation

The Livingston HealthCare Foundation's mission is to advance the health and wellness of the community by financially supporting the programs, services, and capital equipment needs of Livingston HealthCare. More information available at [LHCFoundation.org](https://LHCFoundation.org).



## WOLF'S MERCANTILE

LIVINGSTON, MONTANA

A UNIQUE HOME DÉCOR & GIFT STORE

OPEN EVERYDAY 9AM-7PM  
SUMMER HOURS: 9AM-9PM

Curated home décor, cowhide, leather goods, clothing, candy, gifts & more.



106 South Main St. Downtown Livingston

406-333-2412

@WOLFS.MERCANTILE

## ROCKY MOUNTAIN DESIGN INTERIORS



FURNITURE • RECLINERS  
ACCESSORIES

[www.rockymountainindesign.com](https://www.rockymountainindesign.com)

M-F 9-5, SAT. 12-4

601 W. PARK ST. • 406-222-6292



# WHY ELSE LIVE?

## The Great Garage Sale and Senior Dog Adoptee Number Two!

by Joyce Johnson



**H**i friends! Hardly even awake yet this morning, I cracked an egg open and it missed the pan so the slime escaped evilly down between the stove and counter. How, I ask you reader, does one catch a runaway, raw egg? I knee jerk tried to grab it of course: Arrgghh! Bleah! Grrr! Wish I had bought that length of plastic designed for and that covers that narrow space for just this kind of goof. I quickly wrapped a long, thin knife in a paper towel and slipped it between to catch the slime best I could and sorta swiped it upwards and out. Ron showed up and said "We will just move the stove out." I said, "Oh."



**The multi home garage/lawn sale** was here in Glastonbury last weekend. We were part of it. I invited people to put stuff to sell on our large lawn space. It was an exhausting experience I must report: prep and set up, hostessing on sale day, take down, re-pack, re-store it all for next year; stuff some into the car to drop off at Community Closet or green boxes, then crash on the sofa, and zone out. I calculated it was at least 24 hours of work for a 6-hour sale. Um... but it was fun, honestly.

We said "no early birds," but neighbors came by during prep day while on daily walks and we chatted and they picked up stuff to pay for later. A few customers came too early on sale day, but they were kind and polite. By then my brains were buzzing from interruptions, minimal sleep, and running on fumes only. I dashed inside and threw on clothes that distracted from my crazed, tired face, but which called attention to myself as the boss: I hid under a straw cowboy hat with my long grey hair hanging out; in jeans of course, under a long apron with 4 bright pink pockets, and I'm wearing sale jewelry, and no lipstick. Just plain JJ, dressed funny, hanging out in the yard. But as long as shoppers came in a nice easy flow I would hold up ok, and it was so.

A grower/neighbor put dozens of their excess plant pots close to the street with a sign that said "FREE!" Lots of growers around here, so they went like hotcakes. I sold my things for the proverbial song. Another neighbor shared my lawn with a lot of hammers, which was fun conversation, and helpful to hold things down when it got breezy; and many other tools and gadgets, CDs, mixers, guy stuff and dozens of boxes of puzzles. Price tags were on some things, so I had to keep in mind what was bought from who, for how much, and sometimes, gulp, haggle.

**Customer Medley:** One kindly senior fella, named Sonny, looked familiar, not so oddly, because us Boomers all wear white hair and look alike I think. But I asked him if he was the guy from Gardiner last year who wanted the box of old watches and it was! He still wanted the watches! Like time travel. This time I sold them to him... for "a song." I also had a few rock paintings and sketched portraits in a corner for variety and gave some cards out. I said goodbye to some great old classic novels like my "Ben Hur" to a fellow book-lover. I regret it a little, because to just look at them on my shelf brought back the great story and inspiration, but I want more for them to stay alive in new minds.

My favorite customer was a little girl named Zara McCann, who seriously wanted to try on a Santa hat that was big enough for the jolly



green giant to wear, but Mom and Dad put it on her. Looked really cool (see pik.) Heads up friends; Christmas is only 5 & 1/2 months away, Zara would say, who loves Christmas. Better start knitting socks? I think I sold Zara the Santa hat for a song, too. Can't remember. I've been around so long... that my garage sale "mission" has morphed into just a hug fest with long-time friends, and new neighbors, and the

pleasure of seeing special stuff go to appreciative people with the accompaniment of Ron's endless puns, and the sound of jingling coins and flapping paper changing hands. Many people are getting rid of excess stuff, so yard sales are big around the country, and you can

get miraculous deals. But all the stuff you don't sell has to be re-stored, dropped off at the thrift store, or taken to the green boxes.



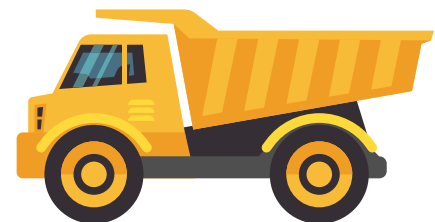
**We adopted another dog** in the midst of all this. Eleven pound, 12 year-old "Dixie," a Yorky/Jack Russel mix, we think, (See photo.) She arrived the day of setup, dropped off by the daughter of the owner who passed away. Ron could not refuse. Our Vet, Doc Murray, recommended us. He knows all our past dogs which, with his help, we kept loved and well as long as we could, way past normal life span. We fell in love with Dixie at first sight. Her tail was non-stop wagging her whole little body and I swear she was smiling. Dixie is playful and healthy. My neighbor and her little dog, Jasper, was here when Dixie arrived, and it was instant new buddies. We slowly and gently introduced goofy big Duke to little Dixie. I had to wrestle Duke to the floor and lay on him to control his powerful excitement. It took a lot of mushy love talk, hugging and petting both Dix and Duke at the same time, held apart less and less, to establish roles, trust, and friendship... and keep Duke from herding her. It worked! We love the pure, happy, positive, playful, unconditionally loving presence of our canine friends, *and we give the love right back to them.* I find myself saying this a lot lately, for the many positives around us: **Why else live?**

# Ted's Asphalt



Paving - Seal Coating - Dirt Work

Parking Lots - Driveways - Roads



Ted: (406) 922-9223

teds406@icloud.com

23 West Main Belgrade, MT 59714



# Rhubarb—the Pie Plant



Rhubarb, with its reddish stalks, is probably the most sour-tasting vegetable you can eat. Its acidity is mainly due to its high levels of malic and oxalic acid. Malic acid is one of the most abundant acids in plants and contributes to the sour taste of many fruits and vegetables. Interestingly, growing rhubarb in darkness makes it sweeter and more tender. This particular growing method creates a variety known as *forced rhubarb*.

Rhubarb is actually a vegetable, although many people use it like a fruit in cooking and recipes. Part of the confusion stems from the U.S. Department of Agriculture (USDA) officially classifying it as a fruit. This veggie requires cold winters to grow. As a result, it's mainly found in mountainous and temperate regions around the world. Though native to Asia where the roots are considered medicinal, it grows in other parts of the world, including the U.S. It was also used in ancient Arabian, Greek, and Roman civilizations. The long stalks range in color from red to pink to pale green and grow in the spring, peaking in mid-April. Only the stalks of the plant are edible. The stalks have a consistency that's similar to celery. The leaves contain toxins and high concentrations of oxalic acid. While you can eat the stalks raw, I can't say I know many people who do.

**Nutrition:** Rhubarb is rich in antioxidants, particularly anthocyanins (which give it its red color) and proanthocyanidins. These healthy antioxidants are found in some other fruits and in red wine and cocoa. They have anti-bacterial, anti-inflammatory, and anti-cancer properties.

Rhubarb is low in calories. According to the USDA, it is a good source of vitamin K1, providing around 18% of the Daily Value (DV) in a 3.5-ounce serving when cooked, with only 13 calories, 31.2 grams of carbs, 2 grams of fiber, 1 gram of protein, 0 grams of fat, and 1 gram of natural sugar. Additionally, it has 11% DV calcium, 4% DV of vitamin C (although it's from the calcium oxalate, which isn't easily absorbable), 2% DV potassium, and 1% DV of folate.

## Health Benefits:

Being an excellent source of vitamin K, rhubarb is good for **bone health**, helping you to build and maintain strong bones. It can help prevent osteoporosis and prevent blood clotting.

A 2023 review of studies by National Institute of Health (NIH) found that resveratrol, emodin, and other chemicals in rhubarb also contribute to

its role in regulating lipid metabolism (which can help prevent obesity and type 2 diabetes), and **lowering bad cholesterol** levels due to its fiber. Studies show that rhubarb helps lower your total cholesterol thereby reducing your risk of **heart disease** and heart attack.

The vitamin K in rhubarb may also aid in preventing the calcification of blood vessels.

The fiber in rhubarb helps keep things moving through your **digestive tract**, preventing problems such as constipation. It also contains

compounds called sennosides, which act as natural laxatives. The tannins in rhubarb also provide anti-diarrheal effects.

The antioxidants in rhubarb help fight free radicals in the body, which may help to protect against oxidative stress and cell damage. The free-radical-fighting properties of antioxidants may reduce your risk of developing certain types of **cancer**, according to WebMD. Its anti-inflammatory properties may help people with systemic inflammatory reaction syndrome and also improve wound healing.

**Things to Watch Out For:** Let's start out talking about how rare reports of rhubarb poisoning are, make sure you consume it in moderation and avoid the leaves. What's more, cooking your rhubarb reduces its oxalate content by 65 to 74%.

According to folk tradition, rhubarb should not be harvested past late June, as oxalic acid levels are said to rise from spring to summer. This substance is particularly abundant in the leaves, but the stalks may also contain high amounts depending on the variety. Consuming too much calcium oxalate can lead to hyperoxaluria, a condition characterized by the accumulation of calcium oxalate crystals in various organs. These crystals may promote the formation of kidney stones and increase your risk of kidney failure, according to WebMD. A newer study published in *Science Direct* has shown that long-term consumption of the anthocyanins in rhubarb may actually harm the kidneys.

Rhubarb's vitamin K content may interfere with the blood-thinning medication Warfarin, reducing its effectiveness, so be sure to talk with your doctor if you want to incorporate rhubarb into your diet.

Although not everyone responds to dietary oxalate in the same way, growing evidence suggests this problem is worse for those who lack certain beneficial gut bacteria such as *Oxalobacter formigenes*, which degrades and neutralizes dietary oxalates, according to the NIH.



**How to Pick/Store Rhubarb:** You may find fresh rhubarb in your grocery store's produce section when the vegetable is in season, which is typically from April to June. Ideally, you'll have a plant in your back yard or perhaps your neighbor does.

When choosing rhubarb, look for mature stalks that are firm and crisp that have a flat top width of at least one inch. Avoid stalks that are limp or have blemishes. The stalks do not have to be red—that's an old wives' tale—as green and pink are fine. Don't cut the stalks from the plant but pull it out instead. Cutting the stalk will start the process of drying it out. To store them, place whole stalks in a sealed plastic bag in the refrigerator. Use them within one week. If you want to preserve rhubarb for later use, cut it and store the pieces in the freezer until you're ready to use them.

**How Is it Used?** Due to its sour taste, it's normally cooked, either sweetened with sugar or used as an ingredient. It wasn't until the 18th century when sugar became cheap and readily available that rhubarb became a popular food.

Only the stalks are edible, most commonly in jams, sauces, pies, tarts,

crumbles, cocktails, and rhubarb wine. You can eat rhubarb in a number of ways. Here is a list of the more popular options:

- Baking it into a pie, crisp, crumble, bread or muffins
- Making rhubarb ice cream or jam
- Adding rhubarb to fresh juices or homemade kombucha
- Blending it into a sauce for meat or poultry
- Pureeing and dehydrating it to make rhubarb leather
- Roasting rhubarb with a drizzle of honey and tossing it in a salad
- Blending in a smoothie
- Boil it in a batch of oatmeal

Another way to naturally sweeten rhubarb while cooking (other than with sugar) is by adding sweet spices such as ginger, cinnamon, star anise, cardamom, lavender or vanilla.

**Rhubarb's Bottom Line?** It's a winner! As sweet rhubarb pies are a

traditional dessert in the US, this vegetable is referred to as "the pie plant," due to its wonderful pairing with strawberries. Pretty unique for a vegetable—eh? It's a nutrient-rich and healthy food that can provide several benefits to your overall health—in moderation. That is awesome for a favorite, early summer, yet sour treat!



Recipe by  
Carla Williams

## RECIPE CORNER

### Sugar Cookie Fruit Pizza

#### Sugar Cookie Crust:

- 1 cup unsalted butter softened
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 egg large size
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2 3/4 cups all-purpose flour

#### Cream Cheese Frosting:

- 8 ounces cream cheese softened
- 1/4 cup unsalted butter softened
- 1/2 teaspoon vanilla extract
- 2 cups powdered sugar

#### Fruit Topping:

- 1/2 cup diced strawberries washed and dried well
- 1/2 cup blueberries washed and dried well
- 1/2 cup blackberries washed and dried well
- 1/2 cup raspberries washed and dried well
- 1/4 cup chopped kiwi approximately 1-2 kiwis
- 8 ounces mandarin oranges drained and patted dry with a paper towel

#### INSTRUCTIONS:

##### Sugar Cookie Crust:

1. Preheat oven to 350 degrees F.
2. While the oven is preheating, grab a large mixing bowl, and a hand mixer, and beat the butter and sugar together for approximately 2 minutes or until it is light and fluffy. Add the vanilla extract and large egg to this mixture and continue to beat this together for another 30 seconds.



Photo Credit: pinchofyum.com

3. Next, add the salt, baking powder, and flour, and mix until it's combined into a dough.
4. Press the dough onto a 12" round pizza pan until it's a nice even layer. Bake the sugar cookie dough in the oven for about 14-16 minutes or until the color of the crust is a light brown. Allow for the crust to cool completely before moving on.

#### Cream Cheese Frosting and Fruit Topping:

1. While the crust is cooling, grab another large bowl and a hand mixer and combine the cream cheese and butter until smooth. Add powdered sugar and vanilla extract to this mixture and continue to beat it together until fully combined.
2. Once the crust has cooled completely, take a small offset spatula and spread the cream cheese frosting on the sugar cookie crust before decorating. Top with the fruit, then refrigerate until it's ready to be sliced and served.





# FINANCIAL FOCUS<sup>®</sup>



July Hardesty

Unlike traditional financial advisors, influencers don't know your unique goals, financial situation or risk tolerance. And likely, they're not licensed (you can check here: [Check Out Your Investment Professional | Investor.gov](#)). Even well-meaning guidance might lead you down a risky path if it's not tailored to your needs. And unfortunately, some influencers have exploited the trust they build with followers to promote questionable investments or outright frauds.

## Warning signs to watch for

Here are a few signs that a influencer's advice may be worth avoiding:

- Unrealistic "get-rich" promises: Claims like, "Turn \$500 into \$50,000 in a year," are highly improbable and may indicate a scam.
- Hurry, hurry: Be wary of advice that pressures you to act fast or plays on fear of missing out. Important financial decisions shouldn't come with a countdown clock.
- Flashy displays of wealth: Images of luxury cars, watches or cash can be more about generating views than offering sound advice. If a influencer is trying that hard to convince you to take an action, it often means they will profit—perhaps they'll get paid to promote a product or service, or earn a fee for referring you, or are trying to boost clicks and followers to earn more.

## What you can do

- Do your own homework. Don't take influencers' advice at face value. Cross-check it with reliable sources. The influencer may

even be under investigation by a federal or state securities regulator. Talking to a licensed financial advisor you trust can help you discern good advice from the bad.

- Recognize conflicts of interest. If a influencer promotes a product or service, find out if they're being paid to do so. And remember, online personalities make money by generating high viewership, not because their advice has a track record of success.
- Use common sense. When something sounds too good to be true, it usually is. And of course, never disclose your bank or brokerage account numbers to a influencer, and never send money.

Financial influencers can make financial topics more engaging and accessible. But when it comes to your money, a social media video from someone who doesn't know you is no substitute for informed, personalized guidance. Take the time to verify, research and, when in doubt, seek advice from a professional.

**July Hardesty** | Financial Advisor | Edward Jones

115 W Callender St. | Livingston, MT 59047  
Office: (406) 823-8005 | Fax: (866) 537-6919  
Offering strategies based on what's important to you.

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

## Should you trust a 'finfluencer'?

In the age of social media, it's easy to find advice on just about anything—including how to manage your money. Content creators known as "finfluencers"—short for financial influencers—use platforms like TikTok, YouTube and Instagram to share their takes on investing, budgeting and building wealth. Many of them are charismatic and relatable, and they often speak from personal experience. But while their content may be engaging, taking financial advice from a finfluencer without digging deeper can come with significant risks.

While some finfluencers may have formal training or credentials, many do not. Instead, their

influence stems from their popularity rather than professional experience. But popular advice may not necessarily be good advice. A 2025 study by the Swiss Finance Institute even found that unskilled influencers typically have larger followings than skilled ones.

### Why be cautious?

For young or new investors, social media can make finance feel accessible. In fact, a 2022 FINRA study says that more than 60% of Americans younger than 35 get investing information from these platforms. But social media isn't regulated the same way traditional financial advising is, so anyone, qualified or not, can offer financial tips.

## Livingston's City Manager News

By Grant Grager

### Bike Season is Here!

With Summer officially upon us, it's bike season in Livingston! The City has placed bike racks on Main Street, at both Callender and Lewis Streets, for your bike parking convenience. Riders are encouraged to use these parking areas while visiting the downtown on two wheels.

And, with sidewalks getting more crowded, downtown bikers are encouraged to walk their bikes while on the sidewalks downtown. The City's paramedic teams are busy this time of year and we appreciate your help reducing the incidence of accidents and injuries on the sidewalks!

### CANNONBALL!!!

The water is flowing. The Lifeguards are being trained. It's pool season again!

The City Pool opened for the season on June 9th. With two seasons until the Wellness Center opens, come on down and enjoy the City's outdoor pool while it lasts

### Tips for Reducing Outdoor Water Use

With the mercury rising this week, folks are likely to start watering lawns. Before you do so, the City urges everyone to take a moment to evaluate their outdoor water usage. Doing so will help ensure that the City's system can keep up with our needs this summer. A few easy steps you can take are:

- **Check sprinkler system run times** - At system start-up, check the programming to ensure that you are not over-saturating your lawn or watering hardscaped areas. Visual inspections after the first few watering cycles will make apparent any necessary changes. Remember, sidewalks and driveways don't need to be watered!
- **Don't water in the sun** - Watering landscapes overnight or when in the shade will help reduce water loss. So, be sure to set your start times when the grass is not in direct sunlight.
- **Fix leaks** - On the first few cycles, check



your sprinkler system for broken sprinkler heads and damaged irrigation lines. A well-maintained system will save both money and water.

As a reminder, the City instituted a drought management plan in 2024. More information is available on the City's website to help ensure all residents have adequate water this summer.

### Happening Around Town...

**Question:** I'm thinking about opening a business in Livingston. Is a license required?

**Answer:** Yes, the City of Livingston requires a license for most businesses operating in the City. The good news is that it is easy to get one and requires only a few easy steps:

- Fill out a Business License application.
- Submit the application to City Hall at 220 E Park St. or email it to [ubilling@livingstonmontana.org](mailto:ubilling@livingstonmontana.org) (No payment is required when submitting the application, only upon approval)
- Sit back and wait up to for approval; we'll contact you within two weeks.

Remember, business licenses come up for renewal every December.

Have questions you'd like us to answer in this section? Send them our way, and we'll

include them in the next letter, which is posted on our website!

### Get Ready for a Fun Summer in Livingston!

The City of Livingston's on-line summer program guide is found online at <https://www.livingstonmontana.org/rec/page/community-summer-2025-programming-guide>! From youth camps and sports leagues to community events and pool activities, there's something for everyone. We'll be updating it regularly, so be sure to bookmark the page and check back often to stay in the loop all summer long.

Let's make this summer one to remember!

### Get Your Green Cans Ready

The City of Livingston's annual Green Can Collection Program has begun! The program offers residents an eco-friendly way to dispose of yard waste each week with pickups on Tuesdays for homes south of Park Street and Thursdays for those north of Park Street. If you did not receive your sticker, please visit the Public Works office at 330 Bennett Street to receive a replacement. Residents can enroll by calling Public Works at 406-222-5667.



## SOCS presents Tsunami Funk

The fun continues at The Shane Lalani Center for the Arts in Livingston with their popular Summer Outdoor Concert Series (SOCS) series. Each Thursday in June and July features the best in local and regional performers at a free community concert in the Henry Blake Pavilion. On June 19th, Tsunami Funk will be bringing a high energy revue of Funk, Rhythm & Blues and Rock 'n Roll.

Tsunami Funk is known to bring a party with

them wherever they perform their high-energy funk-based shows! Consisting of Luke Flansburg on lead vocals and guitar, Eddie Tsuru on bass, Nathan Anderson on guitar, David Charles on keyboard, and Isaiah Morales on drums. Tsunami Funk features some of Montana's best professional musicians. Playing tunes from artists like Stevie Wonder, Bruno Mars, Red Hot Chili Peppers, Earth Wind & Fire, and many more, Tsunami Funk plays

music that usually makes everyone want to get up and dance and have been dazzling audiences in Southwest Montana for close to twenty years.

This show marks Tsunami Funk's first stop at The Shane Center and we know they'll bring the kind of uptempo dancing music we're hearing our patrons love. Get here early for this one and grab a spot close to the dance floor!

The Shane Center wishes to thank their sponsors: Livingston HealthCare, Marcia McCrum in Memory of Bliss McCrum, and the Yellowstone Valley Lodge & Grill; our booking partners at Mighty

Fine Time Live Events - John and Joanne Lowell, and most importantly, the Livingston community, who keeps them going with their support throughout the year. Bicycle parking is available on site, and extra vehicle parking is available at the Lincoln School at 215 E. Lewis. The Shane Center features food trucks and libations for all ages. They suggest bringing a chair or blanket, or you can borrow one of their folding chairs. For more information on the Shane Lalani Center for the Arts, please visit [www.theshanecenter.org](http://www.theshanecenter.org). The Shane Center is located at 415 E. Lewis in Livingston, MT.

*So many new fabrics & yarns!*

*Come check them out!*



5237 US Hwy. 89 South #14, Livingston • 406-222-0855 • [backporchquilter.com](http://backporchquilter.com)

## GOOD NEWS!

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

**Framo Rimoni -- 406.220.8914**

**Come join me @ The Shane Center, Movement Room, 415 E. Lewis, Livingston**

**10am -- 1st & 3rd Saturday of each month, beginning June 7th**

**All Are Invited!!**



# Blue Slipper Theatre Spotlight Show: W a s t e d

By Kae Tempest  
Directed by Jaelyn Silvey and Jess Lee

This June the Blue Slipper Theatre will be hosting a Spotlight Production of **Wasted** by Kae Tempest and directed by local directors Jaelyn Silvey and Jess Lee. This captivating production will run from Friday, June 20th through Sunday, June 29th, with shows beginning at 7:30 pm.

Under the expert leadership of experienced directors, **Wasted** brings audiences along for one night of decisions being made and unmade. Join Danny, Ted, and Charlotte, as they mourn the loss of their friend Tony on the anniversary of his death. Over the course of the night, audiences will witness decisions being made and unmade,

grief lived out loud, and getting wasted both literally and metaphorically.

**Wasted** is a contemporary piece of theatre written by Kae Tempest. It incorporates elements of poetry and verse into the snappy dialogue. The Guardian quotes that Tempest's writing "oscillates between dynamic poetry that's full of vividly phrased acute observation and dialogue that's plainer but just as spot-on." Originally set in south London, the creative team of this production decided to change the location to be geographically neutral. This decision enhances the themes that this feeling of being lost and wasting away your life. This story could be happening to any one in any place at any time.

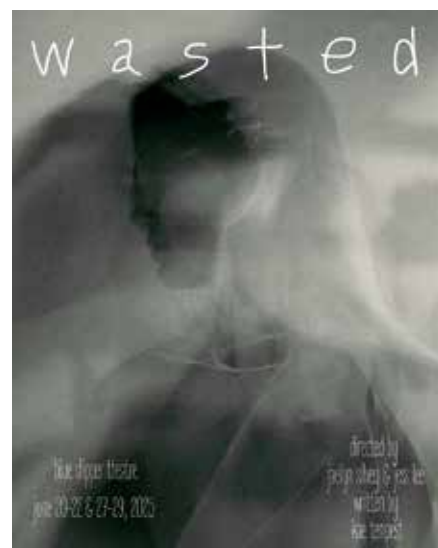
This insightful piece of theater brings together the acting talent of Eli Boyd,

Emma Rathe, Lisa Garcia, Taylor Laird, Katie Mangett, and Nathaniel McClaffin. Innovative sound design is created by Harry Schwem, with brilliantly lighting design by Nathaniel McClaffin. Directors Jaelyn Silvey and Jess Lee fill in the rest of the creative team rolls, thoughtfully planning a grayscale scenic and costume design. They are gratefully assisted by Soren Holmes, who acts as the assistant stage manager.

This talented local group of creatives are excited to be the Blue Slipper Theatre's first spotlight production. It is an exciting opportunity for more art to go up on the iconic Slipper stage and engage in the vibrant Livingston community.

**Wasted** runs June 20-22 and 27-29 with performances at 7:30 pm. Runtime is approximately 1 hour 30 minutes.

Tickets are \$22 and available online at <https://www.ticketleap.events/tickets/blue-slipper-theatre/wasted#>



## Montana Regional Ballet Intensive & Children's Dance Workshop



Yellowstone Ballet Academy presents a cutting-edge intensive for intermediate and advanced ballet students for ages 12 – 30 and a separate ½ day children's workshop for ages 7 - 11. Guest Teachers are Fiona Lee, Tricia Sundbeck, Thomas Bell, Irina Grishchenko and Karen Dade.

### INTENSIVE CLASSES:

BALLET • PAS DE DEUX • POINTE/  
VARIATIONS  
PILATES • CONDITIONING • AERIAL  
RUSSIAN FOLK DANCE • REPERTOIRE

### CHILDREN'S CLASSES:

BALLET • PRE- POINTE/VARIATIONS  
STRETCH • DANCE GAMES • AERIAL  
RUSSIAN FOLK DANCE • ACTING

### INTERMEDIATE & ADVANCED INTENSIVE

Daily classes run from 9:30 am – 4 pm  
Monday, June 16th– Friday, June 27th with  
a performance at the Livingston Farmers  
Market on Wednesday, June 18th.

TUITION: One week \$460. Two Weeks  
\$890. Day Rate \$100.

Non refundable registration fee \$25.  
Private lessons \$90.

### CHILDREN'S WORKSHOP

Daily classes run from 9:30 am – 1 pm  
Monday, June 16th– Friday, June 20th with  
a performance at the Livingston Farmers  
Market on Wednesday, June 18th.

TUITION: One week \$250. Day Rate \$60.  
Non refundable registration fee \$25.

For more information and to request  
registration material please email [yellowstoneballet@gmail.com](mailto:yellowstoneballet@gmail.com).

### GUEST TEACHERS:

**FIONA LEE** (Ballet, Pointe/Variations,

Pilates) – profes-  
sional dancer with  
the world renown  
Royal Danish Ballet.

She began ballet  
training at the  
age of five at the  
Yellowstone Ballet  
Academy and stud-  
ied under artistic director Kathleen Rakela  
for eight years. At age thirteen Lee moved  
to New York city after receiving a full schol-  
arship to The School of American Ballet  
summer program and then an invitation to  
attend their highly selective year-round pro-  
gram through high school. After graduating  
from SAB she joined Kansas City Ballet.  
During the pandemic she sent a video reel  
to the Royal Danish Ballet and was since  
given a contract with the company.

**KAREN DADE** (Aerial) – started ballet  
at 9 years old and elevated her dance



experience  
when she  
discovered  
aerial silks  
in the early  
2000s. Hav-  
ing danced all  
her life, she  
was thrilled

that ballet technique transferred so perfect-  
ly to the silks. This summer Karen will teach  
aerial silks class designed to strengthen  
dancer's balance, arms and core muscles  
while exploring positions on the fabric and  
in the air. Classes will include sequences,  
or vertical choreography, and students will  
get a chance to turn upside down and spin  
if they'd like to. It's time to have fun, get  
strong and explore more ways to dance!

**TRICIA SUNDBECK** (Ballet, Pointe,  
Variations) – ap-  
prenticed with the  
Sacramento Ballet  
through high school  
and danced as a  
principal dancer  
for eight years with  
the company. Ms.  
Sundbeck joined  
Cincinnati Ballet  
in 2000 and was  
promoted to principal dancer in 2004. She  
has performed principal roles in numerous  
classical ballets including Juliet in Romeo  
and Juliet, Aurora in Sleeping Beauty,  
Swanilda in Coppelia, and the title roles in  
Giselle and Cinderella and has an exten-  
sive Balanchine repertoire. Tricia has been



coached by such notable stars as Frederic  
Franklin of the Ballet Russe and Allegra Kent  
of New York City Ballet. Ms. Sundbeck has  
also worked internationally performing in  
Canada, Portugal, Amsterdam, and Germa-  
ny and performed at the Bolshoi Theatre in  
the Benois De La Danse Competition where  
she received critical acclaim.

**THOMAS BELL** (Ballet, Repertoire,  
Conditioning) –  
graduated from East  
Carolina University  
with a degree in  
Drama and Dance.  
He attended the  
Washington School  
of Ballet and  
became a principal  
dancer with the  
Maryland Ballet and  
the Eugene Ballet. He has also appeared  
as a guest artist with the Sacramento Ballet  
and numerous companies on both coasts.  
He is currently ballet master at the Universi-  
ty of Cincinnati.



**IRINA GRISHCHENKO** (Classical Rus-  
sian Folk Dance) ~  
choreographer and  
teacher/with 28  
years of experience.  
Irina has trained in  
Russian Rhythmic  
Gymnastics, ballet,  
folk dance and  
dance strength  
training. She will  
be teaching Russian Rhythmic Gymnastics,  
Historical Dance and Russian Folk Dance.



### Meals for June 16th - 20th

**Monday, June 16th** - Reubens,  
fries, peaches, milk

**Tues., June 17th** - Chili,  
cornbread, fruit cocktail, milk

**Wed., June 18th** - Pork roast,  
gravy, potatoes, green beans, cake,  
milk

**Thurs., June 19th** - CLOSED

**Friday, June 20th** - Chicken  
enchiladas, refried beans, Spanish  
rice, cake, peaches, milk



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

Check us out on Facebook  
Livingston Meals on Wheels

Lunch served cafeteria style  
Serving food until 12:15 pm

SUGGESTED DONATION \$6  
PER MEAL IF OVER AGE OF 60  
NO MEMBERSHIP NEEDED  
\$8.50 if under 60  
Salad bar included in meal price  
If you would like a to-go meal  
please call before 9am



## Radioshack

- ✓ Electronics
- ✓ Arts & Crafts supplies
- ✓ Watch batteries installed
- ✓ Office supplies
- ✓ Toys
- ✓ Computer repairs/upgrades
- ✓ House calls

## WE'VE GOT SOMETHING FOR EVERYONE!

You've got questions, we've got answers!

Open Mon-Thurs 9-6,  
Fri 10-6  
406-222-2712  
1014 W. Park St. #6,  
Livingston



# Seeking Judges for the Park County 4-H/ FFA Fair

Each year, approximately 100 Park County youth enter into the 4-H/FFA Fair. Each member will complete an interview and judging for every department they enter; some members enter multiple categories and will complete five or more interviews and have multiple projects judged. To provide members with the opportunity to discuss their

learning and project completion, Park County 4-H relies on members of the community to serve as judges.

Do you have a background in raising livestock, photography, woodworking, sewing, baking, dog training? If so, you could be just the person we are looking for! Judges spend about 15 minutes interviewing each member

and discussing the project completed, what they learned, successes and challenges, and in some case an item will be judged.

Interviews will be held on Saturday, July 19th at the Park County Fairgrounds in Livingston. Judges need to be available from 9:30 am - 3 pm. Judges are paid a small stipend, mileage, and provided with light refreshments

throughout the day. If you are interested in being a judge, please fill out the google form to let us know your availability and areas of interest.

<https://tinyurl.com/2pvc4tp>

For questions or additional information please contact the Park County MSU Extension Office: 406.222.4156 or [veronica.baca@montana.edu](mailto:veronica.baca@montana.edu).

## Park County News

### GIS Page Available for Public Maps

Park County is your source for interactive maps containing city and county information such as green boxes locations, road maintenance info, fire districts, flood zones, and much more! The direct link for public maps is: <https://public-maps.parkcounty.hub.arcgis.com/>



### The West Boulder River/Swingley Road Bridge closed June 10th

Park County has contracted with Battle Ridge Builders to provide bridge replacement services, over the West Boulder River, on Swingley Road. This project is located approximately 16.5 miles east, from the US Highway 89 South/Swingley Road intersection; 7.5 miles east from the Mission Creek Road/Swingley Road intersection; and, 7.5 miles west from the Main Boulder Road (Hwy 298)/West Boulder Road intersection.

Vehicles WILL NOT be able to pass through the construction site—so no matter which direction you arrive from, you will have to turn around.

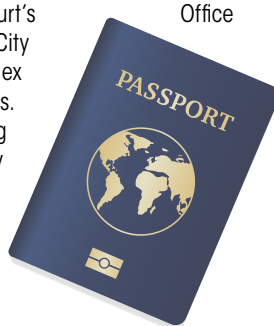
Construction is anticipated to be complete around early- to mid-September. Replacement of the bridge is critical to provide access for maintenance of the West Boulder/Swingley Road and to allow heavier vehicles to utilize a bridge with heavier load limits. We appreciate everyone's patience as we perform this critical work to provide safe and reliable transportation.



Please adjust your travel plans accordingly.

### Passport Services

The Clerk of Court's in the Park County/City of Livingston Complex processes passports. Passport processing is available Monday through Friday, 9 - 11am and 1:30 - 3:30 pm. Appointments are preferred. Please call 222-4125 to schedule your appointment. There is an additional \$35 processing fee, can be check,



money order or cash. The Clerk of Court's office does not take passport photos. Please bring your photos with you. The Main Print Shop at 108 N. Main does take passport photos.

### Park County Commission Meetings

PARK COUNTY COMMISSION MEETINGS are held every Tuesday at 9 am

and typically take place at the City-County Building, 414 E. Callender St., Livingston, MT, in the basement Community Room, unless otherwise indicated.

Park County requires public notice of 48 hours on all agenda items and supporting documentation. The deadline below will be strictly adhered to (in the event of a weekday holiday, the deadlines would be moved back one day): Tuesday's Public Meeting - Agenda Item and Supporting Documentation Deadline: 4 pm on Thursday.

Please submit agenda items to the Commission Office, located in the City County Complex at 414 E Callender Street. Commissioners will review and have discretion on meeting requests. Phone: 406-222-4106 Email: [cahern@parkcount](mailto:cahern@parkcount)

ty.org

Commissioners may hold meetings on other days by necessity and these meeting agendas will be posted to the public as well. The Commissioners will make every attempt to notify staff and the public of any cancellation of any meetings.

The public may attend meetings in person but may also opt to attend/participate in the meeting at: <https://gomeet.com/parkcounty-commission>. Please use google chrome to view video archives of meetings. Or, call into meetings by dialing 1-571-748-4021, ID 3047645#. PLEASE MUTE YOUR PHONES DURING MEETINGS. Dial \* 6 to unmute yourself.

### Open County Board Seats

The City/County Airport Board has two City positions opening in July.

NOTICE IS HEREBY GIVEN that the Board of Commissioners for the City of Livingston, Montana, will receive applications for the City/County Airport Board.

There are two (2) positions available for a term of four (4) years, beginning July 2025. These positions will be appointed by the City of Livingston, applicants must reside within city limits of Livingston.

The Airport Board meets on the fourth Monday of every month at 9 am.

Applications can be picked up at the Com-



mission office or found on the county website at [www.parkcounty.org](http://www.parkcounty.org) under departments/county boards-committees. Application review will begin May 2025, followed by interview in June 2025. Application deadline is 4 pm on Wednesday, May 21st. Please return applications to Carly Ahern in the County Commissioners office via email [cahern@parkcounty.org](mailto:cahern@parkcounty.org) or mail to: 414 E. Callender Livingston, MT 59047.

### Work with Us

Join us and experience the job satisfaction that comes with knowing your work directly contributes to the betterment of Park County and its residents. Job opportunities are posted on the bulletin board outside of the Human Resource Director's office.

Visit our website at [jobs.parkcounty.org](http://jobs.parkcounty.org) for information on how to apply.


### Engage with Us

City/County Complex, 414 E. Callender St., Livingston, MT 59047, (406) 222-4100, [cahern@parkcounty.org](mailto:cahern@parkcounty.org)

### LET'S CONNECT!

We want to tell you about what we are doing. Your Park County team is working hard to meet the needs of our community. Visit our new communications page to sign up for newsletters, email updates, social media and emergency alerts. We welcome you to join us in our meetings, engage in the public process and let us know how we are doing.





los pinos

Mexican Restaurant

102 Rogers Lane  
Livingston, MT  
406-946-1286  
406-333-2604



218 South Main Street Livingston, MT

406-333-2407

COME IN AND GET YOURS!

Thank you for being a loyal customer

LOYALTY CARD







Mark Your Calendars

# EVENTS



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

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

## Mondays - Weekly

**WEEKLY TAI CHI** at the Park County Senior Center, 206 S. Main St., Lvg. Every Monday at 10 am. Free to everyone.

**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 Alpenglowl Lane, at 5:30 pm.

**June 14-15 - WILLSALL RODEO** - 71st Annual Wilsall Rodeo will take place Sat. starting at 6:30 pm and on Sunday at 2 pm at the rodeo grounds off Hwy 89 North on Copper St.

**June 17 - CYBERMONTANA** is hitting the road and bringing a free Cybersecurity Clinic to Livingston. This event is open to the public and part of our commitment to raise cybersecurity awareness in all 56 Montana counties. Whether you're a small business owner, a senior, a student, or just someone who uses a phone or computer - you're invited to join us at the Livingston-Park County Library from 10 am to 3 pm with a lunch break from noon to 1 pm.

**June 19 - POTLUCK** at the Shields Valley Senior Citizens Center, 202 Elliot Street in Wilsall, 1 pm. (Every third Thursday of the month.)

**June 19 - 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 Tsunami Funk.

**June 20 - PROSPERA BUSINESS COACHING HOURS IN LIVINGSTON** holds office hours on the third Friday of every month at the Explore Livingston Office from 10 am to 4 pm. The office is located at 124 Suite 210 South Main. Prospera is a business resource center that offers free business advising appointments. You can schedule an appointment by visiting <https://prosperamt.org/> or emailing [info@prosperamt.org](mailto:info@prosperamt.org) or via the calendar at [https://calendly.com/prospira\\_rural\\_advisors](https://calendly.com/prospira_rural_advisors).

**June 21 - 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](mailto:emigrantpeoplesmarket@gmail.com) for information.

**June 25 - CRAFTS** at the Shields Valley Senior Citizens Center, 202 Elliot Street in Wilsall, 1:30 pm. (Last Wed. of each month.)

**June 26 - 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 VoDePena Trio.

**June 27 - ART WALK** - Downtown Livingston Art Walk, galleries stay open late, offer light appetizers, socializing, and a lot of great art from 5:30 to 8 pm.

**June 27-28 - BIG TIMBER RODEO** - 102nd Annual Big Timber NRA Rodeo, 78 Fairgrounds Road. Friday starting at 7 pm, Saturday starting at 6 pm. Music, food, entertainment and rodeo! Free parking. Gates open 1 1/2 hours before events. Pre-sale tickets can be purchased at [eventbrite.com](https://eventbrite.com) and at The Fort in Big Timber. Tickets can also be purchased at the gate.

**June 28 - COLMEY VET HOSPITAL 75TH ANNIVERSARY** will take place at Mayor's Landing, 97 View Vista Drive, from 11 am to 2 pm. \$15 off pet food voucher for first 50 people, raffle and pet costume contest!

**June 29 - IF IT WORKS, FIX IT!** - Spay Neuter Project is organizing a spay/neuter clinic at the Park County Fairgrounds, 46 View Vista Drive. For appointment call 406-222-2134 or email [spayneuterlivingston@gmail.com](mailto:spayneuterlivingston@gmail.com). Low cost vaccination and microchip clinic will also be offered, contact Laurel at [laurelrhodesdvm@gmail.com](mailto:laurelrhodesdvm@gmail.com) to make an appointment.

**June 30 - SHIELDS VALLEY FARMERS MARKET** - The 2025 season is underway starting in Clyde Park at Holliday Park from 4:30 to 7 pm. The market will include music, kids activities, and a different food truck each week as it alternates location in Wilsall at Veterans Park.



CARRYING LOCAL  
SPECIALTY WINES AND WHISKEY

OPEN 7 DAYS A WEEK! 8<sup>AM</sup> - 12<sup>AM</sup>  
**406-222-9581**

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



504 E. Park Street

**406-333-3100**

**NORTH**



Next to Taco Bell & Dominos

**406-333-2142**

**SOUTH**



CROWN ROOM  
CASINO

ALL LOCATIONS  
OPEN 7 DAYS A WEEK!  
8<sup>AM</sup> - 12<sup>AM</sup>



# BREAK time

## Montana Fun Facts!

Fork Peak Reservoir of Missouri River is the **largest reservoir** in the state.

Montana has a **unique feature** called a **triple divide**. This **triple divide** allows water to flow into the **Atlantic Ocean**, The Hudson Bay (when considered an Arctic tributary) and the **Pacific Ocean**. The continental divide is responsible for an extreme climate since the opposing Arctic and Pacific atmospheres link up to create a dramatic weather clash. Visitors are advised to carry rain gear and warm clothes when visiting Kalispell's backyard treasure.

### ACROSS

- 1. Diminish
- 5. Tyrolean peak
- 8. Small duck
- 12. \_\_\_\_\_ Lanka
- 15. Of a time
- 16. Contend
- 17. Italian bread, once
- 18. Roadster, e.g.
- 19. Piece of silverware
- 20. Greek letter
- 21. Try to persuade
- 22. Future chicks
- 23. Away from home
- 24. Bow and \_\_\_\_\_ arrow sport
- 26. Type of parking
- 28. Biting bugs
- 30. Mound
- 31. Puzzling question
- 32. Sauce for salad
- 34. Merge metals
- 35. Tennis barrier
- 36. Gutter clogger
- 38. Tie
- 42. Baguette server

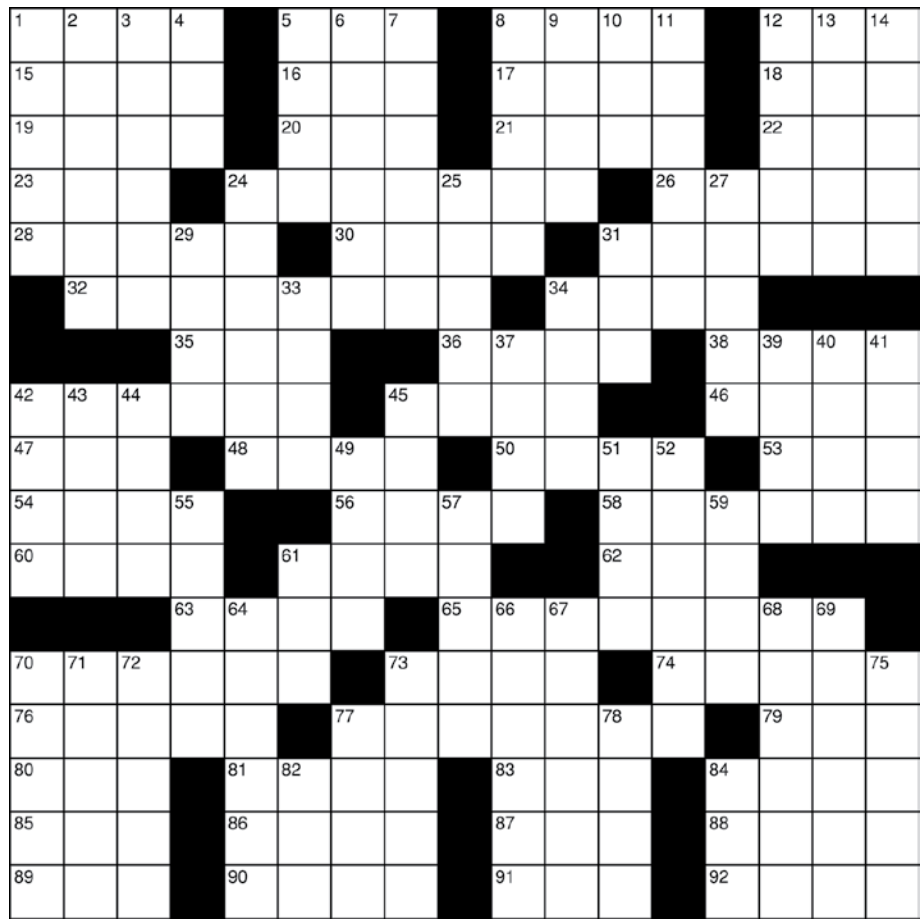
- 45. TV's "Family \_\_\_\_\_"
- 46. Hoarfrost
- 47. Salamander
- 48. Poi root
- 50. Musical bit
- 53. Serious offense
- 54. Long way off
- 56. Butter replacement
- 58. Find
- 60. Invented story
- 61. Seniors, to juniors
- 62. Make a gaffe
- 63. Chipping club
- 65. Vitamin B1
- 70. Saturn, e.g.
- 73. Existed
- 74. Home
- 76. Dangerous gas
- 77. Green gem
- 79. Energy
- 80. Ms. Hartman
- 81. Peel
- 83. Bar staple
- 84. Nerve

### DOWN

- 1. Confuse
- 2. Close by
- 3. Mongol
- 4. Forest animal
- 5. Allege as true
- 6. Chinese fruit
- 7. Female fowl
- 8. Drink noisily
- 9. Muddy
- 10. Work measure
- 11. Boll \_\_\_\_\_
- 12. Berate
- 13. Tangle
- 14. Teed off
- 24. Proclaim
- 25. Golf score
- 27. Snake
- 85. Exhaust
- 86. District
- 87. Alt.
- 88. Ever and \_\_\_\_\_
- 89. Take a load off
- 90. Noblewoman
- 91. Besides
- 92. Dependent

# CROSSWORD

Puzzle #403



- 29. Backpacker's shelter
- 31. Game official, for short
- 33. Plato's porch
- 34. Dry watercourse
- 37. Franc replacement
- 39. Entry permit
- 40. Emanate
- 41. Kauai goose
- 42. Roof support
- 43. Not certain
- 44. Quickly!, on "ER"
- 45. Do origami
- 49. Red horse
- 51. Boxer's bane
- 52. Layout
- 55. African animal, briefly
- 57. Organic
- 59. Toddler's bed
- 61. On the \_\_\_\_\_ (precisely)
- 64. Certain apartment
- 66. Driver's-license datum
- 67. Blue dye
- 68. Prayer
- 69. Newspaper
- person
- 70. Printing machine
- 71. Hawaiian porch
- 72. Alter
- 73. Fasten, as a rope
- 75. Fix, as text
- 77. Implored
- 78. Informed of
- 82. Man \_\_\_\_\_ mouse: 2 wds.
- 84. Like sushi, e.g.

# Sudoku

Puzzle #138

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

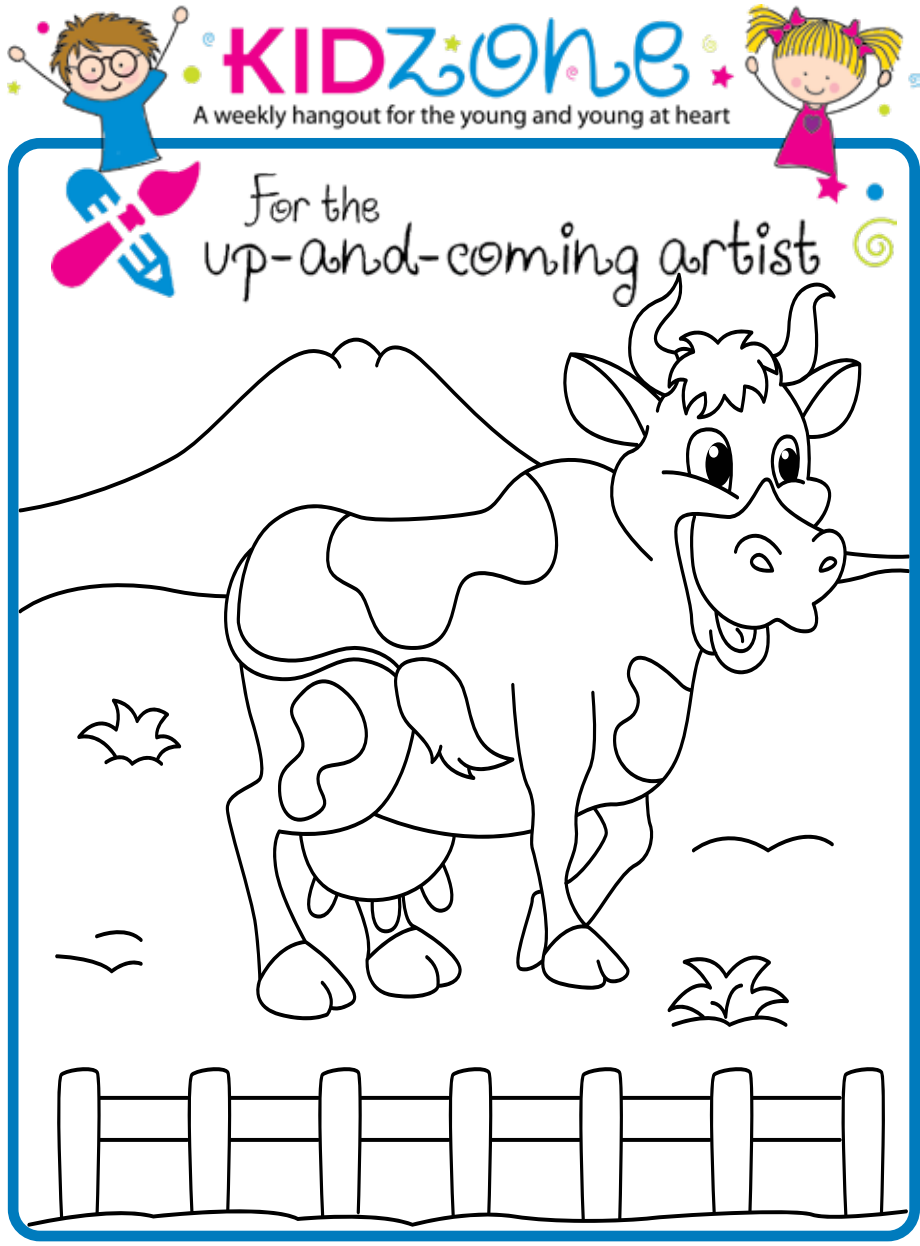
Sudoku - #137

## SOLUTIONS

Crossword - #402

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

GAS	SCAR	LAVA	PAS
RIM	EACH	ERAL	IMP
ATE	ACRE	NENE	SPA
SCAT	HYATT	ESTER	
SHRIVEL	ROLL	WORK	
RETINA	IODINE		
BORAX	CON	LOAM	
AVID	ISLAND	ADD	
LEVEE	ASPIC	SONAR	
ERE	DEMEAN	BIDE	
TIKI	REC	BELOW	
UNITED	ENAMOR		
GRAM	SEEN	RIPOSTE	
ABBAY	ATTAR	NOON	
TAB	OPUS	OVAL	APT
ONE	LIKE	GAGA	VEE
RED	KEEL	ANEW	ERR



# Want to STAND OUT in print?

Our advertising specialists know how to

# MAKE YOU SHINE!

Contact Denise today to sponsor this page or reserve your spot in the Community Journal! 406-396-1497



# CLASSIFIEDS

**FOR SALE**  
**Stunning Wedding Dress** - Champagne color, white lace flowers, long, see-thru sleeves, custom lace-up back, size 16. Worn only once, \$150. 406-581-3012.

**Chest Freezer** - Brand new apartment size chest freezer (21" x 25" x 33"), \$75. Call 406-222-4636.

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

**LEGAL NOTICE**  
The **Arrowhead School District** will soon **destroy special education/speech-language therapy records** of former students who have been out of school for approximately 8 years. Former students may contact the Arrowhead School at P.O. Box 37, Pray, Montana 59065 within sixty (60) days of this notice if they wish to obtain the information contained in them. Please be reminded that these records may be needed for social security benefits or other purposes. The information to be destroyed shall NOT include data collected on a routine basis that is maintained on all school children (such as the student's name, address, telephone number, grade level completed/year completed). The data to be destroyed shall include information regarding identification, location, evaluation, and other items directly related to special education services which the student received. Persons hav-

ing questions about this process or wishing to request that special education/speech-language therapy records be destroyed may contact the Arrowhead School at (406) 333-4359 for assistance.

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

- Junior High football (head and assistant). August 15-Oct 15

**General duties for the coach.**

- Create and implement practice plans for the team.
- Communicate regularly with school administration, athletic director, families, the public, and players.
- Participate in parent meetings, senior night, and awards ceremonies.
- Have an understanding of the game of basketball and a good working relationship with athletes.
- Maintain the values of the Bruin athletic program.
- Must complete the state required coaching classes: MHS rules clinic (HS), Concussion in Sports (HS and JH) and Fundamental in Coaching (HS), First Aid and CPR (HS and JH)

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

**Key Insurance in Livingston** is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-

hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to [alice@montanainsurance.net](mailto:alice@montanainsurance.net).

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



**Fairgrounds & Parks Crew Staff**  
Join Our Team This Summer! (multiple positions available) Looking for a fun, active summer job that makes a difference in your community? Join our Fairgrounds and Parks team! We're hiring energetic, reliable individuals to help maintain the **Park County Fairgrounds** and support our events throughout the summer. For full details and requirements visit: [https://jobs.parkcounty.org/jobs/148/Fairgrounds-Parks-Crew-Staff#job\\_148](https://jobs.parkcounty.org/jobs/148/Fairgrounds-Parks-Crew-Staff#job_148).

**Detention Officer**—Are You Trustworthy, Self-Motivated and Punctual? The **Park County Sheriff's Office** is looking for two new full-time team members interested in a career in a law enforcement capacity with our Detention Center. Take pride in performing excellent public service to your community thru providing inmate care. Be formally trained in integral aspects of your field such as PPCT-pressure point

control tactics, tactical handcuffing and CIT- Crisis Intervention Training. Shifts are bid by seniority, as follows: 7 am-3 pm, 3 pm-11 pm, 11 pm-7 am. Benefit package includes Sheriff's Retirement System; 3 vacation weeks, 12 sick days, holidays, health and life insurance, AFLAC, discounted local merchants/vendors, etc. Become part of the Park County Detention Staff and serve the community with compassion and caring in the capacity of a Detention Officer. Visit link below for the Job Description for qualifications and additional information. [chrome-extension://efaidnbmnnnibpcajpcgicfindmkaj/https://jobs.parkcounty.org/uploads/files/jobs/37/02.2025-Detention-Job-Description.pdf](https://efaidnbmnnnibpcajpcgicfindmkaj/https://jobs.parkcounty.org/uploads/files/jobs/37/02.2025-Detention-Job-Description.pdf). To apply please download the application package, 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

**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.

**Equipment Operator - Solid Waste POSITION IDENTIFICATION**  
Work Unit: Solid Waste Department – Collections  
**Title:** Equipment Operator  
**Supervisor:** Solid Waste Foreman  
**Current Classification:**  
**Pay Grade:** 12 (\$22.42 – \$27.62)  
Non-Exempt  
**Permanent Full Time** - 5 days per week  
Position overview: This position is responsible for the operation of heavy equipment for the Park County Solid Waste Department. This position includes collection of refuse using roll off trucks and front load refuse trucks. Maintenance of collection sites and

equipment is required on a regular basis. 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.

**Windrider Transit Relief Bus Driver**  
Park County is seeking a Transit Relief Bus Driver to join the Windrider Transit team. This part-time position (10-15 hours/week) involves safely operating buses, providing excellent customer service to passengers, and ensuring compliance with safety regulations. Ideal for those who enjoy interacting with diverse community members. Candidates must have a valid Montana Driver's license and will be subject to comprehensive drug testing. Join us in serving the community with friendly, reliable transportation services! This job

**How to Place your Classified Ad!**

We have three classified ad packages to choose from, your ad will be displayed for 7 days, will also be added to the Park County Community Journal website.

1-40 words \$10 • 41-50 words \$12 • 51-70 words \$15

To place your ad go online at [www.pccjournal.com](http://www.pccjournal.com) or email [community@pccjournal.com](mailto:community@pccjournal.com) and someone will call you back for payment.

If you need more space, please call Steph at 406-220-0919 or email Steph at [community@pccjournal.com](mailto:community@pccjournal.com) for more information on placing a larger classified ad.

**ANNOUNCEMENT**  
Emigrant People's Market, located at 8 Story Road, Emigrant, MT 59027, on the lawn of St. John's Church. Every Saturdays from 9 to 1 pm June through October, weather permitting. Locally created goods, local honey, jams and eggs, eclectic curated items. New vendor inquiry please email [emigrantpeoplesmarket@gmail.com](mailto:emigrantpeoplesmarket@gmail.com) for information.

**PUBLIC NOTICE**  
**BUDGET AMENDMENT PROCLAMATION**  
**ARROWHEAD SCHOOL DISTRICT #75**  
**PARK COUNTY**

At a special meeting of the board of trustees of School District No. 75, Park County, Montana, held June 2, 2025, at 5:30 p.m. via zoom, the following resolution was introduced:

WHEREAS, the trustees of School District No. 75, Park County, Montana, have made a determination that as a result of a kitchen remodel, the district's budget for the Building Reserve fund does not provide sufficient financing to properly maintain and support the district for the entire current school fiscal year; and

WHEREAS, the trustees have determined that an amendment to the Building Reserve fund budget in the amount of \$90,000 is necessary under the provision of Section 20-9-61 subsection six (6), MCA; for the purpose of a kitchen remodel and

WHEREAS, the anticipated source of financing the budget amendment expenditures shall be an InterCap Loan;

THEREFORE BE IT RESOLVED that the Board of Trustees of School District No. 75, Park County, Montana, proclaims a need for an amendment to the Building Reserve fund budget for fiscal year 2024-2025 in the amount of \$90,000 under Section 20-9-161 subsection six (6), MCA, for the purpose identified above, and;

BE IT FURTHER RESOLVED that the Board of Trustees of School District No. 75, Park County, Montana, will meet at 6:00 p.m. at the Arrowhead School library on June 19, 2025, for the purpose of considering and adopting the budget amendment.

**PARK COUNTY DROP IN CENTER** **PEER-SUPPORT RECOVERY SERVICES**

**WE ARE HIRING**

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

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

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





# Landmark REAL ESTATE

Your Local Real Estate Market Experts

## FEATURED LISTINGS

ERALivingston.com | 406.222.8700



### 28 W Grannis

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



### 923 W Clark Street

3 beds 2 baths | 1,808 sq ft  
#402441 | \$579,000  
Jon Ellen Snyder | 406-223-8700



### 49 Bison Trail

2 beds 2 baths | 2,473 sq ft  
#401913 | \$1,200,000  
Swanson Team | 406-220-2045



### 425 N 7th Street

4 beds 2.5 baths | 1,726 sq ft  
#401573 | \$650,000  
Theresa Coleman | 406-220-1405



### 9 Grizzly Meadow Road

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



### 1112 Pritchard NW

3 beds 1 bath | 1,104 sq ft  
#397220 | \$179,000  
Rachel Moore | 406-794-4971



### 27 Royal Wulff

3 beds 2.5 baths | 2,668 sq ft  
#390722 | \$1,794,000  
Swanson Team | 406-220-2045



### 1296 US Hwy 10 W

Commercial Sale | 10,160 sq ft  
#397843 | \$2,500,000  
Ernie Meador | 406-220-0231



### 1007 E Geyser Street

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



### 17 Evergreen Lane

Multi-Family | 5+ Units  
#400436 | \$1,495,000  
Swanson Team | 406-220-2045



### 98 Miller Drive

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



### 185 Elk Creek Road N

3 beds 2 baths | 2,713 sq ft  
#402169 | \$589,000  
Jessie Sarrazin | 406-223-5881



### 401 S Main St

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



### 21 Osprey Court

4 beds 2.5 baths | 3,696 sq ft  
#401996 | \$2,250,000  
Swanson Team | 406-220-2045



### 305 Lathrop Street W

2 beds 2 baths | 996 sq ft  
#399947 | \$429,000  
Jessie Sarrazin | 406-223-5881



### 102 Elliot Street S

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

## Meet the Team...

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

can find me on the golf course, the river, or the trail – anything to be outside. I'm also an active volunteer with The Shane Lalani Center for the Arts having happily settled

### Deb Kelly

Sales Associate

Distinctive Properties

406-220-0801 • deb@eralivingston.com

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

"Deb really took the time to learn about us and our needs, and then worked hard to find the best house for us. She's been more like a trusted friend who happens to be a realtor. We consider ourselves fortunate to have been her clients." –Joshua C.



# REALTORS® in Livingston, Bozeman, Big Sky & Ennis

ERA Landmark Real Estate | eralivingston.com  
406.222.8700 | 215 S. Main Street | Livingston, MT

Robyn Erlenbush CRB Broker Owner | Each office independently owned & operated.



# Celebrate National Fishing Day at the Livingston Farmers Market

Join them for a special celebration of **National Fishing Day** at Western Sustainability Exchange's Livingston Farmers Market, proudly sponsored by **Sweetwater Fly Shop**. The event takes place on Wednesday, June 18th from 4:30 to 7:30 pm at the Miles Park Band Shell located on River Drive.



Sweetwater Fly Shop will host youth activities including fly casting lessons and a hands-on session identifying aquatic insects with magnifying glasses—followed by a demonstration on how to mimic those insects when tying flies. **The Rolling Rivers Trailer** – Presented by Montana Freshwater Partners and Joe Brooks Trout Unlimited in collaboration with the Forest Service, this interactive exhibit teaches kids how rivers work and why they are vital to our ecosystems.

Also featured at the event: **Open Hub Studio Booth** – Located next to the band shell, offering fly tying and creative craft projects for people of all ages. All activities are free, and participants can take their creations home with them.

While enjoying the festivities, don't forget to shop from our local vendors!

Though Montana's growing season is just beginning, you'll find a bounty of fresh and local goods including:

- Leafy greens, arugula, spinach, radishes, micro greens, herbs, chives, rhubarb, mushrooms, scallions, garlic and other locally grown veggies
- Farm-fresh honey, eggs, beef, and lamb
- Garden-ready veggie starts, fresh flowers, and baked goods
- Local artisans galore—and so

much more!

Derek Ivester & Erik Wink sponsored by the Fairfield Inn & Suites and Home2 Suites by Hilton will be performing with a short break at 5:45 pm for an extra special ballet performance from the **Yellowstone Ballet School** that you won't want to miss!

There's something exciting every Wednesday all summer long at the Livingston Farmers Market. Find the full calendar and music lineup at [www.LivingstonFarmersMarket.org](http://www.LivingstonFarmersMarket.org).

Much gratitude to our Presenting Sponsor, July Hardesty with EdwardJones; our Farmland Sponsor, Bloom Montana; our Exclusive Music Sponsors, Fairfield Inn & Suite and Home2 Suites by Hilton; our Acres Sponsors, American Bank, Bank of the Rockies, Crazy Mountain Industries, First Interstate Bank, Kenyon Noble, Livingston Center for Arts & Culture,



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



## PARADISE WESTERN CO.

**JUNE 15 - JULY 5**

**BUY 2 GET 1 FREE  
ALL WRANGLER JEANS**

**BUY A SHIRT  
GET \$10 BACK**

**118 SOUTH 2<sup>ND</sup> ST LIVINGSTON, MT OPEN M - SAT 10AM - 5:30PM**

# Wrangler®