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Week of September 1, 2024

Let's Come Together and Give Back To The Yellowstone River Clean Up



The Yellowstone River needs our help! Join us on Saturday, September 7, 2024, for the annual Give Back to the Yellowstone River Clean Up. This is your chance to give back to one of Montana's most beloved rivers by participating in a community-wide effort to remove trash and debris from the river, which has accumulated from the historic flooding and heavy recreational use this summer.

Event Details:

- Date:** Saturday, September 7, 2024

- Time:** Kickoff at 9 am
- Locations:**
 1. Sacajawea Park, Livingston, MT
 2. Parks Fly Shop, Gardiner, MT

Volunteers are invited to float sections of the river or walk along the riverbanks to collect trash. If you don't have a boat, don't worry! We have walking sections available. Bring your family, rally your friends, and make a day on the river something the whole community will appreciate. We'll provide trash bags and gloves

at the start of the event. Once you've completed your section, all trash can be brought back to the bandshell in Sacajawea Park for disposal.

Celebrate with Us After the Clean Up:

After a successful day on the river, stay and celebrate with over \$3,000 in raffle prizes, beer from Neptune's Brewery, and food provided by Matt Swan of Swan's Fly Fishing Guides. The grill will be fired up at 4 pm. To help reduce waste, please bring

your own mug for drinks.

Shuttle Services: Courtesy of B&G and Digger Drivers.

Let's come together as a community to protect and preserve the Yellowstone River. Your efforts will make a difference in keeping our river clean and beautiful for everyone to enjoy.

For more information and to RSVP, visit our Facebook Event Page: <https://www.facebook.com/events/1468364000547329>.

American Legion & VFW Hosting 9/11 Memorial Event

Members of Livingston's American Legion and Veterans of Foreign Wars (VFW) chapters are hosting a 9/11 memorial event at Sacajawea Park on Wednesday, September 11th at 9:11 am to commemorate first responders—law enforcement officials, fire department volunteers, and emergency medical transporters—for their commitment to public safety. The event will commence with a three-volley salute performed in tandem with a color guard, followed by short remarks



from local Honor Guard Commander Eric Bradley and others. Off-duty first responders are expected to attend the event in dress colors with on-duty counterparts present contingent upon availability. The event is expected to be brief, yet event organizers are hopeful for widespread participation from the community to show appreciation towards the men and women who bravely risk their lives for the protection of others during times of peril. Please join the effort and encourage friends and family to partake in the event, if possible.

Ready to Get Started in 4-H?

Interested in joining 4-H? We can help you get in on all the fun!

Come to the Park County 4-H Open House on Wednesday, October 2, 2024 from 6 to 7 pm at the MSU Extension Office at 119 South 3rd Street in Livingston. We have clubs



throughout the county, and projects for everyone. This event is the perfect opportunity to learn more about 4-H.

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Obituaries



Lori Micken

Lori Micken was born September 29, 1932, in Cut Bank, Montana, to Tessie Micken Weed and Gehris D. Weed. She was born Loris Lillian Weed, but as her maternal grandparents, Pat and Lillian Micken, raised her, she legally changed her name to Micken.

She graduated from Cut Bank High School in 1950 and went to Northern Montana College in Havre to earn a two-year teaching certificate. She obtained a B.A. in Science from Eastern Washington College in Cheney Washington through summer schools and correspondence courses. She then went on to get a Master of Science degree in Zoology from Bozeman, what was then Montana State College, doing her fieldwork on the axolotls in Virginia City.

She taught in Livingston all but three of her 35-year career, going a year each to Libby, Missoula and Kalispell. For the last 19 years she taught high school biology in Livingston.

Lori's avocation was building construction. In 1959-1960 she built a small cabin at the head of the Swan Valley in western Montana. This was a haven for her family and friends. She furthered her carpentry skills by finishing the interior of a Boise-Cascade home south of Bozeman, laying oak floors, hanging doors and cabinets, putting up wood paneling etc. She also roofed the house and garage with cedar shakes and built a small horse barn. She returned to Livingston where she built a log home west of town, again doing all the interior finish work herself.

Her final home, starting in 1977, was 10 miles west of Livingston at the base of the Bozeman Pass. For 24 years she and Linda Stewart raised cattle, sheep and poultry on the acreage plus all their fruits and vegetables. She built a deluxe chicken coup and another barn there.

For 40 years Lori successfully hunted deer, antelope and upland game birds and did her own butchering.

After retiring from teaching in 1988, Lori turned to another interest of many years, which was writing. She wrote and performed cowboy poetry for a dozen years and published three booklets of poetry. Her mother, Tessie Micken Buckley wrote a column for a Cut Bank newspaper. Lori edited and made these into an illustrated book, *Homespun Talk*. She next wrote a fact-based historical novel, Rachel, a western novel, *Scattered by the Winds*, and an autobiography, *80 Years in Montana*. Montana Magazine, Falcon for Kids and Wild Outdoor World published several of her science articles.

Throughout life, dogs were a great love of hers, from Irish Wolfhounds and Great Pyrenees to an Australian Sheperd, mutts, dachshunds, and corgis. Horses and riding were another special love of hers.

She hiked in Glacier National Park every summer in her 30's through her 60's.

She said this beloved area was what kept her young.

Lori passed away at her home on August 21, 2024. Services will be held in the spring of 2025. Her ashes will be interred at her place, along with those of her dogs, in a private ceremony.

Lori is survived by her cousin Lee Micken of Bozeman, MT and her children; Rob (Sandra) Micken of Helena, MT, Kelly (Bill) Bernard of Seattle, WA, Brian (Staley) Micken, and Sean (Erin) Micken all of Bend, OR, Maguerite Micken of IL and her daughter Maria Leis of MD.

In lieu of flowers, please donate to the Stafford Animal Shelter of Livingston, Heart



of the Valley shelter in Bozeman or your local shelter.

To offer condolences please visit www.Franzen-davis.com.


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Area Deaths

John Van Houten, Nancy Maynard,
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Inaugural Livingston Songwriter Festival Comes to Town

The first ever Livingston Songwriter Festival will take place in locations all over town on Friday, October 4th and Saturday, October 5th.

The event has historically taken place in Red Lodge, Cody and Whitefish, but this year Whitefish let the festival producers know they wouldn't be able to host it. Mike Booth, Executive Director of the Rocky Mountain Songwriter Festivals organization reached out to Kris King with Explore Livingston and John Lowell and Joanne Gardner Lowell of Mighty Fine Time Live Events to discuss moving the popular festival to Livingston.

"Livingston makes so much sense," said Booth from his home in Red Lodge. "It's an arts town that has fostered and celebrated writing of all types forever."

Adding hit songwriters and up and coming songwriters in a forum people can connect with—I think we've found a forever home."

For two days in October the festival will feature hit songwriters from Nashville and Rising Stars from Montana performing in songwriter rounds, sharing songs and stories.

Thirteen songwriters will perform in the theaters, restaurants, coffee shops

and bars of downtown Livingston with some of the best songwriters in the music industry.

Each show will feature two or three songwriters telling stories, trading songs and showcasing their creativity. The hit songwriters featured this year include Stephanie Quayle, Even Stevens (member of the Nashville Songwriter's Hall of Fame), James Dean Hicks, Stephanie Davis and Helen Darling. The rising stars include Christy Hays, Tom Catmull, Abigail Kompst, Kalyn Beasley, Erica Sunshine Lee, John Hewitt, Chad Okrusch, Jess Jocoy, and Matt Strachan.

The Livingston Songwriter Festival is a production of the Rocky Mountain Songwriter Festivals, Inc. (RMSWF). The RMSWF is a 501(c)(3) nonprofit organization dedicated to music education in local communities. Since its inception the Rocky Mountain Songwriter Festivals have gifted more than \$130,000 to fulfill this mission. The festival is being supported by the Livingston TBID, Explore



Livingston, the Livingston Bar and Grille, Montana's Yellowstone Country, the Murray Hotel, Neptune's Brewery, the Red Ants Pants Music Festival, Tito's Vodka, American Bank, the Art of Parks Reece, Montana Quarterly, Flying S Title & Escrow, Mighty Fine Time Live Events, KGLT, and The Bozone.

Performance venues include 1900, The Attic, The Owl Lounge, Livingston Center for Art and Culture, Livingston Bar and Grille, Tru North and the Elks Lodge. The festival is hosting a free community concert featuring all of the songwriters to perform at the Elks Lodge on Friday, Oct 4th at 7 pm. "This gives Livingston a chance to get acquainted with the concept of a songwriter circle," added

Mike Booth. "We're hoping people enjoy the concept and buy a ticket to all the shows on Saturday. Your ticket/lanyard gets you entrance to every venue on Saturday, and a chance to see several combinations of writers playing their songs."

Tickets are \$55 for Saturday, with plans to expand the festival to three days in 2025. There are opportunities for VIP packages, Sponsors and Patrons to become involved, and a need for volunteers to keep things rolling. One four-hour volunteer shift gets you an all access pass to the rest of the festival. Those interested in volunteering should contact Joanne Gardner Lowell at joannegardnerlowellmt@gmail.com or at 406-599-1075. For more information on the festival, please go to www.livingstonsongwriterfestival.org.



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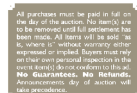
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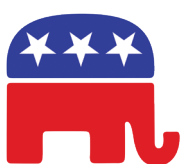
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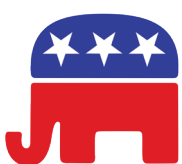
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Bozeman Symphony Welcomes Five New Musicians

The Bozeman Symphony and Music Director Norman Huynh is excited to welcome five talented new section musicians for its 2024-25 concert season, Music that moves us.

Following national auditions held this spring, Jodi Allison-Bunnell, Viola; Michael Dolin, Associate Principal/2nd Trombone; Chelsea Lind, Violin; Lina Saleh, Principal Second Violin; and Jihye Sung, Violin; have been selected to join the symphony.

"We are thrilled to welcome these musicians to the Bozeman Symphony," said Huynh. "I look forward to making music with all our musicians this fall, as I begin my fifth season as Music Director. Our musicians are at the center of our organization, they define the Symphony and our work."

Violist Allison-Bunnell of Bozeman is the Head of Archives and Special Collections at Montana State University Library. True to her



Jodi Allison-Bunnell

profession, she has programs for every concert she has played or attended since 1984. In 2022, she was named a Distinguished Fellow of the Society of American Archivists, the

highest honor in the Society. Allison-Bunnell completed a dual degree program in library and information science and American history at the University of Maryland College Park and holds a Bachelor of Arts degree in English summa cum laude with a minor in music from Whitman College. The violist also played in the Missoula Symphony for 23 years. She, her husband, Steven, and their child Wren enjoy Bozeman's outdoors by hiking and cross-country skiing. They also enjoy reading funny things to one another, cooking good food, spoiling their cats, and listening to various podcasts.

Dolin is a trombonist based in Santa Barbara, Calif. He is also a member of The San Luis Obispo Symphony and South Dakota Symphony Orchestra. His previous orchestral experience includes the American Youth Symphony and Debut Chamber Orchestra, both in Los Angeles. When not in the orchestra, Michael can be found playing with the Santa Barbara Trombone Society, or on the drum set with his band, SoLuna, in Carpinteria.

A Bozeman native, Lind, who has been enchanting audiences with the Symphony



Michael Dolin



Chelsea Lind

since January 2024, is officially joining the violin section. This season, she's excited to perform Korngold's Violin Concerto featuring the talented Will Hagen. A recent graduate of Brigham Young University with a bachelor's degree in Violin Performance, Lind's musical journey is as diverse as it is impressive. From Ballet and Opera to Baroque Ensembles and private teaching, her experiences have shaped her into a versatile and passionate musician. Notably, she served as Concertmaster for three years at Montana All-State, earned the All-Northwest honor, and led the Montana Youth Symphony as Concertmaster in 2023. Her tours in Europe in 2018 and 2022, along with her work as a contract violinist with the Great Falls and Glacier symphonies, highlight her dedication and skill. Lind's love for music started early, inspired by her mother, Principal Cellist Chandra Lind. She fondly remembers her early days begging to play the "baby cello." When she's not performing, the

violinist explores her artistic side as a professional artist and enjoys nurturing her collection of houseplants. Saleh of Los Angeles is a committed violinist with a deep appreciation for orchestral performance. From her early days in youth orchestras to her current roles in professional ensembles, Saleh has always been drawn to the unique energy and collaboration found in orchestral settings. She has had the privilege of

performing with a wide range of ensembles, including the Santa Monica Symphony, the California Young Artists Symphony where she has served as Assistant Concertmaster, and the California State University-Northridge Symphony Orchestra & Operas where she led as Concertmaster. Saleh began studying the violin at the age of 12. Over the years, she has played with the American Youth Symphony, San Luis Obispo Symphony, San Fernando Valley Symphony, and several other orchestras. The violinist holds a Master of Music in Violin Performance from California State University at Northridge and a Bachelor of Music from the University of Illinois at Urbana-Champaign. Saleh currently manages a private studio of over 20 students, as well as 15 students at Lauren Deutsch's studio. She enjoys her cat Leo,

being outside, live music, reading, and trying new restaurants.

Sung of Bozeman performs regularly with the Montana Chamber Music Society and String Orchestra of the Rockies. She served as an instructor of violin, viola, and chamber music at Montana State University. Jihye was previously a Bozeman Symphony sectional violinist, principal second violinist, and guest



Jihye Sung

associate concertmaster. Now an official member of the Symphony, she is especially looking forward to working with fellow musicians and sharing musical experiences with the Bozeman community. Originally from South Korea, Jihye was introduced to the violin by her parents at age six. Her musical training began at the Sunhwa Art School in Seoul and continued through her high school years in Sydney, Australia. Jihye earned her bachelor's and master's degrees from the Manhattan School of Music in New York. Outside of the music world, Jihye devotes her time to her two daughters, Eunice and Esther, and her husband Wonki who teaches classical saxophone at MSU.

"We are always thrilled to welcome exceptional new musicians to our orchestra," said Jacob Blaser, Executive Director of the Bozeman Symphony. "Their contributions not only elevate the quality of our performances on stage but also enable us to bring meaningful and transformative musical experiences to our entire community."

The 2024-25 season opens the weekend of September 21st with Rachmaninoff's Concerto No. 3. Individual tickets are available at www.bozemansymphony.org or by calling 406-585-9774. Tickets at the door are based on availability. Adult tickets start as low as \$29 and student-discounted tickets are available.



Lina Saleh

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American Ingenuity

Mason Jars—Whoever Thought of That?

A Fun History Lesson

By Jill-Ann Ouellette

It's garden harvest time again. Doesn't everyone love the beginning of the fall season? Those nights are cooler, kids are back in school and if you have a garden—lots of vegetables to preserve for the long winter. Have you ever wondered who came up with the idea to preserve food in jars? I decided to find out.

It was back in 1858, right here in America; John L. Mason first invented the Mason jar. He created and patented a glass jar for home canning and food preservation (vitally important at that time). His jars had a screw thread mouth that accepted a metal band and a lid that featured a rubber gasket on its underside. In theory, that ring could form a hermetic seal to preserve food for a long period of time. Getting it just right took practice. Both then and now, his jars are used by many households for drinking (a lemonade on ice for summer), to store and transport food, as cocktail shakers, table decor as well as an airtight vessel for canning. Mason's patent ran out in 1879, opening up the market to competition. This invention changed America and the world.

In 1884, five brothers got together

and formed the Ball Brothers Glass Manufacturing Company in New York State. Frank, Edmund, George, Lucas, and William Ball improved on Mason's invention. They made canning easier and more accessible to everyday Americans. By 1887, they moved the jar manufacturing to Muncie, Indiana, as Ball® Company. They quickly became a household name. Even today, the company continues to make 585,000 jars every day.

In 1909, The Ball Company published a book about how to preserve food. The company utilized notes and instructions developed by George and Francis Ball (his wife). And after World War I, freezer jars and canning became more popular than ever. *The Ball® Blue Book Guide to Preserving* is now in its 37th edition. It was a necessity for most American kitchens. Whether you're an avid canner or looking to start, this is a great book to have. (An updated version can be purchased online with a quick Google search.)

In 1918, the Ball brothers bequeathed a small college in Muncie to the State of Indiana: the school was later renamed Ball State University.

Another fun fact that is truly remarkable, in 1933, the Ball Company



did not lay off a single employee during the great depression.

How cool are those blue Ball® glass jars? Blue jars were mass-produced until 1937 using sand from around Lake Michigan. It was the sand that gave the glass its famous blue hue. While those blue jars are not rare, if you find a jar that reads BBGMCo, on the side, you could have a very rare jar. They were produced in clear, aqua, and amber colors. Only four amber-colored jars were ever made, making them the most rare. To date your jars, be sure to pick up *The Collector's Guide to Old Fruit Jars*, by Douglas M. Leybourne. There are several editions to the book. You can find it online easily as well.

After 88 years as a family-owned business, The Ball Company went Public in 1972.

In 2009, The Ball Company celebrated its 125th year anniversary. They created a fun exhibit, *Can It! 125 Years of the Ball Jar*. The Minnetrista Cultural Center in Muncie, Indiana

currently has the exhibit and many objects and materials from the Ball Company and family. Visit www.minnetrista.net/heritage-collection.

Ball now offers BPA-free lids. Sure, the process is the same as it was over 100 years ago, but now you can join their Facebook community at Ball® Home Canning Facebook Community. You will definitely find it exciting and rewarding the world of home canning at its best! The community is there to provide a place for canners, both new



and experienced, to ask questions, share insights and connect on the unique activity.

This is one simple example of American ingenuity that changed our country and the world! Keep on canning!

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Recipe by
Carla Williams

RECIPE CORNER

German Chocolate Cookies

Ingredients:

- 1 cup butter, softened
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 2/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup semi-sweet chocolate chips
- 1 cup chopped pecans
- 1 cup coconut flakes (optional to give it a traditional German Chocolate flavor)

Instructions:

- 1. Preheat oven to 350°F (175°C). Line baking sheets with parchment paper.
- 2. In a large mixing bowl, cream together butter, brown sugar, and granulated sugar until light and fluffy.

- 3. Beat in eggs one at a time, then stir in vanilla.
- 4. In a separate bowl, combine flour, cocoa powder, baking soda, and salt. Gradually add to the butter mixture and mix well.
- 5. Stir in chocolate chips and pecans.
- 6. Drop dough by rounded tablespoons onto prepared baking sheets.
- 7. Bake in preheated oven for 8-10 minutes or until set.
- 8. Allow cookies to cool on baking sheets for 5 minutes before transferring to wire racks to cool completely.

Notes:

- Store cookies in an airtight container to maintain freshness.



Looking Back *with Lindie*

Livingston, is a small town and the county seat of Park County, and was originally part of Gallatin County. It is located on the Yellowstone River, north of Yellowstone National Park. As of the 2020 census, the population of the city was 8,040.

The founding of the small, historical, railroad and ranching town of Livingston is a direct result of the Northern Pacific Railway (NPR). This site became a centralized point in the Rockies and the NPR's location for railroad shops to service their steam trains before ascending the Bozeman Pass, the line's highest point, located immediately west. Livingston also became the first gateway town to America's first national park, Yellowstone, which the NPR promoted heavily to visitors from the East. The NPR also operated a branch line running 50 miles south through Paradise Valley, first to Cinnabar station and later to Yellowstone's north entrance in Gardiner.

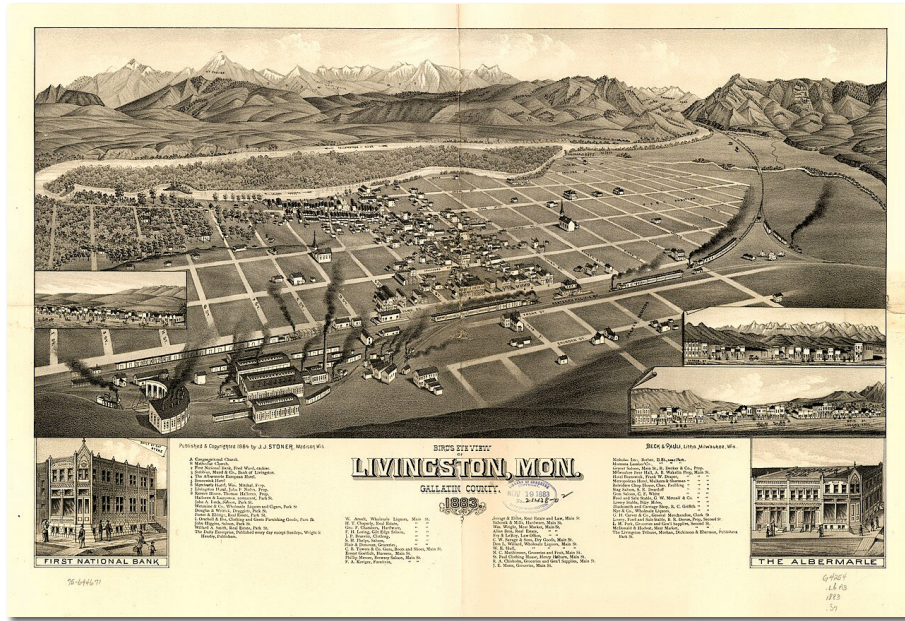
Downstream the Yellowstone River, about 3 miles from present-day Livingston, an old fisherman named Amos Benson built a log cabin in 1872. A ferry, a trading post and a small community called Benson's Landing was located there. Across the river from Benson's Landing in June 1882 was the camp of about 40 tents belonging to the Northern Pacific survey crew. They thought the supply store site would be ideal there. On July 14, 1882, Joseph J. McBride, a man who worked for the Northern Pacific, arrived with orders to find another site to build the store. On July 16th, George H. Carver, who became a major local businessman and political leader, arrived at the site of present-day Livingston. Carver and McBride became the first local residents when they pitched their tents that day. Also on the 16th arrived 30 freight wagons drawn by 140 oxen, carrying 140,000

lbs. of merchandise. The supply store was to be of Bruns and Kruntz, contractors. Eventually, the tents gave way to log cabins. All of Benson's Landing encampment moved up the river to Carver and McBride's camp within 10 days of the train's arrival.

This new settlement was called "Clark City" after Heman Clark, the principal contractor for the Northern Pacific from the Missouri westward. By fall, the town was well established and a November 1882 poll counted 348 votes for delegates to Congress. Clark City was on the southeast side at the East end of Lewis St. just southwest of the KPRK building, and is now part of Livingston. B.F. Downen built the first permanent residence (out of wood) and Frank White owned the first saloon. Clark City eventually had six general stores, two hotels, two restaurants, two watchmakers, two wholesale liquor dealers, two meat markets, three blacksmiths, a hardware store, 30 saloons and a population of 500.

As Clark City was growing, nobody realized that the Northern Pacific had marked on its maps a town called Livingston at the same place. The railroad officially reached Clark City on November 22, 1882. In October 1882, a post office was chartered for Clark City. In November, Livingston received its charter. That was when it was decided that Livingston would be located a short distance away. Then Clark City residents bought lots in Livingston and moved. The birth of Livingston was the death of Clark City. The walking distance between them was considerable and Clark City became stream-and-bog urban wild land. Very few buildings still remain.

On December 21, 1882, Livingston was incorporated and named in honor of Johnston Livingston, pioneer Northern Pacific



Livingston, Montana's Main Street was shown on a postcard mailed in 1924.

Railway stockholder, director and friend of Northern Pacific Railroad President Henry Villard. Johnston Livingston was director from 1875 to 1881 and 1884-1887. Crawford Livingston Jr., Johnston's nephew, is more commonly considered the town's namesake. Crawford bought the real estate after the survey and on July 17, 1883, established the First National Bank in the city. Often he spoke of Livingston as "his town" and he apparently enjoyed the publicity of supposedly having a city named for him. But the name Livingston has always stood out in the Northern Pacific official family.

Livingston is along the Yellowstone River, where it bends from north to east toward Billings and in proximity to Interstate 90. In July 1806, Captain William Clark of the Lewis and Clark Expedition camped on the city's present outskirts on the return trip east preparing to descend the Yellowstone River. Clark's party rejoined the Lewis party at the confluence with the Missouri River, near Williston, North Dakota.

Although small, Livingston has a number of popular tourist attractions. The Livingston Depot, built in 1902 after two predecessors, is a restored rail station that houses a railroad museum open from May to September. The Yellowstone Gateway Museum documents regional history from one of the oldest North American archaeological sites to Wild Western and Yellowstone history.

The city was inhabited for two decades by Calamity Jane and visited by a number of traveling members of European royalty.

In 1938, Dan Bailey, an eastern fly-fisherman, established Dan Bailey's Fly Shop and mail order fly tying business on Park Street. Also in Livingston is the Fly Fishing International organization. Actors Peter Fonda and Margot Kidder, Saturday Night Live alumnus Rich Hall, musician Ron Stryker, novelist Walter Kirn, and poet Jim Harrison have lived in the city. Jimmy Buffett mentions Livingston in multiple songs, because his sister married writer, Thomas McGuane, former resident at Deep Creek and now living in McLeod; Buffett visited Livingston a number of times.

Its economy is flat, and like the rest of the state, the unemployment rate is below the national average. Almost 50% of its workforce commutes to Bozeman, as well as the destination resort Chico Hot Springs located 25 miles south, and various campsites and ranches in Paradise Valley. Recently the city has invested in attractions and accommodation for tourists visiting during the Lewis and Clark bicentennial years.

Livingston and its immediately adjacent area has 17 sites listed on the National Register of Historic Places, including Calamity Jane's cabin originally located on Main street where O'Reilly's Auto Parts store parking lot is now.

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SHIELDS VALLEY **Upcoming EVENTS**

- September 5th** Junior high Volleyball vs Gardiner in Wilsall 4:30 pm.
- Junior Varsity and Varsity Volleyball in Gardiner at 5pm.
- September 7th**, 90th Anniversary Celebration Wilsall Community Church, 3pm, featuring activities and games for the kids, Hearing from former Pastors, Visiting with new and old friends. Fellowship dinner at 6pm.
- September 7th** Junior Varsity and Varsity Football at White Sulphur Springs at 4 pm.
- September 7th** Junior High Volleyball at West Yellowstone 2pm.
- Junior Varsity and Varsity Volleyball at West Yellowstone 5pm.
- September 9th** JV Football at White Sulphur Springs 4pm.

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Shane Cener Presents Final Concert of 2024 – Crying Uncle Bluegrass Band

Widely recognized as one of the most exciting young bands in acoustic music, Crying Uncle Bluegrass plays a unique mix of bluegrass, Dawg (David Grisman music), jazz, and modern originals. Brothers Miles and Teo Quale are joined by bassist Andrew Osborn and 2023 National Flat Pick Guitar Champion Ian Ly, all outstanding young musicians of the vibrant California bluegrass scene.



Based in Northern California, Crying Uncle Bluegrass has opened for prestigious bands, including Marty Stuart and his Fabulous Superlatives and David Grisman Bluegrass Experience. The band has played at venues such as IBMA's World of Bluegrass Festival, CBA's Father's Day Bluegrass Festival, La Roche Bluegrass Festival, Strawberry Music Festival, SF's Hardly Strictly Bluegrass, Delfest, and Grey Fox Bluegrass Festival. In 2018, the band was featured

on a TEDTalk by Nashville-based singer/songwriter Phoebe Hunt. Miles Quale was also a proud recipient of the Whippoorwill Arts Fellowship in 2022.

This extraordinarily talented young band will be making their first-ever stop in Montana to play Shane Center Presents on Saturday, September 7th. Tickets are available at www.TheShaneCenter.org or by calling the box office at 406/222-1420. The Shane Center Presents series is sponsored by Chico Hot Springs.



TheShaneCenter.org or by calling the box office at 406/222-1420. The Shane Center Presents series is sponsored by Chico Hot Springs.

Poetry Spotlight

THE BELL
Written by: Robert Nehls

I've been to many places,
Seen so many things.
This is where I'll stay, my friends,
Where the bell of freedom rings.
But let me tell a story,
Of bells in other lands.
And how they cracked and crumbled,
From the weight of tyrant's hands.

Built with truth and honesty,
Ringing pure for years.
The people were the sovereigns,
Their status very clear.
But then the tone was changing.
A few were quite upset,
Understanding government
Can be their greatest threat.
The servants said, "The tone is off!
We'll fix it if we can.
We'll initiate a bureau
To carry out our plan.
And tax you just a little more
For work that must be done."
The timbre slowly getting worse.
The process had begun.

Most people were oblivious
To changes being made.
The bell was slowly cracking,
And higher taxes laid.
A private corporation
Controlled the currency.
The gold was taken from them,
Along with liberty.
Soon the people asked for help,
They could not stand the weight.
The bell was falling swiftly,
To be destroyed, it's fate.
And they became the servants
That swept up the remains,
Of the bell that fell on hallowed land
And truth that it contains.

The thought of being sovereign?
For a few, a memory.
But most do not remember
Of ever being free.
They struggle, and the simple things
Are now a luxury.
And those that once were servants,
Control their destiny.

WEDNESDAYS
6:30

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The Quality of Heart and Notes on Trumps Bozeman Rally

By Joyce Johnson

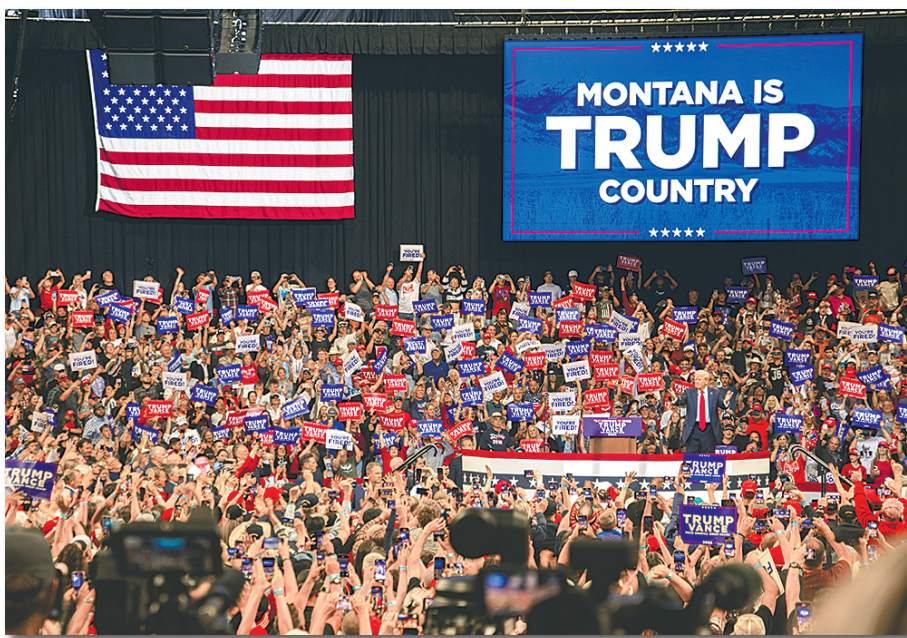
I salute our PCCJournal Owner/Editors in our 12th year and it's recent commitment to weekly publishing, [gulp] at full service, newspaper level. It's a horse in full gallop. You can't imagine the hours of work involved. Only Steph and Joel Martens and staff, a family run biz, could have pulled this effort off—serve the community this way—advocates of free expression, which is dicey in the growing suppression of it, but never the less striving to be the Voice of the people, and it's heart... and the Journal is still free. [Is anything anymore?]

The Martens treat their dogs like family, which to me is the best character reference a person can get. The quality of the heart is the measure. And the Journal supports positive view. That's not a wuss thing. Does not mean "if ya can't say something nice don't say anything at all"... but means gathering the data, and a lean towards the productive or optimistic side of reality, as apposed to promoting or amping of the negative, which fuels the negative. For many years the contributors to PCCjournal, have, I believe, striven for a humble, positive "lean."

Trump rally in Bozeman—I was

offered a free ride and ticket from friends in Livingston for the rally, but had to turn it down due to my early to bed/rise need; not wanting to drive at night in the valley on return trip; poor night sight and animals that jump in front of headlights; my hearing in large crowds is handicapped. Good reality based excuses, but I felt a little guilty because many 1000s showed up of all ages, and some where stunningly in line from the day before. It was heart-filling I think. What else can we actually "do," most of us, but show up and cheer people on.

I set myself up in bed with a headset whose long cord was slung across the room and attached to the desktop tower and the big 28 inch monitor which allows comfortable distant viewing. So, I commenced to watch and listen... a few times switched news media for comparison, and waited out the only downside of that event; the worrying long delay for Donald to get there due to a plane engine glitch and a communication hack. Otherwise, I had a plate of munchies and a magazine nearby to read as the wait went on and on, and the tireless news media had to fill-in with impromptu interviews and repeated commentary, but their positive



creative handling of it was impressive. I am not on the rusty old merry go round of fibs, foibles and character bashing, so I found the politicians that spoke in the interim, were "up front," cut to the chase, no holds barred, patriotic, brave, straight talking, and refreshing. I got tears a few times. True Americana.

Many who went to the rally commented later that the huge crowd was cheerful, upbeat, and friendly with each other; a party atmosphere. I was with them in spirit, and in prayer too,

along with millions who watched on-line. Robert Kennedy Jr., is as of today, 8/24, officially in support of Donald J. Trump. That is huge. I am in support of the upfront, imperfect, but positive, honest best of us, [wherever we find it] who have stood up for the people... and taken (bullets) criticism, the levels of which darkest negativity and destructive intent has been one of the most profound and shameful in our history. Notice I said "has been." May the best man win. Fair and square. God's will be done. Amen.

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LETTERS TO THE EDITOR

I Live in the City – Why do I care about county elections?

If you are a property owner anywhere in Park County, you care about taxes: twenty-one out of the thirty levies on your city taxes go to fund county services.

And anywhere you live in Park County, you care about services: Sheriff, Ambulance, Library, Museum, Health Department...

It is the County Commissioners who

approve the annual county budget. EVERYONE voting in the county votes in ALL THREE of the commissioner districts—and all three districts include their portion of the City of Livingston.

Kent Hanawalt
McLeod, MT

NOW HIRING

American Automotive is hiring a full-time automotive technician. Starting at \$35 an hour DOE. We are a family-oriented business with a fun work environment, paid holidays, vacation benefits, growth opportunities and other perks. Quarterly reviews with raise opportunities and will pay for continuing education.

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

Meals for September 2nd - 6th

Monday, Sept. 2nd -
CLOSED

Tuesday, Sept. 3rd - Scalloped potatoes and ham, veggie, roll, fruit, milk

Wednesday, Sept. 4th - Pulled pork on bun, fries, coleslaw, fruit, dessert, milk

Thursday, Sept. 5th - Beef stew, roll, fruit, milk

Friday, Sept. 6th - Pizza, pasta salad, dessert, fruit, milk

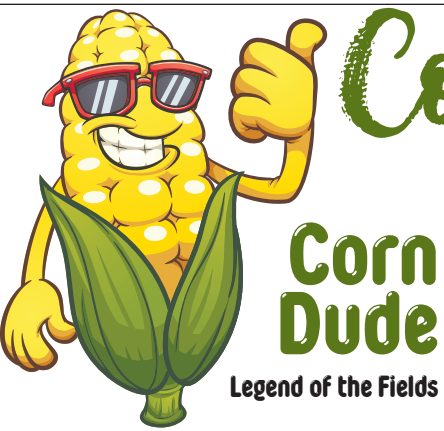
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Corn—It's that Time of Year!

By Jill-Ann Ouellette

This time of year, I could eat fresh corn on the cob every day! How about you? It's corn harvest time for farmers and gardeners. Here in Montana, we have awesome options to choose from for that delicious fix, at farmers markets, health food stores, grocery stores, and that corn truck parked on the side of the road. And it's good to know that corn not only tastes great but is also nutritious. I share my favorite healthy cooking option at the end of this article.

Corn is rich in fiber and plant compounds that aid digestive and eye health. It has plenty of fiber, both soluble and insoluble. The **soluble fiber** in corn breaks down and forms a gel in the intestines and can play a role in controlling cholesterol—good to know. However, soluble corn fiber is often used in the manufacture of highly processed foods—not the best nutrition!

The covering of each kernel of corn is **insoluble**. Corn's insoluble fiber also acts as a prebiotic, feeding and supporting the growth of healthy gut bacteria. This is indigestible fiber that the body cannot break down, which passes through the body more or less intact, which can add bulk to bowel movements and ease constipation. Yet, it's high in starch, can spike blood sugar, and may prevent weight loss when consumed in excess (shucks—pun intended)—there goes the daily consumption. The safety of genetically-modified corn may also be a concern. [Johns Hopkins Medicine]

Is corn a grain, a starch, or a vegetable? Corn can be eaten as a grain or a starchy vegetable. Either way, it should be considered a carbohydrate. In Latin cultures, corn is regarded as a grain. It is harvested once it's fully mature and dried and ground into flour to make tortillas. In contrast, Americans of European culture harvest corn as a vegetable when the kernel is soft and juicy and serve it boiled, steamed, fried, or roasted.

Corn's Nutritional Value—Corn served on its own has several health benefits, and likewise, corn-based foods can be part of a nutritious diet. For instance, corn tortillas are a daily staple of Mexican food, and when combined with vegetables and protein, they can create a balanced meal. Hominy is made from dried corn kernels soaked in an alkaline solution then thoroughly rinsed. Hominy can be ground into grits (a popular item in the Southern U.S.) or into masa for Latin American dishes.

Kids love corn-based cereals, and the kinds with less (or no) added sugar can provide an easy-to-prepare breakfast or snack with the addition of milk, yogurt, or fruit.

When buying processed foods made with corn, read the labels, since added ingredients will affect the nutrition profile. "Be aware of foods with too much added sugar, sodium, or saturated or trans fats," advises Sofia Wicker Velez, RD, LDN, Dietitian at Johns Hopkins.

Corn is low-calorie and packed with macro-nutrients, vitamins, minerals, and antioxidants. A medium ear of sweet corn or a half-cup of fresh,

frozen, or canned kernels (without added fat or salt) has about 77 to 100 calories. It is naturally gluten-free and with only about one gram of fat per ear (not including butter and other oily add-ons). The majority of that gram of fat is polyunsaturated—that's the kind of fat that can help reduce cholesterol and inflammation. Here's a more detailed breakdown of that ear:

- About 3 grams of protein
- 5 milligrams of sodium
- 244 I.U.s of vitamin A
- About 15 grams of carbohydrates, including about 5 grams of sugar
- Small amounts of B vitamins, magnesium and potassium
- Antioxidants that ease wear and tear on the body's cells, including: Vitamin C, Lutein and zeaxanthin, which support vision and eye health

Is Popcorn healthy? Popcorn is made from the dried kernels and can be a healthy, filling, whole-grain snack if the benefits of the corn aren't overshadowed by added fat and sodium. Popcorn sold at movie theaters and sports events are loaded with butter (or a substitute) and

salt—not so good for you. A tub of movie theater popcorn can pack over 1,000 calories and 2,650 milligrams of sodium!

So, choose wisely and pick the healthiest with air-popped or microwave-popped popcorn that you make yourself—not that packaged microwave popcorn (that you make yourself)! Three cups of plain popcorn is only 95 calories and 3.6 grams of fiber, and you control the butter and salt.

Grilling Corn. My favorite way to eat corn on the cob is to grill it. Decades ago, I went to a friend, Dorene's backyard barbeque and saw the double sink in the kitchen chock full of corn in the husks soaking in water. I inquired why the corn was getting washed. I was assured that I was about to have the most delicious corn in my life—without needing butter or salt. Dorene was so right!

In my family, corn on the cob was always boiled. I had no idea that boiling corn in water dissolves most of the corn's nutrients. Grilling is the way to go! Here's how. Pull off a few of the outer leaves



of the husk (just 3 or 4). Do not open the husk itself. Cut off the access brown silks on the outside of the ear. Soak in water for 15–30 minutes (soaking is optional and prevents the husk from burning quickly). Grill on medium heat (300°–400°). Turn every 5 minutes for a total cooking time of 15–20 minutes. Arrange on the grill so you can easily turn them. Let cool before you husk them right before serving. Some folks like to place them back on the grill after husking for that blackened look. Try a bite plain, you may find you won't need butter or salt.

Choose organic if you can (to avoid GMO and extra pesticides). Enjoy your corn on the cob right now when it's fresh, nutritious and delicious!



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Final Budget Public Hearing

Park County Commissioners will meet on Thursday, September 5, 2024 at 9 am in the Commission Chambers in the City/County Complex at 414 E. Callender Street for the purpose of adopting Park County's final budget and fixing the tax levies for the 2024/2025 fiscal year. The final budget will be adjusted from the preliminary budget. Starting August 28th, the budget is open to inspection by any person and is available



for public review during regular business hours in the Park County Accounting Office. Any taxpayer or resident may appear at the hearing in person or virtually and be heard for or against on any part of the final budget. Written comments on the final budget may be submitted either in person or by mail to the Park County Commissioners, 414 East Callender Street, Livingston, MT 59047, until September 5, 2024, at 9 am.

Bozeman Symphony Invites Families to Symphony Storytime at Bozeman Public Library

The Bozeman Symphony invites families with young children, especially those ages 3 to 5, to attend upcoming Symphony Storytime events, offered free of charge. These engaging sessions are held at the Bozeman Public Library's Community Room, located at 626 E. Main Street, on select Wednesdays throughout the year. Symphony Storytime coincides with the Library's regular Toddler and Preschool Storytime at 10:15 am, where children can enjoy the unique experience of hearing a Bozeman Symphony musician perform live while a special guest reads a storybook aloud. This enriching blend of music and storytelling aims to spark a love for the arts in young minds. Upcoming dates for the Symphony Storytime events include: September 18,



October 9, and November 9, 2024, January 15, February 19, March 19, April 23, May 14, and June 4, 2025. A special Saturday program is also scheduled for November 9, at 10:15 am. Families are encouraged to follow the Bozeman Symphony on Facebook and Instagram for updates on featured musicians and instruments. "The goal of Symphony Storytime is to nurture a love for music, storytelling, literacy, and discovery," said Cierra Wallace, the Bozeman Symphony's Education and Community Engagement Coordinator. "Through collaborations with community partners, we aim to introduce children to diverse stories, cultures, and musical experiences." For more information, visit www.bozeman-symphony.org or call 406-585-9774.

Tourism to Yellowstone National Park Contributes \$828 Million to Local Economy


Report shows visitor spending supports 8,560 jobs in nearby communities

A new National Park Service report shows that 4.5 million visitors to Yellowstone National Park in 2023 spent \$623 million in communities near the park. That spending supported 8,560 jobs in the local area and had a cumulative benefit to the local economy of \$828 million. "I'm so proud that our parks and the stories we tell make a lasting impact on more than 300 million visitors a year," said National Park Service Director Chuck Sams. "And I'm just as proud to see those visitors making positive impacts of their own, by supporting local economies and jobs in every state in the country." The National Park Service report, 2023 National Park Visitor Spending Effects, finds


that 325.5 million visitors spent \$26.4 billion in communities near national parks. This spending supported 415,400 jobs, provided \$19.4 billion in labor income and \$55.6 billion in economic output to the U.S. economy. The lodging sector had the highest direct contributions with \$9.9 billion in economic output and 89,200 jobs. The restaurants received the next greatest direct contributions with \$5.2 billion in economic output and 68,600 jobs. An interactive tool is available to explore visitor spending, jobs, labor income, and total economic contribution by sector for national, state and local economies. Users can also view year-by-year trend data.

Soup & Salad Thursdays

In-house Soup & Salad Bar
Suggested donation
Over 60 - \$6 per meal
Under 60 - \$8 per meal



Salad bar starts at 11:30am and
Soup at 12pm
Dining room located at
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406-333-2490





PARK COUNTY 4-H OPEN HOUSE

This event is the perfect opportunity to learn more about getting started in 4-H. Stop into the Extension office to hear more about the opportunities available through 4-H in Park County. We have clubs throughout the county, and projects for everyone. Check out <https://www.montana.edu/extension/park/join4h.html> to learn more.



Interested in joining 4-H? We can help you get in on the fun!

Come to the 4-H Open House on Wednesday, 10/2/24, 6-7 pm to learn more.

The 4-H Year starts in October- so now is the time to get enrolled.

Get ready for a full year of hands-on fun!

PARK COUNTY 4-H

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Leadership 49 Announces the Participants for Year 11

Montana State University Park County Extension is proud to announce Year 11 participants of Leadership 49, a nine-month leadership program designed to develop empowered and engaged citizens that will strengthen and connect the communities of Park County. Entering its eleventh year, Leadership 49 has graduated over 175 community leaders.

Comprised of monthly day-long sessions, community-based experiences, and a group project, participants develop leadership skills, increase their knowledge about challenges and opportu-



nities, and network with community groups, leaders, businesses, elected officials, and others.

"Joining this group helped me understand Park County as it is now. To learn

how diverse the county is, and the people are, is uplifting," shared Keva Ward, Park County Community Foundation Program Director and Year 10 Alumnus.

The program begins September 13th in Paradise Valley and includes monthly sessions in Clyde Park, Cooke City, Gardiner, Livingston, Paradise Valley, Tom Miner, and Wilsall.

A total of 18 participants were

selected from a geographic and experience cross-section of the county. The Leadership 49 Year 11 participants are:

- Celeste Mascari, Livingston
- Chase DeForest, Livingston
- Chelsey Murphy, Livingston
- Cole Mauch, Livingston
- Cory Thornton, Livingston
- Daniel Beckmann, Livingston
- Deb Purvis, Silver Gate
- Eli Isaly, Livingston
- Emily Contreras, Livingston
- Ericka Brandal-Juvan, Livingston
- July Hardesty, Livingston
- Lara Belice, Cooke City
- Megan Brummel, Livingston



- Shy Smith, Shield's Valley
- Mya Curtis, Livingston
- Nicole Harkness, Emigrant
- Paige Fetterhoff, Livingston
- Rhiana Peck, Gardiner
- Vanessa Kurtz, Livingston

QuickBooks Class for Local Businesses Offered by MSU Extension Park County and PLDC

MSU Extension Park County and the Park Local Development Corporation (PLDC)



EXTENSION

available starting at 1:30 pm.

What You'll Learn:

Day 1 (September 25th): Learn the basics of accounting and how to enter data into QuickBooks, which will help you manage your business's finances more easily.

Day 2 (September 26th): Discover how to use the data in QuickBooks to create

reports and get useful information that can help you make better business decisions.

The class will be taught by Wendy Weissman, a CPA and QuickBooks consultant. This is a great chance to learn practical skills that you can use right away

to improve your business.

Thanks to the support from PLDC, this class is free for all participants.

Space is limited, so sign up soon! To reserve your spot, email park@montana.edu.

Join Bozeman Symphony's Music Director

For An Exclusive Preview of the 2024-25 Season

The Bozeman Symphony invites the community to a special presentation by Music Director Norman Huynh on Wednesday, Sept. 11th, from 3 to 4 pm at Bozeman Health's Hillcrest Senior Living, located at 1201 Highland Blvd.



Norman Huynh

phonic Choir's concerts, the strategic five-year growth plan, and exciting new education and community engagement initiatives. The presentation will also feature insights into the Bozeman Symphonic Choir's role in the upcoming season.

This event is open to the public; all music enthusiasts are encouraged to attend this informative and inspiring hour.

For more information, please visit www.BozemanSymphony.org or call 406-585-9774.



BOZEMAN SYMPHONY
Norman Huynh, Music Director

During this event, attendees will gain an exclusive inside look at the upcoming 2024-25 season of Music that Moves Us, including details on the Symphony Orchestra and Sym-

HONOR OUR LOCAL HEROES



We are honoring all who have served in our military and we need your help giving them the recognition they deserve in the November 10th edition of the PCCJ.

Below is an example of what each Veterans profile will display. Please fill out, and return the information below, (with photo) to include your family member, friend or acquaintance so we can pay tribute to those who served with pride.

Name: _____
Location of Birth: _____
Branch: _____
Service Years: _____
Rank: _____
Resides or Deceased & Date _____



Connection to Park County: _____

Please send completed forms to: The Park County Community Journal, 108 N. Main St., Livingston, MT 59047 or you can drop them off at The Main Print Shop or email information & photo to Community@pccjournal.com.

Deadline for submission is Friday, November 1st.

JOHN DEERE

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Back to the Basics

by Nurse Jill

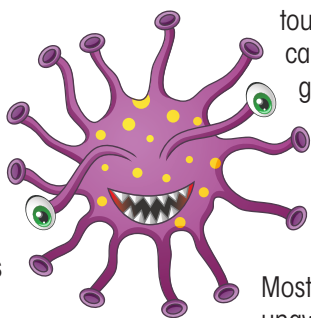
This time of year is usually quite polarizing. And, no, I am not talking about the upcoming election. I am talking about back to school. It often seems that folks sit squarely in the hate or love side of the back-to-school fence.

Whether or not you find fresh bouquets of newly sharpened pencils exhilarating or not, there is one issue of being back in the classroom that everyone knows is inevitable: Illness.

Unfortunately, in school (and out) the risk for illness hovers every day. All kinds of germs lurk on all kinds of surfaces. Depending on the type of surface, that risk of illness can lurk in the form of bacteria or viruses for minutes to hours to even months.

The good news is that just operating with the basics decreases your risk of illness significantly. Some simple solid ways to effectively ward off sickness this season are: Be aware of what you are touching, keep your hands away from your face, wipe down surfaces, and wash your hands often.

Be aware of what you are touching. "High touch areas" became a common buzz word during the pandemic but it has always been a thing in the infection/prevention world. Items or places that are



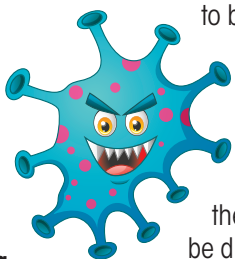
touched often by many people carry a risk of harboring germs that will cause illness. Wash your hands afterwards or use an effective hand sanitizer.

Keep your hands away from your face.

Most people are absolutely unaware of how much they touch their face. Different studies put the range of touching one's face from 23-68 times per hour. Every time you touch your face you risk giving an illness entrance into your body to wreak havoc. Find something to fidget with to keep your hands away from your face.

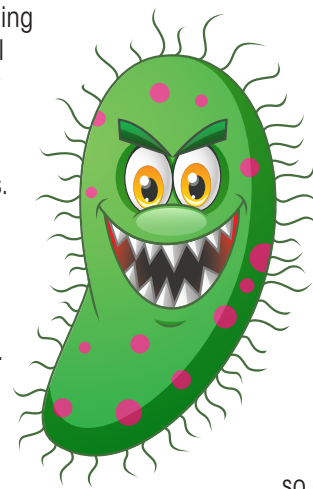
Wipe down surfaces. Different types of bacteria, viruses, fungi, and spores of different illnesses can linger on surfaces for months. Wiping surfaces gets rid of those threats. However, you must follow the direction for what we call "kill time."

Every cleanser has a required time to be wet on a surface to truly be able to do their job. If you do not keep the surface wet for the indicated amount of time then the surface will not truly be disinfected. Follow the directions on the package to get a truly clean surface. Set a timer and just keep wiping the surface to make sure all threats are truly "killed."



Washing your hands (the proper way) rids your hands of 90% of their germ burden. **Here are some tips on washing your hands:**

1. Use lukewarm water. Most people think hot water "kills" more germs, but washing your hands doesn't kill germs it mechanically removes the bacteria and viruses from clinging to your hands. By using cooler water you'll be able to wash longer ensuring that those offenders are rinsed down the drain. Avoiding hot water also causes less irritation and drying to your skin. If your skin isn't damaged then, again, you are more likely to wash when and how you should.
2. Most people wash their hands for about five seconds. In order to actually make a difference we need to wash our hands for 20 seconds—about the time it takes to hum the Happy Birthday song.
3. Rub all surfaces on your hands, fingers, and wrists. Washing your hands is effective because of the mechanical action. To actually get germs off your hands you must rub them together. Think about how you would wash paint off your hands and use the same motions to wash away the 'bugs.'
4. Use plain ol' soap and water. Many people think they are more hygienic when they buy



antibacterial soap but antibacterial soap doesn't do a better job. As long as you are washing as you should (20 seconds with friction) adding antibacterial powers to your suds doesn't give you an advantage. In fact, most illness come from viruses so even if the chemical in antibacterial soap was actually strong enough to really kill bacteria effectively it still wouldn't kill the viruses.

Bonus tip: keep your fingernails short (ish) and avoid fake nails. Long and fake fingernails have been proven to harbor germs. These studies have been so definitive that most hospitals have policies against anything other than well-trimmed nails.

I personally love this time of year; crisp new books, blank journals, and fresh pencils.

All signs of the growth and knowledge to come. If we get back to the basics to watch what we touch, keep our hands off our faces, wipe down surfaces, and wash our hands we can stay put on the excited side of the fence knowing we're doing all we can to stay out of the sickness side of the back-to-school season.

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10 Habits for Good Health

These Strategies Can Support Your Wellness Journey

By Matthew Solan, Executive Editor,
Harvard Men's Health Watch



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1. Do a morning stretch

Stretching before getting out of bed wakes up the body, improves circulation, and promotes relaxation, helping to set the day's tone. While you're still lying in bed, move the covers aside, then flex and release your lower limbs several times. Bend your knees and lift your legs into the air. With your legs still elevated, flex your feet up and down and rotate them side to side. Next, sit up and slowly look left and then right. Roll your shoulders several times. Flex your wrists up and down, and open and close your hands repeatedly.

2. Stay hydrated

Proper hydration supports digestion, improves brain performance, and increases energy, among other health benefits. Drink a big glass of water after you wake up and a glass with every meal.

3. Floss

Maintaining good oral health includes daily flossing, but make sure you do it right. First, wrap the floss around your middle fingers, which helps you reach the back teeth. Then loop the floss around one side of a tooth, so it makes a C shape. Beginning at the gum line, slide it up and down the tooth several times. (Don't move the floss back and forth in a sawing motion. You miss cleaning the entire tooth, and the friction can irritate the gum.) Repeat on the other side of the tooth, and then the other teeth.

4. Apply sunscreen

Sunscreen is the best defense against skin-damaging rays. After washing your face in the

morning, apply a facial moisturizer that contains sunscreen with an SPF (sun protection factor) of at least 30. Or blend equal parts sunscreen and a regular moisturizer. Use one or two nickel-sized dollops to cover your entire face, neck, ears, and any bald or thinning spots on your head.

5. Go nuts

When you crave a snack, reach for unsalted nuts and seeds like almonds, walnuts, peanuts, and cashews. They contain many beneficial nutrients and help prevent cravings for highly processed foods. Nuts are high in calories, so keep to a palm-sized portion.

6. Nap

Afternoon naps can recharge a weary body and may boost cognitive function. A study published online on Jan. 25, 2021, by General Psychiatry found that nappers scored higher on cognitive tests than non-nappers. The researchers found that shorter and less frequent naps—lasting less than 30 minutes, no more than four times a week—were associated with the most benefit. Schedule naps for the early afternoon, and use a timer so you don't oversleep.

7. Bust some moves

Break up bouts of sitting with small bursts of movement. For example, dance across a room instead of walking. When you brush your teeth,

See 10 Habits, Page 10



by Dalonda Rockafellow
doTERRA Wellness Advocate

Circulation, Muscles & Joints

As we age, pain in our joints and muscles may set in. This could be a combination of exercise, injury or even hereditary conditions. Inflammation is the body's biological response to anything the body considers harmful. Inflammation can include swelling, redness, pain, heat, and at times, reduced function. Pain can be slight, moderate or severe. It can manifest in constant stabbing, pinching or throbbing. In addition to the extreme discomfort inflammation and pain can cause, they can lead to loss of work or function with feelings of frustration and hopelessness.

I have Osteoarthritis in my knees and have been dealing with it for the past few years. At one point it was very debilitating for me. My first instinct is to reach for my oils for all of my ailments. This time was no

different and it has paid off. Here is what I do to help with pain and discomfort...

Each morning I swallow a veggie capsule filled with a drop of each of the following doTERRA essential oils: Clove, Ginger, Turmeric, Myrrh, Rosemary, Frankincense and Copaiba. These oils have anti-inflammatory benefits and specifically target joint aches and pains, poor circulation and sore/cramping muscles. The reason I put them all in a veggie capsule is to get the healing benefits of each oil deeper down into my system where they can start their magic.

When I take this blend, I swallow it down with a shot glass of tart cherry juice. Tart cherry juice is a natural way to maintain healthy joints, reduce inflammation and relieve muscle soreness.

I take a variety of supplements each day for joint health. These include a doTERRA Turmeric Dual Capsule. This unique blend of beneficial Turmeric oil and Turmeric extract maximizes the benefits when the outer layer

and mood. Hobbies involve creativity, sensory engagement, self-expression, relaxation, and cognitive stimulation. One way to pick up a new hobby is with a project kit designed to teach you a skill like gardening, building a model, carving wood, or making beer, soap, hot sauce, or jewelry. The kits come with instructions and all the materials you need to start. You can find kits at local bookstores or hobby stores, or go online by typing "how-to kits" or "project kits" into a search engine.

10. Be social

Social interactions can stave off loneliness and protect against depression and cognitive decline. Strive to have some kind of social engagement every day; make a phone call, send an email, or chat with a neighbor. Another option is to create your own social pod—a small, intimate group that you interact with regularly, like meeting for coffee or conversing over a Zoom call. Casual conversations are also helpful; for example, chat with a grocery store employee or interact with a stranger on the street.

Information found on: <https://www.health.harvard.edu/staying-healthy/10-habits-for-good-health>.

No content on their site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

10 Habits

from page 12

suck in your lower gut for 30 seconds, which activates your abdominal muscles. Do 10 air squats or push-ups (on the ground or against the kitchen counter). Make it a habit to stand up "twice" each time you stand up—that is, get up, sit back down, and then get back up.

8. Take a breather

Alternate-nostril breathing, in which you breathe through one nostril at a time, is believed to help reduce stress by slowing your breathing rhythm and forcing you to take deep, full breaths. Using a finger or thumb, close one nostril and slowly breathe in and out through the open nostril. After about five to 10 breaths, switch and close the other nostril and repeat the breathing pattern. For a variation, try inhaling through one nostril with the other closed, changing finger/thumb positions, and exhaling through the previously closed nostril. Then, inhale through that one, close it, and exhale through the other nostril. Go back and forth like this for a few minutes.

9. Enjoy a hobby

A study published online Sept. 11, 2023, by Nature Medicine suggests that having a hobby is good for people's overall health

dissolves in your gut and the inner layer dissolves in your intestinal tract releasing anti-inflammatory compounds into your body. I also take Glucosamine Chondroitin, Niacinamide (a form of Vitamin B), and the doTERRA Lifelong Vitality supplement trio that includes a whole-food nutrient complex (basically a multivitamin), a cellular health supplement and an Omega supplement. I like this brand because they promote general wellness in a whole food form which means my body can break down the ingredients before they reach my elimination system, therefore absorbing the benefits for maximum nutrition. In a nutshell, I don't pee them out.

I use some key oils topically each day, as well. I apply a drop each of doTERRA's Wintergreen and Copaiba with a little unscented lotion directly on my knees. These oils not only relieve pain and inflammation, but they also support bone healing, namely, Wintergreen. Fun fact—a naturally occurring compound found in Wintergreen, "methyl salicylate" is related to the chemical found in aspirin.

Before bed, I apply diluted doTERRA's Oregano to my knees and follow that with a Magnesium cream that I make with Marjoram and Peppermint oils added. Peppermint oil reduces inflammation and pain as it cools, invigorates and stimulates. Marjoram relieves stiff joints and is relaxing and calming to the muscles. Magnesium supports bone health and soothes sore muscles and joints.

When I have a flare-up or sometimes before I head to the gym, I apply a pea size amount of doTERRA's Deep Blue Rub to my knees (or any sore muscle or joint area). This is a comforting cooling and warming lotion for problem areas. The essential oils included in this rub (Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, Ylang Ylang and Osmanthus) not only work on acute pain, but are healing to muscles, joints and bones.

In addition to using doTERRA oils and products, I do some sort of exercise daily to keep my body and joints moving. It is very important to not stay idle while you are having joint issues. Consult with your doctor on what exercises/movements would be best for your situation.

Physical Therapy could also be a wonderful solution for you. I was able to help my knee issues by using a Physical Therapist who taught me exercises to strengthen my glutes, quads, hamstrings and calves to take pressure off of my knees and relieve much of my pain.

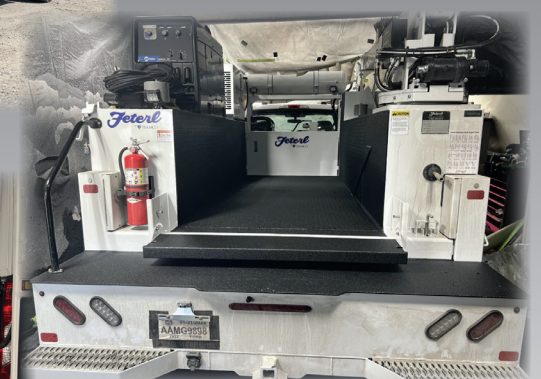
Through my journey I have also found dietary adjustments that can help with inflammation and pain. Avoiding or reducing intake of sugar, alcohol, grains, night shades (starchy vegetables), fried foods and BBQ foods can help greatly. Each person is different, so you will have to experiment.

Responding to both inflammation and pain with natural solutions can be highly effective because they support the body in doing its job. Supplementation is crucial so that cells and tissues have the nourishment they need to subdue more chronic conditions. Good luck in your journey and reach out if you have any questions or if I can help in any way.

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 them sent out to you.

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.

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Park High Soccer Preview:

All-State Forward John Hasbrook and Seniors Isaac Winfrey and Nick Smith Look to Lead the Way for a Young but Spirited Rangers Team

Park County Dugout | By: Jeff Schlapp

Park High Rangers coach Jeff Dickerson is entering his 14th season as the Rangers' head soccer coach. Under his leadership, the Rangers played for the Class "A" title in 2022 and won it all in 2013, beating Stevensville 3-1. The Rangers have made the state soccer playoffs in all but three years Coach Dickerson has been on the sidelines and won the Eastern Conference in 2021 and 2022.

Yet this season may be his biggest challenge if the Rangers are going to make the playoffs.

The Rangers graduated eight seniors (Alec Dalby, Bridger Braham, Charlie Vermillion, Zach Rehder, Ethan Mathis,

Kimball Smith, Silas Hjortsberg, and Ethan Coleman) in May. Dalby and Braham were All-State players, and Dalby was the state's number two scorer last year. Braham was arguably the backbone of the Rangers' defense the past two seasons.

Rehder and Smith were lightning bugs on the wings, and Hjortsberg had irreplaceable soccer smarts—he had

a unique understanding of the game.

But now those eight players are gone to begin their lives, leaving a legacy of success for the 2024 squad.

The Rangers have three seniors, All-State Forward John Hasbrook, Isaac Winfrey, and Nick Smith, and five juniors (Weston Eusing, Bryce Brisbin, Jasper Mahony, Alex Freund, and Oliver Bauman)

that the twenty underclassmen can learn from and lean on when there are tense moments in the games this season.

Hasbrook led the Rangers in assists last season and is a hard-nosed player who's not afraid to mix it up and get his uniform dirty.

Isaac Winfrey is the Rangers' keeper, and he told me he's ready to step into the leadership



role that his younger teammates need. Last season, Bauman proved he was prepared with his steady play as a sophomore, and Mahony will play defender and, at times, midfielder for the Rangers—keep your eye on Mahony this season.

This is the youngest team the Rangers have had in recent years. Last season, the Rangers had a chance to play some youngsters in games against East Helena, and they responded. Brisban, Cody Larkin, Weston Ensign, and Freund scored goals, and eighth graders Calvin Blucher, Kasa Peterson, and Jaxon Cark each saw varsity action.

When you are at the Rangers games, you may want to watch for Carter Sestrich, Cole Hawthorne, Max Schuelke, Braden Winfrey, and Hudson Mason as they continue their maturation with the Rangers.

Five eighth graders will make the Rangers' junior varsity team this season, and like Calvin Blucher, Kasa Peterson, and Jaxon Cark last year, they may see some time on the pitch during various varsity games.

Last season, the Eastern Conference

sent three teams to the playoffs: Rangers, Lone Peak, and Billings Central. Whitefish captured the title over Billings Central 1-0. Whitefish ended a year that saw them go undefeated (15-0) and became Montana's first boys high school program to win ten state championships.

The Rangers begin the season on the road. They travel to Polson on Saturday, August 21st, to face the Polson Pirates at 4 pm before their season opener at McLeod Field on Thursday, September 5th, at 3 pm when they play Lone Peak. Assisting Coach Dickerson this year will be Caleb Minnick and Nick Amsk.

This season represents the 23rd anniversary of the inaugural season of Park High soccer teams. Soccer is a game of inches and bounces. While this season may start with a few challenges with a few bounces going their way, my prediction is that the Rangers will compete for the Conference title and host the October 26th state semifinals.

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



From left to right, the five eighth graders who are helping form the youth movement for the Park High Rangers are **Nikolas Elwell, Elliot Ensing, Nathan Atkinson, Weston Fabich, and Winston Smith.**

Let's Not Forget to Cheer for the Marching Band, Color Guard and Cheerleaders this School Year

Park County Dugout | By: Jeff Schlapp

Another season of Friday night lights is upon us. I can't wait to see the Bruins, Rangers, and Rebels football teams take the field. The Rangers may surprise some teams; the Bruins will be the surprise of Class "C," and the Rebels may take an undefeated record into the playoffs.

We're all here to cheer on our kids and support our schools and communities.

I understand you might not be in the stadium primarily

to see the marching band, color guard, and cheerleaders. But they've worked hard and deserve your attention.

I'll have a more rooted interest in the halftime show this year. One of the twins, Henry, is in his freshman year at Bozeman High and will be in the Hawks Marching Band.

On Tuesday night, the Hawks Marching Band, directed by Kelly Berdahl, took to the football field to show parents what they've been learning in band camp for the past two weeks. Henry only had to practice with the band as he had been on vacation for ten days.

Friday Night Lights is bigger than just football.

Football players work incredibly hard, and so do the bands, color guard, and cheerleaders. They march, practice, play, learn drills, put together routines, and give up summer free time in 90-degree heat to get their "game" ready, too. Tuesday, the Bozeman Marching Band showed just how complicated the footwork is. The cadence and their drills took me back to Boot Camp. I was amazed at how well Henry kept up with such little time to practice.

Garrett

Stannard directs the Park High School Ranger Pep Band, which is fun to watch during volleyball and basketball home games. The band plays and often leads the student section in song, dance, and cheers.

Cody Carlson is the Band Director down in Gardiner. Like Shields Valley, Gardiner doesn't have enough students for a marching band, but both school's bands play a significant role in getting the crowds into the games. Gardiner plays its home football games on Saturdays, and the Rebels' home opener will be on Saturday. However, the Rebels will be under the lights for the rest of the

season on Friday nights.

Band members embody a culture of support and caring—of looking out for one another. If someone's having trouble with their instrument, a piece of music, or movement, or if they need a hand with a prop, or if they're having a bad day, these kids step in to lift each other up over and over again. Henry tells me it's what they do and who they are. They stick together—and he's already made friends.

That was evident last night as I sat and watched the Hawks marching band as the kids performed in the drill down, which is traditionally the final marching contest between band members. Think of it as a dance-off! As the football field sidelines became more and more full of band members who fell out of step, those same band members became more and more vocal and cheered on their remaining bandmates. The last two girls had to challenge each other three times, with the final two times being reviewed on replay to decide the winner finally.

Every band member cheered for the winning girl as if she had just scored the



Park High Cheerleaders on Senior Night 2023.

winning TD at state.

In marching band, unlike football (in some programs), no one is cut from the team. No one sits on the bench when it comes to marching band. There may be section leaders and soloists, but the band is still playing and moving as one — everyone in step, in time, in tune. And everyone is essential.

So, whether you are at concessions or in the stands when the band plays and cheerleaders do their thing, cheer them on. They are an important part of the game, and after the teams come off the field and you tell the Bruins, Rangers, and Rebels great game, be sure to tell the marching band, color guard, and cheerleaders how much you enjoyed their performance.

You'll make Henry smile.

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



Gardiner High's Pep Band plays during Homecoming 2023 in Gardiner.

Governor Greg Gianforte Reports Montana Ranked Fourth Most Gun-Friendly State

Park County Dugout |
By: Jeff Schlapp

Governor Greg Gianforte announced Friday that Montana is ranked the fourth most gun-friendly state in the nation. "As Montanans, we're proud of our Second Amendment-protected right to keep and bear arms and know we have a responsibility to preserve it," Republican Governor Gianforte said in a statement. "We'll continue to keep Montana a sanctuary for freedom and free enterprise, and we'll always defend the rights of law-abiding Montanans."

According to his office, the ranking was released by Ammo.com, which describes itself as a brand that's about "more than simply selling you quality ammo at a great price. It's about arming fellow patriots in the War of Ideas."

In its ranking of Montana, Ammo.com said the state "allows open and concealed carry with no registration or permit requirements. There's no sales tax in Montana, so your firearms will be a bit cheaper than in most other states. You can also get a Montana CCW (carry concealed weapon) to legally carry in 34 other states (while

Montana honors 43 other states' CCWs)." It described Gianforte as "about as pro-2A as one can ask for."

The Montana Department of Justice notes anyone eligible to possess a firearm may conceal carry without a permit, although there are exceptions, such as in state government offices.

Earlier this year, a different group released a ranking related to firearms and Montana. Everytown For Gun Safety, which describes itself as "the largest gun violence prevention organization in America," said Montana was 47th in the nation for "weak gun laws."

The news release from Everytown said, in Montana a gun suicide death occurs every 46 hours, and the state has the third highest rate of firearm suicide in the country. In an average year, Montana sees an estimated 228 gun-related deaths, and 83% of gun deaths among children and teens are suicides, according to Everytown.

In the more recent ranking from Ammo.com, states were reviewed on laws, reciprocity with other states, taxes, legislators, and governors' "voting history." Gianforte's office described his



work in the news release.

"In his first year in office, the governor made Montana a constitutional carry state and prohibited the enforcement of any federal law, executive order, rule, or regulation that infringes upon ownership, possession, transfer, or use of any firearm, magazine, or firearm accessory in Montana," said the news release from Gianforte's office.

His office also said the governor has "consistently defended Montanans' second amendment rights from federal overreach," including in a letter last February to U.S. Attorney General Merrick Garland.

The Governor's Office said Montana is home to more than 150 firearms and

ammunition businesses, the highest per capita in the country.

"And to support them, Governor Gianforte last spring protected Montanans' retirement security from Environmental, Social, and Governance investing and Montana's firearms industry from discrimination," said the news release.

It also said that the top 22 states ranked most gun-friendly are run by Republican governors. In the 2024 ranking, Montana falls behind New Hampshire, West Virginia, and Arkansas.

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

Brief History of Montana

Native Americans were the first inhabitants of the area to become known as the state of Montana. Tribes include the Crows in the south central region, the Cheyenne in the southeastern part of the state, the Blackfeet, Assiniboiné, and Gros Ventres in the central and north-central areas, and the Kootenai and Salish in the western sector. The Pend d'Oreille were found around Flathead Lake, and the Kalispel occupied the western mountains.

The Lewis and Clark Expedition of 1804-1806 was the first group of white explorers to cross Montana. Hard on the heels of the expedition arrived the fur trappers and traders. Trappers brought alcohol, disease, and a new economic system to native populations. The fur trade was mostly over by the 1840s due to dwindling supplies of beaver and the loss of popularity of the beaver hat.

Roman Catholic missionaries followed the trappers into Montana. They established Saint Mary's Mission in the Bitterroot Valley, thought to be the first permanent settlement in Montana. They also promoted agriculture and built a sawmill.

The discovery of gold brought many prospectors into the area in the 1860s, and Montana became a territory in 1864. The rapid influx of people led to boomtowns that grew rapidly and declined just as quickly when the gold ran out.

As more white people came into the area, Indians lost access to their traditional hunting grounds, and conflicts grew. The Sioux and Cheyenne were victorious in 1876 at the Battle of the Little Bighorn, and Chief Joseph and the Nez Perce won a battle in the Big Hole Basin (1877). Yet, in the end, the Indians could not hold out against the strength of the United States Army.

Miners weren't the only early settlers in Montana. Cattle ranches began flourishing in western valleys during the 1860s as demand for beef in the new mining communities increased. After 1870 open-range cattle operations spread across the high plains, taking advantage of the free public-domain land.

During the 1880s railroads crossed Montana, and the territory became a state

in 1889. Hardrock mining also began at this time. Butte became famous when silver and copper were discovered. The Anaconda Copper Company, owned by Marcus Daly, became one of the world's largest copper mining companies and exercised inordinate influence in the state.

Cattle and sheep ranches continued to take advantage of Montana's abundant grasslands. Passage of the Enlarged Homestead Act in 1909 brought tens of thousands of homestead farmers into the state looking for inexpensive land. Wheat farming was popular until an extended drought, and a drop in market prices after World War I, ruined many farmers. The homestead "bust" forced many farmers to abandon Montana.

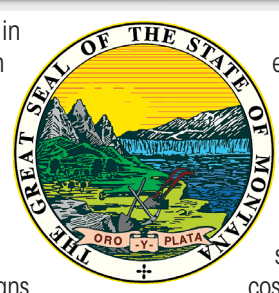
Montana's post-World War I depression extended through the 1920s and right into the Great Depression of the 1930s. Then President Franklin D. Roosevelt's "New Deal" brought relief to the state in the form of various projects and agencies: the building of Fort Peck Dam; the Civilian Conservation Corps (CCC); the Works Projects Administration (WPA); the Agricultural Adjustment Administration (AAA). These "alphabet agencies" mark the first real dependence of the state on federal spending in the 20th century—a reliance that would build through the century.

As across the nation, World War II broke the hold of the Great Depression on Montana. The war brought additional federal monies to the state, but drew young people into the service and into wartime industries on the West Coast. The resultant wartime dislocation changed Montana forever.

Post-war or "modern" Montana (1945-2000) has been characterized by a slow shift from an economy that relies on the extraction of natural resources to one that is service-based. Such traditional industries as copper, petroleum, coal, and timber have suffered wild market fluctuations and unstable employment patterns. Agriculture—while dependent on weather, a declining workforce, and international markets has remained Montana's primary industry throughout the era. After 1970 tourism supplanted mining as the state's second-largest industry. This

era also saw the important shift in the state's transportation system from railroads to cars, trucks, and highways.

Montana post-war politics has been keyed by some remarkable national politicians: James E. Murray, Mike Mansfield, Lee Metcalf, Pat Williams. Montanans, more conservative on the state level, frequently have split their legislative houses and sought only moderate change. An exception was the passage of a new state constitution in 1972—one which placed more responsibility on the individual voter and made significant strides to protect the Montana environment. Some observers say that much of subsequent Montana history can be seen as the working out of that 1972 constitution.



Montana's post-war society has evolved significantly during the "modern" era. Population shifts have loaded most of Montana's people in the western one-third of the state and "emptied out" eastern Montana's vast spaces, and a drop in population cost Montana a U.S. House seat in the 1990s. The state's population only surpassed one million in 2012.

While some national observers consider Montana a part of America's "cultural outback," many Montanans pride themselves on their strong spirit of community, their close contact with the environment, and their fundamental "sense of place." The debate continues.

Courtesy of https://mt.gov/discover/brief_history

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Covering Daily Events, Business News, Local Sports, and More

Park County Dugout is dedicated to covering the issues that impact everyday lives in Park County, Montana.

Our news services cover local community happenings including a calendar of weekly community events, business news, local sports, podcasts and more, 7 days a week.



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

Published & Created by former Enterprise Sports Editor,
Jeff Schlapp
312-506-7261
jeffschlapp@parkcountydugout.com






The Best of Park County

The Park County Community Journal (PCCJ) is conducting its annual Best of Park County poll. Voting begins on Friday, August 9th at 9 am and will conclude on Monday, September 2nd at 5:30 pm. Ballots will be printed in the newspaper each week and can be submitted at the Main Print Shop,

located at 108 N. Main Street in Livingston. The shop will be accepting ballots during business hours from 8:30 am to 5:30 pm, Monday through Friday. You can also mail your ballot to PCCJ at PO Box 1851, Livingston, MT 59047. PCCJ will be accepting ballots online beginning

ONLINE VOTING

Vote online at
<https://www.surveymonkey.com/r/NH5766F>
or click on the QR code, it is that easy!

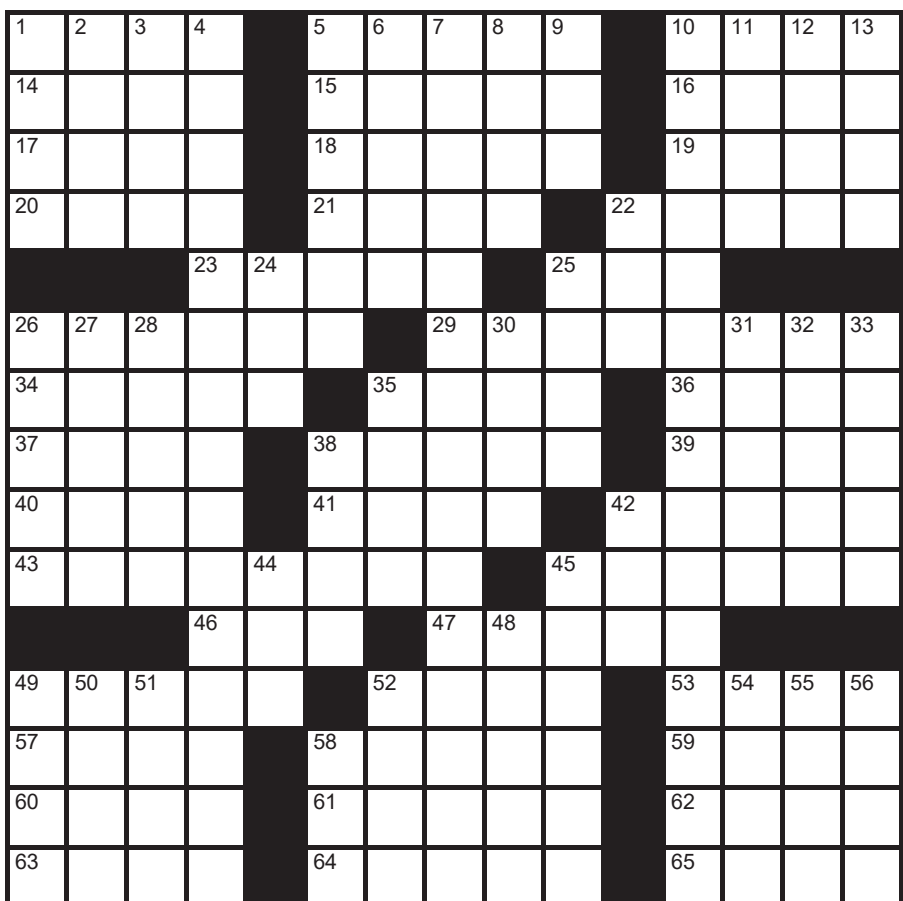


this year, which can be accessed by using the QR codes printed in each weekly edition of the newspaper up until the polls close. We ask that each person submit only one ballot and complete at least 50 percent of the form for it to be valid. Results will be published in the edition scheduled for release on Sunday, September 15th. PCCJ will present winners with award certificates in each category for the 2024 season.

Take a few moments to vote for your favorite folks and businesses in Park County to show your appreciation!

- | | | |
|--------------------------------------|----------------------------------|---------------------------------|
| 1. Best New Business: | 18. Best Coffee: | 35. Best Convenience Store: |
| 2. Best Educator: | 19. Best Desserts: | 36. Best Thrift Store: |
| 3. Best Hiking Trail: | 20. Best Place to Watch Sports: | 37. Best Massage Therapist: |
| 4. Best Place to Walk the Dog: | 21. Best Bar/Tavern: | 38. Best Auto Repair: |
| 5. Best Camping: | 22. Best Happy Hour: | 39. Best Hairdresser: |
| 6. Best Place to Take/Send Tourists: | 23. Best Bartender/Bartendress: | 40. Best Salon: |
| 7. Best Fine Dining: | 24. Best Wine List: | 41. Best Dentist: |
| 8. Best Breakfast: | 25. Best Draft Beer List: | 42. Best Chiropractor: |
| 9. Best Lunch: | 26. Best Antique Shop: | 43. Best Veterinarian/Pet Care: |
| 10. Best Dinner: | 27. Best Fly Fishing Shop: | 44. Best Artist: |
| 11. Best Seafood: | 28. Best Retail Wine Selection: | 45. Best Gallery: |
| 12. Best Sandwich: | 29. Best Retail Beer Selection: | 46. Best Local Live Band: |
| 13. Best BBQ: | 30. Best Hardware Store: | 47. Best Live Music Venue: |
| 14. Best Burger: | 31. Best Car Dealer: | 48. Best Casino: |
| 15. Best Steak: | 32. Best Realtor: | 49. Best Museum/Exhibit: |
| 16. Best Pizza: | 33. Best Bank: | 50. Best Local Festival/Event: |
| 17. Best Chicken: | 34. Best Furnishings/Home Decor: | |

Crossword Puzzle Number 346



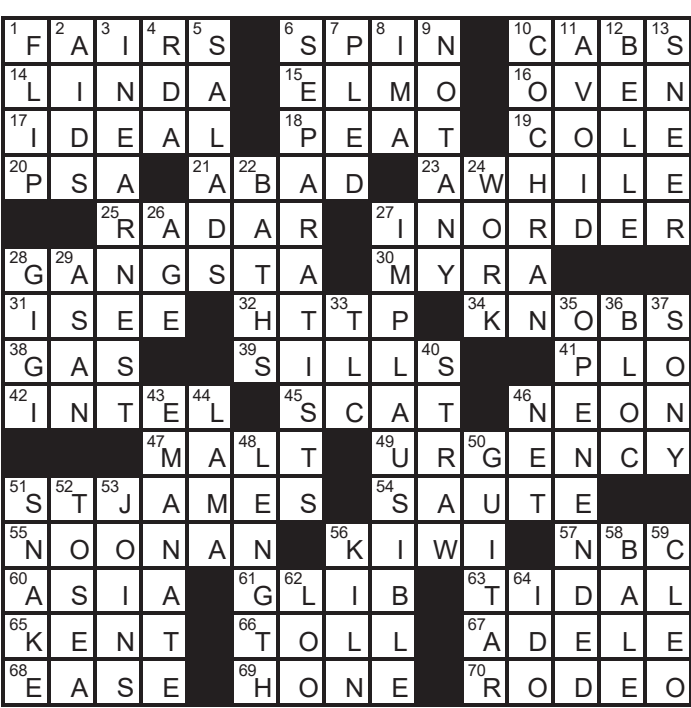
- Across**

1 Much money
5 About
10 Literary work
14 "--- Ha'i"
15 Fred Astaire's birthplace
16 Group going out of this world
17 Loretta Swit's were hot
18 Purveyors of truth and lies to the public
19 Three in a deck
20 Frozen princess
21 Big pipe
22 They get punched out
23 Home to Pizza Hut's HQ
25 Metal-bearing mineral
26 Musical speeds
29 Childish rages
34 Belted constellation
35 Soil embankment
36 --- the kill
37 Old Danny DeVito TV series
38 Jon Voight's daughter
39 Adhesive
40 "Chuck --- Love" (Rickie Lee Jones 1979 hit)
41 Carbamide
42 The Hindu Destroyer
43 Backgrounds
45 Groovy?
46 Little Red Book writer
47 Appoint as a colleague
49 Seraglio
52 Oman reinvented as a Louvre first name
53 Interstate access
57 "The Heat ---" (Glenn Frey)
- Down**

58 Pith helmets
59 --- Vera, the "potted physician"
60 Filmed
61 Throw out
62 Wooden-soled shoe
63 Hardens
64 Sniffs about
65 Young goats
- Across**

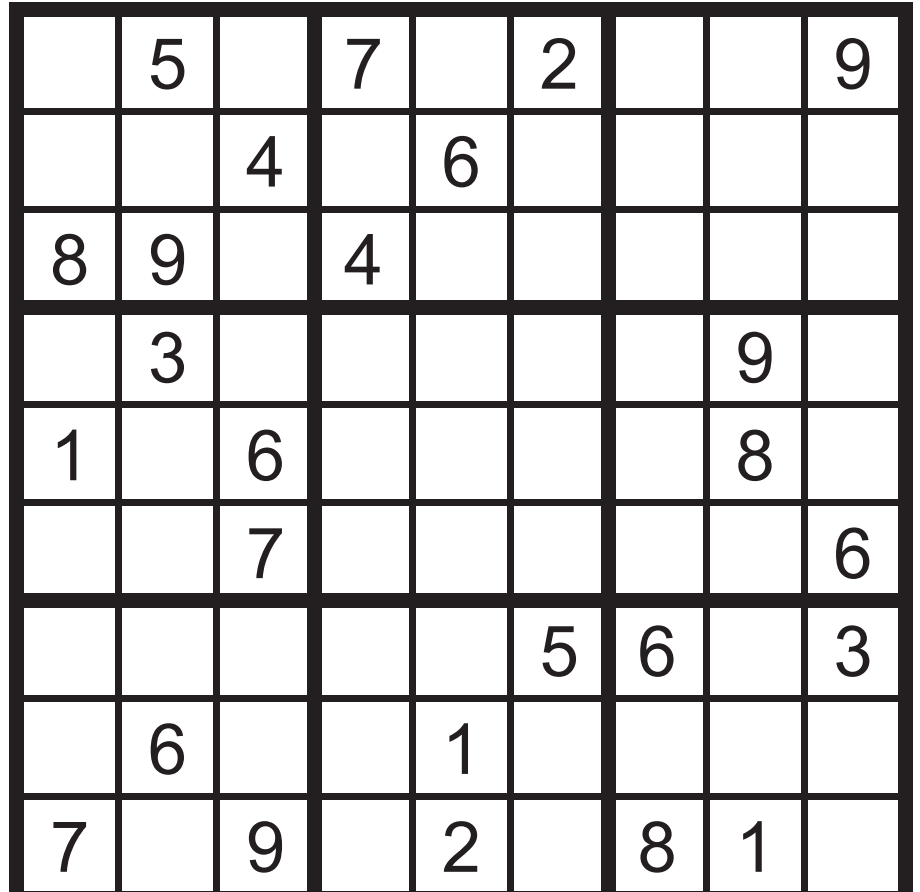
15 Across
42 A little drink
44 "---, I Said" (Neil Diamond song)
45 Criticizes
48 Kept in reserve
49 Alleged spy jailed for perjury
50 "But, --- was ambitious, I slew him" ("Julius Caesar", Shakespeare)
51 Cheer
52 Charm
54 "--- want for Christmas is ..."
55 Emotional state
56 Cribbage markers
58 Top rating, often

Crossword Puzzle Number 345 Solutions



- ADSL
Ajax
App
ASP
CGI
DHTML
DNS
E-mail
FAQ
FTP
GIF
Hit
Ipad
ISP
Java
Link
Login
MPEG
Multimedia
Perl
Post
Proxy Server
Router
RSS
Site
Spyware
SQL
SSL
Tag
Telnet
TLD
Unix
URL
Virus
Web
XML

Sudoku Puzzle Number 320 "Easy"



We here at PCCJ love bringing you this outlet where our community can share their ideas, thoughts and events to everyone in Park County.

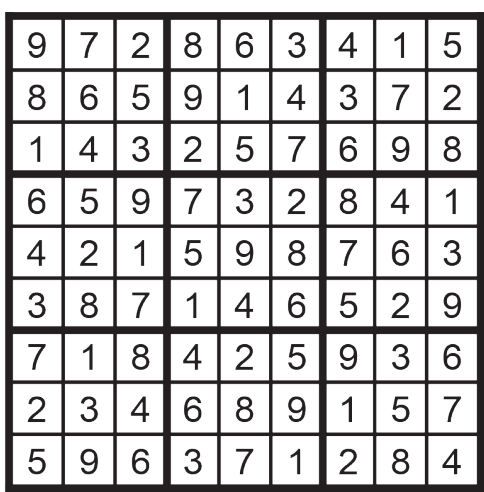
Our main goal is to keep this paper, and the website access, FREE to everyone!

Our generous advertisers are the main reason we can keep this going, so please, visit them and tell them Thank You!

We are also asking if you feel this publication has real value to you, and it is not a hardship, to consider signing up for a monthly donation...we sure would appreciate all the help we can get to keep this publication free and available to everyone!

You can make donations online at www.pccjournal.com - Thank you!

Sudoku Puzzle Answers 319



CLASSIFIEDS

ANNOUNCEMENTS

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 and eclectic curated items. New vendors welcome. Email emigrantpeoplesmarket@gmail.com for information.

Opportunity to serve your community on the Board of Trustees!

The district is looking for two individuals who are willing to serve as a part of the Arrowhead School Board of Trustees.

- Appointed until next school election May 2025
- One-year terms

Send questions or request for application to: Cinda Self, District Clerk csself@arrowheadk8.org.

FOR SALE

Ceramic Flatop Stove & refrigerator, white, both in excellent condition, and both perfectly cleaned. \$100/each Please call 406-222-4459, no text.

HELP WANTED

2024-2025 Vacancies
Arrowhead School District #75

- **2 Elem Teaching Positions** (1 with P endorsement preferred)
- **Music and Art Teacher** Salary D.O.E, health, dental, and/or vision, certified staff shall be given full step credit on the salary schedule for up to (10) years teaching experience.
- **Paraprofessional** Monday-Thursday some Fridays, \$18/hour, health, dental, and/or vision
- **High Needs Paraprofessional** Monday-Thursday some Fridays, Hourly Wage D.O.E., health, dental, and/or vision
- **Bus Driver**
- **After School Coordinator**
- **After School Assistant**

More details and Applications for all vacancies may be picked up at the Arrowhead Elementary School in Pray, or visit our district website at: Arrowheadk8.com. Questions please reach out to Johanna Osborn, Principal 406-333-4359 or josborn@arrowheadk8.org.

SERVICES



HOME-FIXER-UPPER


**ONE STOP
FULL-SERVICE
HOME REPAIR
AND
IMPROVEMENTS**

RANDY: 406-946-1825

St. Mary's Catholic School has an opening for a **full-time preschool teacher** for the 2024-2025 school year. Please contact Melissa Beitel at (406) 222-3303 or mbeitel@stmaryscatholicsschool.net.

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

EXPERIENCED AUTO BODY TECHNICIAN



Come work for a business where you are not just a number, but a team member. If you are an experienced auto body technician with a wide range of skills, we'd like to talk to you. Our technicians perform welding, framework, sheet metal straightening, aluminum repair and light mechanical to suspension replacement. The position requires directions from estimates and work orders to be completed perfectly. Must supply own tools and toolbox, a valid drivers license and have reliable attendance. Must be able to spend time on your feet and able to lift to 50 pounds. Equal opportunity employer. Pay is hourly and performance-based. Paid holidays, five paid personal days, 401K & Health Insurance after 1 year or probationary has been met. Schedule is Monday through Thursday 7 am to 6 pm. Apply by stopping in the shop, 908 East Park Street, Livingston, calling 406-222-0214 or email: bob@oconnorautobody.com. **O'Conner's Auto Body is a busy shop, and has been making the community's autos look like new for over 50 years.**

SERVICES



HOME-FIXER-UPPER

**ONE STOP
FULL-SERVICE
HOME REPAIR
AND
IMPROVEMENTS**

RANDY: 406-946-1825

Coffee Creek Espresso is hiring full and part-time Barista positions. This is a fast, friendly, fun environment. Come join our team!! Please pick up an application at Coffee Creek if you are interested. Located in the Albertson's Parking Lot.

Downtown Livingston Business Improvement District (LBID) Request for Proposal (RFP) for Downtown Garbage & Graffiti Removal for Contract Period 9/1/24 – 8/31/26. ICEC Contractor and experience preferred, part-time hourly trainee accepted. Summer, 20-40 hrs/ mo, cool season 10-20 hrs/ mo. For more information go to downtownlivingston.org/contractwork.

Explore Livingston seeks event coordinator to oversee cool season events Fall-Winter. New position, hours vary, independent contractor status. For more information go to explorelivingstonmt.com/jobs.

Destination Stewardship and Resiliency Planner RFP for Explore Livingston. RFP due 8/30, contract work 9/24-3/25. More at explorelivingstonmt.com/jobs.

Now Hiring at The Office!
Part-time retail sales position available at The Office, 128 South Main Street. E-mail resume to info@officeloungeandliquor.com, go online to our website, or stop by for an application today!

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



Firefighter/Paramedic – Full-time
The City of Livingston, Montana is seeking a highly-motivated individual to perform the role of Probationary Firefighter/Paramedic within the Livingston Fire Rescue (LFR). This is a full-time, benefit eligible role in LFR with the primary duty assignment in a shift staff role participating in and making a positive contribution to the operations of your assigned shift. This position reports to the Shift Captain, under the direction of the Fire Chief and helps with cross staffing and performs other duties as assigned. Livingston Fire Rescue is a unique fire department nestled

in the mountains of Southern Montana with one of the most advanced EMS systems in the state. We are a growing city situated along the Yellowstone River with our own unique challenges in the Montana rural/urban interface. We offer structural fire suppression, all-hazard rescue response, advanced EMS (Critical Care Paramedic and Community Paramedic services), technical rescue opportunities, airport ARFF, HAZMAT, and wildland response teams. Come join our team and live and work in one of the most beautiful places in America. Less than one hour from Yellowstone National Park and the Bozeman Yellowstone International Airport. For outdoor enthusiasts this is an amazing destination for hiking, hunting, fishing, skiing and other outdoor winter or summer sports! Apply online at <https://www.livingstonmontana.org/jobs>.

Yellowstone Forever is hiring several full-time, year-round positions with benefits. Complete position description and applications are available on our website <https://www.yellowstone.org/who-we-are/jobs/>. Maintenance Manager, Salary range \$76,523 – \$84,538 based in Gardiner. Warehouse and Logistics Manager, \$78,867 - \$87,803 based in Gardiner. Development Coordinator, \$25.73 – \$28.12 per hour based in Bozeman, MT.

Gardiner Public School has the following coaching position currently available, so if interested, please contact Carmen Harbach, Athletic Director, at carmen@gardiner.org. Head Jr. High girls Volleyball coach.

Gardiner Public School is looking for a **Custodian (part time, or full time with benefits)**. Salary will be based on experience. Applications are available on our website at www.gardiner.org and can be sent to Super@gardiner.org or you may apply at the school (510 Stone St, Gardiner, MT, 59030). If you have any questions, please call 406-848-7563.

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 will be open until filled with priority given to applications received by July 2, 2024. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Museum Curator - Immerse yourself in the captivating world of history and culture as the Museum Curator at Yellowstone Gateway Museum. Join our dedicated team in preserving and showcasing Park County's rich heritage through artifact collections, engaging exhibits, and educational programs. With a dynamic work environment and opportunities to collaborate with passionate individuals, this role allows you to make a meaningful impact on our community's understanding and appreciation of its past. Apply now to embark on a fulfilling journey with us! This position will be open until filled. To apply go online to: <https://jobs.parkcounty.org/jobs>.

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

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

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 AND the Park County Dugout website.

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

To place your ad go online at www.pccjournal.com or email 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 for more information on placing a larger classified ad.

The Best of Park County

You're Vote Counts

By Tony Crowder
Managing Editor

Back home in Missouri the area code for the southwest region became a sort of moniker for its notorious meth culture and more formally, the name of a local periodical called 417 Magazine.

A relatively popular publication, the magazine has been in publication since 1998 and caters to 325,000 plus readers annually—a relatively large portion of the area's total population and nearly doubling 2020 census figures for Missouri's Queen City, Springfield, urban mecca of the state's southwest region. Like the Park County Community Journal, 417 Magazine celebrates an area with a reputation for its distinct culture and surrounding beauty by showcasing its conservation, citizenry and entrepreneurial spirit.

Each year the publication issues a special edition called the Best of 417 to praise restaurants, coffee shops, breweries and other service industry establishments local to the region. After several years it eventually assumed authority as resident guide for dining, boozing and the like and to this day, it's release is widely anticipated and held in high regard almost unanimously.

Ultimately, this is our intention



for the Park County Community Journal Best of edition: To promote the businesses, people and places that shape our community and epitomize its values, ensuring it continues to adapt and thrive by rewarding and glorifying the pursuit excellence.

But what authority do we as the journal possess to define excellence? Largely our duty in media is representing public opinion and, in this case, empowering the community to voice support for businesses and people whose conduct exudes responsibility and warrants honor.

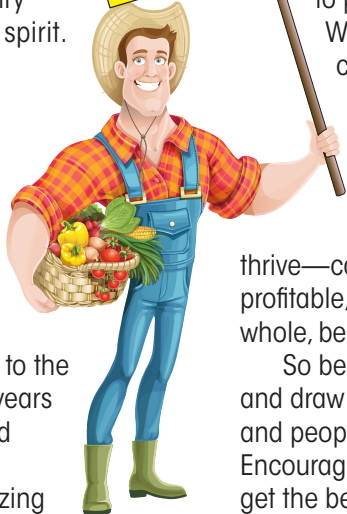
With this issue we also encourage healthy competition within a free marketplace, the cornerstone of American capitalism—imperfect and not without its flaws, yet when practiced

conscientiously, the system best suited for promoting the highest quality goods and services by spurring competition between businesses to provide the ultimate product. Winners are decided when consumers vote with their dollar.

The businesses that persist come to reflect what a community values. Ideally the superior businesses

thrive—cooperative, innovative, profitable, ethical—and society as a whole, benefits.

So be aware of, take pride in, and draw attention to the businesses and people who enrich Park County. Encourage a little competition to get the best bang for your buck. But most importantly, to celebrate our community, exercise your right to vote for the Best of Park County by participating in our survey prior to the extended September 6th deadline.



Park County
Community Journal

Get your weekly dose of
PCCJournal
delivered to your door!

\$8/month (Delivered) or \$10/month (Mailed)

NAME: _____

ADDRESS: _____

PHONE: _____

INSTRUCTIONS: _____

Fill out this form and mail to:

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107 & 109 S 3rd Street
Multi-Family | Multiple Dwellings
#395100 | \$499,000
Julie Kennedy | 406-223-7753



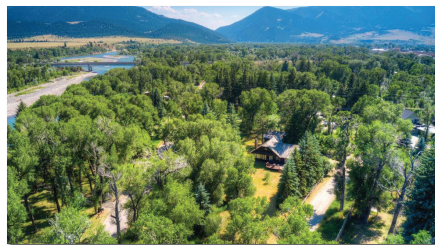
1013 Pryor Lane
3 beds 2.5 baths | 1,824 sq ft
#395141 | \$630,000
Julie Kennedy | 406-223-7753



516 North L Street
3 beds 1.5 baths | 1,670 sq ft
#395200 | \$450,000
Jon Ellen Snyder | 406-223-8700



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



16 9th St Island Drive
4 beds 2 baths | 2,451 sq ft
#391597 | \$999,000
Theresa Coleman | 406-223-1405



607 Scott Street W
2 beds 1 bath | 1,344 sq ft
#393927 | \$485,000
Tom Gierhan | 406-220-0229



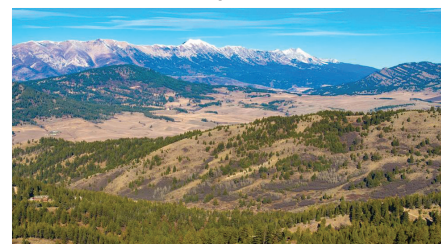
12 Lovers Lane
3 beds 3 baths | 2,800 sq ft
#390978 | \$798,000
Jessie Sarrazin | 406-223-5881



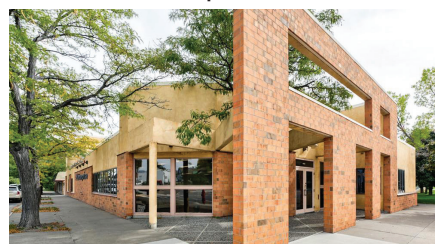
5 Division Street S
Commercial Sale | 1.5 acres
#394518 | \$599,995
Ernie Meador | 406-220-0231



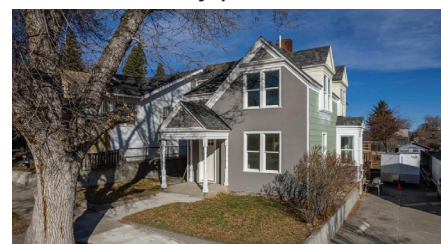
321 Stone Street W #1-4
Multi-Family | Fourplex
#392381 | \$1,200,000
Tom Gierhan | 406-220-0229



7 Clear Springs Road
Land Listing | 22.3 acres
#388239 | \$599,000
Julie Kennedy | 406-223-7753



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



416 N 3rd Street
4 beds 2 baths | 2,074 sq ft
#390051 | \$599,000
Deb Kelly | 406-220-0801

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Governor Gianforte, Department of Commerce Announce \$700 Million to Increase Power and Regional Grid Reliability

HELENA, Mont. – Governor Greg Gianforte and the Montana Department of Commerce today announced the U.S. Department of Energy (DOE) awarded the State of Montana up to \$700 million to enhance power grid reliability in Montana and North Dakota.

“Access to a steady supply of affordable and reliable energy is critical for communities across Montana and the United States,”

Gov. Gianforte said. “Through this investment, we’re upgrading and modernizing Montana’s electrical transmission infrastructure to power our homes, schools, and businesses. I’m grateful to the Montana Department of Commerce for making this a top priority.”

The funds, made available by the Grid Resilience and Innovation Partnerships (GRIP) Program,



are administered by DOE’s Grid Deployment Office to ensure communities across Montana have access to affordable, reliable energy. These funds represent just a portion of the estimated \$3.6 billion price tag for the total project, known as the North Plains Connector, which extends across Montana and North Dakota.

“North Dakota welcomes this investment in transmission infrastructure to ensure a resilient and reliable power grid. Still, in order to meet growing consumer demand for electricity and support economic expansion, we need to add transmission capacity AND build upon our existing baseload generation—not try to shut it down,” Gov. Burgum said. “The North Plains Connector project will create a critical link between electricity markets and regions, support our all-of-the-above energy approach and contribute to national energy security. We’re grateful to the North Dakota Transmission Authority and all the partners supporting this investment.”

The North Plains Connector will

connect three regional control entities: the Western Electricity Coordinating Council (WECC), Midcontinent Independent System Operator (MISO), and Southwest Power Pool (SPP). According to DOE, the project will create up to 3,800 megawatts of new capacity and increase transfer capacity between WECC and the Eastern Interconnection in Montana and North Dakota by 1,400%.

In July, the Montana Department of Commerce announced it had been awarded \$47.5 million from DOE for projects in Rosebud, Custer, and Fallon counties, as well as the Northern Cheyenne Tribe, to help mitigate the impact of construction of the North Plains Connector transmission line. Eligible projects will include infrastructure updates, such as roads, water, sewers, emergency services, and other projects related to workforce and infrastructure development.

Increasing access to affordable and reliable energy for all Montanans is a top priority for Gov. Gianforte.

REGISTER OR VOLUNTEER

**Saturday Morning
September 7, 2024
Eagle Creek Campground**

*9k & 5k trail race / 5k walk
Kids Fun Run
Race Shirts, Awards, and
Raffle Prizes*

**Sign up now and plan for a fun morning
Raising Awareness of Depression!**

Volunteer!

Please email, call or text:
bigbearstampede@yahoo.com
(404) 664.6624

Click to Register NOW:
RunSignUp.com

 Follow
BigBearStampede! 



Small business insurance that works for you



As a small business owner myself, I know what it takes to make things run. It's why I'm so passionate about helping other small businesses. State Farm® small business insurance plans don't offer a one-size-fits-all approach. Why? Well, your business needs the coverage that works best for you. Call or stop in for a custom quote today.

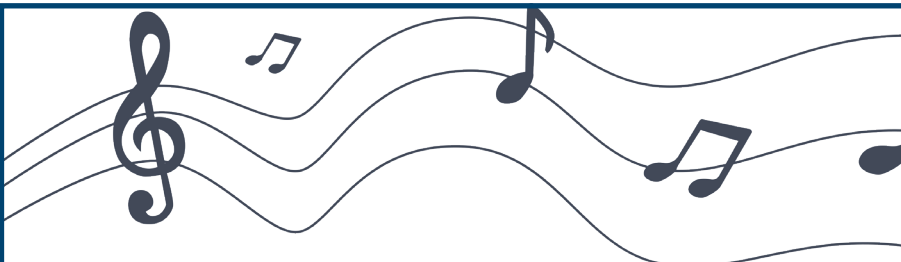


R Dean Hendrickson Ins Agcy Inc
Dean Hendrickson, Agent
224 W Lewis
Livingston, MT 59047-3013

Bus: 406-222-2250
dean.hendrickson.b615@statefarm.com
www.deanhendrickson.com

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Livingston

community choir

**SING & CELEBRATE
THE HOLIDAY SEASON**

rehearsals begin
monday, september 23th
park high school choir room
7pm-8:30pm

membership dues \$35

**directed by Marc Graham
pianist Sarah Kirk**

ALL ARE WELCOME

