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Week of August 3, 2025

Livingston's Calamity's Classic Rodeo Heading Your Way on August 16th and 17th

Calamity's Classic Rodeo blends western traditions with 21st Century technology, bringing an exciting twist to the rodeo scene in Livingston. Its parent company Windy City Outlaws has curated an exceptional event in collaboration with trusted professionals including their Montana stock contractors Sparky Dreesen & Paul Eiker of Big Circle Rodeo, esteemed announcer, Barney Sheridan, clown-barrel man, Dangerous Dave Whitmoyer, and official photography by Mark LaRowe. Sanctioned by the Northern Rodeo Association (NRA), Calamity's Classic Rodeo concept started as "rough stock only" but expanded to include a wide range of thrilling events from rough stock to barrel racing to team roping, ladies & junior breakaway, and more.



WHAT YOU NEED TO KNOW:

- Saturday, August 16th, the theme is Military Night. The rodeo begins at 7 pm. Gates open at 5:30 pm.
- Sunday, August 17th, the theme is First Responders Night. The rodeo begins at 5 pm. Gates open at 3:30 pm.
- New in 2025: Mutton Busting each night before the start of the rodeo.
- Location: Park County Fairgrounds, 46 View Vista Drive in Livingston.

This NRA season anticipates more than \$500,000 in payouts to contestants at more than 40 rodeos throughout the region. Cowboys and cowgirls from all over Montana, surrounding states, and Canadian Provinces will compete for prize money.



Each day gates open 90 minutes prior so rodeo fans can enjoy food and beverages

[See Calamity's, Page 2](#)

2025 UFF DA FEST

Enjoy a family afternoon filled with 5+ hours of non-stop Montana Music in the shadow of the Crazy Mountain range on Saturday, August 9th. Stop over at the Wilsall Rodeo grounds on Cooper street off Hwy. 89 North where there will be live music including: Rocky Mountain Pearls, Mike Beck, SmorgasBand, Dan Meyer, Ringling 5 and Gary Small. An *All Musician Jam Session* will follow until 8 pm.

What is an UFF DA Fest? It is a community celebration, with a focus on Scandinavian heritage, particularly Norwegian. The term "Uff da" itself is a common expression in Scandinavian-American culture, often conveying feelings of surprise, exhaustion, or relief. These festivals

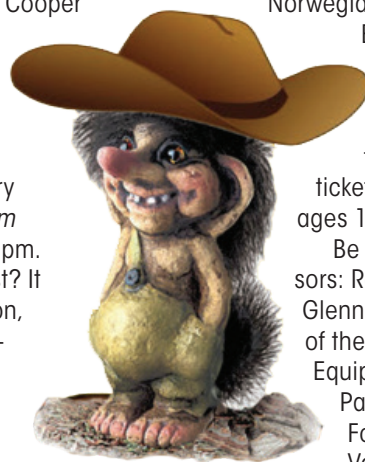
usually feature food, live music, and cultural demonstrations/activities that highlight the local community and its Scandinavian roots. You don't have to be Norwegian to come and have fun.

Everyone is welcome!

Doors open at noon, music starts at 1pm. Beer and food trucks on site. Buy your tickets at the gate: \$25 adult, ages 16 and under are free.

Be sure to thank the sponsors: Rocky Mountain Supply, Glenn's Store, Antlers Bar, Bank of the Rockies, Torgenson's Equipment, Stageline Pizza, Park Farmers Coop, Wilsall Foundation, Delta Signs, Val's Deli, Spurline and the Wilsall Rodeo Association.

For more info email LovelyRanch@gmail.com or call 406-686-4466.



The Water Saga of Crazy Mountain Ranch

What began in the Shields Valley over two years ago as a battle for water rights has now ended in a consent decree between the Crazy Mountain Ranch (CMR) and the Montana Department of Natural Resource Conservation (DNRC), the latter of which had filed a recent lawsuit on July 11th alleging illegal water use by the former purposed for irrigating an 18-hole golf course on an 18,000 acre ranch and exclusive resort in Clyde Park.

The lawsuit, settled prior to the opening hearing scheduled for Monday, July 28th, sought to impose a temporary restraining order and preliminary and permanent injunctions, as well as to procure civil remedies, it's plaintiff stating that, "CMR does not have a valid water right that authorizes beneficial use of water

for irrigation on the 112 acres of the proposed acres," further clarifying that the defendant is therefore violating state laws on water use permits passed in 1973. As suggested by the lawsuit, had CMR been found liable, the company would be required to pay \$1,000 for each day of illegal use.

CMR was initially purchased by parent company Cross Harbor Capital in 2021, an east-coast private equity investment firm based in Boston founded in 1993 by co-owners Samuel Byrne and William Kremer—proprietors of the Yellowstone Club in Big Sky and other domestic and international commercial, residential and industrial real-estate development projects. Amongst their recent acquisitions (in partnership with Lone Mountain Land Company), the ranch—once belonging to the Phillip Morris Company—is being transformed into a private membership resort for outdoor recreation and other activities, including golf.

In March 2023, three separate applications to change of Appropriation Water Right were filed with the DNRC by Mike DuCuennois, Ex-

ecutive Vice President of Development at Lone Mountain Land Company LLC, on behalf of CMR Ranch Owner, LLC—eventually amended and consolidated some nine months later to a single case titled 43A-6009-R-2023, with intent to "provide late season water for 112 acres of irrigated turf grass and landscaping for a new golf facility" by altering the water storage claim for Rock Lake and instigating other water use change initiatives related to nearby water sources.

On September 21st, 2024, Crazy Mountain Ranch hosted a soft opening of the 18-hole golf course—described by resort staff "as

incredible a setting there will ever be for the game of golf," a proclaimed masterpiece designed by Coore and Crenshaw, a golf course architectural firm boasting a massive portfolio spanning the United States, France, Japan and other countries.

[See Water Saga, Page 16](#)



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Calamity's

from page 1

available from local vendors and charitable organizations, and purchase Calamity's merchandise without missing a second of action-packed rodeo.

General admission is \$15 (children age 5 and under are free). Reserved seats are \$20 (infants 12 months or less on lap are free). Please note: No strollers or coolers allowed. No professional photography without prior permission.

Rough Stock Events: Bareback bronc riding, saddle bronc riding, and bull riding. In these events, the performance of the contestant and the stock animal are equally important and are counted in the overall score. Proper form is required, but basically, the contestant uses only one hand and must stay aboard the stock animal for at least eight seconds to receive a score.

Timed Events: Team roping, tie-down roping, steer wrestling, barrel racing (ladies & junior), and break-away roping (ladies & junior). In these events, contestants complete in the shortest amount of time.

Join them as they celebrate this hometown, community tradition and create unforgettable moments at the 2025 Calamity's Classic Rodeo! We're "cinching up our flank straps and coming out of the gate soon!" For tickets, visit Calamity's website (<https://calamityroughstockclassicrodeo.com>), the Livingston Area Chamber of

Commerce, Murdoch's (all locations), and The Spur Line. For information, call 406-220-6214 or email info@calamitysrodeo.com. Also, check them out on Facebook and Instagram.



Effort to Zone Rural Paradise Valley Drainage Garners Preliminary OK from County Officials

The Park County Commission unanimously supported a citizen-initiated zoning district following local opposition to a high-density resort proposed by a Miami-based developer.



Paradise Valley's Suce Creek drainage, pictured on Nov. 1, 2024, provides an entry point into the Absaroka-Beartooth Wilderness managed by the Custer Gallatin National Forest. Credit: Amanda Eggert / MTFP

Park County Dugout - July 29, 2025
[TheParkCountyDugout.substack.com](https://theparkcountydugout.substack.com)
by Amanda Eggert, Montana Free Press

LIVINGSTON — The Park County Commission has preliminarily approved a zoning district limiting commercial development in the Suce Creek drainage.

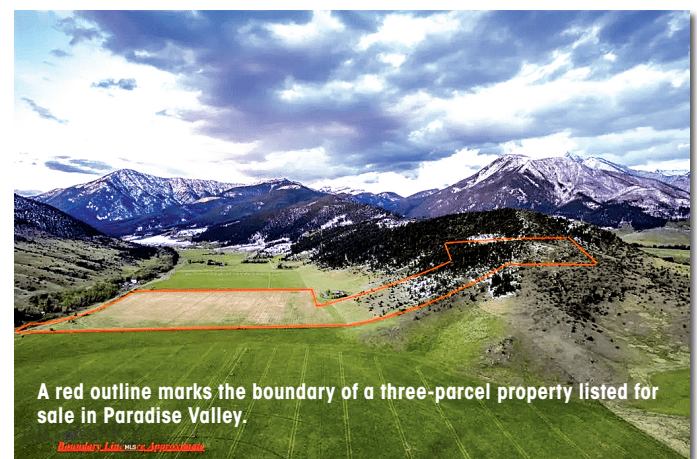
In a unanimous vote on July 15th that was met with a round of applause, county commissioners approved a resolution to create the Suce Creek Planning and Zoning District. The commission's vote puts the Suce Creek drainage south of Livingston on a path toward restricting high-impact commercial enterprises as Park County residents grapple with development pressure wrought by the region's recreational appeal and proximity to Yellowstone National Park.

The vote comes nine months after a local environmental nonprofit unearthed and made public a proposal by a Miami-based developer looking to pack more than 100 buildings and 400 parking spaces onto a 90-acre parcel in the Suce Creek drainage, an area with about a dozen residences, a herd of cattle and a trail leading into the Absaroka-Beartooth Wilderness. Local officials say it's been months since they've heard from Flex Capital, a real estate firm that's an unknown entity in Montana, but conservation groups maintain that Park County's rural and agricultural qualities remain vulnerable to other ill-fitting development proposals.

In a July 15th conversation with Montana Free Press, Maggie McGuane said she was heartened by Suce Creek

residents' consensus surrounding the zoning district, particularly given the wide range of views her neighbors hold about zoning, property rights and the appropriate role of government.

"I can't stress enough what extremes—in every direction—we had



A red outline marks the boundary of a three-parcel property listed for sale in Paradise Valley.

See Drainage, Page 3

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Drainage

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along that road. The fact that everybody came so completely together after working in the weeds for months is nothing short of miraculous,” said McGuane, who spearheaded the citizen-initiated zoning effort. “Flex Capital’s proposal was the jumping off point that got us together, but it ended up being a really important conversation about the future of that neighborhood.”

McGuane said the drafting and signature-gathering process may be time-intensive and expensive—particularly after the Montana Legislature passed a law four years ago that requires citizen-initiated zoning proponents to cover the costs for drawing up the necessary documents—but it comes with secondary benefits.

“What I wish I could tell everyone is that it’s daunting, but what you end up with is a community,” she said. “The process creates a community.”

Bryan Wells, who was recently elected to a four-year term on the county commission, praised Suce Creek zoning proponents for working together to find common ground at the commission’s July 15th meeting.

“I have a little bit of an issue with citizen-initiated zoning because it always bothers me that 60% can force 40% of their neighbors into something they want,” he said, referencing the signature minimums established in state law to bring a proposal forward. “But you went well beyond 60% to 85%. That is pretty amazing. That tells me that you really reached out to everyone, so kudos to you for that.”

In a phone call with Montana Free Press, Park County Planner Mike Inman said the zoning district has two remaining hurdles. The Park County Planning and Zoning Commission will review the 34-page document containing the proposed regulations on August 12th. That commission will then make a recommendation back to the Park County Commission, which will take a final vote on the matter.

The proposed regulations detail how land inside the district boundary could be used and uses deemed out of alignment with the petitioners’ vision for Suce Creek’s future. Developments that are “consistent and compatible with existing agriculture and rural residential uses” would be protected, whereas enterprises that would result in “urban encroachment and commercial and industrial uses incompatible with the agricultural and rural residential character of the Suce Creek area” would be unwelcome.

THE ROLE OF RECENT PLANNING VOTES

If the county commission ultimately adopts the proposal, Suce Creek will join just a handful of areas in Park County subject to zoning rules. There are five existing citizen-initiated zoning districts in Park County, which stretches from Wilsall to Cooke City.

Even before the Flex Capital proposal surfaced, Park County residents have grappled with growth and development. In June of 2024, voters rejected a referendum to repeal the county’s existing growth plan, which would have forestalled county-wide zoning. To the chagrin of planning advocates, voters passed a sister initiative that requires Park County residents (outside the county’s incorporated communities of Livingston and Clyde Park) to approve any new growth plans or amendments to the existing one.

That pair of votes came two years after commissioners indefinitely postponed the process to create a county-wide agricultural and residential preservation zoning district amid pushback from residents ideologically opposed to zoning and from planning advocates who favor stronger, more detailed regulations.

Randy Carpenter, a longtime city planner who serves as Friends of Park County’s executive director, falls in the latter camp. In a July 24th conversation with MTFP, he said his organization wants the county commission to pursue zoning that comes “with a map.”

Carpenter argues that the proposed county-wide zoning would have allowed just about any commercial or industrial use so long as project developers made an effort to mitigate potential conflicts. In his view, ecologically sensitive areas and regions with particular public safety concerns merit stronger protections.

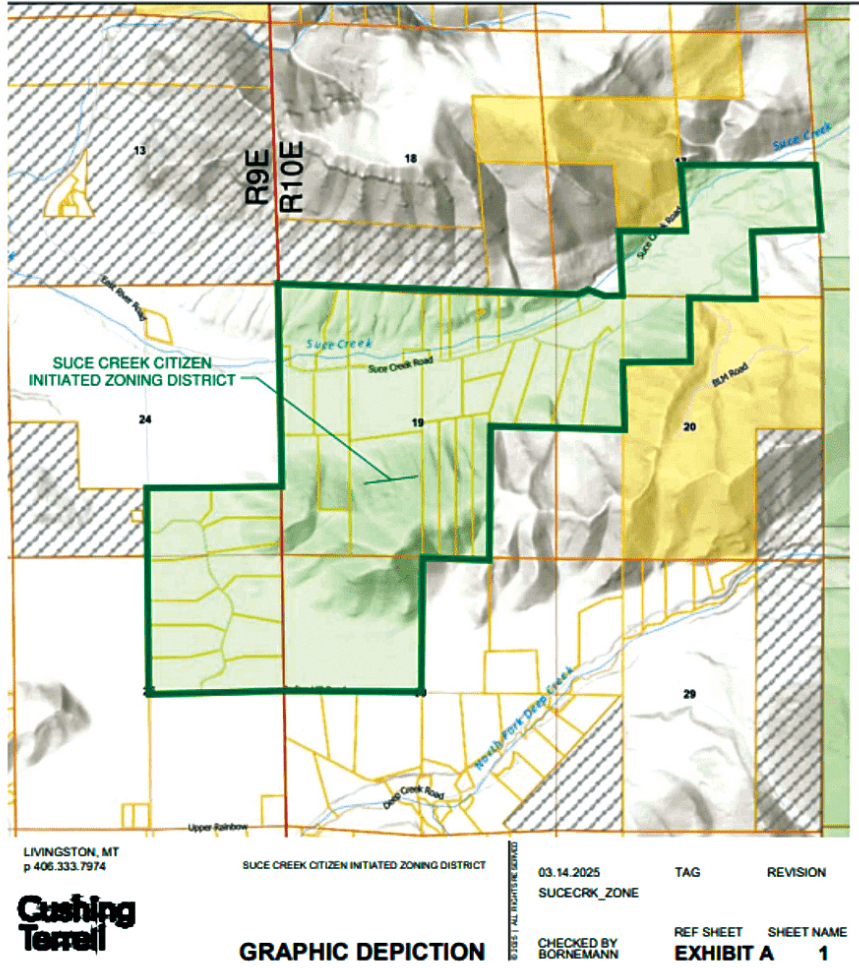
“I understand why they considered the agricultural and residential preservation zoning district and I think it would be better than nothing,” he said. “That doesn’t mean you can’t do it a different way.”

Carpenter cheered the commission’s preliminary adoption of the Suce Creek zoning district, but also described it as a politically “easy” vote. County-wide zoning should still be on the table, he said.

“In this case, with Suce Creek, the resort development looks like it’s not going to happen given that the zoning district would not allow it. But that doesn’t mean the rest of the county is safe,” he said. “If they did their research and said Park County is a good place for this for all of the reasons—the beauty, and the mountains, and the Yellowstone River, and the park, and that stupid TV show *Yellowstone*—I would think there would be other potential resort investors looking at Park County. Why wouldn’t they?”

Erica Lighthiser, Park County Environ-

EXHIBIT A SUCE CREEK CITIZEN INITIATED ZONING DISTRICT GRAPHIC DEPICTION



The proposed Suce Creek zoning district encompasses the better part of one square-mile section of land and portions of four other sections.

mental Council’s co-director, described zoning as a “hot topic” that generates intense public interest—in cycles. In a July 24th conversation with MTFP, Lighthiser said she’d like to see continued momentum for zoning conversations.

“We need local guardrails,” she said. “We need more local processes for us to have a say as to when commercial, residential and industrial development is happening.”

Lighthiser added that Park County residents in other drainages, such as Mill Creek and Rock Creek, have expressed interest in citizen-initiated zoning, but could be dissuaded by the cost and time required.

“It was a ton of work for Maggie and the neighbors to put this together. To expect that’s how we can move forward with land-use planning in Park County is a big ask,” she said. “These folks had a threat in their neighborhood, something that really galvanized them to come together to protect these shared values. But that’s not going to be the case in every neighborhood, nor will they necessarily have the resources to

hire an attorney to draft the document.”

She said she’d like to see the county facilitate locally led planning “so that if citizens want to initiate a district like this, or a neighborhood plan, or some more localized version of zoning, there’s a better process.”

Inman, who has been working in the county’s planning department for nearly 20 years, said he, too, is curious how Park County commissioners will handle future zoning conversations.

“They haven’t really been asked the question as to whether or not they support any kind of county-led effort,” he said. “We have a whole new administration, so we’re all kind of waiting to see what they want to do as far as growth goes.”

This story was originally published by Montana Free Press at montanafreepress.org.

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August National Dog Month

Excerpted from the National Calendar.com

In the original 10-month Roman calendar, August was the sixth month with 30 days and was originally named *Sextilis*. In 8 BC, the Roman Senate rewarded Octavian Augustus a month in his honor. The founder and first emperor of the Roman Empire, Octavian Augustus selected *Sextilis*.

Renamed to Augustus, there remained the issue of the month having fewer days than Julius (July). Whether Octavian adjusted the number of days to match that of July is uncertain, but the result left February with 28 days except in a leap year and September and November each gave up a day to October and December to avoid a trifecta of 31 days in a row.

Today, August is the eighth month of the modern calendar with 31 days. It also wraps up the summer months in the Northern Hemisphere and that also includes the *Dog Days of Summer*. This traditionally hot and humid time lures people to pools and beaches to cool off.



August's moon is called the Sturgeon Moon, named after the ancient fish that swim in North America. They were once abundant and easily caught during the heat of August summers.

In the sporting world, the U.S. Open Tennis Championships begin at the end of August while the National Football League kicks off its preseason matchups. **What's Your Sign?**

If you're born in August, your astrology sign is either Leo or Virgo. Leo represents

the lion and Virgo means the virgin and is represented by a maiden or goddess. August birthdays celebrate with the gladiolus and poppy as the flower of the month.

Peridot and spinel are the birthstones of those born in August. Peridot is a semi-precious olive or lime-green stone found in lava flows and veins from the United States to Finland and Pakistan, among others. Found in shades of pink, red, blue, violet, and lavender, spinel is a more recent addition to the August birthstones.

Five Fast Facts

1. August is the only month that is one of the top 1,000 names for men.
2. The Purple Heart was created on August 7, 1782.
3. The Perseid meteor showers occur every year in August. National Sleep Under the Stars Night is the perfect holiday to experience this event!
4. More people change residency during August than any other month. Whether they bought or sold a house or are moving into a bigger or smaller apartment, doing so during the month of August is easier than doing it during any winter month.
5. Notable people born in August include: Louis Armstrong, Lucille Ball, Jerry Garcia, Sam Elliot, Gillian Anderson, Coco Chanel and Orville Wright. Presidents include: Benjamin Harrison, Herbert Hoover, Lyndon B. Johnson, Bill Clinton, and Barack Obama.

17th Annual Night Owl Run Shifts Gears to Support Livingston Parks and Recreation

The beloved Night Owl Run returns for its 17th year with an exciting new mission: supporting the continued growth and development of Livingston Parks and Recreation. Formerly organized in partnership with the non-profit

Night Owl Run group, this year marks a new chapter as the City of Livingston Recreation Department officially takes the reins.

Since 2018, Livingston Parks and Recreation has played a key role in

producing the event alongside the Night Owl Run nonprofit. With the dissolution of the nonprofit group, the City is proud to fully adopt the event moving forward—preserving the community spirit and nighttime fun, while channeling proceeds back into local parks, trails, and recreation programming.

"This event has always been about community, connection, and movement," said Maggie Tarr, Recreation Director. "We're honored to carry on the Night Owl legacy and give it new purpose—supporting the outdoor spaces and recreation opportunities that make Livingston such a special place to live and play."

Participants can expect all the classic Night Owl energy they know and love—glow gear, music, professional timing, and a festive nighttime atmosphere. Whether you're a seasoned runner, casual walker, or family looking for fun, the Night Owl Run is a celebration for all ages.

Event Details:

Date: Friday, September 5, 2025



Location: Race Begins at 320 Alpenglow Lane (behind Livingston HealthCare) and ends at Miles Park Band Shell

Time: 6:30 pm

Includes: 4.06 Mile Fun Run/Walk, Tshirt, BBQ, Music, and More!

Website: <https://sites.google.com/view/nightowlrun/home>

Proceeds from this year's event will go directly to supporting Livingston Parks and Recreation programs, scholarships, facility improvements, and future community events.

For more information and to register, visit <https://runsignup.com/Race/MT/Livingston/LivingstonNightOwlRun>



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Meals for August 4th - 8th


Mon., Aug. 4th - Italian sausage pasta, garlic bread, green beans, peaches, milk

Tues., Aug. 5th - Chili, cornbread, oranges, milk

Wed., Aug. 6th - Chicken salad on croissant, three bean salad, watermelon, cake, milk

Thurs., Aug. 7th - Beef stir fry over rice, stir fry vegetables, eggroll, pears, milk

Fri., Aug. 8th - Chili hot dogs, potato salad, fruit cocktail, cake, milk



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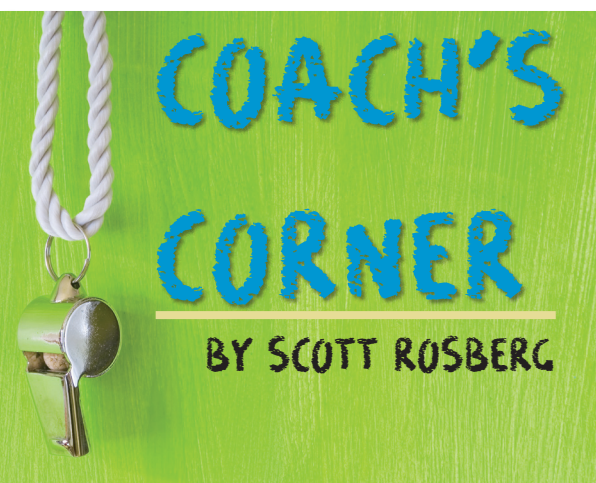
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THE PRE-SEASON—GOALS & COVENANTS



Last month, I wrote about the *Off-Season* and why it's so important for athletes, coaches, and teams to put in great effort during this time away from their regular season to become the best they're capable of becoming. Today, I want to discuss the season that comes after the *Off-Season* but precedes the actual season—the *Pre-Season*. I am choosing to write about this now because the fall sports/activities at SGMS and PHS are in their Pre-Seasons right now.

There is no hard-and-fast line on when the pre-season begins and ends. Some think of the pre-season as the time right before the first practice. It's still the off-season, but the actual season is about to begin. Others think of the pre-season as the time from the first official practice until the first contest against an opponent.

I like to think of the pre-season as being both.

The reason why it's good for the pre-season to start before the first practice is that there are some important elements that you can work to develop during this time. For players who have been busting their tails in off-season workouts and contests, this can be a time to get away from the intensity of that work, so they can rejuvenate before everything kicks into high gear. While they will want to keep working on their strength training and their skill development, they will also want to enjoy other non-sport related activities that they will not have as much of a chance to do once their season begins.

For coaches, this is a great time to review and refine their policies and playbooks. This is also a great time to begin, continue, or finish working on their Goals and Core Covenants for the season (if they haven't already done that with their teams during the off-season) and the strategies for achieving them.

GOALS

You've all heard of goals and goal setting, and many of you probably fully understand the importance of them. Goals give you something to shoot for. They offer a chance for individuals and teams to put targets out there in the future and then create a game plan to achieve them. Goals help people stay focused on the task at hand throughout the season.

The most common types of goals are performance or results-based goals. When most people think of goals, this is what they think of. These types of goals would be measurable by whether or not we had "hit our numbers." For a sports team, these would be things like number of wins, making it to the state tournament, points scored per game, points your opponent scored per game, etc. These are important goals to have because they are measurable, public, and somewhat cut-and-dry—you either hit them, or you did not.

However, performance goals create a focus on a result—a result that has many variables that could create the result or keep it from happening. Focusing only on results creates more pressure. While it is at least giving a team a direction to go, focusing on a result means that there is only one way to succeed—by achieving that one result.

The other type of goals I like are process goals. While performance goals are what most people focus

on, coaches and leaders should focus more on process goals. "Why?" you ask. Because any leader will tell you that the right processes lead to the performances that we are seeking. Without the right processes in place, the chances of achieving the performance goals are diminished. Also, you have control over your processes; you don't have control over the results.

Process goals focus on making sure that you/your team are doing what you need to do to achieve your performance goals. Process goals are all about actions, especially habitual actions that are done on a consistent basis. For a player, something like "Shoot 500 shots every day" would be a process goal that is designed to help her/him achieve a certain points per game goal s/he may have.

CORE COVENANTS

Another important step for a team in the Pre-Season is creating their Core Covenants. Core Covenants could also be called Guiding Principles, Team Standards, Program Values, or any other moniker that indicates a similar concept. However, "covenant" is a stronger word. A covenant is **a binding agreement where action is visible**.

The biggest key to a covenant is the second part of the definition—you can see it in action. Covenants are only as strong as the actions associated with them. When teams establish covenants, if they are merely making statements about what they want to be known for, but they are not willing to follow through and live those covenants through their actions, it is worse than not having covenants at all. Teams without covenants (standards) are certainly a problem; but teams that claim they have standards but do not live by those standards are hypocritical, and they are living a lie.

Establishing covenants and then living by those covenants can be one of the most important things that any team does, for it sets a tone for the season. It says, "This is who we are, and this is what we stand for. Because of that, this is what you will see from us." When all members of a team buy in to the covenants that have been established, it is an extremely powerful force in helping a team become all that it can become.

The best covenants are behavior covenants. While certain physical and mental skills and traits are important and have their place on teams, when it comes to establishing your team's standards, it is best if you focus on behavioral characteristics that every member of the team can uphold and live in their daily actions. The beauty of these kinds of covenants is that they are a choice that every team member can choose to live by. They require no specific physical skill, no highly developed mental capacity to perform them. They just require that players make the choice to commit to them.

For example, if a team decides to adopt *Hard Work* as a covenant, they are saying that "we will work extremely hard all the time." Many teams that adopt this covenant will often use the phrase "100% - 100% of the time" as an action statement about hard work. They are saying, "To be on this team, you must give 100% effort, 100% of the time." This is where the second part of the definition



for a covenant comes into play—you can see it in action. Team members are saying that "if you watch us, you will see our team giving maximum effort at all times." They will then give specific action examples, such as going full speed on all sprints, not just on the first couple and touching all lines on all sprints.

When it comes to establishing and then living your covenants, choose to create behavior covenants for your team that everyone can commit to. Then work on them throughout the year to keep them in the forefront of everyone's mind. You will be amazed to see how hard team members will work to become the best they can become when they have a direction in which to go that they have total control over.

I highly encourage all of you who are about to start your fall sports and activities to dedicate time during this pre-season to establish your Goals and your Core Covenants for the season. Far too many teams are not intentional about doing this, and they wander through the season hoping that a positive identity gets established for them, instead of intentionally establishing it themselves.

Don't leave this extremely important step to chance. Excellence is never an accident. Get intentional about becoming the best you can be and take action to do it!

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



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Why Cardio Isn't Enough

by Nurse Jill

It's a common misconception based off years of education and effort, "If I just do enough cardio and eat less then I can finally be fit and healthy."

At its crux, this statement is mostly true. When you burn calories (cardio) and take in fewer calories (eating less) the math suggests that you end up in a weight-losing pattern. And this simple equation usually works when you are younger, and your body is resilient and adaptable but after about age 35 (for both men and women) the natural growth in muscle strength and mass peaks and then begins to deteriorate progressively. In other words, there are a lot more variables other than just *numbers in - numbers out* as you age. The equation at the cellular level becomes more complex than simple subtraction.

When you hear, "eat protein and lift weights" you may dismiss that as a bodybuilder's lifestyle but recent studies are showing us more and more how these two habits actually have benefit for most of the population. Not to make everyone look like *Mr. Muscles* but just to maintain as much health and strength as possible.

While eating less sounds good in theory, what you eat is just as, if not more, important. And we're not talking about weight loss here—we're talking strength and resilience. Protein is essential for supporting strong muscles and other body systems as you age.

And remember "aging" is anything after about 35 in most people because that is when muscle strength and mass naturally peaks and starts to taper off without active effort to keep strong.

How much protein do you need?

The official recommended daily intake is 0.8 grams of protein per kilogram of body weight. However, some recent studies suggest that consuming up to 1.6 grams per kilogram of protein, if active in strengthening exercise, could be beneficial. But be careful, the type and timing of your protein matters. The body can't process more than 40 grams of protein in one meal so spread your protein intake over all your meals and snacks. Also, make sure that all your protein doesn't come from meat—this can negatively influence cholesterol levels.

How do you calculate your protein? Take your weight in pounds and divide by 2.2. This will calculate your weight in kilograms. Then multiply by 0.8 and 1.6 – this will give you the range of protein you should consume either by daily recommended value (0.8) or possible benefit for trying to build muscle mass through resistance training (up to 1.6).

For example: a 180-pound man weighs 81.8 kilograms. His range of protein intake would then be (81.8 kg x 0.8 and 81.8 x 1.6g) between approximately 65 and 130 grams of protein daily. Think of these as minimum and maximum. While protein is beneficial, too much can be harmful.

Strength training isn't body



building. Weight training is essential to combating the inevitable effects of sarcopenia—the natural loss of muscle in your 40s, 50s, 60s, etc. The old adage, *use it or lose it* is true when it comes to muscle mass. We are not talking about getting ripped and bulging. Recent research has suggested a myriad of benefits to incorporating a modicum of strength training into your weekly activity.

Cardio isn't enough. You have to challenge your body with weight if you want to maintain health and strength. Weight training helps with bone health, cardiovascular health, lung health, and overall reduces your risk of untimely mortality. While walking or jogging is still an important aspect to staying active the research has shown that 30-60 minutes of challenging your muscles through weight training reaps significant benefits. This weight training can be traditional weightlifting (get someone to teach you

the right way to do it to avoid injury) or it can be any number of activities such as yoga or other exercises that utilize your body weight as the resistance on your muscles such as pushups.

Bottom Line. Healthy takes effort. But the good news is that science is showing us that it doesn't take hours of sweating and a physique like Mr. Muscles to gain health benefits from our efforts. Intaking a little more protein and starting some resistance (weight-bearing) exercises will pay dividends for your health. There are so many resources out there to help you get up and get healthy! Just make sure you chat with your doctor about increasing your activity and protein if you have any chronic conditions that are medically managed.

Always remember, something is better than nothing when investing in health.

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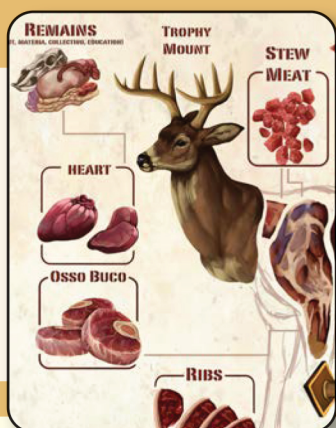
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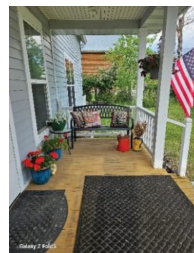


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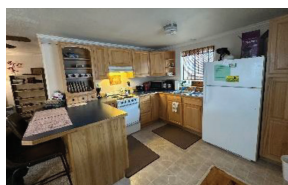
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Your Ageless Wellness Column

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

Polarized Thinking Effects Us in so many Ways.

Hello everyone,

Since I first began writing these articles a few months ago, we've explored several aspects of personal wellness. Each one matters—nutrition, movement, exercise, and the choices we make every day but one issue stands head and shoulders above the rest and is the absolute foundation of all real change: **All wellness begins in the mind.**

Before we move our bodies, before we decide what to eat, before we take any action at all—it begins with how we think. The thoughts we hold. The words we speak. The beliefs we carry. What we allow into our minds determines the direction our lives take. Not just individually—but collectively.

Over the next several weeks, we're going to take a deeper dive into just how powerful our inner dialogue really is. We'll explore how it shapes our reality, affects our well being, and perhaps more importantly, how each of us plays a part in creating the climate of our society as a whole.

This isn't just about mental health. It's about reclaiming the clarity we've lost in a world designed to distract us.

So let's begin.

Part One: The Dangers of Polarized Thinking and Its Effect on Individual and Collective Wellness

Since the beginning of recorded time and long before, humanity has been fed a steady diet of half-truths, binary choices, and distorted narratives. We've been conditioned to believe we must pick a side in every conflict, every issue, and every belief system. Left or right. Good vs. evil. Us vs. them.

But here's the trap: when you're only given two options, you rarely get the truth.

And when you believe that your perception is the only right one, you stop seeking, stop questioning, and you stop listening.

To be honest, no one wants to believe that his or her perception of long-held beliefs could be wrong. It's so much easier to base beliefs on what you hear from your favorite newscast, what your pastor or your doctor tells you, or what you were taught as a child; things you later discovered just weren't true like the tooth fairy, Santa Claus, etc.

I'll give some examples in a moment.

For millennia, those in power have understood that if you can control the story/narrative, you can control the people. Wars have been fought and still are, not

just with weapons, but also with propaganda. Religious institutions have enforced blind faith and exiled dissent. Governments have used fear and nationalism to herd citizens into compliant obedience. The media, both ancient and modern, has always been a tool for illumination and manipulation. Think of...

- the Crusades.
- Nazi Germany.
- McCarthyism.
- 9/11 and the wars that followed.

In each case, the masses were rallied behind a simplified narrative. Questioning that narrative meant being cast out or worse. When people are pressured to take sides without access to the full truth, without the space for nuance, they are easier to divide—and ultimately, easier to destroy.

The Illusion of Certainty in a Complex World

We live in a three-dimensional world filled with complexity, nuance, and hidden variables. No one ever has all the information about a situation—not the media, not the politicians, not well-meaning neighbors, friends, or even health care professionals.

Yet, many of us are led to make decisions, form strong opinions, or even act out in anger based on very limited and quite often biased information.

Most people base their beliefs on what they hear or see in the news or on social media, which, unfortunately, is rarely neutral. Much of the information we receive today comes with hidden agendas: to stir emotion, push a narrative, or influence behavior—in other words, to polarize your thinking.

Take a look at how most news outlets operate. Many promote a specific political ideology, reporting heavily on the extremes of either side, while ignoring the more moderate or uniting perspectives that might actually bring people together.

Or consider how some doctors and health care providers under pressure from pharmaceutical companies, insurance systems, or outdated protocols may prescribe medications not purely based on need, but due to financial incentives or system constraints. This is the age-old strategy of divide and conquer. And it works. It works because it bypasses reason and goes straight to fear or anger. It makes us feel



like we have to pick a side. It keeps us locked in opposition, while the real power stays behind the curtain.

But the good news is: this dis-ease is curable. There's an old proverb that says, "The first to state his case seems right, until another comes and examines him." Even Jesus said, "Seek and you will find. Knock, and the door will be opened."

Discernment is one of the great gifts we've been given. It's not just about knowing right from wrong—it's about staying open, being willing to search, and asking deeper questions. In a world full of noise, discernment is the quiet voice that says, "Wait... is that really true?"

How Polarized Thinking Affects Our Wellness Individually and Collectively

When we allow ourselves to be pulled into polarized thinking us vs. them, left vs. right, good vs. evil—we don't just fracture society.

We fracture ourselves. The body responds to stress, fear, and uncertainty as if it's under attack; cortisol levels rise, the nervous system stays on high alert, sleep becomes disrupted, blood pressure increases, anxiety and depression settle in.

Over time, this takes a serious toll not just on our mental and emotional health, but on our physical bodies as well.

On a collective level, the constant tension and division create a cultural atmosphere of distrust, hostility, and chronic unease. Communities stop talking to each other. Families split over ideologies. Real problems go unsolved because everyone's too busy defending a side instead of seeking truth. It's no longer just about

what we believe; it's about how we think. And whether we're willing to pause, step back, and ask:

- Who is benefiting from my fear?
- Who is profiting from my anger?

This is where wellness begins. Not with a diet. Not with an exercise plan. But with clear thinking. With becoming aware of the stories we're being told and the ones we're telling ourselves.

Coming Up Next: Part Two - The Illusion of the Two Wings. Next week, we'll look at one of the most powerful tools of division ever created: the illusion of choice.

We'll explore why "left wing" and "right wing" may actually belong to the same bird. And how breaking free from that illusion is essential not only for personal wellness, but for the healing of our communities and the entire planet. Until then, keep your mind steady and your heart open.

Garrick Fulmer Faust is the Executive Director of the Park County Senior Center located at 206 S. Main Street in Livingston. A certified personal trainer, nutritionist, and life coach, Garrick's goal is to bring independence to seniors through movement, exercise, nutrition, and mental awareness.

Garrick is also the founder/creator of The Hub Fitness Center, a wellness facility designed specifically for the seniors and mobility-challenged citizens of Park County.

Feel free to contact him at 406-333-2107 or by email at garrick@parkcountyse-niorcenter.org or visit his website ageless-wellness.net.

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Let a financial advisor help plan for life's curveballs

No matter what stage of your life you're in—caring for children, working toward retirement or planning your legacy—unforeseen events like a job loss, a major illness or even a stock market drop could derail what you're working so hard to achieve financially.

With your future at stake, you may want to get guidance from a financial professional who can develop a personalized financial strategy to help you navigate life's curveballs. Here are specific ways a financial advisor can help:

- **Create a customized long-term strategy.** This is the first step to weather

unforeseen events. You may have several long-term investing goals—your retirement, your child's education or perhaps a dream vacation. A financial advisor can help you build a strategy specific to your goals and risk tolerance. This will include prioritizing those goals, building a path toward each and pivoting your strategy as markets shift and needs change.

- **Set realistic expectations.** Successful investing requires discipline and patience—most individual investors make their money over time, not overnight. Start by setting realistic

timelines to reach each of your goals. And don't be surprised if you need to make trade-offs, like working an extra year to help fund your retirement dream home. It's realistic to expect you'll hit some bumps in the road. Perhaps the markets will drop and the value of your portfolio may follow. (It's also realistic to expect they will rebound, as they have historically. Of course, past performance of the markets is no guarantee of what will happen in the future.) A financial advisor can help you keep your emotions in check no matter what comes your way and stay focused on the long term, knowing you have a customized strategy in place.

- **Diversify your investments.** The foundation for your portfolio is your asset allocation, or how you divide your assets among stocks, bonds, cash and other investments. Different investments behave differently in various market conditions, so maintaining a good mix can help better weather market fluctuations than putting "all your eggs in one basket." Finding the right diversification mix, and keeping it balanced despite what the market does, can get complicated, but it's almost second nature for a good financial advisor. All investments do carry risk, and asset allocation doesn't ensure a profit or protect against loss in a declining market.
- **Keep a long-term outlook.** It's easy to become distracted by the latest headline, expert prediction or market swing. However, if these

events don't change your long-term outlook, there probably isn't a reason to make changes to your strategy. In fact, these declines often present good opportunities if you're a long-term investor, so use them to your advantage—your financial advisor can show you how.

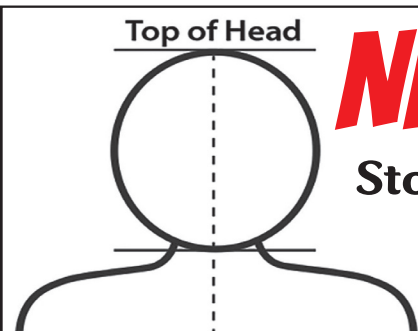
- **Keep your emergency savings well funded.** This is your "rainy day" fund, and an unexpected event may constitute a rainy day. For most people, maintaining three to six months of total expenses in emergency savings is appropriate. The specific amount depends on factors like your risk of unexpected expenses or temporary loss of income, and how much you value being confident that you can weather financial emergencies. A financial advisor can help you determine what your emergency savings should look like.

Unexpected events are part of life. You can't predict them, but you can prepare for them. No matter what is going on around you, having a professional by your side can help set you up to navigate them confidently.

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

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Local Lost Dog Mischief

by Joyce Johnson



There are probably 50 or more dogs in these hills above Emigrant. Now & then one escapes and goes for joy runs. Who blames them? It's great fun and great places to explore. We also get visited by nearby escaping horses, goats, a big mule, and a couple times a big ol' bored retired bull. Last week we all got concerned about a hunting dog I'll call Chuck (names are changed to protect the innocent) who jumped the fence, tags and collar off because he was just bathed. Normally these runners come back when they get hungry or run their energy off. But five or six hours later we were all on the lookout, and concerned. Cutting to the chase, it turned out the dog was poking around in the nearby field possibly on his way home for dinner, when two young women walking around the hills saw him and "rescued" the poor seemingly lost mutt with those sweet enchanting eyes." But they had to go to work at Chico, and took Chuck with them. One of them sat with him while messages and posts went out on Facebook and other places regarding a lost dog. Meanwhile, I was sending frantic messages and photos out to his neighborhood.

Alas the posts and messages came miraculously together and the owners connected with the Chico women around dusk. Chuck had spent the afternoon being coddled and spoiled by the best dog rescuers you can ever hope for—Chico Hot Springs employees, where dogs are adored guests; always a few go to work with the employees; and are the soul of the place if ya ask me, as well as half the valley who have worked for Chico over the many decades.

Lost dog #2 also happened here in

Emigrant hills only a few days after Chuck's escape. The day started at my place and a visit in the morning with a kind, new neighbor from whom Duke claimed a head rub the entire visit. [Duke is a head-rub junkie and needs a support group.] The whole day was breathtaking and busy. I had an unusual parade of neighbors drop in and out, picking up or leaving stuff all afternoon. I enjoyed them thoroughly, living here around 28 years I know most everyone like family. I even had a rare visit by our PCCjournal owners, Steph and Joel, also dog lovers I have known, loved, wrote for, and supported for over 12 years. They dropped off some more of those beautiful free 2025 Travel mags for distributing around Emigrant, and adopted about 10 of my spider plant babies. And, got slobbery kisses from my two 4-legged roommates.

So it was a rare, busy, dramatic, kinda wacky day... and I was outside walking bare foot around the lawn. I know the lush green lawn is temporary, and I like to do "grounding" which I say to you, helps keep me sane, and it's a good thing I did, because while I gently padded around on the grass, along came a shaky, panting, medium sized, leggy little dog with a very short cropped curly pale peach-colored coat. I didn't know him. He seemed lost to me. Another



neighbor wandered out too on his way to work and I yelled, catch him! A minute later the dog followed him back to me. My neighbor said he just asked the dog if he wanted water and it followed him! Wow that was easy. I picked up the stiff and nervous little guy, and held him snugly and said gentle encouraging things and took him inside my home.

Thank the God of Dogs I had only Duke and Dixie that day. Often I have four, and it would have been chaos to introduce a nervous stranger to a yappy exited bichon and small poodle, a newly adopted Jack Russell-Yorkie, and Goofy Duke, my rude but loving big border collie who is the supervisor/herder of the pack.

I sat down and held the dog and tried to calm him. The "Jack Yorkie" loved him on sight, but Duke as usual had no manners and stuck his nose right into the lost dog's face, and poked and sniffed every inch of him (probably read his past lives too.) The border collie book calls it "no respect for personal space," by the way. I agree! I had to push the 60-pound lummo off us over and over, and eventually escaped and closed us in another room. I remembered to give the little stranger water.

I took a picture and sent it around the neighborhood email list, and called Stafford Shelter too. He calmed down finally and got along with the other two.

I on the other hand was um...over reacting, as it turned out, but Chuck's wild disappearance and Dukes runabout, was fresh on my mind.

I got a brainstorm to call a neighbor who has been helpful with past lost dog adventures and I described the leggy little dog to her. She said the only "Labra-doodle" (was that what he is?) that she knew of belongs to so & so...-O..



(the guy we had over for a visit that morning... and who lives only a minute's walk across the green.) Eyes popping I texted the picture of the dog to him and got a prompt text back confirming it. He had just noticed he was gone. The 15-year old Lab-doodle whom I had met briefly a week or so ago, looked way different because he had since been groomed and I didn't recognize him in with his cropped summer cut. That's the truth and I'm sticking to my story. But I sent out another email to the hood for closure: **"Lost dog found in the fastest return in history!"** I then exhaled, grinned, pink-cheeked but so relieved. I knew what it was like because Duke saw a cat out of the corner of his eye and went after it just a few days ago. The cat ditched him fast but Duke took a 45 minute runabout while he was at it. I don't blame him, but for 45 mins I was distraught. At 40 mph, or so he seemed to be able to run, oh you know, my over imaginative mind saw Idaho.

Readers, please visit Spurline and get a tag made there with name and phone number and they'll put it on his collar right there. And keep it on all the time. I could have just ignored the wandering little Labra-doodle, and trusted it was ok, minded my own business, but everyone knows I never do. I am always so tickled when I make a new dog friend. When Duke does, too, I am thrilled. And if the Doodle slips out again, he'll probably come here where he has friends now. Happy trails everyone! and happy (funny) endings too. Amen.

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The Shane Center's Annual Spotlight Gala Fundraiser August 23rd in the Blake Pavillion

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

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

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

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

After dinner, the party really gets going as Meridian, the dynamic local band and Grand Champion winner of Yellowstone Country's Got Talent 2025, takes the stage. Comprised

entirely of Shane Center youth participants including cast members from this spring's *Grease* production. Meridian will have you dancing all night long.

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

The Spotlight Gala is the ultimate bash in Livingston!

Reserve your seats today by calling The Shane Center Box Office at (406) 222-1420.

Tickets: \$125 per individual / \$675 for a table of six. **Please RSVP by August 13th.** Tickets are limited and expected to sell out.

They also invite you to first ever love one Livingston music event

One Love Livingston is a world music concert promoting harmony. This special event is on Saturday, August 30th, from 7 to 10 pm and seeks to promote understanding and celebrate cultural diversity through music.

Featuring Mighty Mystic and the Hard Roots Movement, as part of their "Walk Tall" Summer release tour on VP Records. Originally from Jamaica, Mighty Mystic is one of the most exciting reggae artists performing today, with an authentic sound that honors the music's origins, while adding a hard rock feel with impressive lead guitars, hard-hitting lyrics, and deep bass lines. Internationally known for his skill and genre blending, this is a one time opportunity

not to be missed!

Also performing, Sean Devine and the Stars of Anguilla. In the winter of 2023, local singer-songwriter Sean Devine traveled to Anguilla, where he met legendary musician Bankie Banx. This encounter led to the creation of his new EP, "Die Happy," recorded at Anguilla Music Academy with Bankie's band. The album features a blend of Montana songwriting and Caribbean rhythms, highlighted by the uplifting single "Grow Up Beautiful" and the title track featuring Jamaican artist Mighty Mystic. Talented musicians Dennis Warrington and Jaiden Fleming, from the recording band, will be joining Devine for this performance.

One Love Livingston will also feature local artist Foreshadow. Shadow Devereaux, also known as Foreshadow, is a Salish and Blackfeet hip hop artist, audio engineer, and advocate for Indigenous youth from the Flathead Indian Reservation. With over a decade of experience, he fuses cultural roots with modern hip hop to uplift and inspire, blending themes of resilience, struggle, and pride. He won a Native American Music Award in 2022 for "Protect Your People" and contributed a powerful song to the 2024



documentary "Bring Them Home," narrated by Lily Gladstone. In 2025, he released his debut solo album, "Perfect Timing," a bold and introspective body of work marking a major milestone in his career. Beyond the music, Shadow works alongside collaborator Colter Olmstead to teach film and music to youth on and off the reservation. As Foreshadow, he continues to use his platform to empower his community and amplify Indigenous voices through storytelling and sound.

Don't miss this authentic, unique world music event in the heart of Livingston: Purchase your tickets today at www.theshanecenter.org or by calling the Box Office at (406) 222-1420

One Love Livingston is generously supported by Pine Creek Lodge and Key Property Montana

"Cynthia Handel: Torso/Vessel and Other Objects"

On Friday, August 1st, the Danforth Museum of Art (DMA) opens Cynthia Handel's latest body of work, *Torso/Vessel and Other Objects*. Handel, nationally and internationally known for her cast and fabricated metal sculpture, has returned to clay and a variety of alternative materials in this exhibit created specifically for the DMA.

Handel uses the abstracted ceramic form of her own headless bust as the foundation for these wildly crafted multimedia works. Many of the pieces are presented with the artist's sketchbook drawings and include willow branches, antlers, copper wire, copper tubing, steel plates, her childhood pink taffeta dress, or found or constructed furniture legs. Handel blurs the space between memories, dreams and family history. Her work is an extension of her hands and is inspired by her intuition, feelings, and nature's form.

Cynthia Handel is a contemporary multi-media artist, performance artist, and educator. Handel has taken part in numerous international art related panels. She has participated as a sculptor at the USUK Iron Sculpture Symposium (2012), and has held residencies at the Berllanderi Sculpture Workshop, Wales, and the Franconia Outdoor Sculpture Park, Minnesota.

She has presented her work internationally at the College Art Association and International Sculpture Conferences. Handel's work has been exhibited in Poland, Germany, France, the UK, Latvia, China and numerous cities in the US including New York, Los Angeles and Chicago.



Abundance, Cynthia Handel

Dancing, moving, exploring, Handel's elegant vagabond nature, profuse and endearing, is evident in all of her current sculptures. They are both an extension of her previous work about form and place and a step into a journey that has migrated inward with an explosion of emotional presence." — Michele Coriel, Phd.

The DMA located at 106 North Main St., will host an opening reception for Cynthia Handel: *Torso/Vessel and Other Objects* from 5 to 8 pm on Friday, August 1st. The exhibit will be open through September 28th. Admission to the Danforth Museum of Art is always free.

The DMA is open Tuesdays–Saturdays,

Noon to 4 pm. They can be reached by phone at 406-222-6510 or on their website at thedanforth.org. The Danforth Museum of Art | Park County Friends of the Arts is a Registered Public Charity 501(c) (3) organization.

The Community School Collaborative is a local nonprofit that partners with the Livingston School District and community organizations to offer career exploration and work-based learning opportunities to middle school students. Programs such as Cougar Career Days, Cougar Pop-Up Clubs, and Job Shadowing aim to equip youth with the tools and experiences needed to build fulfilling careers and meaningful lives.

For more information contact Gina Morrison at 307-250-6904 or by email aydirector@csc4kids.org.



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SHIELDS VALLEY

Upcoming

EVENTS

Farmers Market

Date: August 4th from 4:30 to 7 pm

Location: Veterans Park in Wilsall

Food: Mountain Provision

Music: Ian Thomas

Kids Activity: Sumo Balls

Sponsor of the Week: Park Farmers Co-Op & Antlers Bar

August 9th - 5th Annual UFF DA

FEST Wilsall Rodeo grounds. Music starts at 1 pm doors open at noon.

August 10th - Wilsall Ranch

Rodeo Wilsall Rodeo Grounds at 2 pm \$10.00 admission; children 10 and under free. Bar and concessions available on site

Farmers Market

Date: August 11th from 4:30 to 7 pm

Location: Holliday Park in Clyde Park

Food: Follow Your Nose

Music: Paul Lee Kupfer

Kids Activity: Yoyos and Cannon Ball

Sponsor of the Week: Livingston HealthCare and the Clyde Park Tavern

IF ANYONE HAS
ANY UPCOMING
EVENTS PLEASE
SEND EMAIL TO
shieldsvalleynews@gmail.com.

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

Edible Flowers of Montana: A Feast for the Senses and the Body

Montana, with its diverse ecosystems, offers a rich variety of edible flowers that have been treasured by Native Americans, early settlers, contemporary foragers, and current day chefs and caterers alike.

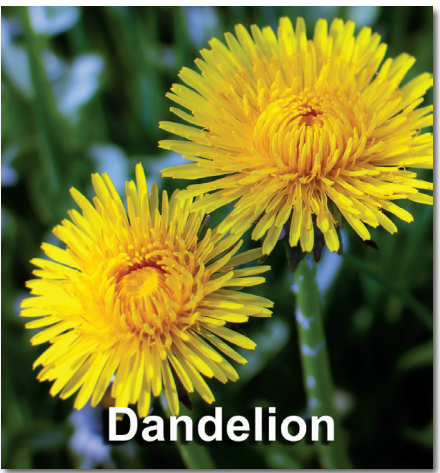
Not all flowers are edible, and some are toxic. It is essential to correctly identify any flower before consumption. You surely want to avoid eating flowers that have been sprayed with pesticide or herbicides.

It's best to introduce edible flowers gradually into your diet to avoid any potential allergic reactions. Flowers have different tastes, textures and scents, so experiment to find your favorites.

Here's a curated selection of seven edible flowers that thrive in the Treasure State, along with their historical significance, identification, foraging tips, and culinary suggestions.



- 1. Violet (*Viola* spp.)**
- *History:* Native Americans used violets medicinally, while settlers enjoyed their leaves in salads and flowers in jams and candies.
 - *Identification:* Heart-shaped leaves with toothed edges, and flowers in various shades of purple, blue, white, and yellow.
 - *Foraging:* Found in moist, shady areas like forests and meadows, April to June.
 - *Consumption:* Make violet syrup for pancakes, candy the flowers, or add to salads.



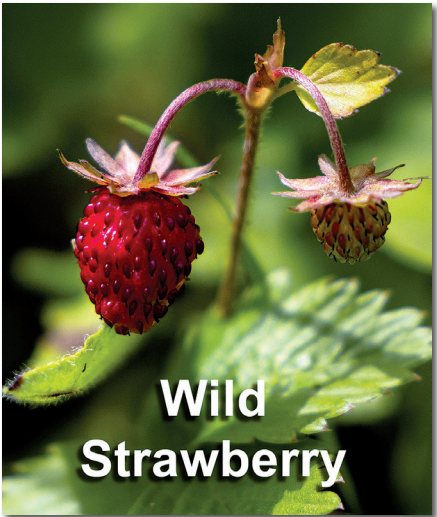
- 2. Dandelion (*Taraxacum officinale*)**
- *History:* A staple in Native American and pioneer medicine, dandelions were used to treat various ailments and as a food source.
 - *Identification:* Deeply lobed leaves, long white taproot, and bright yellow flowers that turn into fluffy seed heads.
 - *Foraging:* Ubiquitous in lawns, fields, and gardens, April to June.
 - *Consumption:* Add flowers to salads, make dandelion wine, or infuse in vinegar for a tangy condiment.
- 3. Wild Bergamot (*Monarda fistulosa*)**
- *History:* Used by Native Americans for medicinal purposes, and later introduced into European gardens.
 - *Identification:* Slender, hairy stems with opposing leaves and lavender to purple flowers in flat, aromatic clusters.
 - *Foraging:* Open habitats like prairies and meadows, June to August.



- Wild Bergamot**
- *Consumption:* Brew into a soothing tea, infuse in honey for a natural cough syrup, or add fresh flowers to salads.



- 4. Bitterroot (*Lewisia rediviva*) the Montana State Flower**
- *History:* A sacred plant to Native Americans, bitterroot was a staple food and medicine. Lewis and Clark encountered it during their expedition.
 - *Identification:* Low-growing with fleshy, reddish leaves and white, pink, or lavender flowers.
 - *Foraging:* Rocky, dry slopes and open forests, April to June.
 - *Consumption:* Roast the roots for a starchy treat, and use flowers to flavor vinegars and oils.



- 5. Wild Strawberry (*Fragaria virginiana*)**
- *History:* Native Americans valued wild strawberries for food and medicine, and early settlers used them to make preserves and jams.
 - *Identification:* Trailing plant with small, trifoliate leaves and white, five-petaled flowers followed by red, sweet berries.
 - *Foraging:* Woods, fields, and along roadsides, May to July.
 - *Consumption:* Eat fresh, make jam, or infuse flowers in vinegar for a fruity dressing.
- 6. Fireweed (*Chamaenerion angustifolium*)**
- *History:* Native Americans used fireweed for its medicinal properties, and settlers made tea from its leaves.
 - *Identification:* tall, upright plant with narrow, pointed leaves and showy, magenta-pink flowers in dense clusters.
 - *Foraging:* Disturbed areas, forest edges, and clearings, June to September.



- Pink Fireweed**
- *Consumption:* Brew into a soothing tea, make fireweed honey, or infuse in oil for fragrant massage oil.



- 7. Blue Lupine (*Lupinus* spp.)**
- *History:* Native Americans used lupines for food and medicine, and early settlers enjoyed their sweet, starchy seeds.
 - *Identification:* Erect plants with palmately compound leaves and spikes of showy, blue, or white flowers. Be sure that you do not confuse blue with the purple variety (which is not edible).
 - *Foraging:* Open habitats like prairies, meadows, and roadsides, April to June.
 - *Consumption:* Boil and eat young

seedpods, or roast and grind seeds into flour. Note: Only consume sweet, non-alcaloid varieties.

Don't forget there are also many options that might be growing in your flower garden such as these eight beauties:

1. Forget-me-not - Delicious as a trail snack on its own or as a garnish.
2. Sunflowers - The mild, nutty taste makes the petals good in salads or stir fries.
3. Hollyhocks - Remove the center stamen (e.g. pollen) before eating.
4. Lilac - Enjoy mixed with cream cheese or yogurt as a dip or spread.
5. Camellia - Used fresh as garnishes or dried and then used in Asian cuisine.
6. Fuchsia - Enhance the flavor by removing all green and brown bits and the stamen.
7. Freesia - Enhance the flavor by removing all green and brown bits and the stamen.
8. Gladiolas - Mild in taste (similar to lettuce), they're good in sweet or savory dishes.

General Foraging Tips:

- Always positively identify plants before consuming.
- Be mindful of where you forage, avoiding areas with potential contaminants (e.g., roadsides with high traffic).
- Harvest responsibly, leaving plenty for wildlife and plant reproduction.
- Start with a small amount to check for any adverse reactions.

Whether you are foraging in your garden or out in the wild, integrating Montana's edible flowers into your culinary and medicinal repertoire offers a delightful way to connect with the state's rich natural history while nourishing both body and soul while beautifying your plate!

Recipe by
Carla Williams

RECIPE CORNER

Best Easy Creamy Grape Salad

Ingredients:

- 8 ounces cream cheese (softened)
- 1 cup sour cream
- 2 teaspoons vanilla extract
- 2 tablespoons white sugar
- 2 pounds seedless red grapes
- 2 pounds seedless green grapes
- 3 tablespoons brown sugar
- 1 cup walnuts and/or pecans (chopped)

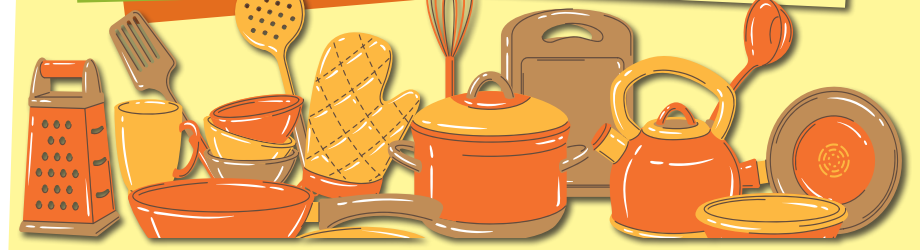
Instructions:

1. In a large bowl, beat the softened cream cheese, sour cream, vanilla extract, and white sugar until smooth and creamy.
2. Wash the grapes, removing any stems. Slice them in half if desired, or leave them whole.
3. Add the grapes to the creamy mixture and gently fold until they are evenly coated.
4. Transfer the mixture to a serving dish and sprinkle with brown sugar and chopped walnuts or pecans on top.
5. Cover and refrigerate for at least

Notes:

- 1-2 hours before serving to allow the flavors to meld.
- 6. Serve chilled and enjoy!
- For extra flavor, add marshmallows, strawberries, or pineapple to the salad.
- Use low-fat versions of cream cheese and sour cream for a lighter option.
- If you prefer a dairy-free version, substitute with dairy-free cream cheese and sour cream.

Photo Credit: madeinapinch.com





Mondays - Weekly

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

Tuesdays - Weekly

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

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

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

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

Wednesdays - Weekly

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

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

Thursdays - Monthly

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

August 1-3 - ANNUAL OLD-TIME FIDDLER'S PICNIC

Grab your fiddle, add a guitar and a banjo or two, and you have all it takes to make some of the best music anywhere at the Mercier Ranch, south of Livingston on U.S. Hwy. 89 South. As always, the public is cordially invited. Admission

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

August 9, 16, 23, 30 - EMIGRANT PEOPLE'S MARKET located at 8 Story Road, Emigrant, on the lawn of St. John's Church, Saturdays 9 - 1 pm. June - October, weather permitting. Locally created goods, local honey, jams and eggs, eclectic curated items. New vendor inquiry please email emigrantpeoplesmarket@gmail.com for information.

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

August 9 - UFF DA FEST - Enjoy 5+ hours of non-stop Montana Music including Rocky Mountain Pearls, Mike Beck, SmorgasBand, Dan Meyer, Ringling 5 and Gary Small. An All Musician Jam Session will follow until 8 pm. Doors open at noon, music starts at 1pm at the Wilsall Rodeo grounds on Cooper St off Hwy. 89 North. Beer and food trucks on site. Buy your tickets at the gate: \$25 adult, ages 16 and under are free. For more info email Lovely-Ranch@gmail.com or call 406-686-4466.

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

August 13 - VEGAN POTLUCK. Join them at the Park County Senior Center at 206 S. Main St. at 4:30 pm. You don't have to be vegan, but the food does. Please bring a dish to share that is free from meat, eggs, dairy, honey, and gelatin. You can keep it simple by bringing chips & salsa,

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

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

fresh fruit, pickles or olives, or a green salad. Sharing delicious food and recipes with fun people who care about their health, the planet and most of all—the animals!

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

August 16-17 - CALAMITY'S CLASSIC RODEO - Gates open 5:30 pm on Saturday for the 7 pm rodeo, and at 3:30 pm on Sunday for the 5 pm rodeo at the Park County Fairgrounds, 46 View Vista Drive. Mutton busting each night before the rodeo starts. For tickets, visit Calamity's website (<https://calamitysroughstockclassicrodeo.com>), the Livingston Area Chamber of Commerce, Murdoch's (all locations), and The Spur Line. For information, call 406-220-6214 or email info@calamitysrodeo.com. Also, check them out on Facebook and Instagram.

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

August 23 - ANNUAL SPOTLIGHT GALA - The Shane Lalani Center for the Arts invites you to their annual Gala with an evening of dinner, dancing and community celebration starting at 5:30 pm in the beautiful Blake Pavilion at 415 E. Lewis. Reserve your seats today by calling the Shane Center Box Office at (406) 222-1420. Tickets are \$125 per individual or \$675 for a table of six. Please RSVP by August 13th as tickets are limited and expected to sell out quickly.

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BREAK time

CROSSWORD

Puzzle #410

Montana Fun Facts!

In Loma, Montana the temperature rose 103°F in a single 24-hour period, rising from -54°F at 9 am on January 14, 1972, to 49°F by 8 am on January 15. This event still stands as a **world record for the greatest change in temperature** ever measured on earth in a single 24-hour period.

The town of Browning, near Glacier National Park, holds the national record for the **greatest drop in temperature in twenty-four hours**, for a 100-degree drop on January 23, 1916. The temperature went from 44°F to -56°F in a single day.

ACROSS

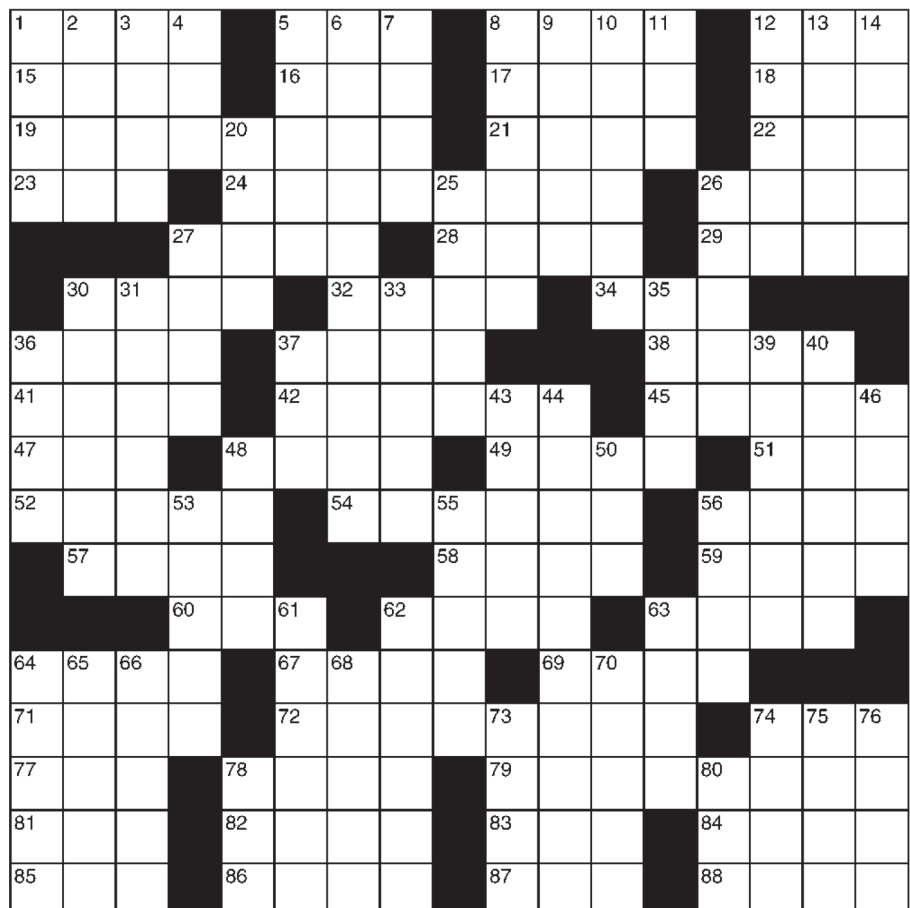
- 1. Sheet of cotton
- 5. Unit of resistance
- 8. Dull
- 12. Right this minute
- 15. Empty-house sound
- 16. Herbal beverage
- 17. Leaf's angle
- 18. Incense
- 19. Variable resistor
- 21. Stream
- 22. Boorish fellow
- 23. Opal or sapphire
- 24. Column's support
- 26. Called
- 27. "Eyes of Laura ____"
- 28. Hearty
- 29. Verge
- 30. Computer symbol
- 32. Romanov title
- 34. Make lace
- 36. Naughty child
- 37. Gizzard
- 38. Gloat

- 41. Choir gown
- 42. Empty inside
- 45. TV's "____ Buddies"
- 47. "Charrol" star Balin
- 48. Two cups
- 49. Cabbage's cousin
- 51. Fraternity letter
- 52. Chop up
- 54. Revolve
- 56. "____ and Tell"
- 57. "Take Good ____ of My Baby"
- 58. Blunted rapier
- 59. Garden flower
- 60. Do the wrong thing
- 62. Den
- 63. Ladder rung
- 64. Fit
- 67. Grand
- 69. Narrow trail
- 71. Expedition
- 72. Sluggishness
- 74. Hive occupant

- 77. Muscle spasm
- 78. Force
- 79. Side dish
- 81. Black bird
- 82. Hawaiian goose
- 83. Shad delicacy
- 84. Fragrant bloom
- 85. Mil. unit
- 86. A long way off
- 87. Certain amphibian
- 88. Road for Cato

DOWN

- 1. Ice mass
- 2. Feel great pity
- 3. The other guys
- 4. "A Bridge ____ Far"
- 5. Furry swimmer
- 6. Stubborn
- 7. Perth pal
- 8. Mongol
- 9. Along the middle
- 10. Cereal grass
- 11. Building addition



- 12. Battery type
- 13. Short ape?
- 14. Type of golf club
- 20. Cross
- 25. Wrap
- 26. Of an earlier time
- 27. Speck
- 30. Sarcastic
- 31. Bathhouse
- 33. Like anchovies
- 35. French friar
- 36. Derby feature
- 37. Greek letter
- 39. Strive
- 40. Loose talk
- 43. Giraffe's kin
- 44. Rubber-coated
- 46. ____ by a mile
- 48. One's equal
- 50. Dreg
- 53. Inch along
- 55. Arrive at
- 56. Friends
- 61. Assistance
- 62. Scatter refuse
- 63. Eye woe
- 64. Perfume ingredient
- 65. Carry along
- 66. Permitted by law
- 68. Contour feather
- 70. Shoelace end
- 73. Farm measurement
- 74. Ink smudge
- 75. Soften
- 76. Jug
- 78. "CSI" evidence
- 80. Indian title

Sudoku

Puzzle #145

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

Sudoku - #144

SOLUTIONS

Crossword - #409

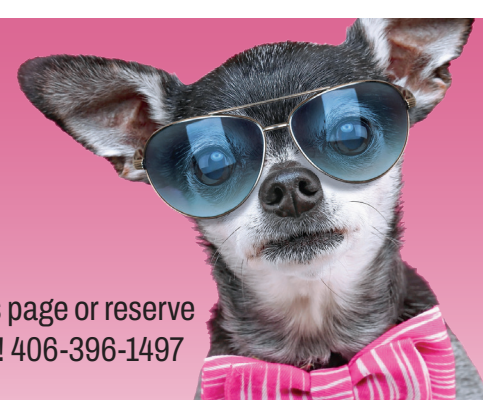
1	5	6	3	9	8	7	4	2
9	7	3	4	6	2	8	5	1
2	8	4	7	5	1	9	6	3
8	4	1	5	2	6	3	9	7
7	3	5	9	8	4	2	1	6
6	2	9	1	7	3	5	8	4
3	1	7	8	4	5	6	2	9
5	9	2	6	1	7	4	3	8
4	6	8	2	3	9	1	7	5

EVER	AGORA	PECAN
SATE	NOVENA	OKAPI
SCAB	TREMOR	REPEL
ETHER	DISK	
APACHE	FEAT	SASS
LAM	EMCEE	ORACLE
TRIBE	IDES	LATHER
ORDO	VITAMIN	EWEE
ASSET	VODKA	
FAT	OTTOMAN	STAB
INSURE	RUNT	SHOVE
STARER	STEEP	FEE
TARN	EGGS	AUBURN
SOYA	SORRY	
CREDO	MUTTON	LAIR
OILED	SNEEZE	ACNE
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CLASSIFIEDS

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Stunning Wedding Dress - Champagne color, white lace flowers, long, see-thru sleeves, custom lace-up back, size 16. Worn only once, \$50. 406-581-3012.

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

MOVING SALE

Moving Yard Sale
5116 Hwy 89 South (2 miles south, watch for sale signs)
Saturday, August 9th
8 am - 2 pm

Tools, western art, miscellaneous

HELP WANTED

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

Shields Valley School District is now accepting applications for **two High-Needs Paraeducator** positions, beginning August 18th, 2025.

Position Overview:
Are you passionate about making a meaningful difference in the lives of students? Shields Valley School District is looking for dedicated, compassionate individuals who are excited to support students with diverse academic and behavioral needs. In this rewarding role, you'll go beyond traditional paraeducator duties by providing focused, one-on-one support that truly impacts a student's daily success. Comprehensive training will be provided to ensure you feel confident and equipped to meet the unique needs of each student you work with. This is a wonderful opportunity to grow professionally while making a lasting difference!
(Schedule: (as outlined in the board-adopted academic calendar)

• Up to 9 hours per day, Monday through Thursday
• Occasional Fridays
Starting Wage: (Includes single health insurance)
• Applicant with a HS Diploma or equivalent: \$15.36
• Applicant with an Associate's Degree or equivalent: \$16.41
• Applicant with a Bachelor's Degree or higher: \$17.47
Effective: August 18, 2025
Closing Date: until filled
For applications, please contact Danny Johnston at djohnston@shieldsvalleyschools.org or 406-578-2535. Access the Classified Application Packet at www.shieldsvalleyschools.com.
Shields Valley School District is an equal opportunity employer. Job-specific training will be required as a condition of continued employment.

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

- **Junior High Football (Head and Assistant)**. August 15th - Oct 15th

General duties for the coach.

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

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

Key Insurance in Livingston is looking to hire a **Licensed Insurance Agent**

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

Come Join Our Kenyon Noble Team!

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

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

Airport Facilities and Maintenance Technician

The Airport Board is looking for a Facilities and Maintenance

Technician to assist with upkeep and various duties at the Mission Field Airport.

Library Board of Trustees – Volunteer Opening

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

How to Apply:

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

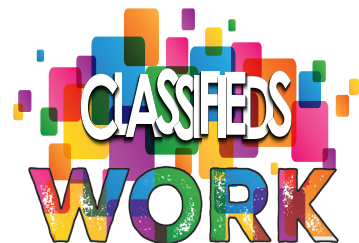
Mobile Crisis Response Program Manager

Do you have a passion for community mental health? The **City of Livingston, Montana**, is seeking a highly motivated, caring individual for a rewarding opportunity to serve as the Mobile Crisis Response Program Team Manager. In this role, you will support our community-based, collaborative crisis response team. This position reports to and works under the direction of the Fire Chief. The Program Manager is responsible for developing and maintaining the Mobile Crisis Response Team (MCRT) and its program. Key responsibilities include managing the annual budget, securing funding through Medicaid reimbursements and grants, and creating program policies and procedures that align with Medicaid and City of Livingston policies. Additional duties include participating in staff hiring, training, scheduling, and performance management. The Program Manager will also develop data tracking systems to produce program statistical reports and maintain clinical records. This role requires the ability to build strong relationships and collaborate effectively with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and social service community agencies. To apply, please send the following items to HR@LivingstonMontana.org:

Sheriff Deputy

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

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



ANNOUNCEMENT

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

ANNOUNCEMENT

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

CSC'S Cornhole Carnival A Hit



The Community School Collaborative's first-ever Cornhole Carnival drew a big crowd and even bigger smiles this past Sunday at The Shane's Henry Blake Pavilion.

Designed to be more fun than fierce, the event brought together families, students, and neighbors for an afternoon of games, music, food, and fundraising.

This was no ordinary tournament—everyone who played a round of cornhole had a chance to make the playoffs. In a feel-good twist, Cyler Anderson, a middle school student, claimed the \$200 championship prize—and generously donated half of his winnings back to CSC.

Fresh out of 8th grade, Miss Teen Livingston Roundup Lila

Trzpuć, was the live auctioneer for the event. Local businesses stepped up big, donating more than \$8,000 in auction and raffle items. Many attendees left with topnotch prizes—and no one left empty-handed in spirit.



Young guests enjoyed their own slice of the carnival with a bouncy house, face painting, art projects, and kiddie cornhole, making it a true family affair.

CSC sends a huge thank you to the many sponsors, donors, volunteers and high school students (former CSC program participants) who made this event possible. Their time, talent, and enthusiasm helped turn a summer Sunday into something special—fun with purpose!



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9 Grizzly Meadow Road

4 beds 3 baths | 20+ acres
#400644 | \$2,475,000

Tom Gierhan | 406-220-0229



416 N 3rd Street

4 beds 2 baths | 2,074 sq ft
#403314 | \$559,000

Deb Kelly | 406-220-0801



326 S 5th Street

3 beds 1 bath | 1,879 sq ft
#403239 | \$500,000

Julie Kennedy | 406-223-7753



216/218 Little Creek Bend

3 beds 2.5 baths | 1,593 sq ft
#403812 | \$1,100,000

Deb Kelly | 406-220-0801



305 Lathrop Street W

2 beds 2 baths | 996 sq ft
#399947 | \$429,000

Jessie Sarrazin | 406-223-5881



1296 US Hwy 10 W

Commercial Sale | 10,160 sq ft
#397843 | \$2,500,000

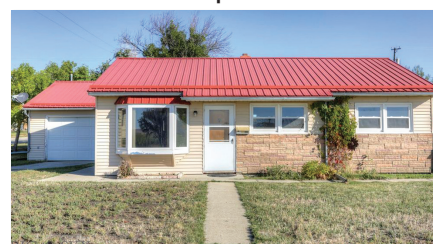
Ernie Meador | 406-220-0231



1007 E Geyser Street

2 beds 2 baths | 1,584 sq ft
#402047 | \$649,000

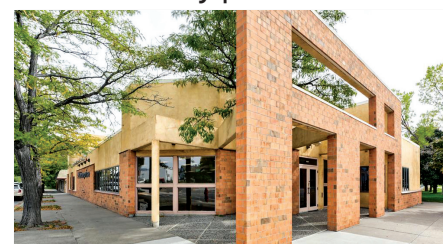
Julie Kennedy | 406-223-7753



1112 Pritchard NW

3 beds 1 bath | 1,104 sq ft
#397220 | \$165,000

Rachel Moore | 406-794-4971



401 S Main Street

Commercial Sale | 10,375 sq ft
#384182 | \$2,200,000

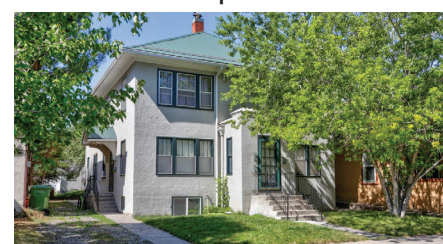
Ernie Meador | 406-220-0231



518 W Lewis Street

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Water Saga

from page 1

During public commentary at the Park County Commissioner's meeting held just three days later, Livingston native Keegan Nashan notified the commission regarding water use without proper permitting by CMR before receiving approval from the DNRC. The following day, she filed a formal complaint with the Park County Conservation District (PCCD) concerning illegal water use by CMR—launching an ensuing onslaught of complaints, inquiries and public information requests (PIR) by Nashan aimed towards public officials, government agencies and non-profit organizations, including Clyde Park Mayor Sydney Wiley, Montana Fish, Wildlife and Parks, the Park County Environmental Council and the Montana Corps of Engineers.

Per Nashan, DuCuennois eventually confirmed during a phone call placed on October 7th, 2024, that not only had CMR appropriated water resources from Rock Lake but had begun altering infrastructure towards this purpose—information used to file a complaint with the Department of Environmental Quality dated October 8th and again provided to the Park County Commission at a meeting on October 15th, neither of which amounted to action.

The complaint filed with the PCCD on September 25th, on the other hand, was eventually reviewed at a public meeting scheduled for November 5th during which it was determined that though CMR was technically required to obtain permitting prior to installing infrastructure used for altering water use, its project was retrospectively approved without incurring penalties. CMR then filed Notice of Withdrawing its Motion to Amend Claims for the three applications originally submitted in March 2023—this motion was eventually accepted and the case closed in early December 2024.

Then, on January 27th of this year, legal representatives, including attorney Peter Scott who had previously served as counsel for CMR, accompanied by a team of lobbyists promoted Senate Bill 178 to the Montana Senate Natural

Resources Committee in an effort to change water leasing laws—namely, removing any oversight the DNRC has over related processes. Senator Sue Vinton, who sponsored the bill, spoke during opening statements about how benefits extended to industries like agriculture and fossil fuels, as well as wildlife and the environment.

At the meeting, a consensus emerged between committee members and the bill's proponents, albeit with a number of concerns expressed by the opposition: that water leasing in Montana should operate with greater efficiency yet with respect for senior water rights, due process for notification and objection, DNRC oversight on impact claims, and quantity restrictions—expressed concurrently by members of the Sr. Water Rights Coalition, Trout Unlimited, MT Water Resources Association, Clark Fork Association, MT Farmers Union, and the Montana Stock Growers Association.

During a legislative session at the state capital on March 31st, contracted lobbyists and impassioned dissenters alike assembled in support and protest of the bill, including testimony from the aforementioned Senate committee members, and attorney Abby Brown, who represented the Shields Valley Land & Cattle Co alongside neighbors in the initial water court case. The prevailing bill, compliant with existing Montana water, ultimately retained provisions to protect new and existing users, yet expanded on temporary water leasing practices in bipartisan law-making fashion, a powerful statement about democracy in Montana.

However, CMR persisted in appropriating water resources using the aforementioned tributaries, though, increased media coverage began shedding light on the saga, including articles from the *Billings Gazette*, the *Montana Free Press Association* and other outlets published in May and June. *NBC Montana* reported on June 16th that the DNRC had recently filed a cease-and-desist against CMR (dated June 11th) in an attempt to prevent further irrigation and impose monetary penalties of up to \$1,000 daily for subsequent violations.

A groundbreaking letter written by DNRC Water Adjudication, Enforcement and Distribution Bureau Chief Todd Netto addressed to

CMR briefly states that the agency's investigation into twelve separate complaints from local ranchers dated between May 30th and June 27th, 2025, regarding water rights encroachments, warrants potential legal action if such acts are continued. The letter, in essence, demands that the organization cease irrigation or face judicial ramifications and hefty fines (relatively speaking, of course).

In response, CMR began transporting approximately 100,000 gallons of water daily to irrigate their golf course, procured at least in part through purchase from Big Timber Municipal, a now controversial topic within the community. Initially reported by *KZBK Bozeman*, the municipality has previously sold water in bulk for an unspecified number of projects, claiming sufficient resources and, consequentially, economic benefit—regardless of whether such information is communicated by city officials to their constituents.

The cease-and-desist issues by the DNRC nevertheless prompted further legal action as evidence began surfacing that CMR had, in violation of the order, continued with irrigation despite threats of legal recourse.

(Note: Counsel Scott filed an affidavit with the Park County District Court on July 8th *contending* that Park County Water Commissioners Richard Sarrazin and Lacey Arthun, who possess discretion and authority over water allotment, ordered the closure of CMR water sources without clearly stating reasons for this decision. He further insisted that Sarrazin "sanctioned and participated in the delivery of stored water to unauthorized points of diversion and unauthorized places of use under an annual in-kind lease to use another appropriators stored water right" and that at least one of these recipients had filed a water use complaint with DNRC. It also states that Sarrazin declared the delivery of stored water belonging to CMR to other water users downstream from such points and places were "necessary for taking care of his people" and that they likely have family ties or property interests downstream that will receive direct benefit. Proceedings were stayed pending resolution ordered on July 18th.)

Eventually a lawsuit was filed by DNRC with the Park County District Court on July 11th. The

massive 209-page document, a vast majority of which contained appendices such as water use complaints filed with the DNRC and an investigation report detailing their veracity, as well as a timeline of events dating back to the initial purchase of CMR, also included correspondences between Netto and CMR counsel Parker Scott. On June 26th, Netto had informed Scott that he believed CMR had violated the Montana Water Use Act and requested that he ask CMR to voluntarily cease irrigation.

According to the lawsuit, Scott responded on June 30th refusing this request, instead insisting that CMR would continue irrigation (that is, up until July 10th, according to a report on July 16th by Amanda Eggert of the *Montana Free Press Association*, when Scott reported that CMR had voluntarily ceased irrigation one day prior to the DNRC filing)—provoking Netto to seek injunctive relief and civil penalties through the district court.

A since cancelled court hearing had been scheduled for Monday, July 28th prior to the consent decree wherein the defendants were dismissed without prejudice by District Court Judge Matthew Wald contingent upon adherence to conditions defined within the document filed July 24th. According to the decree, CMR must receive approval for permitting and use only purchased or leased water with regulatory supervision by the DNRC. CMR must disclose, on a weekly basis, information related to the source, amount and use of water with inspection if deemed necessary by the executive agency on a minimum 24-hour notice. All claimed to fees and penalties were waived by the DNRC.

In a statement issued through G.F.Bunting, CMR General Manager David Hardwick said, "We apologize for getting ahead of the process on the irrigation of the golf course. With this consent decree, the DNRC is allowing us to continue to irrigate the course with purchased water while it considers our May application for a change in place of use. It's important to know that DNRC does not dispute that CMR has only used water that it is authorized to use—this is resolution of a dispute about where we are using that water."

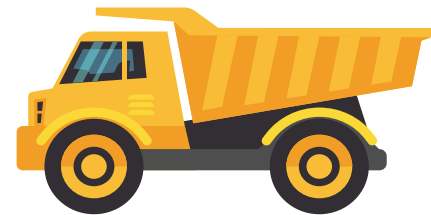
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