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is & **MOORE**



# FREE Park County Community Journal

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

Week of August 31, 2025



## The Mountains Are Calling Celebrate Our Public Lands on Sunday, September 21st

The Yellowstone Gateway 30K Run is a beautiful 18 miles of gravel roads, USFS dirt roads, and trails directly below Emigrant Peak in Paradise Valley.

This run is scenic and fun!

The starting line is at the Sage Lodge, which has an elevation of 4,966 ft., moving up to the turn-

## YELLOWSTONE GATEWAY · 30K



around at St. Julian Mine (7,618 ft.), then heads back to finish at Chico Hot Springs (5,250 ft.). Total climb is 2,609 feet.

The mile-10 turnaround is at the historic St. Julian Mine with stunning views of Emigrant Peak and the Snowy Block Mountains. This out-and-back section through Emigrant Gulch is where you'll truly understand why this landscape is "more valuable than gold, with no pavement in sight!"

You can register for the run at [Runsignup.com/Race/MT/Pray/YellowstoneCity30K](https://Runsignup.com/Race/MT/Pray/YellowstoneCity30K). Runner fee is \$75. There are three aid stations on the course. Each will be stocked with water, Tailwind Nutrition Fuel drinks, gels, and various standard trail foods.

Sustainability meets adventure as The Yellowstone Gateway 30K (TG30K) is proudly cupless—bring your own

hydration system (or bottle) and help us tread lightly on this incredible landscape. We recommend that you wear a trail-running vest or waist pack to carry your bottle, extra layers and snacks. After the race, relax with a free beer (if you're over 21), lunch, and free swim pass at Chico Hot Springs!

A free shuttle service is available from Chico to Sage Lodge from 7:10 am–8:30 am, with multiple departures.

Haven't trained and want to participate? Get on the YG30K course as a volunteer! Whether you'd rather hop on a bike as a sweeper, direct or cheer on the runners from the sidelines, or help out at one of the aid stations, there are opportunities for you—and enjoy free food/drinks after the race, plus get a YG30K hat! Sign up to volunteer also at [Runsignup.com/Race/MT/Pray/YellowstoneCity30K](https://Runsignup.com/Race/MT/Pray/YellowstoneCity30K).

# Big Sky Passenger Rail Authority

Communities, advocates, and national leaders gather in Montana with Big Sky Passenger Rail Authority to advance rail restoration across the Greater Northwest.



**BIG SKY  
PASSENGER  
RAIL AUTHORITY**

BILLINGS, MT, August 19, 2025 / EINPresswire.com/—The momentum behind restoring passenger rail across the Greater Northwest has never been stronger. This September, leaders, advocates, and communities will gather in Livingston for the Big Sky Passenger Rail Authority Annual Conference, September 8–10, to celebrate extraordinary progress and chart the next chapter.

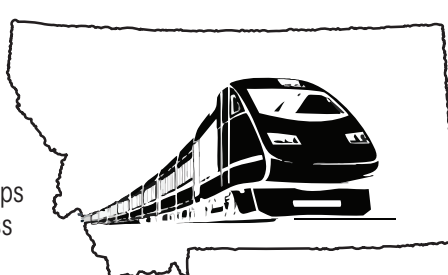
Over the past year, the Big Sky North Coast Corridor (former North Coast

Hiawatha route) has been accepted into the Federal Railroad Administration's Corridor ID program, new partnerships have taken root across eight states and numerous tribal nations, and communities have united behind the vision of reconnecting the Greater Northwest—from Chicago to Seattle and Portland—by rail.

The 2025 conference theme—Turning Our Voices Into Action—reflects that transformation. What began as a grassroots effort is now a federally recognized project drawing increased national attention. Conference speakers include:

**U.S. Senator Tim Sheehy** (virtual remarks)

**John Robert Smith**, Transportation



for America  
**Bruce Agnew**,  
Pacific Northwest  
Economic Region

**Knox Ross**,  
Southern Rail  
Commission

Leaders from  
Amtrak, AIPRO Rail,  
regional govern-

ments, industry, and communities

Sessions will explore how expanded passenger rail service can boost local economies, grow tourism, connect rural and urban communities, and create a more sustainable transportation future.

"This isn't just another meeting," said Dave Strohmaier, BSPRA Chair. "We've shown that expanding passenger rail across the Greater Northwest is possible—and this conference is where we turn that momentum into the next

chapter of action."

Join us in Livingston on September 8th through the 10th. Early-bird registration ends Monday, August 25th, at 11:59 pm. Register now: <https://www.bigskyrail.org/summer-2025-newsletter>.

The Big Sky Passenger Rail Authority (BSPRA), formed in 2020, is Montana's first regional passenger rail authority and a multijurisdictional government agency representing counties, cities, and tribal nations along the Big Sky North Coast Corridor. BSPRA is dedicated to restoring and expanding long-distance passenger rail service to reconnect communities, drive economic growth, and strengthen regional tourism. The Authority is actively engaged in the Federal Railroad Administration's Corridor ID Program and is leading efforts to bring modern, sustainable passenger rail back to the Greater Northwest.



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*The Park County Community Journal (PCCJ) is conducting its annual Best of Park County poll. Voting begins on Wednesday, August 20th at 9 am and will conclude on Friday, September 12th at 5:30 pm.*

**Park County Community Journal**

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

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**OP-ED**  
**Dreaming of Wheels**

*by Patricia Grabow*

*Opinion Editorials state the views solely of the author and do not necessarily reflect the views of the Community Journal.*

Let's say you've been frustrated with your car lately.

Let's make it serious. You own an old Yugo or some similar heap. I won't say 80s Fiesta, because those at least ran, and my son still dreams of fixing up his someday. But this Yugo is frustrating: it breaks down, it's nearly impossible to get parts, and with hard work it still wouldn't be taken very seriously even at the downtown car show.

Then you remember, in a bit of amazing amnesia, that you have a nice F-150 you tarped over in the garage for some reason or another, but with a little work it could be back to being a great workhorse. And suddenly out of the blue someone mentions theirs, and you think, why am I still driving my rattletrap when with a little basic fixing I could be back in a nice pickup?

Now think city economies instead of cars, and you kind of have what happened to me at the Big Sky Passenger Rail Authority (BSPRA) annual conference in Missoula last year, with flickerings of the same idea at prior events going way back. I'm excited to say that very soon they'll actually be hosting this year's event here in Livingston—for details see the banner on the railing at Main and Park.

To preface this story however, I have to mention the head of the BSPRA organization, Dave Strohmaier. Dave and I go back years. Livingston started an organization called Montanans for Rail Passenger Service. Seven hundred seventy-one local people, to be exact, signed the MRPA petition to work to bring rail passenger service back to southern Montana. Reviving the Park line isn't viable, but we wanted rail passenger service back in our original historic rail gateway city that once served our great first national park. That originally ended in '79, and Amtrak consolidated to the north line.

With time, Dave and tons of people including those from Livingston and I worked hard to have the state legislature pass HJ34, sponsored by Andrea Olsen from House District 100, to investigate the prospect of reviving rail passenger service; writing, lobbying, and petitioning. Livingston played a big part when our bill passed both the state house and senate. The problem of course was that after all of our hard work, after the legislative session, the transportation committee fell asleep and did not act further.

I was a little steamed. Dave was undaunted. He had worked with us, but did not give up. He went back to Missoula, ran for county commissioner, and went to work again. It turns out that counties have a certain legal authority with respect to such service, and he and others started the Big Sky Passenger Rail Authority (BSPRA), garnering many resolutions of support.

So there I am back at the BSPRA's conference last year, when one of the speakers, George Bailey, from St. Regis, Montana talked about what was happening in his community. I've mentioned this before, but St. Regis is 72 miles out of Missoula on I-90 on your way to Coeur d'Alene. It used to be a lumber town when I went to school in Libby. Then the tree industry died, and they relied on tourism to at least partly fill in for their more marginal livelihood there. When the 2021 \$1.2 trillion Infrastructure Investment and Jobs Act (IIJA) was enacted, George and St. Regis geared up, in great creativity, to make hydrogen fuel. It's not a naturally existing resource, but it can be created from water with electricity like solar or wind. They're still working on large scale application, so it's really a form of storage for other energy but minus the lithium, it still burns like a fuel. And even Toyota has reportedly dropped its EV program now in favor of hydrogen development.

So after George's presentation, Dave Strohmaier turned to the about 200 attendees at the BSPRA conference and says, "What we need is somewhere to build the trains."

That was my "Hey, wait, I still have that F-150 in the garage!" moment.

Think of Livingston's current post-rail-road-pullout economy as the Yugo, and the pickup as representing the kind of economy

we could have if we got stubborn enough to keep scheming and really get our railroad shops back to work. The tarp over the F-150 is like the constraints of the carcinogenic plume cleanup, most of which has since been fully mitigated.

I raised my hand at the event and mentioned our mostly sidelined Livingston shops to the delegation. As many know, the Northern Pacific originally constructed them as the largest maintenance facility on the interior line, partly for our central location and partly because of the wear the Rockies put on steamers back in the day. A decade or two after the BNSF pulled out, the Talgo company bought them primarily in anticipation of greater demand and funding for high-speed rail. That never materialized, not for any shortfall of the shops, but because that market and funding fizzled.

I had the rare chance to tour them when I was on the City Commission, and I was very impressed with what they were capable of.

Until then, like most Livingstonians, they weren't really on my radar. I live two blocks from the trains downtown, but like all of us I hear the whistles and almost don't think about them. But they really are the music of history. They occupy a significant fraction of the downtown footprint, depending on how you measure it, yet we seldom think about them. Unless you put up a drone for perspective, we almost never pay attention to the twenty plus acres of land east of the shops as well, whose potential I discussed recently but essentially, they are sitting there with the potential of being a game changer for our town.

After I mentioned this to the BSPRA conference audience, including their potential in connection with hydrogen engines, I was

approached by guests from two large US train manufacturers in attendance who were interested in knowing more.

As well they should have been. I was chatting before the August Art Walk with Park County commissioner, Bryan Wells, and he mentioned he used to work in the Livingston shops as a pipefitter in the late 70s and early 80s. He said that those shops were amazingly built and literally could do nearly anything.

They could paint trains.

They could build trains.

They could take an engine into the repair area and lift out the entire motor with their massive lifts, service and repair it, and reinstall it back in the train.

Bryan said that when he was there, Livingston still had at least 600 people working in its shop. He loved the job. It was well paying, the shops were bustling, and the benefits were good.

In case you hadn't noticed, trains are famously fuel-efficient at transporting cargo, and the demand for them on the lines seems to continually increase. Predicting the future with certainty is for people braver than me, but in the last four decades, this remarkable facility hasn't gone anywhere. Under the current administration the IIJA remains frozen, but with a revived interest in domestic industry, that could thaw.

Constantly evolving market factors will ultimately determine a lot of that, both on hydrogen and on rail passenger service. But it should be interesting to hear the latest at the BSPRA conference when it visits here.

In the meantime, our F-150 has its tarp off and just a faint glimmer of its former shine. With a little work and spit and persistence, it could yet and still beat the pants off the Yugo!



**BIG SKY  
PASSENGER  
RAIL AUTHORITY**

**Turning Our Stories into  
Action**



**Register Now**

**Scan the QR code below or visit:**



**<https://www.bigskyrail.org/2025-bspra-annual-conference>**



# Book Signing With Joann Howeth at Wheatgrass Books

Join Wheatgrass Books for a book signing on Saturday, September 6th, from 11 am - 2 pm with Joann Howeth and her book *The Mollys B*.

In a tale of survival by two exceptional ladies across a century, one author pens a children's book set to educate and delight young readers.

In a story many Montanans are familiar with, the heifer "Molly B" survived unthinkable odds and gained widespread attention in 2006 for her daring escape from a slaughterhouse in Great Falls, Montana.

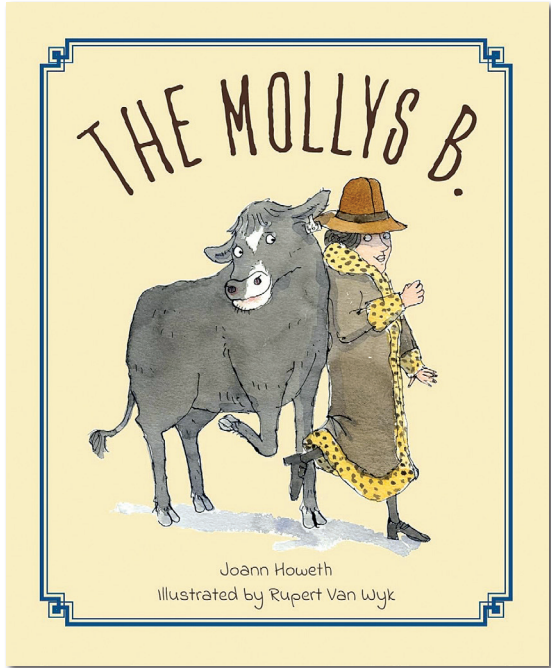
According to local reports, she swam the Missouri River and evaded capture in a six-hour chase. It is a story of survival and of hope that united the locals as they rallied together in support of Molly B.

Joann Howeth, a fellow Montanan, became enthralled with this brave act and found it oddly parallels another story she'd grown fond of that was much more widely known.

Margaret Brown, another Molly B in history, also fought perilous circumstances to survive. As one of the few survivors of the sinking of the RMS Titanic, she became "Unsinkable Molly Brown" and lived to tell the tale of that horrific night.

Divided by a century, these two ladies share a name and a spirit, both of which Joann Howeth intertwined perfectly in her children's book, *The Mollys B*. (Blue Balloon Books-April 8, 2025).

A beautifully illustrated biography, this book cleverly showcases a fun parallel between two stories in an imaginative way. Children will revel in the tale of two Mollys, rooting for them as they join in on their



gutsy adventures, and learn a little history along the way.

### ABOUT THE AUTHOR

Joann Howeth has always loved books. When she was four years old, her father taught her to read, which soon led to the creation of her own stories. At first, they were just in her head to help her fall asleep at night. Later she started writing them down and has been doing so ever since.

Although she loves all animals and has had lots of them find their way into her care, she has never owned a cow. She does, however, own two black cats named Rajah and Ghost.

Wheatgrass Books is located at 120 N. Main St., Livingston and are open daily from 10 am to 5 pm. They can be reached by phone at 406-451-1066, email at wheatgrassbooks@gmail.com and you can follow them on Facebook or Instagram.





## 2025 10th Anniversary

### LIVINGSTON, MT

### Motorcycle RODEO

**SAT. AUG. 30th**  
**2:00 P.M.**

**PARK COUNTY FAIRGROUNDS**

**\$10 / PERSON**  
50% of gate will go to a local Wreaths Across America

CONCESSIONS AVAILABLE  
No Coolers / No Pets Allowed

---

**RODEO SIGN UP:**  
**11:00 AM—1:00 PM**

**Participant Fee—\$10 ENTRY FEE and \$10 PER EVENT**

---

**NEW EVENT MINI BIKE RACE**

---

**6:00 pm FOOD AVAILABLE**  
at American Legion Park Post #23

**7:00—11:00pm+ Music by**  
**Davey Jones Locker**

### POKER RUN

**SUN. AUG. 31st**

American Legion Park Post #23

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**Breakfast: 8:00 AM—11:00 AM**  
Provided by: Sons of American Legion Riders Park Post #23

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**POKER RUN SIGN UP**  
**10:00 AM—NOON**

**\$15 PER HAND**  
\$10 towards payout and \$5 towards local non-profit organization

---

**5 STOPS**  
(6:00pm deadline last card)

---

**DOOR PRIZES** (must be present to win)

---

**DINNER 6:00pm-8:00pm**  
Provided by the American Legion Park Post #23

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Follow us on Facebook—Steelhorse Stampede of MT

# Free Symphony Storytime at the Bozeman Public Library



BOZEMAN SYMPHONY  
Norman Huynh, Music Director

The Bozeman Symphony invites families with young children—especially those ages 3 to 5—to experience *Symphony Storytime*, a free and engaging program presented in partnership with the Bozeman Public Library in its Community Room at 626 E. Main Street.

*Symphony Storytime* is designed to inspire a love of music, reading, and creative discovery in young children. Each session coincides with the Library's regular Toddler and Preschool Storytime at 10:15 am. There is a special guest reader and a live performance by a Bozeman Symphony musician, bringing a beloved storybook to life in an engaging, multi-sensory experience.

The 2025-26 season Symphony Storytime dates:

- Wednesday, September 17th
- Wednesday, October 8th
- Saturday, November 8th
- Wednesday, December 10th

- Wednesday, January 14th
- Wednesday, February 11th
- Saturday, March 14th
- Wednesday, April 22nd
- Wednesday, May 13th
- Wednesday, June 10th

"We created *Symphony Storytime* to nurture a lifelong appreciation for music, storytelling, and literacy," said Cierra Wallace, Education and Community Engagement Coordinator for the Bozeman Symphony. "By partnering with community organizations like the Bozeman Public Library, we're helping young children connect with diverse stories, cultures, and musical experiences in a fun and accessible way."

Follow the Bozeman Symphony on Facebook and Instagram for updates on featured instruments, musicians, and readers. For more information, visit [www.bozemansymphony.org](http://www.bozemansymphony.org) or call 406-585-9774.

## The Park County Republicans Invite You to Their Annual

# LINCOLN-REAGAN DINNER

**SATURDAY,**  
**SEPTEMBER 13, 2025**



The Elks Lodge  
130 S. 2nd Street  
Livingston, Montana

## MEET THE CANDIDATES

**Speaker**  
**Stacy Zinn** - Former Montana DEA and Vice Chair of the Montana State Republican Central Committee

**5 pm** VIP RECEPTION  
**5:30 pm** SOCIAL HOUR  
**6:30 pm** DINNER & PROGRAM

**Master of Ceremonies**  
**Henry Kriegel** - Americans for Prosperity

**Table Sponsorships & Tickets** available at:  
**ParkRepublicans.org or BetterWorld.org**

VIP Ticket \$125 • General Ticket \$70

*All tickets include Program & Prime Rib Dinner catered by Melissa O'Hair*

## GUN RAFFLE • 50/50

# DESSERT, LIVE & SILENT AUCTIONS

Paid for by Park County Republican Central Committee, Kent Hanawalt, Treasurer, PO Box 42, Livingston, MT 59047



# "Artweek Park County" Live Fine Art Auction on September 27th

*ArtWeek Park County* is a new annual event aimed at strengthening the community by engaging with the arts and celebrating its creative legacy. This is a place—the Big Bend of the Yellowstone River (Elk River)—where mountain ranges meet and where people build community through sharing creative work. The week features signature events like artist lectures, student & adult workshops, and fine art exhibits, culminating in a live auction of the region's best art.

The first of its kind in Park County, the Live Fine Art Auction directly supports the artists in our community. Every dollar from auction sales supports local artists and helps keep the local creative community strong. The auction is not a fundraiser, but rather a showcase of some of the best working artists in Southwest Montana. Bidders are investing in more than just a beautiful piece—they're investing in a living, breathing part of our community.

Park County, Montana, has been a home to working artists for decades, and *ArtWeek*

*Park County* aims to honor their contributions. Local artists don't just create; they tell the stories of our town, reflect its culture, and add depth, color, and meaning to everyday spaces. Your support helps keep creativity alive, encourages original expression, and sustains the local economy.

Twenty-eight local working artists have commissioned new works in glass, oil, watercolor, pastel, photography, sculpture, and mixed media. Visit the Livingston Center for Art and Culture, located at 119 S. Main St., beginning September 9th to preview all the artwork available in the sale, as well as a special artist reception during the final downtown Livingston Art Walk of the season on Friday, September 26th. The *ArtWeek* Auction Catalog is available at participating organizations, or by request. You can also explore the featured artworks online at Hyperlink [www.artweekpc.com/auction](http://www.artweekpc.com/auction).

Supporting the region's artists, the inaugural live auction will be held at the

## ARTWEEK PARK COUNTY

Livingston Depot Center located at 200 W. Park St., on Saturday, September 27th. Renowned auctioneers, Black and Associates, will lead an exciting evening including a riveting live auction of southwest Montana's best art! Doors open at 5 pm. Cocktails will be served prior to an artfully catered dinner by Food For Thought Catering featuring a locally sourced menu. The live auction event will begin at 7:15 pm. Tickets are available at [ArtWeekPC.com](http://ArtWeekPC.com).

The countywide celebration of the arts is a partnership between the Livingston

Depot Center, Danforth Museum of Art, and Livingston Center for Art and Culture. *ArtWeek Park County* celebrates local artists, provides workshops for all ages, and enhances the end of the summer tourism season in our beautiful Park County.

For more information about *ArtWeek Park County*, including how to purchase tickets for the Live Auction, visit HYPERLINK [www.artweekpc.com](http://www.artweekpc.com).

*ArtWeek Park County* includes workshops for all ages in watercolor, fiber, stained glass, and mixed media.

## Bozeman Symphony's 58th Season Opens September 20th & 21st

The Bozeman Symphony in mid-September launches its 58th concert season, *Music that Moves Us . . . to Join Together*, with *Sounds of America I: Marsalis & Rachmaninoff*. This concert marks the first of three special *Sounds of America* programs honoring the nation's 250th anniversary, celebrating the heart and soul of American music through iconic works, contemporary voices, and world-class guest artists.

Headlining the season opener is acclaimed violinist Hannah Ji, performing Wynton Marsalis' Violin Concerto in D Major. Inspired by the travels and artistry of violinist Nicola Benedetti, the concerto unfolds in four vivid movements, each a chapter of an imagined dreamscape. The work blends jazz, blues, gospel, and classical influences in a dazzling, narrative-rich musical journey.

Also on the program is Sergei Rachmaninoff's *Symphonic Dances*, the composer's final work and the only piece he wrote entirely in the United States. Brimming with mystery, nostalgia, and exhilarating energy, *Symphonic Dances* offers haunting melodies, shadowy waltzes, and electrifying rhythms, culminating in a triumphant finale that is both virtuosic and deeply moving.

"Opening our season with Wynton Marsalis' electrifying Violin Concerto and Rachmaninoff's sweeping *Symphonic Dances* is the perfect way to celebrate America's rich musical tapestry," said Music Director Nor-



Violinist Hannah Ji

man Huynh. "Marsalis' work bursts with the rhythms and colors of our culture, while Rachmaninoff's final masterpiece captures the beauty and longing of an artist reflecting on a lifetime of music. Together, they invite us on a journey that is both uniquely American and universally human."

Korean-American violinist Hannah Ji has performed as a soloist, chamber musician, and

orchestral leader on some of the world's most prestigious stages. Praised by *głos na Wieniawskiego* (Polish Radio) for her playing as "engaging, mature, well thought-out, and honed down to the finest details," Ji currently serves as Assistant Concertmaster of the St. Louis Symphony Orchestra.

Performances take place Saturday, Sept. 20th, at 7:30 pm and Sunday, Sept. 21st, at 2:30 pm at the Willson Auditorium, 404 West Main Street in downtown Bozeman.

These performances are made possible by the generous support of sponsors Calum & Tricia DeSouza, Bob & Donna Ritchie, Bruce & Kimberlie Jodar, Angella Ahn & Richard Harjes, Skye Raiser & David Perlin, and Leland & Diane Selby.

Tickets start at \$30 for adults, with discounted tickets available for students. Purchase online at [bozemensymphony.org/marsalis-and-rachmaninoff](http://bozemensymphony.org/marsalis-and-rachmaninoff) or by calling 406-585-9774. Tickets at the door are subject to availability.

## Park County Public Library Fundraiser Concert

Please join the Friends of the Library and enjoy an evening of mountain dance music by The Beagles at The Shane Lalani Center's Blake Pavilion located at 415 E. Lewis St. in Livingston on Saturday, September 13th from 5 to 8 pm.

All contributions go directly toward enhancing library services, children's spaces, the bookmobile, and community-wide programs. Suggested donation is \$15.

The evening will be sure to get you on the dance floor and there will be delicious eats from Hot Dog Champion, seasonal drinks from Roly-Poly, free children's books, and insights into how you can support your local library.

There is bike parking at The Shane

and vehicle parking on the street with overflow at the Lincoln School located at 215 E. Lewis St. See you there!

BENEFIT CONCERT FOR THE FRIENDS OF THE LIBRARY

**THE BEAGLES**  
9/13 Saturday

\$15 SUGGESTED DONATION



FOOD TRUCKS! ALL AGES!



START 5.00 PM  
UNTIL 8.00 PM

BYO lawn chair encouraged!

SHANE CENTER  
BLAKE PAVILION

[info@friendsofthelpcpl.org](mailto:info@friendsofthelpcpl.org)



**The CHICO SALOON**

Chico Hot Springs Resort  
406-333-4933  
[www.chicohotspings.com](http://www.chicohotspings.com)  
163 Chico Road, Pray, Montana  
Music starts at 9pm until 1am, unless otherwise noted

August 31<sup>st</sup> (Sun) **BRIAN KASSAY** *Mix of Folk, Rock & Electronic Elements*

September 5<sup>th</sup> - 6<sup>th</sup> (Fri-Sat) **QUITE COYOTE** *Fusion of Rock, Country & Reggae*

September 12<sup>th</sup> - 13<sup>th</sup> (Fri-Sat) **THE DIRTY SHAME** *Classic Outlaw Country*

September 19<sup>th</sup> - 20<sup>th</sup> (Fri-Sat) **TSUNAMI FUNK** *R&B and Funk*

September 26<sup>th</sup> - 27<sup>th</sup> (Fri-Sat) **JUSTIN CASE BAND** *Classic Rock*

October 3<sup>rd</sup> - 4<sup>th</sup> (Fri-Sat) **THE FOSSILS** *Blend of folk, rock, and psychedelia*

October 10<sup>th</sup> - 11<sup>th</sup> (Fri-Sat) **IAN THOMAS & BAND OF DRIFTERS** *American Roots*

October 17<sup>th</sup> - 18<sup>th</sup> (Fri-Sat) **EL WENCHO** *Rock, Blues, Country, Americana*

October 24<sup>th</sup> - 25<sup>th</sup> (Fri-Sat) **TBD**

October 31<sup>st</sup> - Nov 1<sup>st</sup> (Fri-Sat) **JUSTIN CASE BAND** *and Halloween Party*

**ALPINE AG SERVICES**

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

1024 Prairie Drive  
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# Believe It or Not, Everyone's Favorite Cookie Is Now Over 87 Years Old and Still Delicious!



Chocolate chip cookies have a rich history that dates back to the early 20th century. Ruth Graves Wakefield owner and operator of the Toll House Inn in Whitman, Massachusetts, invented the drop cookie with chocolate chips in 1938, which has become a staple in many households today. The Toll House Inn was a popular restaurant that featured home cooking and outstanding desserts. Wakefield was no amateur baker, perhaps running out of ingredients as some suggest, but contrary to that myth, the creation was intended. Wakefield was quoted, "We had been serving a thin butterscotch nut cookie with ice cream. Everybody seemed to love it, but I was trying to offer something different. So I came up with the Toll House cookie." [*The Great American Chocolate Chip Cookies Book*, by Carolyn Wyman (2013).]

According to the Sugar Association, the delicious mix of a crispy cookie and melted chocolate chunks first appeared in Wakefield's 1938 cookbook titled, *Tried and True*, after she very successfully tried it out at the Inn.

The recipe became so popular that it showed up on Betty Crocker's influential radio program, further cementing its reputation as America's go-to cookie.

deal with Nestlé for \$1, they published her recipe on its packaging. Nestlé, in turn, gave her a lifetime supply of chocolate.

- **World War II:** The cookies gained nationwide fame during World War II, when soldiers from Massachusetts who were stationed overseas shared with other soldiers the cookies they received in care packages from home. Hundreds of soldiers wrote home asking their families to send them Toll House cookies, and Wakefield received letters from around the world requesting her recipe, helping spread their popularity beyond the east coast. Chocolate chip cookies were first sold and shipped internationally to the UK in 1956, by Maryland Cookie Company.
- **Chocolate chips are born:** The demand for the cookies led Nestlé to start producing and selling semi-sweet chocolate in pre-chopped "chip" or "morsel" form in 1941, eliminating the need to chop up chocolate bars

#### Nutritional Value and Modern Adaptations

While chocolate chip cookies are undoubtedly comforting and nostalgic, they also possess nutritional value, especially when made with high-quality, natural ingredients. The traditional recipe contains proteins from eggs, healthy fats from butter, and carbohydrates from flour and sugar. Additionally, the chocolate, when dark and minimally processed, provides antioxidants, such as flavonoids and polyphenols, which can support heart health and help prevent cell damage.

But don't get carried away and eat an entire package or a dozen of them! Modern, commercial versions of chocolate chip cookies often contain highly processed ingredients, refined sugars, and unhealthy fats, which can negatively impact health with long-term, excessive consumption. To maintain the emotional value of chocolate chip cookies while maximizing their nutritional benefits, consider these healthier alternatives:

1. **Whole Grains:** Replace all-purpose flour with whole wheat or whole grain flour to increase fiber, vitamin, and mineral content.
2. **Natural Sweeteners:** Reduce

refined sugar by using natural sweeteners like honey, maple syrup, or coconut sugar. These alternatives are less processed and contain trace minerals and antioxidants.

3. **Healthier Fats:** Substitute butter with coconut oil or organic, grass-fed butter to increase healthy, saturated fats and medium-chain triglycerides.
4. **Add Nutrients:** Incorporate nutrient-dense ingredients like rolled oats, chia seeds, flaxseeds, or dried fruits and nuts to boost fiber, healthy fats, and micronutrients.
5. **High-Quality Chocolate:** Opt for dark chocolate with at least 70% cocoa content to maximize antioxidants and minimize sugar.

There are also vegan versions with the necessary ingredient substitutions, such as vegan chocolate chips, vegan margarine, and egg substitutes.

#### Toll House Original Recipe

Sue Brides, a baker who worked with Ruth Graves Wakefield at the Toll House Inn, passed down the original recipe to her daughter, Peg, who shared it in a 2017 interview on WCVB-TV.

- 1 1/2 cups (350 mL) shortening
- 1 1/8 cups (265 mL) sugar
- 1 1/8 cups (265 mL) brown sugar
- 3 eggs
- 1 1/2 teaspoon (7.5 g) salt
- 3 1/8 cups (750 mL) of flour
- 1 1/2 teaspoon (7.5 g) hot water
- 1 1/2 teaspoon (7.5 g) baking soda
- 1 1/2 teaspoon (7.5 g) vanilla
- Chocolate chips (The *Tried and True Recipes* cookbook specifies "two bars (7 oz.) Nestlé's yellow label chocolate, semi-sweet, which has been cut in pieces the size of a pea.")

1. Cream butter/shortening, add brown and granulated sugars.

Add eggs beaten.

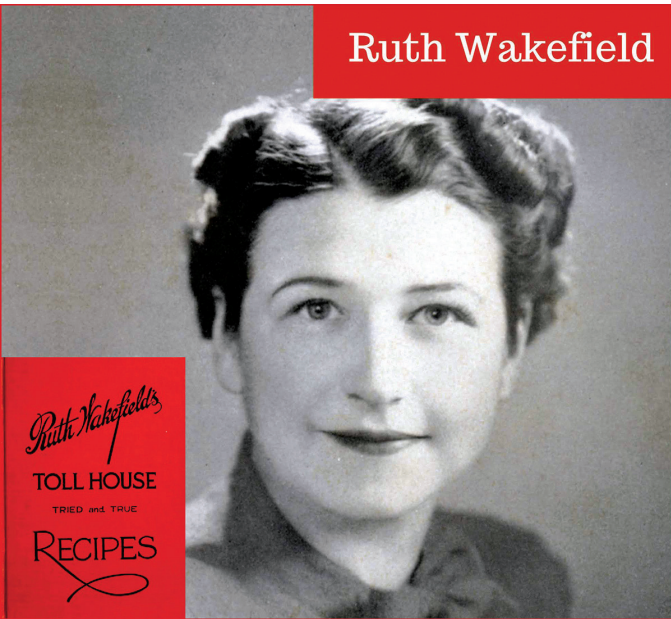
2. Dissolve baking soda in hot water.
3. Sift flour, add salt and mix dry ingredients into butter mixture. Add vanilla. Then add chocolate chips (nuts and other add-ins).
4. Bake in 375 degree oven on a greased baking sheet for 10-13 minutes. Makes 100 cookies if dropped as 1/2 teaspoon.

#### Other common variations

- The *M&M Party Cookie* is baked with M&Ms instead of chocolate chips.
- The *Chocolate, Chocolate Chip* or *Double Chocolate* cookie uses a dough that is chocolate-flavored by the addition of cocoa or melted chocolate. Variations on this cookie include replacing chocolate chips with white chocolate or peanut-butter chips.
- The *Macadamia Chip Cookie* has macadamia nuts and white-chocolate chips.
- The *Chocolate Chip Peanut Butter Cookie* replaces the vanilla-flavored dough with a peanut-butter-flavored one.
- Chocolate-chip cookie dough baked in a baking dish instead of a cookie sheet results in a *Chocolate Chip Bar Cookie*, also known as *Congo Bars* or *Blondies*.
- Other variations include different sizes and shapes of chocolate chips, as well as dark or milk chocolate chips. These changes lead to differences in both flavor and texture.

While Wakefield probably never imagined its eventual cultural impact, she had a reputation as a perfectionist, and most certainly knew what she was doing. Her recipe, which called for real brown sugar, can still be found on the back of every package of Nestlé chocolate chips!

Ruth Wakefield



Here's how the cookie was invented and popularized:

- **The origin:** Wakefield was making a batch of cookies and added chunks of a Nestlé semi-sweet chocolate bar to the dough.
- **The recipe:** Her original recipe was called "Toll House Chocolate Crunch Cookie." Unlike today's soft, chewy cookies, the original version was smaller and crispier.
- **The partnership with Nestlé:** In 1939, Wakefield sold the rights to use her recipe and the Toll House name to Nestlé. The cookie became incredibly popular. In the

Recipe by  
Carla Williams

## RECIPE CORNER

### Apple Croissants

#### Ingredients

- Puff pastry sheets thawed, cut into 8 squares
- 1 can of apple pie filling,
- Egg wash (1 beaten egg +1 tablespoon of water)
- Raw sugar for topping

#### Instructions

1. Cut puff pastry into 4 squares
2. Spray muffin tins with cooking spray
3. Add one puff pastry square to each muffin tin
4. Add apple pie filling (Run a knife through them to cut slices into smaller pieces)



Photo Credit: foodgasmrecipes.com

5. Fold the puff pastry into the middle
6. Brush with egg wash and then sprinkle raw sugar on top
7. Bake on 400 degrees for 20 to 25 minutes





# Celebrate Classical Montana

by Joyce Johnson

There is a Chamber music treasure in Montana, and for those who know how generous and talented they

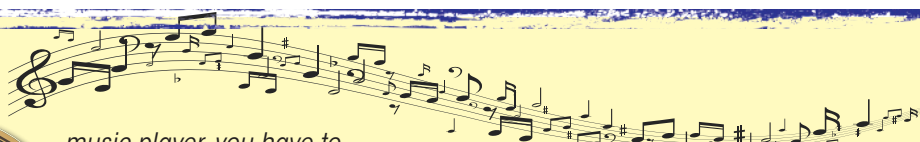
tions by classical masters parallel and stimulate our own timeless human seeking of harmony and higher states of being with each other. In proven cases, it actually stimulates healing, and brain function. No small thing these days. Angela's note:

*Dear music lovers, Someone recently asked... what makes Chamber music different from other music? I told him it is traditionally a small group playing in a room, or chamber. But what really differentiates it is that each player has a unique part to play, different from an orchestra where many can be playing the same part. In order to be a truly great Chamber*



Violinist, Angela Ahn

music player, you have to listen with focus and respect to what the other musicians are saying. I find this so important in life, as well—it's important to have your own clear voice, yet you must learn to work with others. Because it's a less interesting world if you just go along with everyone, it's imperative you have your unique voice, your own ideas; only then is there meaningful conversation.



*Strauss Sonata is included in our program, my personal favorite. In my opinion, it is the most tender and beautiful violin and piano sonata created. Strauss was only 23 years old when he wrote it and had met his future wife, soprano Pauline de Ahna the same year. His love for her really shows in the Sonata, especially in the slow movement. I can't wait for you to hear it! :-D*

The following are locations for the performances. Just show up, no reservations needed and they are free other than Bozeman Sept. 5th who must charge a small fee.

Monday, September 1st at 3 pm  
The Springs at Missoula  
3710 American Way, in Missoula

Tuesday, September 2nd at 6:30 pm  
University Congregational Church  
405 University Ave., in Missoula

Wednesday, September 3rd at 5:30 pm  
North Valley Music School  
1998 River Lakes Parkway, in Whitefish

Thursday, September 4th at 12 noon  
Montana State Capitol Rotunda  
1301 E 6th Ave, in Helena

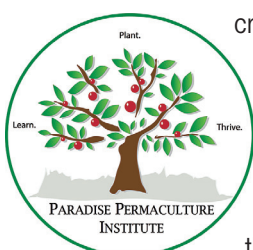
Friday, September 5th at 7:30 pm  
At MSU Howard Hall in the Reynolds  
Recital hall, Bozeman  
Has a small admission fee

<https://montanachambermusic.org/concert-page/angella-ahn-julie-gosswiller/>

## Explore Sustainability in Action: Join Us for a Free Edible Walking Tour at Paradise Permaculture Institute!

Do you want to experience the future of sustainable agriculture? Join us on September 6th between 10 am and 1 pm at the Paradise Permaculture Institute (PPI) for a self-guided edible walking tour of our working farm! This hands-on event will give you a unique opportunity to explore how we're turning the principles of regenerative agriculture into action.

We're excited to showcase the latest updates on our farm. This spring, we completed our swale—a water-moving ditch system that helps nurture our land. We've also planted over 700 edible baby trees and shrubs, and we're busy filling in disturbed areas with cover crops and native wildflowers. All of these elements are part of our ongoing mission to



create a thriving, sustainable ecosystem that provides food, beauty, and resilience to our community.

At PPI, we're passionate about sharing how perennial agriculture can transform the way we grow food. As Mark

Shepard, author of *Restoration Agriculture*, wisely put it, "Every single human society that has relied on annual crops as staple foods in their diet has collapsed." That's why we're focused on growing high-calorie, perennial food systems that mimic nature's processes, ensuring sustainability for generations to come.

Over the next three years, our farm will continue expanding, with more perennial foods and systems that can be scaled for any setting—from a backyard garden to a full farm or ranch. The key is that nature's patterns make life perpetuate itself, and sustainability is achievable anywhere.



Whether you're a seasoned gardener or just beginning to explore sustainable living, this event is for you. Discover how you can be part of the growing movement of people around the world creating edible, self-sustaining landscapes. And even if you don't

garden, this free, family-friendly event is a fun way to learn how local food systems can positively impact both the environment and the economy. PPI is committed to contributing to the sustainability of our local food supply and economy through research, teaching, and demonstration of regenerative agriculture and permaculture practices. We're not only helping to grow food but also supply-

ing it to local restaurants, stores, and the Livingston farmers market.

Come walk with us, learn, and connect with others who are passionate about building a more sustainable world—one edible plant at a time. See you on September 6th!

Sign up at [paradisepermaculture.org](http://paradisepermaculture.org) or call 406-222-9999.



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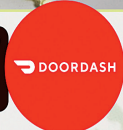
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## Look at Your Financial Situation Holistically

When you plan a trip, you consider not only the destination but also the climate, activities that interest you, transportation needs, anticipated costs, best time to go and coverage for your work, home or pets. It's a holistic approach—looking at your trip from a variety of angles.

It's wise to apply that same holistic thinking when you plan for your financial future—that is, bringing into the picture all elements of yourself.

Here are some things that may affect your financial strategy:

- **Your views on helping your family** – Your decisions about helping your family are clearly going to be a major part of your financial strategy, and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to save money for their college education, and if so, how much, and in what investments. When they're young adults, you may also need to decide how much financial support you're willing to provide for major expenses such as down payments on a new home or a new car.

And when you're drawing up your estate plans, you'll need to consider how and when to distribute assets to your children, grandchildren or other family members.

- **Your personal beliefs** – As someone with civic, ethical and moral concerns, you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate-planning component, you'll need to work with your tax and legal advisors.
- **Your purpose in life when you retire** – Having a purpose can bring fulfillment beyond financial security. Leading up to retirement, your purpose may involve providing for your immediate family, bringing value to your profession or contributing to your community. When you retire and step off your career path, you're entering a new world of possibilities. How will you define, and live out, your new sense of purpose at this stage of

your life? Do you seek to broaden your horizons by traveling around the world? Or spend more time volunteering? Can you pursue hobbies that give you a chance for self-expression? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much income you will need to take out each year from your retirement accounts, such as your IRA and 401(k).

- **Your health** – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous—in fact, a private room in a nursing home in can easily cost \$100,000 per year, according

to Genworth, an insurance company. It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically because, when putting together a lifetime's financial strategy, every part of your life matters.

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

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## SHIELDS VALLEY

Upcoming

## EVENTS

**September 1st** - Labor Day. No School.

**September 2nd** - JV/Varsity Volleyball at Manhattan Christian at 5 pm

**September 4th** - JV Volleyball versus Gardiner at 4:30 pm

**September 5th**

- Friday School
- JV/Varsity Volleyball versus West Yellowstone at 2:30 pm
- JH Football versus White Sulphur Springs at 4 pm
- HS Football against Hot Springs at 6 pm

**September 6th**

- Gardiner Varsity Volleyball Tournament
- Sheridan Junior Varsity Volleyball Tournament
- Junior High Football versus White Sulphur Springs at 10 am

IF ANYONE HAS ANY  
UPCOMING EVENTS  
PLEASE SEND EMAIL TO  
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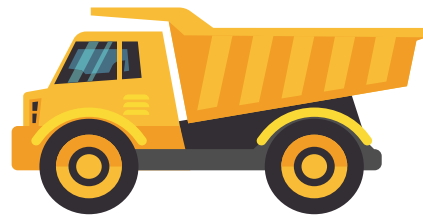
If anyone has any news, events, etc. please let me know at Shieldsvalleynews@gmail.com

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# IMPAIRED DRIVING ENDS HERE

by Nurse Jill

On May 3, 1980, Candace Lightner's life would change forever. Her 13-year-old daughter, Cari, who played with her softball team just hours before, was walking with a friend for a fun evening activity. Unfortunately, the fun never started as a drunk driver hit her from behind as she crossed an intersection. The force of the hit threw her 125 feet and knocked her shoes off. She did not survive.

Candace Lightner took her grief and turned it into motivation for positive change in her resident state of California. As she petitioned for better laws surrounding the issue of drunk drivers, she would hold up a picture of her daughter—effectively putting a face, a real life, to the statistics that had been so easily ignored before. She founded MADD, Mothers Against Drunk Drivers, later to be renamed Mothers Against Drunk Driving. By 1988 not only had the movement gone national with volunteers from all over the country but they had successfully influenced legislation to adopt a legal drinking age limit in all states as well as change legal blood alcohol level and consequences for repeat offenders.

This one mom started an awareness effort about a potential threat to kids and was successful. According to MADD.org the national fatalities due to alcohol related traffic accidents decreased 55% in 2013 as compared to 1980 when the organization was founded. Candace Lightner's initial efforts to change our public health even when many weren't aware of the true dangers turned into a safeguard that all our communities use daily.

Another mom is currently trying to bring awareness to another issue that she claims is a public health issue—but this time it's mental health.

Clare Morell, a fellow in the Bioethics, Technology and Human Flourishing Program at the Ethics and Public Policy Center, published a book this summer raising concerns about the not commonly known long-term negative effects in kids who use screens. Her concerns are so severe that, like Candace Lightner, she is pushing for policy changes to protect kids from the heavy tech side effects that have been often observed by researchers.

Morell argues in her book, *Tech Exit: A Practical Guide to Freeing Kids and Teens from Smartphones*, that her small, growing movement of concerned parents isn't so unlike MADD's grassroots movement in the 1980s, striving to protect kids from a very real mental health threat even if most of the population hasn't paid much attention to the statistics.

Her title assertion "freeing kids and teens" is not a misnomer in consideration of the evidence presented about the strong addiction kids and teens have to smart phones and social media as well as the negative mental (and physical) health effects. The effects aren't just limited to the user, either, there is a tech-use dynamic where even if a few teens have and use social media it can affect an entire community of young people.

She references Dr. Jonathan Haidt, social psychologist, who wrote *The Anxious Generation* which articulates the evidence he found about social media causing the current mental health crisis in teenagers. Time limits on social media apps did not save kids from the negative effects. Even time limits as low as 15 minutes per day wasn't enough to mitigate the effects of screens.

Increased loneliness, increased anxiety, dysregulated dopamine and oxytocin all wreak havoc on our kids' developing minds, limbic systems, and emotional maturity/self-regulation when they are allowed to use screens and social media. Morell tells tales of families who used technology in an attempt to treat some of these conditions: The device calms them down. The screen helps them feel better. But in reality, when the screens were discontinued, they found the opposite had been true: disconnecting from screens calmed them down and helped them feel better. This is supported by research. When screens are

**MADD** taken away kids can operate in the part of their brain that used logic and problem solving instead of constantly living on a too-high/too-low dopamine roller coaster that perpetuates anxiety and dysregulation. Though it is not an easy switch as there is a withdrawal period but the gains far outweighed the effort of a few weeks to get used to no screens.

More and more research is coming out showing what screens are doing to our children's minds (not just screens but social media, too). This includes a correlation shown between screen usage and attention deficit



disorders. While it is important to teach digital ability and responsibility maybe Morell is right, maybe there needs to be an age limit on when kids can access screens and social media. And maybe it needs to be after they have developed some emotional maturity, self-regulation, and impulse control.

Is it easy to say that our kids would greatly benefit from and avoid harm if we took away screens but a whole other issue to apply that practice to busy, chaotic family life. And that is why Morell wrote her book. Parents would ask her, after seeing the data, "How do we live life without giving our kids smart phones?" Her book gives practical tips and creative ideas to move forward with kids and teens freed from technology.

Just like our collective minds have changed in regards to culturally accepted habits such as smoking in the 1960s or driving while under the influence in the 1980s it may be time to take a cue from Morell and rethink our screen habits for our next generation.

## Natural Life News!

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I have an oil for that

by Dalonda Rockafellow  
doTERRA Wellness Advocate



## Find Your Calm

Today's world can be fast-paced and challenging. It can be difficult to find a moment of calm in your day or even your life!! doTERRA offers a system to help with these times. I'm excited to introduce **doTERRA's Adaptiv system**. It is a positive solution designed to help navigate life's most stressful moments and helps you manage daily stress and anxiousness with ease and balance.

The Adaptiv system is a wellness trio that offers a holistic approach to manage stress and anxiety. It is both settling and stabilizing for your body, mind and soul.

**Adaptiv Calming Blend Capsules** are formulated with clinically proven botanical extracts and Certified Pure Tested Grade essential oils. These capsules work from within to help reduce stress and restore both physical and mental resiliency.

The key ingredients include: GABA which is often used to overcome anxiety and stress and can help with a more restful night's sleep; Scelentium Root which has the ability to help reduce stress and anxiety; Ahiflower Oil is high in essential omega fatty

acids and stearidonic acid; as well as ALA and GLA, which all play important roles in the body and helps with brain health; Lavender which is well known for its calming ability; Coriander has sedative properties and can help you relax during times of stress; Orange helps reduce anxiety during stressful situations, and Fennel with properties to support the digestive system and ease stomach pain.

Try this: Take one capsule as needed to relieve stress or help you fall asleep peacefully.

**Adaptiv Calming Essential Oil Blend** is a synergistic blend of essential oils crafted in a fractionated coconut oil. It is the perfect on-the-go pick-me-up that provides quick support whenever you need it most. **The roller bottle** fits nicely in your purse, backpack, pocket or desk drawer and is there anytime you need it!!

Try this: When feeling stressed or anxious, apply the roller bottle to pulse points, your heartspace or swipe under your nose. Calming feelings are just seconds away!

**Top Uses for the Adaptiv System**

- Manage Stress: Combat everyday tension and anxious feelings effectively.
- Restore Balance: Improve mental clarity and support emotional well-being.

See Find Your Calm, Page 9





# Your Ageless Wellness Column

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

## Polarization: The Power of Intention - Creating Our Future Together

When we left off with *The Crowned Bird*, we talked about balance—about finding strength by embracing both wings of our being.



But wings alone don't create flight. It's intention that lifts the bird from the branch.

### What Is Intention—Really?

Intention isn't a wish. It's focus plus alignment. A spark connected to its fuel—our nervous system, our energy, and our choices.

#### Why Intention Is Imperative

Studies in psychology and neuroscience show that our brains literally rewire themselves according to what we focus on. Focus on fear, and the pathways of fear grow stronger. Focus on hope, gratitude, or healing—and those pathways expand. This is **neuroplasticity**. Thoughts paired with intention strengthen neural pathways. What we practice, we embody.

In other words: **what you intend, you strengthen.**

### HeartMath®: The Science of Intentional Coherence

The HeartMath Institute (HMI) has studied how our hearts and brains sync—what they call coherence—and how intention shifts our physiology.

- Over 500 peer-reviewed studies show that coherence building improves stress, emotional regulation, immunity, and hormonal balance.
- The HMI research found that our heart's electromagnetic field may influence others around us—hinting at how individual intention radiates outward.

So, intention isn't just internal, it's energetically active in our social field.

#### Your Intention Matters: Individually

- Every individual intention matters.
- When you choose to move more,

- your body grows stronger.
- When you choose to forgive, your heart grows lighter.
- When you choose to practice gratitude, your nervous system calms.
- Your clarity strengthens your nervous system.
- Your alignment builds emotional resilience.
- Your intention is both anchor and compass.



These are not small things. Each individual intention sends out a ripple. Your healing is not only yours—it influences the space around you.

#### Your Intention Matters: Collectively

Communities are built from individual intentions. When enough people hold the same intention, the results are visible:

- Neighborhoods that come together to care for elders.
- Communities that shift their focus toward wellness, sustainability, and mutual support.
- Even global movements that begin with a handful of people daring to envision a different way.
- A community holding a shared intention—healing, wellness, service—begins to embody it.
- Small circles of coherence can ripple into homes, neighborhoods, schools and even policies.

There's a reason media and politics spend billions shaping public opinion: **collective intention creates reality**. If enough people believe something, it becomes the direction society moves.

#### How the Media and Institutions Hijack Intention

Society has become a training ground in reactivity—not creativity.

- **Outrage for engagement:** Platforms reward posts with anger and moral fire. Studies find "likes" and "shares" disproportionately favor outrage—amplifying it through social feedback loops. [UEN Digital press +1]

- **Echo chambers and polarization:** Algorithms steer us into emotional silos. That fuels extremism—even though only around 4% of users drive 97% of political posts. [Wired]
- **Outrage-industrial complex:** Media, political influencers, and organizations profit from inflamed contempt. This culture leverages our fear, fueling division rather than creation. [theguardian.com]
- **Fear speech and rage baiting:** Fear-laced content often travels further than outright hate. And intentionally provocative "rage-bait" hits our attention hard. [arxiv.org.wikipedia.org]

These forces work to weaken our intentionality, keeping us reactive, not proactive.

#### Institutions That Diminish Intentional Power

Many religions or belief systems teach that humans are broken, unworthy, or powerless without divine permission. But what if we flipped that story?

If we believe we are made in the image of our Creator—and therefore creators in our own right—then we must claim full responsibility for creating our environment, health, and community and we cannot continue to blame our Creator for the mess we ourselves have created.

That shift in belief is what fuels the intentional life.

#### Why This Matters Now

We live in a time where distraction is the norm. Voices, screens, and headlines all compete for your attention—**because attention is the seed of intention**. If you scatter it, someone else will plant it for you.

If you focus it, you can shape your own life and contribute to shaping the future of your community

So, the question becomes: *Whose intention are you helping to manifest—your own, or someone else's?*

#### How to Practice Intention Daily

1. **Clarity** – Write down what you want to experience, not just what you want to avoid.
2. **Alignment** – Ask yourself: *Does this thought, this action, this word align with my intention?*
3. **Community** – Share your intentions with others. Find groups,

classes, or circles that reinforce what you're building.

4. **Consistency** – Intention is a muscle. The more you use it, the stronger it becomes.

The crowned bird taught us balance



Intention teaches us flight. Individually, it guides our health and happiness. Collectively, it directs the course of humanity itself. Pulling both wings into balance was our start. Now, intentional breath takes us into real flight. Your intention, grounded in heart and action, doesn't just change you, it changes the air we all fly through.

So the next question for each of us is simple:

*What do you intend to create today—in your life, and in our world?*

#### How to Build Intentional Coherence

1. **Clarify your intention**—not just "what you want, but *why* you want it.
2. **Practice heart coherence**—even a few minutes of focused, heart-centered breathing can rebalance your mind and body. HeartMath Instituteheartmath-europe.com
3. **Notice distractions**—when media stirs fear, pause and ask: *Is this serving my intention? Or hijacking it?*
4. **Circle your intention**—share it with community. Let your alignment be contagious.
5. **Repeat**. Intention is muscle building. The more you practice, the stronger your field.

Garrick Fulmer-Faust, CPT, Certified Nutritionist, Senior Fitness Specialist, Life Coach, and is the Executive Director of The Hub Fitness Center at the Park County Senior Center located at 206 S. Main St., in Livingston. Questions? Comments? Would you like a tour of the center? Contact Garrick by email or phone, garrick@parkcountyseniorcenter.org, 406-333-2276 or 406-333-2107.

## Find Your Calm

from page 8

- Promote Resiliency: Enhance your body's natural ability to adapt to stress.
- On-the-Go-Support: Benefit from portable, quick relief with Adaptiv Touch.
- Create a Calming Environment: Diffuse the Adaptiv Blend to uplift your space.

When you integrate this powerful trio's components, the Adaptiv System supports your body's natural ability to adapt to stress. Whether you are preparing for a challenging meeting, winding down after a long day or even starting your day, Adaptiv helps you achieve balance and emotional

well-being. Embrace the calm, and let the Adaptiv system lead you to a more balanced you. Good luck in your journey and reach out if you have any questions or if I can help in any way!!

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

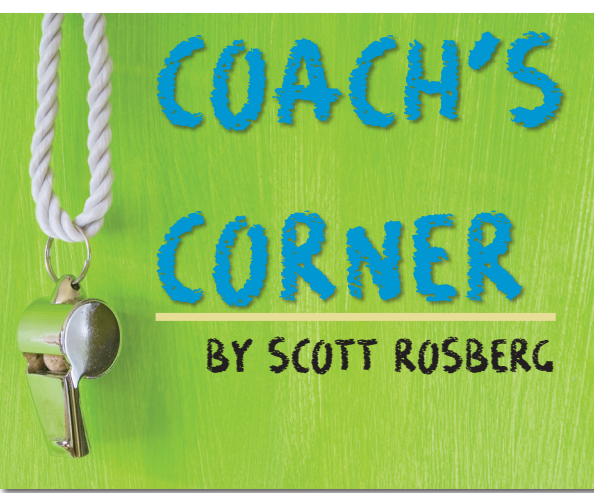
*Are you interested in receiving a*



*monthly email to learn more about essential oils? If so, contact me at*

*one of the above suggestions and I will get one sent out to you.*





## COACHING FOR SIGNIFICANCE

Nobody has a greater impact on kids' athletic experiences than a coach. Not their parents—Not the fans. In many ways, not even the kids themselves.

A coach can make the experience one of great joy and positive impact or one of painful misery and hopeless dread. How the coach treats the kids, the situations, and the entire experience plays the biggest role in how players feel about it and whether or not it is one that creates great memories and lessons that they draw on for the rest of their lives.

Unfortunately, coaches can also be catalysts for kids deciding that they have had enough of sports, that they no longer find enough joy and positive impact from them, or worse yet, that they are living through a nightmare that they just want to wake up from.

Think that's a bit melodramatic?

Just read some of these headlines in articles, social media posts, or news stories from years past and see if you don't agree with me:

- *Hockey Dad Beats Coach to Death*
- *Woman Gets 1-Year Probation for Assaulting 11-Year-Old Fan at Little League Game*
- *Little League Pitcher Throws at Teammate's Head at Coach's Direction*
- *Girls' Basketball Team Wins 100-0*

You tell me if I'm being overly dramatic. Yes, I know. Some of those headlines are about parents.

Of course, parents certainly play a role in their kids' athletic experience, and they need to understand and take seriously their responsibility in helping create the best experience possible.

But the coach has the LARGEST impact on that experience because the coach is the one in charge of it.

### A Coach of Significance

The best ways for a coach to make that experience a positive one is to focus on becoming a *Coach of*

*Significance* in kids' lives.

The best description I have seen of what a *Coach of Significance* is and why it's so important to be one comes to us from Bruce Brown, the founder & director of **Proactive Coaching**. Some of you know that I have been a speaker on the Proactive Coaching speaking team for over fifteen years. This description of a *Coach of Significance* originally came from a post Bruce did on the Proactive Coaching Facebook page a few years back. I think it is the best description I have ever seen of what we should be trying to do when we take on the role of coach.

### Coaching for Significance

*Coaching for Significance is intentional coaching. It does not mean you aren't competitive or care about winning. It actually allows you to be more competitive and successful in every way including the scoreboard. It doesn't mean that you don't enjoy teaching the technical parts of the game (which gives you credibility). It means that you and the athletes are taking a shared love you both have for a sport and using that shared love and the word on the front of your name – "Coach" – to develop the trust necessary to impact those athletes beyond today, beyond the season and into their lives. Coaches of Significance have a style that works for athletes and success. They build purposeful team cultures, and they intentionally teach and model the character traits that will help young people become strong adults and citizens. They know their "Why" and their legacy lives beyond them in the lives of their athletes.*

Whoa! Every line in this description has great impact. Allow me to address each individually.

First, you must **be intentional about your coaching**. Great coaches don't leave things to chance. *Coaches of Significance* are still competitive, and they want to win as much as anyone else. In fact, by focusing on significance you can be even more competitive.

You have to **love learning, teaching, and coaching** the specifics of your game—skills, techniques, & strategies. And while it may not seem to be 100% fair, how you handle this aspect of coaching is how others will judge you as to whether or not you are credible as a coach.

**You and your kids love your sport;** enjoy that shared love with one another.

You must take the name "Coach" and treat it with the respect and responsibility it deserves. Believe it or not, every coach in the world is impacted by how you handle your role as a coach. People who have had experiences with coaches like those in the headlines shown earlier feel far differently about coaches than people who have never had negative experiences like those.

**Trust is the key ingredient** for you as a leader, and it will allow you to impact your kids in so many more ways than if you only focus on winning some contests in a sports season. The trust you establish with your players will allow you to have an impact on them that reaches much further than this sport and this season.

The best coaches purposefully work to **develop great**

**team cultures**. They understand that if they are going to create a positive, successful sports experience for kids, focusing on building a great team culture is far more important and impactful than focusing on winning contests.

They also realize that the most important element of their role as a coach is **to focus on teaching and modeling character traits** that their athletes can then take with them on into their lives that will help them become positive, productive members of society.

Finally, Coaches of Significance understand that they **have a Why** for doing what they do. They know what that *Why* is. And they live by it and teach their players to live by it, too, as members of their program. Their *Why* will be best understood and developed by establishing Core Values (Covenants) for their programs that they and their athletes will live by and that their athletes can then carry on into the rest of their lives and live by.

### Your Focus

Do you focus on being a *Coach of Significance* in kids' lives the way Bruce described it?

Do you focus on the impact you can have on your kids that extends far beyond winning on the scoreboard and even beyond this specific team experience?

I hope you do.

Unfortunately, far too many coaches focus first, foremost, and only on this moment and whether they can win games and championships.

Don't get me wrong. There is nothing wrong with wanting to win games and championships. In fact, you should want to win games and championships, and you should work hard to instill a competitive spirit and fire that burns in your teams. This is a very important element of being a coach. But if that is the *only* thing or even the *main* thing you are about, you are missing some of the most important parts of being a coach who can impact kids for the rest of their lives.

Bruce's description of a *Coach of Significance* has helped guide me ever since I first read it. I hope it will help guide you, too.

Make sure you check out Proactive Coaching at [www.proactivecoaching.info](http://www.proactivecoaching.info) and the **Proactive Coaching Facebook** page to see even more impactful concepts and ideas from Bruce and the Proactive Coaching team. The Facebook page has over 1,000,000 people who are receiving short, daily nuggets of wisdom about coaching, teaching, parenting, leading, and team-building—it's worth your time to sign-up.

Thanks, Bruce for providing such a clear description of what all of us who coach should be striving for—becoming **Coaches of Significance** in kids' lives!



**SlamDunk  
Success**

To check out more materials from Scott, go to his website [SlamDunkSuccess.com](http://SlamDunkSuccess.com). You can email Scott at [scott@slamdunksuccess.com](mailto:scott@slamdunksuccess.com).

# ANGELLA AHN & JULIE GOSSWILLER

## ROMANTIC ECHOES

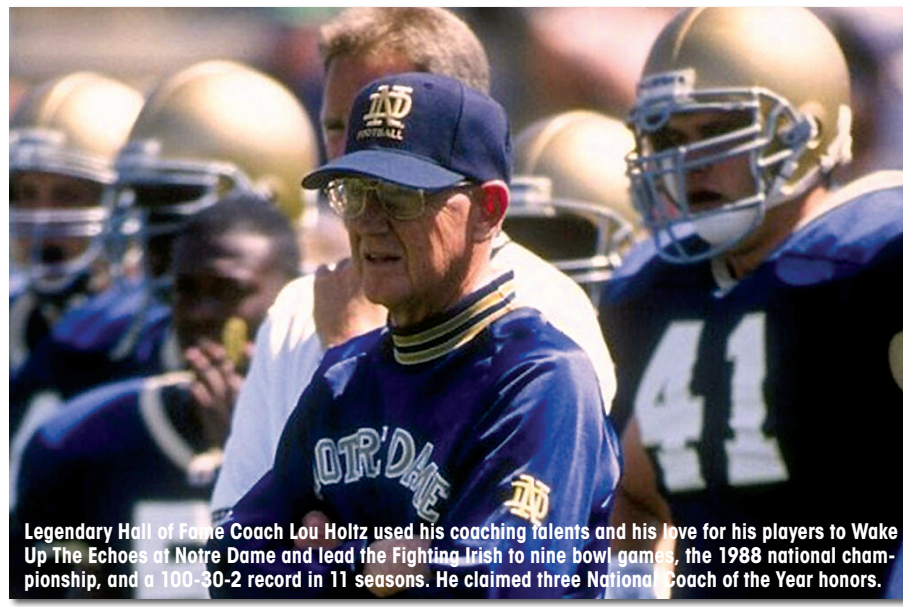
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School of Music  
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## Can Rangers New Coach Bill Fox Wake Up the Echoes Once Again at Park High



Legendary Hall of Fame Coach Lou Holtz used his coaching talents and his love for his players to Wake Up The Echoes at Notre Dame and lead the Fighting Irish to nine bowl games, the 1988 national championship, and a 100-30-2 record in 11 seasons. He claimed three National Coach of the Year honors.

**Excitement builds as the Rangers are once more playing a conference schedule and coaches talk of a culture that includes restoring the fan base and school pride.**

Park County Dugout - August 24th, 2025  
[TheParkCountyDugout.substack.com](http://TheParkCountyDugout.substack.com)  
By: Jeff Schlapp

Lou Holtz, whom I idolize and believe is the greatest coach and motivator at any level, left

an indelible mark on Notre Dame, transforming the football program into a national championship contender and a legendary figure in college football.

He was hired during dark times for ND Football, which included five years under Gerry Faust, during which Notre Dame, a perennial national championship contender, had expectations of competing for titles annually. Under Faust, the Irish never won more than seven games in a season and never finished in the AP Top 25 poll. The program had previously achieved a 9-2-1 record the season before his arrival and had not experienced a losing season

See Bill Fox, Page 10



# “Enjoying the Journey”

by Lois Olmstead

“Page One, At the Sea”  
Our favorite place  
to stay on the coast  
is the little town of



Waldport, Oregon. Look  
it up on your map. We liked the house  
we got last year, but I wanted to have  
a place where I could sit on the porch,  
drink my coffee and watch the waves  
from right there.  
This year that dream came true. Our  
Airbnb, right on the ocean, was a yurt, not  
canvas, but a house, circular in shape,  
about 30 feet in diameter with two  
bedrooms, kitchen and living room with  
windows all across the front. I could even  
watch the waves from the couch! What a  
glorious experience.

Ross and I love the rugged coastlines of  
Oregon. The way the waves crash over all  
those tall rock formations is fascinating  
to us. His hobby is photography and the  
pictures he captures are amazing. I sit  
in my beach chair, with sketchbook, in  
which I draw and write but mostly I just  
stare at the fabulous ever-changing  
ocean waves.

We found some new places to park  
ourselves for hours. I made a list in case  
you go there. Great sights are: Alsea Bay  
Bridge, Seal Rock Beach and Newport  
Harbor, Yachats seaside, and Yaquina  
Head Lighthouse. Also, Lil’s General Store,  
the Farmers Market and the Salty Dawg  
Café in Waldport.

Our two new favorite natural sites,  
that change all the time with the tides  
are Thor’s Well and the Devil’s Punchbowl

basin. You feel like you are in Yellowstone  
Park when you see waterspouts come up  
through the rocks because of the tide.

Taking 11 days allowed us to travel  
up Highway 101 to Astoria and visit Fort  
Clatsop, the winter headquarters of Lewis  
and Clark. So glad we did. Taking longer  
also allowed ample time for rest and  
renewal for me. Being quiet helps!

I kept a journal in my sketchbook.  
I started with “Page One, At the Sea”  
and the first Bible verse I copied was,  
“The heavens declare the glory of God;  
and the skies and seas show forth His  
handiwork.” (Psalm 19.1)

Such a blessing in this time and  
place. Did you note my descriptions  
above... amazing, glorious, fabulous,  
ever changing? Psalm 19.8 says, “The  
precepts of the Lord are right, giving  
joy to the heart. The commands of the  
Lord are radiant, enlightening the eyes.”  
Perfect seashore verses. Goal of the  
day was to see more clearly God’s glory

around me and thank Him I get to see it.  
Day Two - At The Sea, I penned “God’s  
creation shows Him. Being in God’s Word  
helps me know Him.” And after that, “And  
God’s Word clearly shows He knows *me*.”  
Ever since I gave my life to Jesus many  
years ago, I find myself still earning new  
treasures in His Word!  
Page by page, words and drawings  
filled my journal at the sea. I am so  
thankful for those days of rest and  
renewal. I am so thankful for being  
able to be there. Ross and I laugh  
now our traffic woes. I assure you we  
didn’t laugh then but now we can, well,  
mostly. We keep replaying the trip in our  
conversations. And still with words of  
beautiful, amazing and ever-changing...  
It is my prayer I can use those words  
in God’s creation all around me every  
day, not just at the seashore. I am  
keeping Psalm 19.1 and 8 in my heart.  
I pray you might find that for yourself in  
the days ahead. God Bless You All.



## Local Church Services

**American Lutheran Church**  
129 South F Street, Livingston  
Pastor Melissa Johansen  
Sunday worship 9 am, elevator avail.  
406-222-0512 • [alclivingston.org](http://alclivingston.org)

**Church of Christ**  
919 W Park St, Livingston  
Sunday worship 10:30 am  
406-222-2017 • [church-of-christ.org](http://church-of-christ.org)

**Church of Jesus Christ of  
Latter-Day Saints**  
12 White Lane, Gardiner  
David Gilbert branch President  
Sunday worship 10:00 am  
406-848-7509 • [lds.org](http://lds.org)

**Church of Jesus Christ of  
Latter-Day Saints**  
110 West Summit St., Livingston  
Bishop Trevor Strupp  
Sunday worship 10:00 am  
406-222-3570 • [lds.org](http://lds.org)

**Emmaus Lutheran Church**  
801 East Park Street, Livingston  
Reverend Daniel Merz  
[emmauslutheranmt@gmail.com](mailto:emmauslutheranmt@gmail.com)  
[emmauslutheranmt.org](http://emmauslutheranmt.org)

**Expedition Church**  
(at Holbrok Fellowship Hall)  
424 W. Lewis St., Livingston  
Pastor Darryl Brunson  
Sunday worship 10:30 am  
406-224-1774 • [expeditionmt.org](http://expeditionmt.org)

**First Baptist Church**  
Crossing Community Church  
202 East Lewis St., Livingston  
Pastor Bryce Maurer  
Sunday worship 10:45 am  
406-222-1603 • [fbclivingston.org](http://fbclivingston.org)

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

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

**Grace United Methodist Church**  
302 South 9th St., Livingston  
Pastor Mari-Emilie Anderson  
Sunday Worship 5:30 pm  
406-222-1041  
[www.methodistsontheyellowstone.org](http://www.methodistsontheyellowstone.org)

**Holbrook United Methodist  
Church**  
424 Lewis Street, Livingston  
Sunday worship 11 am  
406-222-1041  
[www.methodistsontheyellowstone.org](http://www.methodistsontheyellowstone.org)

**Kingdom Hall of Jehovah's  
Witnesses**  
1505 E Gallatin St., Livingston  
Sunday Public talk and  
Watchtower 10:00 am  
406-222-2012 • [jw.org](http://jw.org)

**Living Hope Church**  
226 South 3rd St., Livingston  
Senior Pastor Shad Durgan  
Sunday worship 8, 9:30 and 11 am  
406-222-1577 • [livinghope.church](http://livinghope.church)

**Livingston Bible Church**  
329 North 5th St., Livingston  
Pastor Monte Casebolt  
Sunday worship 10:30 am  
406-222-2714 • [livingstonbible.org](http://livingstonbible.org)

**Livingston Christian Center**  
(Assemblies of God)  
1400 Mount Baldy Dr., Livingston  
Pastor Dave Brakke  
Sunday worship 10:00 am  
406-222-3144  
[livingstonchristiancenter.com](http://livingstonchristiancenter.com)

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

**Mountain Bible Church**  
18 Pine Meadow Rd., Livingston  
(off Pine Creek Rd and Hwy 89)  
Pastor Brandon Reagor  
Sunday Worship 10:00 am  
406-219-7628 • [mtbible.org](http://mtbible.org)

**Mount Republic Chapel**  
240 US Hwy 212, Cooke City/Silver Gate  
Reverend Don Taylor  
Sunday worship 9:30 am  
Check the website for seasonal  
worship times  
406-838-2397  
[mtrepublicchapel.org](http://mtrepublicchapel.org)

**Mountain Springs Baptist Church**  
626 North 13th St., Livingston  
Pastor Justin Sutherland  
Sunday worship 11:00 am  
406-222-1240  
[mountainspringsbaptist.com](http://mountainspringsbaptist.com)

**Paradise Valley Community  
Church**  
1772 East River Rd., Livingston  
Pastor Andrew Alberda  
Sunday worship 10:30 am  
406-333-4905  
[paradisevalleychurch.org](http://paradisevalleychurch.org)

**Pine Creek United Methodist  
Church**  
2470 East River Rd., Livingston  
Sunday worship 9:30 am  
Pastor Mari-Emilie Anderson  
406-222-1041  
[methodistsontheyellowstone.org](http://methodistsontheyellowstone.org)

**Redeemer Lutheran Church**  
425 West Lewis St., Livingston  
Sunday worship 11:00 am  
406-222-1175  
[www.rclclivingston.wordpress.com](http://www.rclclivingston.wordpress.com)

**The Summit Lighthouse**  
Contact us for worship service  
and conference times  
63 Summit Way, Gardiner  
406-848-9200  
[SummitLighthouse.org](http://SummitLighthouse.org)

**Seventh-Day Adventist Church**  
1 Guthrie Lane, Livingston  
Pastor Rene Marquez  
406-222-7598  
[livingstonmt.adventistchurch.org](http://livingstonmt.adventistchurch.org)

**Shields River Lutheran Church**  
105 Ordway St. South, Wilsall  
Sunday worship 9:00 am  
406-578-2212  
[srcwilsall.wordpress.com](http://srcwilsall.wordpress.com)

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

**St. Andrew's Episcopal Church**  
310 West Lewis St., Livingston  
Reverend Kristin Orr  
Sunday worship 10:30 am  
406-222-0222  
[saintandrewsepiscopalchurch.org](http://saintandrewsepiscopalchurch.org)

**St. John's Episcopal Church**  
8 Story Road, Emigrant  
Reverend Kristin Orr  
Sunday worship 8:00 am  
[stjohnspv.org](http://stjohnspv.org)

**JESUS**  
The Way, The Truth, The Life

**St. Joseph's Catholic Church**  
910 McLeod St., Big Timber  
Father Garrett Nelson  
Sunday worship 2:00 pm  
406-932-4728

**St. Margaret's Catholic Church**  
206 1st Avenue North, Clyde Park  
Father Garrett Nelson  
Service Saturdays 4:00pm  
406-222-1393  
[stmaryscommunity.org](http://stmaryscommunity.org)

**St Mark's Church Universal  
And Triumphant**  
130 South D St., Livingston  
Sunday worship 10:15 am  
406-222-2675

**St. Mary's Catholic Church**  
511 South F St., Livingston  
Father Garrett Nelson, Pastor  
Saturday 6:00 pm year-round  
Holding Services since 1891.  
Sunday at 10:30 am April thru Sept.  
Sunday 8:00 am October to March  
406-222-1393 • [stmaryscommunity.org](http://stmaryscommunity.org)

**St Paul's Evangelical Lutheran  
Church**  
1116 W Geyser St., Livingston  
Pastor Paul Stern  
Sunday worship 10:15 am  
406-222-3372 • [stpaulslivingston.org](http://stpaulslivingston.org)

**St. William's Catholic Church**  
705 West Scott St., Gardiner  
Father Garrett Nelson  
Sunday worship 8:00 am April-Sept  
Sunday 11:00am October to March  
406-222-1393 • [stmaryscommunity.org](http://stmaryscommunity.org)

**Valley Shepard Church of the  
Nazarene**  
Services are presently online.  
Please call for instructions to  
view a service.  
Reverend Christie American Horse  
Livingston • 406-223-1072

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

### Genesis 12:2-3

**2** "I will make you into a great  
nation, and I will bless you; I  
will make your name great,  
and you will be a blessing.

**3** I will bless those who bless  
you, and whoever curses you  
I will curse; and all peoples  
on earth will be blessed  
through you."

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# Mark Your Calendars UPCOMING EVENTS



## 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 Alpenglowlane, at 5:30 pm.

**August 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 [emigrantpeoples-market@gmail.com](mailto:emigrantpeoples-market@gmail.com) for information.

**August 30-31 - STEEL HORSE STAMPEDE** - Motorcycle Rodeo will be on Saturday the 30th at the Park County Fairgrounds, 46 View Vista Dr., sign up starts at 11 am and rodeo starts at 2 pm with food and music starting at 6 pm. The Poker Run will be on Sunday the 31st starting at the American Legion, 112 N. B Street, with breakfast starting at 8 am and poker run starts at 10 am, and dinner starts at 6 pm.

**September 6th - BIG BEAR STAMPEDE** - Run a challenging 5k or 9k at an average elevation of 6,200 feet, with climbs to challenge any level. There is also a 5k Walk and a fun 1k Kids' Run. You can be part of this effort to raise awareness of depression as a life-threatening illness. To register or for more information go to: [BigBearStampede.org](http://BigBearStampede.org). To learn about volunteering email [BigBearStempede@yahoo.com](mailto:BigBearStempede@yahoo.com) or call/text 404-664-6624. To donate: [BigBearStampede.org](http://BigBearStampede.org).

**September 8-10th - BIG SKY RAIL CONFERENCE** - Leaders, advocates, and communities will gather in Livingston for the Big Sky Passenger Rail Authority Annual Conference, to celebrate extraordinary progress and chart the next chapter. The 2025 conference theme—Turning Our Voices Into Action—reflects that transformation. Speakers include Tim Sheehy, John Smith, Bruce Agnew, Knot Ross, leaders from Amtrak, AIPRO Rail, regional governments, industry, and communities. Register now at: <https://www.bigskyrail.org/summer-2025-newsletter>.

**September 13th - PUBLIC LIBRARY FUNDRAISER** - Please join the Friends of the Library and enjoy an evening of mountain dance music by The Beagles at The Shane Lalani Center's Blake Pavilion located at 415 E. Lewis St. in Livingston from 5 to 8 pm. All contributions go directly toward enhancing library services, children's spaces, the bookmobile, and community-wide programs. Suggested donation is \$15.

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

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

**September 13th - YELLOWSTONE RIVER CLEANUP** - Montana Freshwater Partners invites you to pitch in and keep our playground pristine. Join them as they work to remove trash from the Yellowstone River and its fishing access sites throughout Paradise Valley, and celebrate with them afterwards with food, beer (if over 21 years old), and raffle prizes! There are two locations to choose from Livingston or Gardiner. The Livingston event will be based at the band shell in Sacajawea Park. The Gardiner event will be based at Paradise Adventure Company, located at 212 W. Park. Both locations will be open from 9 am - 4 pm. You pick: float, boat or walk! River sections will be assigned.

**September 13th - LINCOLN-REAGAN DINNER** - The Park County Republicans invite you to their annual prime rib dinner and program, starting at 5 pm at the Elks Lodge, 130 S. 2nd Street. Table sponsorships and tickets are available at [ParkRepublicans.org](http://ParkRepublicans.org) or [BetterWorld.org](http://BetterWorld.org). Don't miss out on the gun raffle, 50/50, dessert, live and silent auctions!

**September 14th - 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 fall or harvest season dish to share that is free from meat, eggs, dairy, honey, and gelatin. You can keep it simple by bringing chips & salsa, 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!

**September 21st - 30K RUN** - Celebrate our public lands with Yellowstone Gateway 30K run below Emigrant Peak in Paradise Valley. Starting line is at the Sage Lodge, 55 Sage Lodge Drive, Pray, and ending at Chico Hot Springs. You can register for the run or sign up to volunteer at [Runsignup.com/Race/MT/Pray/YellowstoneCity30K](http://Runsignup.com/Race/MT/Pray/YellowstoneCity30K). Runner fee is \$75.

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## Meals for September 1st - 5th



Mon., Sept. 1st - CLOSED

Tues., Sept. 2nd - Ham & Bean soup, cornbread, peaches, milk

Wed., Sept. 3rd - Chili hot dogs, fries, pears, cake, milk

Thurs., Sept. 4th - Sub sandwiches, pea salad, oranges, milk

Fri., Sept. 5th - Salmon patties, cucumber salad, fries, cake, pineapple, milk

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# BREAK time

# CROSSWORD

Puzzle #414

## Montana Fun Facts!

The Yellowstone River runs through parts of Montana. This river is definitely **the longest un-dammed river** in the lower 48 states.

There are about twice as many boats as snowmobiles registered in the state with around 25,000 snowmobiles and 51,207 boats. **Montana ranks 18th in the nation for number of boats per capita** with 47 boats for every 1,000 residents. **Minnesota** comes in first with 143.

Montana has more **cars** registered per capita than any other state, with 184 vehicles for every 100 people. That's nearly triple New York's **rate of car ownership** of only 58 cars for every 100 citizens.

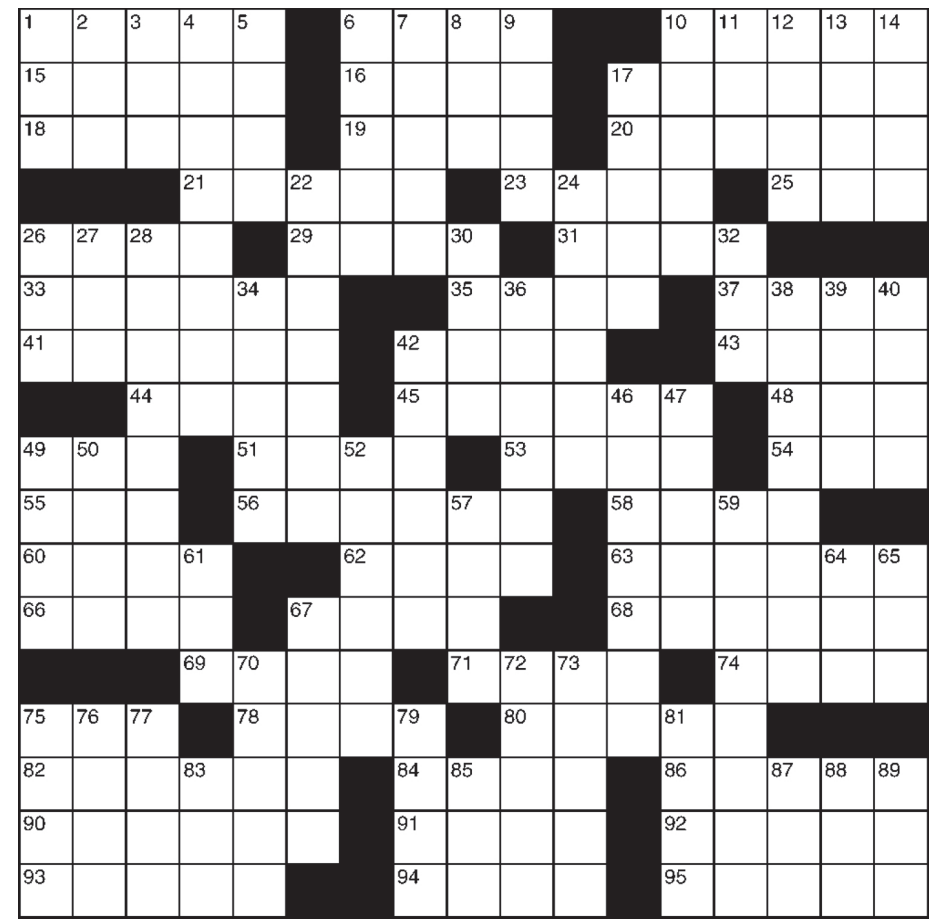
### ACROSS

- 1. Fighting fish
- 6. Way to Mandalay
- 10. Netlike hat
- 15. Bay window
- 16. World's fair, e.g.
- 17. Pay for with a credit card
- 18. Stupendous
- 19. Aid a criminal
- 20. Entertain lavishly
- 21. Adage
- 23. Saber's kin
- 25. Commanded
- 26. Goblet feature
- 29. Bird of prey
- 31. Default result
- 33. Flattened at the poles
- 35. Boric \_\_\_\_\_
- 37. Zenith
- 41. Restaurant employee
- 42. Berg
- 43. Crucifix
- 44. Seed
- 45. Landlord
- 48. "Holiday Inn" drink

- 49. Indian title
- 51. Legend
- 53. Hanker
- 54. Call out
- 55. Corn holder
- 56. Football number
- 58. Class
- 60. Talented
- 62. Used a loom
- 63. Neither good nor bad
- 66. Stew meat
- 67. Folklore monster
- 68. Aristocracy
- 69. Oompah horn
- 71. Newspaper section
- 74. Oxen neckwear
- 75. Witness
- 78. Basted
- 80. A certain grape
- 82. Marine mammal
- 84. List unit
- 86. Beer
- 90. Guarantee

### DOWN

- 91. Tipper \_\_\_\_\_ (Al's wife)
- 92. Master
- 93. Quite small
- 94. Rime
- 95. Distribute
- 1. Cranberry location
- 2. Prove human
- 3. Finish together
- 4. Fellow player
- 5. Female voice
- 6. Cow catcher
- 7. "The \_\_\_\_\_ Incident"
- 8. Anthropoid
- 9. Show excessive love
- 10. Wool producer
- 11. Annoy
- 12. Certain exam
- 13. Gawk
- 14. Act
- 17. Doctrine
- 22. Relating to heat
- 24. Cleric



- 26. Mama pig
- 27. "TV Guide" abbr.
- 28. Kind of bachelor
- 30. Curly cabbagelike veggie
- 32. Row
- 34. Short
- 36. Trigonometric function
- 38. Orchestral piece
- 39. Anchor
- 40. Tense
- 42. Taste
- 46. Eight-sided figure
- 47. \_\_\_\_\_ or reason
- 49. Wound cover
- 50. Lounging garment
- 52. Bauble
- 57. At all
- 59. '50s hairstyle
- 61. Salamander
- 64. Noah's boat
- 65. Caustic
- 67. Portly
- 70. Excessive interest
- 72. La Scala offering
- 73. Cook's gadget
- 75. Swipe
- 76. Slack
- 77. Additional
- 79. Approaching
- 81. Widemouthed jar
- 83. Bolt
- 85. As well
- 87. Form of some toothpastes
- 88. Self-respect
- 89. Steep hemp

# Sudoku

Puzzle #149

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

Sudoku - #148

## SOLUTIONS

Crossword - #413

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

EXIT	LOSS	AMASS
SLOE	DIAPER	TAROT
SINE	ENTICE	ETUDE
MILK	NUT	IMAM
ASP	DISC	LEARN
LOUPE	APA	RESEAL
MIMOSA	BORATE	EW
SLAP	IBIS	RIVULET
PARENTHESSES		
AFFABLE	MOAT	HORA
WAR	EITHER	ELEVEN
LAYMAN	AND	ERUPT
EMERY	ESPY	MOA
DAWN	ALP	PESO
ANEAR	GOOBER	KOHL
DIRGE	AFLOAT	APSE
SLEET	TEAR	YETI

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### MAZE

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### CODE BREAKER

Read the word using the code.

E

G

I

N

U

P

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To apply visit: <https://www.jobs.parkcounty.org/jobs/156/Community-Health-Worker/apply>



# It's Time to VOTE



The Best of  
Park County

A magnifying glass with a black handle and a silver rim is positioned over a word cloud. The lens of the magnifying glass is centered on the word 'EMPLOYMENT', which is the largest and most prominent word in the cloud. Other words visible in the cloud include 'CAREER', 'JOB', 'WORK', and 'EMPLO'. The background is white, and the words are in a dark grey, sans-serif font.





The 2025 Park High Ranger Football Coaching Staff. L-R are Quentin Price, Ryan Marks, Linton Jett, Head Coach Bill Fox, and Kieran McKeag. Not present were Dalton Walker and Brock Peterson

## Bill Fox

from page 10

since 1963. Faust's teams had two losing seasons (5-6 in 1981 and 1985).

Holtz was brought in to be the Irish Head Football Coach in 1986, and all he did in 11 seasons as Notre Dame's Head Coach was lead the Fighting Irish to nine bowl games, the 1988 national championship, and a 100-30-2 record. More importantly, he changed the culture in the locker room, classroom, and fan base.

Holtz woke up the echoes. He often said, "I can't believe that God put us on this earth to be ordinary," to his players and anyone else who would listen.

Alvin Miller played under Holtz and once said, "Each young man who crossed Coach Holtz's path was influenced in such a way that they will never forget the impact he left on their life. Coach Holtz made sure that the players he coached had the support network they needed to become the best young men possible. He prepared them for what they would experience on the field as well as what they would experience in life after football."

In Livingston, Montana, on a much smaller scale, is a coach hoping to meet the challenge of coaching the Park High Rangers football team—Bill Fox.

Fox is replacing Coach Nick Coate, who resigned over the summer. Coate was the Rangers Head Coach for seven years, and although the wins didn't come as he hoped, his players always gave more on the field than their opponents. They may have been outsize in every game, but they were never outclassed.

Coach Fox, though, has a plan, and it starts in the locker room with rebuilding the Ranger culture.

He told me he wants his players to play hard, play smart, and play together. What he didn't come out and promise was a slew of victories—good. Coach is realistic.

"One of my core beliefs is that the past is just that," Coach Fox told me. "The past is the past that has passed, so I try not to dwell on it and hope our players pick up on the same. We're doing our very best to put these kids in the best position possible to be successful, on the field and in the classroom. We want to build a foundation so that we can build a program.

A football program that the players, parents, school, and community can be proud of."

Coach Fox has numbers this year with almost 35 players, including 14 freshmen (my man - Erik Dettori). If his players make it through the nine-game season, it will prove to be the most significant number of football players in years for the Rangers.

And he has a talented team led by seniors Ryder Clayton, Liam Edwards, Turner Bolton, Gibson Reagor, Ben Bandstra, Peter Currie, Kyle Gentry, and Brentin Allgood.

Fox also shared with me that he wants this to be the start of a 20-year coaching career for

him at Park High.

Among the Rangers who stood out at Friday's practice, which I watched, were sophomore split end Grant Reagor, who, along with his brother, senior running back Gibson Reagor, may often hear their names called by the Rangers' PA announcer.

Grant is going to be a beast who will give Coach Fox and junior quarterback Paxon Sikkink a deep threat with speedy Peter Currie and newcomer Hansford Tewellev.

Senior Liam Edwards has some packages that Coach Fox put in so he can play Tight End, with Fox telling me that Edwards is going to be a menace on the goal line. Edwards is the Rangers' best athlete on the team and plays Defensive End as well.

Brentin Allgood enjoyed a fantastic summer playing travel baseball. Still, he's put away his catcher's mitt for a chance to smash opposing running backs to the turf when he trots out on Friday nights to play linebacker.

**Rounding out the 2025 team are:**

#### Juniors

- Hansford Tewellev
- Patrick Kelley
- Paxon Sikkink
- Isaiah Law
- AJ Pocha
- Johnathan Stender

#### Sophomores

- Vann Brandon
- Bair Burnett
- Grant Reagor
- Aiden Fresquez

#### Freshman

- Garrett Harrigan
- Niles Melin
- Marshall Grey
- Shane Maurer
- Erik Dettori
- Porter Tyner
- Jackson Adams
- Landon Larkin
- Landon Sivertson
- Mason Hartman
- Noah Key
- Jake Currie
- Traevion Pocha
- Gage Reagor

For the first time in two years, the Rangers return to a conference schedule. Which means they can start scrapping for the playoffs again.

After sitting for two days with Coach Fox, I'm convinced he's the right man for the job. He's not in it for the ego trip or the power; instead, he's coaching because he loves the game of football, loves Park High, and loves his players.

I can't believe that God put us on this earth to be ordinary.

Bill Fox and the Rangers are going to shake down the thunder and wake up the echoes.

They're going to be extraordinary.

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



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Sunday, Aug. 31, 1-3 pm

#### 1115 Ridgeview Trail

3 beds 2.5 baths | 1,758 sq ft  
#399280 | \$585,000

Baylor & Carolina Carter | 406-223-7903



Sunday, Aug. 31, 1-3 pm

#### 320 N 2nd Street

3 beds 2 baths | 2,267 sq ft  
#404684 | \$525,000

Baylor & Carolina Carter | 406-223-7903



#### 903 Meriwether Drive E

Land Listing | 0.19 acres  
#405062 | \$250,000

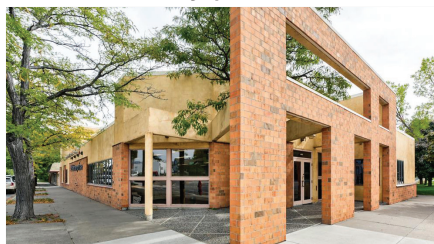
Julie Kennedy | 406-223-7753



#### 518 W Lewis Street

4 beds 2.5 baths | 4,398 sq ft  
#403584 | \$1,275,000

Julie Kennedy | 406-223-7753



#### 401 S Main Street

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

Ernie Meador | 406-220-0231



#### 326 S 5th Street

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

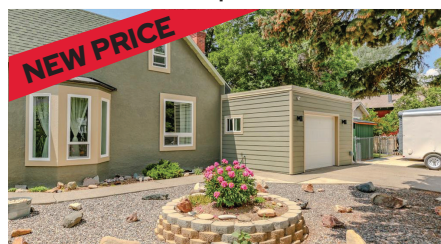
Julie Kennedy | 406-223-7753



#### 2616 Meriwether Drive S

3 beds 2 baths | 1,614 sq ft  
#404513 | \$570,000

Swanson Team | 406-220-2045



#### 606 W Gallatin Street

3 beds 1.5 baths | 1,819 sq ft  
#403418 | \$495,000

Jessie Sarrazin | 406-223-5881



#### 416 N 3rd Street

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

Deb Kelly | 406-220-0801



#### 305 Lathrop Street W

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

Jessie Sarrazin | 406-223-5881



#### 7 Aquila Lane

Land Listing | 2+ acres  
#394836 | \$239,000

Deb Kelly | 406-220-0801



#### 1296 US Hwy 10 W

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

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# The Best of Park County

The Park County Community Journal (PCCJ) is conducting its annual Best of Park County poll. Voting begins on Wednesday, August 20th at 9 am and will conclude on Friday, September 12th at 5:30 pm. Ballots will be printed in the newspaper each week and can be submitted at the Main Print Shop, located at 108 N. Main Street in Livingston.

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

PCCJ will be accepting ballots online again this year, which can be accessed by using the QR codes printed on this page, or by going to the

## ONLINE VOTING

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



website [PCCJournal.com](http://PCCJournal.com) up until the polls close. We ask that each person submit only one ballot and complete at least 50 percent of the form for it to be valid. Results will be published in the edition scheduled for release on Sunday, September 28th in a special edition with exclusive stories on select businesses and people. PCCJ will present winners with award certificates in each category for the 2025 season.

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

- |                            |   |                               |
|----------------------------|---|-------------------------------|
| 1. Best New Business       | 13. Best Desserts                                 | 25. Best Massage Therapist    |
| 2. Best Breakfast          | 14. Best Caterer                                  | 26. Best Auto Repair          |
| 3. Best Lunch              | 15. Best Vegetarian/Vegan/<br>Gluten-Free Options | 27. Best Salon/Barber Shop    |
| 4. Best Dinner             | 16. Best Bar/Tavern/Pub                           | 28. Best Dental Office        |
| 5. Best Restaurant Service | 17. Best Wine List                                | 29. Best Chiropractic Clinic  |
| 6. Best Salads             | 18. Best Draft Beer List                          | 30. Best Veterinarian Clinic  |
| 7. Best Sandwich           | 19. Best Cocktail Menu                            | 31. Best Art Gallery          |
| 8. Best BBQ                | 20. Best Retail Wine Selection                    | 32. Best Fly Fishing Shop     |
| 9. Best Burger             | 21. Best Retail Beer Selection                    | 33. Best Live Music Venue     |
| 10. Best Pizza             | 22. Best Retail Liquor Selection                  | 34. Best Local Festival/Event |
| 11. Best Coffee            | 23. Best Hardware Store                           |                               |
| 12. Best Bakery            | 24. Best Bank                                     |                               |

It's Time to  
**VOTE**

