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**Park County
Community Journal**

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Park County Election Wrap-up

by Tony Crowder



With a deep sigh of relief, the 2024 general election, featuring several vacancies for Park County political offices, concluded Wednesday, November 6th. The primary, which took place on June 4th, advanced six nominees for County Commissioner, Justice of the Peace, County Auditor and Clerk of District Court. Incumbents Bryan Wells and Clay Herbst for district two Commissioner and Justice of the Peace, respectively, were appointed to their positions through an application process supervised by county officials in the months leading up to the primary, and sought re-election as required by law.

Several of these candidates then hit the campaign trail, a strenuous and exhausting five-month effort which included participating in several forums, interacting with the public at various events and advertising in various media sources. This season's ballot also included three statewide issues, adopted through petitioning efforts, and two mill levies, one of which was limited to county residents.

Montana's Secretary of State reports that of the 14,998 voters registered in Park County, 11,530 (76.87 percent) participated in this year's election, just eclipsing statewide turnout by less than 2.5 percent (597,616 of 802,206 or 74.5 percent of the total voter base in Montana submitted a ballot). Though Park County's total base has increased by 1,000 eligible voters from 13,920 registered during the 2020 general election, overall turnout in 2024 decreased by approximately 7.5 percent yet was nearly equivalent to turnout (77.16 percent) for the 2016 general election.

In the race for district two Commissioner, incumbent Bryan Wells soundly defeated challenger Sabina Wells by a margin of 44 percent. Wells garnered 7,349 of the 10,228 (72 percent) votes submitted. Strauss received 2,879 votes comprising 28 percent of the total ballot share.

Challengers Jennifer Vermillion and Carl Berntsen, who were selected amongst five total candidates during the June primary, squared off in what would amount to an astoundingly close battle for district three Commissioner. Vermillion narrowly overcame Berntsen by a total of 156 votes, collecting 5,263 (50.63 percent) of the 10,370 ballots cast in that race. Berntsen received 5,107 votes for 49.12 percent of the total ballot share, losing by nearly 1.5 total points.

Barring unforeseen circumstances,

Correction to Veterans Tribute Published Last Week

There was an error on a date in the Veterans Tribute steak night article on the back page. In the article, the Elks Lodge invites veterans for the next Steak night event. The date was published as January 27, 2025, which is NOT correct. The correct date is January 17, 2025. We apologize for the error.



Vermillion and Wells are set to enjoy four-year terms and will be up for re-election in 2028. The race for district one Commissioner will be held during the 2026 midterm election.

Incumbent Justice of the Peace Clay Herbst secured 58% of the 9,826 votes cast to prevail over challenger Belinda Schweigert by a margin of 16 percent. Herbst received 5,705 votes to Schweigert's 4,121 and will retain his position through 2026.

Offices for Clerk of District Court and County Auditor were uncontested by Molly Bradberry and Kendra Fox, respectively. Bradberry received 99% of the total ballot share, though results indicate that she received all 9,111 votes cast in that race.

Fox, on the other hand, received 7,852 votes (87% of the total vote share), yet results fail to further delineate how the remaining 13 percent were distributed. Presumably, write-in candidate Kent Hanawalt, whose campaign received public support during election season, received several of these votes.

With regard to local ballot measures, referendum number R-003 to impose an increase to the mill levy for the Livingston-Park County Public Library was struck down 6,848 (62 percent) to 4,261 (38%) for a total of 11,109 votes. Likewise, 5,697 county residents voted on the road mill levy, 53% against to 47% for.

Constitutional amendment 126, which
[See Election, Page 6](#)

NOW HIRING

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

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

Holiday Open House

Thursday, November 21st
10 am - 8 pm

Discounts Storewide

Bob's Outdoor
Calamity's Boutique
Catherine Lane Interiors
High Trash Boutique

Livingston, Montana

National Wreaths Across America Day

December 14, 2024

Join the American Legion Park Post # 23 along with Livingston Elks Lodge #246 in their mission to **Remember + Honor + Teach** about our local heroes at 10 am on December 14th. They are teaming up with the National Wreaths Across America organization's efforts, which places over 3 million wreaths each year in over 4,600 cemeteries. Here in Park County, the Legion placed 156 wreaths last year. The wreaths are simultaneously placed at 10 am across the Nation in all participating cemeteries.

To have a wreath placed on Veteran's grave in Park County, or if you would like to honor an unassigned Veteran you can do so by purchasing a wreath for \$17. There is an option to buy 3 for \$34. Local cemeteries

must be participating in order for the wreaths to be placed. In our area we have the following cemeteries participating: Wilsall, Clyde Park, Calgary (Catholic), Mountain View (including the military section) and this year Park View. When you purchase unassigned wreaths, the Legion will coordinate the distribution. If you would like to place the wreath yourself for an assigned veteran, or volunteer to help, simply contact the Legion.

You can order wreaths online at www.wreathscrossamerica.org/MT0036 using a credit card. Locally, order forms are available at The Legion and The Elks Lodge where you can pay with cash or check. You



can also use the QR code. **The orders must be placed by November 29th**, but don't wait until the last minute.

If you would like to honor a Veteran at one of the national cemeteries:

Arlington National Cemetery, Fort Snelling National Cemetery, Northern New Jersey Veterans Memorial Cemetery, Culpeper National Cemetery or Quantico National Cemetery you can go online to directly



WREATHS

— across —

AMERICA

WreathsAcrossAmerica.org.

Please help us honor and remember as many fallen heroes as possible by sponsoring remembrance wreaths, volunteering on Wreaths Day, or inviting your family and friends to attend with you or to make a donation.

Thank you for supporting the fallen, honoring those who serve, and teach the next generation the value of freedom. For more information and to volunteer, call the American Legion at 406- 222-1052 or checkout their Facebook page or email them at parkpost23@gmail.com.

Bruins State Bound

from page 1

joy. A journey, a dream that, for some, started when they were five years old, came true. Some others were too tired to do anything but appeared emotionally overcome.

When it was all over, the Eagles gathered as they always do, near center court, as a team to say a prayer, and there in the middle was Veltkamp, smiling and motioning to Ellie Reinerston to join them in prayer. Amazing. Truly amazing.

Today at 11 am, White Sulphur Springs plays Granite for the chance to play the Eagles at 1 pm to advance to state. The Western C

Divisional Volleyball Tournament title game will occur around 2:30 pm.

The Bruins want to win the title. For seeding at state (if they win, they would assuredly be seeded #1) and to continue to build confidence.

"We had a dance-off in the locker room before and after," Maggie Darr told me. "We were loose before the game but locked in at the same time. We were pumped up. I'm so proud of our team and our players. All 12 of our team suited up and contributed their play and support throughout the game. I've been thinking about this the whole year. That is such a great team we beat



tonight. They have built a legacy and a tradition of winning, and now it's our turn to create a winning program.

Carmen (Head Coach Carmen Harbach) told us that after the game in the locker room, she is so proud of us and believes we can play even better at state."

Exciting times in Gardiner, for sure. Nervous times at Manhattan Christian. Nope, not really.

I spoke with Thursday's hero before the game on Friday, young Ashlyn Burley, who made the match-winning kill against Granite to get them to the game against Gardiner. She said they would give their best play as a team and see what happens. But she admitted

they're a young team. I met the young coach of the Eagles, who understands that these are high school girls and that some days, kids will have a bad game. After all, they are kids before anything else.

Who knows, the Bruins may face off against the Eagles again this afternoon, or they may face another 12C team, White Sulphur. Either way, watching some volleyball promises to be a fantastic day.

Deep breath, Exhale. The Bruins are State Bound!

For more pictures of Friday's Western C Divisional Volleyball Tournament, see our Facebook Page - **Park County Dugout**.

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

Livingston HealthCare Hospice invites you to



35th Annual

Tree of Life Ceremony

Wednesday, December 4 | 5:30PM
Livingston Depot Center

Dedicate a light to shine in honor of your loved one by calling 823.6710 or scan the QR code by November 20.



Livingston
HealthCare



SHOWTIMES

RED ONE

Friday 11/15 - Thursday 11/21
4:15 pm, 7 pm

HERE

Friday 11/15- Wednesday 11/20
4:30 pm, 7:15 pm

THURSDAY 11/21 "Pray for Snow"



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

Thanksgiving Meal Kits

The Livingston Food Resource Center (LFRC) is creating meal kits for folks to make their own Thanksgiving dinner. For households that need a little extra support this holiday season, the kits are available for pick up or delivery.

You can choose a whole turkey or turkey breast, with ready-to-heat side dishes made by LFRC: potatoes (can be ready-to-mash or baked),

green-bean casserole, stuffing, gravy, dinner rolls, cranberry sauce, and dessert.

Distribution is on Saturday,



November 23rd. Call 406-222-5335, or scan QR code to order.

The LFRC mission is: **"To increase nutrition security and overall wellbeing in our community by addressing the root causes of hunger. The center**

strives to provide locally sourced nutritious food to all people in need."

Their pantry hours in Livingston are Tuesday and Thursday from 1 to 5 pm. They offer mobile pantries in Shields Valley on the 2nd Friday of the month at two locations, and the last Friday of the month for Paradise Valley located in Emigrant.

There are many ways to get involved in this mission—through volunteering, donating food or making a financial donation. The center is located at 202 South 2nd Street in Livingston.

In addition to this option for a holiday



meal, there is a free, hot Thanksgiving dinner being served on November 28th at the Civic Center on 229 River Dr., Livingston, from 1 to 4 pm, separately sponsored by the Neighbors Helping Neighbors organization. Please call 406-223-4951 for more details on that community dinner.

Happy Thanksgiving to all!



SHIELDS VALLEY Upcoming EVENTS

- **November 19th** Elementary/JH Girls Basketball against White Sulphur Springs 4:30 pm
- **November 20th** ASVAB Testing 9 am
- **November 21st** Elementary/JH Girls Basketball in Big Timber 4 pm
- **November 26th** JH Girls basketball at Sleeping Giant Middle School 4:15 pm

- **November 27th** Early Release for Thanksgiving Break
- **November 29th** No School
- **November 30th** Redneck Christmas Parade in Clyde Park at 6 pm. Bring your rig, decorated in lights. Meet at the high school parking lot 5:30 pm to be ready to roll by 6 pm. There are three classes, farm tractor, lawn tractor and open class: semi, side by

sides, trucks, cars, etc. Food vendors will be there.

- **December 1st** Clyde Park Christmas Fair will be in Clyde Park. Vendors both inside and outside of the Community hall from noon to 4 pm. Family fun things to do including; seeing the Grinch, Abominable snowman, balloon twisters, face painting, and Elf on the Shelf scavenger hunt. Shields Valley FFA Kids will be selling trees, and a silent auction.

- **December 1st** The Festival of Trees in Wilsall at the dance hall from 4 to 6 pm.
- **December 4th** High School Basketball picture day 4:15 pm
- **December 5th** Elementary/JH Girls Basketball at Gardiner 4:15 pm
- **December 6th** HS Dessert Theater 6:30 pm

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

Speaker Series

The Epic Story of Humans, Wildlife and Landforms in Park County: A Guide for Stewardship of Our Ecosystem

December 4, 2024 • 7 pm
The Shane Center

YELLOWSTONE GATEWAY
MUSEUM
FOUNDATION
PARK COUNTY, MONTANA



Joanna Lambert

Join the Yellowstone Gateway Museum and Foundation for a FREE Lecture by Joanna Lambert as she uses insights from fossil records, human history, and recent conservation efforts as an evolutionary lens through which to examine wolf reintroduction to Yellowstone National Park.

Dr. Joanna Lambert is a Professor of Animal Ecology at the University of Colorado, Boulder, Director of the American Candid Project, and Senior Science Advisor to the Rocky Mountain Wolf Project. She has spent over 35 years conducting field work on endangered mammal species worldwide and in the Greater Yellowstone Ecosystem, where her work has focused on the wolf. The title of her talk is "Grey Wolves and Humans in Deep Time, Recent History, and Now"

This Lecture Series is presented in association with Elk River Arts & Lectures, The Park County Community Foundation, The Park County Environmental Council, Carol and Sal Lalani, Yellowstone Forever, and The Tom Miner Basin Association.



Mushrooms—Versatile & Delicious!

Mushrooms can be eaten raw, sautéed, grilled, broiled, roasted, dried, steamed in a microwave, canned, pickled, marinated, substituted as a burger or sandwich meat—no matter how you slice a mushroom, they are a great addition to any meal!



really dirty, submerge them briefly in a bowl of water, then drain or rinse quickly. If they are fairly clean, just wipe off any excess debris with a damp paper towel. You can cook the extra moisture off, so it's not a big deal if they absorb some water, but more water means they will take

The most common mushrooms consumed in the US are white button mushrooms (about 90%). Worldwide, there are thousands of different types of mushrooms. Each has its own unique shape, flavor and texture. About 650 types have been broadly studied, cultivated, and consumed for health and medical applications. Most grocery and health-food stores carry a limited variety. Perhaps you are interested in foraging...



There is a longstanding foraging tradition whereas the top four mushrooms to find in the wild are: chicken of the wood, chanterelles, morels, and giant puffballs. Wild mushrooms are found in forests and fields when it's damp out or after it has rained. Local Montanans know to search for morels the year after a forest fire for a bounty of these beauties. Many local and five-star restaurants seek these delights to plate for their diners.

Mushrooms are nutritious as well. If you want to skip your multi-vitamin, get some vitamin B5, B3 and B2, plus copper and selenium, you can eat them every day. Mushrooms also have protein, fiber, potassium, vitamin D, and calcium. They are 90% water for extra hydration. Mushrooms also have antibacterial properties. They can help lower your blood pressure and cholesterol and boost your immune system, to name a few health benefits.

When you wash your mushrooms, they are like sponges and they will soak up excess water, which means you want to be careful when cleaning them. If the mushrooms are

longer to cook, and they will steam before they brown.

What's the best oil to sauté mushrooms in? Any oil works, but the best combination is avocado or olive oil with butter. This combination gives you both browning and flavor. The oil keeps the butter from browning too quickly and burning, and the butter brings a richness you can't achieve with oil alone. If you don't want to use butter, use an extra two tablespoons of oil. The oil will cook the mushrooms nicely—it will just lack that extra bit of richness and nuttiness that the butter brings.

A little trick I learned years ago to mellow the mushroom flavor is to add a touch of white wine or white vinegar along with the juice of a slice of lemon to the cooking process. I have had guests that don't like mushrooms wonder why they liked my mushrooms, and made a few spouses envious. I always tell them about this trick.

Enjoy this quick and easy recipe as a side, or upgrade some of your favorite dishes by topping it with sautéed mushrooms and onions. Pile them over grilled chicken, salmon, or steak, top flatbreads or pizzas, make it an accent in a grain bowl, or even the centerpiece.

A couple of tips before we get started: To keep the onions from taking on the mushroom juices, wait to add the onions until the mushrooms have released their excess liquid and almost all of that liquid has evaporated. Once you get there, add the onions and let them sauté and brown in the fat alongside the mushrooms.

How long should you sauté mushrooms? While the mushrooms are ready to eat once the moisture has evaporated, now they can finally start to sauté and brown—which adds richness to



their flavor. You are looking at just around 15 minutes total on the stovetop for the perfect sautéed mushroom. Let's get cooking...

Sautéed Mushrooms



Ingredients

- 1 pound cremini mushrooms (my favorite)
- 1 large sweet onion
- 2 cloves garlic or 1/2 t. garlic powder
- 2 T. unsalted butter
- 2 T. avocado or olive oil
- 1/2 t. sea salt, divided, plus more to taste
- 1/4 t. freshly ground black pepper, plus more to taste
- 1 medium lemon
- 1/4 bunch fresh parsley
- 1/4 cup dry white wine (or your favorite), or 2 caps full of white vinegar

Instructions

- Clean and slice the cremini

mushrooms into 1/4-inch pieces. Halve the large sweet onion, then slice into 1/4-inch half-moons. Mince 2 garlic cloves.

- Heat a large skillet on high heat. Add 2 T. unsalted butter and 2 T. avocado oil. When the butter melts, add the mushrooms and 1/4 t. of the sea salt. Cook, stirring occasionally, until the mushrooms release their liquid and the liquid is almost evaporated, 5 to 10 minutes.
- Add the onion and season with the remaining 1/4 t. sea salt and 1/4 t. black pepper. Cook, stirring occasionally, until the onions and mushrooms are tender and golden-brown in spots, 7 to 10 minutes. Meanwhile, finely grate the zest from 1 medium lemon until you have 1/2 t of zest. Juice the lemon until you have 2 T of juice. Finely chop the leaves from 1/4 bunch fresh parsley until you have 2 T.
- Add the garlic to the onion and mushroom mixture and cook, stirring often, until golden and fragrant, about 1 minute. Add 1/4 c. dry white wine or 2 caps full of vinegar and cook until completely evaporated, 1 to 2 minutes.
- Remove the skillet from the heat. Add the lemon juice, lemon zest, and parsley, and toss to combine.

Be creative and switch out the fresh parsley for any leafy, tender, green herb, such as cilantro, basil or dill. Also, you can store the sautéed delights for up to five days in an airtight container in the frig.

Daily Specials

VOTED BEST LUNCH

THE OFFICE LIVINGSTON

IN PARK COUNTY

Come taste for yourself

LIVINGSTON The Office 128 S MAIN ST MONTANA

HTTPS://WWW.OFFICELOUNGEANDLIQUOR.COM/DAILY-FOOD-SPECIALS

Recipe by Carla Williams

PEANUT BUTTER CUP COOKIES

Ingredients

- 1 3/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 cup unsalted butter
- 1/2 cup white sugar
- 1/2 cup peanut butter
- 1/2 cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 tablespoons milk
- 40 Reese's miniature chocolate covered peanut butter cups, unwrapped

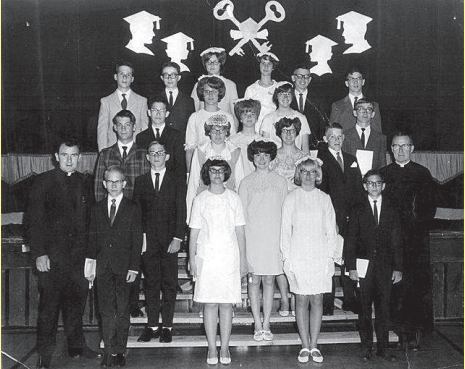
Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Sift together the flour, salt and baking soda; set dry ingredients aside.
3. Soften butter; it's best to get it out early rather than microwave it, you want it soft, not liquid. Cream together the butter, sugar, peanut butter and brown sugar until fluffy. Beat in the egg, vanilla

Food Photo Credit: bakingamoment.com

- and milk. Add the flour mixture; mix well.
4. Shape into balls and place each into an ungreased mini muffin pan.
5. Bake at 375 degrees for about 8 minutes.
6. Remove from oven and immediately press a mini peanut butter cup into each ball.
7. Cool and carefully remove from pan. You may have to use butterknife or small fork to pop some of them out.

Looking Back *with Lindie*



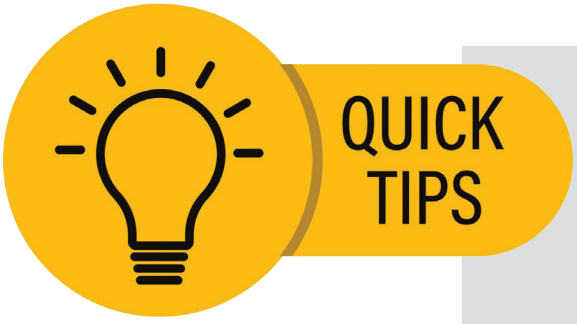
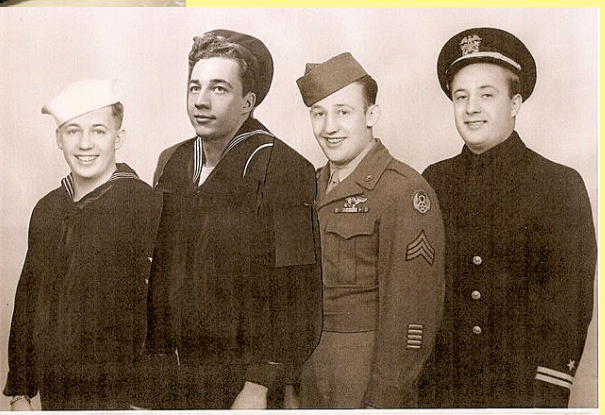
1967's 8th grade graduates - the priests are Father Keene & Moran

- Front Row:** Dave Cromwell, Michelle Saxbury, Marie Prim, Vince Ricci
2nd Row: Butch Verlanic, Sandy Smith
3rd Row: Dave Parisi, Sandra Angle, Georgia Haerr
4th Row: Monty Martin, Lynn Hampson, Robin Blanc, Dianna Hovevar, Bill O Connor
5th Row: Chris Johnson, Carl Rusk, Mary Regele, Debra Nash, Tim Proffitt, Sam Lopez



Grover Fleming owned Fleming Grocery downtown (I'm not sure of the location).

Grover and Jeannette Fleming had four sons, Pat, Mike, Jack and Jim. They opened Fleming Brothers Grocery on the corner of G and Park Streets, where the Town Pump is now. All four brothers married and stayed in Livingston - raising their children here.

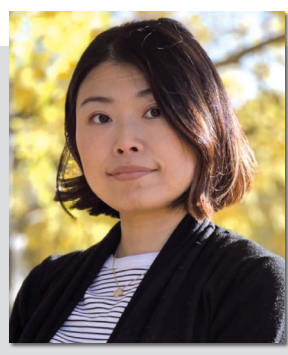


Insurance Tips

with Yan Douma

Medicare Part D Five Biggest Changes in 2025

- 1.Many plans are merging or ending.** Millions of members' plans are being discontinued or merging with another plan in 2025. Especially, for people under Silver Script, AARP and Mutual of Omaha. Check your annual notice of change (ANOC) to consider alternative plans during Medicare annual open enrollment.
- 2.Premiums have no rhyme or reason.** Wellcare's value script Prescription plan cost \$0/month, but Humana's same level plan cost \$41/month. Blue Rx standard is \$51/month. Please check the formulary and copays under each carrier to find the best plan for you.
- 3.New \$2000 out of pocket Cap.** Part of the Inflation Reduction Act, Out-of-pocket costs for part D are now capped at \$2000 for the 2025 plan year. That means once you have spent a total of \$2000 in 2025 on



Yan Douma

Owner and Licensed Insurance broker of Quesenberry Insurance Agency. She specializing in all kinds of Medicare-related insurance policies. Yan has been in this field for nine years and helped many local people find affordable options that meet their needs. Stop by for a visit at 1313 W. Park St., Livingston.

- covered medications, you are done paying and the plan covers 100%.
- 4.No more donut hole (coverage gap).** The Medicare part D donut hole aka Coverage gap will go away after 2024. You do not have 25% co-insurance to pay when you are in the coverage gap in 2025, once you reach \$2000, insurance will cover 100% for all covered medications.
 - 5. A payment plan for prescriptions.** In 2025, a new payment plan option is available to anyone who enrolled in Medicare part D or Medicare advantage plan. Instead of paying at the pharmacy, you can choose to pay monthly throughout the year. The pharmacy bills your provider in full and you pay your drug plan. You can receive a monthly bill based on the cost of the medications plus balance from previous months. There is no interests or fee, you can opt in and out anytime of the plan year.

The CHICO SALOON

Chico Hot Springs Resort
406-333-4933
www.chicohotsprings.com
163 Chico Road, Pray, Montana
Music starts at 9pm until 1am, unless otherwise noted

| | |
|-------------------------------------------------------|----------------------------------------------------------------|
| Nov 22 nd - Nov 23 rd (Fri-Sat) | SHAKEDOWN COUNTRY Country Dance Band |
| Nov 29 th - Nov 30 th (Fri-Sat) | UNDER THE BLEACHERS Rock & Roll |
| Dec 6 th - Dec 7 th (Fri-Sat) | IAN THOMAS & THE BAND OF DRIFTERS Western Americana |
| Dec 13 th - Dec 14 th (Fri-Sat) | COYOTE BROTHERS Boogie Blues & Surf Rock |
| Dec 15 th (Sun) | THE PICKIN' PEAR Folk 'n' Roll |
| Dec 20 th - Dec 21 st (Fri-Sat) | THE DIRTY SHAME Outlaw Country |
| Dec 27 th - Dec 28 th (Fri-Sat) | ROADRUNNER Jerry Garcia Band Tribute |
| Dec 29 th (Sun) | BRIAN KASSAY Solo |
| December 31 st (Tues) | New Years Eve THE DIRTY SHAME Outlaw Country |
| January 3 rd - 4 th (Fri-Sat) | JACKSON HOLTE & THE HIGHWAY PATROL Rock & Roll |

Election

from page 2

would require open primaries for state offices and U.S. legislative offices in which candidates of all parties appear on the same ballot, with the top four vote recipients advancing to the general election, was supported in Park County 51% (5,837) to 49% (5,587), yet was struck down at the statewide level—51.4% of participating Montanan's voted against the initiative. Conversely, constitutional amendment 127,

which would require a majority vote, instead of a plurality, for candidates to win elections, was struck down by Park County residents and Montanans alike—58% and 61%, respectively.

The controversial subject of abortion was put to vote at the state level after federal legislation Roe v. Wade was overturned by the United States Supreme Court in 2022. Statewide petitioning efforts organized via grassroots movements sought to legalize abortion in Montana through constitutional amendment 128, which was passed by Montanans at a rate of nearly 57 percent. Park County residents followed suit, surpassing the statewide margin by seven percentage points. Of all elections and ballot issues in Park County, C-128 received the largest number of total votes at 11,278, 64 percent (7,174) of which were in favor of legalizing abortion, whereas 36 percent (4,104) were against.

The Park County Community Journal would like to thank all of those who participated in the general election and continuously encourage all citizens to vote in any upcoming local, state and federal-level elections.

JOIN US! MEDICARE 101

Where:
Livingston Park Co. Library
228 W. Callender St.

When:
November 8th @ 3:00pm
November 23rd @ 1:00pm
December 3rd @ 4:00pm

It's Open Enrollment - learn about the basics of Medicare and have all your questions answered at this *free educational seminar* - Open to all

Medicare made simple.

406-213-8600 WWW.AENOBLEASSOCIATES.COM

Presented by: Tony Noble

SUICIDE PREVENTION

CRISIS TEXT LINE |
Text MT to 741-741
A free, 24/7 text line for people in crisis.

NATIONAL SUICIDE PREVENTION LIFELINE
IN MT, JUST DIAL 988
suicidepreventionlifeline.org

CANINE CORNER



by: **Kylie Purcell**

Kylie has been actively training Livingstons dogs since 2009. She began teaching dog obedience with the late, great Jo Sykes, and the rest is history!

Montana Dog Company is proud to offer retail, 24-hour self dog wash, dog training, and so much more. Kylie has competed with North American Dog Agility Council for over 25 years and with many different breeds of dogs. Even though training is her passion, she enjoys the outdoors with her husband, toddler, and baby boy. Livingston is her home and she is here to work for you and your pup! Contact her today!

Q. I have a three-month-old dog that occasionally barks. According to my neighbor, I have to get a shock collar for it. Do you have any tips?

A: Congrats and welcome to the trenches of puppyhood. That's nice of your neighbor to offer training advice, however, for pups at that age—it is not recommended to use any e-collar or shock collar methods.

These collars are effective once the foundation of commands is established. Another type of collar is an automatic bark collar. This is a collar that feels the vibration of the vocal cords and provides a correction; these can range from tone, static, citronella and more depending on the type of collar. Unfortunately, the dog usually becomes dependent on the collar and it creates a lifelong dependency. There are other training options that do not turn into a lifelong commitment.

For pups under six months, it can be very detrimental to their development and can hinder your training success by using an

e-collar or especially, before proper and effective training has been completed.

I highly recommend finding a balanced trainer, one who uses all methods, and can help you in your training journey. The balanced trainer, should your pup actually need an e-collar, can help you find the best fit for your pup. For the majority of dogs, e-collars are for temporary use and again should only be used once the foundation of the commands is established.

My personal recommendation is using a three-mode collar. One with optional static (shock) features and for the majority of dogs, tone and vibrate is effective.

If you have any questions please feel free to contact us! Happy Puppyhood to you!

PCCJ Readers Survey

The Park County Community Journal will be conducting a feedback survey beginning Friday, November 15th. The survey, accessible using the QR code or link below, was created by Journal staff members and is designed to assess various aspects of the newspaper, including imagery and written content.

Personal information will not be collected from participants and your identity will therefore remain anonymous. The information you provide will also be kept confidential and will not be shared with others. The survey should require, on average, between 10 and 15 minutes to complete—your opinions are important to us. In order for your feedback to be included for analysis, you must complete the entire survey.

Contingent upon results, feedback provided by the community may be used to make changes to the newspaper. We ask that you please participate in the survey so that your thoughts and feelings about the newspaper are considered as

we move forward. We also ask that you encourage friends, family, and coworkers who are interested in the newspaper to participate in the survey. Our goal is to acquire as much feedback as possible.

The survey will be available until Monday, December 2nd. The QR code and link will be published in each weekly edition of the newspaper until the survey closes. Finally, please complete the survey only once.

We hope that you choose to participate and provide feedback about how we can improve the journal.

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SADDLE UP!

by Joyce Johnson

My mom learned how to ride a horse in high school back in 1935. Mom said they told her she had a good "post" which means good saddle bounce control, I think. But my tongue-in-cheek horse history started when I was 8, instigated by my skinny little rural cousin of the same age whom we all called "Boo Boo" (for big blue eyes.) She for some reason, had unsupervised free access to a neighbor's horse in Davenport, Calif. That day, she just led a big old mare out of a barn, climbed on bareback, and got me up behind her somehow. Then she took hold of her mane, kicked her to trot, and off we went. I hung onto Boo Boo, eyes popping, holding my breath (but kids have faith!) and the mare had to know there were two wild little "hoomans" on her back, so she trotted on as carefully as an old mare could. I nearly slid off her backend, however when she gathered some speed and went up a small rise. Boo Boo started to slide off the side, and was laughing! She would have gone under the horse's belly but caught hold of something, maybe my foot... but mercifully I don't remember the rest.

The other horse I remember with delight. I was in my late teens, when a friend put me on her well trained young horse, swatted it's rear and off I rode



into my first and only ever magical, flowing rhythmic, 3-beat waltz, roller coaster horse run? The canter. Equestrians out there know what I mean.

Hold your horses!

Ron just contributed to this week's column: "Ya hear about the horse that went into the bar and ordered a drink and the bartender said, 'hey, why the long face?'" [sigh.] I once did a slow trail ride up Pine Creek with a guide and two friends from work on a meandering path far from the road, which ended in a little clearing in a grove of trees at the top, where there was a picnic table. We ate our bagged lunches there. It was to me like time travel for a few hours; that connection to our ancestors who on horses admired the same scenes that we were gazing at from our horses. Montanans treasure the pristine landscapes and traditions that have changed very little here, if at all, and are well known here for persistent protection and preservation of the land, and rivers.

Back to the near present: I attended a horse "party," some years ago, in the arena



(Horse is) Former Livingston's Jessica Sutherland's 6 year old wild mustang, "Dixie" rehomed to Butte, from the Warm Springs HMA, in Oregon.

at Doc Ava's **Paradise Valley Equine**, on E. River Rd., to write about the event for the PCCJ. Afterwards I was asked if I wanted a short ride. I said, "Sure!" I looked at the beautiful, tall horse... and actually felt a twinge of fear. [Wha?] But a video taken however showed me sitting tall, straight, proud & fearless. Mom would have smiled. Truth is I think we all look good up high on those elegant creatures. Their power and nobility flows into us? Brave yes, but I am not 8 anymore y'all. Bruises and breaks heal slower. Anyway just a long way down if I fell off okay!? People say I'm transparent. The kind horse owner put a helmet on me, and led me around slowly, like a kid on

a pony, which I thought was odd. Ya think she knew?

I just got word from Doc Ava of the Equine Center that last Saturday's fun/and fund-raising Arts and Craft, small business Market, Kid's Petting Farm, Old Faithful hot dogs, crisp gorgeous weather, drew just a huge attendance of truly caring, attentive and extended community, (and several

horses looking on) was a great success. Thank you to all who helped and set up and came to buy stuff. Keep in touch. Don't miss the next one the Doc is planning for the Spring.

I adore horses. I think they are incomparably the most elegant and noble creatures, evolved to perfection, that we have the privilege to share the earth with, [along with dogs! and well, all life really.] But my heart swells and eyes sting when I watch a horse just trot around a corral. I confess I would much rather watch, hug, brush, pet, draw/paint, talk to, or just look into the soulful eyes of a horse... than sit on him, but I know their faithful service and partnership with us is ancient, and impressive way beyond their noble beauty and power.

The essence of the Universe is Freedom I heard, a stunning thought, so to see footage or sometimes witness rider-less horses running for all their worth along the seashore, full of instinctual joy of life, mane and tail flying in the charged wind, is to know *they know*, and to feel their soul at one with mine. I once witnessed and felt that same way watching two valley horses in full gallop racing across ranch land, stimulated by the charged air of an approaching thunder storm. I must sum this up:

"Saddle up" all you brave and noble Souls, for the epic ride before us is the last, but only goal; to rescue life, and restore the tried but true; build new strength, loving care for self, and each other, our country and the world. And, Park County, Montana can show em how it's done.



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Fruit and Veggie Humor



Q: What do you call an apple that plays the trumpet?

A: A tooty fruity!

Q: What is King Kong's favorite food?

A: Ape-ricots

Q: Why did the banana go to the doctor?

A: Because it wasn't peeling well

Q: What kind of vegetable is jealous?

A: A green bean

Q: Why did the people dance to the vegetable band?

A: Because it had a good beet

Q: Why do cabbages win at races?

A: Because they know how to get a-head!



Q: What vegetable might you find in your basement?

A: Cellar-y

Q: Why is it not wise to tell secrets in a cornfield?

A: There are too many ears!

Q: What is a chicken's favorite kind of vegetable?

A: An egg-plant

Q: Which vegetable can't you take on a boat?

A: Leeks

Q: Why does Ms. Mushroom go out with Mr. Mushroom?

A: Because he is a fungi (fun guy)!

Q: What do you get when two peas fight?

A: Black-eyed peas

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ESSENTIAL OIL SPOTLIGHT: ESSENTIAL OILS & EMOTIONS

Your sense of smell is perhaps your most primal sense and exerts surprising influence over your thoughts, emotions, moods, memories, and behaviors. Scents are experienced long before words are processed.

A whiff of scent as you walk past someone on the street immediately reminds you of your high school boyfriend because he wore the same cologne. You have a rush of fond emotions as you smell his cologne and think of him. It happens instantly—that is because the scent data is sent to the limbic system of the brain, including both the hippocampus and the amygdala. This region of the brain is intricately involved with learning, memory, and feelings. So, in a way, our sense of smell takes us on a journey weaving in and out of your memories and invoking the emotional responses of those memories. When you inhale a scent even if you cannot “smell” it, the scent molecules are transmitted to the limbic system of the brain and can have a powerful influence over how you think, feel, and behave. Aromatherapy allows you to harness the olfactory power of plants for healing, or simply to enhance your state of well-being.

The limbic system is a hard-working region of the brain. Some specific limbic system functions include emotional regulation and controlling aggressive behavior, pain and pleasure responses, controlling the autonomic nervous system, responding to sensory data

(especially scent information). The hippocampus is part of the limbic system and is strongly connected to learning and memory. It is involved in processing scent data and linking the scents to specific memories.

A recent study revealed that humans can distinguish more than one trillion sensory stimuli. There is more current evidence that humans actually produce pheromones and as such, we can actually smell fear or disgust. The sense of scent, even if we cannot actually “smell” the fragrance, is very powerful.

Humans have used essential oils for thousands of years for a variety of reasons. From religious ceremonies to treating ailments to beauty, many cultures have tapped into the power of nature.

In more recent years, there has been a great deal of research into emotions and essential oils as well as how essential oils affect cognitive function and activity. Researchers have actually mapped out the regions of the brain that “light up” when subjects smelled a



variety of essential oils. This study also recorded statistically significant effects of essential oils on thinking, mood, and the ways we handle stress. (Sowndhararajan, 2016).

A 2014 study with 58 hospice patients showed some interesting inferences (<https://www.ncbi.nlm.nih.gov/pubmed/18753801>). A group of terminal cancer hospice patients each received hand massages daily for one week with an essential oil blend of bergamot, frankincense, and lavender in 1.5% dilution with sweet almond oil. The essential oil blend consisted of these essential oils in equal ratios. All patients who received the aromatherapy hand massage reported less pain and depression which may indicate that hand massages with this specific essential oil blend is more effective for pain and depression management than massage alone.

A 2011 study conducted in Taiwan wanted to know about how essential oils might affect feelings of worry (<https://www.ncbi.nlm.nih.gov/pubmed/21584196>). Researchers selected elementary school teachers as their subject, who are known to work under significant stress. They had the teachers inhale bergamot essential oil as the method of delivery. The research concentrated on physiological stress signals that are easy to collect and objective to interpret. They found that even a 10-minute-long

weekly inhalation of aromatherapy using bergamot essential oil resulted in a statistically significant decrease in both blood pressure and heart rate, and moved autonomic nervous functions toward a balanced state.

Overall, a significant amount of research surrounding essential oils and emotions have demonstrated scientifically that essential oils can be an especially beneficial tool in helping: to treat pain, improve sleep, stabilize mood, relieve nausea, decrease stress, improve memory and focus, and increase energy. When you smell essential oils, your body can respond in a variety of

ways... releasing endorphins (helps in relaxing), serotonin (helps in calming), noradrenaline (a stimulant)... this means that inhaling essential oils can help you relax, calm down, get energized. Oils can be used for multiple issues or situation and may be used in conjunction with other oils to address concerns.

One last thought. Essential oils do not affect everyone in the same way or to the same degree. Some people are more sensitive to specific compounds physically. And there is research out there about how our belief or expectation surrounding the use of essential oils can and does impact how well they perform for us. So, if you try one oil that commonly works to help with sleep—yet it doesn’t work for you, don’t lose faith or hope! Just like one allergy prescription medication may not work and you may have to try another, you may have to try another oil. But, the patience with the process is worth it in the end when you find a natural solution that is highly effectively, incredibly safe, and more cost effective.

There are so many tools out there designed to help us manage our emotions, decrease our stress, improve our sleep and so forth. Each person will have their own journey to resolving their issues and will potentially have to experiment with a variety of tools to find those best suited to them. Essential oils are fantastic tools to have in the toolbox, so it is my hope that you will enjoy a little aromatherapy soon!

If you have questions, would like to learn more about essential oils, would like to try a sample of doTERRA essential oil, would like to be scanned, or I can help in any other way, please don’t hesitate to contact me. I would love to be a part of your introduction to essential oils or help you in your essential oil journey.

Shannon Kirby
doTERRA Wellness Advocate
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Elk River Arts & Lectures Announces Lara Prindiville as Executive Director

Elk River Arts & Lectures (ERAL) announces that Laura Prindiville will be joining the organization as Executive Director beginning Dec. 4, 2024.

Prindiville comes to ERAL with nearly 25 years of experience in the Southwest Montana nonprofit community developing programs, raising funds, creating awareness, and engaging communities. She has worked for a wide-range of organizations from health and human services to conservation and education, including the Children's Museum of Bozeman, Hopa Mountain, the Gallatin Valley Land Trust, and many others. But she always hoped that her career would take her back to her first true love, the arts. An avid reader and writer, she believes in the power of writing, reading, art, and literature, and the importance of being in conversation.

"We are living in a time of incredible cynicism and divisiveness," Prindiville says. "It is more important than ever that we invest in the things that challenge our assumptions, facilitate dialogue, and encourage new ways of thinking. I can think of no better way to do this than through organizations like Elk River Arts & Lectures."

Prindiville will be replacing outgoing director Amy Zanoni, who in her three-year tenure greatly expanded ERAL's programming, including the formation of the Livingston Literaries, a group for young readers and writers, and launching the popular Storytelling Night, a twice-yearly celebration of the oral tradition (in fact, our next Storytelling Night is



this Friday, Nov. 15th at the Elks Lodge at 8 pm.)

"I'm very proud of the vibrancy and consistency we've helped bring to our literary arts programming these past three years, in collaboration with so many educators and organizations," Zanoni says. "During my time as ERAL's

director, I've had the great honor to watch world-class authors share their experiences and perspectives and in doing so, open up new pathways of thought in the minds of local students; to see dozens of young people's hands shoot up into the air when local poets ask for volunteers to read the poems they've written; to witness local teens beam with pride at seeing their stories on the pages of the literary magazine they helped create; to sit among community members of all ages as they share snippets of poems and parts of their lives at the Park County Senior Center writing workshops. I look forward to seeing how ERAL's impact—and literary Livingston—continues to evolve under Laura's leadership and with the ongoing support of this literary loving community."

Elk River Arts & Lectures is a 501c3 organization that was founded in 2013 to cultivate and celebrate the literary arts in Park County, Montana through community and classroom programming. Projects include the Lecture Series, summer Writers Workshop, and Poetry in the Classroom, and more.

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sweet potatoes, green beans,
roll, pumpkin pie

“Enjoying the Journey”

by Lois Olmstead

In my last article, I told you that November is my favorite month of the year. I have a lot of thankfulness to spread around. It has been one of my Thanksgiving resolutions. You will have to read my last article to understand that subject.

I have some other November memories to share. You know cooking is not my favorite thing. One time I told He-Who-Took-Long-Steps, “Look at Martha in the Bible. She got in trouble for spending too much time in her kitchen.” He just laughed.

Sometimes I do like to cook. I have had my share of disasters with turkeys; you have read about them. Like the turkey I did for the Community Christmas Dinner. I was worried



about it not getting done and me poisoning the people. So, I got up before dawn to put the bird in my new roaster oven thing. Then back to bed. I slept in. When I took off the lid to check on it, it looked like shrunken scorched barnyard chicken!

Joe Colvin, who was in charge of the kitchen can testify to that. I drove into town to show him, so he’d know I’d tried. He laughs about it still. I helped serve after that.

Being the age I am, there have been many Thanksgiving dinners, so I have learned from my mistakes. One turkey was not even a Thanksgiving one. Our church ladies were taking a meal to a family and I volunteered to roast the turkey. I had gone to bed, thinking about my plans for the next day. I woke up in the night. “Yikes!” I said, He-Who sat straight up in bed. “Turkeys are frozen!” He didn’t catch on. “Turkeys are frozen!” I repeated. He went back to sleep.

The next morning, I was at the Colstrip IGA when they opened.

I raced home. The microwave was out. There was no way I could smush the frozen turkey into it. (I tried.) I filled the bathtub with cold water. I wanted to use hot, but I didn’t want to poison the family. At 2:00 o’clock the bathing turkey was mostly thawed. I prayed over him again. After all, this was a religious mission. I still had to get the giblet things out for the dressing. I tried everything. The icy giblets would not come out.

I was desperate. I went out to He-Who’s shop. I found a tool that had a hooky thing on it. I poured boiling water on it. (Not to sanitize it, I hadn’t thought of that. I figured being hot it might slide in better.) I pried and pulled and yanked. Out the giblets flew! I boiled them on high. Then I did what you do to turkeys and put him in the oven.

At six, I called the family and explained I’d be a little late. At seven, I took the bird out of the oven. I had a fit of giggles when I took the lid off the pan. The little red thermometer thing was out. The turkey was

a golden brown and done. But in my haste to get him in the oven, I had forgotten to tie his legs and wings down.

There he lay, in golden splendor with hands and feet spread wide. He looked as desperate as I felt. I tied him up so the family wouldn’t be frightened when they saw him looking like that.

I didn’t sleep much that night. I was praying for the turkey and the family. I called the first thing in the morning. They were still alive. There you have it! God had answered my prayers.

If you have a Thanksgiving turkey story, email it to me, (loistimeout@gmail.com). We’ll print as many as we can.

I trust God will fill your heart with gratitude this Thanksgiving season. Jesus said, “I am come that you might have life, and that life more abundant.” (John 10.10, this week’s Bible verse) Let us thank Him for all the days we didn’t think we would make it through, but we did. . . with His grace and mercy.



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Reverend Daniel Merz
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27 Merrill Lane, Livingston
Pastor Darryl Brunson
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406-224-1774 • expeditionmt.org

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202 East Lewis St., Livingston
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406-222-1603 • fbclivingston.org

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318 Main Street, Gardiner
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Livingston Christian Center
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Pastor Dave Brakke
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Livingston Church Of God
101 South O Street, Livingston
Pastor Ed Parrent
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Pastor Paul Stern
Sunday worship 10:15 am
406-222-3372 • stpaulslivingston.org

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

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

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

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

If you would like your Church & Leaders to be included on this page, please contact us at pccjournal.com

Meet Our Leaders

MOUNTAIN SPRINGS BAPTIST CHURCH



626 North 13th Street • Livingston, MT 59047
406-201-5371 • mountainspringsbaptist.com



Pastor
Justin Sutherland & Wife Keller
with Their Daughter & Three Boys

Justin Sutherland was born and raised in Honea Path, SC. After serving nine years as a South Carolina State Trooper he surrendered to the call to ministry. In 2018, Justin began ministry as the Outreach and Missions Pastor at Temple Baptist Church in Anderson, SC. Justin, his wife, Keller, daughter and three boys accepted the call in April 2022 to serve as Pastor at Mountain Springs Baptist Church. Justin and Keller have a great burden to see people come to know and love Jesus.
We believe the Holy Scriptures of



the Old and New Testament to be the verbally and plenary inspired Word of God. The Scriptures are inerrant, infallible and God-breathed, and therefore are the final authority for faith and life.

The sixty-six books of the Old and New Testament are the complete and divine revelation of God to man. We believe that the Authorized Version – King James Bible is the preserved, infallible Word of God for the English speaking people.

2 Timothy 2:16-17; 2 Peter 1:20-21; Psalm 12:6-7



Mondays

WEEKLY GAME OF UNO at the Park County Senior Center, 206 S. Main St., Livingston on Mondays at 1 pm. Free for members, \$5 per game non-members.

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

Tuesdays

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

Wednesdays

BINGO NIGHT IS BACK AT THE OFFICE The Office Lounge at 128 S. Main Street is hosting Bingo, 6:30-9:30 pm.

FAMILY KARAOKE NIGHT 49er Diner at 404 E. Park Street is hosting Family Karaoke night from 6-8 pm. For more information call 406-222-8204.

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

Mondays-Fridays

DAILY COFFEE WITH FRIENDS! Open to all ages 9:15 am to 12:15 pm. Free. Park County Senior Center, 206 S. Main St., Livingston. ParkCountySeniorCenter.org

November 16 - AAUW MEETING The Park County Branch of the American Association of University Women (AAUW) will hold its next meeting at 9 am at WarmStone Fireplaces and Design at 116 B St. in Livingston. Current members and interested community members are invited to attend.

November 17 - CHARCUTERIE CLASS - This is a fun hands-on class perfect for a group of friends or family members. \$15 per person includes instruction, materials for building a charcuteries board, water, ice cream and light snack. Class is at LuLu's Montana Market in Livingston, 5237 US 89 South at 4 pm. RSVP to park@montana.edu.

November 22 - HOLIDAY ART WALK - Art walk in downtown Livingston from 6-8 pm. Participating businesses and galleries will be open late with artist receptions, specials & treats.

November 23 - CRAFT SUPPLY SWAP! Connecting our community of artists, crafters, and makers with unused supplies. Do you have stashes of art and craft supplies that go unused? Try something new and trade materials! Free, open to all. Drop off your supplies to the Livingston Center for Art and Culture during the week of the swap. Satellite drop-off sites in Clyde Park and Gardiner so you only need to make one trip. Then, attend the swap: at the Livingston Center for Art and Culture at 119 S. Main Street. Full event info: <https://sites.google.com/view/communityswap/>

November 23 - MEDICARE 101 - It's open enrollment - learn about the basics of Medicare and have all your questions answered at the free educational seminar, open to all. Livingston Park County Library, 228 W. Callender, 3 pm. For more information call 406-213-8600.

November 23 - BIG KITTY FIX - Park County Fairgrounds, 46 View Vista Dr., Livingston, call 406-222-2134 or email spayneuterlivingston@gmail.com to make an appointment.

November 30 - LIGHT UP LIVINGSTON, All are welcome for the 3rd Annual Light Up Livingston event at Depot Park and after the tree lighting the celebration moves to downtown Livingston from 4-7 pm. Too many wonderful things to mention, so please visit <https://www.explorelivingstonmt.com/lightuplivingston> for much more information.

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

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

November 30 - REDNECK CHRISTMAS PARADE - in Clyde Park at 6 pm. Bring your rig, decorated in lights. Meet at the high school parking lot 5:30 pm to be ready to roll by 6 pm. There are three classes, farm tractor, lawn tractor & open class: semi, side by sides, trucks, cars, etc. Food vendors will be there.

December 1 - CLYDE PARK CHRISTMAS FAIR - Vendors both inside and outside of the Community hall from noon to 4 pm. Family fun things to do including; seeing the Grinch, Abominable snowman, balloon twisters, face painting, and Elf on the Shelf scavenger hunt. Shields Valley FFA Kids will be selling trees, and a silent auction.

December 1 - THE FESTIVAL OF TREES - The Festival of Trees in Wilsall will be at the dance hall, 105 Clark St. from 4-6 pm.

December 3 - MEDICARE 101 - It's open enrollment - learn about the basics of Medicare and have all your questions answered at the free educational seminar, open to all. Livingston Park County Library, 228 W. Callender, 3 pm. For more info call 406-213-8600.

December 4 - TREE OF LIFE - Livingston HealthCare Hospice invites you to the 35th Annual Tree of Life Ceremony at 5:30 pm at the Livingston Depot Center, 217 E. Park Street.

December 5 - GARDINER STROLL/HOLIDAY EVENT - The Stroll sponsored by the Chamber of Commerce is from 5:30-7:30 pm. A craft fair at the Yellowstone Raft Company white tent on Park St. from 4-8 pm. Live music & lots of family activities throughout the evening. The Last Best Comedy Improv Show at the Gardiner school at 8 pm.

December 6 - CHRISTMAS STROLL - Downtown Livingston, from 4 - 8 pm. Santa arrives at 4:30 pm, most stores are open late with specials and treats, passport locations in town for prizes, wagon rides, characters in town for pictures, Santa at the Livingston Home Outfitters with gift bags for kids, Frosty at the Lyons Mane Salon and fire pits for warming on Main Street.

SHOP SMALL BUSINESS SATURDAY!

PRESENTED BY
LIVINGSTON TOURISM BUSINESS IMPROVEMENT DISTRICT

LIGHT UP LIVINGSTON

NOV. 30

4 - 7 PM

Depot Park

210 W. PARK ST. | LIVINGSTON, MT

FESTIVE FUN
FOR THE WHOLE FAMILY!

Daytime Downtown Small Business Saturday Adult Passport & Prizes
Candy Cane Hunt | Hayrides | Give-Aways
FREE Kids' Activities | Photos w/ Santa, Elsa & Rudolph Warming
Food, Hot Drinks & Adult Beverages

5:30: CHRISTMAS TREE LIGHTING CEREMONY

A BOY AND HIS PUPPY



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

CLASSIFIEDS

FOR SALE

Double-sized sofa bed, like new, \$100/OBO. 406-222-4636

HELP WANTED

2024-2025 Vacancies
Arrowhead School District #75
• **2 Elem Teaching Positions** (1 with P endorsement preferred)
• **Music and Art Teacher** Salary D.O.E., health, dental, and/or vision, certified staff shall be given full step credit on the salary schedule for up to (10) years teaching experience.
• **Paraprofessional** Monday-Thursday some Fridays, \$18/hour, health, dental, and/or vision
• **High Needs Paraprofessional** Monday-Thursday some Fridays, Hourly Wage D.O.E., health, dental, and/or vision
• **Bus Driver**
• **After School Coordinator**
• **After School Assistant**
More details and Applications for all vacancies may be picked up at the Arrowhead Elementary School in Pray, or visit our district website at: Arrowheadk8.com. Questions please reach out to Johanna Osborn, Principal 406-333-4359 or josborn@arrowheadk8.org.

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

Non Emergency Medical Transport Driver

Careway Shuttles is looking for individuals to drive wheel chair capable minivans. Full-time, part-time, and

weekend positions. Call 406-206-0888 or email carewayshuttles@gmail.com to apply or request a ride! Like us on Facebook @ Careway Shuttles!

Come Join Our Kenyon Noble Team!



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

School Bus Driver – Arrowhead School is looking for an individual who will be responsible for transporting students safely to and from school. Personal characteristics should include sound judgment, responsibility, calm, self-assured, and likes working with children. Hours are four hours per day, mornings and afternoons, Monday – Thursday with occasional Friday's. Wages start at \$35 per hour. Other requirements include: MT Commercial Driver's License (CDL) with an School Bus "S" and Passenger "P" endorsement, ability to lift 50 pounds, first aid/ CPR, current medical exam, must complete State of Montana annual bus driver training, regular drug testing, driving record release. For more detailed information and job applications go to: <https://www.arrowheadk8.com/job-openings>.

The Gardiner Public School is searching for an assistant elementary girls basketball coach. Qualified applicants will assist the head coach during practice and games, and have a sound knowledge of the game. The season is Monday, Oct 21st - Dec 14th. Please contact Carmen at the Gardiner School (406) 848-7563, or carmen@gardiner.org.

Sport and Facility Recreation Aide
Job Description:
The City of Livingston, Montana is seeking a highly motivated

individual to perform the role of Sport and Facility Recreation Aide. This is a part-time position that assists in the coordination and delivery of various recreational activities, programs, and events. This position involves working closely with participants, ensuring safety and the smooth operation of sports leagues, camps, and events during evening and weekend hours.

To apply, please send resume and cover letter via email to Maggie Tarr, Recreation Director at mtarr@LivingstonMontana.org or by mail/in person to City of Livingston, Attn: HR, 220 E. Park St, Livingston, MT 59047
Work Location: In person at 229 River Dr, Livingston, MT and other parks & sports fields in Livingston, MT
Shifts: Evenings and Weekends

Qualifications for Success:

- Ability to work well and communicate effectively with the public, coworkers, and managers.
- Must have high attention to detail with accuracy.
- Assists in the setup, breakdown, and supervision of sports and recreation programs, including leagues, tournaments, camps, and special events.
- Monitors recreational facilities and playing fields to ensure participant safety and facility cleanliness.
- Provides support to coaches, referees, and program coordinators by helping with equipment, participant check-ins, and scoring/timing.
- Assists with participant registration, answering questions, and providing general customer service.
- Enforces facility rules, ensuring a positive and inclusive environment for all attendees.
- Performs light maintenance tasks, such as setting up equipment, ensuring the cleanliness of the facility, and reporting any hazards or damages.
- Provides first aid when necessary and respond appropriately to emergencies following department protocols.
- Fosters a welcoming atmosphere, ensuring positive interactions between staff, participants, and spectators.
- Performs other duties as assigned to assist with the operations for the Recreation Department.

Windrider Transit Relief Bus Driver - Park County is seeking a Transit Relief Bus Driver to join the Windrider Transit team. This part-time position (10-15 hours/week) involves safely operating buses, providing excellent customer service to passengers, and ensuring compliance with safety regulations. Ideal for those who enjoy interacting with diverse

community members. Candidates must have a valid Montana Driver's license and will be subject to comprehensive drug testing. Join us in serving the community with friendly, reliable transportation services! This job will be open until filled with priority given to applications received by July 2, 2024. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Registered Sanitarian - Become a vital part of the Park County Health Department Team as a Registered Sanitarian! Under the guidance of the Health Department Director, you'll play a crucial role in safeguarding public health and the environment. From conducting compliance inspections to responding to emergencies, we're looking for someone who can apply their expertise in regulatory oversight and meticulous attention to detail. If you're a Montana Registered Sanitarian with a passion for environmental protection and public health, apply now to make a difference in your community! This position will be open until filled.. To apply go online to: <https://jobs.parkcounty.org/jobs>.

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

Road Operator
Are you looking for a hands-on career where every day brings new challenges and the chance to make a real impact in your community? Join the Park County Road Department as an Operator! You'll work year-round with a dedicated team, operating heavy equipment to maintain and improve our local roads. Whether you already have a CDL or are ready to take the next step, we've got you covered. No CDL? No problem! We provide full training for the right candidate, helping you earn your CDL within 6 months. We're seeking candidates with a clean driving record who are eager

to learn and contribute. In addition to competitive pay and benefits, you'll gain valuable experience and skills that will set you up for long-term success. To apply go online to: <https://jobs.parkcounty.org/jobs>.

Angel Line Relief Bus Driver - Join our dynamic team as a Relief Driver with Angel Line Transit at Park County, where you'll have the rewarding opportunity to make a real difference in the lives of our community's seniors and individuals with disabilities. As a key part of our Angel Line service, you'll provide safe, dependable, and friendly door-to-door transportation, ensuring our passengers maintain their independence and mobility. This flexible role offers a unique chance to step in and support our full-time drivers during their absences, making every shift an important one. If you're looking for a fulfilling role with occasional hours and the chance to give back to your community, this is the perfect opportunity! Apply now—this position will remain open until filled.

Detention Officer -- Are You Trustworthy, Self-Motivated and Punctual? The Park County Sheriff's Office is looking for two new full time team members interested in a career in a law enforcement capacity with our Detention Center. Take pride in performing excellent public service to your community thru providing inmate care. Be formally trained in integral aspects of your field such as PPCT- pressure point control tactics, tactical handcuffing and CIT- Crisis Intervention Training. To apply go online to: <https://jobs.parkcounty.org/jobs>.

911 Communications Officer - Do you enjoy serving your community? The City of Livingston, Montana, is hiring full-time 911 Communications Officers. These officers will be responsible for performing dispatch duties for first responders throughout Park County, Montana. To be considered, your submission must include the following:
• Fully completed and signed Fillable 911 Communications Application and Release form
• Updated Resume
• Cover Letter expressing your interest in the position
Submit ALL documents simultaneously via email, in person, or by USPS mail to HR@livingstonmontana.org or to City of Livingston, Attn: HR, 220 E. Park St, Livingston, MT 59047.



If you are in crisis and want help, call the Montana **Suicide Prevention Lifeline**, 24/7: **NOW DIAL 988**
Much more than just a switch to an easier-to-remember number, it represents a holistic revision of the State's suicide prevention and mental health crisis-management system.
Please feel free to download any of the programs and resources on our website:
Dphhs.mt.gov/SuicidePrevention/suicideresources
SuicidePreventionLifeline.org
Dept. of MT DPHHS
MONTANA'S DEPT. OF PUBLIC HEALTH & HUMAN SERVICES

ANNOUNCEMENT

ANNOUNCEMENT

Seeking former BURLINGTON NORTHERN RAILROAD WORKERS who worked in the Livingston area between 1949-1989. Please contact Deborah Marlin at 406-752-5566.

FOR SALE

FOR SALE

FREE

Yamaha Baby Grand Piano GC1 model The dimension is "161cm by 149cm". Email: christhause@outlook.com



SERVICES

SERVICES

Harmony
Cleaning & Organizing Services

Free Estimates
20% OFF
1ST CLEANING

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970-403-6192

Airbnb, Vacation Home, Residential, Business, Move-In/Move-Out, Interior Design, Consultations, Home Staging



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Your Local Real Estate Market Experts

FEATURED LISTINGS

ERALivingston.com | 406.222.8700



1218 S Grand Avenue
5 beds 2 baths | 1,664 sq ft
#394035 | \$770,000
Deb Kelly | 406-220-0801



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



1112 Pritchard NW
3 beds 1 bath | 1,104 sq ft
#397720 | \$189,000
Rachel Moore | 406-794-4971



28 W Grannis
3 beds 2 baths | 2,112 sq ft
#390575 | \$875,000
Julie Kennedy | 406-223-7753



1859 Old Yellowstone Trail S
Multi-Family | Cabins
#394796 | \$3,475,000
Tom Gierhan | 406-220-0229



**NHN Gallatin Car Park
Unit #C-15**
Commercial Sale | 277 sq ft
#395386 | \$50,000
Gillian Swanson | 406-220-4340



16 Wild Horse
3 beds 2 baths | 2,016 sq ft
#390156 | \$1,400,000
Tammy Berendts | 406-220-0159



NHN High Ground Avenue
Land Listing | 0.33 acres
#395419 | \$200,000
Julie Kennedy | 406-223-7753



331 S 7th Street
3 beds 1.5 baths | 1,340 sq ft
#394563 | \$595,000
Ernie Meador | 406-220-0231



27 Royal Wulff
3 beds 2.5 baths | 2,668 sq ft
#390722 | \$1,794,000
Gillian Swanson | 406-220-4340



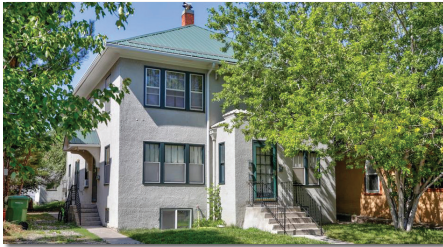
225 S Main Street
Commercial Sale | 1,380 sq ft
#394188 | \$785,000
Ernie Meador | 406-220-0231



205 S 11th Street
3 beds 2 baths | 1,606 sq ft
#396962 | \$550,000
Robin Nelson | 406-600-9034



512 Miles
Commercial Sale | 4,212 sq ft
#389433 | \$495,000
Tammy Berendts | 406-220-0159



325 N 3rd Street
Multi-Family | 5+ Units
#394662 | \$829,000
Gillian Swanson | 406-220-4340



618 E 2nd Avenue
3 beds 1.5 baths | 1,439 sq ft
#397694 | \$330,000
Deb Kelly | 406-220-0801



30 S Woodard Ave, Absarokee
Commercial Sale | 2,560 sq ft
#388822 | \$223,000
Jessie Sarrazin | 406-223-5881

Meet the Team...

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

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

Deb Kelly

Sales Associate
Distinctive Properties

406-220-0801 • deb@eralivingston.com

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

"Deb went over and above our expectations in helping us with the purchase of our new home. We would highly recommend her to anyone!" —Richard Lamplugh



REALTORS® in Livingston, Bozeman, Big Sky & Ennis

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