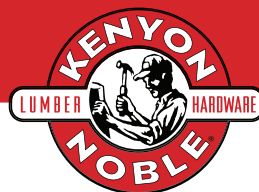




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November 21st - December 1st, 2024

Happy Thanksgiving FREE Park County Community Journal

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

Week of November 24, 2024

Yellowstone Ballet Company's *The Nutcracker* Staring Lucas Segovia of Argentina & Molly Groeschl

The Nutcracker

Don't miss Yellowstone Ballet Company's (YBC) 33rd annual *The Nutcracker*, Saturday, November 30th, at 4:30 pm and Sunday December 1st 2 pm at Bozeman's Willson Auditorium located at 404 W. Main Street.

Lucas Segovia performs the role of the Nutcracker Prince and Cavalier. Originally from Buenos Aires, Segovia joined Ballet Argentina and was quickly promoted to the rank of Principal Dancer. Segovia has also danced with Joffrey Ballet for six seasons, performing in virtually

the entire repertoire of the company as a soloist or principal dancer. He has been a part of the Washington Ballet and of Morphoses/The Wheeldon Company, directed by Christopher Wheeldon.

Joining Mr. Segovia is Bozeman native, Molly (Huempfer) Groeschl. She went on to perform professionally with Milwaukee Ballet, Colorado Ballet, Madison Ballet and as a Soloist for Ballet Tucson.

YBC's community production includes performers from Yellowstone Ballet Academy, Raison d'être Dance Project, Bozeman, Classical Ballet Company of Billings and Park Elite Sports.

Every adult ticket purchase

qualifies for a free child's ticket. Children can dress as a Nutcracker character and may be awarded a gift certificate from the Rocky Mountain Toy Company. The costume contest will occur during intermission and each participant will receive a small gift.

YBC is under the artistic direction of founder Kathleen Rakela, a recipient of the Montana Arts Council Fellowship for the Performing Arts. The innovative company has been featuring local, national, and international dance talent in Montana since 1990.

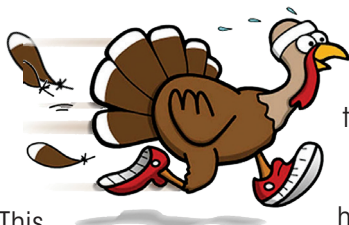
Get your tickets early. Last year's matinee was sold out. Tickets for YBC's *The Nutcracker* are available online at www.yellowstoneballet.info



[yellowstoneballet.info](http://www.yellowstoneballet.info) or with cash or check at the door.

22nd Annual Turkey Trot in Gardiner

Everyone is welcome to Gardiner on Thanksgiving Day, Thursday, November 28th at 10 am for the community Turkey Trot! This annual community event supports the Gardiner Food Pantry, so bring some non-perishable food!



Come and walk, run, push strollers, bring your pets, etc. This is a great opportunity to

begin a family tradition (or continue one) by showing community support through donations to the pantry and instilling the importance of exercise and health during the holidays to future generations.

Bring your family, and donations and meet your neighbors in Gardiner at the Yellowstone Forever building at 308 W. Park St. at 10 am on Thanksgiving morning. The event is walking, jogging,

running, or sprinting a loop or two around the triangle. Come get your exercise in before you eat that big meal!

Yellowstone Forever has graciously offered to open their building and light refreshments will be available. They ask that you please enter the building on the east side off Third Street.

Happy Thanksgiving Everyone!



50 Personalized
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Starting at \$69 Includes Red, Green or White Envelopes and Free Graphic Design!

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**Park County
Community Journal**

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

Bureau of Land Management Proposes New Plan to Manage Pryor Mountain Wild Horses

The Bureau of Land Management (BLM) Billings Field Office is preparing an Environmental Assessment (EA) that will consider several alternatives for a new



Photo Credit: Shutterstock.com

Herd Management Area Plan and 10-Year Gather Plan for the Pryor Mountain Wild Horse Range, including objectives to manage the wild horse population within an Appropriate Management Level (AML) and to manage rangelands and riparian areas to maintain a thriving natural ecological balance. The EA will also analyze a proposed change to the RMP's Management Decision Wild Horse (MD WH-7) with respect to managing genetic diversity in the Pryor Mountain Wild Horse herd.

The purpose and need of the project is to:

1. Develop a new Pryor Mountain Joint Herd Management Area Plan (HMAP) that will establish short and long-term objectives for managing both the wild horse population and the rangelands, vegetation, and riparian areas within the boundaries of the PMWHR;
2. Re-evaluate the appropriate management level (AML) to determine the number of horses that may be maintained on the PMWHR while ensuring a thriving natural ecological balance, preserving multiple use relationships, and making progress towards Standards for Rangeland Health;
3. Develop a Multi-Year Gather Plan that would allow for an initial gather and follow-up maintenance gathers to achieve and maintain AML over a period of 10 years or until policy changes occur, or the affected environment changes to an extent that the analysis is no longer valid;
4. And amend the 2015 Billings Field Office RMP MD WH-7 to be consistent with Federal laws, regulations and policy related to management of genetic diversity in wild horse populations.

The EA considers the effects of four alternatives in detail including continued implementation of the 2009 HMAP with and without gathers (Alternatives 1 and 4) and two alternatives that consider new objectives for range and population management. Alternative 2 would randomly remove horses to meet population objectives, stratified by age and sex. Alternative 3 considers herd lineage to inform removal decisions.

BLM is opening the proposed land use plan amendment for 30-day public protest to all members of the public with standing beginning November 15, 2024 and ending on December 16, 2024.

Note that protests only on the proposed land use plan amendment will be considered. After the plan amendment process is complete, BLM will begin issuing decisions on the implementation aspects of the project (HMAP, AML, and gather plan), as appropriate. These decisions are anticipated to occur sometime in 2025.

All protests must be in writing and filed with the BLM Director, either electronically via this website or as a hard copy by the close of the protest period. The only electronic protests the BLM will accept are those filed through

ePlanning. All protest letters sent to the BLM via fax or e-mail will be considered invalid unless a properly filed protest is also submitted.

See more information on filing a protest here: <https://www.blm.gov/programs/planning-and-nepa/public-participation/filing-a-plan-protest>.

If you do not have the ability to file your protest electronically, hard-copy protests

must be mailed to the following address, postmarked by the close of the protest period:

- **USPS Mail:**
BLM Director
Attention: Protest Coordinator (HQ210)
PO Box 151029
Lakewood, CO 80215
- **Overnight Mail:**
BLM Director
Attention: Protest Coordinator (HQ210)
Denver Federal Center, Bldg. 40
Lakewood, CO 80215

Before including your address, phone number, e-mail address, or other personal identifying information in your protest, be advised that your entire protest – including your personal identifying information – may be made publicly available at any time. While you can ask us in your protest to withhold from public review your personal identifying information, we cannot guarantee that we will be able to do so.

SANTA'S VILLAGE

JOIN LIVINGSTON RECREATION FOR CRAFTING WITH SANTA'S ELVES!

SATURDAY DECEMBER 14TH, 2024
LIVINGSTON CIVIC CENTER
10:00 AM - 1:00 PM
PRE-REGISTRATION REQUIRED

FOR MORE INFORMATION GO TO - [LINKER.EE/LIVINGSTONRECREATION](https://linker.ee/livingstonrecreation)

Livingston's Holiday Market

LIVINGSTON CIVIC CENTER
229 RIVER DRIVE, LIVINGSTON MT 59047

FIRST SATURDAY IN DECEMBER
9:00 AM - 4:00 PM

LuLu's Montana Market

Get Ready for the Holidays!

Shop our Montana Made collection for everyone on your list. Unwrap joy with the gift of giving.

A.Moms.Dream
Artist: Lisa Simpson

Quiver 'n Quail Creations
Artist: Jodi Mattingly

LuLu's Montana Market

5237 US HWY 89 S
Livingston, MT

Montana Made Gift Sets

FRESH CUT CHRISTMAS

Spreading Joy This Holiday Season: Community Gift Program Brings Smiles to Local Families

The holidays are fast approaching Livingston. This year, regional partners will once again unite to bring joy to children and families in need this Christmas season. Through a heartwarming community initiative, families can request child-specific gifts for youth aged 0–18, ensuring no one is left out during this special time of year.

Families in need can fill out a simple form to request gifts tailored to their children’s wishes. Once submitted, community volunteers take on the meaningful task of purchasing and wrapping the presents, creating an experience filled with care and compassion.

Adding a touch of holiday magic, local and state law enforcement officers will deliver the gifts directly to families at no cost. This personal delivery not only spreads cheer but also strengthens the bond between the community and those who serve it.

OPERATION CHRISTMAS CARING

PROVIDES PARK COUNTY FAMILIES IN NEED WITH ADDITIONAL HOLIDAY SUPPORT

- OPEN TO CHILDREN 0-18
- GIFTS ARE CHILD SPECIFIC
- FREE!

First Come First Serve, Sign up by December 10th

SCAN THE QR CODE OR CALL THE LIVINGSTON FOOD RESOURCE CENTER 406-222-5335

This incredible effort is made possible through the collaboration of several dedicated organizations, including:

- Yellowstone Boys and Girls Ranch
- Livingston Food Resource Center
- Livingston Recreation Department
- Montessori Island School
- Livingston Police Department
- Park County Sheriff's Office
- Expedition Church

Thank you to these partners and the countless volunteers who make

this program a success year after year. Together, they ensure the holidays are a time of joy, warmth, and connection for everyone in our community. Families interested in participating can access the gift request form by clicking the

QR code in this article or by calling the Livingston Food Resource Center at 406-222-5335 to help make their holidays a little brighter. Let’s continue to celebrate the season of giving and make this Christmas unforgettable for Park County youth!

CHILD FREE WITH ADULT

The Nutcracker

Nov. 30th 4:30
Dec. 1st 2:00

WILLSON AUDITORIUM
CHILD FREE WITH ADULT

Child Nutcracker costume contest during intermission! PRIZES!

YELLOWSTONEBALLET.INFO

Speaker Series

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

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.

December 4, 2024 • 7 pm
The Shane Center
YELLOWSTONE GATEWAY
MUSEUM
FOUNDATION
PARK COUNTY, MONTANA



John Lowell Wins IWM Awards

John Lowell won two awards at the Nov. 16th International Western Music Association's show in Albuquerque, 2024 Songwriter of the Year and 2024 Western Album of the Year for "Snow on the Wineglass." These prestigious honors are judged by members of the voting block and professionals in the genre.

Mr. Lowell attended the awards with his wife Joanne, and they performed his nominated Song of the Year – *A Wandering Stray*.

"I'm honored," said Mr. Lowell, from an

elk camp north of White Sulphur Springs. "This acceptance and recognition is just hard to describe, but makes me feel I'm on the right track. There were so many great nominees in these categories and I'm so grateful to have been chosen for two of these awards."

The award joins the 2022 "Western Cowboy Song of the Year" accolade from the same organization for his *Angus MacKenzie* song, a track from his previously released album *She's Leaving Cheyenne*. Mr. Lowell has also recently been named as a recipient



for the Montana Governor's Arts Award, the highest award for creative achievement given in Montana. He will pick up that medal at a ceremony December 5th in Helena. Mr. Lowell will be performing in shows

across Montana, and in Texas and Florida in the next few months.

For more information, please go to www.johnlowell.com.

SHIELDS VALLEY EVENTS

- **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 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 3 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, Silent Auction.

- **December 1st** Festival of Trees in Wilsall from 4 to 6 pm at the Dance Hall
- **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
- **December 7th** JH Girls Basketball at Twin Bridges Tournament
- **December 7th** High School Boy Basketball at Lone peak 1 pm
- **December 9th** JH/HS Winter Band and Choir Concert 7 pm

NOTICE OF RATE INCREASE AND PUBLIC HEARING 11/13/2024

- On **December 9th**, the Town Council (the Council) of the Town of Clyde Park,

Montana (the Town), will consider a Resolution of Intention to Increase the Monthly Water Rates in order to pay for the escalating costs for the repair, replacement and maintenance of the water system.

- The Town currently owns and operates a municipal water treatment and distribution system (the System) and imposes a monthly rate charge on all connections to the System (the Monthly Rate Charge). The costs of the System covered by the Monthly Rate Charge are the amount necessary to pay the costs of operating and maintaining the System, to pay the principal of and interest on any outstanding or authorized debt of the System and to establish and maintain any reserves and other debt service requirements.
- The current Monthly Rate Charge for the base rate is \$65.00 per 4,000 gallons per month. The proposed Monthly Rate

Charge for the base rate will be \$88.71 per 4,000 gallons per month.

- The reason for the proposed increase of monthly rates to System users is to pay for the increase in costs for the repair, maintenance and replacement of certain elements of the System when such is necessary.
- On **November 11, 2024**, at 7 pm at the Town Hall, the Council conducted a public hearing on the Resolution of Intention to Increase the Monthly Water Rates. Comments may be given orally at the hearing or submitted in writing to the address below before 11 am on December 7, 2024.

Further information about the proposed rate increases may be obtained by contacting the town clerk, Town of Clyde Park, P.O. Box 177, Clyde Park, Montana 59018, phone: (406) 686-4719, email: clerktreasurer@clydeparkmt.net.

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

OLD LUMBERYARD WINTER SHOW

POPUK ART SALE

DECEMBER 7TH 11AM-5PM

FEATURING LOCAL & REGIONAL ARTISTS



AJM POTTERY



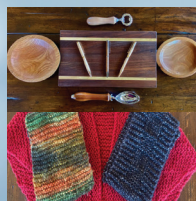
ANDREA MORGAN



ASTEA JEWELWORK



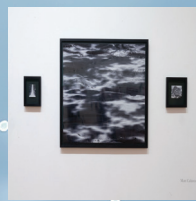
HANNAH PAULI



JOANNE BERGHOLD



K POTTER FINE ART



MATT CALARCO



MIGUEL Y Co



THE MUD SHACK



PROJECT 49



SHE.COWBOY



STACY KERSENS



OLD LUMBERYARD

122 NORTH F STREET • LIVINGSTON MT • ON IG @OldLUMBERYARD

The SWEET'N LOW -Down on Sugar

The whole “sugar is bad for you” thing is something that we’ve all heard about; some have had the hard choices made by a physician; some people have taken their own action; others still aren’t sure if they want to make those difficult changes in their diets. Naturally, with the holidays around the corner—we might opt to make *changes* after the season is over—a New Year’s Resolution, perhaps. Let’s take a balanced and fair approach to help folks decide.

What exactly is sugar? It’s a carbohydrate, as are fiber and starch. “Sugar” is an umbrella term for many types of simple carbohydrates, including white table sugar, also called sucrose, which is the most common sweetener used in sweet desserts and baked goods today. But sucrose is only one of several types of sugar naturally found in foods, including fruits, vegetables, grains, and dairy products. Other natural sugars include:

- Fructose
- Galactose
- Glucose
- Lactose
- Maltose

Should we hold the general thought that sugar is bad for you? No, sugar isn’t inherently bad. Actually, it’s necessary—the human body runs on sugar. The body processes carbohydrates from food and turns much of it into glucose. Your cells pull the glucose from the bloodstream and use it for fuel and energy. Removing natural sources of sugar and other carbohydrates from your diet, like fruits, dairy products and grains, is not a healthy choice. But you can make healthier choices as to where the sweetness in your foods comes from.

There’s a big difference between “added sugar” and naturally occurring sugar. Too much sugar is added to processed foods, such as donuts, breads, candy, sodas, fruit punch and processed fruit juices, sweet tea—and even condiments, like ketchup, salad dressings, and barbeque sauce. Many people are consuming a large amount of this “added sugar” that has no nutritional benefits. And too much of it can lead to health problems, including high blood sugar, insulin resistance, metabolic syndrome, cavities and other dental, increased triglycerides, obesity, and eventually, type 2 diabetes.

Sweeteners, like freshly juiced fruit, honey, molasses, and maple syrup, contain natural sugar and have some **nutritional benefits**. Fruit has fiber, vitamins and antioxidants. Even raw honey and maple syrup contain antioxidants and minerals, like iron, zinc, calcium and potassium.

What are sugar substitutes? These taste sweet but don’t contain sugar. They have fewer calories than sugar—some have no calories at all. Foods labeled as: “sugar-free,” “keto,” “low carb,” or “diet” often contain sugar substitutes, which fall into three categories: artificial sweeteners, sugar alcohols, and novel (natural) sweeteners. Let’s take a deeper look at these three.

Artificial Sweeteners:

Most artificial sweeteners (a.k.a., non-nutritive sweeteners) are created from chemicals in a lab. A few are made from natural substances like herbs. They can be from 200 to 1000s of times sweeter than table sugar. The usage of artificial sweeteners has significantly increased over the past decades and is expected to continue to rise. [Johns Hopkins Medicine]

These sweeteners don’t contain calories or sugar, but they also don’t have beneficial nutrients like vitamins, fiber,

minerals, or antioxidants. The U.S. Food and Drug Administration (FDA) regulates them as food additives. While in recent years, there have been many debates over whether artificial sweeteners can have negative health effects, numerous studies confirm that artificial sweeteners are generally safe in limited quantities. The Food and Drug Administration has established an acceptable daily intake (ADI) for each artificial sweetener.

Traditionally, artificial sweeteners have been the only option for people who need to monitor their blood-glucose levels or weight. Some experts believe that artificial sweeteners pose various health hazards from weight gain to cancer. Research on this is ongoing, and past studies showing



health risks were conducted on animals, not humans. [Johns Hopkins]

Examples of Artificial Sweeteners:

- Acesulfame Potassium (Sunett® and Sweet One®)
- Aspartame (NutraSweet® and Equal®)
- Neotame (Newtame®)
- Saccharin (Sweet Twin®, Sweet ‘N Low®, and Necta Sweet®)
- Sucralose (Splenda®)

Pros:

- They have little to no calories.
- They can usually replace table sugar in a variety of recipes and commercially prepared food and beverages.

Cons:

- They have higher sweetness potency and often have a sweeter mouth feel than sugar. Some of the sweeteners can be 200 to 13,000 times sweeter than standard table sugar. [Obesity Action Coalition]
- A sweeter flavor can cause some people to crave more sweetened foods.
- Some artificial sweeteners may leave a bitter aftertaste. I think we have all noticed that, especially with diet soft drinks.

Sugar Alcohols:

Similar to artificial sweeteners, sugar alcohols are created synthetically—typically from sugars themselves. Sugar alcohols are used in many processed foods.

Pros:

- They’re not as sweet as artificial sweeteners.

- They add texture and taste to foods like chewing gum and hard candies.

Cons:

- They can cause gastrointestinal irritation, like bloating, gas, or diarrhea in some people.

Unlike other sugar substitutes, sugar alcohols must be listed on nutrition facts labels.

Examples of Sugar Alcohols include:

- Erythritol
- Isomalt
- Lactitol
- Maltitol
- Sorbitol
- Xylitol

Novel (natural) Sweeteners:

Novel sweeteners are derived from natural sources. This relatively new group, sometimes called “plant-derived, non-caloric sweeteners,” provides many of the benefits of both artificial and natural sweeteners like fruit or honey.

Pros:

- They are not a significant source of calories or sugar, so they don’t lead

to weight gain or blood sugar spikes.

- They are also typically less processed and are more similar to their natural sources compared to artificial sweeteners. [Johns Hopkins]

Cons:

- None

Examples of Novel Sweeteners include:

- Allulose
- Monk fruit
- Stevia
- Tagatose

Stevia and monk fruit are both naturally



See Sugar, Page 6

Recipe by
Carla Williams

RECIPE CORNER

White Chocolate Cherry Fudge

Ingredients

- 1/2 cup finely chopped maraschino cherries (dried between paper towels for 30 minutes)
- 1/2 cup unsalted butter, room temperature
- 2 cups sugar
- 3/4 cup heavy cream
- 1/2 teaspoon salt
- 1 1/2 cups white chocolate chips
- 3/4 cup + 2 tablespoons marshmallow cream
- 1 drop pink food coloring

Directions:

1. Line an 8x8-inch pan with parchment paper.
2. Place the diced cherries on a plate and pat them dry thoroughly with a paper towel. It’s essential to remove as much liquid as possible to avoid excess moisture in the fudge.
3. In a medium-sized saucepan, add the butter, sugar, heavy cream, and salt. Stir over medium-high heat until the sugar and butter have melted.
4. Bring the mixture to a boil and insert a candy thermometer. Stir frequently while cooking the fudge.
5. When the thermometer reads



Food Photo Credit: sweetpeaskitchen.com

235°F (soft-ball stage), remove the pan from the heat.

6. Slowly stir in the white chocolate chips and marshmallow cream until fully melted and smooth.
7. Add the pink food coloring and stir until evenly distributed.
8. Gently fold in the chopped cherries, ensuring they are well incorporated.
9. Pour the fudge mixture into the prepared pan and spread it evenly with a spatula.
10. Allow the fudge to set at room temperature for 3-4 hours.
11. Once set, cut the fudge into 1-inch squares before serving.

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

For accomodation of persons with special needs at meetings e-mail tnoble@tcginsurance.com

Tuesday Art Night: Celebrating Creativity and Connection in Livingston

In Livingston, creativity has always been part of the town's fabric, and Tuesday Art Night offers a welcoming space for people of all ages to come together, create, and connect. Brought to you by Project 49, this weekly gathering builds on the community's strong foundation of collaboration and creativity, providing a space where anyone can explore their artistic side while enjoying the company of others.

Held every Tuesday from 5:30 to 8 pm at 129 S. Main Street, Tuesday Art Night is an open invitation to explore, express, and connect. The space is filled with inspiration and a seemingly unlimited supply of art materials, ready to bring your ideas to life. Whether you're an experienced artist, a curious beginner, or someone simply seeking a sense of belonging, this is a place where you can find your rhythm alongside others who value the beauty of creation.

This is a free community event with no charge to attend. Participants are encouraged to bring their own projects



or art pieces to work on, or they can dive into something entirely new using the array of materials provided. Donations of creative art supplies are always welcome, helping to sustain this shared space and keep the energy flowing for everyone who walks through the door.

Tuesday Art Night is especially meaningful during the holiday season. It offers youth and families the chance to craft thoughtful gifts and decorations, like handmade wreaths or personalized stockings, and holiday cards,

in an environment brimming with creativity and collaboration. The projects made here carry a story, a memory, and a piece of the heart that made them—perfect for the season of giving.

At the core of Tuesday Art Night is a team of passionate creatives:

- **Brett Ozment** brings the perspective of an artist inspired by connection, helping to foster a space where everyone feels encouraged to explore their ideas.
- **Allison Vicenzi** provides hands-on

guidance in sewing, block printing, and natural dyeing, opening doors to new techniques and possibilities.

- **Stuart Nelson** leads the Tech Club, sparking curiosity with 3D modeling, drone assembly, and audio-visual projects, creating an exciting blend of technology and art.

Musical instruments are also available, offering a playful energy that adds another layer of creativity to the evening.

Dinner and snacks are generously sponsored by Perk on Park and Loaves and Fishes, featuring a donation-based loaded baked potato bar to fuel the inspiration. It's a meal that reflects the warmth and generosity of our community, shared in the spirit of connection.

More than just an art night, this gathering is a celebration of what makes Livingston so special: a town

where creativity thrives, where neighbors support one another, and where opportunities to connect and grow feel as natural as the seasons.

Tuesday Art Night, as part of Project 49, is a reflection of this abundance. It builds on the creativity and collaboration already present in Livingston, weaving new opportunities into the rich tapestry of our town's culture. It isn't about creating something new—it's about expanding on what already exists, amplifying the connections and beauty we share.

So whether you're working on a personal project, creating gifts for loved ones, or simply exploring something new, Tuesday Art Night is here for you. Join us at 129 S Main Street, and let's celebrate the art of living, together.

For more information contact Brett at Ozmentart@gmail.com



Sugar

from page 5

derived from plants and some people feel they have a flavor very similar to regular sugar. I agree on the monk fruit. I have switched out my organic sugar for monk fruit quite successfully. Stevia is super sweet and a solid pass for me.

The FDA says these sweeteners are "generally regarded as safe," which means they are safe to use for their intended purpose.

Other Foods Used as Natural Sweeteners:

- Honey
- Dates
- Maple syrup
- Molasses
- Agave nectar

Pros:

- These natural sweeteners may contain small amounts of antioxidants, vitamins and minerals.
- They are used for their anti-inflammatory, antioxidant, or antibacterial effects.

- Pure maple syrup and raw honey are examples of natural sweeteners that have antioxidant benefits and contain prebiotic oligosaccharides that can help promote healthy gut bacteria.

Cons:

- They still contain a substantial amount of carbohydrates and calories. (They can still contribute a substantial number of calories to a diet and raise anyone's blood sugar, especially someone with diabetes.)
- Most natural sweeteners can't replace sugar one-to-one in recipes and require original measurements. (Recipes using puréed dates have increased over the past several years. Honey, maple syrup, and agave nectar are also found in recipes like smoothies, puddings, oatmeal, and some baked goods.)

Should everyone cut sugar from his or her diet? No. Removing all sugar from your diet means you would miss important nutrients found in fruits, whole grains, and dairy. Diets that cut out all carbohydrates and sugars, such as the ketogenic diet, can be harmful to your health. As usual, a few years

after the latest fad diet, some experts come forward saying that it is harmful.

Without sugar, our bodies must find alternative sources of energy. So, they use ketone bodies (substances produced by the liver) for fuel—basically, the body goes into starvation mode. A diet without any carbohydrates or sugars may cause "keto flu," with symptoms such as headache, fatigue, and brain fog.

Dietitians recommend cutting way back on highly refined foods and beverages with "added sugars" and artificial sweeteners, but



not removing all carbohydrates from your diet.

Here are a few tips for people who want to reduce the refined sugars in their diets and improve their health:

- If you absolutely must use a sweetener,

consider a novel-sugar substitute, like stevia. Or try using a mixture of sugar and stevia to start, moving to stevia alone in the future.

- Load up on whole foods, such as fruits, vegetables, whole grains, dairy products, lean proteins, seafood, nuts and seeds.
- Skip the soda, energy drinks, sweet teas, and fruit juices, as well as the processed junk foods, cakes, cookies, and ice cream.
- Use whole fruit as a sweetener, for example—add a mashed banana to oatmeal, or blend dates into a smoothie.

It's always the best practice in the grocery store to read the nutrition label on food packages and avoid *healthy foods* that have "added sugar," like most granola or energy bars.

Regardless of what sweetener you choose, sweeteners should be consumed in moderation as part of a balanced diet that includes vegetables, fruits, lean protein, healthy fats, and whole-grain food sources. If you have health concerns involving sugar intake, it's always a good practice to check with your doctor.

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Find something new to read or a gift to give. Shop a wide variety of books, including fiction and nonfiction, for \$3.00 per book, or pick up four books for just \$10.00. And as always, children's books are FREE!

The holiday book sale is one way that the Friends of Livingston-Park County Public Library raises funds to support programming and preservation of the Livingston-Park County Public Library. All proceeds from this event



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Whether you're looking for a great deal or just want to add some new books to your collection—this is one sale you won't want to miss!

About Friends of the Library: For more information on the Friends attend one of our meetings the Livingston-Park County Public Library the second Wednesday of every month at 10:30 am, or join our email list at info@friendsofthelcpl.org to learn more. The Friends of the Library is an independent non-profit (501(c)(3)) whose members strive to raise awareness of and interest in the Livingston-Park County Public Library.

Park County Community Journal **PCCJ Readers Survey** We Would Appreciate Your Feedback

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.

To take the survey, go to: <https://www.surveymonkey.com/r/GBXCXG3> or scan the QR code above.



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Montana W.i.n.d.s of Change... and Local Mischief

by Joyce Johnson

It happens every time: Soon as I tell PCCJ that I want to go on a writer fast for a week or two, something happens and the keyboard just clicks away by itself, sorta... But in the future, if my column is missing, which it seems to do at years' end, know that I am just giving me and you a break, and well, just hibernating for a while. You know you're in Paradise Valley



when people spell "wind" out. I have to blow the whistle on Jen Otis, of Emigrant Gen. Store, who was ringing my groceries up a long time ago and corrected me when I said, "ya shoulda seen how the wind just blew that woman's long hair straight up out side!" She said, clearly, "ya mean, dubyah. eye. en. dee." not even looking up from the cash register. ... but I got



it. I still spell it out when I remember. It's bad juju otherwise. This week's issue is local w.i.n.d. waffle, so off we go!

Wed., the 11th I grunted and pushed that stubborn, uh... wind-resistant front door of the Main Print Shop open to pick up some copies but it rudely charged in behind me, uninvited, lifted everyone's hair up, and blew leaves into the office. I exaggerate a teeny bit, but soon I-90 apparently



closed because more big traffic was spilling into Livingston. Later, when I came out of Town & Country, I had to hold on to my market basket, which the wind was pushing hard towards the bank. I had to rescue the bag of potato chips just as it lifted up to fly there too. Very glad I had a babushka around my hair that day. The wind was wicked, similar to like it was a few years ago which I will get to next. But on our return to the valley Wed., it was business-as-usual, just a normal frisky valley breeze, tugging golden cottonwood leaves off the treetops and freeing them in little flurries, that twirled high in the air, and down onto the yellow carpet below; a lovely Autumn dance that always you know, blows me away.

The humor shared next is worth the confession: Glad I didn't wear my hair "extension" to town that previous Wednesday because the wind would have stolen it.

Over the years, I had to twice chase my hair across the Town & Country parking lot. Correction: one of those blows was about seven years ago. Ron had to run after it, male pride poked; he looked like he was chasing a squirrel that blew under a car and out the other side, and about 50 feet farther.

I watched the great chase in awe which happened very fast, but I was focused on not being blown over in the wheel chair I sat in, recovering from surgery after I fell over a hose and broke my hip. So follow me at Town & Country a year later: I was leaving the store, Ron a few yards behind me with the loaded basket, and I had just hopped through the sliding glass doors as they slid open, when a micro-burst wind hit and wickedly, I say, blew the glass door

off the track, to swing out and sent me flying 16 feet. I landed on that hip. I lay still as a rock for a few moments. Ron said later he thought it was a home run, [um... sent me to heaven] poor fellow. I opened one eye and saw him standing frozen in place with big eyes, holding on to the loose door. But the customer behind him, who happened to be a nurse, ran to my side, got down, gently touched me, brought me around, and asked all the right questions. [I never saw her again, so if she reads this, Thank you and God Bless you! Again! For your being there that moment in time.] Another bystander called 911 and an ambulance showed up fast of course, whose kind attendants checked me over but I declined their urging me to get an xray etc. at the hospital. I was able to get up slowly and walk ok. The hip and leg injury was minor. The store got a new door, and it all had a good ending. Our unpredictable sometimes fierce, Montana wind just does that sometimes. One more: I recall when McDonald's moved into town, and put up the original, TALL, signature golden arches. Our Old Boys warned them that it would blow down but McD's didn't believe them. Guess what? History.

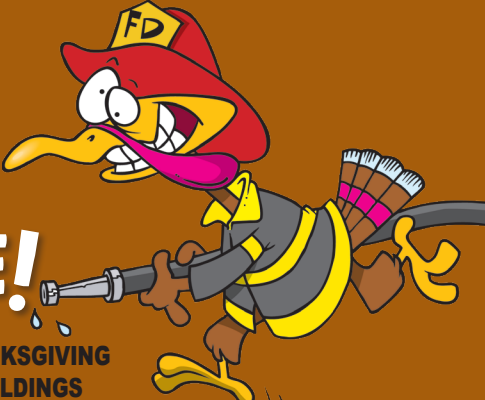
I will sum this up with another forecast: Hang on to your hat! The winds of change and an epic adventure is upon us. But, I just recalled this more fun one: The amazing comedian, George Carlin, when he brought the house down in Australia, saying, "Hey! What's happen'n? This is the Hippy Dippy Weatherman, and the weather forecast tonight... Dark! with continued dark overnight, and uh... widely scattered Light by morning." :-D



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by Dalonda Rockafellow
doTERRA Wellness Advocate

Pink Pepper

Are you looking for a versatile essential oil that supports both physical and emotional well-being? Well, **Pink Pepper** might just be what you are searching for! This remarkable oil brings a variety of benefits, from relieving pain to boosting emotional resilience, making it a great addition to your wellness routine.

Pink Pepper is unrelated to the Black Pepper plant. It is a powerhouse for its digestive, circulatory, antispasmodic and antimicrobial properties. It has a spicy aroma with floral and fruity notes. Its chemical constituents (Limonene, alpha-Phellandrene, Myrcene) make it a potent essential oil for many wellness needs. It potentiates a number of other essential oils in highly complementary ways. This means that adding it to other oils multiplies its effectiveness.

Pink Pepper offers several ways to experience its benefits:

- Aromatically: Diffuse or inhale directly to experience its uplifting and invigorating aroma.
Try this: **Patience Diffuser Blend**

3 drops Pink Pepper
3 drops Bergamot
Add a diffuser to fill the air with a calming aroma.

- Topically: Dilute with a carrier oil (such as Fractionated Coconut Oil) and apply to areas of discomfort or tension.

Try this: **Breast Detox Roller Ball**

10 drops Pink Pepper
10 drops Frankincense
10 drops Grapefruit
Combine in a roller ball and fill the rest with FCO. Apply to apply to breast twice daily for 30 days. Repeat twice a year.

- Internally: Take in a veggie capsule for internal support (digestive, circulatory, cellular support).

Try this: **Immunity Boost Tea**

Add 1-2 drops to your favorite tea.

Pink Peppers top uses are:

- **Muscle Spasms**- soothe sore muscles by massaging 2-3 drops of diluted Pink Pepper onto the area of concern.
- **Circulation Issues**- massage 2-3

drops of Pink Pepper with a carrier oil into your legs to promote healthy circulation.

- **Pain Relief**- experiencing discomfort? Take 2 drops in a veggie cap to help manage pain.
- **Cough Suppressant**- ease your cough naturally by applying 5 drops with carrier oil to your chest and upper back.

Beyond physical wellness, Pink Pepper is known as the "Oil of Self-Worth & Compassion." This oil encourages emotional balance and helps you continue to give generously of yourself. Its uplifting properties allow you to approach life with more self-love, easing tension and fostering compassion for yourself and others. Pink Pepper reminds that by being patient, kind and loving to yourself, individuals can learn to extend that same mercy to those around them.

Add Pink Pepper to your essential oil collection and experience its remarkable benefits for both body and mind. 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.

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It's Time for the Talk

by Nurse Jill

Benjamin Franklin once said, "Nothing is certain except death and taxes." While the comment was made over 200 years ago it still rings true today. My own knowledge of taxes extends only slightly passed the April 15th due date, but my knowledge of death is something that, unfortunately, grows year after year.

As an ICU nurse I have walked the path of acute grief with more patients and families than I can count. And while I have a lot of (perhaps) helpful thoughts for the sick patient encountering their last moments my plea today is for the well person.

It's time for the talk.

Most of us hate to think of the inevitable end. While we can intelligently acknowledge the fact that we all will eventually pass from this life, many of us feel that to verbalize the thought somehow summons the Grim Reaper himself. But if we don't talk about what we envision at the end of our lives with those that will be making the decisions then our end of life will not be what we envision. Even if the last moments are years in the future, your family will be grateful to have had a conversation about what your wishes would be in a rough medical situation.

Questions like, "Would you want everything possible done for you even if it meant losing your quality of life?" or "If you had to have a machine breathe for

you, how long would you want to be on the breathing machine before just quitting?" or "Where would you want to be buried."

I know these questions are uncomfortable and perhaps even a little unnerving, but I have sat with many family members who struggled with decisions either about medical options or about

resource for this conversation, both for having the conversation and for considering the implications of end-of-life decisions. If you are a reader then this book is a must for your To-Be-Read pile. As a surgeon the author struggled with the "do everything" mentality that is prominent in our technologically advanced 21st century society and he began to ask some hard questions, of himself and of his patients.

Atul Gawande wrote *Being Mortal: Medicine and What Matters in the End*. He relates stories of patients and family members as they struggle with these concepts and conversations. One definite conclusion the author made in his tales was that wrestling with the uncomfortable topic of death in conversation with those close to his patients helped them refine their priorities in medical care. These discussions also helped their family members and friends have better closure knowing that they had respected the person's wishes both in the last days, months, or years of life and in the recognition of the life lived once it was lost.

These discussions are not just for individuals who are elderly or facing chronic conditions. The more we can normalize communicating our priorities in life, death, and difficult medical decisions the better choices, closure, and freedom we can find knowing that our circle of loved ones are all on the same page.

A good way to start these conversations is to ask your doctor's

office for information on a Living Will, an Advanced Directive, or Five Wishes. These documents have some good starting questions to help you begin to think and dialogue with about your own personal preferences. Once you understand them and complete one of them, they can help ensure that your priorities will be respected.

You can also look online at organizations like FiveWishes.org or use your favorite medical institution search feature to find out more.

These dialogues seem to be a moot point to some. "Doesn't matter, just let me go." But I can assure you: that comment shows an attitude that isn't helpful to those that must make the difficult choices. Having an actual opinion and telling those close to you is a way to give one last caring gift to those you leave behind. They don't have to suffer from guilt wondering if they made the right choices or not.

Benjamin Franklin paid taxes and did die. I don't know if he had good chats with his family members about his last wishes or not but knowing the certainty of death should inspire us to chat with our loved ones before it becomes a "shoulda."



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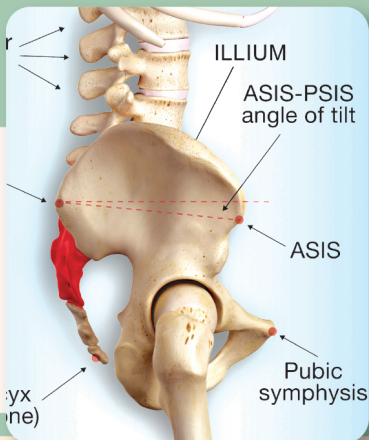
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Bozeman Symphony Seeks to “Keep the Music Moving,” Launching \$300,000 Annual Fund Campaign

The Bozeman Symphony today announced the launch of its annual fundraising campaign, aiming to raise \$300,000 to support its mission to engage, unite, and uplift the human experience in Montana through music and the arts. Local philanthropists Tim and Mary Barnard have pledged to match all donations up to \$20,000 through December 31st, effectively doubling the impact of community contributions. Funds raised will support talented

musicians, guest artists, and community engagement programs connecting with local schools and underserved areas. By prioritizing educational programs and expanding music access, the Symphony seeks to inspire younger audiences and deepen its impact in the community. “For nearly six decades, the Bozeman Symphony has done more than fill



concert halls—we've created lasting memories and united our community through the transformative power of music,” said Music Director Norman Huynh. “From a child's first symphony experience to lifelong music lovers discovering new works, we continue to enrich lives through exceptional performances.” Ticket sales currently cover only 37% of the Symphony's operating costs,

making community support essential to its work. Last season, the Symphony's reach expanded with 1,325 subscribers, 19,996 tickets issued, nine unforgettable concerts, and over 9,320 people engaged through community events. To help “keep the music moving,” visit <https://www.bozemannsymphony.org/> annual-fund or send a check to Bozeman Symphony, 402 East Main Street, Suite 202, Bozeman, MT 59715. For more information, call (406) 585-9774.

The Livingston Center for Art and Culture—Small Gems

The Livingston Center for Art and Culture will celebrate the holiday season by hosting its' annual holiday exhibit – *Small Gems*. The show includes diverse artwork from paintings, jewelry, ornaments, ceramics, desktop sculpture, wearable fibers, wood products and more. The Center's vision is to create a gallery filled with small charming delightful handcrafted pieces that make one-of-a-kind gifts for the festive season. This year 60 artists and 300 pieces of art will be on display. Participating artist, Sandee Guevremont, creates pieces mirroring a 16th century engraving technique called stippling. Stippling uses a pattern of dots of various sizes and densities to create an image on a plate which is then used to make a print. Sandee noted “My experience with the Livingston Cultural Art Center is that of a warm and welcoming safe space, where artists can find comfort in putting their



work and themselves out there into the art community. I feel the opportunity to exhibit my art in the Small Gems Show gives me and other participating artists the opportunity to have a little fun from our normal art lives and connect with potential customers in a festive spirit.”

The exhibition will be on display through December 31st. The public will have the opportunity to meet participating artists at a reception on Friday, November 22nd from 6 to 8 pm – during the **Winter Art Walk**. The Center is located at 119 South Main Street in historic downtown



Livingston. For more information contact the Center at (406) 222-5222 or visit <http://livingstoncenter.org/>

To spark new ways of seeing and thinking through the experience of art and culture.



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Bruins Earn Respect and Second Place at MHSA Class C State Volleyball Tournament



Gallatin Wins its First Class AA Title in Marathon Match Against Bozeman

Park County Dugout
By: Jeff Schlapp

The Gardiner Lady Bruins earned second place in the Class C MHSA Volleyball Tournament on Saturday, which should put a smile on the faces of those in Gardiner who are just reading the news.

95 Class C schools began the year chasing the dream of winning the Class C title, but only two played for the championship—Gardiner and Circle High.

Incredible.
In the stands, it seemed the whole town of Gardiner was ready to cheer on the Bruins. There were people I had never seen at a game this year, a lot of folks, and they drove from Gardiner to Bozeman in snowy conditions.

Big day. Big games. Big interest.
The Bruins lost to Circle High in their semifinal match Friday night, dropping them into the third-place game Saturday morning against a familiar foe, the White Sulphur Springs Hornets. If they beat the Hornets, the Bruins could earn a rematch with Circle in the state championship game.

The Bruins came out determined to win and do so quickly to have something left in the tank for the championship, defeating the Hornets 3-0 (25-15, 25-12, 25-15).

The Hornets lost their last game of the season, but they took home the third-place trophy after dropping their first-round match on Thursday. They shouldn't hang their heads, the girls from White Sulphur Springs played great. They ran up against a Gardiner team that desperately wanted a rematch with the Circle Lady Wildcats.

While waiting for the title game, I watched Bozeman High (Class AA) begin a journey to

take them through 15 volleyball sets. It lasted over five hours, starting with Billings Senior in what I thought couldn't be topped for pure excitement and skill displayed by two teams in a volleyball match, which Bozeman won 3-2 (25-19, 15-25, 26-24, 23-25, 15-12), advancing to the title match with cross-town rival Gallatin where that match, somehow, was even more exciting than Bozeman's morning game.

It was like sitting through the Oakland A's and Los Angeles Dodgers World Series game 1988 when Gibson hit his walk-off home run. Then, being transported to November 1, 2016, and game seven of the World Series between the Cubs and Cleveland Indians, game seven and seeing the Cubs win in extra innings, breaking their 106-year drought.

Bozeman's journey was that exciting.

In Class A, Billings Central was pushed to its limits by Frenchtown, who forced a second game 3-2 but didn't have enough left in an emotion-filled match as Billings Central won the Class A title after finishing in second place last year.

In the Class B championship, Huntley Project survived against Florence-Carlton, winning 3-2 (25-13, 25-15, 22-25, 20-25, 15-10).

In the Class C Championship game with Circle, the Bruins faced an undefeated team with solid fundamentals that could match the Bruin's height. They also had Emma Murphy, a 5'2" sophomore with an insane leaping ability



Gardiner Bruins and Coaches 2024 Class C Second Place Winners MHSA Volleyball

who showed more power in her swings than the audience saw Friday night in the Mike Tyson/Jake Paul fight on Netflix.

The Bruins fought, battled, scratched, and clawed but lost the first set 25-27 after leading most of the set. They came out on fire the second set behind the tandem that got them to Bozeman. Maggie Darr and Ellie Reinertson each traded kills during the second set, and the Bruins were out of the gate with a 12-3 lead.

If the Bruins had one thing they could take back from the five games they played, it would be allowing teams to make runs to get back into each game. That habit began during the state tourney. The ability to close out the games they were leading helped the Bruins win the 12C District and West Divisional Titles.

In a blink, the Wildcats went on a 6-0 run and drew with three, 12-9. However, the Bruins held the Wildcats at bay and won the second set 25-19.

But they couldn't maintain the surge and momentum as the Wildcats returned to win the final two sets, 25-18 and 25-17.

There are times in sports when the teams wearing the white hats lose. No matter how hard they play, the losing team can't get the win. Sometimes, it's because of a mistake, or a team gets on a roll at the right time and becomes unbeatable. It can be due to a coach's decision at a critical moment in a game or an injury to a star player.

Or, as was the case on Saturday, the winning team is better than the second-place team. The Bruins didn't lose the championship game because Ellie Reinertson (three service aces, 25 kills, five assists, and three blocks) and Maggie Darr (six kills, one ace, three blocks, and four assists) didn't come to play. They played their hearts out, leaving everything, every ounce of energy, in Bozeman.

They didn't lose because Olivia Tidlow-Tranel (three blocks and three kills) didn't put forth a warrior-like effort - she did, her injured bandaged hand included.

And they didn't lose because Journey

Browning (two kills and three blocks), Marley Wyman (two aces), Josie Reinerstson (24 assists, 17 digs), and Kayley Windorski didn't give 110 percent effort.

They certainly didn't lose because Ciella White didn't prove she'd get to every loose ball, dig every possible shot, take on Circle's missile-like smashes, and sacrifice her body doing so.

Circle High School was too good. They were great. They were an undefeated team—an undefeated champion. The teams were evenly matched, and then you added Emma Murphy to the Wildcats lineup, who was the difference maker. Pound for pound and inch-for-inch, Murphy was the best volleyball player on any court.

Murphy is why the Wildcats are Class C state champions. Nothing that the Bruins did wrong caused them to lose.

What a great tournament to attend! The MHSA really shined during the past three days. Spending the last three days with the teams gave me a new understanding and appreciation of how good, really good, the teams are.

In Class AA, the Gallatin Raptors won the first state volleyball title in a thrilling, exhausting marathon match against Bozeman. When Bozeman won the first match with a 3-2 score (22-25, 25-21, 24-26, 15-11), it set up a final match between the two rivals for the championship.

The Raptors finally won, ending Bozeman's upset bid 3-2 (25-22, 12-25, 18-25, 25-23, 15-8), setting off an exuberant celebration by the Raptors. It's too bad one team lost; it was such a good match.

The Bruins will experience changes with Ellie Reinertson, Fiona Roberts, and Signe Saunders graduating in May. But with the rest of the gang back and a solid eighth-grade class due to join the team, look for the Bruins to be a threat to return to state next year.

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

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Monday, Nov. 25th -
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Tuesday, Nov. 26th - Turkey
noodle soup, fruit, milk

Wednesday, Nov. 27th -
Hamburger on bun, baked beans,
fries, fixings, dessert, fruit, milk

Thursday, Nov. 28th -
CLOSED

Friday, Nov. 29th -
CLOSED



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Mark Your Calendars

EVENTS



Calendar of Events runs every week. To place your event on the calendar please email the information to community@pccjournal.com 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.

NOW UNTIL DEC. 9TH ANGEL TREE

The Angel Trees are up at Ridley's Market, the Catholic Church and the Community church in Gardiner. We hope you will consider taking an ornament and purchasing a gift. You can return wrapped gifts to Ridley's Market by December 9th. If you aren't a shopper, we are happy to take cash donations and do the leg work! We are hoping for gift cards for "experiences" movie theater gift cards, bowling gift cards, Yellowstone Hot Springs gift cards... If you have any questions, please call Dorothy 406-546-2898, I am happy to come to the Valley to pick up any donations!

November 28 - TURKEY TROT - 22nd Annual Gardiner Turkey Trot will take place at 10 am. This annual event supports the Gardiner Food Pantry, so please bring some non-perishable food. Come and walk, run, push strollers, bring your pets, etc. Meet at the Yellowstone Forever building at 308 W. Park Street and enter the building on the east side off Third Street.

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.

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.

November 30 - YELLOWSTONE BALLET - 33rd annual The Nutcracker ballet will be performed at Bozeman's Willson Auditorium, Saturday, November 30th at 4:30 pm and Sunday, December 1st at 2 pm. Tickets are available online at www.yellowstoneballet.info or with cash or check at the door.

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 - Wilsall Foundation's annual fundraiser will be at the decked out dance hall in Wilsall, 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 PC 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.

December 7 - ANNUAL ELKS CHRISTMAS AUCTION - Proceeds go toward our Christmas Food Baskets for local individuals and families in need of food. Silent Auction starts at 4 pm, live auction with Jimbo Logan starts at 7 pm.

December 7 - POPUP ART SALE, Old Lumberyard Winter Show, 122 North F Street, 11 am to 5pm, featuring local and regional artists. Unique gift shopping.

December 7 - HOLIDAY BOOK SALE - Join us for our annual Book Sale, 10 am to 4 pm at the Livingston-Park County Public Library, 3rd Street lobby of the library.

December 7 - LIVINGSTON'S HOLIDAY MARKET - at the Livingston Civic Center, 229 River Drive from 9 am to 4 pm! Enjoy handmade crafts, art, baked goods, jewelry, and more from 32 vendors. Admission is \$1 and includes a raffle ticket to win a vendor prize. Don't miss this festive community shopping event!

December 7 - COMMUNITY CHRISTMAS FAIR - at the Park County Fair Grounds, 46 View Vista Drive, Livingston from 9 am to 4 pm. Featuring local crafters and artists. Additionally, a fundraising breakfast and lunch will be served and Santa's Workshop will be open for youth. Admission is \$1 - \$2, Entertainment, variety of activities, santa's workshop, craft stations, a photobooth & face painting.

December 8 - POTLUCK - The Beaver Creek Community Hall will hold its annual Christmas potluck and quilt raffle at 1 pm. Turkey with trimmings and coffee and tea will be provided. Please bring a main dish, salad or dessert to share. The hall is located at 651 Swingley Road. The public is invited to attend.

December 14 - SANTA'S VILLAGE - Livingston Recreation Center, 229 River Drive from 10 am to 1 pm. Kids can craft a homemade gift for a loved one. Crafting activities are geared toward ages 4 to 9, but all ages are welcome. There are 125 tickets, which can be obtained by registering with Santa's Elves at <https://linktr.ee/LivingstonRecreation> from now until December 13th at 5 pm. Each ticket includes four gift crafting and wrapping stations, a hot cocoa station, help writing a letter to Santa, and a visit and photo with Santa!

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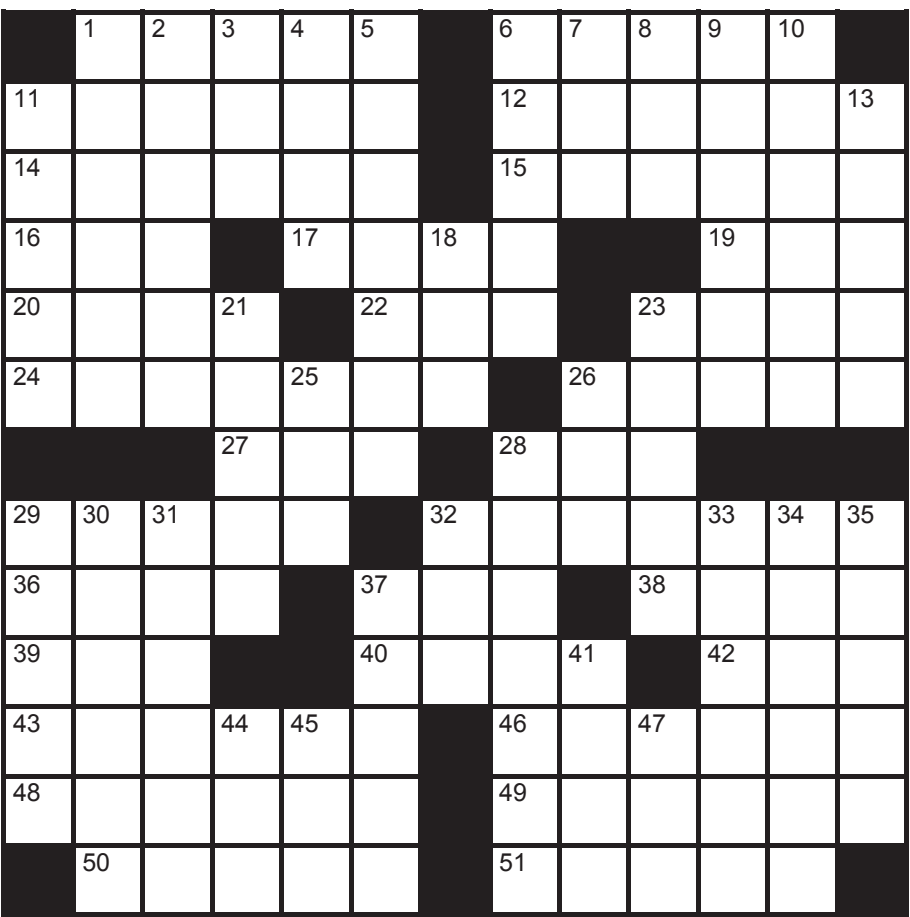
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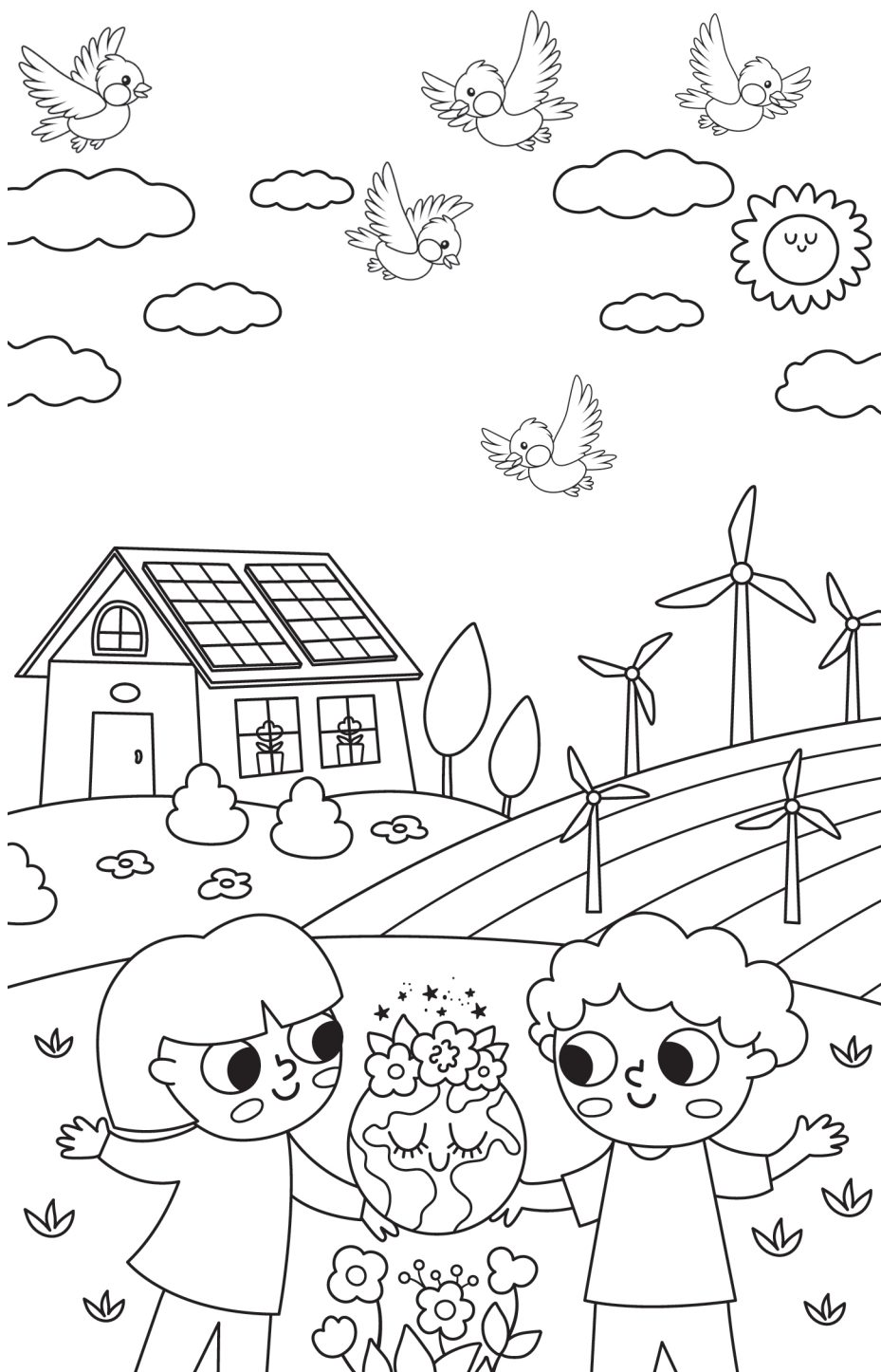
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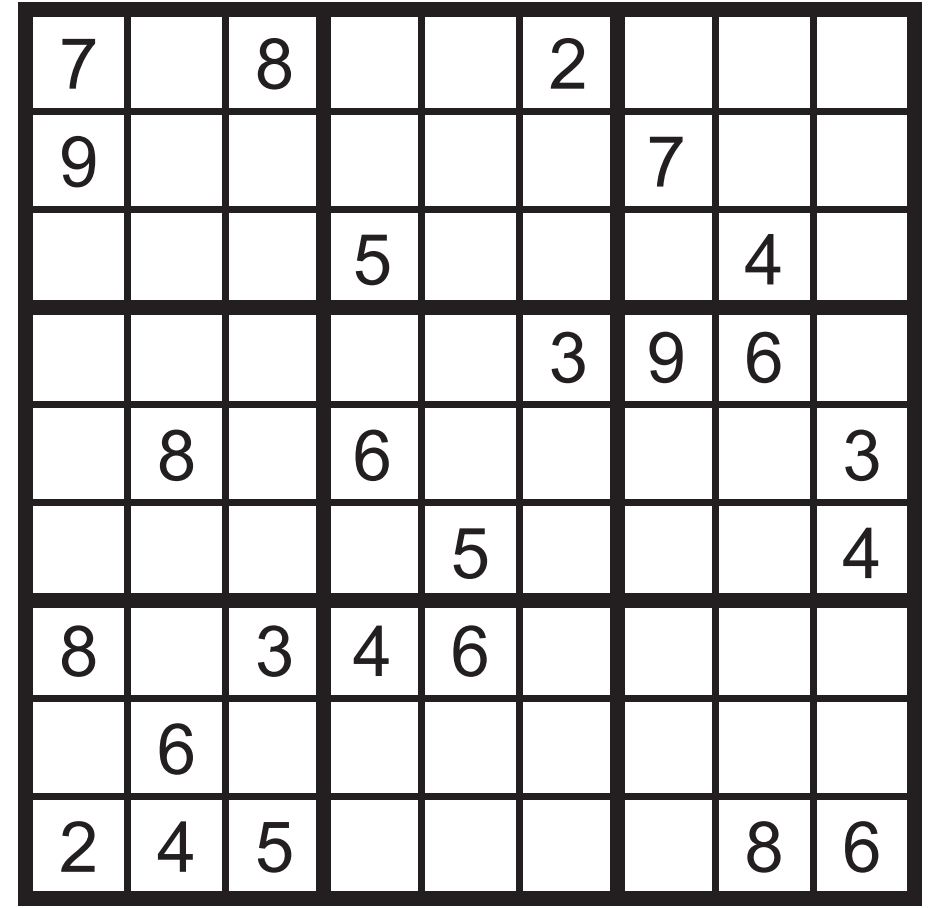


- Across**
1 Wide scarf
6 "Count of Monte Cristo" author
Alexandre ---
11 Ozzy's wife
12 For adults only
14 Singer --- Dion
15 Menu main choice
16 Lubricate
17 Jane Austen matchmaker
19 Enforcement agency at Waco siege
20 Court statement
22 "Before Abraham was, ---" (Jesus)
23 Throbbing pain
24 Before this
26 Guide
27 Tiffany Network
28 Form of Dracula
29 Offshoot
32 Become associated with
36 Egyptian dancing girl
37 Clash
38 Edge of a street
39 Opening
40 They hatch
42 Female deer
43 Key with three sharps
- Down**
46 Letters, these days
48 Nothing doing
49 Faint
50 Harangues
51 Remains
1 Aussie gal
2 Loftier
3 "Halt! --- fire!"
4 Solitary
5 Foes
6 Cherished desire
7 Gravetop vase
8 Small rug
9 A very small amount
10 Boil
11 Optical gunsight
13 Put off
18 Besmirch
21 Lightweight metal company
23 Upper story
25 Arabic Mc.
26 Utter
28 Gelett ---, "Purple Cow" writer
29 Author/astronomer Carl ---
30 Loud uproar
31 Horned African antelope
32 Grip
33 Clotheslessness
34 Destructive web critics
35 Overweight
37 Idiots
41 Soot
44 May follower
45 First of the final qtr.
47 Lawyers' grp.

Crossword Puzzle Number 309 Solutions



Sudoku Puzzle Number 345 "Medium"



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

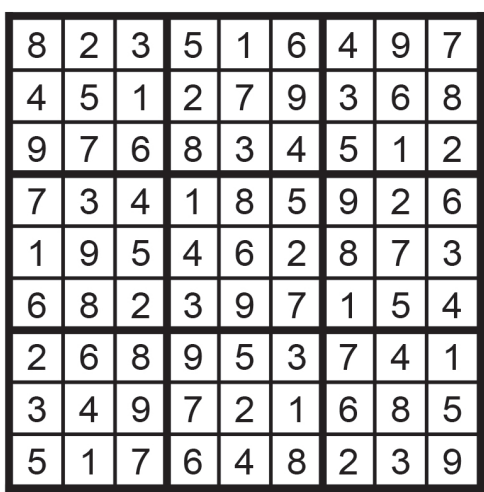
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Sudoku Puzzle Answers 344



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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

ANNOUNCEMENT

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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 21 st - Dec 14th. Please contact Carmen at the Gardiner School (406) 848-7563, or carmen@gardiner.org.

Gardiner Public School is looking for a Custodian (part-time, or full-time with benefits). Salary will be based on experience. Applications

ANNOUNCEMENT

are available on our website at www.gardiner.org and can be sent to Super@gardiner.org, or you may apply at the school (510 Stone St, Gardiner, MT, 59030). If you have any questions please call 406-848-7563. RV spot with hookups available for housing.

Engineer/Firefighter/Paramedic – Full-time, Year-round
The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Engineer Firefighter/Paramedic within the Livingston Fire Rescue (LFR). This is a full-time, benefit eligible role in LFR with the primary duty assignment in a shift staff role participating in and making a positive contribution to the operations of your assigned shift. This position reports to the Shift Captain, under the direction of the Fire Chief and helps with cross staffing and performs other duties as assigned. Performs as lead paramedic in most medical situations, directing crews for proper treatment and triage. Operates all vehicles and pumps, aerial ladder devices, and technical rescue equipment. Livingston Fire Rescue is a unique fire department nestled in the mountains of Southwestern Montana with one of the most advanced EMS systems in the state. We are a growing city situated along the Yellowstone River with our own unique challenges in the Montana rural/urban interface. We offer structural fire suppression, all-hazard rescue response, advanced EMS (Critical Care Paramedic and Community Paramedic services), technical rescue opportunities, airport ARFF, HAZMAT, and wildland response teams. Come join our team and live and work in one of the most beautiful places in America. Less than one hour from Yellowstone National Park and the Bozeman Yellowstone International Airport. For outdoor enthusiasts this is an amazing destination for hiking, hunting, fishing, skiing and other outdoor winter or summer sports! The job posting and forms can be located here: www.livingstonmontana.org/jobs

Maintenance 1 Water Department – Public Works
The City of Livingston is hiring a full-time Maintenance 1 team member in the Water Department under Public Works. This entry-level role involves tasks related to the maintenance, repair, and installation of the City water system and infrastructure. The position offers competitive pay, excellent benefits, and opportunities to learn and develop technical skills in various Public Works areas. A valid U.S. driver's license and the ability

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to obtain a Class B CDL within six months are required. The job posting and forms can be located here: www.livingstonmontana.org/jobs

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>.

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SERVICES

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. To apply go online to: <https://jobs.parkcounty.org/jobs>.

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>.

How to Place your Classified Ad!

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

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

To place your ad go online at www.pccjournal.com or email community@pccjournal.com and someone will call you back for payment.

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

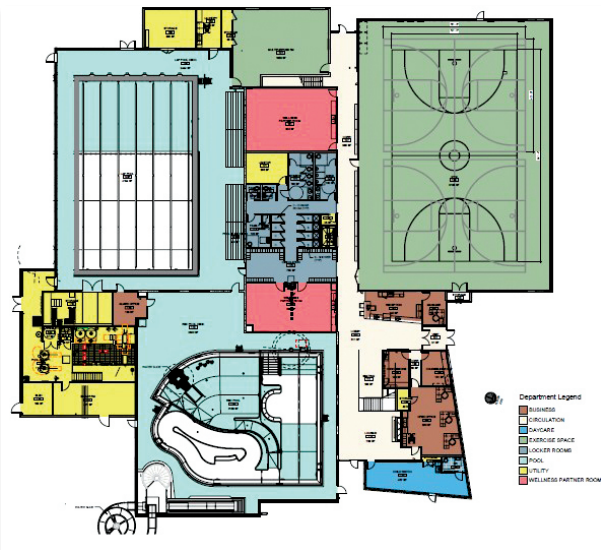
Community Wellness Center Project Update

By Grant Gager

Since March's voter approval of the Recreation District, the 4 Ranges Community Recreation Foundation has continued its efforts to raise funds for the construction of a community wellness center. Earlier this month, the Foundation achieved a key milestone in its efforts to construct the 43,500 square foot facility.

Sections of Katie Bonnell Park will be fenced off so that crews can begin initial site preparation and utility work for the project. Park equipment was removed and certain pieces will be relocated to the southern end of the park; the section highlighted (see photo) will remain accessible to park users through the project.

As the project continues to advance in the coming months, the community will have opportunities to help shape the



facility. I expect that the project team will seek community input on topics including pool amenities, play structures, fitness equipment, locker types and interior colors.

Last Chance to Share Your Input:

Parks Master Plan Survey Closing Soon!
The City of Livingston continues its work in the development of a new Parks Master Plan to help ensure that our parks continue to meet the needs of our community. This project will guide improvements and help ensure that the parks reflect the unique character of Livingston.

As part of this effort, we invite residents to participate in a public survey (<https://www.surveymonkey.com/r/LMFGQ7V>) to share thoughts and priorities for Livingston's parks. Your input is vital in shaping a park system that serves everyone in the community. The survey is open until November 25th.



SHOWTIMES

RED ONE

Friday 11/22 -
Tuesday 11/26
4:30 pm, 7:15 pm

WICKED

Friday 11/22 -
Thursday 11/28
4:15 pm, 7:30 pm

MOANA 2

Wednesday 11/27
Thursday 11/28
4:30 pm, 7 pm



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102 Elliot Street S

Commercial Sale | 5,676 sq ft
#397924 | \$1,500,000

Tammy Berendts | 406-220-0159



1112 Pritchard NW

3 beds 1 bath | 1,104 sq ft
#397220 | \$179,000

Rachel Moore | 406-794-4971



759 Castle Mountain Rd

3 beds 3 baths | 2,772 sq ft
#397719 | \$849,000

Tammy Berendts | 406-220-0159



107 Elliot Street N

Commercial Sale | 3,104 sq ft
#398072 | \$600,000

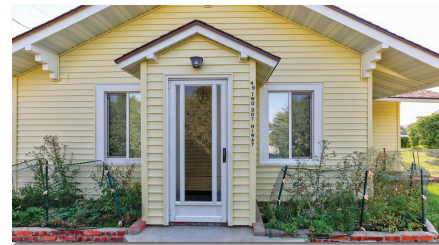
Tammy Berendts | 406-220-0159



TBD Moose Meadows Rd

Land Listing | 19+ acres
#394183 | \$395,000

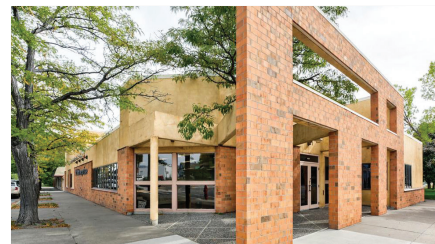
Ernie Meador | 406-220-0231



49 Two Dot Highway

2 beds 1 bath | 1,160 sq ft
#389858 | \$300,000

Rachel Moore | 406-794-4971



401 S Main Street

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

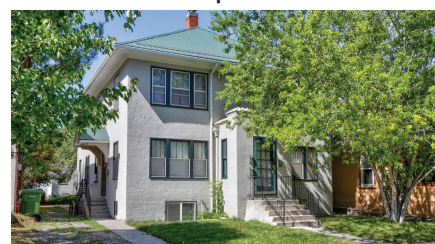
Ernie Meador | 406-220-0231



7 Aquila Lane

Land Listing | 2+ acres
#394836 | \$249,000

Deb Kelly | 406-220-0801



325 N 3rd Street

Multi-Family | 5+ Units
#394662 | \$829,000

Gillian Swanson | 406-220-4340



28 W Grannis

3 beds 2 baths | 2,112 sq ft
#390575 | \$875,000

Julie Kennedy | 406-223-7753



320 S C Street

1 bed 1 bath | 440 sq ft
#385422 | \$300,000

Ernie Meador | 406-220-0231



30 S Woodard Ave, Absarokee

Commercial Sale | 2,560 sq ft
#388822 | \$223,000

Jessie Sarrazin | 406-223-5881

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