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# Community Journal

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

Week of October 6, 2024

## Community School Collaborative to Host Shark Tank Jr. Event

On October 25th, Community School Collaborative (CSC) will host its inaugural Shark Tank Jr., a youth entrepreneurial event aimed at inspiring the next generation of business leaders. The event will take place from 5 pm to 8 pm at The 1900 event space located at 103 N. Main Street in Livingston.

Shark Tank Jr. will feature five teams of local youth, ages 11-14, pitching innovative business and product ideas to a panel of local judges. Each team will have two minutes to present their

concept, followed by a three-minute Q&A session with the judges. The event fosters creativity, problem-solving, and confidence as participants develop and present their ideas in a public setting.

Winning teams will receive \$100 each, while runners-up will earn \$25 each as recognition for their efforts. The event is open to the public, and CSC encourages community members to attend and support these talented young entrepreneurs.

Shark Tank Jr. is CSC's first annual fundraiser, with proceeds going directly

toward career exploration programs for local youth. Tickets are available online, and raffle prizes will be drawn throughout the evening.

If you know a young person aged 11-14 who might be interested in participating as a Shark Tank Jr. contestant, please contact Erin Barcus at [erin@csc4kids.org](mailto:erin@csc4kids.org).

For more information about the event, please visit [csc4kids.org](http://csc4kids.org) or



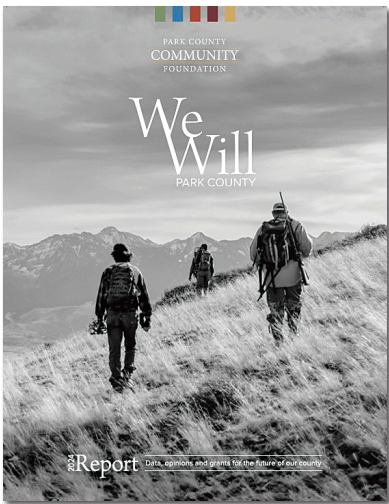
contact Emily Contreras at [emily@csc4kids.org](mailto:emily@csc4kids.org).

To purchase tickets visit [csc4kids.org](http://csc4kids.org).

## Park County Community Foundation Releases 2024 We Will Report

### Three Events Scheduled This Week - Feedback on 2025 Funding Priorities

The Park County Community Foundation has released the 2024 *We Will Park County* report and will be sharing it at three events located throughout the county: on Monday, October 7th at the Shields Valley Community Hall in Clyde Park; on Tuesday, October 8th at the Park County Fairgrounds in Livingston; and on Wednesday, October 9th at the Gardiner Community Center. You can read the report or register for an event at [pccf-montana.org/WeWill](http://pccf-montana.org/WeWill) or call their office at 406-224-3920 for more information.



The cover of the 2024 *We Will Park County* report features a photo of fall hunting at Paradise Valley Ranch. | Photo Credit: Blair Speed

Each event will include a brief presentation of the findings from the Park County Community Foundation's 2024 community survey and a facilitated conversation about Park County's most pressing needs and opportunities. These discussions will guide the community foundation's 2025 funding priorities.

The events are offered free of charge and attendees will receive a

printed copy of the 2024 *We Will Park County* report. Doors open at 4 pm for refreshments followed by the presentation

and facilitated conversation from 4:30 pm - 6 pm.

If you want to receive a printed copy of the report but are unable to attend any of the events, they will be available for pick up from the Park County Community Foundation's office at 104 South Main St. in Livingston beginning on October 7th. You can also call the office at 406-224-3920 and they will arrange to get you a copy.

*We Will Park County* is a citizen-informed initiative designed to help Park County residents determine their own future, and the *We Will Park County* report captures the top concerns of Park County residents and shares data trends on key issues.

Based on input from citizens across the county, *We Will Park County* articulates a vision for the community across five key areas: Landscapes and



Hell's A-Roarin' horse drive through Gardiner. Photo Credit: Jacob Schwarz/schwarzcaptures

Natural Beauty, Housing and Affordability, Small-town and Rural Lifestyle, Economic Performance, and Health/Safety/Education. Data relevant to those areas is annually compiled, tracked, and updated. The goal is to establish a set of facts and values that will help inspire the community to solve the challenges facing Park County.

The *We Will Park County* report also provides an opportunity to showcase the work of local photographers. Photographers featured for the first

See *We Will Report*, Page 2

Write In  
KENT  
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FOR

PARK COUNTY  
AUDITOR

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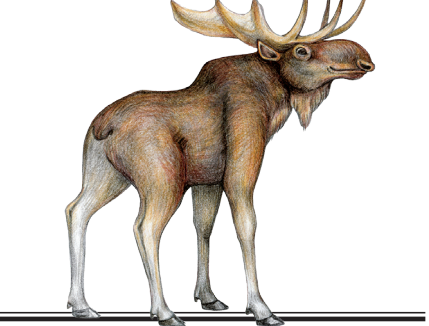
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**Park County Community Journal**

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

We gladly accept the following cards:



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Fundraising for Bridget Kirchner

Montana locals Joe and Bridget Kirchner were recently involved in a motorcycle accident that resulted in Joe's untimely death and seriously injured Bridget, leaving her in critical condition with an extensive path to recovery. Joe and Bridget were turning onto highway 191 from Gooch Hill Road when they were struck by an oncoming vehicle. Joe and the other vehicle's driver were killed in the collision. Bridget miraculously survived and was taken to Bozeman Deaconess Hospital for treatment.

Joe was a member of a popular local Pink Floyd cover band named Pinky and the Floyd and a second group called Moth, Dead Sky, both of which hail from Gallatin County. Joe is considered by many a local legend in the music scene and was recognized as a great talent whose positive reputation and character preceded him in life. His

now widowed newlywed Bridget must not only face the daunting task of overcoming her injuries, but grieve the tragic loss of her husband who she faithfully supported and cherished. Members of the local music scene and community at large have coordinated multiple fundraisers to support Bridget in her recovery, including a GoFundMe organized by Denise Wermers titled Honoring Joe's Legacy: Help Bridget Recover, accessible using the link below. As of October 1st, the campaign has received 572 donations amounting to \$55,011. The goal is to raise \$150,000. Furthermore,

a Helena-based Grateful Dead Cover Band, 710 Ashbury, played a sold-out benefit show at The Filling Station on Saturday, September 28th which aimed to raise money through ticket and merchandise sales. If you are interested in contributing in other ways, please email Brian Ripple at brian@bozemanmagazine.com.

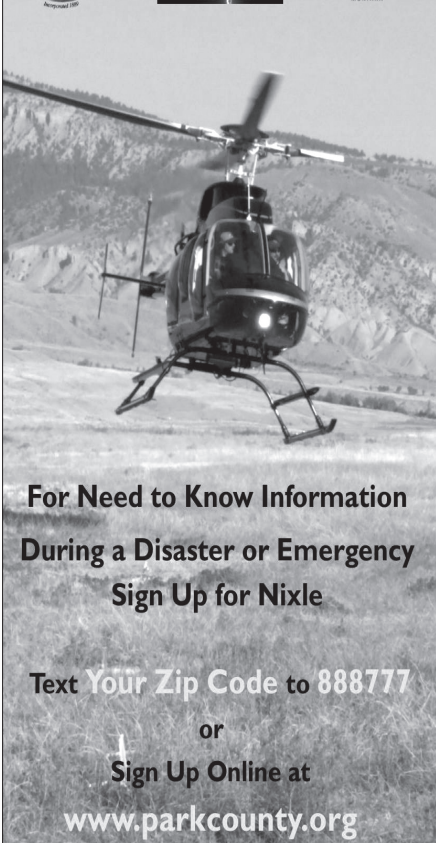

GoFundMe Link: <https://gofund.me/7194646a>.



We Will Report

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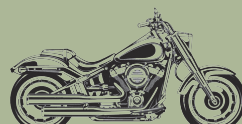
time in 2024 are Jacob Schwarz/SchwarzCaptures, Park High student Noah Craig/Alpine Range Photography, and local filmmaker Wyatt Maw. This project is made possible thanks to the generous support of the Arthur M. Blank Family Fund, the BNSF Railway Foundation, Livingston HealthCare, and local businesses Basecamp Construction, Dan Bailey's Outdoor Company, and Montana Property Brokers. The Park County Community Foundation is a local 501(c) (3) nonprofit organization which believes that Park County's challenges can be addressed best with local, collaborative solutions. PCCF inspires a culture of generosity and leadership by partnering with donors, nonprofits, and other stakeholders to invest in nonprofit programs that build resilient communities, while honoring our heritage and uniqueness of place.



**For Need to Know Information During a Disaster or Emergency Sign Up for Nixle**

**Text Your Zip Code to 888777 or Sign Up Online at [www.parkcounty.org](http://www.parkcounty.org)**

*Thanks to friends, family, healthcare workers and anyone who helped, thought about or prayed for Mike Amsk.*



*- Sincerely,  
The Amsk Family*


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406-333-2412 @WOLFS.MERCANTILE



# OktoberFest

Raise a glass and your spirits at the Livingston 2nd Street Oktoberfest on Saturday, October 12th, from 4-7 pm, on 2nd Street in downtown Livingston. Admission is free and there's fun for all! Enjoy interactive adult and kids' activities, autumn drink and food specials, food trucks, live music from the Beagles and more. There will be a long community table with seating near the Elks Lodge located at 130 S. 2nd Street, who will be serving brats, burgers and drinks, a kid zone near the First Interstate Bank with games and activities, United In Light Ice Cream with



pretzel necklaces, Old Faithful Hot Dogs and Bad Burger food trucks, and an adult fun zone with the band and Campione Food Truck near the Owl.

Some of the festivities include: a Stein Holding/Masskrugstemmen contest at the Owl at 6 pm, Flash Tattoos and raffle at Folk Elements, Raised by Wolves Spooky Pop-up and

spooky films at Elk River Books on 2nd Street, Pumpkin weight guessing contest at Wheatgrass Books and Sip & Shop at High Trash Boutique on Main Street.

2nd Street will be closed to traffic just past the alley near the Owl Lounge

through Callendar to Lewis for the street party. Businesses along 2nd Street and throughout will downtown open late for shopping, dining, and celebrating, including an afterparty at the Mint with the Beagles at 9 pm.

Kick off the holiday shopping season at locally owned small businesses and connect with friends and neighbors at OktoberFest while enjoying the festivities. This event is brought to you by the Tourism Business Improvement District, building a vibrant year-round economy while investing in quality of life for residents and quality of experience



for visitors. More at <https://www.explorelivingstonmt.com/oktoberfest>

**Cheers to OktoberFest.**



## Shane Lalani Center for the Arts Presents

### LIONEL BART'S *Oliver!*

Shane Lalani Center for the Arts in Livingston is proud to present a community theatre production of *Oliver!* from October 18th – November 10th.

Consider yourself at home with Lionel Bart's classic musical based on Charles Dickens' *Oliver Twist*. The streets of Victorian England come to life as Oliver, a malnourished orphan in a workhouse, becomes the neglected apprentice of an undertaker. Oliver escapes to London and

finds acceptance amongst a group of petty thieves led by the elderly Fagin. Captured for a theft that he did not commit, Oliver is taken in by the kindly Mr. Brownlow. But Fagin will employ sinister means to get the boy back, threatening Oliver's only hope of finding a family.

*Oliver!* runs weekends from October 18th – November 10th. Performances take place in the Dulcie Theatre at the Shane Lalani Center for the Arts in Livingston. Showtimes are Fridays and Saturdays at 8 pm and Sundays at 3 pm. Make reservations at [TheShaneCenter.org](http://TheShaneCenter.org) or 406-222-1420.

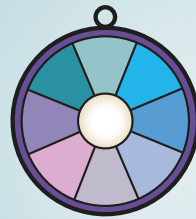
*Oliver!* is generously sponsored by Sky Federal Credit Union, Livingston TBID, ASPEN, and

Yellowstone Valley Lodge & Grill.

#### TICKETS:

**\$23** – Adult  
**\$17** – Senior/Student/Veteran  
**\$11** – Youth

**LOCATION:** The Dulcie Theatre at the Shane Lalani Center for the Arts at 415 East Lewis Street, Livingston, MT.



## Fall Health Festival

Explore your path to wellness.



**Saturday, October 19 | 7–11 AM**  
AT LIVINGSTON HEALTHCARE

### Blood Profile Screens

Checks for diabetes, measures thyroid, kidney and liver function, and tests cholesterol (\$50). Consume nothing but water after 8 PM the night before. Optional tests: Vitamin D (\$25), Prostate Specific Antigen (\$15), and Hemoglobin A1C (\$20). Payable by cash, check or credit card only.

### Exhibitors & Activities

The festival will feature dozens of informational booths, health screens, demonstrations and more—all relating to the sectors of Livingston HealthCare's wellness compass.

### Flu Vaccines

Flu Shot (\$30) Payable by cash, check or credit card only, except Traditional Medicare Plan holders.

### Free Breakfast

Savor a hot and healthy breakfast from 7 to 11 AM. Free for everyone!

LET'S  **OWL** GET TOGETHER

**FOR CARL FOR COMMISSIONER**

*Park County Born & Raised!*

The OWL Lounge

**Wednesday, October 9th from 4-6pm**

110 N. 2nd Street, Livingston

Meet 'n Greet • Snacks • Happy Hour 4-6 pm

*Meet Carl Berntsen - Bring a Friend!*

Paid for by host Jann Berntsen.





# Happening Around Town...

Livingston has many intersections with no stop signs or lights. What should I do when at an uncontrolled intersection?

When approaching an uncontrolled intersection, it is important to reduce your speed and look around. If there is a



vehicle to your right, it has the "right of way" and priority to use the intersection first. As with an intersection controlled by a stop sign, the priority of use moves counter-clockwise (to the right) around the intersection. So, if you arrive at the intersection

at the same time as another vehicle, the one on the right goes first. It doesn't matter who's going east-west or north-south!

And, as always, all cars yield to pedestrians and bicyclist in a crosswalk.

**I've noticed some inactive birds in the underpass lately. Who is responsible and why is this happening?**

The railroad is working with the US Department of Agriculture to remove nuisance birds along its right-of-way, including in Livingston. The City is not involved in the project. However, the City has recently reminded the railroad to remove waste associated with their operations, including nuisance bird mitigation work.

**Park County Community Journal**  
**DELICIOUS FOOD**

Always check out the "Foody Things" Page in The Park County Community Journal for New Recipe's

*Great Food Can Be Found Here!*

406-220-0919      PAGE 5      **ORDER NOW**

**SHIELDS VALLEY** *Upcoming* **EVENTS**

- **October 8th** Vision and Hearing Screening K-6th
- **October 8th** JV/V Volleyball at Lone Peak 5 pm
- **October 8th** JH Volleyball at Sleeping Giant Middle School 4:30 pm
- **October 8th** Outage Alert from Park Electric Cooperative for Clyde Park and Wilsall Members-see below

Northwestern Energy needs to take two outages on the Transmission Line that feeds our Clyde Park and Wilsall Substations. They need to take these outages for upgrades at their substation.

The first outage will take place on October 8th, it will start at 9 am and end at 1 pm. This outage will last an estimated four hours.

The second outage will take place on October 28th, it will start at 9 am and end at 11 am. This outage will last an estimated two hours.

The outages will affect the following areas. Town of Clyde Park, Town of Wilsall, Upper Shields, Bridger Canyon Road area, Flathead Pass Area, Sedan, Fairy Creek area, Horse Creek, Brackett Creek area, Rock Creek Area, Cottonwood Bench, Ibex, Chicken Creek, Tobin Creek, Fiddle Creek, Falls Creek, Shields River Road East, Upper end of Adair Creek, Upper Willow Creek, Bangtail Creek, Castle Mountain Areas, Queen Lane, members between Clyde Park and Wilsall.

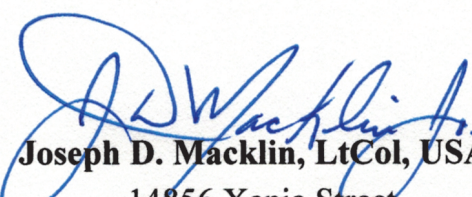
Phone Calls will be made to members affected starting today. We apologize for this inconvenience and appreciate your patience, while the Northwestern crews safely make the needed upgrades to the substation that feeds our substations.


## Endorsement for Mr. Bryan Wells as Park County Commissioner

We, the undersigned, are incredibly pleased and deeply honored to support Bryan Wells as Park County Commissioner. We cannot think of a constituency more deserving to have his civic-minded leadership, unquestioned patriotism, real-world approach to practical problem solving, and deep-founded understanding and commitment to Park County. Bryan possesses the uncommon and innate characteristic to identify fundamental concerns and most importantly then follow these concerns through to resolution. As retired Air Force officers and faithful servants of our Nation, we profoundly respect Bryan's past and future contributions to Park County and our fallen airmen.

In 2015, Bryan Wells dedicated himself and energized others to honor the four aircrew members from Dyess AFB, Texas, that on July 23, 1963, perished while on a B-47 aircraft training mission. From the day he heard about the fiery crash, Bryan was the catalyst and remained the singular person who brought together Montana residents, family members of the fallen aircrew from across the Nation and the Air Force to remember and commemorate the B-47 aircrew and preserve the crash site in perpetuity. In particular, when told it was impossible to accomplish, Bryan then achieved the impossible – he advocated, persisted, and succeeded in convincing the U.S. Congress to pass the **Congressional Act** and **Presidential Proclamation** memorializing and renaming Emigrant Peak ridge where the aircrew perished as **B-47 Ridge**. Maybe more importantly, Bryan rallied individuals from across the Nation to devote countless hours, and significant resources to honor the four aircrew members and their families.

It was as a teenager, when Bryan hiked for the first time up the Emigrant Peak ridgeline to find the B-47 crash site. His lifelong commitment to honor airmen who *"died in an instant, far from home, defending America's homeland."* is a worthy testimony to his convictions, fortitude and selflessness so that others are comforted. All are admirable attributes that will serve Bryan Wells and his constituents well as a Park County Commissioner.

  
**Joseph D. Macklin, LtCol, USAF, Ret.**  
14856 Xenia Street  
Thornton, CO 80602  
406-781-0894

  
**John S. Medeiros, Col, USAF, Ret.**  
6014 Ridge Ford Drive  
Burke, VA 22015  
571-236-1246

- **October 9th** Boot Camp 6 pm Wilsall Gym
- **October 10th** End of 1st Quarter
- **October 10th** JH Volleyball in Big Timber 4 pm
- **October 11th** JV/V Volleyball at West Yellowstone 1 pm
- **October 11th** JH/V Football against Broadview/Lavina 4 pm
- **October 12th** JH Volleyball at Sleeping Giant Middle School Tournament
- **October 14th** Town Council Meeting 7 pm
- **October 15th** JH Volleyball against White Sulphur Springs in Clyde Park 4 pm
- **October 15th** JV/V Volleyball against White Sulphur Springs Senior Night

If anyone has any news, events, etc. please let me know at [Shieldsvalleynews@gmail.com](mailto:Shieldsvalleynews@gmail.com)



# Cozy Up with Some Warm Mulled Apple Cider

by Jill-Ann Ouellette

Some folks may not know the difference between apple cider and apple juice. Apple cider is unfiltered apple juice that can be served hot or cold. Heat your cider up and flavor it with mulling spices and fruits to make mulled apple cider. Add rum (adults only, of course) for a delicious round of fall apple cider with a kick!

Mulling spices can be a combination of cinnamon, clove, allspice, and nutmeg. Added less frequently, but one of my favorites, is star anise (for that hint of licorice); and peppercorns are good too. Some folks like cardamom in their cider. It also includes dried fruit, such as raisins,

apples, or orange/lemon rinds. Mulling spices can be bought prepackaged at the grocery store or you can create your own blend in a mulling sack. Mulling spices are added to other hot drinks, too, like juices, mulled wine,



wassail, and other drinks during autumn and winter. The fresh, stove-top recipe version uses fresh citrus. Mulling spices may also be added to the brewing process when making spiced beer. Have you

never had it and wondering what does mulled cider taste like? It literally tastes like "fall in cup." There are many variations and if you make it yourself, you can experiment with the spice and fruit contents in the mulling sack until you find your own fall magic. It will warm you up on a chilly night, or can be served cold for a delightful, spicy, cool refreshment.

The website FedandFit.com states that homemade spiced apple cider has health benefits as well. You get antioxidants from the apples and citrus that help fight free radicals and help ease inflammation in the body. Warm beverages also help support digestion.

Something to consider when making mulled cider is—how long does it last? The fruit doesn't keep well over time, so strain the cider first, then store the liquid in an airtight container in the fridge. The strained liquid will still be at its best for up to three days.

You can use an automatic coffee maker to brew hot mulled cider, but here's a recipe in a saucepan. This will serve six, one-cup beverages. Many folks will use a slow cooker, garnish with fresh fruit, and serve directly from it at a fall get-togethers. If you have a juicer, you can make fresh apple juice, or it's a safe bet buying a fresh jug of cider at a local farmstand or farmers market. You'll enjoy having a wonderfully fragrant home...



## Mulled Apple Cider Ingredients:

- 4 whole cinnamon sticks
- 1/8 tsp. ground cloves
- 8 whole allspice berries
- Orange peel from 1 orange
- Lemon peel from 1 lemon
- 1/2 c. maple syrup
- 6 c. apple cider or freshly squeezed apple juice
- Apple slices and orange twists, to serve
- 1/2 c. dark rum, optional

**Directions:** In a medium saucepan, place the loose cinnamon sticks, ground cloves, allspice berries, orange peel, and lemon peel. Pour in the maple syrup and apple cider, then bring to almost a boil. Reduce the heat to low and simmer for 30 minutes. Remove from the heat and strain. Serve in mugs with fresh apple slices and orange twists. *Oh, yum!*

If you're reheating a big batch of mulled cider, heat it in a pot on the stove over low heat. Add the fresh-fruit to garnish when serving. Smaller portions can be reheated in a mug in the microwave.

Pair your hot, mulled cider with a fresh-baked treat, like apple cider donuts, spiced pecans, a savory snack mix and enjoy this festive treat with family and friends!

Recipe by  
Carla Williams

# RECIPE CORNER

## Carrot Cake Bars

### Ingredients

**For the Cake:**

- 1 ½ cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ cup butter, softened
- ½ cup sugar
- ½ cup brown sugar
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 cup shredded carrots

**For the Cream Cheese Frosting:**

- 8 ounces cream cheese, softened
- 4 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 4 cups powdered sugar

**Directions:**

1. Preheat your oven to 350°F (175°C). Grease a 9x13-inch baking pan and set it aside.
2. In a medium bowl, whisk together the flour, cinnamon, baking soda, baking powder, salt, ginger, and nutmeg.
3. In a large bowl, beat the softened butter, sugar, and brown sugar until light and fluffy.
4. Add the eggs one at a time, beating well after each addition. Stir in the vanilla

Photo Credit: tasteofhome.com

extract.

5. Gradually add the flour mixture to the wet ingredients, mixing until just combined.
6. Fold in the shredded carrots until evenly distributed in the batter.
7. Pour the batter into the prepared baking pan and spread it out evenly.
8. Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean. Allow the cake to cool completely.
9. For the frosting, beat together the cream cheese, butter, and vanilla extract until smooth.
10. Gradually add the powdered sugar, beating until the frosting is creamy and smooth.
11. Spread the frosting over the cooled cake. Slice into bars and serve.

Write In

KENT HANAWALT

FOR

PARK COUNTY AUDITOR

HanawaltforAuditor.com  
lhanawalt@gmail.com

KENT HANAWALT IS MOTIVATED

- DOZENS OF LETTERS TO, AND CONVERSATIONS WITH THE COMMISSIONERS
- CONTINUOUS BACKGROUND STUDY IN ISSUES OF IMPORTANCE TO COUNTY TAXPAYERS
- NUMEROUS PUBLIC SERVICE ARTICLES

Paid for by Hanawalt for Auditor,  
1825 Swingley Road, McLeod, MT 59052.

Elect

Marty

MALONE

HOUSE DISTRICT 57

Experience Counts

★ TWO TERM LEGISLATOR

★ RANCH OWNER

★ 8 YEARS PARK COUNTY COMMISSIONER

★ LONGTIME PARK COUNTY RESIDENT

Paid by Malone for HD 57, Republican, PO Box 152, Pray, MT 59065



# Looking Back *with Lindie*



The 100 block of West Lewis in the 1960s (where Community Health Partners is now).



Helen Goddard with two other girls - working at Vicar's Drug's snackbar along the windows on Callendar street wall, called Joy Land. Engine Room Pizza is currently planning on moving in to this location, once renovations and remodeling is complete at this location...  
(the NE corner of Callender and 2nd streets) photo date - early 1930s

## Great Fall Jokes

LEAN INTO SEASONAL HUMOR WITH THESE HILARIOUS FALL JOKES FROM READER'S DIGEST.



**What's a tree's favorite song in autumn?**  
Don't stop be-leafin'.

**What happens when the horses refuse to pull the wagon in the pumpkin patch?**  
It turns into a neigh ride.

**What do you call a guy wearing a hockey mask at the grocery store?**  
Freddy Kroger.

**Why did the man bungee jump on the first day of autumn?**  
Because he loved the fall.

**What do you call someone who imitates your fall centerpiece?**  
A cornucopier.

**What did the jack-o'-lantern do when pulled over by the police?**  
Spilled its guts.

**Who won the skeleton costume contest?**  
No body.

**What do you call a small pepper in the fall?**  
A little chili.

**What is a Ghostbuster's job?**  
Spook keeper.

**What's the best book to read in autumn?**  
Gourd of the Flies.

**What did autumn say to summer?**  
I'll fall-ow you anywhere.

**How do you repair a broken jack-o'-lantern?**  
Use a pumpkin patch.

**Why don't fir trees ever get the blues?**  
They're evergreen.

**What do you call the smallest apple on earth?**  
An apple-teenie.

**What movie best describes Thanksgiving morning?**  
The Hunger Games.



### JOHN DEERE



1122 E. PARK ST.  
LIVINGSTON, MT  
406-222-3150



WWW.FRONTLINEAG.COM

## A Vision Built on Trust.

**ELECT**

# BRYAN WELLS

PARK COUNTY COMMISSIONER

Paid for by Wells For Park County PO 35, Pray, MT 59065.



**Why Do Pickles Wear Glasses?**

*They're Legally Brined.*





# Fall Activities (Part 3)

**Collect Leaves and Pinecones, Make a Scarecrow, Family Arts and Crafts, Carve a Pumpkin**

It's great to be outside in the crisp fall air with the family. Do two fun things in one. **Rake your leaves** into a pile for all the fun of jumping into it. Your dogs and your kids will have a grand time! Do a **family photo shoot**. Then, when you're done with the pile, **make a scarecrow**.

Find some old clothing, like a big flannel shirt, some jeans, a hat, with perhaps some work gloves and old boots. For the head you could try a pumpkin or a brown paper bag filled with leaves. A scarecrow family would be great on your front porch! Add some mums to finish the look of your entry. Extra raked leaves can be bagged up in those fun orange pumpkin bags for more decoration.

How about some wood-nymph foraging, then turning your found treasures into decorations? There are many ways you can decorate with pinecones and leaves. There's leaf pressing, leaf-art, pinecone birdfeeders, wreaths and garlands, mini-holiday-trees



for Christmas, etc. **Arts and crafts with nature** is fun and creates memories for years to come. Perhaps you can start an inaugural family tradition to create a **table centerpiece** for the season. To jump-start ideas, try the list of "Fall Decorating Ideas" found at PureWow.com. (Psst: If you've got kids, definitely use a nature scavenger hunt to enlist their help.)

**Carve a Jack-o'-Lantern.** Could the fall season exist without carved pumpkins? You can create an elaborately carved-out pumpkin or keep it simple (especially if carving with young ones). You can skip getting your hands all slimy and gooey, and paint on a face instead.

It's also perfectly fine to have plain pumpkins. Those mini pumpkins and gourds make popular office decorations.

**If the weather is too cold—stay in!**

- You can bake an apple or pumpkin pie, an apple crisp, or cookies.
- Enjoy a warm cup of apple cider by a wood fire.
- Have a family movie night with a fall movie favorite.
- Cozy up in your favorite spot to read a book.
- Make a list of what you're thankful for.
- Make a delicious fall meal, like



roasted veggies or stew.

So, enjoy Mother Nature's fall season by getting outside in the crisp air, or by curling up at home. Be sure to include your friends and family in making some awesome memories!

## Elk River Books Presents Chris La Tray

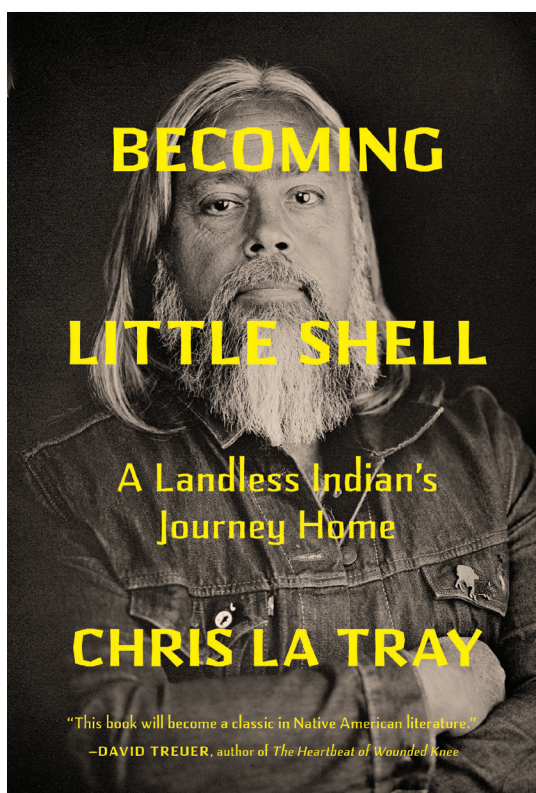
Métis storyteller and Montana poet laureate Chris La Tray returns to Elk River Books to discuss his new memoir, *Becoming Little Shell: A Landless Indian's Journey Home*, on Thursday, Oct. 10th.

Combining diligent research and compelling conversations with authors, activists, elders, and historians, *Becoming Little Shell* is a journey into the La Tray family's past, discovering along the way a larger story of the complicated history of Indigenous communities—as well as the devastating effects of colonialism that continue to ripple through surviving generations. As La Tray comes to embrace his full identity, he eventually seeks enrollment with the Little Shell Tribe of Chippewa Indians, joining their 158-year-long struggle for federal recognition.

The publisher writes, "Both personal and historical, *Becoming Little Shell* is a testament to the power of storytelling, to family and legacy, and to finding home. Infused with candor, heart, wisdom, and an abiding love for a place and a people, Chris La Tray's remarkable journey is both revelatory and redemptive."

"I am in awe of Chris La Tray's storytelling," writes Robin Wall Kimmerer, author of *Braiding Sweetgrass*. "*Becoming Little Shell* creates a multilayered narrative from threads of personal, family, community, tribal, and national histories."

La Tray is a descendent of the Pembina Band of the mighty Red River of



the North and an enrolled member of the Little Shell Tribe of Chippewa Indians. He is the author of *One-Sentence Journal: Short Poems and Essays from the World at Large*, which won the 2018 Montana Book Award and a 2019 High Plains Book Award, as well as *Descended from a Travel-Worn Satchel*, a collection of haiku and haibun poetry. He writes the weekly newsletter "An Irritable Métis" and lives near Frenchtown, Montana.

Elk River Books is located at 122 S. 2nd St. in downtown Livingston. The free event begins at 7 pm, and a book signing and reception will follow. For more information, send an email to [info@elkriverbooks.com](mailto:info@elkriverbooks.com) or call (406) 333-2330.

### Meals for October 7th - 11th

**Monday, Oct. 7th -**  
Liver and Onions, veggie, potatoes, fruit, milk

**Tuesday, Oct. 8th -**  
Hamburgers on bun, fixings, fries, fruit, milk

**Wednesday, Oct. 9th -**  
Pancake, eggs, bacon, juice, fruit, milk

**Thursday, Oct. 10th -**  
Ham & bean soup, cornbread, fruit, milk

**Friday, Oct. 11th -**  
Cook's choice



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Check us out on Facebook  
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Lunch served cafeteria style  
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**SUGGESTED DONATION \$6 PER MEAL  
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NO MEMBERSHIP NEEDED  
\$8 if under 60**

Salad bar included in meal price  
If you would like a to-go meal please  
call before 9am

## PARK COUNTY REPUBLICANS RALLY

**Saturday, October 5, 2024**

### SCHEDULE

- 4:00 PM - Meet in front of Back Porch Quilts (Rosa's) to decorate your vehicles
- 5:00 PM - Begin our Parade through town
- 6:00 PM - Back to the Headquarters for Meet & Munch

**Decorate Your Trucks and Cars  
with your favorite CANDIDATE signs and flags  
for a TRAIN through Livingston**

**Then wind your way back to the PARK COUNTY  
REPUBLICAN HEADQUARTERS, 207 So 2nd St,  
Livingston, for food, meet those candidates  
you have been wanting to ask  
questions of and have GREAT  
CONVERSATIONS!**

**Jason Gunderson for HD 58  
RAFFLE DRAWING**  
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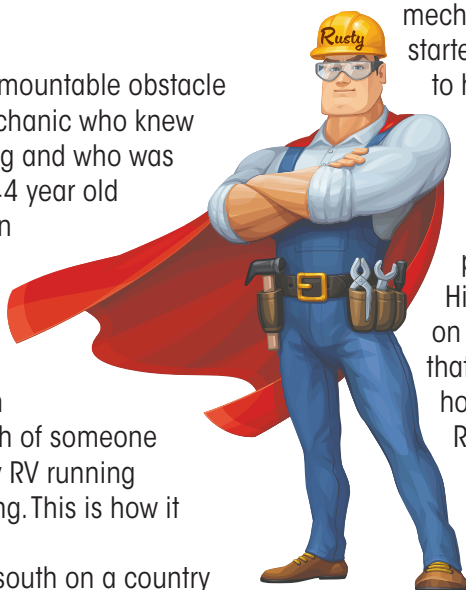


# The Destination

by Vicki Smith

The first insurmountable obstacle was finding a mechanic who knew what he was doing and who was familiar with my 44 year old engine. I had been driving for two months from mechanic to mechanic all over southeastern Montana in search of someone who could get my RV running and keep it running. This is how it happened:

I was driving south on a country road at 35 mph, taking it easy so that I wouldn't break down. Unfortunately, I did and had to pull over into a little country lane. The RV wasn't starting again. I was afraid I would be stuck there all night. After waiting a good 15 minutes, I tried again and it started. Hopefully it's good enough to turn it around and head back out to the road. But no, it stalled again, this time I was blocking both sides of traffic! If anybody came down the road fast, I was a goner. After a while a pickup carrying two big round hay bales came up the road. The driver looked at me and asked if I was planning on robbing him. After he discerned that I was just a motorist in distress, he started asking me questions and examined the RV. He told me he was a



mechanic. If I could get it started and follow him to his ranch, he would look at it for me. He didn't want to be known by his real name, so his pseudonym is Rusty Hightower. He worked on my RV for five hours that night and seven hours the next day. Rusty had been a racecar driver for 20 years and knew everything there is to know about fixing cars! He

got it fixed alright and it's not stalled again since then! What a blessing! You know, this trip may not have started out in the best way but the Lord has certainly provided for me at every step!

I was able to continue my travels out west in my 44 year old Dodge motorhome. My destination was not a state park or a monument, it was wherever I found people that I could talk to and connect with. Isn't that what we are all looking for—connection? I think I have found a place where I can form relationships and pursue my goals. It is a small town of 7000 inhabitants most of whom have lived here their whole lives and who know each other. It is

under the shadow of the Absaroka mountains and every other resident of this town owns some form of camper and goes out to the hills as often as they can. There is something that happens when you open your eyes and look upon those majestic peaks. A sense of peace enters your soul—anger and strife evaporate. I guess that's why the inhabitants of small towns are so friendly. Oh, give me a home where the wide open spaces make room in one's heart for loving your neighbor and for tolerance and respect for one another. Here, you are noticed and smiled upon. It's easy to make friends. Not only that, but the number per capita of those who own similar vehicles to mine is higher than anywhere else in the country! I fit right in!

Having climbed over the proverbial hill myself, I decided to look for some people I could relate to at the local senior center. I found a group over the age of 60 who like me, desired contact and fellowship with like minded individuals. Being past the working age, past the taking care of the kids age, these precious ones take their remaining time seriously. Many live in the senior

center residences. There are some that require more care than others and it is moving to see how they watch out for each other. Many are self-proclaimed theologians, writers, health gurus, and artists. We have the most interesting discussions! The best times are our coffee klatches every morning. This is when we gather together to confab; read the paper and talk about whatever is happening in the world. I discovered something about elderly people. They may not be as mobile as they once were but their minds are sharp! We have such stimulating discussions! There is much accumulated wisdom among us. So, our discussions do not degenerate into arguments. Nobody is declaring themselves infallible.

I've had so much fun this summer. I've stayed mostly in Montana and I don't think I'll leave. I love it outside Yellowstone Park with the mountains looking down on me and the wide open spaces of the valley. I may just spend the remainder of my days right here. This will be my hometown too. I've met so many thoughtful and caring people. Without their help, I wouldn't have made it.



## Park County Republicans Monthly Meeting

**Monday, October 14, 2024 • 6:30 PM**



**Republican Headquarters  
207 So 2nd St, Livingston**

**Come early and meet other Patriots  
Pick up campaign yard signs & flags to  
show off your patriotism.**

**Let's WIN this election together!!**



## Poetry Spotlight

### The Art of Life

Written by: Robert Nehls

His poems created melodies  
Of angel's wings and restless seas,  
Of crisp blue mornings and cloudless skies,  
And pearls of wisdom that help souls rise.

This all was written from the heart,  
No less pure than Raphael's art.  
He stroked the canvas of our mind,  
And helped the searching soul to find,

That we can learn life's melodies  
And fly above the restless seas  
Into the cloudless morning skies,  
Until at last we realize,

We all are artist in a way.  
We mold our lives with heaven's clay.  
Though many brushes stroke our mind,  
The final picture, we've designed.

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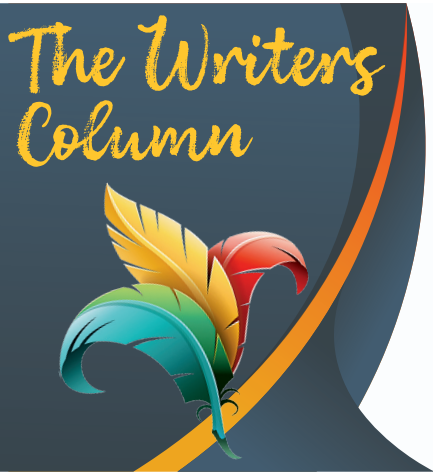
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by James Kozlik

One of my favorite hikes is up Emigrant Gulch beyond Old Chico in Paradise Valley. There is a place one can drive to and park, where the roaring stream cuts through the old mining road. From there one can hike over a bridge and along the creek on a narrow path. Eventually, you scramble up some loose shale and emerge up unto the road. It is a pathway to the higher elevations. Often my mind is in contemplation while on the path. When I am climbing up a route alongside a mossy spring creek and through a boulder field, my mind is engaged in the present moment. The contemplation is usually about the unchanging past or the unknown future. When I am present on the hike, my state of consciousness is non-suffering. When I am in contemplation, my thinking mind can be full of suffering thoughts like worry, anxiety, or anger. It all depends, the point being that the present mind only knows what is happening now.

In India, the guru's like to tell stories. Simple stories that pertain to the point they are making. The mango tree with the hollowed out trunk affected people

# The Gorge of The Mango Tree

differently. Some people would come out frazzled, or spacey and have to sit down. For others like me, it was just an amusement. Still, it had an impact. Here is the final part of this short story –

**The Gorge of the Mango Tree** *continued...*

He awakes as the first light filters onto him, like a special ray from heaven. The brilliant sunlight. All I know right now is to climb. I fill my bottle with spring water. The sun warms my body. The night wasn't too bad. I can see the raft from here. I can see up river just barely around the bend, where the water looks rough and punishing. As I peer down below, I associate the rough water with my anger. Sometimes I use anger to punish people. What I say and how I speak has an impact on others. Maybe I need to be kinder. I look up and see a new route to start this day. And I do what I know. I grab a crevice in the rock with my right hand, I lace my left hand over a protruding surface of rock and with my right foot I push off the ground and my left foot finds something to steady me. Now how did it know that there was a place to put that foot so I could gain upward propulsion? I am being guided, by instinct. But why can I remember how to free climb but not what happened to me? Maybe that is not important right now. He goes up, and up, one methodical hold after another. Slow, always staying on a route that has a slight incline so he can rest into the canyon wall once in a while. The rough rock feels like a worn mattress, but comforting nonetheless. Better that then open space with nothing underfoot. What is this? A deep, vertical ravine with

moisture in the crack of it? Wow, a God send! Now I am able to position my feet differently and maneuver like a crab. Like a crab that is escaping the frying pan. A story I heard long ago. The other crabs trying to pull him back into the pan. To live the life that is so predictable. Like the story of Jonathon Livingston Seagull. Oh, is this some memory? I see more sky from here. Now the small hole is below me. I just see the small speck of river. This ravine feels safe. Where did everybody go? Who was grabbing me when the raft capsized? Remember, who... he screams, JOY, JOY, JOY HARRRVEYYY! The echo is not so loud now. He looks up and reaches for the sky. GOD, GOD save me! But who is God, a form? Maybe he is the Sun! Maybe he is that cloud that just passed overhead. Maybe HE is just something or someone to believe in? My instinct seemed to guide me on this route. I recall the wisdom my father told me—to follow my instinct. He used to say, "Your instinct is the Divine voice that can show you the way when you are lost."

Ah, the sky is changing color. I best find a place for the night. Now, I must continue up this vertical ravine. And so he continues, and with each grip, and each movement he admires his body dynamic. The fingers rigid, gripping with strength. The veins and tendons causing ripples on the top of his hands. His forearms, are tense muscle. All in a pulling motion. He feels his legs in action. All the muscular structure of his body working in unison. Then, he looks up and sees a rim of grass as he makes his next grasp. And his instinct has him scramble like a crab and

he is flat on solid ground! He turns his head and looks up to his right. His fingers are scratching at dirt and pebbles. He pushes himself up and sees that he is on a path! A path to follow! And it is going up! He rolls over exhausted now. The sky turning dark. He closes his eyes. And his quiet mind breathes a soft thought of comfort, and compassion for himself. And gratitude for finding a path to contemplate, to follow. But for now, it is just breathe. And deep relaxation.

Suddenly...

There are bright lights, he can't see as he is blinded. A voice startles him. "Harvey, Harvey, you alright?"

"Is that you Joy? Your voice, I am so glad to hear your voice!"

"Harvey, did you fall asleep under the Mango Tree?"

"I'm not sure what happened. I am having a hard time to recall my experience."

"Oh, my love, looks like you have a scrape on top of your head. Did you hit it on the frame that holds up this Mango tree monument? Did you have any self realizations in this magical tree, Harvey?"

"Okay, turn the light out of my face Joy. I want to see all of you. Thanks. This is better. How long have I been inside this tree?"

I told you I wanted to hike some. But you insisted on staying in the tree trunk. So I hiked by myself. I saw a beautiful sunset."

"Joy, I think we should cancel the Grand Canyon raft trip we have planned."

## The End

Send submissions to [jakozlik@gmail.com](mailto:jakozlik@gmail.com)



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1. All three ballot initiatives will change the Montana Constitution and cannot be tweaked or changed until another ballot initiative gets enough signatures to make it onto the ballot which at the earliest won't be until 2026—assuming it gets the signatures to be on the ballot then.

2. Primaries are **NOT GENERAL ELECTIONS. PRIMARIES ARE MEANT FOR POLITICAL PARTIES AND FOR THE MEMBERS OF THOSE POLITICAL PARTIES TO SELECT THEIR TOP CANDIDATE FOR THE GENERAL ELECTION.** General elections are for all the people to decide who their favorite candidate is regardless of which party the candidates is a member.

a. Political Parties are important because they educate voters through published platforms so you know where they stand on the issues that are important to you as a voter.

b. Political Parties have the ability to hold their candidates accountable for not adhering to their platform. CI-126 takes away all those checks and balances in the current party system and will only make matters worse.

3. Politicians lie enough as it is. CI-126 will make it vastly easier for them to lie about where they stand on the issues and how they will vote. Voters will be less informed as primary elections will allow candidates to hide who they really are

by not having to declare a political party preference.

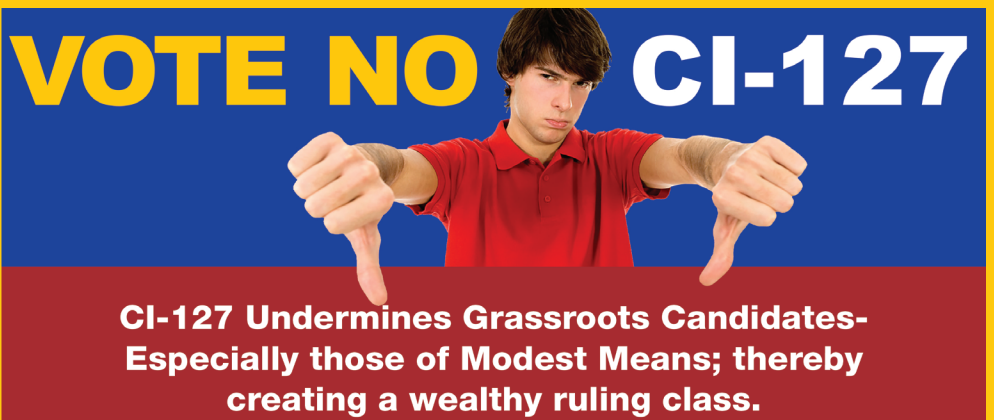
4. CI-126 will make political parties obsolete because candidates will not run as Republican, Democrat or any other party.

a. Voters won't know if a candidate is really conservative or socialist or anything else.

Essentially, everyone is non-partisan and can say whatever they want about where they stand on the issues, but the voters will never really know until after they take office (remember Obamacare, you have to pass it before you can know what's in it?).

b. CI-126 essentially creates an open primary where every person regardless of party decides who will be on the November Ballot in the general election. That means no party is guaranteed to be on the ballot in the general election. It will also lead to confusion among voters as to who is really a Democrat or Republican and in certain cases it will incentivize lying about which party you truly belong to in order to get enough votes in the primary.

5. **Soros backed Sixteen Thirty Fund spent over \$100k backing CI-126 and CI-127.**



**CI-127 Undermines Grassroots Candidates- Especially those of Modest Means; thereby creating a wealthy ruling class.**

CI-127 is about requiring candidates to achieve a majority vote instead of a plurality. Montana's governmental system operates on a plurality voting principle. The term 'plurality' indicates that the candidate with the highest number of votes, in comparison to their competitors, is declared the winner.

However, a 'majority' stipulates that irrespective of the number of candidates, the winning candidate must secure at least 50.1% of the total votes. If no candidate reaches this threshold initially, a run-off election is held among the top two contenders until one acquires at least 50.1% of the total votes.

Elections cost money, as evidenced by Montana's 2024 Senate race where the final tally may reach over \$75 million by election day (at \$57 million plus as of July 17, 2024). If CI-127 passes, the likely beneficiary will be the wealthiest candidates or the candidate that sells his/her soul to the most donors and is able to raise the most money.

***Neither of those options lead us to the best candidate to represent "We the People" versus "We the donor class." Not only does the good grassroots candidate lose, so do the voters.***

If CI-127 passes, consider how much more often this intriguing strategy will be used by major parties who cleverly stimulate a third candidate to participate in their adversary's primary, or even in a general election. By encouraging a third-party candidate to enter the race, they cleverly divert votes away from their opponent. This brilliant move often splits the vote, leading to a compelling need for a run-off election.

The complexity of politics might appear daunting, but understanding

these tactics can equip you with the knowledge necessary to navigate the political landscape and understand why **CI-127 IS A BAD IDEA AND WHY YOU SHOULD VOTE NO!**

Imagine a scenario where the primary victor has diminished time to face their real competitor in the general election. Not only does this decrease competition, but it also escalates financial pressure on the victorious candidate. They are effectively participating in three races - the primary, the general, and potentially a primary challenge run-off and or a general election run-off. This situation demands a significant increase in fundraising efforts to secure a win. Consider the implications on grassroots candidates of modest means.

Consider the implications of another round of fundraising and additional advertisements. The victorious candidate will be compelled to devote more time on the campaign trail, detracting from their valuable desk time for preparing bills for the upcoming legislative session. Moreover, the ripple effect extends to the general public, as they're left in uncertainty about their representative for several months following the regular general election.

Not only does this cost the local or county taxpayers potentially millions more to run additional elections, but it also delays the ability of a party's candidate to start campaigning against their opponent(s) in the general election. This delay not only hurts that party's ability to campaign against their opponents, but it also delays their ability to raise funds for their general election campaign and gives a distinct advantage to the wealthiest candidate who can self-fund or raise the most money.



**1. Taxpayer Funded Abortion** - Painful, late-term dismemberment and partial-birth abortions will be funded by YOUR tax dollars.

**2. Parental Rights Removed** - Parents will not have the right to know if their minor child is having an abortion, or attempting to change their gender.

**3. Healthcare Professionals** - Abortions could be performed by non-doctors, dental assistants, physical therapists, podiatrists, and the like.

**4. Hides Sexual Predators** - Anyone will be able to take their victim to abort their child in order to hide their crime-pimps, statutory rapists, and human traffickers included!

**5. Removes Women's Rights** - Women who are injured or killed by their abortionist will lose any right to legal recourse.

**6. Parental Rights Removed** - Painful, late-term dismemberment and partial birth abortions will be legalized.

#### What CI-128 is about:

Millions of dollars from Illinois, California and other liberal states are pouring into Montana to enshrine into our state constitution, tax payer funded abortion up till the moment of birth, for any reason. This is not about reproductive rights. This initiative is extreme abortion for any reason.

CI-128 would allow abortions, for any reason at all levels of development and would NOT allow a baby that could survive outside the womb to be saved. It would allow for a baby that could be saved and adopted to be dismembered or denied the care it needs to survive.



# SOCKS WITH CHOCOLATE - *Having Fun With Hearing Loss*

by Joyce Johnson

Here's my stuff this week: Silly, I warn you, but don't we need that? The other day I got up from my computer to stretch my legs after many hours of writing. I walked to Ron's office, and had just sat down in the consulting chair, and asked him if he wanted some breakfast, when suddenly the three parakeets took off from their open cage together like an Air Force demo, and did a flapping flyover Ron's head and then back to their cage. They did two more flyovers, without pause! It was funny and impressive and sorta auspicious... for what was to come.

Ron said no thanks to breakfast, because he "found an old sock with chocolate in the freezer." I had forgotten to put my hearing aids on, so I asked softly, a little apologetically, "what dear?" He repeated "a sock with chocolate." My eyebrows slowly came together and I could have sworn he said socks w' chocolate, but I said, "I am sorry dear, *what* did you find?" His eyebrows came together with impatience but he repeated it again. I said, "you found an old sock with chocolate in the freezer?" "No!" he shouted, "I said a **croissant!**" I didn't know we had any croissants in the fridge, not to mention chocolate ones. When I hear things goofy, I search my brain quickly to find the likely



translation before I turn my hearing aids up, or before I say, "huh-what?" But he didn't think it was funny, which made me think it was even funnier. I got up and left the office, laughing non-stop all the way back to my computer. I felt like the goofy parakeets doing zoomies over Ron's head. Rare to laugh these days, agree? A missing element.

Many hours later he surprised me by asking, "what were you laughing at this morning?" How rare this headstrong man requests clarification for what the wife did or said... but I muttered, "socks with chocolate." He said, "wha?" Gad! and the big ox just walks away and opens the fridge and sticks his head in, and said something I of course can't hear, but he was certainly heard by the tuna salad, Half & Half, big jar of mayo, and dozens of little containers of leftovers, etc... [Don't turn the page yet! I shall get serious now I promise.]

**The sock vs. croissant conflict explained:**

After some research on hearing issues I found a suspicious sounding, online only, "new tech" and promo for hearing aids for under \$100 that makes everyone hear perfect." That... jiggled my giggles; likely a scam, but anyway, the

science was interesting. My ear complaint is that everything sounds muffled like the alto section of the choir, with the absence of the shrill treble of the soprano's. It was explained that in addition, the ability to hear the "Kuh" sound of the consonants, is missing for most hearing challenged. Yeah! Bingo! I did not hear "Croissant with Chocolate" I heard of course, "*o/ sochweh chagua*." :-D! Gosh, it's fun sometimes, what I hear. I should start repeating it back which would disrupt gossip, lectures or whines like Ron's puns derail people. We the grateful hearing-challenged sometimes just look wisely silent, or amused, and nod. We are gifted with a different interpretation is all... or anyway usually a funnier one. Look at how differently y'all interpret everything these days *anyhoo*, with normal ears too. So there.

**Livingston's own hearing guy:** Dan Neill, and his assistant, Marge, of Bear Hearing Solutions on Park St. are great



hearing helpers, with the patience of saints, hands-on experience with hearing aids, and knowledge of our challenges. They care. In early 2020, Dan tested my hearing and calibrated hearing aids for my individual needs. I loved that first day at work being able to hear what was being whispered in the next cubicle and, "hear people's thoughts too," I said, and scared my colleague, which was funny. Dan checks our hearing for any changes, and re-calibrates the little gizmos, if necessary, ongoing. Marge says people bring their dogs in too, when she saw the one in our car, so I brought the wirey little bichon in to distribute licks. I made Dan pivot away and roll his eyes when during a recent visit I said: "Sometimes I just wish I had one of those old fashioned ear-horns to wear around my neck, like they used to use!" He sighed, and said sorta resignedly, "I'll see if I can get one for you." Dan & Marge are devoted to customer needs matched with expertise. When they read this issue, they'll laugh, but Dan is a writer, and I expect a fun clarifying rebuttal soon. So... keep your ears open!



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# Essential Oil Use for Head Pain

I have been suffering with migraines for many years. This seems to be a very common condition because I hear people all of the time telling me that they do too. The day I started using doTERRA essential oils, is the day I found much needed relief for my migraines. For those of you who regularly read my column, you know I like to approach things naturally first. For this condition, it was no different. Essential oils have been a game changer for me in this situation!!

When I feel a migraine coming on, and you know this feeling if you suffer too, I begin with my Peppermint roller bottle on the exact area of pain. I make sure to roll plenty of it on and then I take a deep inhale of it to begin the healing process. Sometimes I pair Peppermint with some Lavender. The two of them together are a natural

pain reliever. I simply put a drop of each in my palm with a small amount of carrier oil and apply where it hurts, taking care not to get any in my eyes.

When my migraine is stubborn and my neck and shoulders tense up, I grab my Deep Blue Rub and massage it all along my neckline, shoulders and upper back. To help it penetrate even deeper I dampen my fingers and go back over those areas. By adding a little water, it will intensify the sensation and bring even more comfort. doTERRA's Deep Blue blend comes in a variety of options; lotion, balm, essential oil and a supplement. Having more choices of this popular blend gives you power over your pain.

Frankincense is a great companion oil to any of the applications I have mentioned above, and quite frankly to any essential oil that you use for any reason. It has the ability to boost the power of other oils it is combined with. It also happens to be the oil of choice for many people who suffer with head pain. doTERRA's

Frankincense comes in several options; gel capsules, balm, essential oil, and roller bottles. Each has the same benefits, but different delivery methods. To take advantage of this incredible essential oil, simply add a drop to your oil of choice or combine the balm, gel cap or roller with other oils or products for fast relief.

Another powerhouse for head tension and pain is the PastTense blend. It combines many oils that are known for comfort that soothes and cools as it heals. These include Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil and Rosemary. I highly recommend that this blend be added to a carrier oil, such as fractionated coconut oil because it can be quite intense.

AromaTouch is another blend that others find to be very helpful with head pain or pain in general. It also is a blend of healing oils that provide comfort as it soothes the skin. A combination of Cypress, Peppermint, Marjoram, Basil, Grapefruit and Lavender makes up this special blend that will not only relax you, but heal your pains.

Copaiba deserves a mention too. This essential oil is anti-inflammatory and just like Frankincense is a great companion oil to others. Used alone it can help with head pain by applying directly to where it hurts. Combined with any of the mentioned above it will boost its power and help with healing. Copaiba is offered in several options, as well; essential oil, roller bottle and gel capsules.

Last, but not least, I would also like to recommend the Motivate blend. It is a combination of Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamon, Melissa, Vanilla and the kitchen sink... ha ha, I'm just kidding on the last one... ;- ) Motivate has a handful of ingredients that are soothing and can help with pain.

I encourage you to give one or some of these ideas a try the next time head pain arrives. Essential oils offer natural healing, are affordable and non-addictive.

If you would like to experience these oils for yourself, reach out to me at one of the suggestions below and we can make plans to get it to you. Thank you for your time!!

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 them sent out to you.



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# Body Mind Spirit Expo in Helena

by Angela Devani

**The Body Mind Spirit Health & Wellness Expo** at the Helena Civic Center is just around the corner, on Saturday, October 19th, and the lineup of vendors participating in this event is outstanding! We are excited to welcome **over 80 vendors from every corner of Montana, Wyoming and the Dakotas** to our expo, alongside esteemed metaphysical stores from three neighboring cities. This big expo on two floors is waiting for you and you can learn about Holistic health, ancient teachings, hand-crafted products, organic food, local authors, card readings and more!

**The main floor of the expo** showcases a comprehensive array of health and wellness offerings.

- Visitors can explore a wide range of nutrition and wellness products, including organic superfoods, IV vitamin infusions and quantum-enhanced water.
- You will also have the opportunity to learn more about bodywork options, such as massage therapy, cupping, and receive a chair massage.

- For those seeking holistic approaches, practitioners offering services such as EFT tapping, infrared therapy, anti-aging treatments, and animal communication will be at the Expo to answer your questions and offer mini sessions.
- Learn about local Yoga classes and transformational breathwork sessions.
- Find an assortment of natural and hand-crafted products, from all-natural soaps & body care products to healing crystals and stones.
- Metaphysical enthusiasts will find gemstone jewelry, sacred geometry items and various spiritual wellness products.
- Books on psychic mediumship, intuitive nutrition, the power of your subconscious mind, and information about ancient megalithic sites round out the offerings on the ground floor of the expo.

If you are looking for a card reading or mini session, head upstairs to the **Mezzanine** to meet over 20 vendors offering a wide range of services.

- Explore experts specializing in

- “Mind and Spirit Wellness,” offering services such as: Self Care Oracle Cards, Meditation Coaching, and more.
- For energy-healing enthusiasts, there are practitioners providing: Transformative Singing, Reiki, ThetaHealing®, and Sacred Soul Alignments®.
  - Astrology fans can delve into: Astrology Readings, Soul Purpose Messages, and tips.

In addition to these vendors, food will be available inside and outside, so you can enjoy a healthy lunch.

We are looking forward to seeing you for this full day event on October 19th at the Helena Civic Center. The vendor show runs 10 am-4 pm and the first 60 people in the door will receive a gift bag filled with goodies from many of our vendors.

Besides meeting vendors, we invite you to attend the talks of our **speakers**,



**Kathleen Johns, Lana Nelson, and Dawna Campbell** in the auditorium, starting at 10:30 am. Get your ticket to see the speakers and have an experience you won't soon forget. Tickets are available at [www.holisticsusa.com](http://www.holisticsusa.com)

If you are interested in being a vendor, we still have a few booths available.

**Additionally, we are still looking for sponsors and volunteers to make the show a great success.** Learn more about the expo, apply to be a vendor, or contact us about sponsorship at [HolisticsUSA.com](http://HolisticsUSA.com). Check out our YouTube Channel for interviews with some of our vendors and practitioners at <https://www.youtube.com/@BODYMINDSPIRITMT>

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

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

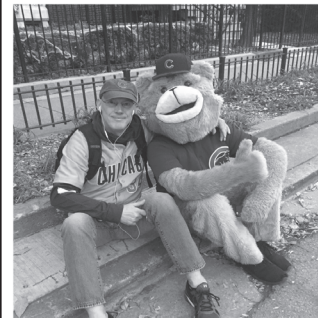


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## HONOR OUR LOCAL HEROES



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

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

Name: \_\_\_\_\_

Location of Birth: \_\_\_\_\_

Branch: \_\_\_\_\_

Service Years: \_\_\_\_\_

Rank: \_\_\_\_\_

Resides or Deceased & Date \_\_\_\_\_

Connection to Park County: \_\_\_\_\_



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

**Deadline for submission is Friday, October 25th.**



# High Sports Preview: Rangers Keep Their Eyes on the Prize - To Host Home Playoff Soccer Games



## Warren Lee and Ranger Cross Country Teammates Head to Big Timber for the Crazy Mountain Run

Park County Dugout |  
By: Jeff Schlapp

High School sports teams throughout Montana make their push in October for the playoffs in November. For the Bruins, Rangers, and Rebels, this week will impact their goals as they position themselves to make the playoffs or even host a playoff game.

The Shields Valley Rebels and Park High Rangers football teams get a week to rest and get healthy, as they have a bye this weekend.

The Rebels stayed alive in the Class C-Southern Conference with a 52-32 win over Reed Point on Friday. They'll need the same effort next week, as every game is a must-win. Undeclared and third-ranked Broadview-Lavina comes to Willsall on October 11th, bringing an offense that averages 54 points per game and a defense that only gives up 28 points per game.

### South Conference Standings

1. Absarokee	5-0
2. Bridger	4-1
3. Broadview-Lavina	4-0
4. Custer-Hysham-Melstone	2-3
5. Shields Valley	2-3
6. Fromberg	0-5
7. Reed Point-Rapelje	0-4

The Rangers are off this week after a stirring 4th quarter comeback fell 41 seconds and seven points short against the Sweet Grass Herders.

The Rangers were looking at a 27-6 deficit with 6:35 left in the game (Logan Jergenson found Peter Currie for a 25-yard scoring strike in the first quarter) when Adam Taitelbaum scored for the Rangers on a 3-yard run to cut the lead to 27-12. When Paxon Sikkink connected with Jergenson on a 15-yard touchdown with under a minute left, the Rangers had hope, but hope left the stadium when the Herders recovered their onside kick to cement the victory 27-20.

Currie led the Rangers with five catches on the night for 51 yards and a touchdown, and Eric Ueberuaga added two receptions for 43 yards. Turner Bolton grabbed two interceptions for the Ranger defense, and Ryder Clayton had one with four solo tackles. Taitelbaum finished the night with 66 yards on 17 carries and one touchdown.

The Rangers are hosting Butte Central on

October 11th at 7 pm at McLeod Field.

The Gardiner Bruins football team is learning and experiencing some growing pains. They dropped their third game in a row, 88-22, at West Yellowstone. The Bruins travel to Albion Friday night for a game against the winless Panthers.

In Volleyball, the Lady Rebels traveled to Manhattan Christian to take on the Lady Eagles, who will be out for revenge for their first-season loss dealt by the Rebels last Tuesday in Clyde Park.

The Rebels carried the momentum from their Tuesday upset of the Eagles to Friday when they traveled to Reed Point and defeated the Reed Point-Rapelje Lady Renegades 3-0 (25-9, 25-22, 25-11).

On Saturday, October 5th, the Lady Rebels travel to Bridger High School for the Bridger Volleyball Invite.

The Gardiner Lady Bruins will play host to the Lady Falcons of Twin Bridges at Gardiner High School. Then, on Saturday, October 5th, they will travel to play in the Bridger Volleyball Invite Tournament.

### 12 C Record Points

1. Manhattan Christian	6-1	3.0
2. Gardiner	5-1	2.5
3. White Sulphur Springs	4-2	2.0
4. Shields Valley	3-3	1.5
5. Twin Bridges	2-3	1.0
6. West Yellowstone	1-7	0.5
7. Sheridan	0-5	.0

The Lady Rangers dropped their match at Lockwood against the Lady Lions 3-1 after coming out and winning the first set 25-22. The match was close throughout, but the Rangers couldn't find the attack at the right moment as the Lions came back to win 25-21, 25-22, and 25-20.

Quinci Wood played her best all-around games this year when she had 27 assists for the Rangers with her one kill, three aces, and four digs. Ellie King had another All-State performance with 25 digs and 11 kills. MacKenna O'Dea clocked in and gave a whole night of effort, grabbing 13 kills, an ace, three blocks, and four digs.

Molly Arterburn had a big night with ten assists, seven digs, four blocks, six kills, and an ace. Tess Goosey chipped in with 11 digs, and Sabra Wilton ended her night with ten digs, four kills, and three aces.

The Rangers travel to Hardin to play the



John Hasbrook looks for an open teammate to pass to during the Park High Rangers 5-2 win over the Lockwood Lions on Friday. Hasbrook will lead the Rangers tonight when they play Laurel at McLeod Field in Livingston

Lady Bulldogs, then return home to play the winless Lady Red Devils of Glendive in a Saturday matinee matchup at 2 pm.

### Southeast Conference Standings

1. Billings Central	5-0
2. Hardin	4-1
3. Lockwood	3-2
4. Laurel	2-3
5. Livingston	1-4
6. East Helena	0-5

In soccer, the Park High Rangers are playing well and with a lot of confidence after coach Jeff Dickerson described their best half of soccer in the first half of a 5-2 win over Lockwood, followed by a 3-0 shutout defeat of Laurel.

The match against the Lions of Lockwood was a brawl. The Lions tried to get physical with their style of play, and in the final five minutes, they pushed the limits of sportsmanship. However, the Rangers refused to get drawn into similar tactics, kept their wits about them, and played excellent soccer.

Freshman Eli Minnick scored two goals against the Lions, while John Hasbrook, Weston Ensing, and Oliver Bauman each scored one. Hasbrook and Ensing each assisted on goals.

The Rangers' defense was the star against the Locomotives of Laurel, and it was backed up by a brilliant effort by the goalkeeper, Isaac Winfrey, who pitched a shutout.

The Rangers caught a break when Laurel scored for the Rangers on an own goal. Hasbrook, from an assist by Bauman, scored to make it 2-0 Rangers, and Bauman scored the Rangers final goal from a direct free kick (a free kick that allows the kicker to score directly into the

goal vs. an indirect free kick which requires the kicker to pass the ball on the penalty kick).

### Eastern A Conference Standings

1. Billings Central	7-0-0
2. Lone Peak	4-2-1
3. Livingston	4-2
4. Laurel	2-3-1
5. Lockwood	2-5-0
6. East Helena	0-7-0

The Lady Rangers lost two tough battles 1-0 to Lockwood, and they were held scoreless by Laurel

3-0. The double losses drop the girls to 2-4, and they find themselves in fourth place behind Billings Central (6-0-1), Laurel (4-0-2), and Lone Peak (4-2-1).

Both Park High Soccer teams play Laurel at home (girls at 4 pm, boys at 6 pm) before traveling to Big Sky, where they will both face crucial games against Lone Peak (boys play at 4 pm with the girls playing at 6 pm).

And the Park High Rangers cross country teams, with Sleeping Giant Middle School runners in tow, head to Big Timber for the Crazy Mountain Run at Overland Golf Course.

### The Race will be run as follows:

Race Schedule for Saturday, October 5th:

- 8:30 ..... Packet pickup
- 9:00-10:00 ..... Course walk through
- 10:00 ..... Girls Varsity
- 10:30 ..... Boys Varsity
- 11:00 ..... Girls Junior Varsity
- 11:45 ..... Boys Junior Varsity
- 12:30 ..... Girls Junior High
- 1:00 ..... Boys Junior High

**Girls and Boys Junior Varsity will be combines depending on entry numbers. Times are tentative and races will begin immediately at the conclusion of the previous race.** Start time could be delayed if frost is present.

The Dugout will have complete coverage of all the games. We'll kick off our coverage as we follow the Lady Rebels tonight as they try to do the near impossible: beat the Lady Eagles on their home court.

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

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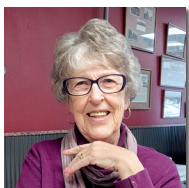
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Oct 11 <sup>th</sup> - Oct 12 <sup>th</sup> (Fri-Sat)	<b>EL WENCHO</b>
Oct 18 <sup>th</sup> - Oct 19 <sup>th</sup> (Fri-Sat)	<b>OLD MAN BEN</b> Banjo Fueled Pub Rock
Oct 25 <sup>th</sup> - Oct 26 <sup>th</sup> (Fri-Sat)	<b>BRICKHOUSE BAND</b> Funk & Soul
Nov 1 <sup>st</sup> - Nov 2 <sup>nd</sup> (Fri-Sat)	<b>BLACKWATER BAND</b> HALLOWEEN PARTY FRIDAY Nov 1 <sup>st</sup>
Nov 8 <sup>th</sup> - Nov 9 <sup>th</sup> (Fri-Sat)	<b>TEN YEARS GONE</b> Pop Rock Dance Band
Nov 15 <sup>th</sup> - Nov 16 <sup>th</sup> (Fri-Sat)	<b>THREE EYED JACK</b> Rock & Roll
Nov 22 <sup>nd</sup> - Nov 23 <sup>rd</sup> (Fri-Sat)	<b>SHAKEDOWN COUNTRY</b> Country Dance Band
Nov 29 <sup>th</sup> - Nov 30 <sup>th</sup> (Fri-Sat)	<b>UNDER THE BLEACHERS</b> Rock & Roll
Dec 6 <sup>th</sup> - Dec 7 <sup>th</sup> (Fri-Sat)	<b>IAN THOMAS &amp; THE BAND OF DRIFTERS</b>
Dec 13 <sup>th</sup> - Dec 14 <sup>th</sup> (Fri-Sat)	<b>GARY SMALL &amp; THE COYOTE BROTHERS</b>



# "Enjoying the Journey"

by Lois Olmstead



You who are younger may not be aware of these facts of life. But we oldsters know, if you burn a pan on the stove your kids haul you off to a home. If you fall and break a hip, you are a goner. If you get a speeding ticket, there goes your car. Perish the thought that you lose your checkbook or forget to pay a bill, your kids will have a teleconference with 'Urgent - Mom Losing It' on the subject line. So, we oldsters tread softly.

When I forget one of my kids' names, I remind them that I did that when they were little also. No matter which one I wanted, I'd call the other brothers names first, sometimes

adding our dog, Muffin too, because... well just because. Maybe I had too much on my mind, which still happens today.

You all remember the soap in the well episode at the ranch, you know my mom said, "Well, I might as well just tell you flat-out..." She said the same thing when small black holes appeared at the bottom of my vinyl fence.

He-Who-Took-Long-Steps and I put up a white picket corner fence by our sidewalk. After he went to heaven, I spied a gopher hole by the fence. I told my mom about it. She was the Varmint Sheriff. I went on a speaking trip. When I got home, I saw the little black holes.

My Mom said, "Well, I might as well tell you flat-out, they are bullet holes. I was going to get your gopher, but I got your

fence." I was laughing because she missed, then laughed harder when she told me she went to her house, got some white paint and tried to cover it up.

"That's okay," I said. "Don't worry about it. I whipped three bottom pickets off the first time I used the weed-eater!"

Time Out with Lois is about real life. We all have it. The difference is that your real life may not appear online or in newsprint. Then again it might. Real life has all kinds of facets, good and bad. I think we can learn much from each other because we are more alike than we think we are.

As I walk this path without He-Who beside me, even after eight years I continue to feel grief and loss sneak up on me. Today is Day 3011 without him. God has taken care of me. Family cares for me. Friends help me. I know I can call any of our boys (by their correct names) at any time because they have told me I can. Other people have said the same.

But sometimes I need He-Who. I lost my tv remote. I said the same thing you do,

"I turned this place upside down looking for it." I gave up, ordered a new one from Amazon. (There are no TV remote stores in Clyde Park.) It came a week later. Since He-Who was not here, there is No Tech guy here. I called Dish. An hour later, I asked the ever so helpful man who could not help me, "Please could you send me an actual Dish remote. That must be what's wrong." It came last Friday. It did not work either. I got a lady this time. After 15 minutes I gave up. (And He-Who was not here!) I said "I will get Mike from Radio Shack and hung up. As I stood by the TV I saw a little light on the Dish thingamajig, "Find Remote." I pushed it. I heard beeping.

I traced it. Here is this week's tip for you. If you lose your remote, check the tall Kleenex box on the floor by your chair FIRST! A black remote can easily hide in there. I told God it was okay. I am okay. As good as He-Who was, I don't think he would have seen it either.

How about Romans 8:28 for our Bible verse this week?



## Local Church Services

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

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

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

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

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

**Expedition Church**  
27 Merrill Lane, Livingston  
Pastor Darryl Brunson  
Sunday worship 10:00 am  
406-224-1774 • [expeditionmt.org](http://expeditionmt.org)

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

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

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

**Grace Methodist Church**  
302 South 9th St., Livingston  
Pastor Mari-Emilie Anderson  
Call/visit website for worship times  
406-222-1041  
[www.methodistsontheyellowstone.org](http://www.methodistsontheyellowstone.org)

**Holbrook United Methodist Church**  
424 Lewis Street, Livingston  
Call/visit website for worship times  
406-222-1041  
[www.methodistsontheyellowstone.org](http://www.methodistsontheyellowstone.org)

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

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

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

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

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

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

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

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

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

**Pine Creek United Methodist Church**  
2470 East River Rd., Livingston  
Pastor Mari-Emilie Anderson  
Call/visit website for worship times  
406-222-1041  
[methodistsontheyellowstone.org](http://methodistsontheyellowstone.org)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**If you would like your Church & Leaders to be included on this page, please contact us at [pccjournal.com](mailto:pccjournal.com)**

### Meet Our Leaders Gardiner Community Church

P.O. Box 60 • 318 Main Street • Gardiner, MT 59030  
(406) 848-4060 • [gcc2mc@gmail.com](mailto:gcc2mc@gmail.com)

I have been thrilled to call Gardiner my home since March of 2017. I love this place and the people of this church! Here's just a little bit about me. I earned a bachelor's degree in Youth Ministry from Nebraska Christian College, and then graduated from Emmanuel Christian Seminary in East Tennessee with a Master of Divinity degree. I have spent 30+ years in ministry, working with youth, college students, and single adults. I spent some of those years serving in very large churches, working primarily in the area of discipleship. But this is HOME now and I hope to be here a very long time. I enjoy fly fishing, hiking, cross-country skiing, golf, and coffee roasting.

In March of 2021, I married Valerie who shares my love of Gardiner and this church! She has worked for the American Red Cross for 20 years and is happiest when she is serving people in need. She loves exploring Yellowstone, riding in the combine with her dad back on the farm in Illinois, and drinking coffee. We are both grateful to God for the privilege of doing ministry in the name of Jesus with a church family that exhibits His love and grace! ~ Jeff & Valerie



Senior Pastor  
**Jeff Ballard & Wife Valerie**



Worship Service,  
Gardiner Community Church



UPCOMING

Mark Your Calendars

EVENTS

Calendar

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

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

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

**Mondays**

**JAZZ JAM AT ENGINE ROOM PIZZA** in Livingston (113 W Park Street) from 6:30-8:30 pm. This is a welcoming space for musicians of all levels to come together and play jazz standards, blues, and Latin grooves. A drum set, keyboard, and bass amp are ready for anyone who wants to join in. Weather permitting, we'll be playing outside to enjoy the evening atmosphere. You can find more details on our Facebook event page: Jazz Jam at Engine Room Pizza.

**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](http://ParkCountySeniorCenter.org)

**October 6 - MOOSE CHASE KIDS RACE** The Moose Chase Kids Race is a running event for kids age 18 and under benefiting LINKS for learning and the Livingston Food Resource Center. There are 4 distances to choose from and parents are welcome to run with their kids. \$20 online registration or \$25 on race day in person. \$15 for the Diaper Dash. The first 200 registrants receive a race shirt, and all participants will receive ice cream as well as entry into the raffle for a new bike from Dan Bailey's Outdoor Company, among other items. This is a great opportunity to get outside, get some exercise, and spend some time celebrating what a wonderful community we are privileged to live in! Don't forget to bring a canned food item for the Food Resource Center! <https://runsignup.com/Race/MT/Livingston/TheMooseChaseKidsRace>

**October 6 - OKTOBERFEST BOWLING/GOLF TOURNAMENT** 12 noon to 3 pm, Livingston Golf & Country Club, 44 View Vista Drive, Livingston. Please call the Golf Shop for more details at 406-222-1100.

**October 6 - CANDIDATE FORUM** for all candidates running for elected office in Park County. The forum will start promptly at 2 pm at the Beaver Creek Community Hall, 651 Swingley Road. A meet and greet will follow the forum at approximately 3:30 pm with coffee, tea and refreshments.

**October 8 - PUBLIC INPUT FOR GARDINER RESORT TAX** - The Gardiner Resort Area District Board wants to hear your thoughts on how to improve the community's program and plan for the future. Meeting will be held at the Gardiner School's multi-purpose room from 6:30-8:30 pm.

**October 10 - LIVINGSTON FILM SERIES PRESENTS OLIVER!** Shane Lalani Center for the Arts, 415 E. Lewis, doors open at 6:30 pm, screening starts at 7 pm, admission is free.

**October 12 - MURDER MYSTERY DINNER**, Elevate Montessori presents Murder Mystery Dinner, Livingston

Depot, 217 E. Park St, 5 pm. Live music, dinner, drinks, free childcare, and silent auction.

**October 12 - MONTHLY POTLUCK AT BEAVER CREEK COMMUNITY HALL**, 651 Swingley Road, 6:30 pm. Everyone is invited! Please bring a side dish, salad or main dish to share.

**October 12 - OKTOBERFEST STREET PARTY** The Livingston Tourism Business Improvement District introduces a NEW 2nd Street Oktoberfest, 4-7 pm with 2nd Street closed from Callender to Lewis. Shops all along 2nd Street and on the neighboring Callender block will be open late for shopping. Raise a glass and your spirits at Livingston's 2nd Street Oktoberfest. Enjoy beer, autumn drink and food specials, music, kids' activities, and kick off your holiday shopping at great 2nd Street shops. Admission is free and there's fun for all!

**October 13 - VEGAN POTLUCK**, Join them at the Park County Senior Center at 206 S. Main St. at 4:30 pm. You don't have to be vegan, but the food does. Please bring a dish to share that is free from meat, eggs, dairy, honey, and gelatin. You can keep it simple by bringing chips & salsa, fresh fruit, pickles or olives, or a green salad. Optional theme—fall foods.

**October 16 - CANDIDATES FORUM** sponsored by the Park County American Association of University Women (AAUW) in the Community Room of the City-County Building, 414 East Callender St. The forum for candidates for county offices (Commission Dist. 2 & Dist. 3, County Auditor, and Justice of the Peace) will be 6-7:15 pm. The candidate for Clerk of Court is unopposed and has been invited to sit in the audience. The forum for candidates for Montana House Dist. 57 & Dist. 58 will be 7:30-8:30 pm. The audience attending the forum will have the opportunity to submit written questions to the candidates. The public may watch the meeting on <https://gomeet.com/park-countycommission>. To listen to the recording, people may visit [https://parkcounty.granicus.com/ViewPublisher.php?view\\_id=1](https://parkcounty.granicus.com/ViewPublisher.php?view_id=1) - recording will be available under Legislative Public Forums.


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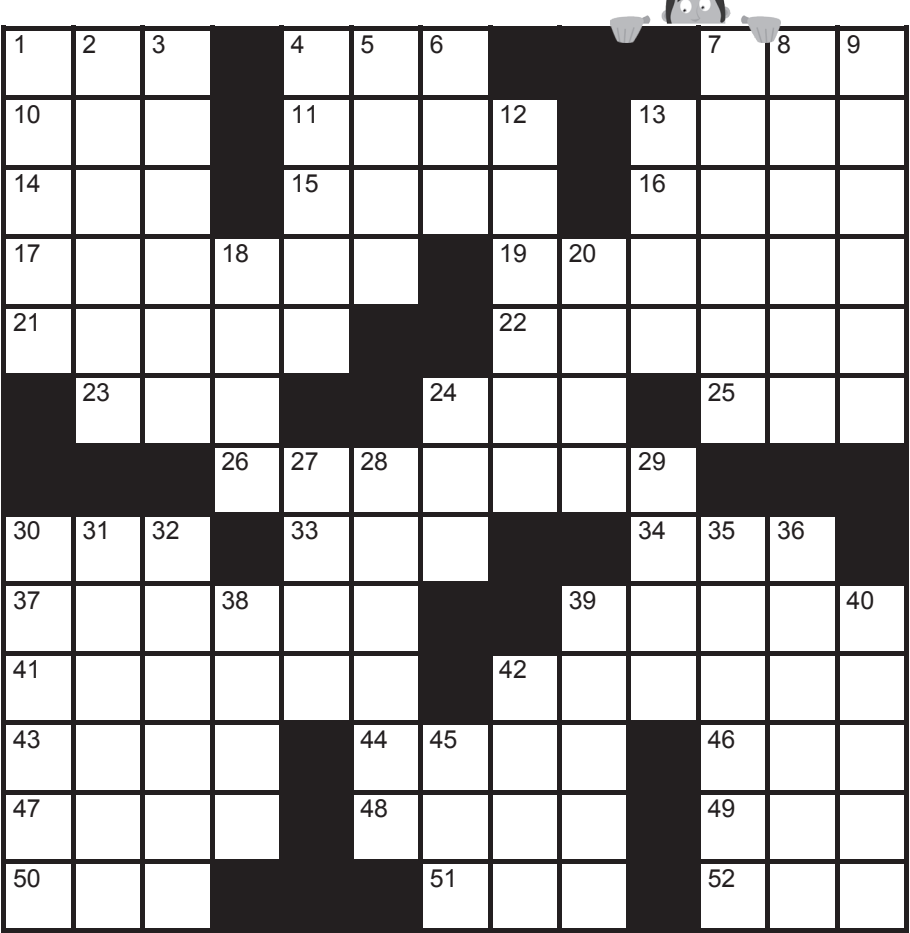
OPEN 8AM-MIDNIGHT

EVERYDAY





Crossword Puzzle Number 303



- Across**

1 Tennis division

4 Logical operator

7 Distress message

10 Gaza Strip grp.

11 Floating bubbles

13 Plane left

14 Newswoman --- Curry

15 Gray wolf

16 Arabian ruler

17 Was Datsun

19 Untamed

21 Pig's nose

22 Solo flyer --- Earhart

23 Rancid

24 Cadenza manufacturer

25 Writing fluid

26 Contaminates

30 Reputedly wise bird

33 Brain wave measure

34 Uninformative schedule info.

37 "--- yourself, if you don't believe me"

39 Rings

41 Making a donation

42 Percival ---, astronomer

43 Leave out
- 44 Military group

46 Consumed

47 Stable food

48 E.g. auction or yard

49 One of New York's finest, perhaps

50 Arid

51 Exercise venue

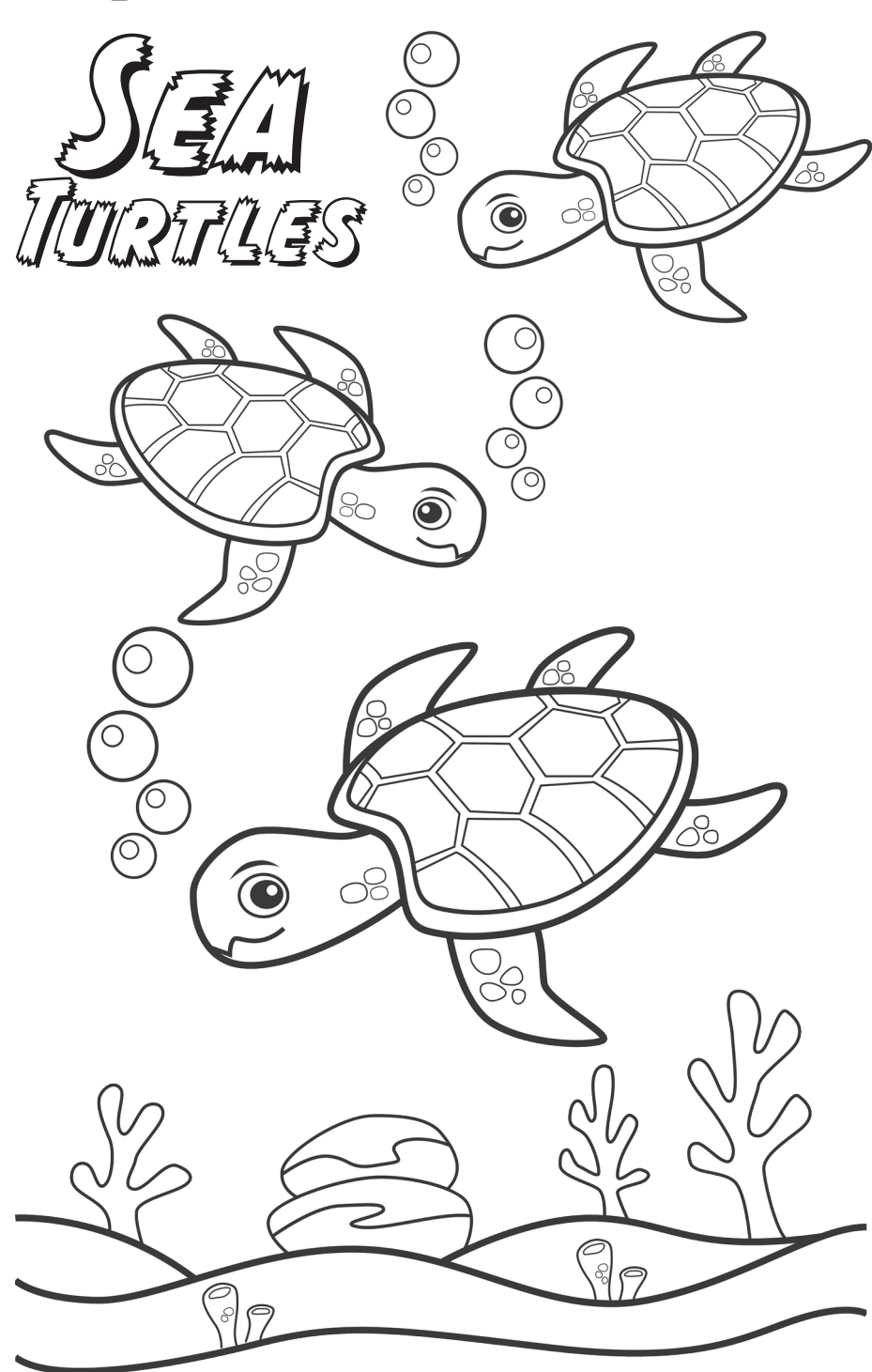
52 Very fashionable

- Down**
- 1 Crosses
- 2 Pacific current
- 3 Myriad
- 4 Consequence of driving over a nail
- 5 High time
- 6 Small amount
- 7 People found in the Horn of Africa
- 8 Where axes cross
- 9 Nude run
- 12 Made of tesserae
- 13 Prepare
- 18 Muslim mystic
- 20 "I --- my wit's end"
- 24 Big beer can
- 27 Red light gas
- 28 Scrooge McDuck's father
- 29 Pack
- 30 "Sunday Morning" broadcaster Charles ---
- 31 Shortlived German republic
- 32 Flippancy
- 35 Whiten
- 36 Extremely
- 38 Conforms
- 39 Emblem
- 40 Dozed
- 42 Utah's state flower
- 45 Nudge repeatedly

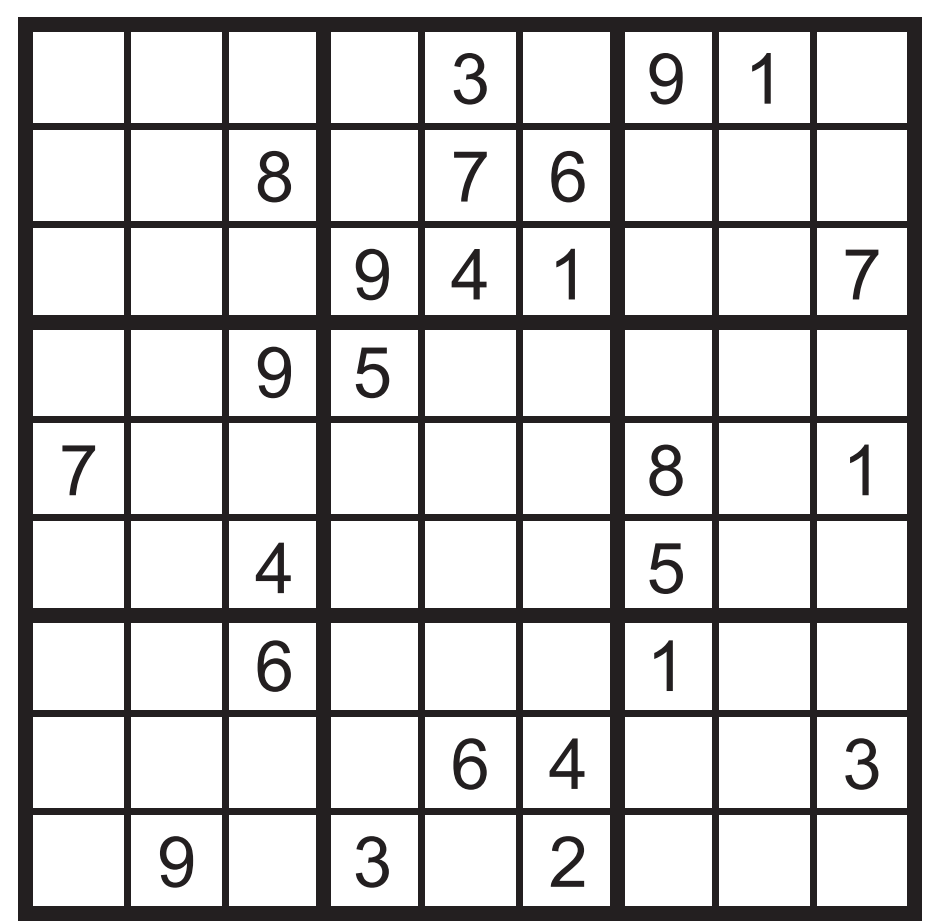
Crossword Puzzle Number 302 Solutions



- 1 T I S
- 11 R N A
- 14 A T V
- 17 C O A R S E
- 21 E N N I S
- 23 S E T T O
- 26 A L D E N T
- 29 E T C
- 37 Q U A K E S
- 40 U N L E S S
- 42 I D L Y
- 46 T R E E
- 49 Y A R D
- 4 L O W
- 12 D I N O
- 15 I V O R
- 18 R S E
- 22 M A X I N E
- 24 Y E S
- 27 E N T
- 32 V O W
- 38 K E S
- 43 I N C A
- 47 E G A N
- 50 R O M
- 7 F D I C
- 13 E R G O
- 16 D O U R
- 19 K E E P A T
- 20 E E P A T
- 25 T A X
- 28 E
- 33 A L I S T
- 39 S A R A H
- 41 S I M I L E
- 45 S U M
- 48 E T A
- 51 S E N



Sudoku Puzzle Number 338 "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.

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

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

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

You can make donations online at [www.pccjournal.com](http://www.pccjournal.com) - Thank you!

Sudoku Puzzle Answers 324

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



# CLASSIFIEDS

## ANNOUNCEMENTS

**Emigrant People's Market**, located at 8 Story Road, Emigrant, MT 59027, on the lawn of St John's Church. Saturdays 9-1 pm. June -October, weather permitting. Locally created goods and eclectic curated items. New vendors welcome. Email [emigrantpeoplesmarket@gmail.com](mailto:emigrantpeoplesmarket@gmail.com) for information.

## Opportunity to serve your community on the Board of Trustees!

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

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

Send questions or request for application to: Cinda Self, District Clerk [csself@arrowheadk8.org](mailto:csself@arrowheadk8.org).

## FOR SALE

2 EMS premium-down sleeping bags can zip together. Just cleaned. \$150 for both. Text/call 406-223-5365.

## 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](http://Arrowheadk8.com). Questions please reach out to Johanna Osborn, Principal 406-333-4359 or [josborn@arrowheadk8.org](mailto: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 today's business world. We are committed to providing our clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to [alice@montanainsurance.net](mailto:alice@montanainsurance.net).

## EXPERIENCED AUTO BODY TECHNICIAN



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

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

## 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](http://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>.

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

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

**Windrider Transit Relief Bus Driver** - Park County is seeking a Transit Relief Bus Driver to join the Windrider Transit team. This part-time position (10-15 hours/week) involves safely operating buses, providing excellent customer service to passengers,



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


**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>.

## 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.





**For Need to Know Information During a Disaster or Emergency Sign Up for Nixle**

Text Your Zip Code to 888777 or Sign Up Online at [www.parkcounty.org](http://www.parkcounty.org)

## 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](http://www.pccjournal.com) or email [community@pccjournal.com](mailto: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](mailto:community@pccjournal.com) for more information on placing a larger classified ad.

## FOR SALE



1957 Model 820, diesel, no PTO, single hydraulic, new inside duals V front tires. \$6,000.

## FOR SALE



1956 Model 70, gas, standard, rebuilt power steering, single hydraulic, PTO (not live), all good tires. \$4,500.

If interested please TEXT Ole at 406-220-0425 (NO PHONE CALLS)

## SERVICES



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# Landmark REAL ESTATE

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## FEATURED LISTINGS

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



**49 Two Dot Highway**  
2 beds 1 bath | 1,160 sq ft  
#389858 | \$320,000  
Rachel Moore | 406-794-4971



**1218 S Grand Avenue**  
5 beds 2 baths | 1,664 sq ft  
#394035 | \$775,000  
Deb Kelly | 406-220-0801



**320 S C Street**  
1 bed 1 bath | 440 sq ft  
#385422 | \$300,000  
Ernie Meador | 406-220-0231



**31 Story Road**  
4 beds 3 baths | 3,396 sq ft  
#393111 | \$585,000  
Jon Ellen Snyder | 406-223-8700



**7 Clear Springs Road**  
Land Listing | 22+ acres  
#388239 | \$599,000  
Julie Kennedy | 406-223-7753



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



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



**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



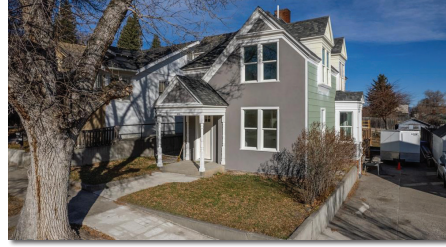
**1305 W Geyser Street**  
2 beds 1 bath | 949 sq ft  
#396617 | \$390,000  
Baylor Carter | 406-223-7903



**Tract 5 Dutch Road**  
Land Listing | 6 acres  
#396678 | \$399,000  
Tom Gierhan | 406-220-0229



**1003 Ridgeway Drive**  
4 beds 2.5 baths | 2,150 sq ft  
#392480 | \$399,000  
Jon Ellen Snyder | 406-223-8700



**416 N 3rd Street**  
4 beds 2 baths | 2,074 sq ft  
#390051 | \$585,000  
Deb Kelly | 406-220-0801



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



**516 North L Street**  
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## Meet the Team...

Born in Scotland, Gillian brought to the United States her life-long love of theatre. She gained much of her extensive real estate experience in Los

Angeles with clientele in the entertainment industry, so she understands the needs of high-end buyers and sellers. Gillian lives in Paradise Valley

### Gillian Swanson

Broker

GRI, ABR, CRS, SRES, CNE, Distinctive Properties  
406-220-4340 • gillian@eralivingston.com

"From the moment we met Gillian we knew that she would have our family's best interests in mind. She listened to our dreams with respect and a positive attitude. Gillian introduced us to our dream property and then repeatedly went above and beyond to create a smooth process for us in buying our first home." -Jillian Souza



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# Six Fast Facts About



In the Northern Hemisphere, October ushers in fall like no other month. Its capital O shouts pumpkins and if the leaves haven't turned, they soon will. Before the Julian and Gregorian calendars, October was the 8th month of the Roman calendar. Octo means eight in Latin. At the time, there were only 10 months. In 700 BC, Numa Pompilius added January and February to the calendar. This change more accurately reflected the length of a year on Earth. As a result, October became the 10th month on the calendar. While other months on the calendar have had days added and subtracted, October has always had 31 days.

1. October is the month when the five-day workweek was first sanctioned. The U.S. Naval Academy opened its doors in Annapolis, Maryland in 1845 (and Navy Day on the 27th is the holiday that celebrates it!)
2. October celebrity birthdays;

Hugh Jackman, Luciano Pavarotti, Sigourney Weaver, Julie Andrews, John Keats, Denis Ouellette, Steph Martens and Kevin Larkin, County Treasurer.

3. Six US presidents were born in October, more than any other month.

1. John Adams
2. Rutherford Hayes
3. Chester Arthur
4. Theodore Roosevelt
5. Dwight Eisenhower
6. Jimmy Carter

4. Fall (including October) is a good time to be born if you want to live a long life. More centenarians are born in the fall months.

5. The World Series of baseball begins in October.

October is also Positive Attitude Month, National Sausage Month, National Fire Prevention Month, Breast Cancer Awareness Month, National Chili Month, to name a few.

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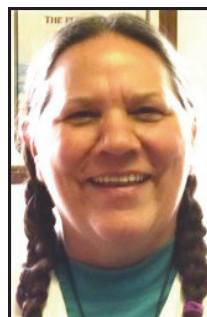
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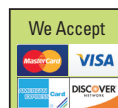
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suicideresources**

[SuicidePreventionLifeline.org](https://SuicidePreventionLifeline.org)

**Dept. of MT DPHHS**  
MONTANA'S DEPT. OF PUBLIC  
HEATH & HUMAN SERVICES

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