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Week of November 16, 2025

SNAP Benefit Relief Efforts

The One Big
Beautiful Bill, landmark legislation
levied by Republican members
of Congress and
signed into law by
President Donald
Trump on July
4th, 2025, has
major implications
across the board,



Tony Crowder *Managing Editor*

from tax assessments and immigration policy to student loan repayment and various social programs—specifically, significant funding cuts to Medicaid and SNAP (Supplemental Nutrition Assistance Program). Created through the Food Stamp Act of 1964 and renamed in 2008, SNAP provides hardship relief to nearly 42 million Americans as of 2025. The Bozeman Chronicle reports that an estimated

Many of these newly implemented changes took effect November 1st. For instance, recipients ages 55 to 64, previously exempt from work requirements, must now return outmatched to a competitive, tech-driven workforce and strained economy riddled with inflation. Age exemptions for families

635 Park County residents are currently

registered for SNAP benefits.

with dependent children, furthermore, have been reduced from age 18 to 14. The Big Beautiful Bill also suspends work requirement exemptions for U.S. veterans. Such changes are expected to result in over two million Americans losing SNAP benefits. Others slated to take effect as early as 2028 include reductions in federal funding with responsibility shifting to states.

Compounding these modifications, the recent federal government shutdown further impacted SNAP by halting November payments, leaving some individuals and families desperate. Payments are anticipated to resume in short order though only partially and with delay.

Members of the Livingston business community, however, have organized efforts to combat food insecurity throughout Park County. In response to these funding deficits, Chico Hot Springs recently donated \$10,000 to the Livingston Food Resource Center (LFRC). Representatives from Chico want to "help ensure our neighbors have access to healthy, reliable meals through the coming winter."

"We are so grateful to support our local community and the Livingston Food Resource Center, which continues to be a lifeline for Park County residents.



Andrew Doolittle, our Director of People & Culture on the right, and Kaya, Executive Director of the Livingston Food Resource Center in the middle, with General Manager Joel Meyer on the left.

Their work truly strengthens our community, and we're proud to stand alongside them in this effort," the organization expressed through Marketing Manager Bridgette Shope.

This generous donation arrives to the LFRC at a time when people struggle more than ever to make ends meet—the holiday season, joyous for some yet financially demanding for others.

The Movement Collaborative, a yoga

studio and self-proclaimed wellness center located in downtown Livingston, is partnering with the Community Closet to offer various services—movement classes and support groups—funded through the Movement for Everyone grant. The studio is also offering free yoga classes in exchange for food or monetary donations. All proceeds will be donated to the Livingston Food Resource Center.

See SNAP, Page 2

Elks Lodge Building Renovation Raffle Fundraiser

The October Progressive Raffle Winner was Nels Swandal. On October 17th, he received a bountiful Bobcat/ Griz Sports basket, which included three tickets for the November game and lots of swag. All the folks that bought a ticket maintain their chance to win for each of the monthly drawings through June 2026. Even when you win, your ticket goes back into the pot so you can win more than once!

Coming up in November the prize will be a Tom & Jerry's basket. Perhaps you are not familiar with this traditional Christmas-time drink. It is a variant of eggnog, but served hot and known for its rich, frothy, marshmallow-like texture. The

drink is unrelated to the cartoon characters and actually predates them by about a century, attributed to British journalist Pierce Egan in the 1820s.

This special raffle fundraiser benefits the Building Renovation Project
for major renovations
to make the building
fully functional so that
the organization can
continue and better serve
the community. Phase one
will include updates to the
building's electrical infrastructure
and renovating the Club Room.

Other upcoming prizes included

themed gift baskets and various other prizes like; a load of gravel, a Chico Hot Springs two-night stay, 200 pounds of

beef and five balcony seats for viewing the July 2, 2026 Rodeo Parade.

Tickets are \$20 each and can be purchased in town at the Elks Lodge, American Legion, RX Coffee, Silo Coffee, State Farm Henderickson, Pura Vida 406 and The Office.

Drawings will take place at the

lodge on the third Friday of each month at 7 pm. You must be 18 or older to buy a ticket, need not be present to win and you do not need to be a member to participate in the raffle.

Direct cash donations can be made through the drop box at the Lodge. Please make checks out to "Livingston Elks" and be mailed to Livingston Elks #246, PO Box 532, Livingston, MT 59047. Any donations will be credited to the campaign "Giving Wall" and larger donations may qualify donors to name a room in the Lodge. Please consider helping to bring the lodge building up to modern standards.

For more information or to donate toward a prize basket please call: John Gannon at 406-581-5477, Joan Bozlee at 406-220-0083, or the Elks Lodge at 406-222-2511.

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Resilience Isn't Just Bouncing Back

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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



The views, thoughts, and opinions expressed in The Park County Community Journal, including articles, Letters to the Editor Opinion, OP-ED or user-generated content, are solely those of the individual authors and do not necessarily reflect the official policy or position of The Park County Community Journal Any content provided by our contributors, or users is their opinion, and they are responsible for the accuracy, completeness, and validity of their statements. The Park County Community Journal does not guarantee the accuracy or reliability

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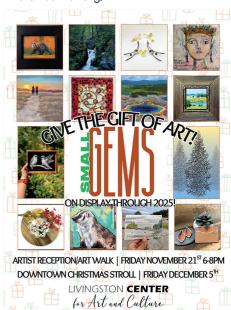
2025 Small Gems Livingston Center for Art and Culture



Small Gems will be on display from November 11th to December 31st. The public can meet participating artists at a reception on Friday, November 21st from 6 to 8 pm during the Winter Art Walk. And be sure to stop in during the Livingston Christmas Stroll on Friday, December 5th. The Center is located at

by Ariel Rodriguez in historic downtown Livingston. For more information, contact LCAC at (406) 222-5222 or visit http://livingstoncenter.org/







The Livingston Center for Art

and Culture (LCAC) will celebrate

the holiday season by hosting

Gems. Featuring small-format

able, and ready to gift.

its annual holiday exhibit, Small

works by local and regional art-

ists, each work is unique, afford-

Ariel Rodriguez has participated - "It's just so much fun. It's very

festive and I love being in it. It's

fun to meet other artists. I also think it's great that the Center

features artists from all over-

careers. There's a very good

often in different stages of their

This is the second year artist

from page 1

In an email correspondence with the Journal, studio proprietor Kelly Miller explained, "I was motivated to do this after buying dog food at Murdochs and the register clerk asked if I wanted to donate my change to the local food bank. It's our hope that by leading by example, more businesses will step up to the plate."

Local real estate firm ERA Landmark is also hosting a food drive through the month of November. Non-perishable, unopened and unexpired pantry food items may be dropped off between 9 am and 3 pm at 215 S. Main Street in downtown Livingston. All donations will be gifted to both Loaves & Fishes Soup Kitchen and the Livingston Food Resource Center.

ERA is focused primarily on collecting items that the food pantry and soup kitchen need most. Canned protein (like tuna or chicken), canned fruit & vegetables, soups, macaroni & cheese, whole wheat pastas, oils, honey, baking supplies (flour, sugar, etc.), and an array of fresh items are also welcome, including eggs and any extra garden vegetables.

"We're excited to organize this year's November food drive and to help support such a meaningful cause within our community. We recognize that food costs and availability are a growing challenge for many local families. We hope our efforts can help alleviate a portion of that need. It's important to us that we give back to the place we call home, and we're grateful for the opportunity to join our neighbors in making a positive difference this season," exclaimed Tom Gierhan, Manager at ERA Landmark.

For more information, please contact Melody Christopher at melody@eralivingston.com.



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Daytime Downtown Small Business Shopping Passport Candy Cane Hunt | Hayrides | Photos with Santa | Choir Music Free Kids' Crafts | Give-Aways | Tree Lighting at 5:30 PM

ExploreLivingstonMT.com/lightuplivingston





Area Deaths

Bernard Rolando, John Baugh, Irene Quintana, Jason Cross, Harold England, Pamela Ann Tracy

Our dedicated staff is devoted to serve the families of our community with honesty, integrity, respect and compassion.

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LETTERS

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

Park County Land Trust

I read your recent article about the Park County Land Trust's first conservation project with interest. While it's great to see local efforts to protect open land, I want to raise a concern about how this project was handled at the October 16th Planning Board meeting.

During that meeting, board member Ellen Smith said she couldn't vote on the Denton conservation easement—but didn't explain why. Then, she went on to take part in the board's discussion, anyway. That's troubling.

When someone on a public board steps back from voting because of a conflict of interest, they're supposed to stay out of the conversation, too. And they should say why they're recusing

themselves. Otherwise, the public is left wondering what's going on and whether the process is fair.

This isn't about pointing fingers—it's about making sure our local boards follow clear and honest procedures. People in Park County care deeply about land use decisions. We deserve transparency and trust in how those decisions are made.

I hope the Planning Department will take steps to clarify its rules around recusals and make sure board members understand what's expected. Conservation work is important—but so is public confidence in the process.

Sheila Royston Wilsall Resident

St. Mary's Catholic School **Christmas Market**

The St. Mary's Catholic School Parent Teacher Organization welcomes everyone to the market on December 13th from 9 am to 3 pm. There will be arts, crafts, food, kids activities and raffles!

They still have vendor



space available for the St. Mary's family. They are offering special discounted rates for student booths. If you are interested in joining them as a vendor, please contact the Planning Committee at kesweets406@gmail.com.

See you there!

Local Family Honors Livingston Legacy with \$50,000 Gift to **Livingston HealthCare Foundation**

The Livingston HealthCare Foundation is honored to announce a generous \$50,000 gift from Robert Means of Livingston and his sister, Betty Bell of Foster City, CA, in memory of their father, Dr. Robert Ross Means, who served as a beloved Livingston physician from 1947 until his untimely passing in 1954.

Dr. Means was known not only for his skill as a physician but also for his kindness and compassion. Practicing during a time when money was often scarce, he frequently accepted payment in the form of chickens, vegetables, or other goods from patients who could not afford to pay in cash. His deep sense of care left a lasting mark on the community, so much so that one former patient placed flowers on his grave every week following his death. When she later passed away, she asked her daughter to continue the tradition in honor of the doctor who had made such a meaningful difference in her life.

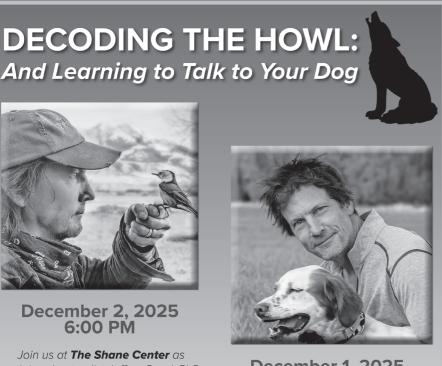
This generous gift from the Means family supports Livingston HealthCare's Clinical Excellence and Innovation Fund. the Foundation's unrestricted fund that addresses the organization's greatest needs. In recognition of their contribution, the Post Anesthesia Care Unit (PACU), where patients recover immediately after surgery, will be named in honor of Dr. Robert Ross Means, ensuring his legacy of compassion and dedication lives on through the healing care provided at Livingston HealthCare today.

"Dr. Means embodied the very best of rural medicine, treating every patient with dignity, generosity, and heart," said Jessica Wilcox, Executive Director of the Livingston HealthCare Foundation. "It is deeply moving to see his legacy carried forward by his family in a way that continues to support our community's health and well-being."

The Livingston HealthCare Foundation extends its sincere gratitude to the Means family for their generosity and enduring connection with Livingston's healthcare tradition.

About the Livingston HealthCare Foundation – They are the philanthropic heart of rural healthcare. As a trusted and proactive partner of Livingston HealthCare, the Foundation collaborates and responsibly ensures access to exceptional medical care through community support.

For more information or to support the Foundation's mission, visit LHC-Foundation.org.



The Park County Community Foundation Center, Carol Lalani, Yellowstone Forever, Park County Environmental Council and Friends of Park County.

acclaimed naturalist Jeffery Reed, PhD, complexity of wolf conversations, with the worlds largest study of wolf communication ever.





December 1, 2025

Groundbreaking Exhibit

Opening at the Museum with reception on December 1st at 5:30 pm,

The Secret Language of Wolves.

With the use of Al and the world's largest study of its kind, Dr. Reed decodes hidden animal communications. Join us at the museum for an immersive, multi-sensory experience and enter into the private world of the wolf.



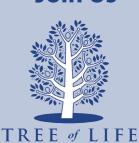
Livingston HealthCare

Honor. Remember. Illuminate.

Each December, **Livingston HealthCare Hospice** and the **Livingston HealthCare** Foundation invite our community to gather for the annual Tree of Life ceremony — a heartfelt tradition open

For 35 years, the Livingston HealthCare Tree of Life has illuminated more than just a tree — it has illuminated hearts. Born from a community's compassion and a promise to bring comfort and dignity to those nearing life's end, the Tree of Life began with the early hospice volunteers whose kindness and dedication shaped Livingston's legacy of

Together, we honor that legacy dedicating lights in memory or celebration of loved ones. Each light shines as a symbol of love, remembrance and the unbreakable bond that connects us all. The names of those honored and remembered are inscribed on our memorial scroll, a lasting tribute displayed at the ceremony and within Livingston HealthCare throughout the year — a gentle reminder that their light continues to shine.



Tree of Life Ceremony Wednesday, December 3, 2025

5:30 - 6:30 PM **Livingston Depot Center**

To Donate:

- 1. Visit Donations page
- 2. Put in desired amount no amount is too big or too small)
- Under "My donation is for," select Hospice from dropdown
- Leave the name of your loved one in comments.



If you would like to dedicate a light in someone's honor or memory — and help the glow of compassion continue to shine for generations to come, please scan the QR code or visit livingstonhealthcare.org/giving/

To sponsor this event or volunteer, please email anita. maxwell@livhc.org.

All proceeds go to support Livingston HealthCare Hospice.

November "Master and Mingle" Series – Profit & Loss Statements

MSU Extension and Park Local Development Corporation hosts the *Master and Mingle* series fourth offering of sessions on November 18th and 20th, offering business owners a unique opportunity to connect, learn, and grow. Park Local Development Corporation is a Park County based economic development corporation that seeks to break down barriers for businesses to

help the community thrive. Partnered with MSU Extension, Park Local is thrilled to build relationships and bring exciting content to the Park County business community.

Designed with flexibility in mind, each month will feature two identical sessions; one at 7 am on November 18th, located at the Old Lumber Yard at 122 North F Street in Livingston; and then again at 6 pm on No-

vember 20th at the Livingston Kite Company, located at 113 W Callender Street in Livingston—to accommodate varying schedules. Business owners are encouraged to attend whichever time works best for them, as both sessions will cover the same content.

The structure of each session begins with a **networking opportunity**, allowing participants to meet fellow business owners and managers and discover what's happening across different industries in Livingston. Following the mingle, MSU Extension Park County will lead a focused workshop on **Profit and Loss Financial Sheet** for November. Each month, the content will

change to meet the needs of our business community. Whether you're new to business or have already mastered your financials, all business owners are encouraged to attend to develop relationships.

The Master and Mingle program is open to all in the private industry. By offering dual sessions and relevant content, Park Local Development hopes to make professional development more accessible and impactful.

Interested participants can sign up through the MSU Extension office and Park Local Development Corporation by emailing park@montana.edu or by calling (406) 222-4156.

Livingston Warming Center Opening

HRDC is preparing to open its Livingston Warming Center for the upcoming winter season, providing a safe, warm space for individuals experiencing homelessness or lacking adequate heat during Montana's coldest months.

The Warming Center model operates

seasonally and relies on community support and fundraising to keep its doors open. Thanks to the generosity of local donors and partners, HRDC has secured enough funding to operate the Livingston Warming Center from December 1st through February 28th. The ability to extend services before or after these dates will depend on the availability of additional funds.

"We are incredibly grateful to everyone who has stepped up to ensure this critical resource can open again this winter," said Heather Grenier, HRDC President & CEO. "When we come together as a community to support our most vulnerable neighbors, we help ensure no one is left out in the cold. This shelter is a lifeline—and every hour of warmth we can provide truly makes a difference."

HRDC is currently hiring staff for the Livingston Warming Center and welcomes volunteers interested in supporting operations. While several returning team members have already committed to the season, additional staff is still needed before opening. Volunteers play an especially important role during periods of extreme cold—known as Code Blue days—when the Warming Center extends its hours to ensure no one is left outside in dangerous temperatures.

Community members who would like



to apply for a position or volunteer can visit thehrdc.org/volunteer. To support the Livingston Warming Center financially, please visit thehrdc.org/donate. Operating the shelter costs approximately \$45,000 per month, and every dollar makes a meaningful impact in helping extend services to those in need.

HRDC is a private, nonprofit organization focused on building a better community by fighting poverty and offsetting the high cost of living in Gallatin, Park, and Meagher Counties. Our work spans a network of programs that create access to food, housing, early childhood education, transportation, energy assistance, and volunteer opportunities. Every day, we help neighbors move from crisis to stability and toward long-term well-being. To learn more about us, visit www.thehrdc.org.

SHIFLDS VALLEY EVENTS

November 18th

Quarter 2 Midterm

November 20th

- First Day of High School Basketball Practice
- School Play Dress Rehearsal –
 2:15 pm
- Elementary/Junior High Boys Basketball at Twin Bridges – 4 pm

November 21st

Dessert Theater High School Play
 6:30 pm

November 25th

 Elementary/JH Boys Basketball at Big Timber – 4 pm

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

Montana Ballet Company, Bozeman Symphony Orchestra, and Opera Montana Collaborate for the First Time with MBC's Annual Nutcracker

Montana Ballet Company (MBC) will unveil a fresh, new Nutcracker this year, and for the first time in its 42-year history, they will be collaborating with both the Bozeman Symphony and Opera Montana.

One of the largest artistic collaborations in the region, MBC's *The Nutcracker* with the Bozeman Symphony and Opera Montana's Youth Chorus, will be held during Christmas Stroll weekend at the Willson Auditorium on Saturday,

December 6th at 2 pm and 7 pm, and Sunday, December 7th at 11:30 am and

4:30 pm.

MBC Artistic
Director, Melissa
Bowman, notes that
while staying true to
everything audiences
cherish, this year's
production will introduce
all-new choreography,
stunning sets and costumes, and
exciting theatrical elements.

"I couldn't be more excited about this collaboration," said Ms. Bowman. "Bringing together the dancers of MBC, the musicians of the Bozeman Symphony, and the voices of Opera Montana's Youth Chorus reflects the true heart of our community—artists working side by side to create something magical for audiences of all ages."

MBC is thrilled to welcome world-renowned guest artists, Lyrica Woodruff and Benjamin Freemantle, performing the celebrated role of Sugar Plum and her Cavalier.

Woodruff and Freemantle will share the stage with Soren Kisiel, co-director of Broad Comedy, MBC's own company dancers, and more than 100 dancers from the community.

Another highlight of this charming production is the Bozeman Symphony, conducted by Dr. Matthew Makeever, Concert Manager and Librarian for the Bozeman Symphony, and Artistic Director and Conductor for Second-String Orchestra in Bozeman.

"I am so excited to be returning to conduct the Montana Ballet Company's production of The Nutcracker with the Bozeman Symphony. The Nutcracker is one of my favorite works, and was such a joy to perform last year. My involvement with this production has spanned probably 25 years: from being on stage as a tumbling bear, to playing trumpet in the pit alongside my father, and now leading the orchestra and collaborating with the dancers, I am so honored and fortunate to have this opportunity to be involved in a production and community I

feel like I have known my
whole life. This production
is a treasure, and I am
thankful to be here," said
Dr. Makeever.

Alongside the
Bozeman Symphony,
MBC is delighted to
welcome Opera Montana's Youth Chorus.
Emerald Hart-Ullman,

Opera Montana Director of Community Engagement says, "We are excited to be joining MBC and the Bozeman Symphony, for the first time, in such a wonderful Bozeman tradition. Our choristers are looking forward to being a part of the magic!"

Celebrating 42 years in Bozeman, MBC's production of *The Nutcracker* is a treat for the entire family! For tickets visit Montana-Ballet.org or call 406.582.8702. All seating is reserved.





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Livingstons' Paul Bradley, LeRoy Mittelstedter, and Calvin Sarver of Clyde Park Win 2025 Montana Governor's Veteran Commendation

Park County Dugout - November 12th, 2025 TheParkCountyDugout.substack.com *By: Jeff Schlapp*

BOZEMAN—After serving breakfast to veterans and their families at American Legion Post #14 on Veterans Day, Governor Greg Gianforte announced the recipients of the 2025 Montana Governor's Veteran Commendation.

"Our veterans answered the call to serve our nation and continue to answer the call to serve their communities," Governor Gianforte said. "The Montana Governor's Veteran Commendation allows us to thank them for their dedication and honor their lasting impact here at home. I'm grateful to the Montanans who nominated these deserving veterans so we can recognize their lives of service."

Relying on nominations from Montanans, the Montana Governor's Veteran Commendation recognizes outstanding Montana veterans who have selflessly served our country in uniform and made a positive impact in their community.

Since the program began, the governor has recognized more than 170 Montana veterans whose leadership, service, and sacrifice exemplify the very best of our state.

The 58 recipients of the 2025 Montana Governor's Veteran Commendation will be honored in the new year with an award ceremony and receive a special commemorative flag flown over the Montana State Capitol in their honor.

2025 Montana Governor's Veteran Commendation Recipients:

 Jeanne Doyle of Hamilton - U.S. Army Nurse Corps. 1945 - 1946



- Lyndsay Alt of Butte U.S. Marine Corps, 1997 - 2001
- Bobbie Aston of Eureka U.S. Army, 2001 - 2005
- Gregory Atherton II of Grass Range -U.S. Army, 1999 - 2001, 2003 - 2014
- Paul Bradley of Livingston U.S. Air Force, 1969 - 1991
 James Bratsky of Bozeman - U.S.
- Army, 1972 1974

 Micah Clark of Libby U.S. Navy,
- 1993 1997
- Patrick Clover of Stevensville U.S. Navy, 1967 - 1970
 Bernard Cooper of Great Falls - U.S.
- Navy, 1957 1962
 Linda Cousineau of Townsend U.S.
- Air Force, 1978-1984
 Susan Davidson of Billings U.S. Navy, U.S. Army Reserve, U.S. Army,
- Mark Dawkins of Lincoln U.S. Navy, 1974 2006

- Force, 1964 1968, 1971 1988
- Richard Foreman of Lincoln U.S. Army, 1985 - 2008
- Ernesto Galvez of Great Falls U.S. Air Force, 1983 - 2008
- Todd Gerving of Clancy U.S. Army, 1991 - 2023
- Herb Gilmour of Great Falls U.S. Marine Corps, 1956 - 1960
- Joseph Griffin of Red Lodge U.S. Air Force, 2002 - 2008
 Frank Harriman of Bozeman - U.S. Air
- Force, 1983 1989
- Merle Hoerner of Lincoln U.S. Army, 1968 1996
- Russell Jacques of Great Falls U.S. Air Force, 1965 - 2000
- James Korth of Bozeman U.S. Navy, 1972 - 1976
- Larrey Lattin of Boulder U.S. Army, 1965 - 1968
- William Lepper of Whitefish U.S. Air Force, 1965 1968
- Christopher Lowe of Missoula U.S.

- Army National Guard, U.S. Army, 2004 2012
- Montana Mansfield-Reynolds of Dillon - U.S. Army, 2008 - 2018
- Gregory Marose Sr. of Hamilton -U.S. Army, 1970 - 1974, 1978 - 2001
- Kenneth Maynard of Anaconda U.S. Army, 1968 - 1975
- Kenneth McMillon of Belgrade U.S. Navy, 1969 - 1974
- Bill 'Cowboy' Miles of Kalispell U.S. Air Force, 1989 - 1993
- **LeRoy Mittelstedter** of Livingston U.S. Army, 1968 1970
- George Morales of Bozeman U.S. Army, 1966 - 1968
 Mark Munsinger of Kalispell - U.S.
- Marine Corps, 1981 1985

 Timothy Norton of Kalispell U.S.
- Marine Corps, 1988 1996
- Francis Odermann of Billings U.S. Navy, 1982 - 2003
 Peter Olson of Culbertson - U.S. Navy
- Reserve, 1964 2004

 David Poole of Helena U.S. Army,
- 2006 2015
 Richard Reeves of St. Ignatius U.S.
- Army, 1967 2002

 James Richardson of Boulder US
 Navy, 1962 1966
- William Rogers of Great Falls U.S. Marine Corps, 1956 - 1963
- Paul Rosenberg of Hamilton U.S. Navv. 1976 - 2000
- Brian Rumsey of Pony U.S. Air Force, 1966 1969
- Calvin Sarver of Clyde Park U.S Army, 1962 - 1968
- Issac Sato of Jefferson City U.S. Marine Corps, 1998 - 2018

1998 - 2018 See Veterans, Page 10





Thursday, November 20th 10 am - 8 pm

Discounts Storewide

Bob's Outdoor Calamity's Boutique Catherine Lane Interiors High Trash Boutique Paradise Western Co.

Livingston, Montana



Comfort Food



Butter Chicken

Are you looking for a deliciously spicy meal to warm up your taste buds? If so, cook a simplified version of this well-loved Indian dish.

INGREDIENTS

- 4 tablespoons butter
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon fresh ginger, grated • 2 teaspoons curry paste
- 2 teaspoons garam masala
- 2 teaspoons yellow curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground cardamom
- 1/4 cup plain yogurt
- 3/4 cup heavy cream (35%)
- 1 tablespoon honey • 1 can tomato paste
- 1 can of coconut milk
- 1 kilogram boneless, skinless chicken thighs, cut into cubes
- · Salt and pepper, to taste

DIRECTIONS

1. In a large, deep skillet, melt 2 tablespoons of butter. Cook the onions over mediumhigh heat until translucent. Add the garlic, ginger, curry paste, garam masala, curry powder, salt and cardamom and continue cooking for about 2 minutes. Pour the mixture into a blender and add the yogurt. Blend for a few



seconds until smooth.

- 2. In the same pan, melt the remaining butter. Add the spice paste, cream, honey, tomato paste and coconut milk. Whisk until all ingredients are incorporated.
- 3. Bring the mixture to a boil and add the chicken. Reduce the heat and simmer for about 20 minutes or until the chicken is cooked through. Serve with

Servings: 4

basmati rice or naan bread.



Friday November 21st, 2025 serving

food from 12pm-12:15pm take as long as you need to eat and socialize with everyone.

TO-GO MEALS NEED TO BE ORDERED BY NOVEMBER 14th, 2025 406-333-2490

Turkey, gravy, mashed potatoes, stuffing, sweet potatoes, green bean casserole, cranberry sauce, roll, pumpkin pie Over 60 suggested donation of \$6

Under 60 \$9.00

Come join us for all the good food and fun!

Do you love Swedish meatballs? If so, consider making this recipe on a chilly day, so you can enjoy them right in the comfort of your own home.

INGREDIENTS

- 1/4 cup breadcrumbs
- 6 tablespoons butter, divided
- 1 onion, finely chopped
- 400 grams ground beef
- 400 grams ground pork
- 2 tablespoons milk
- · 2 tablespoons Dijon mustard, divided
- 1 eaa volk
- · 2 tablespoons flour
- 1-1/2 cups hot chicken
- 1 tablespoon honey
- 1 teaspoon Worcestershire sauce
- 1/2 cup heavy cream (35%)
- · Salt and pepper, to taste
- Fresh parsley

1. In a dry skillet, brown the breadcrumbs, making sure to stir them regularly. Set aside in a large bowl.

Start to finish: 55 minutes Servings: 4

- 2. In the same skillet, melt 2 tablespoons of butter. Cook the onion over medium-high heat until translucent. Season with salt and pepper and add to the bowl with the breadcrumbs. Add the ground meat, milk, 1 tablespoon Dijon mustard and egg yolk. Season with salt and pepper again. Form the mixture into about 16 balls and set aside on a plate.
- 3. In the same skillet, melt 2 tablespoons of butter and brown each meatball on all sides. Set meatballs aside on a clean
- 4. In the same pan, melt the last 2 tablespoons of butter, add the flour and whisk until a roux is formed. Pour in the chicken broth, whisking constantly until you have a uniformly smooth sauce. Add the remaining Dijon mustard, honey, Worcestershire sauce and heavy cream. Season with salt and pepper.
- Return the meatballs to the skillet, incorporating any cooking juices that drained into the pan. Simmer gently for about 10 minutes, until the meatballs are cooked through. Garnish with fresh parsley and serve with your favourite side dish.

Recipe by Carla Williams

Recipé Corner

Loaded Brownie Cheesecake Cup

Ingredients Brownie Layer:

 About 2 cups fudgy brownies, crumbled

Cheesecake Filling:

- 1 ½ cups cream cheese, softened
- ½ cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup heavy whipping cream, whipped to stiff peaks

Toppings:

- Chocolate ganache (melted chocolate and heavy cream)
- Caramel sauce
- Extra brownie crumbs

Directions

- 1. In serving cups or jars, start by adding a layer of crumbled fudgy brownies, pressing gently to form an even base.
- 2. In a mixing bowl, beat softened cream cheese until smooth and creamy.
- 3. Add powdered sugar and vanilla extract to the cream cheese and mix until combined.
- 4. Gently fold the whipped heavy cream into the cream cheese mix-

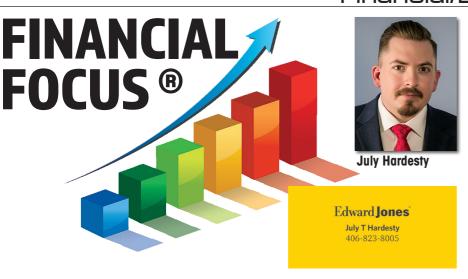


Photo Credit: pureitalianrecipes.com

- ture until fully incorporated and light. 5. Spoon or pipe the cheesecake filling over the brownie layer in each cup.
- 6. Drizzle melted chocolate ganache and caramel sauce over the cheesecake filling.
- 7. Finish with a sprinkle of extra brownie crumbs on top for added texture.
- 8. Refrigerate for at least 2 hours before serving to allow the cheesecake filling to set slightly.

- Use high-quality chocolate for the ganache to achieve a smooth, glossy
- Whip the cream to stiff peaks carefully to maintain a light and airy cheesecake filling.





Three Social Security Myths: What You Need to Know

Social Security is a cornerstone of retirement planning for millions of Americans. But with so much information floating around, it's easy to get confused about how the program really works. Here are three common myths that could affect your retirement planning

Myth 1: Social Security is going bankrupt. Based on current projections, Social Security isn't going bankrupt. According to the 2025 Social Security Trustees Report, if no changes are made to the program, it will need to reduce benefits in 2033, paying about 77 cents per dollar of the projected benefit.

This might sound concerning, but Congress has options to fix the shortfall. They could remove the earnings cap on payroll taxes, increase the tax rate or adjust retirement ages. With 79% of Americans opposed to cutting Social Security benefits (Pew Research Center 2024), lawmakers may feel pressure to act before 2033.

• What you can do: Focus on what you

control. Social Security typically replaces about 40% of pre-retirement income for median earners who claim at full retirement, per the Social Security Administration in 2025. The rest must come from savings. Consider working with a financial advisor to make sure you're saving enough. And don't claim benefits early just because you're worried about the program's future—early claiming can permanently reduce your monthly payments up to 30%

Myth 2: Budget cuts will delay or reduce your benefits. Budget cuts and staff reductions at the Social Security Administration won't change your benefit amount. Only Congress can alter how benefits are calculated. According to the Social Security Administration, payments to those currently receiving benefits and Supplemental Security Income (SSI) won't be delayed. You may, however, face longer wait times when calling or visiting Social Security offices.

 What you can do: When you're ready to apply for benefits, start the process up to four months early. Use online tools when possible and have all your documents ready. If you need to visit an office, schedule an appointment in advance

Myth 3: Social Security benefits are no longer taxed. The One Big Beautiful Bill Act didn't eliminate taxes on Social Security benefits. If your combined income exceeds certain thresholds, you'll still owe taxes on

part of your benefits.

The good news: The new law created a temporary deduction (available through 2028) for people 65 and older. Whether you're an itemizer or non-itemizer, you can deduct \$6,000 per person if your modified adjusted gross income is \$75,000 or less for singles (\$150,000 for couples). It phases down for income above these thresholds and fully phases out at \$175,000 for single filers (\$250,000 for joint filers).

> · What you can do: Understand whether you qualify for the new deduction. Consider selectively using tax-advantaged accounts like Roth IRAs to help keep your taxable income lower, and make sure you have the right amount withheld from Social Security payments.

Don't let Social Security myths derail your retirement planning. Focus on saving adequately and making informed decisions. When in doubt, consult with a financial professional for help navigating these complex decisions.

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

Edward Jones, Member SIPC

Edward Jones, Member SIPC July Hardesty | Financial Advisor | EdwardJones 115 W Callender St. | Livingston, MT 59047 Office: (406) 823-8005 | Fax: (866) 537-6919 Offering strategies based on what's important to you.

Arts/Entertainment

John Lowell Wins Four Western Music Nominations

Set to Perform in

Big Timber on Dec. 4th

on Tuesday, December 2nd.
Livingston's own John Lowell is
a finalist in four awards—Western/

The Academy of Western Artists has

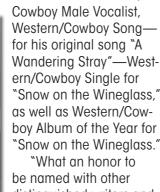
released their award finalists recog-

nizing work done in 2024. A winner of

each award will be selected by a panel

of expert judges and announced at an

on Tuesday, December 2nd.



distinguished writers and performers," said Lowell from his home in Livingston. "I'm so appreciative of this spotlight on our music by the Academy of Western Artists."

"Snow on the Winealass" won Lowell the International Western Music Association's Album of the Year at a ceremony hosted in Albuquerque in November 2024, and he was named the organization's Songwriter of the Year. Lowell and his wife Joanne will

Storytelling Night on Nov. 19th: "FULL SEND!" Stories From Community Members

Elk River Arts & Lectures is hosting a live storytelling show at the Elks Lodge (130 S. 2nd St.) in Livingston on Wednesday, November 19th, at 7 pm to showcase true-life FULL SEND stories from our community. Admission is free and open to the public. Donations are appreciated. Doors open at 6:30 pm. This event is in partnership with Dan Bailey's Cold Snap Film Festival.

The event features five community storytellers: Hannah Brew, Colin Davis, Barb Horan, Abram Misiluti, and Lee Watson. Join our fabulous lineup for true-life tales of going all in, taking a leap of faith, and trusting the road ahead.

This event is part of the Elk River Arts & Lectures (ERAL) Storytelling Night

program. ERAL invites community members with any level of experience to pitch their true stories on a given theme. Those stories selected work with local Storywrangler Bex Frucht to develop their stories and hone their presentation skills before telling their tales in front of a supportive audience at the live storytelling event. This is our seventh such Storytelling

Elk River Arts & Lectures is a nonprofit organization dedicated to cultivating and celebrating the literary arts in Park County. Our 2025 Storytelling Nights are made possible by the generous support of the Park County Community Foundation.

For more information, call (406) 529 1682 or visit elkriverarts.org.

be traveling back to Albuquerque next week to award this year's recipient of the Album of the Year, as well as performing for the convention leading up to the awards show.

Lowell also received the Montana Governor's Arts Award in December 2024 and has been touring the state since, trying to perform in as many of the 56 counties as possible. He will be performing with Joanne for the Sweet Grass Arts Alliance at a show in Big Timber at the Sweet Grass Arts Theater on December 4th at 7 pm. A reception will follow at Two Rivers Gallery. Tickets can be purchased at the theater. For more information, please contact Kristy Cowell at 406-799-2896 or sgatheater@gmail. com, or Deanna Novotny at denovotnybt@gmail.com.



Meals for November 17th-21st

Mon., Nov. 17th - Club sandwich, chips, pea salad, pears, milk

Tues., Nov. 18th - Santa Fe chicken enchiladas soup, tortilla chips, bananas, milk

Wed., Nov. 19th - Ham salad, crackers, cucumber salad. peaches, cake, milk

Thurs., Nov. 20th - Polish sausage, sauerkraut, fries, oranges, milk

Fri., Nov. 21st - Turkey, gravy, mashed potatoes, stuffing, sweet potatoes, green bean casserole, pumpkin pie, milk



206 S Main St Livingston, MT 59047 406-333-2490

Check us out on Facebook Livingston Meals on Wheels

Lunch served cafeteria style Serving food until 12:15 pm

SUGGESTED DONATION \$6 PER MEAL IF OVER AGE OF 60 NO MEMBERSHIP NEEDED \$8.50 if under 60 Salad bar included in meal price If you would like a to-go meal please call before 9am

Resilience Isn't Just Bouncing Back

Mid-November settles differently in Park County. Mornings bite a little sharper, daylight fades faster, and I've been baking



sourdough on the weekends and stirring soups to go with it.

These few weeks alone there are plenty of things to lift the spirit: the Baby Driver launch party at Wheatgrass Books with Amanda Fortini's reading, Family Karaoke night at the 49er Diner, a meet-and-greet with Commissioner Bryan Wells at Riverside Hardware, and the Wine & Beer Tasting fundraiser for the Livingston Depot. Down the street, Mountain Glow Yoga & Wellness is holding steady with new classes. Livingston, and all of Park County, is rich with community.

These small, good gatherings remind me that resilience isn't something abstract; it's something we live together.

The Montana Version of Resilience

Around here, toughness is a given. Ranchers work through cold snaps, entrepreneurs keep lights on through quiet seasons, and artists keep showing up in their studios no matter the market. Grit is woven into the local DNA.

But resilience is more than grit. It's the ability to stay centered enough to keep showing up well—not just showing up.

It's the business owner who



recognizes they need time to refresh before decisions start slipping.

It's the crew that takes five minutes to regroup instead of pushing through frustration.

It's the neighbor who notices someone struggling and checks in.

Resilience grows through those small acts of re-centering and connection, not just through endurance.

The Three Anchors of True Resilience

1. Center Yourself Quickly

- When tension spikes—a customer complaint, a dropped ball, a difficult conversation—use a 60-second hold. Press your thumb and middle finger together, feel that steady pressure, and remind your body: *I can stay grounded here*.

2. Connect Before You Correct

- Resilient communication starts with acknowledgment. Before offering feedback or direction, try: "I know this week's been intense—let's look at what's working first." People listen better when they feel seen.
- 3. Give, Even When You're Tired When you reach

out—share knowledge, lend a hand, or simply listen you strengthen the web you're part of. Belonging, not isolation, is what sustains resilience through Montana's long winter months.

The Coaching Perspective

In coaching, resilience isn't about being unbreakable; it's about being recoverable. We practice returning to center again and again until it becomes habit.

That's why coaching helps both leaders and individuals: it builds emotional steadiness and communication skills that keep people connected instead of reactive. When you can stay curious in hard moments, you create trust—and trust is the backbone of resilience.

Why It Matters in Park County

Our winters are long, our distances wide, and our challenges rarely simple. But we have what we need: grit, creativity, and community.

Resilience here looks like frozen eyelashes at sunrise, lights still on in small shops downtown, and neighbors pulling each other out of snowdrifts—literal and emotional ones.

It's not about bouncing back. It's



coachrainy@coachrainy.com

about bending without breaking, about finding warmth in connection, and about remembering we were never meant to do any of it alone.

Your Turn

This week, try one resilience rep:

- At work: end one meeting by naming a specific win and one concrete next step so everyone leaves clear and encouraged.
- At home: when tension rises, connect before responding—even a quick hand on a shoulder or a simple "We'll figure this out" resets tone faster than advice.
- For yourself: list one responsibility that drains you and one that restores you—and make space for both.

Because resilience isn't about bouncing back to who you were; it's about staying connected, communicating clearly, and remembering we rise by holding each other steady.

Kinerette "Rainy" Martin, SHRM-CP, is a leadership and business coach who helps Park County organizations solve people problems that impact profit, retention, and morale. She also works with individuals navigating personal and professional transitions. Learn more at coachrainy.com

\$100 prize

ago Design Conto

Livingston Meals on Wheels has been a non-profit since 1976 serving Park County seniors nutritious meals!

Open submissions October 6th 2025-December 5th, 2025

Winner will be announced December 18th
We are looking for a new logo to celebrate 50 years
and our new location!

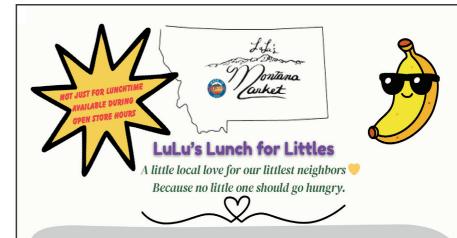
- · Please keep it simple
- . Must include "Livingston Meals on Wheels" name
- . Colors are welcome but please limit it to 4 colors
 - . Can be digital or hand drawn

Please email your submissions to
Livingstonmow22@gmail.com by December 5th
11:59pm, drop it off at

206 S Main St Livingston, MT, or mail it to us 817 W Park St Livingston, MT 59047

Please include contact information with submission
Any submissions after December 5th will not be
considered

Questions? Feel free to email or call 406-333-2490



At LuLu's Montana Market, we believe in taking care of our neighbors — plain and simple.

While SNAP benefits are delayed, we're offering a free meal bundle for any child in our community:

- 4-Cheese Toasty (option to add ham, chicken, or roast beef)
- A piece of fresh fruit
- A bag of chips
- ✓ One bundle per child per day
- ☑ Dine-in or take-out whichever helps your family most
- ☑ No questions asked. No purchase necessary

Because kindness fills hearts as much as it fills bellies.
At LuLu's, we believe community starts with care — and every shared meal brings us a little closer together.

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Your Ageless Wellness Golumi

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

What's Your Name? Re-discovering the Power of Your Name. "To know thyself is the foundation of all wellness."

When you first were given a name. It was spoken over you like a spell—a sound that announced your arrival in this world. But have you ever wondered *why* you were given that particular name, or what it might still be trying to tell you?

In the old world, naming was sacred work. Every sound, every letter, every symbol carried meaning and vibration. Ancient tongues—Hebrew, Sanskrit, Egyptian, Norse, and others—were built on the belief that language itself was creative power. To speak a word was to give life to an idea. To name someone was to set his or her path in motion.

Over time, something changed. Words were rearranged, alphabets rewritten, and meanings blurred. Language shifted from a living current of creation to a tool of commerce, law, and control. The purpose wasn't convenient; it was containment. Once humans forgot that **words build worlds**, they stopped noticing how each word shapes what they see, feel, and believe.

Amnesia runs deep. Most people now think of a name as just a label, something printed on mail or your drivers' license. But a name is more like a frequency code. It's your energetic signature, a melody that hums quietly through everything you do.

Your Name: A Three-Part Harmony of the Self

Your full name is more than identification—it's an energetic map of who you are, what shapes you, and what you came here to evolve. Each part of your name carries its own vibration and role in the story of you.

1. The First Name - The "I" or the Eye
Your first name is the sound of your

individuality—the moment you step forward as a distinct expression of life.

It's the personal flame, the "I AM" spoken into existence. This is the name that carries your *primary vibration*, your creative spark, and the essence that makes you unique among billions.

Symbolically, it's the **eye of awareness**—the one who sees and experiences.

Every time someone calls your first name, it resonates with the core of who you believe yourself to be. When you speak it consciously, you remind your body and spirit, "I exist, and I am present."

It's also why names that don't "fit" can feel dissonant. When the sound doesn't align with the soul, the body knows. Many people spend years rediscovering or reclaiming the name that truly reflects who they are becoming.

2. The Middle Name — The Bridge and the Balance

Your **middle** name is often overlooked, yet it serves as the bridge between the personal self and the ancestral self. It carries the *energetic influence* that shapes how your "I" interacts with the world around you—your emotions, motivations, and inner compass.

In many families, the middle name honors someone or carries forward a legacy. That connection infuses us with both gifts and lessons from that lineage, whether we're aware of it or not.

This is the **balancing field**—where



the personality and the ancestry meet. The middle name influences the tone of the first, either softening, amplifying, or refining it.

It's the mediator between **who you** are and where you came from.

3. The Surname — The Lineage and the Work

Your **last name**, or surname, is the root system, your ancestral frequency. It carries the story of those who came before you, along with their strengths, triumphs, burdens, and unresolved patterns.

Within it are the inherited codes both the gifts you're meant to carry forward and the baggage you're meant to transmute.

Every generation adds a new layer to that vibration. Some of us heal what our ancestors could not; others build upon their wisdom.

Either way, the surname represents the **collective energy** that gave rise to your individuality.

Symbolically, it's the soil from which the "I" grows. We can't escape it, but we can alchemize it—transforming ancestral density into living wisdom for the next "I" who carries the name forward.

When a Name No Longer Fits

Sometimes, a person senses that the name they were given no longer reflects who they've become. That's why people adopt nicknames, spiritual names, or even change their name entirely—it's not vanity; it's alignment.

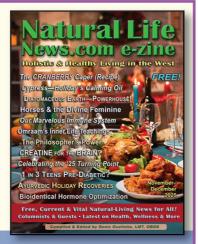
I understand that deeply.
I was adopted at birth and given a
surname that carried the story of a family
I wasn't born into. For many years, I wore
that name, doing my best to make it my
See What's Your Name Page 10

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<u>Veterans</u>

from page 5

- **Sean Smothers** of Hamilton U.S. Marine Corps, 1991 2012
- Allen Sperry of Corvallis U.S. Army, 1967 1988
- Rebecca Stancil of Missoula U.S. Navy, 1990-1994
- Deborah Strickland of Hamilton -U.S. Army, 1974 - 1977
- **Hugh Taylor** of Libby U.S. Marine Corps, 1989 1998
- Terry Tobiness of Great Falls U.S. Army, 1980 - 1992
- Mark Vomund of Red Lodge U.S. Army , 1988 - 2015
 Douglas Vulcan of Lincoln - U.S. Air
- Force, 1966 1969
 Neil White of Great Falls U.S. Army,

1987 - 2010

Governor Greg Gianforte serves breakfast to a veteran at American Legion Post #14 in Bozeman on Tuesday, Veterans Day.

- Charles Williams of Columbia Falls U.S. Marine Corps, 2004 2013
- Darin Woeppel of Bigfork U.S. Air Force, Montana Air National Guard, 1985 - 2006
- Blake Wombold of Vaughn U.S. Army, 2008 2025
- Owen Wood of Billings U.S. Marine Corps, 2004 - 2008
- William Woolf of Wolf Creek U.S. Air Force, 1995 - 2018

For more photos and great articles, check out TheParkCountyDugout.substack.com.

ONTAND

Bozeman Symphony Seeks to "Keep the Music Moving," Launching \$250,000 Annual Fund Campaign



The Bozeman Symphony today announced the launch of its annual fundraising campaign, aiming to raise \$250,000 to support its mission to engage, unite, and uplift the human experience in Montana through music and the arts. Local philanthropists Tim and Mary Barnard and State Farm Insurance have generously pledged to match all donations up to \$30,000 through January 30th, 2026.

Funds raised will support the Symphony's talented musicians, guest artists, and community engagement programs that connect with local schools and underserved areas. By prioritizing educational initiatives and expanding music access, the Symphony seeks to inspire a variety of audiences and deepen its impact across the region.

"For nearly six decades, the Bozeman Symphony has done more than fill concert halls—

we've brought people together through the unifying and transformative power of music," said Music Director Norman Huynh. "From a child's first symphony experience to lifelong music lovers discovering new works, we continue to enrich lives and strengthen our community through music that inspires, uplifts, and connects us all."

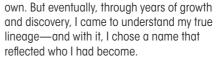
Ticket sales currently cover only 37% of the

Symphony's operating costs, making community support essential to its work. Last season, the Symphony's reach expanded with 1,338 subscribers, 23,795 tickets issued, 35 unforgettable concerts, and more than 10,000 people engaged through community events.

To help "keep the music moving," visit bozemansymphony.org/giving or send a check to Bozeman Symphony, 402 East Main Street, Suite 202, Bozeman, MT 59715. For more information, call (406) 585-9774.

What's Your Name

from page 9



That choice didn't erase my past; it *integrated* it. It was a way of saying, "I see all that brought me here—and I consciously step into what I'm becoming."

Changing or reclaiming a name can be one of the most powerful acts of self-awareness and healing a person can make.

When Words Lose Their Wings

Across history, forces have always sought to reshape language. Administrative tongues replaced living languages. Sacred symbols were turned into logos. Ancestry was recast as myth, and stories of unity were reduced to slogans of separation.

Each time this happens, humanity loses a little more of its ability to *speak from the Name*—that inner voice that knows itself. It's no accident that forgetting our origin so often leads to division and confusion. The less we remember, the easier we are to steer by noise and novelty.

The task before us isn't to invent new meanings; it's to **remember the old one**. To speak again from awareness. To feel the weight of our own words.

The Name as a Path to Presence and Wellness

Understanding the deeper meaning of your name isn't just a philosophical exercise; it's a practice in self-awareness.

When you speak or think your name consciously, you activate the vibration of presence. You reconnect with the part of you that observes, breathes, and chooses instead of merely reacts.

Here's how you can begin to use your name as a tool for wellness:

- 1. Speak Your Name with Intention.
 Say your full name aloud, slowly, with gratitude. Feel the sound in your chest and throat. Notice what emotions arise. If it feels strained, foreign, or disconnected, you've just discovered a doorway for healing. If it feels powerful or warm, breathe into that, that's your authentic resonance coming through.
- 2. Learn Its Story. Research where your name comes from. What does it mean? Who first carried it in your family line? Awareness reconnects you with the lineage of memory that your body already carries. When we know our story, we stand taller in it.
- 3. Listen for Alignment. Ask yourself; does this name still represent who I am becoming? If not, maybe it's time to soften its edges, reclaim an old version, or even choose a new one



that fits the self you're growing into. Names can evolve, just as we do.

- 4. Use Your Name as a Grounding Practice. When you're anxious or scattered, simply place a hand on your chest and say your first name quietly. Feel your breath meet the sound. It's one of the quickest ways to come back to the present moment—back to yourself.
- 5. Speak Kindly in All Names. As you become aware of the power your name carries, you'll begin to notice how every word has weight. When we speak to others—calling their names with gentleness and respect—we help them remember who they are,

Why This Matters for Wellness

Wellness isn't only about diet, movement, or sleep, it's also about **resonance**.

When our outer words and inner awareness match, the nervous system relaxes, the heart rate steadies, and the body begins to

Understanding your name is like tuning an instrument. When you're in tune, everything else—your choices, your relationships, and your health—begins to harmonize.

Your name is the most personal mantra you'll ever have.

It's the sound of you coming into being, again and again, every time it's spoken. When you understand that, even everyday conversations can become small acts of remembering—and every word you speak becomes part of your wellness.

Garrick Fulmer-Faust is a certified personal trainer, nutritionist, and life coach specializing in senior wellness. He serves as Executive Director of the Park County Senior Center and founder of The Hub, a new fitness and wellness center designed for seniors and mobility-challenged individuals. Garrick's mission is to help people discover strength, confidence, and purpose at every stage of life.

The Hub is located at the Park County
Senior Center, 206 S. Main St., in Livingston.
Questions? Comments? Would you like a tour
of the center? Contact Garrick by email or
phone, garrick@parkcountyseniorcenter.org,
406-333-2276 or 406-333-2107.



Thanks to all the Sports Dads

Mom's are special but dads who make the time for kids sports deserve a Tip of the Red Sox Cap and our admiration.

Park County Dugout - November 10th, 2025 TheParkCountyDugout.substack.com *By: Jeff Schlapp*

When I initially set out to write The Dugout, I had to ask myself a few questions. Chiefly among those questions was "Who am I writing for?"

I decided that instead of creating content for parents with purchasing power, I would focus on creating content for the athletes themselves. It felt like a noble goal at the time, but as I would soon learn, separating the two audiences was both naive and impossible.

I wanted to bring awareness to the achievements of these high school athletes, even if that sole achievement was making a team. For some of the kids who were from broken homes, poor, or lacked self-confidence for one reason or another, reading The Dugout would make them feel better about themselves. Others would be inspired simply from reading about their perseverance, resilience, and effort. I thought.

It turns out that, over the years, I was the one who was inspired. And continue to be so.

Maybe the fifth person to subscribe to The Dugout, Merry Nelson, wrote a comment recently about a story we published when the Park High Rangers won their first varsity conference football game in years: "Man oh man, I enjoy reading a piece that can make me laugh or bring a tear to my eye. This story did both. I suspect Jeff enjoyed writing it as much as I enjoyed reading it. Well done, Rangers! Well done, coaches! What a memorable Senior Night!"

She was spot on. I certainly enjoyed writing it. It was yet another moment where the young athletes inspired me.

Now, I am not a very serious writer. I'm often barely even what most would call a writer. However, I occasionally write about fathers and their relationships with their children.

Yet it wasn't until Saturday afternoon while chatting with a friend that I began thinking about the fathers of athletes at Park High, Shields Valley, Gardiner, and Manhattan Christian. We were sharing positive reflections about the father of an athlete from MCH when I looked around the Eagles Gym, where I was waiting for the start of the Western C Volleyball Tournament Championship, and saw, for the first time, all the dads who were present.

I started thinking about those dads, some I've seen for five years and some only recently—not because they didn't show up to their sons' or daughters' games, but that I had just gotten to know who they were.

First of all, I want to say at the outset that I am a big fan of the moms. They spray copious amounts of bug repellent and sunscreen on their boys at the ball parks and provide all manner of protein bars, Gatorades, and bandaids to any kid who passes by. They know more rules than those officiating a game and aren't afraid to let them know. At soccer games, they're the loudest cheerleaders.

Many moms will thank me for writing about their child, and occasionally, some will yell at me for excluding their son/daughter from a story. Sigh. I try to get to everyone.

Earlier on Saturday, I watched with utter admiration as Drummond High School senior Kimber Parson climbed the bleachers, tears streaming down her face after her team lost to Twin Bridges, and sought out her father, falling into his welcoming arms. I zoomed in with my camera for a close-up, then put it

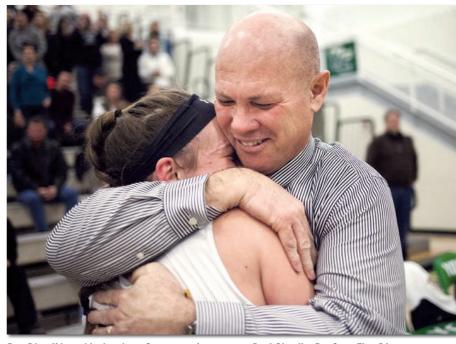
down; some moments are better left alone.

But that encounter got me thinking about how important the role is that dads take on as their kids grow with sports—they have an opportunity to don a cape and become a superhero to their children, and teach them the essence of humility, hard work, and service. Some seize the moment.

Here in Park and Gallatin County, we have many men wearing red capes under their striped bib overalls. Many were present for three straight days this week at Manhattan Christian School in Churchill, taking time off from work to watch their daughters compete for a chance to play in the MHSA Class C State Volleyball Tournament, which begins on Wednesday.

There is a particular stereotype of dads in youth sports. I've seen the accounts of over-involved, overbearing dads. And yet, in my experience, although I've certainly run into some crazies, most often I've witnessed quite the opposite.

We all know it's not quite as fun to talk or write about men who behave themselves—men who show up for their kids, not their



Don Dimoff hugs his daughter, Courtney, after a game. Paul Chaplin, For GameTimePA.com

own egos. But the vast majority of them do just that. They encourage, teach, and love them well. I've watched countless fathers watching countless high school games, so I thought I'd mention a thing or two about

tion a thing or two about



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2nd Place: \$150 3rd Place: \$75 Youth Category (12 and Under)

1st Place: Trophy & \$100

2nd Place: \$50 3rd Place: \$25



UPCOMING EVE TOUR CALENDARS Calendar 1 2 3 7 8 9 10 13 14 15 10 14 15 10 17 18 20 21 22 23 24 25 14 21 28

Mondays - Weekly

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

Tuesdays - Weekly

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

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

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

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

ART & TECH NIGHT - Every Tuesday from 5:30 – 8 pm and free & open to all! Join us at Studio49 (downtown 129 S. Main St.) for an open, all-ages creative night featuring hands-on art projects, collage materials, sewing supplies and machines, sketching and painting, 3D-printed curiosities, cool tech exploration. Whether you're here to paint, build, design, or just hang out, there's a space for you. Dinner is provided and a knowledgeable staff is on site to assist with projects. Donations are welcome to keep this community night going strong! See you there!

Wednesdays - Weekly

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

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

BINGO NIGHT AT THE OFFICE - The Office Lounge at 128 S. Main Street is hosting bingo at 6:30 pm.

CRAFTS (MONTHLY) on the last Wednesday of the month at the Shields Valley Senior Center in Wilsall, 202 Elliot St., at 1:30 pm.

Thursdays - Monthly

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

POTLUCK at the Shields Valley Senior Center in Wilsall, 202 Elliot Street, every 3rd Thursday of the month at 1 pm.

November 16th - BIG KITTY FIX - If it works, fix it! Appointments required, please call 406-222-2134 or email spayneuterlivingston@gmail.com. Event takes place at the Park County Fairgrounds, 46 View Vista Drive, Livingston. Organized by the Spay Neuter Project, donations welcome. Also available, low cost vaccination and microchip clinic for dogs and cats. Contact laurelrhodesdvm@gmail.com.

November 17th - MEN'S MENTAL HEALTH - Join ASPEN for a community discussion starting at 7 pm at the Blue Slipper Theatre, 113 E. Callender Street, Livingston. An informal panel discussion on masculinity and men's mental health featuring clinical psychologist Dr. Chris Spromberg and other local speakers. In conjunction with the Blue Slipper's production of *The Aliens!* This event is free and open to the public.

November 20th - **MEDICARE 101** - Free seminar to learn about the basics of Medicare and have all your questions answered at 4 pm at the Livingston Park County Library, 228 W. Callender Street. For more information you can contact A.E. Noble and Associates at 406-213-8600.

November 21st - THANKSGIVING MEAL - Livingston Meals on Wheels will be serving a Thanksgiving meal from 12 - 12:15 pm (take as long as you need to eat and

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

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

visit) at PC Senior Center, 206 S. Main Street. To-go meals need to be ordered by November 14th please by calling 406-333-2490.

November 22nd - **PAWS & CLAUS'** - Comley Veterinary welcomes you and your furry friends to visit Santa and take photos in the Park County Fairgrounds dining room, 46 View Vista Drive, 9 am to 1 pm.

November 27th - ANNUAL THANKSGIVING DINNER

- Join us for our 17th Annual Complimentary Thanksgiving Dinner at the Civic Center, 229 River Drive in Livingston. You can come and dine-in with great company starting at 11 am, have a meal delivered or pick up a dinner at the Food Resouce Center from 11 am to 1 pm. For delivery, please call 406-223-4951 to make arrangements.

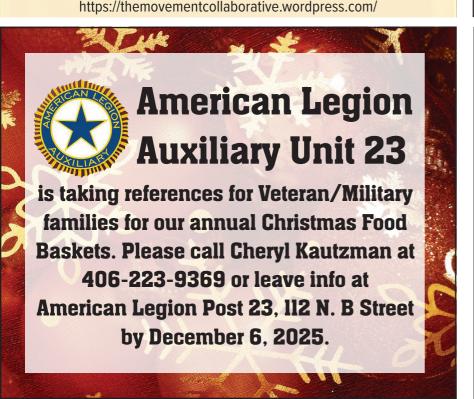
November 29th - REDNECK CHRISTMAS - Shields Valley holiday weekend starts Saturday, November 29th with the Redneck Christmas Parade starting at 6 pm followed by a Movie in the Valley at 7 pm in Clyde Park. On Sunday, November 30th, come to the annual Christmas Craft Fair at the Shields Valley Community Center in Clyde Park from 12 noon - 4 pm followed by the Festival of Trees at the Wilsall Dance Hall from 4 - 6 pm.

November 29th - **LIGHT UP LIVINGSTON** - Fun for the whole family, starting at 4 pm enjoy daytime downtown small business shopping passports, candy cane hunt, hayrides, photos with Santa, choir music, free kids' crafts, give-aways and tree lighting at 5:30 pm. For more information go to: ExploreLivingstonMT.com/LightUpLivingston.

December 3rd - **36TH ANNUAL TREE OF LIFE CELE-BRATION** - Livingston HealthCare Home Health and Hospice and the Livingston HealthCare Foundation invited you to participate in a very special tradition to recognize the lives of our loved ones by dedicating a light to shine in their honor or memory. This event will take place at the Livingston Depot Center, 200 W. Park Street from 5:30 pm to 6:30 pm.



We're located at 206 S. 11th Street, Suite 5







BREAK time CROSSWOR

Montana Fun Facts!

The Desert Land Act of 1877, allowed settlement of Arid Lands and allocated 640 acres to settlers for a fee of \$0.25 per acre and a promise to irrigate the land.

According to a Montana law, a woman is not allowed to open her husband's mail. Hopefully, it was not meant to prevent wives from spending their husband's paychecks before they saw it.

You are not allowed to throw any object across the street in Helena, Montana. This is but one of the many weird laws in the capital city of this state.

ACROSS

- 1. Breach
- Speak imperfectly Nail holder
- 11. Frittata fundamentals
- Wood-chopping tool
- 16. Seed protector
- 17. Chalcocite or magnetite, e.g.
- 18. Faction
- 19. Schoolyard fixture
- 21. Furniture item
- 23. Plunged
- 24. Of protuberances
- 26. Swarm Dusky cuckoo
- 29. Tag marking
- 32. Condensed moisture
- 33. Belittle
- 37. Pertaining to a time period 39. Church dish
- 40. Tuck's partner
- 41. Roof topper
- 44. Stop, matey!
- 45. Eat rapidly

- 47. Lack
- 49. Close friend
- 50. Lifted with effort
- 52. Defraud
- and forever 54
- 55. Exchange fee
- 57. Sunday speech
- 59. Spokes
- 61. Rich pastry
- 63. Night before
- 64. Short ape?
- 65. Passing grades 66. Hot-air balloon pilot
- 68. Glazed
- 71. Super!
- 73. Hack
- 74. Defendant's excuse
- 76. Hilton rival
- 79. Meadow bird
- 83. Desolate
- 86. Prom attendant
- 88. In the past

5

_ media

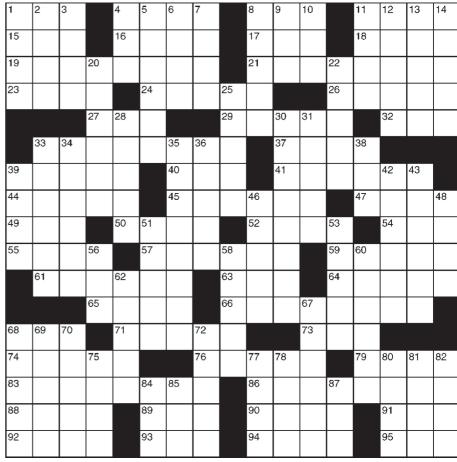
6

- 90. Cathedral part
- 91. Function
- 92. One who predicts the future
- 93. Do sums
- 94. Jug
- 95. Small gull

- Handled hook
- 2. Car part
- 3. Toll 4. Fold over
- Mocking 5.
- 6. Fodder storage place
- Asked urgently
- Australian marsupial
- Foul up
- Prized stone 10.
- 11. Mountain feedback
- Oversee
- 13. Coast
- 14. Scatter

8

20. Forest clearings



- 22. Chintzy
- 25. First Hebrew letter
- 28. Crucial inning
- 30. Easy chair
- 31. Thin oatmeal
- 33. Plunder 34. Type of type
- 35. Cosmos
- 36. Ocean cruiser 38. Not high
- 42. Four-wheeled carriage 43. Consecrate

39. Mama's man

- with oil
- _ and beyond
- 48. Skinny branch
- 51. Basketry material
- 53. Swedish moolah
- 56. Like Mother Hub-
- bard, e.g. 58. Full of substance
- 60. Good for farming
- 62. Auspices
- 67. Series of eight
- 68. Nimbi
- 69. How to leave
- Garbo? 70. Chop into
 - 85. At the center of tiny pieces 87. A piece

72. Leading

77. Teen woe

80. Calla lily, e.g.

81. Red bloom

82. Understood

84. Future chicks

78. Deice

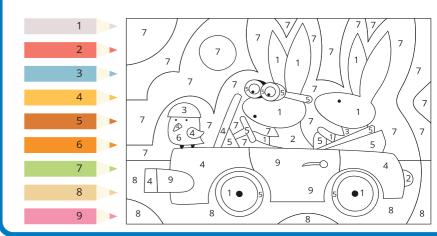
75. Pilsner or lager

Help the rabbit fly through the maze.

A weekly hangout for the young and young at heart

Color by NUMBER

Use the color code to finish

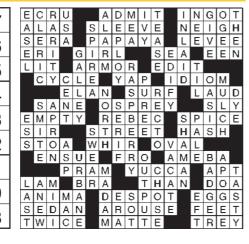


Sudoku - #159

3 9 5 1 5 6 1 6 5 3 8 6 9 1 4

Crossword - #424

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



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Community Journal - 14

CLASSIFIEDS

NOTICE

NOTICE IS HEREBY GIVEN that the Board of County Commissioners of Park County, Montana, will receive applications for the Planning Board. The purpose of the board is to serve as an advisory board to the Park County Commission. There will be three (3) board seats available for a 2-year term beginning in January 2026. Applicants must reside outside of the city of Livingston or Clyde Park. Applications can be picked up at the Commission office or on the county website at www. parkcounty.org under departments/ county-boards-committees. Application Deadline is Wednesday, November 19th at 4:30pm. Please return applications to Carly Ahern in the County Commissioners office via email, cahern@parkcounty.org, or mail to: 414 E. Callender Livingston, MT 59047.

FOR SALE

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

Free-standing **portable air conditioner**, \$75. Please call 406-222-4636.

Home for Sale - Newly renovated, large living area, 3 bedr., 2 full bath, fenced yard, new shed, lovely view, many trees in charming mobile home park in North Glastonbury. Call 610-334-0962.

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Low milage **winter tires** (2600 miles) and rims. Cooper Discoverer Snow Claw tires, 275/65R18 mounted on Ford 6 hole rims. 406-209-5077.

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HELP WANTED

Community School Collaborative (CSC) is seeking a collaborative, visionary Executive Director to lead youth workforce development programs that prepare tomorrow's workforce and empower youth. Nonprofit leadership and fundraising experience required.

Salary \$70,000-\$80,000. Apply at www.csc4kids.org/were-hiring.

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

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

- Up to 9 hours per day, Monday through Thursday
- Occasional Fridays
 Starting Wage: (Includes single health insurance)
 - Applicant with a HS Diploma or equivalent: \$15.36
 - Applicant with an Associate's Degree or equivalent: \$16.41
 Applicant with a Bachelor's
- Degree or higher: \$17.47
 Effective: August 18, 2025
 Closing Date: until filled
 For applications, please contact
 Danny Johnston at djohnston@
 shieldsvalleyschools.org or 406-5782535. Access the Classified Application
 Packet at www.shieldsvalleyschools.com.
 Shields Valley School District is an
 equal opportunity employer. Jobspecific training will be required as a
 condition of continued employment.

Bus Drivers Needed. The Gardiner Schools need bus drivers. Our loyal, long term drivers are nearing retirement and we have no replacements. This week, a single driver had to take both the Valley route and the Mammoth route. This adds at least an hour to the school day for parents and students who have to wait for their driver to complete his first route. Some rural schools have been forced to simply cancel morning and afternoon bus routes. Soon, we may

have to ask parents to take athletes to sporting events, and participants to Speech and Drama meets and FFA events. This is bound to cause a lot of hardship and it will certainly lessen the experience of being part of a team. The school provides free training for drivers, and reimburses annual fees required for drivers to stay certified. Driving a bus is a great way to serve your community, get to know our young people, and provide supplemental income. We are happy to facilitate schedules to allow bus drivers to drive to events where their own children are competing. Give us a call at 406-848-7563 if you have any interest and we can walk you through the process of getting certified to drive!

Come Join Our Kenyon Noble Team!

Kenyon Noble Lumber & Hardware's Livingston

location is currently accepting applications & hiring for **Warehouse Associates** and

Delivery Drivers. No experience necessary—we will train! Offering competitive wages and great benefits packages. For more information and to see the complete job listing visit us at kenyonnoble. com/jobs. You can also apply online!

Finance Clerk

Open and accepting applications The City of Livingston is seeking a detail-oriented, full-time Finance Clerk to join our team at City Hall. This public-facing position plays a key role in processing financial transactions, assisting customers with utility billing and payments, maintaining records, and supporting the Finance Department's daily operations. The ideal candidate will be organized, accurate, and comfortable working in a fast-paced office environment with frequent public interaction. This position requires strong communication skills, a high level of proficiency with Microsoft Office and computerized accounting systems, and the ability to manage tasks with efficiency and professionalism. Prior office experience and knowledge of cash handling procedures are

Please see the document for full job details and application instructions at https://www.livingstonmontana.

org/sites/default/files/ fileattachments/human_resources/ page/9137/10.28.2025_finance_ clerk_jd.pdf

911 Communications Officer The City of Livingston, Montana,

is seeking full-time 911 Communications Officers to perform dispatch duties for first responders across Park County. The position offers an hourly rate of \$25.83, with additional pay for nighttime shifts, and requires working variable shifts, including nights, weekends, and holidays. Benefits include paid onthe-job training, state retirement, vacation and sick leave, parental leave, and comprehensive health insurance. Applicants must be high school graduates or equivalent and possess strong communication, multitasking, and customer service skills. Familiarity with Livingston and Park County geography is advantageous, as is prior emergency services experience. Successful candidates must pass a background check and acquire certifications, including Montana Emergency Medical Dispatch, Public Safety Communicator Basic Academy, and Basic Life Support (all employer-paid), within specified timeframes. Applications require a completed form, resume, and cover letter, which can be submitted via email or mail to Livingston's Human Resources Department. Full details and forms are located at https:// www.livingstonmontana.org/hr/ page/911-communications-officer-1

Detention Officer -- Are You Trustworthy, Self-Motivated and Punctual? The Park County Sheriff's Office is looking for two new full time team members interested in a career in a law enforcement capacity with our Detention Center. Take pride in performing excellent public service to your community thru providing inmate care. Be formally trained in integral aspects of your field such as PPCTpressure point control tactics, tactical handcuffing and CIT- Crisis Intervention Training. Shifts are bid by seniority, as follows: 7am-3pm, 3pm -11pm, 11pm-7am Benefit package includes Sheriff's Retirement System; 3 vacation weeks, 12 sick days, holidays, Health and Life insurance, AFLAC, discounted local

Become part of the Park County
Detention Staff and serve the
community with compassion and
caring in the capacity of a Detention
Officer. Click on the Job Description
for qualifications and additional
information.
To apply please download the
application package, print it out and

merchants/vendors, etc

submit with your updated resume and cover letter by mail to:
Park County Human Resources
414 E. Callender St.
Livingston, MT 59047
Applications and signatures MUST be originals for consideration. NO ELECTRONIC, FAXED or EMAILED applications will be accepted.
GO TO https://jobs.parkcounty.org/

Packet.pdf TO DOWNLOAD THE APPLICATION PACKAGE You may also stop by the Courthouse HR office for a packet!

uploads/files/jobs/37/PCSO-Application-

Elections and Records Deputy

Step into a role where your work truly matters as an Elections and Records Deputy with Park County! This position offers the chance to be at the heart of critical processes like elections and public records management, ensuring trust and transparency. If you're a meticulous problem-solver who thrives on variety and meaningful work, we want you to join our dedicated team. To view full job details and requirements visit: https://www.jobs.parkcounty.org/jobs/154/Elections-Records-Deputy-1#job_154

Detention Officer

Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full time team member interested in a career in a law enforcement capacity with our Detention Center in service to Park County residents and visitors. This position will be open until filled. To apply please download the application package, print it out and submit with your updated resume and cover letter by mail to:

Park County Human Resources 414 E. Callender St. Livingston, MT 59047 Applications and signatures MUST be originals for consideration. NO ELECTRONIC, FAXED or EMAILED applications will be accepted. You may also stop by the Courthouse HR office for a packet!



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Sports Dads

some gentlemen that you won't read about in the newspaper or see in your Facebook feed.

I've noticed how, in baseball, a boy going up to bat might only look to one other person besides his coach. He might just steal a glance outside the fence and lock eyes with his dad. Of course, some dads coach too much from the bleachers. But most often, I've watched how a dad simply gives an encouraging nod or a positive word. I've seen how a player can relish that eye contact can, in fact, crave it.

I've watched how sometimes a dad will move down to the very end of the fence, away from the crowd, when his boy is up to bat, to relieve the pressure on his kid. I've seen some stand-alone watching from as far away as they can on a hill beyond the outfield. I've seen some sit silently and assuredly present behind home plate. And some search out a lone spot in a gym to watch their daughters swat at a volleyball.

I wish I had thought of asking my friend Luke Jergenson to join me over the weekend. He is someone who places a lot of value on family, sports, and Faith; he would have loved seeing all of the fathers present during the volleyball tournament. He has two sons in college but never missed a high school football, basketball, or tennis match that they played in, and now he readies himself for his eighth-grade daughter, who will soon carry on her brother's love for competition.

He will be alongside her every step of the way, win or lose.

When I decided to write this article, I thought about many things that reminded me of fatherhood, one of which was the U.S. Open. It always ends on Father's Day, and being a golf fan, I ascribe a certain significance to that as well. Think of how many images we've seen of golfers sobbing into their dads' arms after winning the Open. Think also of little kids running onto the green to be scooped up by their dads, not knowing just how much a win means to him, but knowing it's somehow important and makes him happy.

And—not to get all mushy—but that's why we like sports in the first place. We want things that make ourselves and our friends happy, and for some reason, watching a team we support win gives us the feeling of happiness. That's how bonds between fathers and children can start. A child wants his/her father to be happy.

When I first started writing, I would introduce myself to a few parents whom I always saw at the games, usually fathers. It was only recently that I began to feel comfortable talking to some moms.

I spoke with Doug Braham often when I first began my sports coverage; he is now someone I consider a friend. But I have watched his angst as his son's basketball team loses more often than they win. However, he attends every single game (baseball as well, but Park High has had much more success at the ballpark than on the basketball court), having cheered on his daughter and both sons during their endeavors. Some-

thing they will never forget. Through the years, I have gotten to know Eric Reinertson in Gardiner. He's another dad who never missed a game that his daughter,

Ellie, played in, often filming them so she could watch later; now, he never misses his daughter Josie's games as well.

Lliam Edwards' father, Bill Edwards, once hooked up his trailer so he could spend the weekend watching Lliam play baseball and ensure his son's comfort. He might have done it more than once, but I just never asked—a good man, a great father.

Recently, I met Ann Marie Donald's father briefly when he introduced himself before a Lady Rangers soccer match, and he beamed with such pride as he talked about his daughter. It was a nice moment.

The faces of fathers who watch their kids in sports are, for me, a joy to see. They are smiling one second and frowning the next; such is the nature of sports. Dads often wear their emotions on their faces.

But to me, their appearance in the stands or along the fence is special for their sons and daughters. The Drummond volleyball player sought out her dad for comfort, with her mother standing beside him. A father's love is enduring and lasting.

Recently, I have spent time at Manhattan Christian with the father of Lady Eagles' star volleyball player Bella Cash-Rich. He's one of the few men I know who loves baseball and enjoys talking about the Cubs. Well, I'm not sure he enjoys talking about them, but he puts up with my Cub stories.

He's at every game. Last spring, he was at every track meet as Bella qualified for the state meet. He knows everyone, and if not, he will—just give him five minutes. He is a dedicated and loving father who tapes all the Eagles games so Bella can critique herself later on. He loves nothing more than watching a sporting event in which his daughter is participating, attending, or watching with her, whether on TV or in person.

He's special. And he is in my eyes doing fatherhood right.

Kids need to know the love of a father. The connection between dads and their children is priceless and resonates long after the younger generation grows up and leaves the house. A solid relationship between a boy and his dad gives him a sense of acceptance and worth. It assures him that he has what it takes to become a man in his own right. It gives him confidence to know that he measures up and gives him a solid example to follow as he builds his own family.

Likewise, girls need to know the love of a father to fulfill their calling from God. A father's love gives them a sense of security in a world that often tries to tear them down. They understand their actual value as women because their dads value them. Plus, a father's love provides a template. It lets them know what to look for—and what to reject when it comes to giving their heart to a man in the future.

This week at MSU's Brick Breeden Fieldhouse, starting on Wednesday, there will be plenty of dads watching their daughters as they attempt to lead their teams to state championships in high school volleyball.

They will be where they always can be found, in a gym, on the field, or along the court—supporting, cheering, and yes, providing a shoulder to cry on.

They will all hide their cape. But we know. To all the fathers that I see watching their kids' games, thank you for being a Sports Dad.

For more photos and great articles, check out The Park County Dugout. substack.com.





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Jon Ellen Snyder | 406-223-8700



504 S H Street #1

3 beds 2.5 baths | 1,770 sq ft #405468 | \$699,000 Theresa Coleman | 406-223-1405



401S Main Street

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

Ernie Meador | 406-220-0231



7 Aquila Lane

Land Listing | 2+ acres #394836 | \$234,000

Deb Kelly | 406-220-0801



425 S 12th Street

4 beds 3 baths | 2,620 sq ft #404838 | \$824,000



510 Anderson Street

3 beds 2 baths | 2,070 sq ft #406240 | \$489,000

Tom Gierhan | 406-220-0229



107 S Main Street

Commercial Sale | 7,061 sq ft #395132 | \$1,950,000

Ernie Meador | 406-220-0231



9 Grizzly Meadow Road

4 beds 3 baths | 20+ acres #405763 | \$2,395,000

Tom Gierhan | 406-220-0229



305 Lathrop Street W

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

Jessie Sarrazin | 406-223-5881



518 W Lewis Street 4 beds 2.5 baths | 4,398 sq ft #403584 | \$1,175,000

Julie Kennedy | 406-223-7753



903 Meriwether Drive E

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

4/1/06/2



61 Rocky Creek Lane

Land Listing | 4.36 acres #406313 | \$575,000

Tammy Berendts | 406-220-0159

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A Different Nutcracker



Yellowstone Ballet Company's version of "The Nutcracker" is "different, in a good way," says one of last year's attendees. Besides the enchantment that one expects from a full-length ballet, there is a bit of fun, and enjoyment that will keep a smile on your face after the curtain closes and the house lights come up. From the young enthusiastic dancers, to the polished professionals, errestrial seraphim and celestial aerial angels floating from the rafters, a back drop of northern lights in the land of ice and snow, a growing Christmas tree and surprises that will make your heart glow, there is something for everyone.

Kathleen Rakela, Yellowstone Ballet Company's founder, Artistic Director, and recipient of the Montana Arts Council Fellowship in the Performing Arts, brings this magical production of "The Nutcracker" together by giving talented dancers and choreographers around the state an

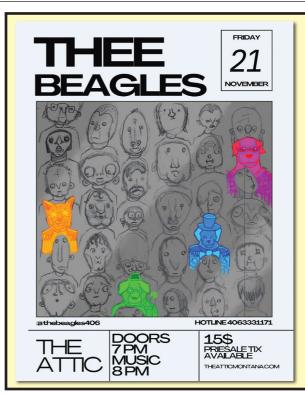
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opportunity to express their creativity and innate genius through dance and choreography. YBC's cast includes performers and choreographers from Yellowstone Ballet Academy, Billings Ballet Company, Raison d'etre Dance Project of Bozeman and Core Ballet Montana. Some of these performers have just started a relationship with YBC and some have been dancing in Rakela's original productions and The Nutcracker performances since 2008.

Bozeman's homegrown ballerina, Molly Groeschl, who is at the top of her performance skills having danced with Colorado Ballet, Ballet West and Milwaukee Ballet, and as a soloist and principal dancer with Tucson Ballet and Madison Ballet, performs the demanding role of the Sugar Plum Fairy.

The illustrious Lucas Segovia performs the roles of the Nutcracker Prince and the Cavalier. Lucas joined Ballet Argentina as a soloist under Julio Bocca's direction



The Beagles play psychedelic country music from North and South America. They're bringing their high energy guaranteed good-time stage show to The Attic to celebrate the release of their newest album TAPE 002 on November 21st. Doors open at 7 pm and the music starts at 8 pm. More information and presale tickets can be found at www. theatticmontana.com

and was promoted to principal dancer shortly after. He has been awarded with the Premio Clarin, the most prestigious recognition for the Arts in Argentina. Lucas has performed in over 400 cities around the globe along with performing in some of the most famous dance venues in Spain, France, Italy, Greece, Russia, the United States and Cuba. He has also been a part of The Washington Ballet and of Morphoses/The Wheeldon Company, directed by Christopher Wheeldon and has danced with The Joffrey Ballet, performing in virtually the entire repertoire of the company as a soloist or principal dancer.

Molly and Lucas have been dancing together for many years, not only in guest appearances of "The Nutcracker" throughout the U.S., but also in Balanchine's "Rubies" with Madison Ballet and excerpts from "Swan Lake" and "Romeo & Juliet" in YBC's "Songs & Dances of Love." Although they

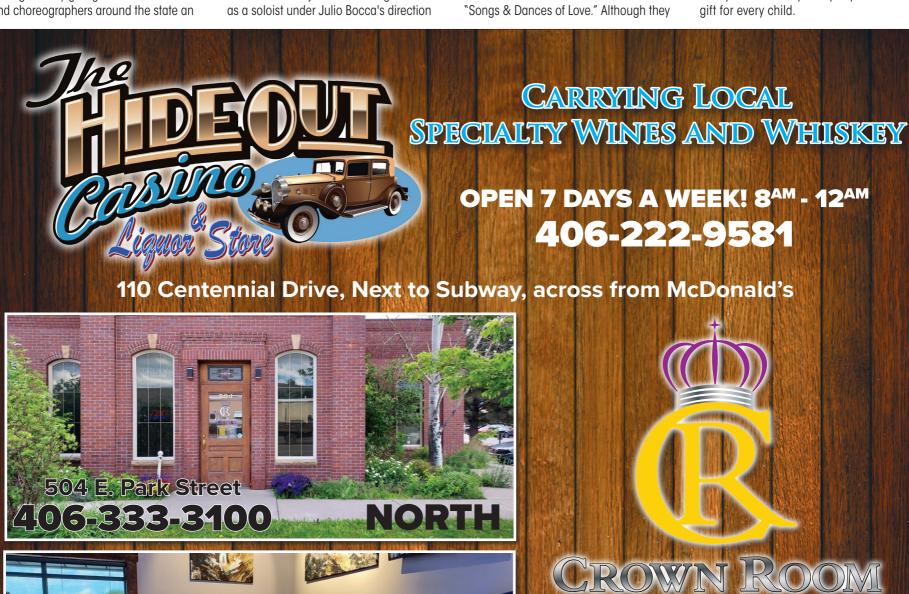
are not related, their friendship throughout these many years has created a special bond between them. Molly describes her affinity with Lucas as a brother and sister type of relationship. "I know that I am very cared for when I dance with Lucas on stage. When you are lucky enough to have a strong and trusted partner like him, you can just let go of any fears and perform to the top of your ability," she says.

Yellowstone Ballet Company's 34th annual presentation of "The Nutcracker" takes place on Saturday, Nov. 29th and Sunday, Nov. 30th at 2:30 pm. Tickets range from \$29 to \$80 and are available at https://yellowstoneballet.info or at the door one hour before performance. Every adult ticket purchase allows for a free child ticket! There is also a child's Nutcracker Costume Contest with prizes from Rocky Mountain Toy Company and a small

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