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Week of November 2, 2025

Finn Schretenthaler Earns a Three-Peat. Park High Senior Becomes Most Decorated XC Runner in School History

Park County Dugout - October 26, 2025
TheParkCountyDugout.substack.com
By: Jeff Schlapp

For the second consecutive year, Park High’s Finn Schretenthaler was the fastest 5,000-meter runner in the state of Montana on Saturday at the MHSAA State Cross Country Championship at the University of Montana Golf Course in Missoula, as he won his third straight MHSAA Class A title.

Schretenthaler, who came close to turning in a PR in his final high school cross country race of his illustrious career, came home in 15:29.7 and beat Grey Pisen of Billings Central by 15 seconds. David DiGiallonardo (Polson), Ben Bird (Hardin), and River Blazejewski

(Columbia Falls) rounded out the top five.

“I was hoping to run under 15 minutes, but it was a slow start, so I just concentrated on winning,” Schretenthaler told me after he and the Rangers were escorted into Livingston and back to Park High by blaring sirens and horns of the Livingston Police and Fire Department and Rangers supporters. “Grey actually led for most of the race, but with about 600 meters left, he just disappeared, and I pulled away. Last year, I was alone over the final half mile. This was a lot closer. I wasn’t too sure at about two miles into the race, but I’m glad it worked out. Finishing the race with the fastest all-around time was special as well. I worked really hard in the off-season, and it paid off.”

The rest of the Rangers team ran hard

as the boys’ team finished in eighth place, with their top five runners finishing among the top 85 of the 161 racers in Class A who finished. Hardin won the team trophy, with Corvallis and Columbia Falls taking second and third place, respectively.

Isaac Ramirez (18:19.4) and Langley Hamilton (18:24.9) came in 51st and 52nd, with Devin Earl crossing the finish line in 18:26.8 for a top 55 finish.

Kaleb Marsh ran a time of 19:16.6 (85th place) in his first state meet in what is sure to become an outstanding high school career for the unassuming eighth grader. Chase Vanslyke and Tate Bekedam finished



Finn Schretenthaler and Isaac Ramirez accept congrats from a crowd who came out to greet them and the Rangers XC team at Park High on Saturday.

in 103rd and 112th place.

In the Class A Girls 5,000-meter race, Billings Central’s freshman Addison Kegel completed a streak of eight races this season under 18 minutes as she won

[See Finn Schretenthaler, Page 16](#)

Wilsall Elementary School Bond

On Tuesday, November 4th, residents of the Shields Valley School District, comprising portions of both Park and Gallatin counties, will vote on a bond designated to fund key renovations and adjustments to Wilsall Elementary School—in effect, improving student safety and security, top priorities for *YES to Shields Valley Kids*, a political action committee (PAC) whose challenging mission it is to advocate the bond on all fronts through education and outreach in an agrarian, self-reliant community.

Some of the facilities, home to 13 teachers, seven support staff employees and dozens of students, were built during the 19th century nearly 130 years ago. “The school was built before the Titanic sunk,” explained *Yes to Shields Valley Kids* organizer Matt Swan.

The existing infrastructure, as one might expect, is deteriorating in haste, posing health and safety risks to both children and adults alike—dysfunctional boilers, outdated plumbing, and dilapidated structures lead to poor heating, unsanitary conditions, unsafe pathways between school buildings, and general discomfort. Distracted students struggle to focus in frigid classrooms even with space heaters, plunge their hands into cold water in school restrooms, and are exposed to hazardous conditions.

“Last year a steam pipe collapsed in the building. What if a student had been standing underneath it?”, Swan exclaimed.

During Spring 2025, school board members proposed two 10-million-dollar bonds, one each for funding improvements to both Wilsall Elementary and Clyde Park High School—two separate districts with joint administrative oversight. The initial proposal, however, was rejected by the community due to overall costs. “The bond was too expensive considering increased property values [in

the Shields Valley],” said Swan.

The dire need to address significant concerns regarding the elementary school, however, was an urgent matter. The school board then set out to gather feedback from community members about what precisely the bond should prioritize. They initiated a survey effort and attended local gatherings to seek input. What resulted was a new strategy for packaging the bond: 10.5 million dollars dedicated solely to Wilsall elementary school, saving taxpayers nearly half of what was originally proposed.

The campus currently consists of two structures: the original white building, slated for demolition, and the red building, constructed during the 1960s, which would be renovated and supplemented with several new features.

Renovations are extensive; mechanical, electrical and fiber systems will be upgraded, including improved lighting, wireless internet access and air circulation throughout the building; existing restrooms and the kitchen will be remodeled to meet modern health and safety standards; new classroom facilities for 3rd and 4th, as well as 5th and 6th grade students will be added to the first and second floor, respectively; library renovations and a new multi-purpose classroom for art and music will be included, increasing student resource accessibility to accommodate students with various learning styles, potentially boosting educational outcomes; gymnasium and locker room updates will ensure ADA (Americans with Disabilities Act) compliance; the windows and roof will be also replaced.

This new orientation would also simplify traffic flow by separating drop-off and pick-up lanes for buses and parents,



increasing overall safety and resolving frustrating conflicts experienced almost daily.

The approach is designed to eliminate student travel and administrative supervision between two buildings, reduce operational expenses and enhance accessibility for those with disabilities—a consolidated design conducive for greater cost efficiency, staff collaboration, and student safety and security, ultimately fortifying the school district’s budget with numerous benefits extended to all. Some construction, according to the school district, would begin in late Spring 2026, though major renovations would be delayed until Spring 2027 due to requisite planning.

“Everything is just about ready to go. The due diligence has

[See School Bond, Page 4](#)



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Obituaries



February 22, 1934

Kenneth George Ford

October 20, 2025

Longtime Livingston, Montana business owner, Kenneth George Ford, passed away on Monday, October 20, 2025 at Livingston Health and Rehabilitation Center. Ken was born on February 22, 1934 in Butte, Montana, to Irvin and Velma Ford.

He spent over 70 years as a business owner with Alpine Music, Alpine Electronics, Alpine Yamaha, and Radio Shack. He spent weekends riding snowmobiles and motorcycles at his cabin in the mountains and flying his airplane. After retirement he spent the winters in Arizona playing golf and enjoying the warmer

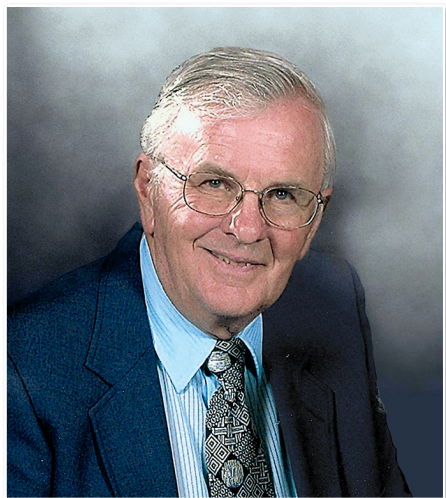


weather. Ken loved to fix things around the house and play games with friends and family. Most recently he enjoyed putting puzzles together.

Ken was preceded in death by his wife of 69 years, Lorena, and his parents Irvin and Velma Ford.

He is survived by his sons and daughters-in-law, Keith and Cindy Ford of Colorado Springs, Colorado, and Wayne and Laurie Ford of Livingston, Montana; five grandsons Marshall (Carrie), Jason (Cheyenne), Brady, Casey (Amanda), and Layne. As well as great grandchildren Charlotte, Zakiel, and Caitlyn. He is also survived by his brother Melvin of Casper, Wyoming, and numerous nieces and nephews.

A Celebration of Life will be held at



a future time and will be announced when arrangements are finalized.

To offer condolences visit www.franzen-davis.com.

Livingston Residents Asked to Help Identify Water Service Lines Ahead of 2027 Deadline

The City of Livingston is calling on residents to participate in a crucial water infrastructure initiative aimed at identifying water service line materials throughout the community. In compliance with the Environmental Protection Agency's Lead and Copper Rule Revision (LCRR), the city must complete a comprehensive inventory of all water service lines by November 1st, 2027.

To meet this federal mandate, Livingston's Public Works Department has launched an online Water Service Line Questionnaire, encouraging homeowners and property managers to report the material of their water service lines—especially those located between the water meter and the building. This information is vital to determine whether any lead pipes are still in use and to ensure the safety and quality of Livingston's drinking water.

Residents can access the questionnaire online through the city's website. The form is quick to complete and includes guidance on how to identify pipe materials. Those unsure about their service line composition are urged to contact the Public Works Department for assistance.

Livingston's proactive approach not only

supports public health but also positions the city to meet federal requirements ahead of schedule. Community participation is key to the success of this initiative.

For more information or to fill out the questionnaire, visit City of Livingston webpage at www.livingstonmontana.org.


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Presented by:
Tony Noble

LETTERS TO THE EDITOR



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

Support for Schweigert

Dear Editor,

In this time of unrest in our political arena, I am writing in support of a City Judge candidate who exemplifies honesty, truth and working knowledge of the court system. I had the privilege of working with Belinda Schweigert for over 10 years in the court system. Her unbiased approach to courtroom protocol and law makes her an excellent candidate to serve every citizen. Belinda is not only qualified in all aspects of running a courtroom smoothly, but she also embodies compassion and sees through situations others may miss.

Her compassion, kindness, and thoughtfulness does not make her a pushover. She has an uncanny ability to acknowledge and

call out discrepancies, whether it be within a written citation or verbal statement. She is accurate, listens carefully and applies due diligence to every segment of her work. She works well with officers, attorneys, and citizens and can be depended upon to make a fair and consistent City Judge.

Belinda will work hard and honestly for Livingston. I encourage you to vote for the candidate who will listen with consideration, conduct herself in a non-partisan manner, and work to make Livingston a great community.

Vote Belinda Schweigert for City Judge!

Sincerely,
Teri Mazer

Support for Merideth

Dear Editor,

The upcoming election presents a much-needed opportunity to give power to your voice in Park County. It is an honor to actively participate in the community through the voting process. Determining who to vote for and more importantly, why to vote for them can be a challenging endeavor.

I'd like to take a moment to highlight a wonderful candidate for City Judge, Carol Merideth, who has a love for the people of this community that stands out above the rest. She has dedicated her life to supporting the

community both professionally and personally. Her understanding and desire to uphold the law qualifies her to serve with wisdom. Her unwavering kindness and gentle disposition lends well to the roll of City Judge. Carol has a heart for people and the integrity required to treat everyone fairly and compassionately.

Our voices hold power. Speak loudly November 4th.

Vote for justice. Vote Carol Merideth for City Judge.

Sincerely,
Julie Hill



Support for Bird

Letter to the Editor:

A Vote for Rebecca "Becky" Bird Is a Vote for Livingston's Future.

Becky isn't running to change Livingston—she's running to help guide change in a way that reflects our shared values. With more than 25 years in public service, she understands the importance of collaboration and approaches tough issues like growth with creativity and a willingness to listen.

Becky's service on the Governor's Advisory Council on Aging reflects her deep commitment

to supporting the older adults in our community. With nearly one in five Livingston residents over the age of 65, her leadership ensures that the voices and needs of our aging population are represented and heard.

Becky's authenticity and compassion makes her the kind of leader we can trust. She isn't driven by politics—she's driven by people.

Please join me in supporting Rebecca "Becky" Bird for City Commissioner. Livingston's future will be stronger with her thoughtful leadership.

— Kelly Miller, Livingston, MT

Elect Jessica Wilcox to Livingston City Commission

As City Commissioner, Jessica will:

- ★ Pursue economic growth that preserves the character of our community
- ★ Support safe and active neighborhoods
- ★ Maintain open and proactive communication with our citizens



Jessica Wilcox brings over 20 years of civic leadership:

- ★ Chairing Livingston's Land Use Board
- ★ Leading local nonprofits
- ★ Supporting community health, wellness, and safety

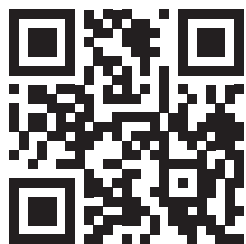
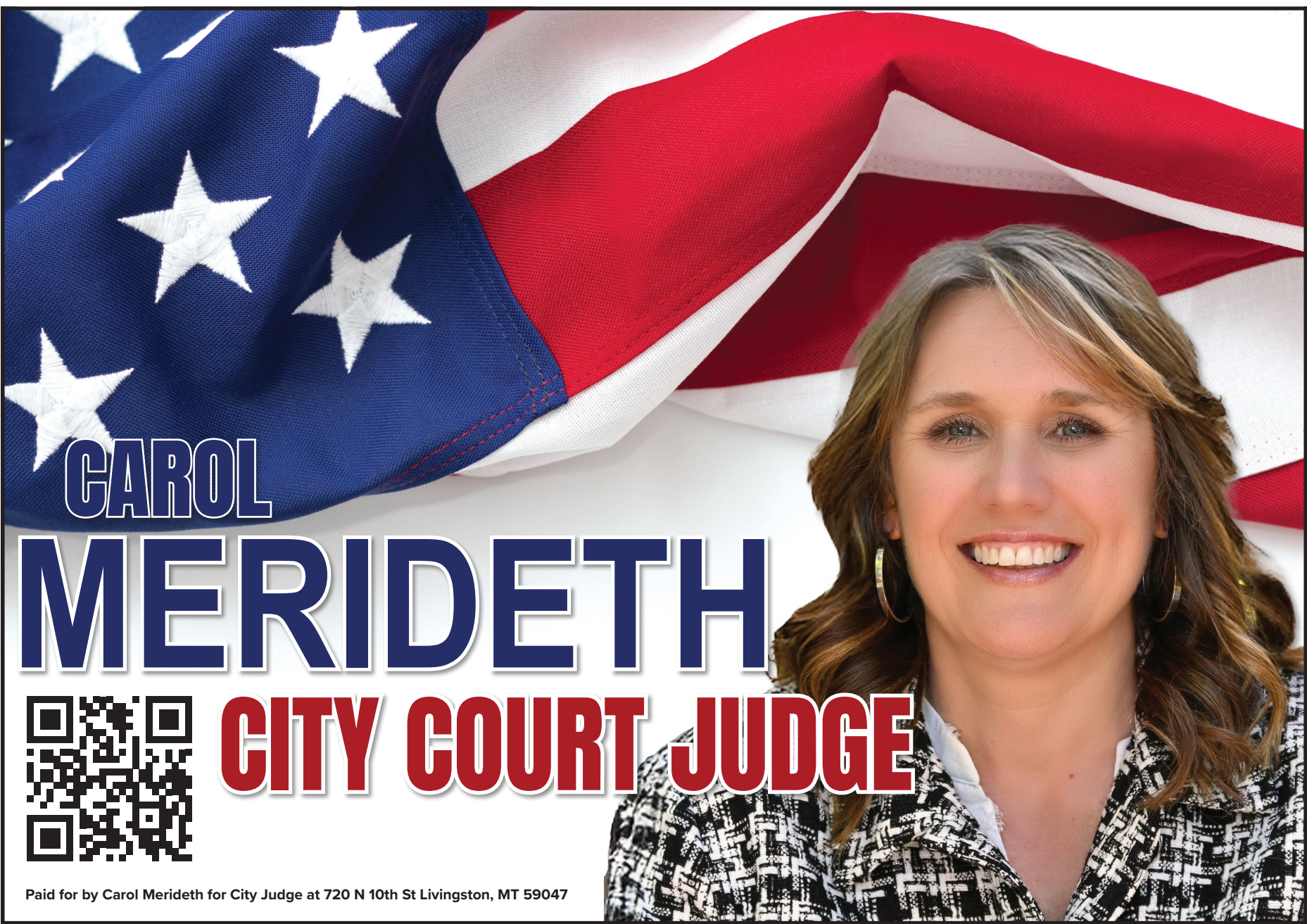
Vote for Jessica Wilcox

A proven leader committed to Livingston's future



Stay Connected: Questions? Comments?
Email: jewilliams2010@gmail.com

Paid for by Committee to Elect Jessica Wilcox, PO Box 205, Livingston MT 59047



Paid for by Carol Merideth for City Judge at 720 N 10th St Livingston, MT 59047

\$500,000 Gift from Joyce Rudolph Fully Funds Waterslide at 4 Ranges Wellness Center

Construction remains on time and on budget as the campaign continues toward grand opening goals.

Livingston—The Campaign for the 4 Ranges Wellness Center today announced a \$500,000 gift from Joyce Rudolph to fully fund the waterslide feature within the new Wellness Center’s aquatic complex. The new slide will be the only indoor waterslide in all of Southwest Montana—a signature attraction for families and youth.

“The waterslide is more than just fun—it’s a symbol of what this project stands for,” said Andrew Field, Chair of the 4 Ranges Foundation. “Joyce Rudolph’s gift ensures that Park County youth will have a place to laugh, play, and grow together year-round. It’s a gift that will bring smiles for decades to come.”

The 4 Ranges Wellness Center—a 43,000 square foot facility—remains on time and on budget as construction progresses. When complete, it will serve as Park County’s hub for recreation, wellness, and community connection, featuring two pools, a

double gymnasium, an elevated walking track, classrooms, and multipurpose community spaces designed to serve residents of all ages.

While construction is actively progressing, campaign leaders note that additional support is still needed to fully equip the facility and add key amenities that will make for a truly grand opening.

“This gift marks a major milestone for the campaign,” said Chase Rose, Campaign Manager. “With construction on track, we’re now turning our focus to the final touches that will make this Center not just functional—but extraordinary.”

About the 4 Ranges Wellness Center
The 4 Ranges Wellness Center is a public-private partnership in Livingston, MT that will offer recreational, fitness, and



mental health resources to serve all generations. Construction is underway, the Center is projected to open in winter 2026–2027.

School Bond

from page 1

been completed. The money invested into engineering studies and architectural design would be a waste of school district money if the bond fails,” says Swan.

According to the ballot measure, if the bond election passes, “based on the taxable value of the Elementary District, the property taxes on a home with an assessed market value for tax purposes of \$100,000 are estimated to increase by \$58.39 in the first year (i.e., \$4.87 monthly); of \$300,000 are estimated to increase by \$175.17 in the first year (i.e., \$14.61 monthly); and of \$500,000 are estimated to increase by \$318.07 in the first year (i.e., \$24.35 monthly). An increase in property taxes may lead to an increase in rental costs,” the terms of which would remain in effect for not more than 25 years. The estimated number of overall mills is 76.83.

Recent state legislation, specifically Montana’s 2025 “Right Back Act,” is an extension of the 2023 HB 587 equalization framework, a law returning excess revenue from the uniform 95-mil school property levy directly back to homeowners—reducing the overall burden on taxpayers with statewide relief totaling 50 to 60 million dollars annually. In other words, prior to this legislation, the same bond amount now costs local taxpayers 40% less (e.g., previously, residential property with a taxable value of 100,000 to fund the bond was \$1,350 versus the current \$760 figure—reduced from \$7.78, translating to \$2.91 in monthly savings for taxpayers).

Though the school board compromised on renovations to Clyde Park High School via bond, an active capital campaign was launched to raise supplemental funding strictly reserved for various project-based improvements contingent on available resources. To date, the campaign has raised between 1.3 and 1.5 million dollars (\$500,000 from Crazy Mountain Ranch, their

largest donor). The district intends to use such funding for repairing the gymnasium roof, upgrading windows, and other targeted projects as money becomes available through continued contributions. However, this funding cannot replace or reduce the bond amount, if passed, and money raised through the campaign is obtainable only given the elementary school bond passes in November.

“If the community is not vested in this [bond], then donors might pull their money. They want to be sure that the people impacted are committed,” explained Swan.

The bond, the PAC claims, strengthens schools, which serve as a community hub for recreation, emergencies and other important events, and is the only practical means for funding facility needs, as no state or federal grants exists for this purpose. Passing this bond, furthermore, not only benefits the elementary school, but simultaneously serves the high school and community at a lower cost and taxpayer impact than previous bonds.

“I think this is going to be a tight election,” says Swan. “There are just about 1,000 people voting. It’s the only issue on the ballot. Three for four votes may make the difference. But I think if people are aware of the school district’s needs and the impact of this bond, it would receive overwhelming support.”

“A bond for the [school] district has not been passed for 23 years. The district has only held two bonds since the white building was built in 1911. Both bonds passed with community support. Last spring was the first time a bond had failed in our district,” says Treasurer Mandi Swandel.

For more information or to assist Yes for Shields Valley Kids with their efforts, please contact Treasurer Mandi Swandel (mandi.acht-en@rocky.edu), Deputy Treasurer Carl Bernsten (carlbernsten@gmail.com), or Deputy Treasurer Matt Swan (swanmatt@yahoo.com).

You can also visit their Facebook page at <https://www.facebook.com/profile.php?id=61574796267971>.



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- ★ Full transparency of court proceedings while protecting individuals rights
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- ★ Livingston resident for 55 years

I love our community!

Please **VOTE**

Belinda SCHWEIGERT

CITY JUDGE

Please send campaign contributions to Belinda Schweigert for City Judge, c/o Mary Ziegler, Treasurer, PO Box 223 Livingston, MT 59047

Ad paid for by Belinda for City Judge, Mary Ziegler, Treasurer, P.O. Box 223 Livingston, Montana 59047.

Livingston HealthCare Celebrates Serving the Community for 10 Years

This month, Livingston HealthCare celebrates ten years in its home on Alpenglow Lane—a milestone made possible through the extraordinary generosity, trust, and collaboration of our community.

When the medical center opened its clinic doors on October 26th, 2015, and the hospital on October 27th, 2015, it marked a defining moment in Livingston's history. The 125,000-square-foot facility united all Livingston HealthCare services under one roof, including a 25-bed critical access hospital and a Level IV Trauma Center with a helipad. This comprehensive campus set a new standard for modern, high-quality healthcare in rural Montana.

The \$9.5 million raised through community philanthropy reflected the deep commitment of local residents, businesses, and hospital employees who believed in the power of neighbors helping neighbors. Many staff members joined the "Hour Club," donating one hour of pay per pay period toward the project, an enduring example of Livingston

HealthCare's collaborative spirit and shared purpose.

The capital campaign committee, co-chaired by David Stanley and Dr. Debbie Erdman, brought together visionary leaders and hundreds of community advocates who worked tirelessly to make this decade-long dream a reality. Their efforts exemplified the proactive, fiscally responsible approach that continues to guide the Livingston HealthCare Foundation today.

"Ten years ago, our community came together to build more than a hospital; they built hope, access, and a healthier future," said Joey Lane, Board Chair of the Livingston HealthCare Foundation. "This anniversary celebrates both the care delivered within these walls and the generosity that made it possible."

The Livingston HealthCare Foundation remains committed to advancing the health and wellness of the region by financially supporting programs, services, and capital equipment needs across the organization. As

the philanthropic heart of rural healthcare, the Foundation continues to ensure that access to cutting-edge care remains close to home.

Looking ahead, Livingston HealthCare, in partnership with Stroudwater Associates, has developed a facility master plan to guide its vision for growth. Both Cushing Terrell and Billings Clinic are assisting healthcare leadership in operationalizing the plan to expand key departments that have outgrown their current space. With a growing and aging population, these future renovations are essential to sustaining exceptional, patient-centered care.

"We rely on the same community partnership and generosity that built this facility ten years ago," added Jessie Wilcox, Executive Director of the Foundation. "Together, we will continue shaping the future of healthcare for Livingston and beyond."

About Livingston HealthCare

Livingston HealthCare is a not-for-profit, full-service healthcare organization serving Livingston, Park County, and the surrounding areas. As a critical access hospital and comprehensive medical campus, Livingston HealthCare is dedicated to improving community health through compassionate, high-quality, patient-centered care.

About the Livingston HealthCare Foundation

The Livingston HealthCare Foundation is 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 LHCFoundation.org.

SHIELDS VALLEY

Upcoming
EVENTS

November 2nd <ul style="list-style-type: none">Shields River Lutheran Church Lutfisk Dinner from 12 to 3 pm. Ranch style \$20.00	November 6th <ul style="list-style-type: none">Divisional Volleyball Tournament at Manhattan ChristianFlu Clinic
November 4th <ul style="list-style-type: none">Senior Citizen Dinner at Clyde Park School Gym at 1 pm<ul style="list-style-type: none">Please RSVP by calling Anna Hutter at 952-847-0716	November 7th <ul style="list-style-type: none">Divisional Volleyball Tournament at Manhattan Christian
November 5th <ul style="list-style-type: none">Shields Valley Adult Education Fitness Challenge at Wilsall School – 6 pm	November 8th <ul style="list-style-type: none">Divisional Volleyball Tournament at Manhattan Christian

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

VOTE

★ **REBECCA BIRD** ★

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Relish the joys of fall

How to Concoct Some Prized Preserves

Whether you're talking about tasty ketchups, delicious marinades, or sweet fruit jams, there's nothing quite like homemade preserves. And now is the perfect time to roll up your sleeves and get to work while fall fruits and vegetables are ripe and packed with flavor.

Preserving foods may seem complicated and tedious for those who have never tried. In fact, it is as simple as ABC if you meticulously follow the sterilization process. The foodies of this world are sure to find the motivation to turn canning into a real tradition when they realize that a much wider variety of fruits and vegetables can be preserved at home than can be found in stores.

Choosing some mouth-watering recipes and stocking up on perfectly ripened fruits and vegetables are the first steps towards making

preserves. Another important step is to sterilize your jars and sealing lids so the preserves won't deteriorate over time. Here is a list of the basic equipment you will need: canning or preserving jars, two-piece lids, a large and deep casserole for preparing the foods, and a boiling water canner or deep pot with a rack and a cover for sterilizing the jars.

When the time comes to get everything ready, the jars must be washed and inspected and placed on the rack in the boiling water canner.

Cover the jars with hot water and continue to heat without bringing the water to boiling point. Keep the jars warm until



you're ready to fill them. Put the marinades, ketchups, and jams into the jars, then place sterilized sealing lids and screw bands on the jars. Screw the bands down and return filled jars to the rack in canner. Cover the canner and bring water to a full rolling boil before starting to count the processing time in your recipe. Once the processing time is completed, remove the jars from the water and set

them aside to cool.

Now all you have to do is enjoy your home-made preserves!

New Twists to the Tradition of Preserving

Preserving food involves knowledge that is often passed down from mother to daughter over many generations. But there's nothing to keep us from revisiting this tradition by using more up-to-date methods when preserving marinades, tomato sauce, jams, vegetables, and fruits.

Your grandmother's fruit ketchup may be delicious, but more modern recipes may turn you into a master of preserves as well. Your family and friends will be begging to have them as gifts when you visit them, rather than a regular old bottle of wine.

Here are a few ideas for some surprising combinations that will be the talk of the town:

- A zucchini, red pepper, and onion relish containing dry mustard and turmeric, which together create an appetizing dark yellow colouring.
- A tomato and grilled chipotle salsa will be the new star of cocktail hour



with its unexpected flavors.

- A pear and port compote that can be served alone or with a scoop of vanilla ice cream. Compliments, guaranteed!
- A fall pumpkin and pineapple compote; this is a classic brought up to date with a touch of the exotic.
- A cranberry, golden raisin (sultana), and pineapple chutney that is a perfect accompaniment for pork or chicken.
- Eggplant in oil, spiced up with hot peppers and black olives; this is ideal for giving a Mediterranean touch to a meal.

Right now, while fresh fruits and vegetables are at their very best, let your creativity run wild — and then can it!

PUMPKINS

It's Wicked to Waste Them!

When the leaves turn yellow, red, and pumpkin-orange it's time to go on a family outing to the country to choose your very own pumpkin. Going pumpkin hunting in the fields of a local producer is a perfect opportunity to stretch your legs and get lots of fresh, country air. And you will also find the most beautiful pumpkin of all; that perfect one that you will decorate once you're back home. This kind of outing makes for a fantastic annual fall tradition.

Be sure not to throw the pumpkin into the garbage, once Halloween is over. It still has lots of uses, for your taste buds as well as your health. Indeed, pumpkins are packed with antioxidants and are very low in calories, only 26 per

125 ml portion. Scoop out the flesh and steam or roast it to use in delicious soups, pies, and purées made from traditional recipes or your own inspired ideas.

The seeds of the pumpkin are also delicious and contain many vitamins and proteins. Grilling them is really easy. Start by removing all the fibrous membranes, then wash and leave the seeds to dry. Once dry, place them on a baking sheet that has been sprayed with vegetable oil. Some people add a touch of salt, others some sort of seasoning, such as barbecue salt or Indian spices. Bake them at 300°F for 30 minutes, stirring them occasionally, until the seeds are dry and toasted.

Leave them to cool off a bit and then the entire family can tuck in while telling scary, Halloween stories!

Recipe by
Carla Williams

RECIPE CORNER

Elvis Puddin Cookies Recipe

Ingredients

- 1 cup butter, softened 1 1/2 sticks
- 1 cup creamy peanut butter
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 box instant banana cream pudding 3.4 oz.
- 10 slices bacon cooked and crumbled
- 1 cup mini chocolate chips



Photo Credit: lovebakesgoodcakes.com

Instructions:

1. In a medium bowl, cream the butter, peanut butter, sugar and brown sugar with an electric mixer until well combined. Add the eggs and vanilla; mix well.
2. In a separate medium bowl, combine the flour, baking soda, salt and dry pudding. Slowly add the dry ingredients to the creamed mixture, mixing well.
3. Stir in the bacon and chocolate chips.
4. Cover the bowl with saran wrap and refrigerate for at least 30 minutes.
5. Preheat oven to 350F. Line baking sheets with parchment paper or Silpat. Scoop or roll the dough into 1-inch balls.
6. Bake for 8-9 minutes. Allow cookies to cool for 2 minutes on the baking sheet before transferring to a cooling rack to cool completely. Store in a covered container.



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The Real Meaning of Diversification in Investing

In the world of investing, we've all heard the phrase, "Don't put all your eggs in one basket." It's solid advice that emphasizes the importance of diversifying your investments. Unfortunately, some people misinterpret this wisdom to mean they should avoid consolidating their investment accounts and keep their money spread across multiple financial institutions, often working with several different financial advisors.

However, when financial professionals talk about diversification, they're referring to diversifying your investment assets, not your accounts. There's a big difference between

the two and confusing them could hurt your financial future.

Scattered accounts may affect costs, paperwork, and advice. When your assets are spread among multiple financial institutions, you could face several drawbacks. First, you're likely paying more in fees than necessary. Multiple providers often mean multiple account fees, transaction costs and mutual fund expenses that can add up quickly. Generally, the more assets you have with one financial provider, the more opportunities you have for reducing or eliminating these costs.

Managing scattered accounts also could

create a paperwork nightmare. You'll receive multiple monthly statements and numerous tax forms, making it much harder to see the big picture of your financial health. This complexity can lead to missed opportunities and poor decision-making.

Perhaps most important, working with multiple financial advisors may result in conflicting advice and duplicated investment strategies. Without a comprehensive view of your entire portfolio, each financial advisor may recommend investments that don't work well together, potentially delaying your progress toward reaching financial goals.

There's strength in consolidation.

Consolidating your accounts with a single financial advisor offers numerous benefits. You'll have opportunities to develop a closer, more comprehensive relationship with someone who understands your complete financial picture. This financial advisor can provide informed guidance and help eliminate the conflicting advice that may come from working with multiple professionals.

Consolidation also makes it easier to implement a well-diversified portfolio that fits your level of risk tolerance. When all your investments are in one place, you can see exactly how your assets are allocated and make strategic adjustments as needed. It becomes simpler to gauge aggregate investment returns, assess your portfolio assets and rebalance when necessary.

For retirement planning, consolidation can be especially valuable. IRAs at different providers can be consolidated at any time without tax consequences when assets are transferred directly between providers. When you retire, your

401(k) can typically be rolled over into an IRA, streamlining your retirement income strategy.

True diversification still matters.

While consolidating accounts makes sense, diversifying your actual investments remains crucial. A good financial advisor will help you carefully build a balanced mix of stocks and bonds appropriate for your age and goals. As you approach retirement, this typically means shifting toward a more balanced portfolio that still provides growth to combat inflation while offering stability and income.

Diversification goes beyond just stocks and bonds. Take bonds, for instance: You can diversify by bond type (municipal, corporate and government), bond maturity (through a strategy called "laddering") and bond sector to spread risk across different parts of the economy.

How to get started... If your retirement savings and investment accounts are scattered among various financial institutions, consider consolidating everything with one trusted financial advisor. The streamlined record-keeping, potential for reduced fees and comprehensive financial guidance can help improve your wealth-building potential while making your financial life simpler to manage.

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

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Arts/Entertainment

Elk River Books Celebrates Launch of First Jim Harrison Biography

Elk River Books and Elk River Arts & Lectures will co-host the book launch celebration for Todd Goddard's *Devouring Time: Jim Harrison, a Writer's Life*, on Thursday, November 6th. Goddard will be in conversation with Harrison's long-time poetry editor Joseph Bednarik. The free event will open at 6 pm for a reception with refreshments and light snacks, followed by the discussion and book signing at 7 pm. Elk River Books is located at 122 S. 2nd Street in Livingston.

Harrison, who divided his time between Livingston and southern Arizona, was "widely considered one of the finest voices of his generation. His twenty-one books of fiction and fourteen books of poetry influenced a generation of writers. Harrison helped to shape the course of contemporary American

literature, revitalizing in particular the novella form, of which he was a recognized master." He passed away at his writing desk in 2016.

Based on more than 100 original interviews and drawing upon Harrison's collect-



ed papers, *Devouring Time* is the first and only literary biography of this renowned author, whose "playful, irreverent, and spiritual work continues to find and delight new readers."

Colum McCann, internationally bestselling author of *Apeirogon*, notes,

"Jim Harrison has landed in the hands of a worthy biographer. An absolute pleasure to read, *Devouring Time* resonates with me still."

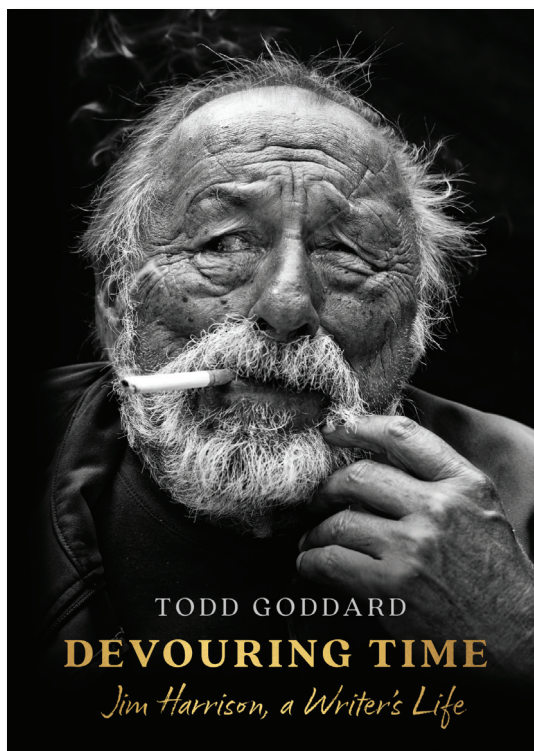
Goddard lives in Livingston, and is an associate professor of literary studies at Utah Valley University in Orem. He received his doctorate from the University of Wisconsin-Madison. His work has been funded by the Mellon Foundation and a Bordin-Gillette

Fellowship from the University of Michigan.

Bednarik was co-publisher of Copper Canyon Press, which published the bulk of Harrison's poetry collections. Before retiring in 2024, he spearheaded The Heart's

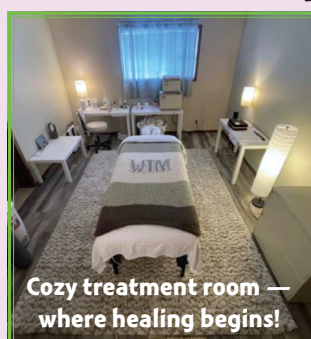
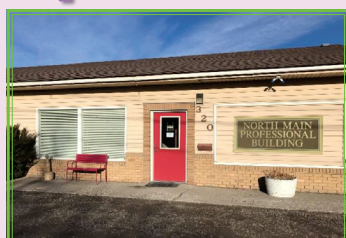
Work: Jim Harrison's Poetic Legacy, a multi-year project to celebrate Harrison with special reprints of key books, limited broadsides and the epic publication of *Jim Harrison: Complete Poems*.

For those who can't attend in person, the event will live-stream at [YouTube.com/ElkRiverBooks](https://www.youtube.com/ElkRiverBooks). For more information, send an email to info@elkriverbooks.com or call (406) 333-2330.



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Why "Try Harder" Keeps You Stuck

Pumpkins still sit proudly on porches, their faces just beginning to soften in the chill. Kids are counting candy, and families on Yellowstone Street are



catching their breath after another lively Halloween night. Downtown, The Shane Center's *Hunchback of Notre Dame* continues its run—a reminder that great performances don't just happen. They're practiced, refined, and rehearsed.

The same is true for us—in business, in leadership, and in life. Pressure might get us through a busy day, but practice is what helps us grow.

The "Try Harder" Trap

Most people, and most teams, live under an unspoken rule: *If something isn't working, just try harder.* Work longer hours. Push a little more. Hold yourself to a higher standard.

But trying harder doesn't fix unclear communication, conflicting priorities, or emotional exhaustion. In fact, it often makes them worse. The harder we push, the narrower our vision becomes. We stop learning, stop listening, and start surviving.

For businesses, this looks like overworked employees, stalled innovation, and a culture built on urgency instead of purpose. For individuals, it looks like spinning in the same cycles of stress and self-doubt—convinced the solution must be more effort

instead of more awareness.

Why Pressure Fails

Pressure can create short bursts of performance, but it rarely creates growth. You can't build new skills in panic mode.

Think of it like rehearsing at The Shane Center—actors need time to explore lines, miss cues, and learn timing before opening night. Without that space, the performance would be tight and fearful instead of alive.

Teams, families, and individuals need the same grace. Growth happens in reflection and repetition, not reactivity.

What Practice Looks Like

Practice isn't glamorous. It's the quiet work of noticing patterns, adjusting, and trying again.

- **For leaders**, it might mean holding a short debrief after a project: *What went well? What can we improve next time?*
- **For teams**, it might mean role-playing a hard conversation before it actually happens.
- **For individuals**, it might mean pausing each evening to ask, *Where did I stay grounded today—and where did I lose my footing?*

Practice turns experience into learning. Without it, we just repeat the same mistakes faster.

How Coaching Helps

Coaching gives people the structure and accountability to practice well.

In coaching, you're not told what to do. You're guided to notice what's hap-

pening, identify what's in your control, and build the skills to handle challenges differently next time.

That's why coaching works for both organizations and individuals—because it replaces unproductive pressure with intentional practice.

- A coached team learns to communicate openly instead of defensively.
- A coached leader learns to delegate and develop others instead of doing it all alone.
- A coached individual learns to respond rather than react, even in high-stress moments.

Coaching doesn't remove challenges; it teaches people how to meet them more skillfully.

Why It Matters in Park County

Park County is full of people who work hard—small-business owners, healthcare workers, teachers, ranchers, artists, and parents. We know effort. We know hustle. What we sometimes forget is that effort without reflection can lead us in circles.

As the days shorten and the temperatures cool, this is the perfect season to shift from overdrive to intentional development. Take time to review what's working, what's not, and what you want to strengthen before winter.

Practice builds confidence—in teams, in relationships, in ourselves.

The Bigger Picture

High standards aren't the enemy. But when "try harder" becomes our only



strategy, we trade growth for exhaustion.

The goal isn't to push more; it's to learn better. And that's the quiet secret of anyone who leads well, performs well, or lives well—they practice what matters instead of just pressing harder on what's not working.

Your Turn

This week, give yourself and your team a practice moment.

- Run a quick debrief after a project or conversation.
- Ask a coaching-style question instead of giving an answer.
- Reflect at the end of the day: *What did I learn that I could apply tomorrow?*

Because real progress—whether on stage, at work, or in life—never comes from pressure alone. It comes from steady practice.

And that's how strong leaders, strong teams, and strong communities are made.

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

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Your Ageless Wellness Column

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

The Tired Ones (A Call to Remember) *(Something a little different for my readers):*

Intro Reflection

There comes a point in every seeker's journey when awakening stops feeling like victory and starts feeling like exile. The veil has lifted, yet the world still sleeps.

You see the patterns, the repeating cycles of forgetting, and the weight of that vision can make the heart heavy.

But awareness doesn't come only to watch—it comes to call. The ones who remember are not meant to stand apart, but to sing softly into the dream until others begin to stir.

What follows is not a lament, but a plea, a song carried from the edge of remembering to those still wandering in the fields of sleep.

The Tired Ones (A Call to Remember)

We have walked this circle too many times, forgetting the map, remembering the ache. Each birth a return ticket, each death a door we know by touch alone. The world hums with soft illusions, screens glowing like false suns. And those who sleep dream they are awake, lulled by the hum of their own forgetting. We do not envy them.

We ache *for* them—for the spark buried deep beneath the noise and numbing comfort. The light that found us still burns for them. It calls us to speak, to scatter small embers of remembrance in words, in hands, in the way we walk. Listen—can you feel it stirring beneath your skin? The pulse that does not age, the breath that was never born. It waits for your attention like dawn behind your eyelids.

We are not lost.

We are the remembering ones, the voices between worlds whispering through the static: Wake.

You have not come this far to dream again. The darkness is not your home—it is only the room you are meant to illuminate.

And so, we rise, carrying the ache as a lantern, our weariness as witness, calling softly into the fields of sleep: Wake, brothers. Wake, sisters. The long forgetting is ending. The light remembers your name.

Afterword

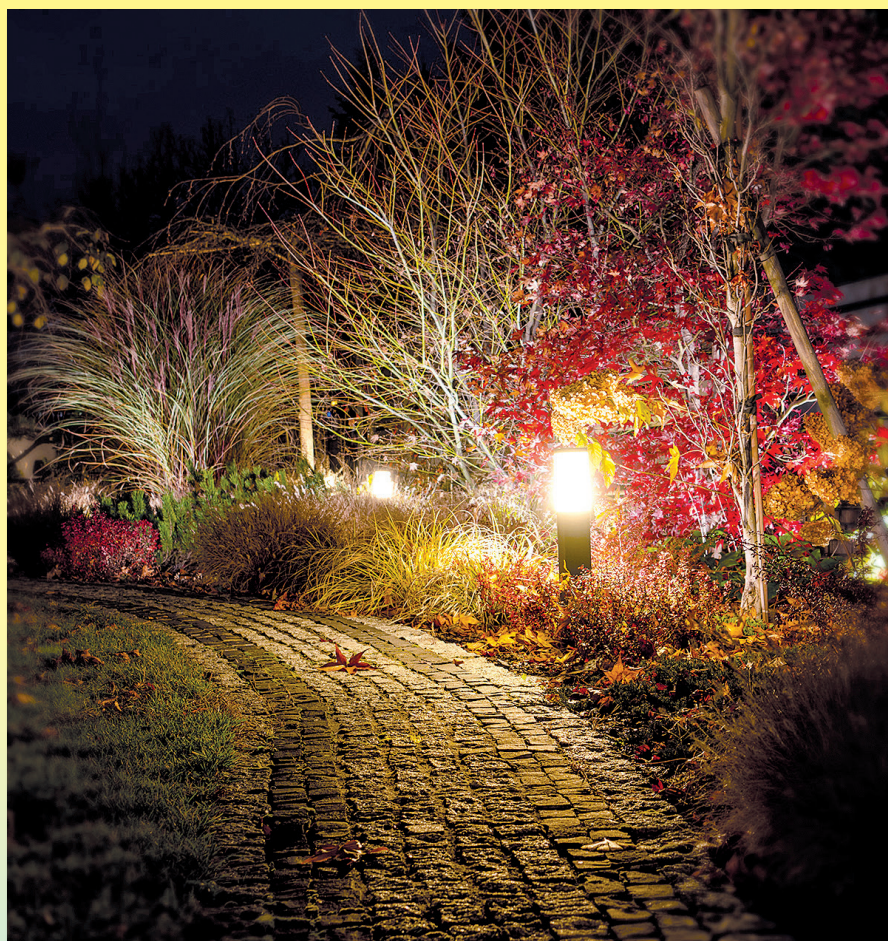
For those who have awakened, weariness often follows wonder. Seeing through illusion can strip away beauty until the heart learns to see again with new eyes. Yet the calling remains—to live gently among those still dreaming, to let awareness express itself not in grand revelations, but in kindness, patience, and quiet example.

Awakening was never meant to divide the sleeping from the awake. It was meant to remind us that all of us, in our own time, are sparks of the same remembering.

Some will wake through joy, others through loss, and still others through the simple witnessing of someone who refuses to give up on love.

So, we keep walking—lanterns in hand, not to lead or to follow, but to keep the path visible for whoever comes next.

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.

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is taking references for Veteran/Military families for our annual Christmas Food Baskets. Please call Cheryl Kautzman at 406-223-9369 or leave info at American Legion Post 23, 112 N. B Street by December 6, 2025.

Meals for November 3rd-7th

Mon., Nov. 3rd - Ranch cream cheese chicken, green beans, roll, peaches, milk

Tues., Nov. 4th - Cowboy stew, roll, pears, milk

Wed., Nov. 5th - Pancakes, apple juice, scrambled eggs, bananas, milk

Thurs., Nov. 6th - Pork roast, gravy, mashed potatoes, peas and carrots, pears, milk

Fri., Nov. 7th - Cook's choice, peas, cake, milk



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by Dalonda Rockafellow
doTERRA Wellness Advocate



Siberian Fir

The season is definitely changing in Montana. Along with the changes often come health issues with immunity and clear breathing, as well as stress. Do you have a stuffy nose or tight chest? Are you feeling a bit tense with anxiety? Say hello to your new friend, doTERRA's **Siberian Fir** essential oil. It is your natural go-to for everything from breathing better to calming your mind. Native to both Russia and Canada, the Siberian fir tree is a tall evergreen conifer with an intensely pine scent with a bit of sharpness. The scent often reminds people of the Christmas season.

What makes it work? It's packed with powerful stuff like Bornyl acetate, Terpinyl acetate and α-Pinene, which make it "superhero oil" for things like pain relief, calming coughs and even reducing inflammation. Another primary compound is camphene, which is known for having properties to promote clear healthy breathing. Another benefit of α-Pinene is calming and relaxing, and it exerts its effects by acting on GABA receptors.

Let's break down why this superhero oil deserves a place in your daily routine:

Asthma Support: Are you struggling

to catch your breath? Rub 1-2 drops of diluted Siberian Fir oil on your chest or lung reflex points to give you fast relief.

Soothing Muscle Cramps: Do you have sore muscles? Massage several drops of diluted Siberian Fir onto the sore muscles and feel your cramps relax.

Coughs and Colds: Are you feeling under the weather? Add a few drops onto your palms and inhale from your cupped hands or rub directly onto your chest (diluted) to help ease a dry cough.

Immune System: To keep your immune system strong, apply 1-2 drops, diluted to the bottom of your feet and let it work its magic!

Mucus Issues: Do you have a stuffy throat or chest? Apply a few diluted drops to those areas and breathe easier almost instantly.

Ease Rheumatism Pain: For joint pain and discomfort, apply 1-2 diluted drops to the affected area.

Anxious Feelings: Diffuse for its calming and relaxing effects. You can breathe in directly from the bottle, as well.

Siberian Fir can be used in three ways:

- Aromatically: Breathe it in for emotional and respiratory support.
- Topically: Apply diluted to your skin for relief from aches and pains.

- Internally: doTERRA's Siberian Fir can be taken internally because it has a supplemental fact on its label.

Siberian Fir doesn't just help your body—it's great for your mind too. It helps you reflect on your life, giving you the mental strength to move forward with purpose and clarity. Perfect for those times when you're feeling a little stuck.

Be cautious when using Siberian Fir during pregnancy, and always dilute it to avoid skin sensitivity. Safety first, always! To dilute essential oils, simply add several drops to a roller bottle and then fill with fractionated coconut oil, (FCO) or add a few drops to your hands with a few drops of carrier oil, such as FCO.

Whether you are fighting a cold or just need to chill out, Siberian Fir has got your back (literally!). Good luck in your

journey and reach out if you have any questions or if I can help in any way!!

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

Are you interested in receiving a monthly email to learn more about essential oils? If so, contact me at one of the above suggestions and I will get one sent out to you.



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Resilient in Recovery

Welcome to the inaugural edition of the "R&R: Resilient in Recovery Corner!" In this recurring column, we will address topics pertaining to recovery from mental health, substance use disorder, and co-occurring issues.

Presented by the Certified

Behavioral Health Peer Support Specialists (CBHPSS) at the Park County Drop In Center (PCDIC), the R&R Corner will feature evidence-based techniques and recommendations for living a fulfilling life without suppressing adverse experiences.

CBHPSS, also known as PSS, are people with living experience of mental health and/or substance use conditions. PSS provide support services to individuals experiencing similar challenges, and they perform a wide range of nonclinical community-based activities including: advocacy, system navigation, and linkage to resources. PSS does this through sharing experience, social support, group facilitation, skill building, mentoring, and goal setting towards a sustained recovery process.

Join PCDIC this Sunday, November 2nd, at 4:30 pm for the first annual "Glowlight Savings Stroll." We'll be meeting up at the First Interstate Bank parking lot to dress up in glow-in-the-dark gear and stroll around downtown, informing folks about peer support services at PCDIC. Meet your local PSS and pick up some glowing gear at this Sunday's Glowlight Savings Stroll and remember to check back in with the R&R Corner for helpful recovery practices!

For more information, check out www.pcdropincenter.org.



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- ☐ Make changes to my current drug plan



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Park County Land Trust Celebrates Nonprofit Status and First Conservation Project is a Success

The Park County Land Trust (PCLT) is celebrating a remarkable first year, marked by growth, community support, and its very first conservation achievement!

The organization recently received its official designation as a 501(c)(3) nonprofit, opening the door to new opportunities for funding and partnerships. With an eight-member Board of Directors now in place, PCLT gathered for its first retreat to shape a strategic plan that will guide its work in protecting the landscapes that define Park County.

As part of building a strong foundation, PCLT also introduced a new logo and outreach materials designed to connect more residents with its mission. This visibility has already borne fruit: through the Park County Community Foundation's Give a Hoot campaign, the Land Trust raised \$15,000 in its first year of public fundraising.

Most significantly, the Land Trust closed on its first conservation easement this summer, protecting 160 acres in the Wineglass area. This milestone ensures that a cherished open space remains undeveloped and accessible to wildlife and future generations.

"For me, it was important to know that this land would remain as it is long after I'm gone," said Erin O'Brien Denton, who placed the Wineglass property under easement. "I love this landscape, and partnering with the Land Trust gave me the chance to protect it while keeping it in family hands. It feels good to know my decision will benefit both the community and the land itself."

With the systems now in place to evaluate future projects, PCLT is already in conversation with landowners on additional conservation opportunities across the county.

"These are exciting first steps for our young organization," said Steve Caldwell, Board Chair. "We are inspired by the community's support and by the landowners who share our vision of protecting the places that make Park County so special."

Formed to conserve smaller parcels of land that often fall outside the scope of larger conservation efforts, the Park County Land Trust is focused on

The Blue Slipper Theatre and Aspen Host Men's Mental Health Community Discussion

On Monday, November 17th at 7 pm, The Blue Slipper Theatre and ASPEN (Abuse Support & Prevention Education Network) will co-host a public conversation about men's mental health at the Blue Slipper Theatre located at 113 East Callender Street in Livingston.

The informal panel discussion will feature clinical psychologist Dr. Chris Spromberg, provisionally-licensed counselor Samuel Mascari, and educator Brett Ozment, and will be moderated by filmmaker and *The Aliens* director Sarah Sherman. The event is free and open to the public, with audience participation encouraged.

This community discussion coincides with the Blue Slipper's production of Annie Baker's *The Aliens* (running November 14-16 and 21-23). The play follows two disillusioned young men, KJ and Jasper, who spend their days behind a small coffee shop talking philosophy, life, and music with 17-year-old Evan, a new employee drawn into their orbit. Gentle, funny, and quietly profound, *The Aliens* explores friendship, alienation, and the struggles of men navigating loneliness and emotional barriers in modern America.

The November 17th event builds on these themes, offering space for honest discussion about the unique challenges men face in accessing mental health support. Nationally and locally, men experience higher rates of substance abuse, depression, and suicide, yet are less likely than women to seek help. In Montana, the crisis is especially acute: the state's suicide rate is double the national average, and men are nearly four times more likely to die by suicide.

"People know these problems are real because they're seeing them play out in their own lives," says author Richard V. Reeves, who urges compassion for "vulnerable boys and men" while continuing to champion women's rights. Psychologists note that cultural expectations around toughness and self-reliance often prevent men from reaching out for help—but, as Psychology Today reminds us, "it doesn't have to be that way."

ASPEN has previously partnered with Dr. Spromberg for public talks such as *Engaging Men in Violence Prevention*, and they and the Blue Slipper invite community members to join this timely conversation. No RSVP is required.

Tickets for *The Aliens*—a sharp and tender drama by Pulitzer Prize-winning playwright Annie Baker are available at www.blueslipper.org.

preserving the county's natural beauty, historic heritage, and unique character. With strong early momentum, the organization looks forward to building on these successes in the years ahead.

For more information or to get involved, please visit parkcountylandtrust.com or contact info@parkcountylandtrust.com.

About Park County Land Trust

The Park County Land Trust is a 501(c)(3) nonprofit organization dedicated to preserving Park County, Montana's natural beauty, historic heritage, and unique character. By working collaboratively with landowners, community members, and conservation partners, PCLT ensures that treasured lands remain protected for generations to come.

HONOR OUR LOCAL HEROES



We are honoring all who have served in our military and we need your help giving them the recognition they deserve in the November 9th edition of the PCCJ.

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

Name: _____

Location of Birth: _____

Branch: _____

Service Years: _____

Rank: _____

Resides or Deceased & Date _____



Connection to Park County: _____

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

Deadline for submission is Tuesday, November 4th.



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 2nd - LUTEFISH DINNER - Sponsored by the Lutheran Church Ladies Aid the annual Lutefish Dinner will take place at the Shields River Lutheran Church, 105 S Ordway Street in Wilsall, starting at noon until 3 pm. The ranch-style dinner price is \$20 for adults, and less for younger kids. Under 6 is free.

November 2nd - CHARCUTERIE CLASS - LuLu's Montana Market is excited to once again partner with Veronica from MSU Park County Extension to host another hands-on Charcuterie Class from 4–6 pm at LuLu's Montana Market, just south of Livingston on the Sleeping Giant Boardwalk, 5237 US Hwy. 89 South. This popular class invites participants to build their own individual charcuterie boards while learning styling techniques, food-pairing tips, and creative presentation ideas. It's always an afternoon filled with fun, food, and laughter—and it's a wonderful way to connect local folks through food and community.

November 4th - VOTE - The election office will be open from 7 am-8 pm on Election Day, 414 E. Callender Street. If you are unsure if you are registered to vote, you can check your voter registration status online at: <https://voterportal.mt.gov/> Sample Ballots are available on the Park County Elections Website:

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.

<https://www.parkcounty.org/GovernmentDepartments/Elections/CURRENT-ELECTIONS/>. Contact the Park County Elections Office with any questions at (406) 222-4110 or email: elections@parkcounty.org.

November 9th - POTLUCK - Weather permitting, the Beaver Creek Community Hall will hold its monthly potluck at 1 pm. Please bring a main dish, salad or desert to share. The community hall is located at 651 Swingley Road. The public is invited to attend.

November 14th - WINE/BEER TASTING - Livingston Depot Center, 200 W. Park Street, presents its 20th Annual Wine & Beer Tasting with sneak peek hour starting at 5:30 pm and the main event at 6:30 pm. Join us for hand chosen wines, locally brewed beers, delicious delectibles, and a silent auction. Tickets can be purchased at livingstondepot.org.

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 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.



**CARRYING LOCAL
SPECIALTY WINES AND WHISKEY**

**OPEN 7 DAYS A WEEK! 8^{AM} - 12^{AM}
406-222-9581**

110 Centennial Drive, Next to Subway, across from McDonald's



504 E. Park Street

406-333-3100

NORTH



Next to Taco Bell & Dominos

406-333-2142

SOUTH



**CROWN ROOM
CASINO**

**ALL LOCATIONS
OPEN 7 DAYS A WEEK!
8^{AM} - 12^{AM}**

BREAK time

CROSSWORD

Puzzle #423

Montana Fun Facts!

Montana is known for building the first **Luge run** in the US. It was built in Lolo Hot Springs, Montana, in 1965. It is a sport where the athlete lays flat on their back on a sled riding downhill.

The legendary **Native American chief Sitting Bull** has a town named after his daughter. The town of Ekalaka in Montana is named after the daughter of this famous chief.

An interesting fact about the **Missouri River** is that apart from the fact that it is **the longest in the world**, it also **originates** in Montana. It starts in the Rocky Mountains in Montana.

ACROSS

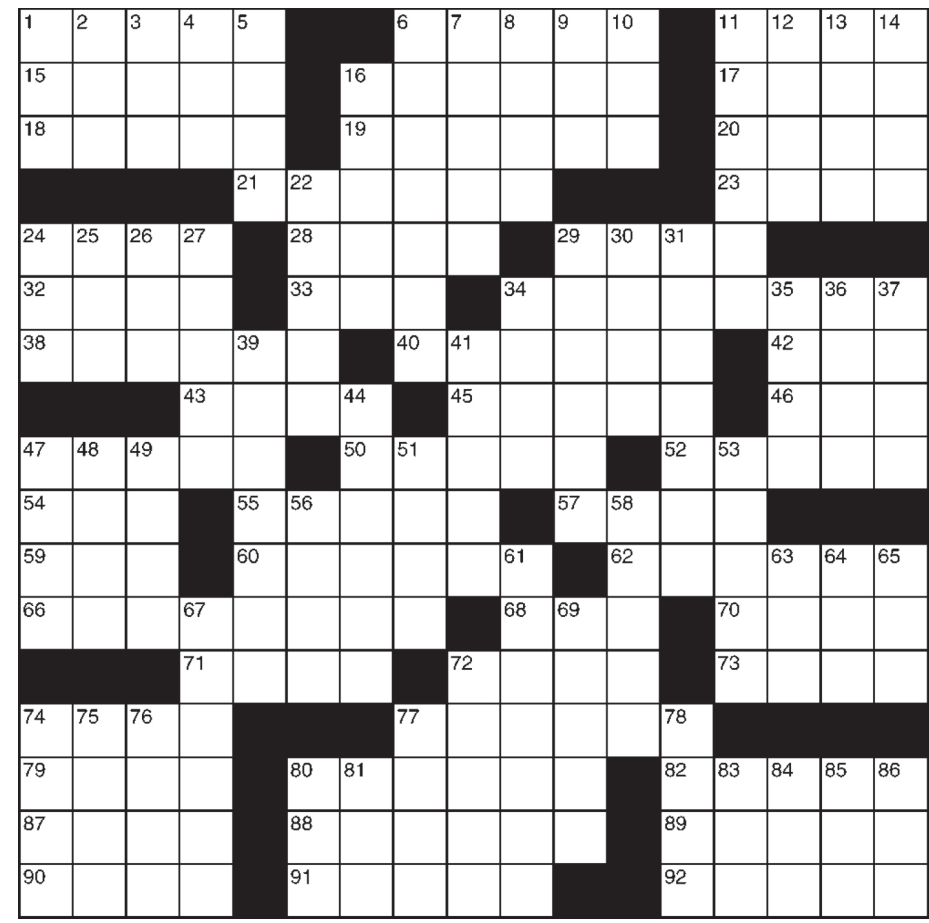
- 1. Calling
- 6. Atlantic codfish
- 11. Offering
- 15. Pale yellow
- 16. Manuscript copyist
- 17. Actor Wyle
- 18. Basil sauce
- 19. Boorish person
- 20. Killer whale
- 21. Formal procession
- 23. Woodwind instrument
- 24. Sharp-tasting
- 28. Default result
- 29. Fertilizer component
- 32. Indian nursemaid
- 33. Homophone of "you"
- 34. Basketball shoes
- 40. Put down
- 42. More, in music
- 43. College group, shortly
- 45. Steep rock face
- 46. Keats poem

- 47. Golf strokes
- 50. Cook slightly in oil
- 52. Not a winner
- 54. Greek letter
- 55. Opt
- 57. Nature's bandage
- 59. Bend
- 60. Aromatic spice
- 62. Missing links: hyph.
- 66. Run through
- 68. Resin
- 70. Lengthy narrative
- 71. On the sheltered shore
- 72. Cast aside
- 73. Fidgety
- 74. Where nice guys finish?
- 77. Cotton fabric
- 79. Carpenter's curve
- 80. Shed style: hyph.
- 82. Congealed dish
- 87. Forest ruminant
- 88. Expensive

- 89. Marathon meal
- 90. Crosscurrent
- 91. Sheer curtain fabric
- 92. Live

DOWN

- 1. Dandy
- 2. Freezer abundance
- 3. Expressions of doubt
- 4. Authorize
- 5. Rain unit
- 6. Windshield tool
- 7. Philosophy
- 8. Service
- 9. Geisha's sash
- 10. Iniquitous place?
- 11. Arctic jacket
- 12. Oral history
- 13. Knight's club
- 14. Roe fish
- 16. Fastener
- 22. Exhibition area
- 24. Young boy
- 25. Sailor's yes



- 26. Hit head-on
- 27. Burglary
- 29. Panties
- 30. Atoll feature
- 31. Cap part
- 34. Delta build-up
- 35. Heroic poem
- 36. Cruise
- 37. Litigator
- 39. Military
- 41. Severe
- 44. Bitsy biter
- 47. Chief attraction
- 48. Hound's quarry
- 49. Smart remark?
- 51. Top
- 53. Corpulent
- 56. Tempt
- 58. Spiny plants
- 61. Sparkle
- 63. Nutty
- 64. Nog ingredient
- 65. Anti's answer
- 67. Diner
- 69. Brass, e.g.
- 72. Snowbird
- 74. Valuable vein
- 75. Venerable
- 76. Offspring
- 77. Dominant
- 78. Place for a mane
- 80. Hosp. employee
- 81. Type of silkworm
- 83. Jazz instrument, shortly
- 84. Greek letter
- 85. That thing's
- 86. Lynx, e.g.

Sudoku

Puzzle #158

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

Sudoku - #157

SOLUTIONS

Crossword - #422

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

CREPT			SPAT		WAFT
RUPEE	SERIES				ENOW
ADORN	TWITCH				SERE
MESH	WING		ESTATE		
	ACHE	WHAT		RET	
DEPRESS		HATE			
SENSOR	CLOTHE		SGT		
PDT	PEDAL	RED	ALE		
OUR	ABATE		TOR		
ICE	ASH	MIDST	ESS		
LEE	SULTAN	CHEESE			
	TRIO	TYRANNY			
ETA	IMAM	OATH			
SAFARI	SMUG	ALGA			
TUTU	SKATER	ANION			
OPEN	EGRESS	SCOOT			
PERT	BETA	PENNE			



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CLASSIFIEDS

ESTATE SALE

**810 W. Lewis from 1-4 pm
Monday, November 3rd**

Computer desk, old trunks, canning jars - white and green glass, vacuum cleaners, boxes of quilting materials, and much miscellaneous.

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.

SERVICES

Cleaning Offered - Residential
Efficient, thorough, have references.
406-223-2236

HELP WANTED

Have two (2) temporary physical **laborer positions** for **63 Ranch** helping with infrastructure work, weeding as well as some construction work. Smoke-free environment due to being next to wilderness public land. Contact Rudy Greger at rgreger@63ranch.com, or call during work hours at 406-222-6506 or 406-220-1703.

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 board-adopted 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 406-578-2535. Access the Classified Application Packet at www.shieldsvalleyschools.com.
Shields Valley School District is an equal opportunity employer. Job-specific 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 preferred.
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

Paraprofessional, On-Call Mobile Crisis Responder
The City of Livingston, Montana is seeking several highly motivated individuals to perform the role of on-call Paraprofessional Mobile Crisis Responder and assist on our Community Based Collaborative Mobile Crisis Response team. This is an on-call, as-needed role. This position reports to the Mobile Crisis Response Team Program Manager, under the direction of the Fire Chief.
This position will support a mental health provider in the field assessments of diverse individuals in mental health crisis situations. This position requires in-home and community-based crisis response. Candidates will need to effectively collaborate with law enforcement, fire departments, emergency

medical services, schools, hospital emergency departments, and social service agencies.
Full details are located at <https://www.livingstonmontana.org/jobs>
To Apply: Send cover letter and resume to HR@livingstonmontana.org

Public Works Administrative Assistant
The **City of Livingston**, Montana is seeking a highly motivated individual to perform the role of Public Works Administrative Assistant.
A successful candidate will be able to provide support and oversee the daily clerical processes to keep the Public Works Department running smoothly. The principal functions of an employee in this full-time role are to perform a variety of complex responsibilities and confidential clerical duties including answering calls from the public, assisting walk-in customers, coding and processing invoices for payment, overseeing the Department of Transportation program with guidance from Human Resources and the Public Works Safety team, providing clerical assistance to the Public Works Director, Public Works Manager, Project Manager and Superintendents.
The nature of work performed requires the employee to build and maintain effective working relationships with coworkers, managers, and the general public. The work is performed under supervision and direction of the Public Works Director.
To apply, please send resume and cover letter via email to Human Resources at HR@LivingstonMontana.org or by mail/in person to City of Livingston, Attn: HR, 220 E. Park St, Livingston, MT 59047. Open until position is filled.
Please see the document for more details at https://www.livingstonmontana.org/sites/default/files/fileattachments/human_resources/page/9131/10.21.2025_public_works_admin_job_description.pdf

Detention Officer -- Are You Trustworthy, Self-Motivated and Punctual? The **Park County Sheriff's Office** is looking for two new full time team members interested in a career in a law enforcement capacity with our Detention Center.
Take pride in performing excellent

public service to your community thru providing inmate care.
Be formally trained in integral aspects of your field such as PPCT-pressure point control tactics, tactical handcuffing and CIT- Crisis Intervention Training.
Shifts are bid by seniority, as follows: 7am-3pm, 3pm -11 pm, 11pm-7am
Benefit package includes Sheriff's Retirement System; 3 vacation weeks, 12 sick days, holidays, Health and Life insurance, AFLAC, discounted local merchants/vendors, etc.
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 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/uploads/files/jobs/37/PCSO-Application-Packet.pdf> TO DOWNLOAD THE APPLICATION PACKAGE
You may also stop by the Courthouse HR office for a packet!

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



NOW HIRING

American Automotive is hiring a full-time **AUTOMOTIVE TECHNICIAN**. Wage dependent on experience. We are a family-oriented business with a fun work environment, paid holidays, vacation benefits, growth opportunities and other perks. Quarterly reviews with raise opportunities and will pay for continuing education.

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



Landmark REAL ESTATE

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FEATURED LISTINGS

ERALivingston.com | 406.222.8700



1324 W Crawford

3 beds 1.5 baths | 1,603 sq ft
#406557 | \$369,000
Baylor & Carolina Carter | 406-223-7903



2616 Meriwether Drive S

3 beds 2 baths | 1,614 sq ft
#404513 | \$544,500
Swanson Team | 406-220-2045



98 Miller Drive

5 beds 3 baths | 3,352 sq ft
#406118 | \$749,999
Tom Gierhan | 406-220-0229



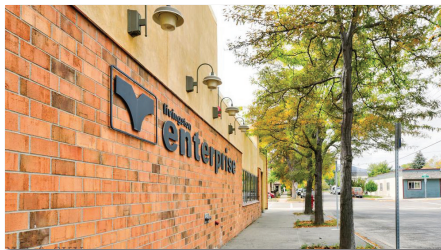
1007 E Geyser Street

2 beds 2 baths | 1,584 sq ft
#402047 | \$639,000
Julie Kennedy | 406-223-7753



504 S H Street #1

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



401 S Main Street

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



102 Elliot Street S

Commercial Sale | 5,676 sq ft
#397924 | \$1,500,000
Tammy Berendts | 406-220-0159



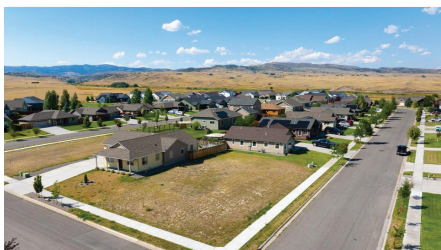
305 Lathrop Street W

2 beds 2 baths | 996 sq ft
#399947 | \$429,000
Jessie Sarrazin | 406-223-5881



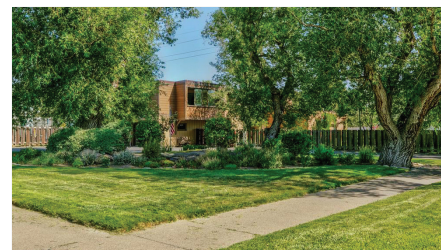
1986 E River Road

3 beds 2.5 baths | 5,303 sq ft
#406195 | \$3,500,000
Jon Ellen Snyder | 406-223-8700



903 Meriwether Drive E

Land Listing | 0.19 acres
#405062 | \$250,000
Julie Kennedy | 406-223-7753



425 S 12th Street

4 beds 3 baths | 2,620 sq ft
#404838 | \$849,000
Swanson Team | 406-220-2045



61 Rocky Creek Lane

Land Listing | 4.36 acres
#406313 | \$575,000
Tammy Berendts | 406-220-0159



518 W Lewis Street

4 beds 2.5 baths | 4,398 sq ft
#403584 | \$1,175,000
Julie Kennedy | 406-223-7753



7 Aquila Lane

Land Listing | 2+ acres
#394836 | \$234,000
Deb Kelly | 406-220-0801



107 S Main Street

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



9 Grizzly Meadow Road

4 beds 3 baths | 20+ acres
#405763 | \$2,395,000
Tom Gierhan | 406-220-0229

**Food drive for the Food Resource Center,
running through the month of November.**

**Please drop off non-expired pantry
food items between 9 and 3 pm at
215 S Main Street, Livingston.**

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Park High senior Finn Schretenthaler is on his way to his third consecutive MHSA Cross Country Class A Title on Saturday at the University of Montana Golf Course in Missoula—photo courtesy of KJ Schretenthaler, Clint Sestrich, Hillary Robison, and Debbie Earl.

Finn Schretenthaler

from page 1

the title with a time of 17:48.8, over a minute faster than second-place Zoey Bird (Hardin) and the 2024 state winner Morgan Delaney.

In the team's race, Hardin took home first place, followed by Custer County and Polson.

Leading the way for the Lady Rangers was Addy Boyce, who finished in 67th place with a time of 22:51.0. Boyce shared with me back in Livingston that she's going to run long-distance events for the Rangers track team this spring and is going to put a lot of time and effort into training in the offseason.

"Watching Finn win and knowing how hard he works is really an inspi-

ration for me. I want to come back stronger and faster next season," Boyce told me.

Seniors Jude Johnson and Siobhan Stevenson ran in Missoula for the final time. For Stevenson, it's been a five-year commitment to the Lady Rangers cross country team, a career that began in eighth grade.

The Manhattan Christian boys' varsity team, behind freshman Greycen Lee's 35-second drop in time (PR 18:02.0), which led to his brilliant race and individual 5th place, brought

home third as a team.

Derk Flikkema broke into the top 20 (19th place). The freshman ran a PR, dropping over two minutes from the start of the season.

Joshua Kimm finished in the top 30 (26), missing out on a top 25 finish to Olin Oestreich from Hobson-Moore by a whisker (Oestreich finished in 19:23.5 while Kimm crossed the line in 19:23.6).

The Eagles' Culter Edmundson only had time for four meets before running at state due to a broken hand suffered in football practice, yet he still ran under 20 minutes to finish in the top 40 (37th place) for the third consecutive time in as many weeks. When Edmundson told me he was running cross country for the first time, after the season began and with no experience as a senior, I questioned his rationale and asked him how he could break 20 minutes.

He just looked at me like I was nuts.

Dylan Poirier (42nd place) and Carter Flikkema (62nd place), both eighth-grad-

ers, helped the Eagles to their third-place finish.

In the girls' Class C race, it was Drummond taking the team title with Manhattan Christian taking fourth place.

Freshman Halle Miller ran the race of her life, finishing with a time of 21:46.5 for a PR and All-State honors in 12th place, while senior Bria Ohs came in 14th, earning All-State for the second year in a row.

Claire Poirier finished her first state meet with a top 40 (37th place) finish. Eliza Kimm and Harper Ohs helped the Lady Eagles finish fourth as a team by placing 51st and 54th, respectively.

Shields Valley senior Alicia Hunt came in 21st in the Class C division, and her teammate Darcy Long finished in 66th place. Hunt and Long competed together as the only two Shields Valley XC runners all season.

As has become the norm, Schretenthaler and the Rangers were escorted into town, down Main Street, and back to Park High by Livingston first responders. It's been four years for Finn. As a freshman, he earned All-state honors with his sixth-place finish, helping the Rangers and Head Coach Kirk Lentz and assistant Coach Bridget Kelly earn first place in the team race in Class A.

"It never gets old, and I'm honored the police and fire department takes the time to escort us into town; it's pretty cool," Schretenthaler said.

Finn is the eighth runner to win a three-peat at state in cross country.

It's just amazing—an incredible athletic feat.

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



Finn Schretenthaler with his proud parents after claiming his third consecutive MHSA Class A XC Title on Saturday. Photo courtesy of KJ Schretenthaler, Clint Sestrich, Hillary Robison, and Debbie Earl.



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