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Park County Community Journal

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

Week of November 9, 2025

November 2025 Unofficial Election Results—Wilcox, Daniels and O'Neill Reign Victorious in Commissioner Race

Following five strenuous months of campaigning, unofficial results for the November 2025 election have finally arrived. According to Park County election administrators, three seats contested for Livingston City Commission have been secured by Jessica Wilcox, Cindy Daniels and Kemp O'Neill in a narrow election comprising 8,185 votes across seven registered candidates on 3,899 total ballots.

The incoming commissioners will assume office January 1st, 2026, filling two seats vacated by Karrie Kahle and Torrey Lyons, and an additional seat previously



Tony Crowder
Managing Editor

held by incumbent candidate Quentin Schwarz, who had previously served two terms. Daniels, Wilcox, and Kemp will join seated commissioners James Willich and Melissa Nootz in a non-partisan capacity for four years terms set to expire in January 2030.

Wilcox, who received the most votes amongst all candidates, captured 19% of the total votes submitted for city commissioner (1,607 of 8,185 votes), a relatively marginal disparity eclipsing Daniels and Kemp by 1,430 and 1,344 votes, respectively. Rebecca Bird narrowly missed a seat on the commission by 233 votes, receiving 1,111 votes.



The battle between candidates Carol Meredith and Belinda Schweigert for Livingston City Judge ended 1,615 to 1,205 with Meredith emerging victorious. Meredith, replacing Judge Holly Hoppy, will take the bench beginning on January 1st, 2026.

The Shields Valley Elementary School Bond, worth 10.5 million dollars intended to fund major renovations to Wilsall Elementary School, passed 461 to 352. The estimated total number of mills is 76.83, increasing annual property tax assessments by \$58.39 per \$100,000. Funding for intermittent project-based renovations to Clyde Park High School raised through an active capital

campaign, currently totaling between 1.3 and 1.5 million dollars, is now available as a result of the bond passing.

Renovations to the elementary school are set to begin next Spring though, according to school district officials, a majority of large-scale improvements are slated for Spring 2027.

Carol Amunrud and Joshua Koch were elected to Clyde Park Town Council, earning 98 and 43 votes, respectively, in a narrow race garnering a mere 192 total votes.

Results must be certified by election administrators before made official. Unofficial results are available at <https://www.parkcounty.org/uploads/files/pages/171/UNOFFICIAL-RESULTS.pdf>.

This article will be updated in light of new information

Big Medicine York “Grand Salmon” Screening by Livingston Film Series at The Shane

The Livingston Film Series will present a screening of Big Medicine York Outdoors on Thursday, November 13th at 7:00 pm. The showing will take place in the Dulcie Theater at The Shane Lalani Center for the Arts, located at 415 E. Lewis Street in Livingston. Admission is free to the public.

Big Medicine: York Outdoors explores the untold story of York, the only African American member of the Lewis and Clark Expedition. Enslaved by Captain William Clark, York did not choose to be part of this journey, yet his significant contributions as a hunter, guide, caretaker, and intermediary in interactions with Tribal Nations are chronicled in the journals of expedition members, as well as in accounts from the tribes they met along the way. The Arikara tribe referred to him as Big Medicine for his strength and the color of his skin.

Produced in partnership with the Lewis and Clark National Historic Trail and NEW Multimedia, and distributed by the Lewis & Clark Trail Alliance, this powerful documentary follows a group of Black outdoor leaders on a four-day expedition through Montana's Upper Missouri River Breaks

National Monument. Their journey retraces the path of the original Corps of Discovery while honoring York's legacy and highlighting the healing, empowerment, and joy that the natural world can offer.

This film follows eight educators and environmental stewards as they retrace York's steps on a four-day river trip along the Upper Missouri River Breaks National Monument. On their journey to revive York's story, they explore themes of recreation access for people of color, and the joy and healing that the outdoors can provide.

The film is a collaborative

The Shane Lalani Center for the Arts invites you on Thursday, November 13th at 7:45 pm to a showing of The Grand Salmon in the Dulcie Theater with doors set to open at 6:30 pm for the second film of this month. Admission to the event is free to the public.

As wild salmon populations in Idaho approach extinction, three women embark on a 1,000-mile expedition to take on four dams at the heart of the salmon's catastrophic decline. Following three women on a 78-day paddling expedition, The Grand Salmon explores the effects of four dams on the Lower Snake River and

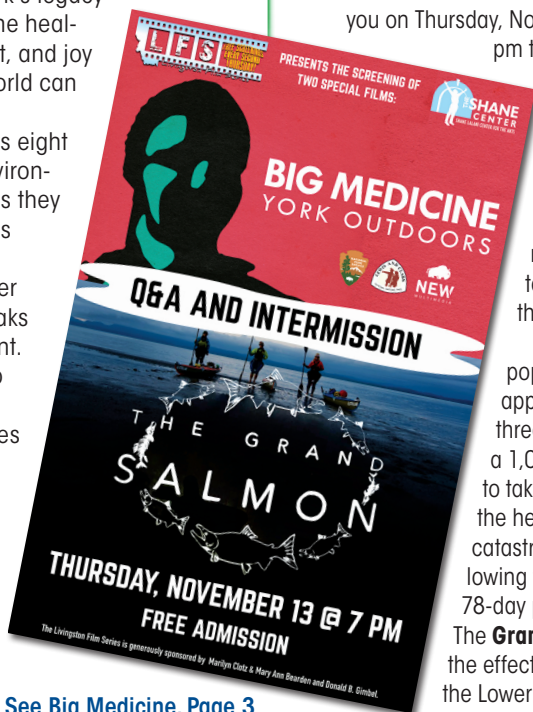
their impact throughout the watershed on rapidly dwindling wild salmon populations.

For over 1,000 miles, these women navigate the same waterways wild salmon have for generations, connecting the source of the Salmon River to the Pacific Ocean. From high water to extreme temperatures, this team not only faces the same natural challenges the fish do each year but brings viewers along to experience what the construction of these dams has done to our ecosystems and wildlife.

Jess Wiegandt Gomez - Director, Cinematographer, and Editor is an award-winning filmmaker who works on projects involving ecological conservation, endangered species awareness, and environmental justice.

Brooke Hess - Producer, Cinematographer, and Expedition Member is originally from Montana and is a former USA Freestyle Kayak Team member. She is a co-founder of Ripple Skip Collective, a core expedition team member for The Grand Salmon, a first-time film producer, and part of the principal cinematography team.

Hailey Thompson - Producer, Cinema-



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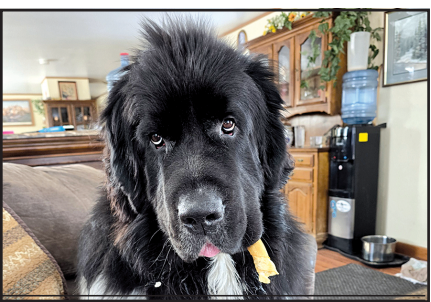
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Season of Giving for the Threshold of Life Memorial Announced by Governor's Office of Community Service

This holiday season, the Governor's Office of Community Service presents the opportunity for all Montanans and those impacted by organ, eye, and tissue donation to support the *Threshold of Life Memorial*. The *Threshold of Life Memorial* honors the significance of organ, eye, and tissue donation, educates visitors, and encourages everyone to register as a donor.

This memorial will be installed on the Montana State Capitol grounds along an existing walking path. While the design and location were approved by the 2023 state legislature, there are no public funds to build it. With Helena Area Community Foundation as the fiscal sponsor, individuals, businesses, and corporations are invited to unite to reach the \$500,000 goal.

"The *Threshold of Life Memorial* is an investment that will benefit Montanans today and for generations to come. Organ, eye, and tissue donation impacts every corner of Montana. Living donors often give lifesaving gifts to those they love, and those who give in their passing save lives of people they have never met. "It's a dynamic and deeply personal experience for all involved," shared Director Sarah R. Sadowski.

Support from individuals, businesses, and

associations is essential to making the memorial a reality. By donating to the *Threshold of Life Memorial* fund this season, you can join others in creating an accessible and contemplative space for individuals, families and friends whose loved ones gave the ultimate gift of life, and those who are waiting. Donations of all sizes given with joy will make this memorial a reality.

Threshold of Life Memorial holds significant artistic meaning on the role and importance of organ, eye, and tissue donation. The approved design honors the journey of the loss, celebrates the gift given, and the life gained while being a beacon of hope for those who are waiting. Montana-based architect Ken VanDeWalle is uniquely qualified with precisely the type of design, construction, and implementation experience necessary for creating this memorial.

In Montana, there are over 198 individuals waiting for a life saving organ and with an 86% donor registry rate. Completing the outdoor memorial for Montana's organ, eye, and tissue



donors is the right thing to do. Together we can make it happen.

Visit serve.mt.gov/commission-initiatives/Organ-Donation-and-Memorial for more information about the Memorial, to donate, share a Story of Life by telling how organ, eye, and tissue donation has touched your life, and to let us know you heard the Public Service Announcements now playing across the state!

The Governor's Office of Community Service expands national service and promotes community volunteerism in Montana and is the state's lead for Donate Life Montana. Visit serve.mt.gov.

Go WILD with FWP

Education center to host several family activities this month

HELENA – Head on over to Montana WILD this month for some fun and hands-on learning. Participants can hear stories, nock an arrow and talk turkey. To reserve a spot, call 406-444-9941 or email emily.winn@mt.gov.

In addition to these special activities, visitors can stop by Montana WILD anytime between 8 a.m. and 5 p.m., Monday through Friday, for crafts, games and scavenger hunts. No reservations required.

Wildlife Storytime: Tuesday, Nov. 18, 3:30-4 p.m.

Celebrate the season of gratitude with *Gather Grateful* by Megan Litwin, a heartwarming story that invites us to pause, appreciate nature's beauty and reflect on the many reasons to be thankful. After the story, families can enjoy a fun, nature-inspired craft to keep the spirit of gratitude growing. Perfect for young learners and their families.

Family Archery Night: Thursday, Nov. 20, 5:30-7 p.m.

Take aim at adventure! Learn the fundamentals of archery using Mathews Genesis bows in a safe, supportive environment. Families are encouraged to sign up together. (Participants must be

12 or older. Closed-toe shoes required; no outside equipment.)

Turkey Time: Tuesday, Nov. 25, 3:30-4:30 p.m.

Gobble, giggle and learn! Waddle on in to explore the wild world of turkeys through an interactive game, fun facts, turkey trivia and a craft. This event is ideal for students **ages 6**

and up and anyone curious about our feathered friends.

Drop in Activities

All month, in addition to our wildlife quiz and scavenger hunt, we will have wildlife crafts and activities set up in our classroom. Drop by anytime Monday through Friday, from 8 a.m. to 5 p.m. No reservations needed.

For more information about Montana WILD, visit fwp.mt.gov/education/montana-wild.

★ **THANK YOU TO EVERYONE WHO VOTED!** ★

"Thank you Livingston! I am very honored and humbled to have had this opportunity to run for the City Commission and I appreciate your support more than you know. I wish the very best to our newly elected Commissioners and I have faith in our future and the many good things to come!"



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Presented by: Tony Noble

Park County and HRDC Launch Home Repair Program Offering Forgivable Loans to Preserve Local Housing



Park County and HRDC have announced the launch of the Park County Home Repair Program, a new initiative providing financial assistance to low- and moderate-income homeowners for critical home repairs that improve health, safety, ADA accessibility, and energy efficiency.

Funded by the Montana Department of Commerce through the Community Development Block Grant (CDBG) Housing Stabilization Program, assistance is offered at 0% interest on fully forgivable loans of \$40,000 or more with a 15-year term. For every year property owners occupy the home, 6.6% of the loan is forgiven; the loan is fully forgiven if the homeowner continuously occupies the home for the entire 15-year term.

"Preservation of our existing housing stock is a pillar of the community's hous-

ing strategy; data from our 2021 Housing Needs Assessment and the American Community Survey point to the pressing need for it," said Katherine Daly, HRDC's Park County Housing Coalition Program Manager. "More than half (55%) of Park County homes were built before 1980 and 22% were built in 1939 or earlier, so nearly a quarter of our housing stock is at least 86 years old. Furthermore, more than a quarter (27.6%) of Park County homeowners earn less than \$50,000 annually and would qualify for the Home Repair Program."

This program advances the 2022 Park County Housing Action Plan, adopted as an addendum to Park County's Growth Policy, which recommends leveraging rehabilitation financing to preserve and extend the life of existing homes.

How to Apply

Homeowners are encouraged to complete a short 20-question pre-application now through December 14, 2025:

- Online: parkcountyhousing.com/hrp
- Paper copies are available at these Park County locations:
 - Clyde Park: Glenn's Shopping Center, 504 Miles St.;
 - Emigrant: Emigrant General Store, 3 Murphy Ln.;
 - Gardiner: Gardiner Community Library NP Depot;
 - Livingston: HRDC, 121 S. 2nd St.;
 - Wilsall: Hamm Supply, 102 E Clark St.

Eligibility

Applicants must:

- Own and occupy a single-family, site-built home in Park County as their primary residence.
- Have a household income at or below 80% of Park County's Area Median Income (AMI), as set by HUD. Selected homeowners will sign a 15-year deed restriction as required by HUD and the Montana Department of Commerce to help ensure long-term affordability.

Program at a Glance

- Purpose: Repair/rehab homes to

improve health & safety, ADA accessibility, and energy efficiency

- Financing: 0% interest, fully forgivable loans, \$40,000+, 15-year term
- Forgiveness: 6.6% per year of continued owner-occupancy; 100% forgiven at year 15
- Deadline: Pre-application due by December 14, 2025
- Apply: parkcountyhousing.com/hrp or pick up a paper application at listed locations

Applicant Inquiries

Katherine Daly, Program Manager, Park County Housing Coalition, HRDC kdaly@thehrdc.org | (406) 723-1941

HRDC is a private, nonprofit focused on building a better community by combatting poverty and offsetting the high cost of living for our hardworking neighbors across Southwest Montana. Donors, volunteers, customers, and community members can learn more at thehrdc.org.

Big Medicine

from page 1



effort between Lewis and Clark National Historic Trail and NEW Multimedia, as part of Big Medicine: The York Project, an initiative to bring York's story to the foreground.

Mr. Norm Miller (film outfitter and guide) will conduct a post film Q&A.

For more information, visit www.theshanecenter.org or call box office at 406-222-1420.

"Grand Salmon"

from page 1

tographer, and Graphic Designer, Hailey grew up on rivers and paddled for the US National Whitewater Slalom team before rivers led her to the ocean. She graduated from the US Coast Guard Academy with her degree in Fisheries Biology and Physical Oceanography and has spent the last decade working as a ship driver and fisheries expert in Alaska and beyond.

Libby Tobey - Producer, Cinematographer, and Expedition Member Libby began working

on the Middle Fork of the Salmon in 2019 after nearly a decade as a river guide and white-water kayaker domestically and abroad. She has a Masters in International Conservation and Development with a focus on international climate policy and the loss and damage that results from climate change.

For more information, please visit www.theshanecenter.org or contact The Shane Center Box office by calling 406-222-1420. The Shane is located at 415 E Lewis St. in Livingston.

The Dulcie Theatre and lobby are equipped with a UV air filtration system. Livingston Film Series is generously sponsored by Marilyn Cloutz & Mary Ann Bearden and Donald B. Gimbel.

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Gardiner FFA Team Presents at National FFA Convention in Indianapolis

Presentation Was the Culmination of Badger Hoppe Living to Serve Plan Developed After Attending the FFA Washington Leadership Conference in the Summer of 2024.

Park County Dugout - November 4th
TheParkCountyDugout.substack.com
By: Lori Hoppe and Jeff Schlapp

GARDINER — Recently, ten Gardiner FFA members attended the 98th Annual National FFA Convention in Indianapolis, IN, from October 28th to November 2nd. One of the main reasons the chapter attended nationals was to present on the Student Showcase stage, "American Indians: People of the Present." A recording of the presentation can be seen here, starting at 11:30 minutes: <https://www.ffa.org/2025-student-showcase-stage/>. Officers Ciella White and Badger Hoppe spoke while Journey Browning modeled a dress from Designs by Della, a Montana Crow designer. Summer and John helped serve samples of fry bread and choke-cherry syrup to the judges and audience members during the part of the presenta-



tion that addressed native foods. This presentation was the culmination of Badger's Living to Serve plan, which he started developing after attending the FFA Washington Leadership Conference in the

summer of 2024. Over a one-and-a-half-year timeframe, the chapter presented to their school, as well as our community, at the Montana FFA State Convention (winning the state American Indian presentation event), and finally, on the National FFA Convention stage, to spread accurate information and raise awareness about American Indians. Congrats, Badger, on fulfilling your Living to Serve plan! Lastly, Gardiner FFA would like to thank Anna Hollaway for hosting them at her family's property outside of Indianapolis, as well as for preparing their fry bread.

We also want to thank our FACS teacher, Alisa

McLaughlin, for sharing her class's choke-cherry syrup!

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



Gardiner students and FFA Members, Badger Hoppe, Journey Browning, and Ciella White, prepare to present "American Indians: People of the Present" at the 98th National FFA Convention in Indianapolis, IN, with their FFA Advisor Lori Hoppe.

SHIELDS VALLEY

Upcoming EVENTS

November 11th

- Veteran's Day Assembly in Clyde Park High School Gym
- Falls Sports Athletic Banquet – 5:30 pm

November 12th

- Shields Valley Adult Education Fitness Challenge at Wilsall School – 6 pm
- School Board Meeting – 7 pm

November 13th

- Elementary/Junior High Boys Basketball at Gardiner – 4:15 pm

November 15th

- SVJH Boys Basketball Tournament – 9 am

IF ANYONE HAS ANY UPCOMING EVENTS PLEASE SEND EMAIL TO shieldsvalleynews@gmail.com.

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

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Nov 21st - Nov 22nd (Fri-Sat) **GARY SMALL & COYOTE BROTHERS** Surf Rock & Blues

Nov 28th - Nov 29th (Fri-Sat) **THE DIRTY SHAME** Outlaw Country

Dec 5th - Dec 6th (Fri-Sat) **OLD MAN BEN** Banjo Fueled Pub Rock

Dec 12th - Dec 13th (Fri-Sat) **SHAKEDOWN COUNTRY** Country Western

Dec 19th - Dec 20th (Fri-Sat) **TRENT BROOKS BAND** Authentic Country

Dec 26th - Dec 27th (Fri-Sat) **BRICKHOUSE BAND** Rock & Roll

Dec 31st (Tues) **BLACKWATER** Good Ole Rock & Roll - New Year Eve Party

Jan 2nd - Jan 3rd (Fri-Sat) **IAN THOMAS & BAND OF DRIFTERS** Modern American Roots

Jan 9th - Jan 10th (Fri-Sat) **GARY SMALL & COYOTE BROTHERS** Surf Rock & Boogie Blues

American Legion

Auxiliary Unit 23

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.

-Autumn Love Song

by Joyce Johnson



I am walking fast with long strides along the road firmly holding a 20-foot leash with that 55-pound border collie, Duke, on the other end, pulling me along as he jogs and sniffs excitedly at everything from one side of the gravel road to the other. I am busy calling out "NO pulling!" and then "good boy!" as he slows for three steps is all, and then plunges joyfully after a new scent. I scan the surroundings like a periscope looking for deer, bunnies, dogs, bears, and cars up here in the hills. Duke is in doggy heaven smelling the whole world. I let him be a dog. I am happy too. What an awesome Autumn this has been—not too cold, yet crisp, lush, and extraordinarily beautiful.

About ten years ago, same season, I fast-walked past this same spot and found myself slowing down when I heard the sound of the wind in the full fall trees and the rushing creek water. I impulsively

jogged down the steep bank to the creek path to get close to that sound. I gasped when I got there, stopped, looked around, and listened. Tall trees surrounded me, letting go their leaves and I could not see but only hear the rushing creek flow over the rocks.

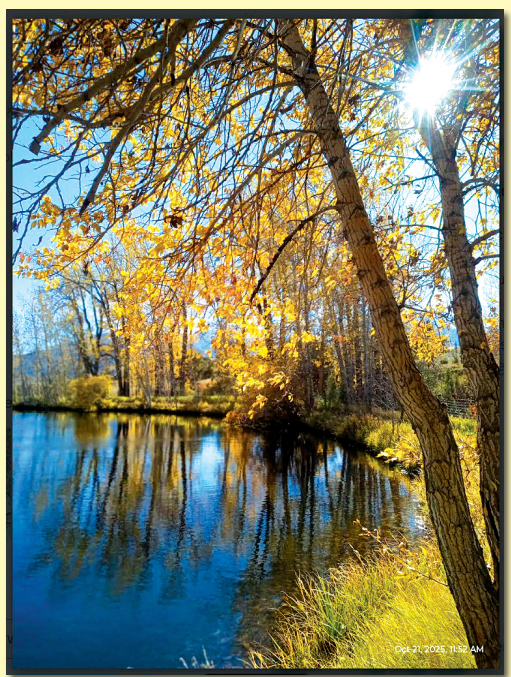
I stood in one spot slowly turning around, looking and listening. Mental chatter faded and a peace began to settle in. After a few moments, I could not remain still. I took a slow, deep breath and my arms lifted up in Chi-gong movements that flowed with the kaleidoscope of shimmering color and sound.

I don't know how long I was there, but for a moment in time, I was One with the place. I walked slowly back up the embankment. When I reached the road, I looked back and was startled at the vision that entered my mind: that this enchanted place will radically

change some day very soon. I saw the golden leaves that carpet the path disappear into the soil; the sky turn gray, snow fall, and all become brown, white and cold. The tall old cottonwoods became dark skeletons. My peace dimmed for a second but I blinked a few times, and it was replaced by a sense of adventure in our shifting world so rich and busy with countless levels of conscious life. The past was just practice. This must be the Present Moment so raved about.

I have walked through many of Montana's "bare bones" seasons, in zero temps, dressed in warm layers head-to-toe; big old boots crunched through twinkling, sun-bathed snow. I have heard the whisper of softly falling snowflakes in the woods, too, and the deep rumble of the creek water flowing over it's rocky bed beneath the ice bridges.

But today, still on the tail end of Autumn 2025, I playfully kick up the curly big dry golden leaves along the path and feel Carl Jung's timeless reassurance, "Nature seeks balance," it is her



mission. I trust that. Thank goodness for the purposeful shifting seasons of life, and the present one soon to transition again into restful, quiet, pure, winter stillness, when all life sorta hunkers down inside itself, and the now of serious survival. We huddle together, keeping warm, instinctively, and faithfully await the rebirth of Spring.



Top of Head

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Meals for November 10th-14th


Mon., Nov. 10th - Liver & onions, mashed potatoes, carrots, pears, milk

Tues., Nov. 11th - Lasagna soup, breadstick, fruit cocktail, milk

Wed., Nov. 12th - Pulled pork on bun, potato wedges, coleslaw, fruit cocktail, cake, milk

Thurs., Nov. 13th - Chicken enchiladas, Spanish rice, refried beans, peaches, milk

Fri., Nov. 14th - Salmon patties, fries, three bean salad, fruit cocktail, cake



LIVINGSTON MEALS ON WHEELS

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THE CRANBERRY CAPER: A Saucy Saga of History, Health, and Holiday Cheer

Gather 'round, dear readers to learn about the humble yet heroic cranberry. This won't be your grandma's stuffy history lesson; no, no, we're going on a wild, sugar-free ride through the cranberry bogs of time to unravel the mysteries of this tart little dynamo and its starring role in holiday feasts.



The Cranberry's Bogus Beginnings

Let's start at the beginning, or at least what passes for a beginning in the murky world of cranberry origins. The story begins in the dense, damp forests of North America, where the cranberry (*Vaccinium macrocarpon*) has been squishing underfoot for millennia. Cranberries are a member of the heather family and related to blueberries, bilberries, and lingonberries. Due to their very sharp and sour taste, cranberries are rarely eaten raw. Indigenous peoples harvested wild cranberries, using them for food, medicine, and to make a high-energy survival food called pemmican by mixing them with dried meat and fat. They even had a little party trick: they'd throw cranberries at the ceiling of their longhouses to celebrate a successful hunt. Now *that's* a party!

The Cape Cod Connection

Fast forward to the 1600s, and we find ourselves on the sun-drenched shores of Cape Cod. The Pilgrims were the first Europeans to encounter the cranberry. Legend has it that the Native American friends served the pilgrims a dish of cranberries at that first Thanksgiving feast. Whether that's true or not, we can't say for sure, but we do know that the cranberry's tart taste was a revelation to those poor, sugar-deprived Pilgrims.

The Massachusetts colony sent barrels

of cranberries to England in 1677 as a gift, and they were sold to colonists as early as 1648.

The first commercial cultivation was by Henry Hall in Dennis, Massachusetts, around 1816. He discovered that covering the bogs with sand helped the vines and retained water. By the 1840s, other cranberry varieties and farms were established throughout New England. As the industry grew, groups like the American Cranberry Exchange were formed to market the fruit,



and Marcus L. Urann, who later co-founded Ocean Spray, created the first canned cranberry sauce in 1912.

The Health Benefits of This Tart Tart

But enough about the past, let's talk about the here and now. You might be wondering, "Why should I care about all this cranberry business?" Well, the cranberry is packing some serious health benefits under

its tart little exterior. Fresh cranberries are nearly 90% water, but the rest is mostly carbs and fiber.

- First off, cranberries are chock-full of antioxidants, those superhero molecules that fight off the bad guys (free radicals) and keep your cells healthy and happy. But here's where things get really interesting: cranberries are nature's own little antibiotic factory. According to Healthline.com, cranberries have several unique plant compounds that may help prevent UTIs, stomach cancer, and heart disease.

Cranberries are a rich source of several vitamins and minerals, especially vitamin C.

- **Vitamin C.** Also known as ascorbic acid, vitamin C is one of the predominant antioxidants in cranberries. It is essential for the maintenance of your skin, muscles, and bone.
- **Manganese.** Found in most foods, manganese is essential for growth, metabolism, and your body's antioxidant system.
- **Vitamin E.** A class of essential fat-soluble antioxidants.
- **Vitamin K1.** Also known as phyloquinone, vitamin K1 is essential for blood clotting.
- **Copper.** A trace element, often low in the Western diet.
- **A-type proanthocyanidins.** Prevents bacteria from sticking to cell walls. In other words, they make it tough for bad bacteria to set up shop in your body. Well, that is very useful to know.

The Sugar-Free Sauce Solution

While all this all sounds great, but who wants to eat a bowl of bitter berries? Fear not, dear reader, for I have a great solution for you: a sugar-free cranberry sauce recipe that'll make your taste buds dance and your body sing.

Sugar-Free Cranberry Sauce

Ingredients:

- 12 oz fresh cranberries



- 1/2 cup water
- 1/2 cup honey or maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 1 tbsp orange zest (optional, but adds a lovely zing)

Instructions:

1. Rinse the cranberries and pick out any squishy ones.
2. In a medium saucepan, combine the cranberries, water, honey or maple syrup, cinnamon, cloves, and salt. Stir it all up and bring it to a boil.
3. Once it's boiling, reduce the heat to medium and let it simmer for about 10-15 minutes, or until the cranberries have popped and the sauce has thickened.
4. Remove the saucepan from the heat and stir in the orange zest, if using.
5. Let the sauce cool, then transfer it to a serving dish and refrigerate until ready to serve.

And there you have it, folks! A sugar-free cranberry sauce recipe that's not only delicious but also packed with health benefits. So go forth, spread the cranberry cheer, and remember: the next time you're enjoying a spoonful of that tangy, ruby-red sauce, you're not just indulging in a tasty tradition, you're giving your body a little boost of health, too.

Happy holidays, and here's to the cranberry, the little berry that could!

Recipe by
Carla Williams

RECIPE CORNER 30 Minute Buns

Ingredients

- 1 cup warm water
- 2 tbsp active yeast
- 3 tbsp sugar
- Let sit until foamy
- 1/4 cup melted butter
- 1 egg
- 3.5 cups flour
- 1.5 tsp salt

Instructions:

1. Knead for 4 minutes or until dough ball forms.
2. Shape dough into 8 large buns or 12 small buns.
3. Cover and let rise for 15 minutes.
4. Bake for roughly 10 minutes at 400 degrees Fahrenheit or until tops are golden brown.
5. Brush tops with butter and let cool.



Photo Credit: forkinggoodfood.com



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A Financial Roadmap for Veterans Entering Civilian Life

The transition from military to civilian life brings countless adjustments. It also marks a good time to review how you're taking charge of your financial future. *Veteran Saves Week* is November 4th to 7th and it is an opportunity to focus on building financial confidence and creating a solid foundation for your new chapter.

Now in its second year, *Veteran Saves Week* centers around one core message: No matter where you are on your financial jour-

ney, small steps can lead to lasting change. Here are a few tips to help:

Understand the financial shift. If you've recently re-entered civilian life, it's important to identify any gaps between your income and expenses. A key part of this gap often comes from the loss of military allowances, such as the Basic Allowance for Housing and Basic Allowance for Subsistence. You may also lose commissary and exchange privileges where groceries and goods were purchased tax-free.

Health benefits represent another shift. While you received health care through TRICARE on active duty, you might be eligible for TRICARE for Life and Veterans Administration benefits, but you may still need to supplement this coverage with a group health care plan from your employer or purchase it independently.

Build a budget. Getting a clear picture of your finances helps you make informed decisions. Look at your monthly income, expenses and savings to understand your starting point.

One strategy you may find useful is the **50/30/20 rule**. With this, you divide your monthly take-home pay into three parts: 50% for needs like housing, utilities, food and insurance, 30% for wants and 20% for savings and debt repayment.

Take essential financial steps. Your monthly budget should include building an emergency fund, paying down high-rate debt and saving for retirement. It may help to use budgeting apps that categorize expenses and identify areas where you can cut back when necessary.

- Building an emergency fund becomes even more critical during transition. Aim for three to six months of cash savings to provide a safety net for living expenses while you establish your civilian career.
- Don't overlook the available retirement planning tools. Even if you will have a pension, you might consider putting money into an IRA, or a 401k

if one is available to you through a new employer, or into stocks and bonds to keep building toward your long-term goals. It's also important to obtain a current Social Security statement since active-duty military pay FICA taxes.

Leverage available resources. There are transition support programs through the military and the U.S. Department of Veterans Affairs, which also offer debt relief programs and financial counseling services.

Consider connecting with a financial advisor who understands the unique challenges veterans face during and after transition. They can help you create a strategy that maximizes your benefits and helps position you for long-term success.

Move forward with confidence. As *Veteran Saves Week* reminds us, small steps lead to lasting change. Your service has prepared you to overcome challenges—financial planning is just another mission you're equipped to complete successfully.

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

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Arts/Entertainment

The Magic of the Harp at Symphony Storytime

The Bozeman Symphony invites children and families to a special Symphony Storytime featuring the harp on Saturday, November 8th at 10:15 am, located at the Bozeman Public Library. This free, interactive program, presented in partnership with the library's Toddler and Preschool Storytime, blends lively storytelling with the wonder of live music to create a joyful experience for children ages 3-5.

This month's Storytime adventure features Bozeman Symphony Principal Harpist Angela Espinosa alongside a guest reader. Together, they will bring a beloved story to life through the magical interplay of words and music.

Following the reading, Espinosa will introduce children to the harp's enchanting sounds with a short, hands-on performance, inspiring young listeners to explore and engage with music firsthand.

Families can also look forward to the next Symphony Storytime of the season on Wednesday, December 10th, at 10:15 am, again at the Bozeman Public Library.

For more information about Symphony Storytime and the Bozeman Symphony's education and community engagement programs, visit www.bozemansymphony.org or call 406-585-9774.

Elk River Books Presents Lance Richardson on Peter Matthiessen

Award-winning author Lance Richardson visits Elk River Books, at 122 S. 2nd St. in Livingston, on Thursday, November 13th, to discuss his book, *True Nature: The Pilgrimage of Peter Matthiessen*, the first biography of this prolific novelist, naturalist, human rights advocate and Zen rōshi. Matthiessen's close friend, author and grizzly bear advocate, Doug Peacock, will join



Richardson. The free event begins at 7 pm and will be followed by a book signing.

Matthiessen was a towering figure of twentieth-century American letters, the only writer to win the National Book Award in both fiction and nonfiction, for *Shadow Country* and *The Snow Leopard*. In his youth, he co-founded *The Paris Review* and worked undercover for the CIA. Later, he pursued such perilous expeditions as floating through the Amazon, living with a New Guinea tribe and swimming with sharks off the coast of Australia. "Underlying all Matthiessen's disparate pursuits was the same existential search—to find a cure for 'deep restlessness.'"

"In *True Nature*, Richardson reconstructs

See Elk River, Page 8

\$100 prize

Logo Design Contest

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

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When the World Feels Loud

The headlines, the group texts, the constant ping of one more thing—lately it feels like the whole world is shouting. Between election chatter, the state



of our national politics, and the general hum of daily life, many of us are running on sensory overload. And underneath it all, there's the heavier noise—the drum-beat of bad news that makes the future feel uncertain, even a little catastrophic.

Closer to home, Livingston has had its own full week. Open mic night at the Owl Lounge, live music at the Fainting Goat, neighbors connecting in Clyde Park with Commissioners Jen and Bryan—all reminders of how lively and caring this community can be. But even good noise is still noise.

The Practice of Quiet

Quiet doesn't mean silence. It means space—a few moments to reconnect with yourself before reacting to the next thing.

Here are a few ways to create it:

1. Healing Head Hold (Frontal/Occipital Hold)

- One hand across your forehead, one at the base of your skull.
- Breathe slowly through your nose.
- Feel the warmth between your hands—this warmth signals your brain that it's safe to calm.
- Hold for 2–5 minutes, until your breath deepens or thoughts quiet.

It's a physical cue that tells your nervous system: I'm here. I'm safe.

2. Intentional Listening

In your next conversation at a staff meeting, with your partner, or with your child—try reflecting before reacting.

Say to them, *"What I hear you saying is ..."* and check that you understood before adding your own view. It lowers defensiveness and builds genuine connection.

3. The Information Boundary

Choose how often you'll engage with news or social media. Two scheduled check-ins a day are enough for most of us. Protecting your attention isn't denial, it's discipline.

These aren't leadership tricks. They're re-centering tools: ways to come home to yourself in a noisy world.

Why It Matters in Park County

We live in a community that runs on connection with small businesses, shared events, familiar faces at the grocery store. That closeness is part of what makes this place special. But it also means we're always taking in each other's energy. When we don't manage our own state, the stress spills outward.

Steady leaders and steady humans make for steady communities. When we ground ourselves before responding, we model calm that others can feel.

As frost settles on the mornings and the days grow shorter, give yourself permission to turn down the volume—even briefly. Step outside. Feel the cold air on your skin. Watch the river slow. Let your nervous system catch up with your life.

The Coaching Perspective

In coaching, we talk about **self-command**—the ability to pause before reacting, to notice your inner state, and to choose your next move with intention. It's a skill that changes everything from workplace culture to family dynamics.

That's what makes coaching powerful: it helps you practice presence until it becomes second nature. When you can access calm on demand, you lead better, think clearer, and connect deeper.

Your Turn

This week, choose one way to turn down the volume.

- If you're at a desk all day, look up from the screen every hour and focus on a single still point like a



plant, a window, the mountains beyond town.

- If you work on your feet, take a quiet minute between customers or tasks and press your thumb and forefinger together—your own subtle Hold.
- Parents, take a breath at the curb before pickup, so your energy meets your kids' energy instead of colliding with it.
- And if life feels heavy, step outside at night. Look at the mountains silhouetted against the sky. The quiet is still there—waiting for you to notice.

The world will keep being loud. But you don't have to let it set your volume.

Holding Steady: A 4-Week Reset for Turbulent Times

If you're craving calm that lasts longer than a few deep breaths, *Holding Steady* begins **November 13th**. It's a four-week in-person program in Livingston designed to help you strengthen your ability to stay grounded, clear, and connected, no matter what's happening around you. Enrollment closes **November 11th**. Details at coachrainy.com/holdingsteady.

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.

The Cost of Constant Noise

When the world feels loud, our bodies stay on high alert. The brain doesn't distinguish between a breaking-news headline and a real emergency. It keeps releasing stress chemicals as if danger is near.

Elk River

from page 7

the full scope of a spiritual quest that ultimately led Matthiessen to the highest ranks of Zen. Drawing on rich primary sources and hundreds of interviews, Richardson depicts Matthiessen's life with page-turning immediacy, while also illuminating how the writer's uncanny gifts enabled him to sense connections between ecological decline, racism, and labor exploitation."

True Nature is a magnificent achievement: an immense work of scholarship, synthesis and empathy, written throughout with verve and lucidity, which illuminates one of the most fas-

cinating writerly lives of the past century, notes author of Is a River Alive? Robert Macfarlane.

Richardson's first book, *House of Nutter: The Rebel Tailor of Savile Row*, was a New York Times Editors' Choice and named one of the notable titles of 2018 by The Sunday Times, The Mail on Sunday, Esquire, and the American Library Association. He has been awarded numerous fellowships, including a yearlong residency at the Dorothy and Lewis B. Cullman Center for Scholars and Writers, at the New York Public Library. He teaches in the MFA in Writing program at Bennington College, Vermont.

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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Your Ageless Wellness Column

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

The Currency of Attention

A Note Before We Begin

Lately, I've realized that when I use the word awake, not everyone knows what I mean. So let me explain.

To be awake doesn't mean being superior or holding secret information that others can't access. It means remembering that truth has always lived within us—hidden, not to exclude, but to protect. Throughout history, sacred schools and mystery traditions have safeguarded this inner knowledge because awareness without wisdom can destroy instead of heal. **That's why so many teachers across time, whether prophets, poets, or philosophers—spoke in parables. They understood that truth must be discovered, not delivered; that each listener should uncover meaning in proportion to their own readiness.**

What was once hidden is now rising again, because more of us are ready to receive it.

Awakening isn't about separating from others; it's about seeing through the illusion of separation itself. It's the moment you realize how much of modern life is designed to distract you—from your breath, your intuition, and your own creative power.

To be awake is to look through the noise, to see the strings pulling the world's stage, and to choose not to dance to every tune. It's not elitism; it's remembrance.

You don't awaken *above* others. You awaken with them, by remembering who you are and what you're capable of creating.

The Currency of Attention

We live in an economy of distraction. Every vibration, headline, ad, and algorithm competes for the same finite resource—our attention.

But what most people don't realize is this: attention isn't just mental focus. It's *energy*. And in today's world, that energy is being mined.

Who—and What—Wants Your Attention

It's not just social media companies or

advertisers. The real competition for your attention comes from every system that gains something by keeping you reactive.

- **Tech and media corporations** profit from outrage and fear. The longer your eyes stay on the screen, the more ads they sell, and the more data they harvest.
- **Political and ideological groups** thrive on division. Outrage ensures loyalty. If you're angry, you're not thinking clearly, you're aligning.
- **Consumer industries** rely on dissatisfaction. If you feel incomplete, you'll look for something outside yourself to fix it.

In short: attention has become the modern world's most valuable commodity—because wherever attention goes, energy flows.

Why They Want It

Because attention directs *creation*. What we focus on shapes our inner chemistry and our outer world. When billions of people collectively direct attention toward fear, conflict, or scarcity, those patterns take root in the collective field. They become our shared reality.

Those who understand this—marketers, media strategists, and even entire institutions—don't just want your attention for profit. They want it because attention *creates belief*, and belief directs behavior. The one who holds your attention holds a piece of your power.

You can think of attention as the light of consciousness. Whoever controls the spotlight controls the stage.

The Cost of Leaking Attention

The human body wasn't designed to process constant stimulation. Every headline, argument,

and dopamine hit triggers the stress response. Over time, this chronic vigilance exhausts the adrenals, disrupts sleep, and weakens immunity.

Distraction also fragments identity. When your awareness is split between screens, opinions, and endless noise, your sense of self starts to scatter. You begin to live in pieces—mentally in one place, emotionally in another, physically somewhere else entirely.

That fragmentation is what the ancients called *disconnection from soul*.

Reclaiming Sovereignty of Mind

The cure is not withdrawal—it's conscious reallocation.

You can't unplug from life, but you can choose where to plug your awareness back in. Start small.

- When you wake in the morning, give your attention first to your breath—not your phone.
- When you eat, taste every bite.
- When you speak with someone, look into his or her eyes.

This is the quiet rebellion: reclaiming your focus from those who profit from your distraction.

Each time you bring attention home—to breath, to gratitude, to stillness—you take back energy that was once being spent on systems that don't serve you.

HeartMath research shows that heart-centered attention creates measurable harmony in brain and nervous system patterns. When one person enters coherence, others nearby unconsciously attune to that rhythm. Presence is contagious.

Attention and Aging Well

Our brains are built to adapt—but only when they're truly engaged. Attention is what keeps the mind sharp and the nervous system flexible.

Studies from Harvard and Stanford have shown that focused presence, whether through meditation, movement, or deep listening—im-



proves memory, emotional regulation, and even longevity. It's not about mental gymnastics; it's about *staying awake to your own life*.

For older adults, this is everything.

Attention builds new neural pathways, improves balance and coordination, and deepens emotional resilience. At any age, the most powerful exercise you can do is to *notice what's real, right now*.

When you choose what you give your attention to, you choose what kind of world your body will live in.

Attention Is the True Power

If money builds markets, attention builds worlds.

Spend it where you want life to flourish. Invest it in the people and practices that make you feel alive.

Withdraw it from the things that drain you.

Attention is sacred currency. Where you place it, you create.

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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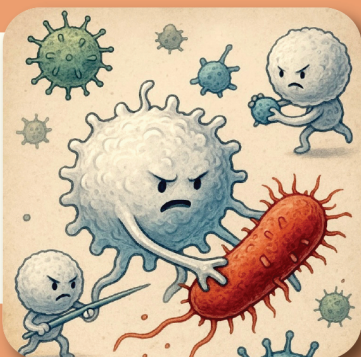
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When a Cure Becomes a Curse

by Nurse Jill

Many know the story of the serendipitous event in 1928 involving a Dr. Alexander Fleming that sped along a groundbreaking advancement in medical technology. The good doctor apparently left his lab untidy and went on a short vacation with an assortment of maladies corralled in petri dishes. Upon his return, he began to sort through the various growths and noticed that mold on one petri dish had effectively "treated" the bacteria that had been planted in the petri medium. The mold was a form of modern-day penicillin, and the bacteria that was defeated was the common bug that caused many sore throats, boils, and abscesses.

The observation of mold being able to combat bacteria was not entirely new. In ancient Egypt, moldy bread was applied to wounds to help healing. Other experimenters had occasionally noted the odd interaction but had not seen the potential in it to save lives like Dr. Fleming did.

While Dr. Fleming is credited for this massive jump forward in therapeutic treatment, he had help in getting the curious observation from the lab sink to the hospital full of patients with blood infections hoping not to succumb to the "there's nothing we can do" diagnosis.

Two scientists, Howard Florey and Ernst Chain, along with those they worked with at the Sir William Dunn School of Pathology at Oxford University, took on the challenge to make mold from a petri dish into an injectable product safe for use in humans. It took several years and many other small discoveries within

the antibiotic endeavor, but it was accomplished. By the time World War II ended, penicillin was safely being used in humans to treat (and prevent) all manner of infections and diseases cause by the dreaded bacteria that had eluded the human understanding for millennia.

Penicillin wasn't the first antibiotic, but it was the first with a wide range of application. The first dose of Penicillin was injected in 1941 and by 1943, because of the promising results of the drug and increasing war casualties, mass production began. At first, even with 21 billion units produced in the U.S. that year, it was in such high demand that it had to be rationed. By 1945, the process had been refined and production increased by over 32,000%. Penicillin was widely available, effective, and was becoming cheaper with each tweak in the production process.

In short, it was a miracle.



Since that time, 150 other antibiotics have been developed; and while they all have benefit in treatment plans, they all also carry the potential for a curse—resistance.

Since 1942, among the first uses of penicillin, resistance of bacteria to the drug was found.



What is antibiotic resistance? It is the ability for the living organisms called bacteria to create coping mechanisms, protections, or counter-attacks to the substances that threaten the bacteria. Just like a human body can figure out how to

combat viruses, bacteria (and fungus) can figure out how to combat therapeutic chemicals.

Scientists, pharmacists, and doctors have been chasing their tails since 1942 to decrease (or prevent) antibiotic resistance. The more resistant bacteria that

circulate in a community, the worse the chances are of those that contract the illness for fully healing. Theoretically, if the "superbugs" of today learn how to resist all our treatments, we may find ourselves repeating the history of those who sat in hospitals with no hope because

there was no treatment.

This is why the World Health Organization and the Center for Disease Control, along with hundreds of other organizations, celebrate a week of awareness every November. In the U.S. it is called *U.S. Antibiotic Awareness Week*. In the global community it is called *World AMR (antimicrobial resistance) Awareness Week*.

While the names are different, the intention is the same: to raise awareness about the responsible use of antibiotics around the world and to educate both prescribers and partakers about key points in the use of antibiotics not only in humans but in animals and the environment as well.

The miracle cure that has saved countless lives has come with a persistent curse, but it can be mitigated if we join together for responsible use of antibiotics.

Stay tuned for more specifics on responsible antibiotic use. If you are curious now visit www.cdc.gov/antimicrobial-resistance/ or <https://www.who.int/health-topics/antimicrobial-resistance>.





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For Appointment call 222-2134 or email
PLUS: spayneuterlivingston@gmail.com

LOW COST Vaccination and Microchip Clinic for DOGS and CATS

Contact: laurelrhodesdvm@gmail.com

"Enjoying the Journey"

by Lois Olmstead



It feels like I have taken 500 trips between Clyde Park and Livingston. Soon, I'll be all moved into my new "Yellow House." I am thankful to have guests coming and going in my cottage Airbnb and my house, too, so that someone is there. So many funny tales to tell... this week you get an old column to read while I finish moving. This one is about Trouble. Trouble with a capital T. Someone might need to hear this.

One of the things I know about trouble is that it doesn't always come in the singular. Trouble often comes in the plural—"Troubles."

He-Who went to heaven in 2016 had very few sick times in his life, but one happened in 1986. He got a really bad

stomach ache. In less than an hour, he was transported by ambulance from Colstrip to Miles City nearly 80 miles away! His surgery for a perforated ulcer lasted seven hours. After he was out of recovery and settled in a room, I returned home to check on our boys and pack some clothes.

At home, I ran downstairs to get a suitcase and stepped into a lake. There was water up to my ankles in our basement. The water heater had sprung a leak and flooded our basement. We had lived in that house seven years and the day the water heater chose to break was the day that Robert had surgery in a hospital in Miles City.

Can any of you identify with that? Trouble in the plural? It seems to be a common thing in life. One of the reasons I appreciate Jehoshaphat in the Bible so much is that he had trouble in

the plural too.

In 2 Chronicles chapter two, some men told Jehoshaphat, "There's a great multitude coming against you from beyond the sea from Syria and they are already in your land." Jehoshaphat had three enemies. Trouble with an s. And another thing about trouble: I, like Jehoshaphat, am so often "already in it" before I know I'm in it. Are you? I mean it never fails! One thing happens and two more follow along!

So this day, I want to write to those of you readers who are experiencing trouble. You may already be deep in the midst of some trouble, a situation, or maybe more than one, that seems impossible. I want to tell you that God does answer prayer, so pray. He says in Matthew 28:11, "Come unto Me, all you who are weary and burdened. I will give you rest."

You may even want to write out your prayers, starting now, and use a journal to copy some of the verses in this chapter of 2 Chronicles. Because these verses confirmed another belief I have when troubles come.

We need to share our prayer needs with others. The Bible says, "Jehoshaphat called the people together to pray." We need others to pray with us. Do not try to carry difficult troubles alone. Let others help you. Ask a trusted friend or a pastor to pray with you.

Even Jesus asked his disciples to pray with him.

Sometimes humbling ourselves and asking others to ask others to pray with us tears down the power of troubles and brings answers and blessings. That is in the plural. I didn't make that up, the Bible says so, and I have experienced it. You do not have to be alone.

Please know that as you journey along and allow others to help you, they also get to share in the victories with you. Please read the whole story in 2 Chronicles chapter 20 this week. I promise you that it will have some answers for you, and also ways you can help others. God Bless You.

Next issue will have tales of this move. I've been taking notes.



Local Church Services

American Lutheran Church
129 South F Street, Livingston
Pastor Melissa Johansen
Sunday worship 9 am, elevator avail.
406-222-0512 • alclivingston.org

Church of Christ
919 W Park St, Livingston
Sunday worship 10:30 am
406-222-2017 • church-of-christ.org

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

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

Emmaus Lutheran Church
801 East Park Street, Livingston
Reverend Riley Corrigan
emmauslutheranmt@gmail.com
emmauslutheranmt.org

Expedition Church
(at Holbrook Fellowship Hall)
424 W. Lewis St., Livingston
Pastor Darryl Brunson
Sunday worship 10:30 am
406-224-1774 • expeditionmt.org

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

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

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

Grace United Methodist Church
302 South 9th St., Livingston
Pastor Mari-Emilie Anderson
Sunday Worship 5:30 pm
406-222-1041
www.methodistsontheyellowstone.org

Holbrook United Methodist Church
424 Lewis Street, Livingston
Sunday worship 11 am
406-222-1041
www.methodistsontheyellowstone.org

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

Living Hope Church
226 South 3rd St., Livingston
Senior Pastor Shad Durgan
Sunday worship 8, 9:30 and 11 am
406-222-1577 • livinghope.church

Livingston Bible Church
329 North 5th St., Livingston
Pastor Monte Casebolt
Sunday worship 10:30 am
406-222-2714 • livingstonbible.org

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

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

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

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

Mountain Springs Baptist Church
626 North 13th St., Livingston
Pastor Justin Sutherland
Sunday worship 11:00 am
406-222-1240
mountainspringsbaptist.com

The Way, The Truth, The Life

Paradise Valley Community Church
1772 East River Rd., Livingston
Pastor Andrew Alberda
Sunday worship 10:30 am
406-333-4905
paradisevalleychurch.org

Pine Creek United Methodist Church
2470 East River Rd., Livingston
Sunday worship 9:30 am
Pastor Mari-Emilie Anderson
406-222-1041
methodistsontheyellowstone.org

Redeemer Lutheran Church
425 West Lewis St., Livingston
Sunday worship 11:00 am
406-222-1175
www.rclivingston.wordpress.com

The Summit Lighthouse
Contact us for worship service and conference times
63 Summit Way, Gardiner
406-848-9200
SummitLighthouse.org

Seventh-Day Adventist Church
1 Guthrie Lane, Livingston
Pastor Rene Marquez
406-222-7598
livingstonmt.adventistchurch.org

Shields River Lutheran Church
105 Ordway St. South, Wilsall
Sunday worship 9:00 am
406-578-2212
srclwilsall.wordpress.com

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

St. Andrew's Episcopal Church
310 West Lewis St., Livingston
Reverend Kristin Orr
Sunday worship 10:30 am
406-222-0222
saintandrewsepiscopalchurch.org

St. John's Episcopal Church
8 Story Road, Emigrant
Reverend Kristin Orr
Sunday worship 8:00 am
stjohnspv.org

St. Joseph's Catholic Church
910 McLeod St., Big Timber
Fr. Tony Abiamiri, Administrator
Sunday worship 11:00 am
406-932-4728

St. Margaret's Catholic Church
206 1st Avenue North, Clyde Park
Fr. Tony Abiamiri, Administrator
Service Saturdays 4:00pm
406-222-1393
stmaryscommunity.org

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

St. Mary's Catholic Church
511 South F St., Livingston
Fr. Tony Abiamiri, Administrator
Saturday 6:00 pm year-round
Holding Services since 1891.
Sunday at 10:30 am April thru Sept.
Sunday 8:00 am October to March
406-222-1393 • stmaryscommunity.org

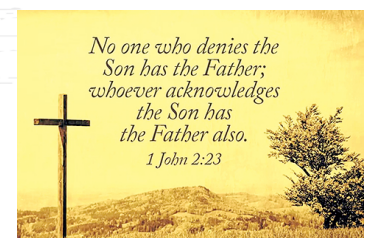
St Paul's Evangelical Lutheran Church
1116 W Geyser St., Livingston
Pastor Paul Stern
Sunday worship 10:15 am
406-222-3372 • stpaulslivingston.org

St. William's Catholic Church
705 West Scott St., Gardiner
Fr. Tony Abiamiri, Administrator
Sunday worship 8:00 am April-Sept
Sunday 11:00am October to March
406-222-1393 • stmaryscommunity.org

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

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

1 John 2:23
23 No one who denies the Son has the Father; whoever acknowledges the Son has the Father also.



Park County
Community Journal

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JESUS

Mark Your Calendars UPCOMING EVENTS



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

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

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 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 13th - BIG MEDICINE YORK & GRAND SALMON - Livingston Film Series will present a screening at 7 pm in the Dulcie Theater at The Shane Center located at 415 E. Lewis in Livingston. Admission is free to the public.

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 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 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 Resource 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 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.

AMERICAN AUTOMOTIVE

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BREAK time

CROSSWORD

Puzzle #424

Montana Fun Facts!

Have you ever wondered why there are those Gideon **Bibles in Hotel rooms** all over the country? Well, the idea or trend was invented right here in Montana.

A version of oatmeal known as **cream of the West** is native to Montana, and families lived on it for many years. It is a roasted wheat cereal and has been a staple since 1914.

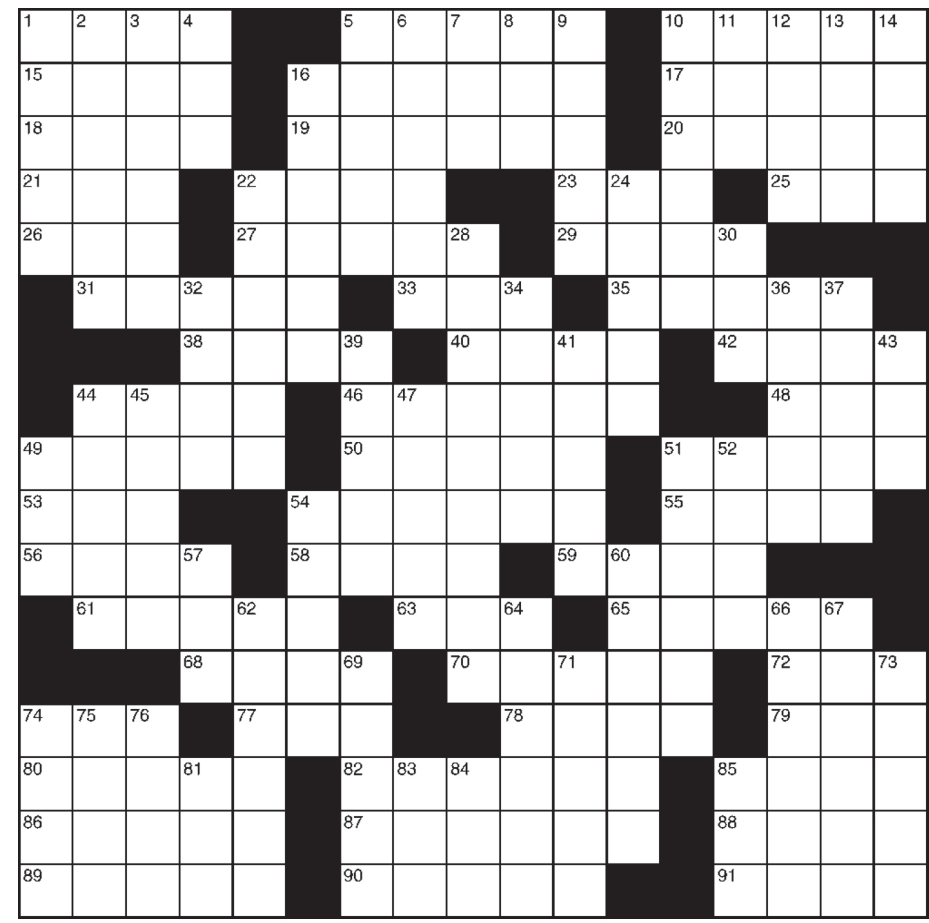
The movie star **Frank James Cooper**, known as **Gary Cooper**, is a native of Montana. He was born in 1901 on May 7 in Helena and is the youngest of two sons.

ACROSS

- 1. Old lace hue
- 5. Allow to enter
- 10. Gold bar
- 15. Word of regret
- 16. Record envelope
- 17. Horse sound
- 18. Antitoxins
- 19. Tropical fruit
- 20. Flood foiler
- 21. Type of silkworm
- 22. Maiden
- 23. Aegean, e.g.
- 25. Still, in poems
- 26. Kindled
- 27. Knight's garb
- 29. Censor
- 31. Go by ten-speed
- 33. Babble
- 35. "Talk turkey," e.g.
- 38. Zip
- 40. Catch the waves
- 42. Extol
- 44. Mentally healthy
- 46. Fish hawk
- 48. Shrewd
- 49. Unfilled
- 50. Violin's kin
- 51. Variety is the ____ of life
- 53. Masculine address
- 54. Avenue
- 55. ____ browns
- 56. Covered walk
- 58. Spinning sound
- 59. Racetrack
- 61. Come next
- 63. To's companion
- 65. Protozoan
- 68. British baby buggy
- 70. Certain agave
- 72. Liable
- 74. Take it on the ____
- 77. Bikini part
- 78. "More ____ You Know"
- 79. Dennis Quaid film

DOWN

- 80. Soul
- 82. Tyrant
- 85. Frittata fundamentals
- 86. Passenger car
- 87. Excite
- 88. Sock fillers
- 89. Once too often?
- 90. Paint finish
- 91. Deuce follower
- 1. Art stand
- 2. Churchman
- 3. Nonesuch
- 4. UN member
- 5. Startle
- 6. Arrange, as troops
- 7. "Cry ____ River"
- 8. College vine
- 9. Bedevil
- 10. Like parquetry
- 11. Named formerly
- 12. Bestow



- 13. S-shaped molding
- 14. Next
- 16. Rose-family shrub
- 22. Skipper's kitchen
- 24. Enlighten
- 28. Bronx cheer
- 30. "Dusk ____ Dawn"
- 32. 1/100 of a dollar
- 34. Blender button
- 36. Haven
- 37. Gardener's mate-rial
- 39. Compass point
- 41. Right-hand page
- 43. Artificial color
- 44. Strike
- 45. Cook's garment
- 47. Letter stroke
- 49. Sibilant sound
- 51. Tribal medium
- 52. Turn white
- 54. Pledge an oath
- 57. Cleo's serpent
- 60. Leave
- 62. Well-mannered
- 64. Product
- 66. Pester
- 67. Climax
- 69. Term of address
- 71. Opted
- 73. Toothsome
- 74. Stick with
- 75. Afresh
- 76. Average skirt
- 81. Slicker
- 83. Timespan
- 84. Tippler
- 85. Small newt

Sudoku

Puzzle #159

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

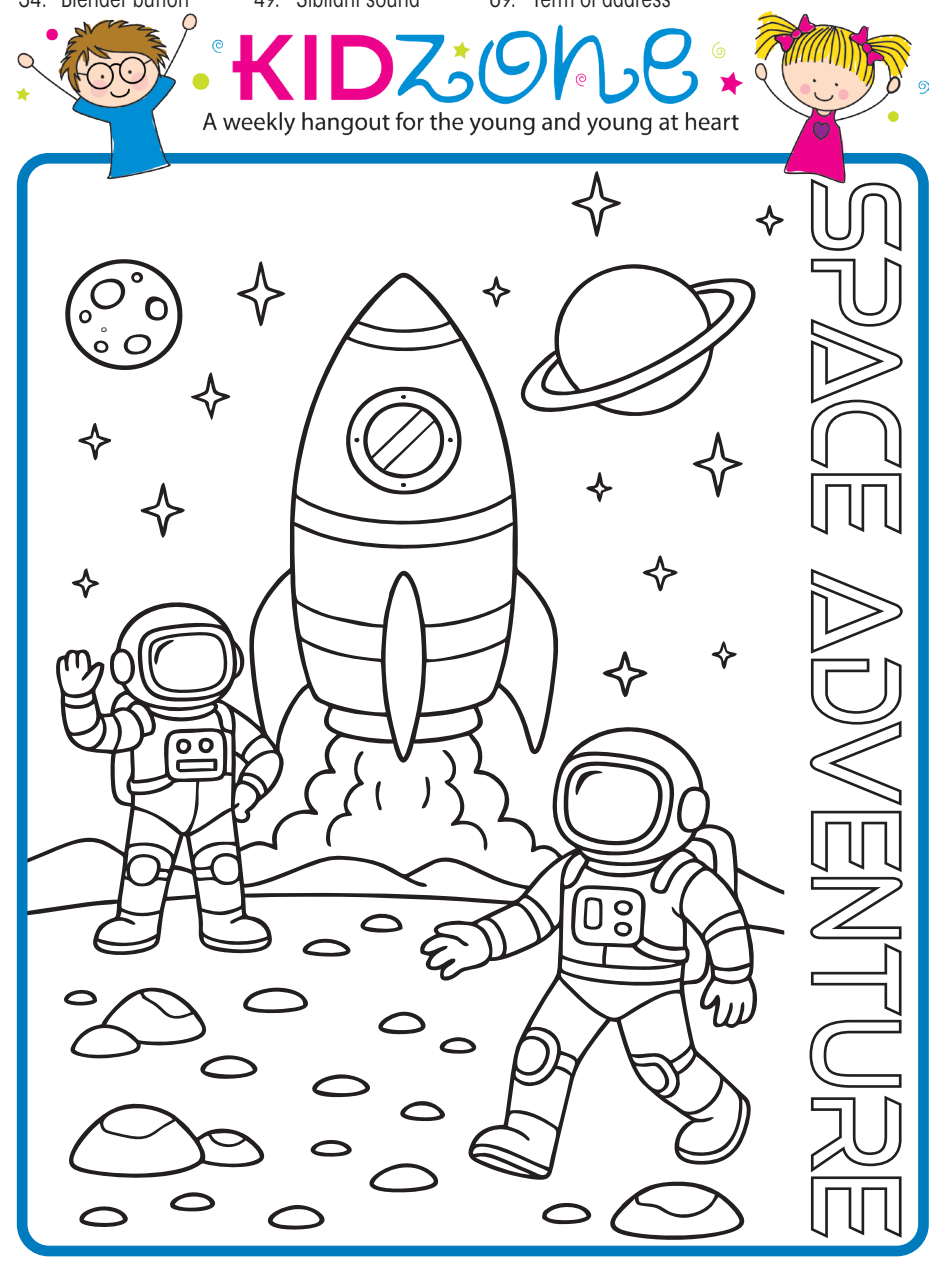
Sudoku - #158

SOLUTIONS

Crossword - #423

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

F	I	E	L	D		S	C	R	O	D		A	L	M	S				
O	C	H	E	R		S	C	R	I	B	E		N	O	A	H			
P	E	S	T	O		C	R	E	T	I	N		O	R	C	A			
						P	A	R	A	D	E					R			
T	A	R	T			R	E	P	O			U	R	E	A				
A	Y	A	H			E	W	E		S	N	E	A	K	E	R	S		
D	E	M	E	A	N		R	A	I	D	E		P	I	U				
						F	R	A	T		C	L	I	F		O	D	E	
S	H	O	T	S		S	A	U	T	E		L	O	S	E	R			
T	A	U				E	L	E	C	T		S	C	A	B				
A	R	C				N	U	T	M	E	G		A	P	E	M	E	N	
R	E	H	E	A	R	S	E		L	A	C		S	A	G	A			
						A	L	E	E		J	I	L	T		E	D	G	Y
L	A	S	T							M	U	S	L	I	N				
O	G	E	E			L	E	A	N	T	O		A	S	P	I	C		
D	E	E	R			P	R	I	C	E	Y		P	A	S	T	A		
E	D	D	Y			N	I	N	O	N			E	X	I	S	T		



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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.

FREE

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

SERVICES

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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.

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 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

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 -11pm, 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/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

Solid Waste Department - Equipment Operator ASSIGNED DUTIES AND TASKS
This position is responsible for the operation of heavy equipment for the Park County Solid Waste Department. This position includes collection of refuse using roll off trucks and front load refuse trucks. Maintenance of collection sites and equipment is required on a regular basis. Position is subject to the DOT federal drug testing requirements for a Commercial Vehicle License including a two-year clean testing history. You must have a valid license to operate equipment.



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Livingston Loves Trees Launches Community Tree Pruning Initiative

The Park County Environmental Council's (PCEC) Livingston Loves Trees program, along with 20 volunteers and City of Livingston employees, received hands-on training on how to properly prune young trees. Over the past four years, Livingston Loves Trees has planted 381 trees across the city—and now, those trees are ready for the next crucial phase of care.

Patrick Plantenberg, Chair of the Montana Urban and Community Forestry Association (MUCFA), led the workshop in partnership with the City of Livingston. This marks the second prun-

ing training he has taught in Livingston in 2025.

"In MUCFA's travels across the state, we have found that 90 percent are not pruned adequately in the first five years to develop the structure they need, as they mature," said Plantenberg. He added, "I am so glad that Livingston Loves Trees members have agreed to help prune the young trees they have planted throughout the city. Livingston right now has one of the best urban tree management programs, using volunteers to plant and prune young trees."

Park County Environmental Council's Sarah Stands, Community Resiliency Director, exclaimed, "It's inspiring to see neighbors come together, eager to learn how to care for the trees we've planted and their own trees. That sense of shared purpose is what makes Livingston's tree program so special."

Stands went on to add that PCEC is, "deeply grateful for our partners at the City of Livingston and the Montana Urban and Community Forestry Association, and proud to now be members of MUCFA—learning and sharing with other Montana cities who care deeply about their urban forests."

MSU-Park County Extension Agent Jackie Pondolfino mentioned that the best time to prune most tree species is in February and March—after the coldest part of winter and before bud break. However, most cities do not have enough time to prune all the trees needing work within that two-month window. Pruning is essential to reduce expensive and easily avoidable maintenance costs in the future.

Stands emphasized this, stating, "The most important things anyone can do for a young tree are to water, prune, and protect it from weed whackers. These small acts of stewardship ensure

the trees we plant today will shade and shelter the next generation."

Plantenberg noted that in Townsend, where he serves as Tree Board Chair, trees are planted from mid-March until June 1st and again from September 15th through October, with most pruning occurring between November 1st and March 31st. Some species, such as maples, birches, and Japanese tree lilacs, can also be pruned in summer.

Plantenberg also commended city employees who "prune trees to meet



city ordinance specifications so branches are at least eight feet above sidewalks and 14 feet above streets, and then use city arborists in the bucket truck to focus on the larger trees that need major work."

Residents interested in learning how to plant or prune young trees are encouraged to contact Sarah Stands at 406-222-0723 or visit www.pcecmt.org/livingstonlovestrees.

livingstonlovestrees.

With the future of state and federal funding uncertain, this beloved community program depends on local support. Please consider volunteering or donating to the Tree Fund to help sustain Livingston's growing urban forest.



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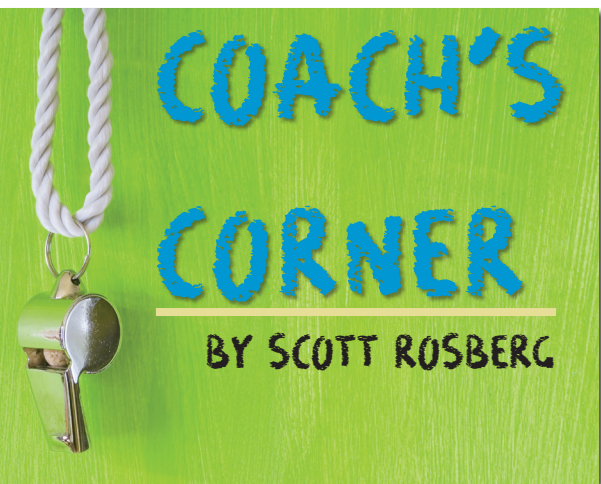
FOOD DRIVE for the Food Resource Center, running through the month of November.

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215 S Main Street, Livingston.**

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YOU GET WHAT YOU REWARD



In my last column, I talked about the importance of focusing on doing Awards Nights the right way. One of the things I talked about was what team awards coaches should be giving out. The best awards we can give are awards that are based on our team's Core Covenants or Core Values because they reward the behaviors that we want to see our team members display. Giving awards of this nature help to reinforce a very powerful motivational principle, one that I have lived by since I first heard it over 20 years ago.

In 2002, I moved to the Yakima Valley in Washington to take a job as an Activities/Athletic Director and head basketball coach. Early on in my time there, members of our Booster Club told me that we needed to get Bruce Brown, the Founder and Director of an organization called **Proactive Coaching** out to our school to speak to our coaches, athletes, and parents. We set it up for him to come to our school the following August.

In the meantime, during the spring and summer of my first year there, I heard Bruce speak at an AD conference and at a Coaches' Clinic. Listening to him speak, I realized immediately why our Booster Club wanted him to come to our community to speak to and work with our people. He was outstanding, and I hung on his every word. I couldn't wait for him to get to our school the following August to speak to our people.

There were many things that Bruce said that were impactful to me, but one thing he said at one of his talks was profound, and it has stayed with me ever since.

He said, **"One of the greatest motivational principles ever is 'You get what you reward, and it perpetuates itself.'"**

It is so true.

When you reward people for doing certain things, they will continue to do those things, and oftentimes, they will go above and beyond and do even more than just those things. So, if you want certain behaviors and even certain outcomes from your teams and team members, reward them for doing them or for accomplishing them.

VERBAL PRAISE

The simplest and probably most important way you can reward your team members when they have some type of success is through your verbal praise of them.

No matter their age, everyone likes to hear their name with some type of positive statement attached to it. Kids LOVE it!

This has been a tool in a teachers' tool belt for as long as they have been teaching. While gold stars and smiley faces on papers are helpful, too, simply acknowledging some successful behavior or accomplishments through their words has worked wonders at helping kids improve and develop.

For coaches, it works the same way. When players make some move or succeed at something that they have been working on, point it out to them! Let them know you recognize their accomplishment.

However, one of the biggest keys to verbal praise working well is being specific with that praise. Don't just yell out, "Great job!"

Sure, when the entire team has accomplished something great, that's fine. But when specific individuals do specific things worthy of your praise, be specific when you are letting them and their team know it.

First, say the name of the person who you are praising. This alerts him or her, as well as the rest of the team, who is doing something well. But that is not enough.

You should also say what the behavior or action was that is warranting your praise. "Great job running hard all the way through the lines, Jenny!" tells everyone who and what was done that was praiseworthy.

PRAISE BEHAVIORS

While it's okay to recognize and reward outcomes (goals, touchdowns, etc.), the best things to praise are behaviors that kids have control over.

Focus on things like **effort, attention, selflessness, discipline, mental toughness** and other behavioral characteristics that every player can work on and improve at. These behaviors are the things that will ultimately lead to the results you are seeking.

While it's okay to yell, "Nice shot!" after a player has scored some type of goal, that is merely acknowledging the result that you and the player were after. But adding, "Way to use your good shot form and finish it properly," helps reinforce the behavior that produced the result, thereby hopefully leading to more good shots like that in the future.

This is even better when you emphasize some way they handled themselves that led to the success. "Nice shot, James. Way to work hard to get open and get your feet set. All that sprint and agility work you have been doing is paying off!" Now James (and hopefully his teammates) will see the correlation between the conditioning work they do and the results they seek.

GET MORE OF THOSE BEHAVIORS

Also, consider the concept in the second half of Bruce Brown's statement: **"... and it perpetuates itself."** This means that whatever it is you are rewarding, it will keep happening the more you reward it. By focusing your praise on behaviors like those I just mentioned—**effort, attention, selflessness, discipline, mental toughness**—you will get more of these.

First, you will get more of those behaviors from the person you have just praised. S/He will like how it feels to hear that praise, so s/he will want more of it. The way to get more of the praise is to do more of whatever it was s/he did to receive that praise.

Second, you will begin to get more of those behaviors from the other members of your team. When they hear their teammate being praised, they will think, "I would like Coach to say that to me." They will recognize that if they do what their teammate did to receive that praise, they, too, may get praised for it. Hopefully then, they will work that much harder at doing that thing for which you have praised his/her teammate.

LETTERING

Another way to reward your players for certain behaviors and outcomes is with your Lettering Policy. This concept is pretty much limited to high school varsity teams, so if you don't coach at that level you will not have this as an option. However, you may have some other type of reward that is similar to the varsity letter at whatever level or league you coach in.

For the first six years of my varsity coaching career, I based the lettering criteria for our program on the same things the head coaches I knew did. Basically, if a player played in more than half of the quarters of the season, he earned a letter.

When I moved to Livingston for my 12th year of teaching and coaching, I read an article in a coaching magazine written by a football coach. He explained what his "Lettering Policy" was, and I was mesmerized. It was based on the things that he felt were important in his program. Things like good grades, playing other sports, going to camps, turning in equipment on time, no rules violations, etc. were all part of his policy.

I thought, "What a great idea! Make what's important to me important to them by having it be part of the Lettering Policy." I then set about to create the elements that would be included in our Lettering Policy. It made total sense because every kid on the varsity team could earn a letter (something they wanted) by handling themselves in ways that I felt were important (something I wanted). It was a win-win.

Earlier in my career, I had kids who didn't receive letters, but who had done everything the way we wanted things done in our program. They just didn't play as much as other players. Why didn't they deserve a letter? It was ludicrous. I was so glad that I had found that article, and I have used a Lettering Policy like that ever since.

TEAM AWARDS

While there are certainly other ways to reward and award your players, the other most common way to reward your players is the End-of-Season Team Awards that you give. I spoke about this in the last column but let me reiterate that point briefly here.

As I said in the last column, rather than focus your Team Awards solely on physical qualities and statistical outcomes, focus on behavioral characteristics that you want your team members to live by. Focus on your Core Covenants.

When you do this, every player has the potential to win an award, not just the most talented individual performers. You also emphasize to your players the importance of living by your team's Core Covenants or Core Values, and you will start to see more of those values embodied by your players. Go back and read the last column (or ask me to email it to you) to see exactly how this works.

- What about you?
- How do you reward your players verbally?
- What is your Lettering Policy?
- How do you choose your team awards?
- Do you do something similar to the things described above?
- If not, could you see yourself switching to something like this?

If you aren't currently doing the things I talk about above, I highly recommend you consider doing it. You will love the results that you see.

More importantly, your players will love it. They will love playing in a program that rewards their hard work and positive attitudes. They will love knowing that they have control over what is most important in your program, and they will be rewarded for it when they handle themselves the right way.

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