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Community Journal

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Week of October 19, 2025

Keeping Sacajawea Outdated, Or as I See it, Nostalgic, is Not a Bad Thing

Park County Dugout - October 14th
TheParkCountyDugout.substack.com
Opinion-Editorial by Cathy Pappert

I was just shown the preliminary recommendations from the City of Livingston's Parks Master Plan by a friend, and would like to comment on the Sacajawea Park recommendations.

I have only lived in Livingston for 45 years. I can't tell you how many times I have found solace in swinging on the swings or walking along the river. I remember that really tall metal sliding board; my heart skipped a beat when my two-year-old climbed to the top. Both my sons have subsequently climbed mountains; of course, that could be a coincidence.

Yes, I know no insurance company would insure that slide. Goodbye, slide.

I remember when the wading pool was filled with sand. I assumed the geese saw

it as a watering hole and created a health hazard. Goodbye, wading pool.

What I would not like changed is the closing that would dead-end into a parking lot. My mom loved walking in the park. Now, at 92, it is hard for her to walk 10 feet, even with a walker. She also has cognitive issues. Her joy is taking rides, especially "around the park" in a car. She always remembers walking around the park.

Also, having hammocks in the park may not be as ideal as one may think.

I know, I am fiscally conservative, but who is going to pay for all this? My property taxes and insurance are more than my mortgage used to be. I am paying taxes on unrealized capital gains from my house. I am not complaining; I am just stating a fact.

As positives: the Livingston Farmers Market is fantastic. The Blake Pavilion and

The Shane Center are amazing. The soccer fields in town are great. We will have a new wellness center coming soon. I live in the county. I have a choice to pay to use the facility.

Keeping Sacajawea "outdated", or as I see it, nostalgic, is not a bad thing. The Tecca Pavilion is very lovely. Our summers are "short."

The lyrics of a song came to mind as I wrote this, **"Don't it always seem to go that you don't know what you've got until it's gone? They paved a paradise and put up a parking lot!"**



Sacajawea Park, Livingston, Montana.

Yes, I am that old. Thank you for the opportunity to give my opinion.

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

MSU Off-Campus Art Show in Livingston

To spark new ways of seeing and thinking through the experience of art and culture... explore the energy of Montana State University art students as they bring their work off campus and into our community at the Livingston Center for Art and Culture (LCAC). The MSU Off-Campus Show celebrates experimentation, discovery, and the next generation of artists shaping Montana's creative landscape.

The MSU Off-Campus Show will be on display at the **Livingston Center for Art and Culture** from October 14th to November 8th. There will be an artist reception on Friday, October 24th, from 6 to 8 pm, where everyone can meet the artists behind the work.

The Center is located at 119 S. Main Street in the heart of historic downtown Livingston.

For more details, reach out to us at



ON DISPLAY OCT 14 - NOV 8



ARTIST RECEPTION | FRIDAY OCT 24 | 6:00-8:00PM

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for Art and Culture

(406) 222-5222 or explore our website at
<http://www.livingstoncenter.org>.

High School Profile in Leadership

Shields Valley Senior Teah Vennes Creates Sedan Cow Camp and Show and Gives Back to Her Community and Well Beyond as She Helps the Future Generation Grow in Montana Agriculture

Park County Dugout - Oct. 12th
TheParkCountyDugout.substack.com
By: Jeff Schlapp

Teah Vennes just added another accolade last week to the many she has received over the years: Shields Valley Homecoming Queen.

Her mom, Holley Woosley Vennes (her dad is Tyler Vennes), threw that little tidbit in as a throwaway comment after I had already spent over an hour with Teah at the family ranch interviewing her. You'd think I'd



learn by now to turn every stone when talking to kids in the livestock world, who are always very humble and prefer talking about their animals rather than themselves.

She's the current Montana Angus Princess and will be crowned the Montana Angus Queen at NILE (Northern International Livestock Exposition) on Thursday, before the Jr. Angus show kicks off.

Teah, a senior at Shields Valley, is no

[See Teah Vennes, Page 16](#)


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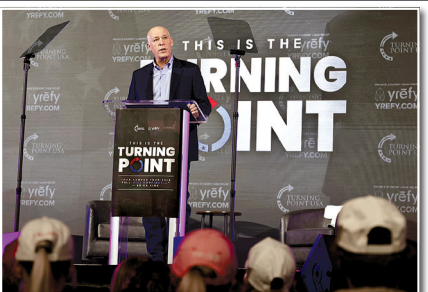


**Proudly celebrating 100 years
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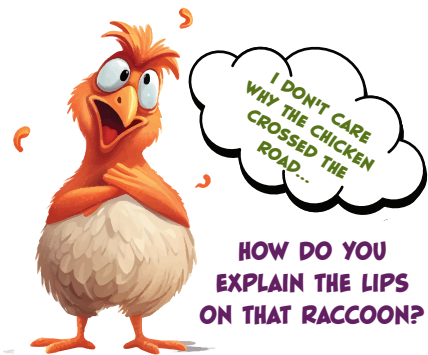
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Carla Williams, Recipe Corner

PO Box 1851, Livingston MT 59047
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email: community@pccjournal.com
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Obituaries



November 15, 1952

Donna Steiner Pace

August 3, 2025

Donna Steiner Pace of Livingston, MT passed away on Sunday, August 3rd after a hard fought battle with pancreatic cancer. She was 72.

A celebration of life and potluck lunch will be held at 1:30 pm on Saturday, October 18th at the Elks Lodge in Livingston, MT. All are welcome.

Donna was a giver, leaving a lasting influence of service in the city of Livingston and down Paradise Valley, and in the lives of those who knew and loved her.

Born in Pasadena, California, to Donald Dewey Steiner and Lewis Cass Westbrook, Donna came into the world on November 15, 1952. She grew up in Whittier, California, with siblings Neale, Larry, and Diane. Donna loved sports, dancing and was a song leader throughout high school and junior college at Rio Hondo.

Donna had a passion for nature that guided her life in all things both big and small.

In each house she lived, Donna always put out seed so that the world of birds would come by and visit each day. Her favorite visitors included Cedar Waxwings, Lazuli Buntings, and Western Tanagers. For many years, it was a morning ritual to listen to Stardate on NPR, inspiring her to spend evenings exploring the night skies of Montana with her daughters Cassie and Caitlyn.

Nature and the outdoors led her to spend the summer of 1974 in Lee Vining, a small town on the shores of Mono Lake in the Eastern Sierras, where at Nicely's restaurant she met her future husband, Geoff. Their love of "high mountains and small towns" led them to Paradise Valley, Montana, in 1977.

Donna had a lifelong love affair with food service. After moving to Montana, she began working at Chico Hot Springs Resort, where she would forge many of her longest and closest friendships. After nearly 20 years at Chico, she worked alongside Russell Chatham to open The Livingston Bar & Grille Restaurant in 1995.

Donna loved the social aspect of food service, and even after leaving the restaurant business she could not stay away. Often and joyfully, she found herself working many catering events in Livingston and Paradise Valley.

Donna earned a Bachelors of Arts in Film & Television Production at Montana State University in 1994, leading her to work on several movies and commercials located in Montana in the filming boom of the late 90s and early 2000s. Many years later, a surprise casting in The Music Man brought on a love for acting at The Firehouse Five Playhouse, The Blue Slipper, and The Shane Center.

For many years, she worked for underwater cinematographer Al Giddings in his studio at the base of Emigrant Peak. She relished her drives down Paradise Valley, often stopping along the way to watch the nesting pair of bald eagles along the Yellowstone River and the Sandhill Cranes raising their colts in the fields along Sixmile Creek.

In the final years of her working career Donna reinvented herself once again, earning her Series 7 license and working in wealth management at First Interstate Bank in Livingston. While banking and investments were not her great passion, Donna relished the opportunity to be a helping hand to those in her community.

Donna dedicated much of her adult life to service. She was an integral part of Sister City Livingston from 2003 until her illness in 2024, serving on the board and spearheading fundraising efforts that sent more than 100 exchange students and chaperones to Naganohara, Japan, and hosted Japanese exchange students and their chaperones in Livingston.

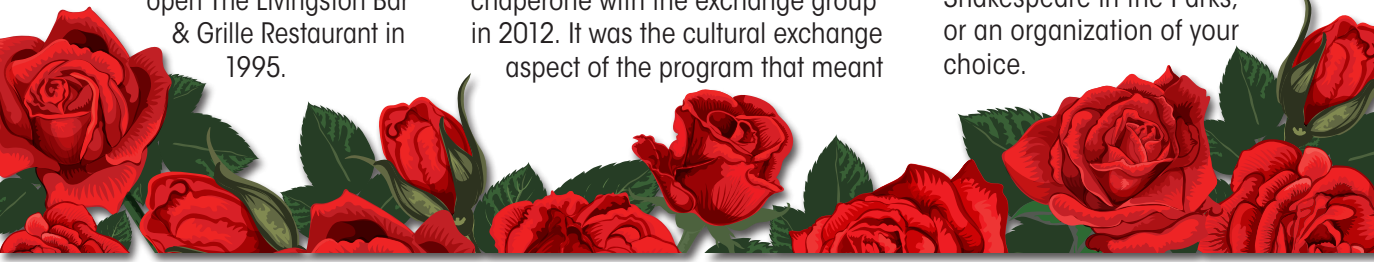
Donna visited Naganohara as a chaperone with the exchange group in 2012. It was the cultural exchange aspect of the program that meant



the most to Donna. For her this wasn't just a trip abroad; it was an opportunity for all those involved to experience the mission of Sister Cities International: to promote peace through mutual respect and understanding of one another's culture. She believed wholeheartedly in the fundraising aspect of Livingston Sister Cities, a 100% volunteer group dedicated to the idea that all students selected are able to participate regardless of income. Former exchange students remember the example she set in the power of hard work. Donna was the pioneering force in keeping the program active and financially solvent during multiple years with no student exchange, especially during COVID-19.

She was on the vestry at St. Andrew's Episcopal Church, and the boards at the Livingston Food Resource Center and The Blue Slipper Theatre. In her free time, she could be found volunteering with ASPEN, Loaves and Fishes, The Shane Center and The Livingston Depot Center.

In lieu of flowers, donations can be made in Donna's name to the organizations she championed: St. Andrews Church, ASPEN, The Livingston Food Resource Center, Montana Shakespeare in the Parks, or an organization of your choice.





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Area Deaths

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LETTERS TO THE EDITOR



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

Support of Schweigert

Citizens of Park County:

As Justice of the Peace in Gallatin County Justice Court of Record, I proffer this missive

in support of Belinda Schweigert, candidate for Livingston City Judge.

Ms. Schweigert has been a Deputy Justice Court Clerk in Gallatin County for over 16

Support of Merideth

Dear Editor,

I am so happy to write this letter of support for Carol Merideth for the honored position of Livingston City Court Judge.

I have always known her to be a woman of good, strong character and infallible discernment. Her innate good judgement, integrity and truthfulness have always prevailed in her. When she becomes Livingston City Court Judge, the consistency of those

stellar traits will carry through. Her positive track record in her job as Sheriff's Clerk has been proof of work ahead.

I hope that you, the readers of this letter to the editor, will value her positive attributes enough to vote for her.

We need Carol Merideth to continue working for us as City Court Judge.

Respectfully submitted,
L. Yarnell, Livingston

years. She has been a vital part of this court's efficiencies and numerous accomplishments over these years.

During her employ with this court, Belinda has held many leadership positions and has mastered the court's procedures, along with numerous years as a courtroom clerk for me as judge. From this experience, she has vast firsthand knowledge of the intricacies of courtroom procedure and how to follow the Rule of Law.

Belinda is extremely knowledgeable of courtroom and E-filing procedures and of the court's software, Full Court Enterprise, and is a member of the state's Automation Committee; she is quite adept in case management, the processing of cases, preparing and penning court orders, and working with other govern-

mental agencies, such as Montana Motor Vehicle Division, District Courts, and Law Enforcement.

In my estimation, Belinda is an extremely qualified individual for judge in Livingston City Court. From her immense experience and common sense, she knows and understands how the court system operates, and certainly understands how a judge completes, communicates, and adjudicates findings. Her dedication to her craft is unparalleled and I strongly encourage you to consider her to be your next Livingston City Judge, where I know she'll be firm, fair, and most importantly, impartial.

Sincerely,
Bryan Adams, Justice of the Peace,
Gallatin County Justice Court of Record.

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Elect Jessica Wilcox to Livingston City Commission

As City Commissioner, Jessica will:

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




Jessica Wilcox brings over 20 years of civic leadership:


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

Vote for Jessica Wilcox

A proven leader committed to Livingston's future



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



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



Let's BINGO!

WEDNESDAYS 6:30

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THRU MAY 27TH, 2026**

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People before Politics



- Finding solutions for addressing the rail crossing.
- City budget priorities are in line with what we can afford.
- Maintaining our sense of community and quality of life.



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DOWNTOWN STREET PARTY



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Costumes Encouraged

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2ND STREET FROM PARK TO LEWIS

BEER & FOOD | SHOPPING | FAMILY FUN

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Brought to you by local tourism dollars

Wine & Beer Tasting at the Depot

The Livingston Depot Foundation hosts the well-known *Wine & Beer Tasting* on Friday, November 14th from 5:30 to 8:30 pm at the Livingston Depot Center. This signature event is back and celebrating its 20th year in support of the preservation of the iconic Depot building as the anchor of our vibrant downtown and community.

The event offers samplings of favorites and specialties from local brewers, sommeliers, chefs, artists and businesses. The Gourmet Cellar expertly picks a showcase of locally brewed

beers by regional craft brewers and specialty wines from around the world. Guests are invited to savor an array of drinks and appetizers, bid on silent auction items and enjoy a lively evening, all while supporting the Depot Foundation.

A sneak peek, from 5:30 to 6:30 pm, will feature passed hors d'oeuvres, and a signature Depot glass keepsake while guests preview the auction items and the evening's flavors. The popular silent auction features the best of the region with overnight getaways, fine art, quality



SHIELDS VALLEY Upcoming EVENTS



October 20th

- Elementary/Junior High Boys Basketball Practice Begins

October 22nd

- 6th grade visit to High School for presentation at 8:20 am
- Shields Valley Adult Education Fitness Challenge at Wilsall School – 6 pm

October 23rd

- Red Ribbon Week
- 4th grade field trip to Grey Cliff Mills

October 24th

- Red Ribbon Week
- Junior Varsity/Varsity Volleyball versus Gardiner (Senior Night) at 3:30 pm

October 25th

- Junior Varsity/Varsity Volleyball versus Twin Bridges at 1 pm
- State Cross Country Championship Race at Missoula

GO REBELS

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

Emigrant Fall Festival

10th Annual Art & Craft Show

St. John's Church & Emigrant Hall

October 25th 10-3pm

Chili Lunch \$5

(Regular, White & Vegan Available)

Bake Sale

Raffle

Benefits the St. John's Friendship Fund

For Vendor Space Contact Susan Olson 406.223.4806



dining, and the finest offerings of local businesses.

This tasting event is both an important fundraiser for The Depot Foundation and a great get-together with friends and community members. The Livingston Depot Foundation depends on community support to sustain its historic preservation and educational mission at the heart of Livingston and Park County. Now in service to the community for over four decades as both a museum and community center, the Depot has been anchoring the downtown and introducing guests to area history and character.

Tickets for the event are limited, and advance purchase is highly recommended. Admission to the main event from 6:30 to 8:30 pm is \$50, and the "sneak peek" hour is available from 5:30 to 6:30 pm for an additional \$25. Purchase tickets online

at LivingstonDepot.org, or by calling the Livingston Depot at 222-2300. The Depot is located at 200 W. Park St. in Livingston



BELINDA SCHWEIGERT

FOR CITY JUDGE

- ★ Over 16 years experience in a Justice Court handling an average 13,000 cases annually
- ★ Extensive knowledge of court proceedings
- ★ 8 year Member of the State's Automation Committee for judicial case management
- ★ Expertise with Case Management and electronic filing system
- ★ Full transparency of court proceedings while protecting individuals rights
- ★ Immense experience and Common Sense
- ★ Firm, fair, and most importantly, impartial
- ★ Livingston resident for 55 years

I love our community!

Please **VOTE** Belinda SCHWEIGERT CITY JUDGE

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

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

The Dairy (and Its Alternatives) Debate: A Milky Odyssey Through the Land of Lactose

By Jill-Ann Ouellette



Ah, milk! The Nectar of the Gods—or so we've been told. But hold your udders, for we are about to embark on a liquid-gold adventure, exploring the vast, frothy landscape of dairy and its many alternatives. So, grab your reusable straw, and let's get milking!

The OG (Original Gansta): Dairy Milk - Our journey begins with the original milkmaid and her dairy milk. This creamy-white elixir has been the cornerstone of breakfast tables for centuries. But is it still the gold standard?

Pros:

- Packed with protein, calcium, and vitamins B2, B3, B12, and B6.
- Fortified with vitamins A and D to boost bone health.
- Tastes like, well, milk.

Cons:

- Lactose intolerance can cause bloating, gas, and discomfort.
- High in saturated fat, which can contribute to heart disease if consumed in excess.
- The dairy industry's environmental impact is significant, with cows contributing to greenhouse gas emissions and water usage.

Soy Milk: The Legume Impostor - Enter stage left—soy milk. Made from soybeans, this plant-based alternative has been causing quite a stir.

Pros:

- High in protein, with some brands providing as much as dairy milk.
- Fortified with calcium, vitamins A, B12, and D.
- Lower in calories and fat than dairy.

Cons:

- Taste can be divisive; some love it, some not so much.
- Highly processed varieties can contain added sugars and thickeners.
- Phytoestrogens in soy can mimic estrogen in the body, with potential health implications, although more research is needed.

Oat Milk: The Grain That Got Away - A



newcomer to the milk scene, oat milk has quickly become a favorite. But does it have what it takes to stand up to the dairy titans?

Pros:

- Naturally sweet and creamy, with no added sugars in many brands.
- High in soluble fiber, beta-glucan, which can lower cholesterol levels.
- Suitable for those with nut allergies.

Cons:

- Lower in protein than dairy and other plant-based milks.
- Some brands may contain gluten, making it unsuitable for those with celiac disease or gluten intolerance.
- Not all oat milk is created equal; some brands are fortified with vitamins and minerals, while others are not.
- Oats often contain glyphosate (aka Roundup).

Almond Milk: The Nutty Pretender - Light and airy, almond milk has captured the hearts of the health-conscious. But is it all it's cracked up to be?

Pros:

- Low in calories and fat, making it a great choice for those watching their waistlines.
- Almonds are packed with monounsaturated fats, which can improve heart health.
- Free from common allergens like soy, dairy, and gluten.

Cons:

- Low in protein, with only about half the protein content of dairy milk.
- Highly processed varieties may contain added sugars and thickeners.
- It takes about 1.1 gallons of water to produce one almond, making it a thirsty crop.

Rice Milk: The Fluffy Underachiever

- Rice milk is the gentle giant of the milk alternatives, but does it pack enough nutritional punch?

Pros:

- The least allergenic of all milks, making it suitable for those with food sensitivities.
- Naturally sweet and can be a good choice for those avoiding added sugars.

Cons:

- Low in protein, with only about half the protein content of dairy milk.
- Fortification can be inconsistent, with some brands lacking essential vitamins and minerals.
- Not a good source of calcium unless fortified.

Coconut Milk: The Tropical Enigma -

Exotic and alluring, coconut milk is a relative newcomer to the Western market. But can it hold its own against the dairy giants?

Pros:

- High in medium-chain triglycerides (MCTs), which can boost metabolism and provide a quick source of energy.
- Rich in lauric acid, which can support the immune system.
- Free from common allergens like soy, dairy, and gluten.

Cons:

- High in saturated fat, with about half the calories coming from fat.
- Low in protein, with only about half the protein content of dairy milk.
- The rich, creamy texture can make it less suitable for adding to coffee or cereals.

The Raw Milk Controversy

Raw milk, straight from the cow's udder, has been a contentious topic for decades. Proponents claim it's a nutritional powerhouse, packed with enzymes and probiotics. But the FDA maintains that raw milk is dangerous, with the Centers for Disease Control and Prevention (CDC) reporting that it causes approximately 760 illnesses and 22 deaths per year.

Getting your hands on raw milk can be challenging, as it's not available in supermarkets and is illegal to sell in many states. Although in Montana, it is legal to sell if you can meet all the requirements and produce less than 10 gallons per day.

So, buying directly from a local farm is usually the best bet, but it's crucial to know about the potential risks.

The Condiment Conundrum

Should these milks be treated as mainstays or condiments? The answer lies in your diet and nutritional needs. If you're looking to boost your calcium intake, fortified plant-based milks can be an excellent addition to your morning cereal. But if you're using them as your primary source of protein, you might want to consider other options.

Our bodies require a diverse range of nutrients, so it's essential to approach these milks with a balanced perspective. Don't rely on one food group to do the heavy lifting; instead, aim for a varied diet rich in whole foods.



best for our health? The answer is—it depends! Each milk has its pros and cons, and the best choice for you depends on your dietary needs, preferences, and lifestyle.

In the end, the great dairy debate isn't about finding a one-size-fits-all solution. It's about celebrating the diversity of our food landscape and making informed choices that nourish our bodies and our souls.

Now, who's ready for a tall, frothy glass of... milk? Cheers!

The Final Word - So, which "milk" is

**Recipe by
Carla Williams**

RECIPE CORNER

Blueberry Cheesecake Rolls

Ingredients

For the Filling:

- 8 ounces cream cheese, softened
- ¼ cup granulated sugar
- 1 teaspoon vanilla extract
- ½ teaspoon lemon zest (optional but recommended for brightness)
- 1 cup fresh or frozen blueberries (if using frozen, do not thaw)

For the Rolls:

- 8 sheets spring roll wrappers or egg roll wrappers (6x6 inches)
- 2 tablespoons melted butter or cooking spray (for brushing)
- Cinnamon sugar for sprinkling (optional, but delicious!)

For Serving (Optional):

- Powdered sugar
- Whipped cream
- Additional fresh blueberries



Photo Credit: mymotherkitchen.com

Instructions:

1. Prepare the filling: In a medium bowl, beat the softened cream cheese, add the granulated sugar, vanilla extract, and lemon zest (if using) until smooth and creamy. Gently fold in the blueberries. Be careful not to mash them!
2. Assemble the Rolls: Lay one spring roll or egg roll wrapper on a clean, dry surface with one corner pointing towards you (like a diamond).
3. Add filling: Place about 2-3 tablespoons of the blueberry cheesecake filling horizontally across the center of the wrapper, leaving space on the sides.
4. Fold and roll: Fold the bottom corner of the wrapper up over the filling. Then, fold in the left and right corners towards the center. Tightly roll the wrapper upwards from the bottom, creating a neat cylinder. If using egg

roll wrappers, you might need a tiny dab of water on the top corner to seal it.

5. Repeat: Continue with the remaining wrappers and filling until you have 8 rolls.

6. Bake or Air Fry:

- **Baking Method:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the rolls seam-side down on the prepared baking sheet. Brush the tops of the rolls with melted butter or spray lightly with cooking spray. If desired, sprinkle with cinnamon sugar. Bake for 15-20 minutes, or until golden brown and crispy.
- **Air Fryer Method:** Preheat your air fryer to 375°F (190°C). Lightly brush or spray the rolls with melted butter or cooking spray. Place the rolls in a single layer in the air fryer basket (you may need to do this in batches). Air fry for 8-12 minutes, flipping halfway through, until golden brown and crispy.

7. Serve: Let the rolls cool for a few minutes before serving. They are best enjoyed warm! Dust with powdered sugar, serve with a dollop of whipped cream, or a few extra fresh blueberries if you like.



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Time to Consider a Business Retirement Plan?

If you're a business owner, you're always thinking about the days ahead. *What can I do to boost sales in the next year? What trends should I be watching? What's the forecast for my industry?* But there's one element of the future you might be overlooking: your retirement plan.

Consider these advantages of establishing a retirement plan for your business:

- **You'll build resources for your retirement.** You might sell your business one day, but can you count on that to fund your retirement? By investing in a retirement plan for many years, you can help accumulate the resources you will need to enjoy life as a retiree.

- **You can help your business attract and retain employees.**

In a tight labor market, you'll want to employ all the advantages you can to attract and keep good employees—and a retirement plan can help.

- **You can gain tax benefits.** Your contributions to a retirement plan—on behalf of yourself and your employees—can be tax deductible. Plus, you can get tax credits for starting a new plan.

Here are some retirement plans to consider:

- **Owner-only 401(k)** - This plan is available to self-employed

individuals and business owners with no full-time employees other than themselves or a spouse. You may even be able to choose a Roth option for your 401(k), which allows you to make after-tax contributions that can grow tax free. In 2024, the combined employee and employer contribution limit was \$69,000, or \$76,500 for those 50 or older. These limits are likely to rise in 2025.

- **Personal defined benefit plan** - You can establish a pension plan, also known as a defined benefit plan, for yourself if you're self-employed or own your own business. For 2024, the annual defined pension benefit for a business owner cannot exceed the lesser of \$275,000 or 100% of their average compensation for the previous three highest consecutive calendar years.
- **SEP IRA** - If you have just a few employees or are self-employed with no employees, you may want to consider an SEP IRA. In 2024, your contribution limit was 25% of your salary or \$69,000, whichever was less. The percentage of your salary you contribute to your SEP IRA is the same percentage of your eligible employees' salaries you must contribute to their SEP IRAs.
- **SIMPLE IRA** - A SIMPLE IRA is easy to set up and maintain, but while it may be advantageous for your employees, it's less generous to

you, in terms of allowable contributions, than an owner-only 401(k) or a SEP-IRA. In 2024, you could contribute up to \$16,000 to a SIMPLE IRA, or \$19,500 if you are 50 or older. You must put in 2% of your employees' salaries, regardless of whether they contribute, or match their contributions dollar for dollar, up to 3% of their salaries.

And keep this in mind: The SECURE 2.0 legislation has made it possible for you to offer a Roth version of a SEP or SIMPLE IRA. Although contributions to either Roth account are not deductible, earnings and withdrawals are tax free, provided you (and your employees) are at least 59½ and have had your account at least five years.

To learn more about these and other business retirement plans, you might want to contact a financial professional. But don't wait too long—the sooner you start preparing for your retirement—and helping your employees plan for theirs—the better.

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Offering strategies based on what's important to you.

Bozeman Symphonic Choir Concert Taking Place from November 13th to 15th

Bozeman—The Bozeman Symphonic Choir and Bozeman Symphony present *Night & Light: The Music of Lauridsen & Shaw*, a moving program of three choral masterpieces by celebrated composers Morten Lauridsen and Caroline Shaw, from November 13th to 15th at Hope Lutheran Church.

Audiences will experience the breathtaking beauty of Lauridsen's *Nocturnes*, a luminous work that explores the mystery and allure of night through a stunning tapestry of languages and poetry. Shaw's *and the swallow*, inspired by Psalm 84, offers a meditation on themes of longing, refuge, and hope. The program concludes with Lauridsen's radiant *Lux Aeterna*, beloved worldwide for its profound serenity and emotional depth.

"Our 100-member choir, together with the orchestra, will bring to life music that speaks directly to the soul," said Choir Director Conor Whalen. "These works invite audiences on a journey that is both deeply spiritual and profoundly human, leaving listeners uplifted and transformed."

Performances take place Thursday, November 13th at 7:30 pm; Friday, November 14th, at 7:30 pm; and Saturday, November 15th, at 2:30 pm at Hope Lutheran Church, located at 2152 W. Graf Street in Bozeman.



BOZEMAN SYMPHONY
Norman Huynh, Music Director

These performances are made possible by the generous support of sponsors Calum & Tricia DeSouza, Bob & Donna Ritchie, and Bruce & Kimberlie Jodar.

Tickets start at \$28 for adults, with discounted tickets available for students.



Purchase online at <https://www.bozeman-symphony.org/music-of-lauridsen-and-shaw> or by calling 406-585-9774. Tickets at the door are subject to availability.

Meals for Oct. 20th - Oct. 24th

Mon., Oct. 20th - Chicken enchiladas, refried beans, Spanish rice, pears, milk

Tues., Oct. 21st - Tomato soup, grilled cheese, applesauce, milk

Wed., Oct. 22nd - Pork roast, gravy, potatoes, carrots, cake, oranges, milk

Thurs., Oct. 23rd - Spaghetti, garlic bread, carrots, cake, fruit cocktail, milk

Fri., Oct. 24th - Egg bake, biscuit, sausage links, grape juice, milk



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Clarity Is a Competitive Advantage (and a Life Advantage)

If you've ever tried the Bozeman Maze in October, you know the feeling of being turned around. Every corner looks the same. Every path feels possible. Until you stop, look up, and get your bearings, you can walk in circles without realizing it.



"Tabs open in my brain that I can't close." That mental noise steals joy, focus, and confidence.

Without clarity, people spin. And spinning wears us down.

Why Clarity Matters Now

October in Park County offers its own reminders about the power of focus.

The Livingston Songwriter Festival brings together musicians and listeners around something simple and powerful: the story in a song. Songs that stay with us aren't the complicated ones, they're the ones that speak clearly to something true.

And by the time you read this, Livingston's Oktoberfest will be kicking off downtown (or maybe already happened). Music in the air, llamas in costume, kids making crafts, neighbors testing their endurance in the stein-holding contest. No one shows up confused about why they're there. The clarity of purpose—celebration, community, and fun—makes the whole event work.

At the Emigrant People's Market, clarity shows up in a different way. Vendors who know what they stand for—whether it's local produce, handmade goods, or a mission-driven small business—connect most easily with the people looking for exactly that.

Each of these events works because clarity directs attention. Without it, they'd be scattered, confusing, or forgettable. The same is true in business, and in life.

Three Tools for Finding Clarity

Clarity doesn't arrive fully formed. It's built in small steps, with simple practices repeated often. Here are three I teach clients:

1. The "One Win & One Ask" Rule

- End every meeting by naming one win and one clear ask. The win reinforces progress. The ask sets direction. No one leaves guessing what matters.

2. The Fog Check

- When your to-do list feels endless, pause and ask: *Is this important, or just loud?* Loud tasks scream for attention but don't move you forward. Important tasks often sit quietly in the background. Distinguishing the two creates focus.

3. The Clarity Compass

- Write down four things:

- What matters most to me (values).
- What outcome I want (vision).
- What resources I have (strengths).
- What action I can take today (step).

This compass works for businesses setting strategy or individuals deciding whether to say yes or no.

The Payoff

When leaders bring clarity to their teams, productivity rises. Not the frantic kind of productivity, but the kind that moves the needle. People know what to aim for, and energy flows toward the right targets.

When individuals find clarity in their own lives, confidence rises. Choices feel less like guesses and more like intentional steps. Energy returns because it's no longer wasted on second-guessing or spinning.

Clarity is contagious. Teams feel steadier when leaders communicate it. Families feel



safer when parents model it. Communities grow stronger when individuals live it.

The Bigger Picture

Clarity doesn't mean certainty. There will still be unexpected turns, mistakes, and new information. But clarity gives you a framework for decision-making when the path shifts. It's the difference between wandering a maze and carrying a compass.

Your Turn

This week, try one of the tools:

- Close your next meeting with *One Win & One Ask*.
- Do a *Fog Check* on your to-do list.
- Sketch out your own *Clarity Compass* for a decision you've been avoiding.

Notice what happens when the fog lifts, even just a little. Clarity is not just about being more efficient. It's about aligning energy with what matters. That's where confidence grows. That's where businesses thrive. And that's where lives feel less like mazes, and more like journeys with direction.

Kinerette "Rainy" Martin, SHRM-CP, is a leadership and life coach based in Livingston. She works with business owners, nonprofit leaders, and women navigating change to help them build resilience, clarity, and confidence. Learn more at coachrainy.com.

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Gov. Gianforte Encourages Students at TURNING POINT USA Event in Bozeman

Honors Charlie Kirk's Life and Mission of Faith, Freedom, and Love of Country

Park County Dugout - October 14th
TheParkCountyDugout.substack.com
By: Jeff Schlapp

At a Turning Point USA (TPUSA) event last week at Montana State University (MSU), Governor Greg Gianforte shared a message rooted in his Christian faith for students looking to carry the mission of Charlie Kirk forward following his assassination.

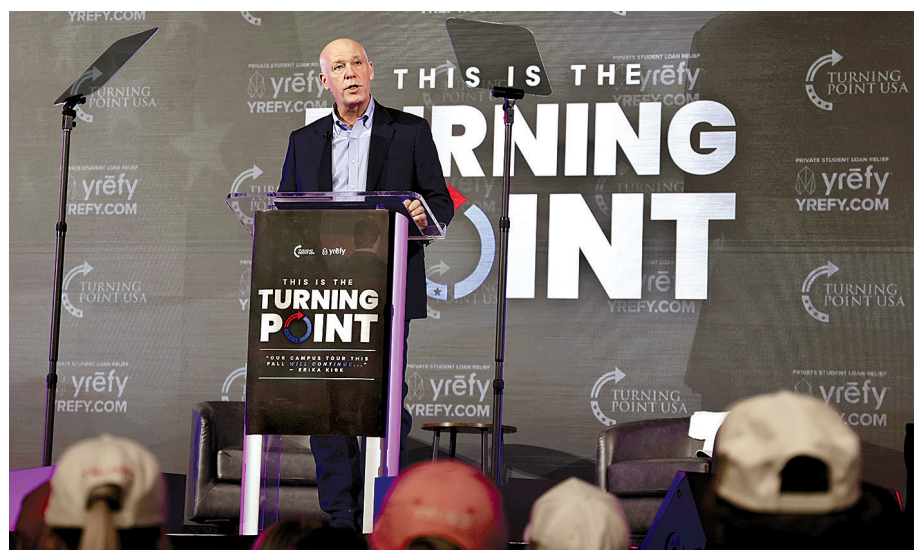
The event hosted 2,800 Montana State students and several hundred Montanans on campus to honor the life and memory of Charlie Kirk, the TPUSA founder who was assassinated in September at Utah Valley University. The event featured the governor, TPUSA MSU chapter leadership, and Vivek Ramaswamy.

Earlier this year, Kirk launched a tour to visit several campuses across the country to take questions from students where he encouraged those who disagree with him to ask questions first. On September 10th, Kirk was assassinated at Utah Valley University during the first stop of his 2025 fall tour, formerly called the "American Comeback Tour." The governor was scheduled to introduce Kirk at the MSU event scheduled prior to his assassination.

The "This is the Turning Point Tour" is continuing at universities across the country in honor of Kirk's life. The event at MSU was the fourth stop on the tour launched since Kirk's death. Opening in prayer, the governor gave thanks to God, acknowledged the loss of Charlie, and asked for comfort for his family and those impacted by his death.

"Lord, we are thankful for each and every soul that is here tonight and those that are joining us online as we gather to celebrate and continue the great work of Your servant Charlie. We pray tonight that this tragedy could truly be a Turning Point for our nation. Turn us away from divisiveness, separation and violence, and toward engagement, respectful dialogue, and reconciliation," the governor prayed.

Proceeding with remarks on his and the First Lady's personal relationship with Kirk beginning 13 years ago, the governor spoke of his belief in the TPUSA mission of faith, freedom, and love of country before sharing four ways Montanans can continue the mission in the wake of Kirk's death. The first is to pursue a faith in God, the second to seek truth and understanding through research and reading, the third to get married and raise a family,



Gov. Gianforte speaking during the Turning Point USA event at Montana State University.

and the final is to treat others with respect and engage in dialogue even through disagreement.

Before closing, the governor referenced Romans 8:28, stating, "The Word is clear, it says all things work together for good. Even tragic, evil things. God promises to use them for His glory and our good. He is doing that with Charlie's tragic death. But the baton has been passed to us now. It is our obligation to pick it up and carry it forward."

Turning Point USA is a non-profit organization founded in 2012 by Charlie Kirk. The organization's mission is to identify, educate, train, and organize students to promote the principles of fiscal responsibility,

free markets, and limited government. The organization has program chapters at over 3,500 campuses, including Montana State University in Bozeman. Since Kirk's death, TPUSA reports over 120,000 students have asked to launch up to 37,000 new chapters.

View a copy of Gov. Gianforte's remarks at: https://gov.mt.gov/_docs/governor/RememberingCharlieKirk.pdf and a recording at https://rumble.com/v700fxs-tpusa-presents-this-is-the-turning-point-tour-live-with-vivek-ramaswamy.html?e9s=src_v1_ucp_a

For more photos and great articles, check out [TheParkCountyDugout.substack.com](https://theparkcountydugout.substack.com).

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FALL 2025 Checklist

- ☐ Make appointment to review next years' plan
- ☐ Compare Rx Plans & Medicare Advantage Plans
- ☐ Make changes to my current drug plan



Your Ageless Wellness Column

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

Boredom and Its Role in Our Lives - Part One of the Series: The Accuser Within

Lately, I've been moving through days that all feel the same. The luster has vanished. The colors are still there, but dimmer—like someone turned the saturation down on life. I felt it in my body first. Heavy. Lethargic. The gym doesn't call to me. Food has lost its flavor. Work feels like duty, not passion.

It's not sadness exactly. Not the kind that breaks you open. It's more like a fog that dulls the edges of everything—a slow drifting through the familiar without any spark of curiosity or surprise.

I know I'm not the only one who feels it. Especially this time of year, when the excitement of summer has faded and winter begins to whisper its arrival. The world slows down, and so do we. Sometimes that slowing feels peaceful. Other times, it feels like we've been unplugged from the current of our own lives.

But maybe this isn't failure. Maybe boredom is the body and mind's way of calling for rest—a forced reboot. We spend most of our lives chasing stimulation, deadlines, entertainment, and achievement. When stillness finally arrives, it feels uncomfortable—like we've lost something.

But what if boredom isn't emptiness at all? Modern physics tells us that what we call "empty space" isn't truly empty—it's alive with energy, vibration, and infinite potential. Maybe boredom is the same: a kind of inner space filled with unseen possibilities, waiting for us to slow down long enough for something new to emerge. Maybe it's the soul's quiet way of saying, *"I'm ready for something different."*

And maybe boredom—along with other so-called "negative" emotions like frustration, fa-

tigue, or restlessness—isn't here to torment us, but to guide us. Maybe these feelings are inner barometers, reminding us to pause and ask:

- *Why am I feeling this way?*
- *What needs to change?*
- *Or, is this simply my cue to rest for a while?*

Sometimes the most powerful healing begins not with action, but with curiosity.

The trouble is, the moment that quiet settles in, another presence slips in with it—that nagging inner voice that tells us we're wasting time. It scolds, accuses, and shames us for being still.

- "You should be doing something."
- "You're falling behind."
- "You're being lazy."

It's a cruel trick, really. That voice can steal your peace and rob you of the rest you actually need. It sounds authoritative, as if it speaks the truth—but it isn't truth. It's conditioning.

That voice is the echo of every message we've absorbed about worth: that it comes from output, motion, and usefulness. It's the residue of a lifetime of being rewarded for doing instead of *being*.

Once upon a time, that voice served a purpose: it kept us responsible, productive, even safe. But it doesn't know when to stop. It's like a well-trained guard dog that's forgotten the war is over.

Once, that voice had a purpose. It kept us moving, contributing, and surviving. It was the voice of a world that rewarded hard work and constant effort. But times change, and so do we. If we keep obeying the old orders, we stay



locked in patterns that no longer fit the life we're living.

Still, the voice itself isn't useless. It's just outdated. Like an old alarm system that goes off every time the wind blows. The trick isn't to destroy it—it's to *retrain* it. To say, *"Thank you for looking out for me, but I don't need to live by those rules anymore."*

That's when the voice starts to change. It stops scolding and starts guiding.

Psychologist Carl Jung might call this voice a fragment of the **shadow self**—the part of us that we've rejected or repressed because it doesn't fit the image we want the world to see. The shadow isn't evil. It's simply unacknowledged. And when we don't face it directly, it finds other ways to get our attention—often through guilt, anxiety, or criticism.

That inner accuser, the one that calls us lazy when we're tired or selfish when we set boundaries, is just the shadow's way of saying, "Don't forget me. I exist too." It tries to keep us safe by holding us to old rules. But safety isn't the same as peace.

And here's where ancient wisdom and psychology meet. Long before the word **"Satan"** became a proper name, it began as a Hebrew term meaning "the accuser." In early writings—especially in the Book of Job—the *satan* isn't described as a horned villain, but as a challenger or tester of integrity within the divine court.

Interpretations of this figure have evolved over centuries. Some take it literally, others symbolically. Either way, the role remains the same—to reveal what's hidden, to test what's true, to bring unconscious motives into awareness.

Seeing it through that lens doesn't erase Scripture; it simply adds depth to it. It suggests that the real battleground between good and evil may not be out there somewhere, but *within the landscape of the human heart*. That inner "accuser" becomes not a demon to defeat, but a messenger calling us toward greater honesty and self-understanding.

Over time, humanity gave this inner force a face, a mythology. We externalized it—made it into a being "out there." And maybe that's when we lost something essential. Because once evil lives outside of us, it becomes easy to

blame. Easy to say, *"The devil made me do it,"* instead of *"I chose poorly."*

The invention of a devil outside ourselves lets us avoid the harder, holier work of self-examination. It keeps the mirror pointed away. But the real "accuser," the one worth listening to, is the voice within—the one that calls us to awareness, that holds up the uncomfortable truth until we're ready to take responsibility for it.

That's what the shadow is doing. It's not trying to destroy us—it's trying to wake us up.

So maybe boredom, that strange emotional flatline, is what happens right before the shadow speaks... the quiet before the accusation. The moment when we're finally still enough to hear what's been whispering underneath the noise.

And maybe—if we have the courage to listen without judgment—that accusing voice becomes something else entirely.

- A teacher.
- A mirror.
- A guide.

Next Issue: Part 2 – "The Accuser Within"

In the next installment, we'll take a deeper look at the **shadow self**—what it really is, why it's been so misunderstood, and how avoiding it keeps us divided within ourselves. Rather than treating the shadow as something to fear or suppress, we'll explore how to meet it, understand it, and integrate it as a vital part of our whole being. Because lasting wellness isn't about eliminating the darkness; it's about learning to live in balance with all that we are.

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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Yellowstone Ballet Company's The Nutcracker

Don't miss Yellowstone Ballet Company's (YBC) 34th annual *The Nutcracker*, on Saturday, November 29th, at 2:30 pm and Sunday, November 30th, at 2:30 pm at Bozeman's Willson Auditorium. This year's show stars Lucas Segovia of Argentina and Bozeman native Molly Groeschl. **Lucas Segovia** performs the role

of the Nutcracker Prince and Cavalier. Originally from Buenos Aires, Segovia joined Ballet Argentina and was quickly promoted to the rank of Principal Dancer. Segovia has also danced soloist and principal roles with Joffrey Ballet for six seasons in virtually the entire repertoire. He has been a part of The



Photo: Molly Groeschl & Lucas Segovia by Darren Lee

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Washington Ballet and of Morphoses/The Wheeldon Company, directed by Christopher Wheeldon.

Joining Mr. Segovia is Bozeman native, **Molly (Huempfer) Groeschl**. She has performed professionally with Milwaukee Ballet, Colorado Ballet, and Madison Ballet and as a Soloist for Ballet Tucson.

YBC's community production includes performers from Yellowstone Ballet Academy, Raison d'être Dance Project, Billings Ballet Company and Core Ballet Montana.

Every adult ticket purchase qualifies for a free child's ticket. Children

can dress as a Nutcracker character and may be awarded a gift certificate from the Rocky Mountain Toy Company. The costume contest will occur during intermission and each participant will receive a small gift.

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

Tickets for YBC's *The Nutcracker* are available online at www.yellowstoneballet.com info or with cash or check at the door.

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charcuterie: *char-cu-te-rie*: /ˌʃhärˈkoödərē/: cold cooked meats

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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
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Please include contact information with submission

**Any submissions after December 5th will not be
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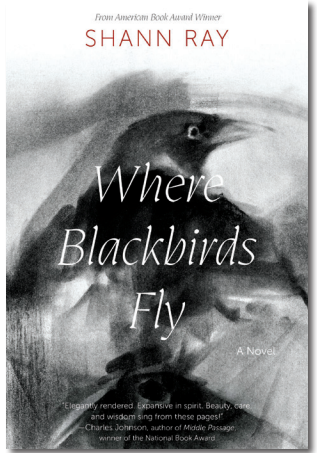

Questions? Feel free to email or call 406-333-2490

Shann Ray Brings his Latest Novel to Elk River Books

Elk River Arts & Lectures presents American Book Award winner and Livingston native Shann Ray on Thursday, October 23rd, at 7 pm, to discuss his new novel *Where Blackbirds Fly*. The free event takes place at Elk River Books, 122 S. 2nd St. and will include a book signing and reception. His visit will include working with local students as part of the Youth Climate Summit.

A novel in five novellas, *Where Blackbirds Fly* offers a prismatic deep dive into the human heart through fierce narratives of intimacy both lovely and heartbreaking. Countering social upheavals, Ray affirms the power of empathy, the wisdom of wilderness, and the felt presence of divine mystery echoed in the recurring appearances of blackbirds, as if etching flight patterns of mercy over the landscapes of human life.

With its large cast of wounded, complex, and ethnically-diverse characters, all yearning for love, 'Where Blackbirds Fly' creates a world that looks very much like America. That it does so with rich lyricism and polymathic learning



is a testament to the love Shann Ray himself has for humankind.— Charles Johnson, author of *Middle Passage*

Ray is the author of *American Masculine*, *American Copper* and several selections of poetry. He teaches leadership and forgiveness studies at Gonzaga University and poetry at Stanford. A National Endowment for the Arts Fellow and group Fulbright recipient to South Africa, through his research in forgiveness and genocide, he has served as a visiting scholar in Asia, Europe, Africa and the Americas, and as a poetry mentor for the PEN America Prison and Justice Writers Program. Having collaborated as a visiting poet with painter Makoto Fujimura on a United Nations grant titled *Intercultural Dialogues through Beauty as a Language of Peace*, Ray is also an International Book Award winner, a three-time High Plains Book Award winner, Bread Loaf Fellow, Bakeless Prize winner, and winner of the Foreword Book of the Year Readers' Choice Award. His poems and prose have been featured in *Poetry*, *Esquire*, *Narrative*, *McSweeney's*, *Prairie Schooner*, *Poetry International*, *Big Journal*, and the *American Journal of Poetry*.

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.

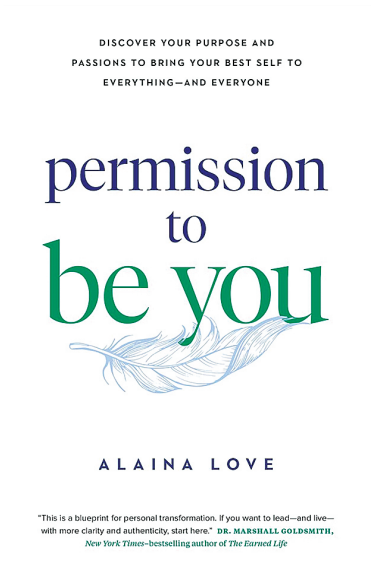
Book Signing with Alaina Love at Wheatgrass Books

Wheatgrass Books will welcome author **Alaina Love** for a book signing on Saturday, October 25th from 11 am to 2 pm, celebrating the release of her new book, *Permission to Be You*.

Recently published, *Permission to Be You* offers readers a transformative guide to uncovering their **core passions** and aligning them with all areas of life—career, relationships, and personal growth—for greater fulfillment and clarity. Through a thoughtful framework and practical exercises for reflection and action planning, Love empowers readers to better understand their unique motivations and live with authenticity and purpose.

About the author - One of America's top human resource and leadership authorities, Alaina Love is the CEO of Purpose Linked Consulting, an international leadership and organizational development consulting firm that forges connections between individual purpose, passion, and corporate goals. Love has nearly thirty years of experience as an executive in a variety of industries.

After reaching a point in her corporate career where her work was no longer aligned with her purpose, she boldly resigned from a top position to pursue her own path. It was this experience which served as the birthing ground for her research into the expression of purpose and passion at work.



In a recent interview, Love captured the essence of her new book with co-author, Marc Cugnon, "The Purpose Linked Organization:"

"What our company has done through our research is provide a framework for thinking about employee purpose and passion, and it's a framework that is actionable. We view purpose as the deep internal driver that propels us through life and gives meaning to our work. Passion, on the other hand, is its counterpart. Passion is the outward manifesta-

tion of purpose, which makes it easier to understand and identify, because it can be observed. We like to think of purpose and passion as the twin strands of the DNA of an individual's personality. With the tools that we describe in The Purpose Linked Organization, such as The Passion Profiler (tm), leaders can now identify and measure employee passion."

Individual job seekers will find the book helpful as well. Learning about one's passions and how to apply them at work, provides an invaluable career roadmap for today's challenging economy, allowing you to "do who you are" rather than trying to "be what you do."

Join us at **Wheatgrass Books**, 120 North Main Street in Livingston, for a chance to meet the author, have your book signed, and explore how *Permission to Be You* can inspire meaningful personal insight and change.



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8AM - 12AM

Mark Your Calendars UPCOMING EVENTS

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.

October 18th - CHURCH BAZAAR - The Park County Branch of the American Association of University Women (AAUW) will hold its next meeting at 9 am at WarmStone Fireplaces and Design at 116 B St. in Livingston. The guest speaker will be Ashley Smith, executive director of Community Closet. Current members and interested community members are invited to attend.

October 18th - OKTOBER FEST - Downtown street party on 2nd Street from Park to Lewis, 4 - 7 pm. Free entry and costumes are encouraged. Enjoy food, beer, shopping and family fun. For more information visit ExploreLivingstonMT.com/oktoberfest.

October 20th - MEDICARE 101 - Free seminar to learn about the basics of Medicare and have all your questions answered at 3 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.

October 20th - CANDIDATE FORUM - A Candidates Forum for Livingston City Commission and Livingston City Judge will be held by the Park County American Association of University Women (AAUW) in the Community Room of the City-County Building, 414 East Callender St. The forum will be 6 - 8 pm. The audience will have the opportunity to submit written questions.

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

October 25th - CRAFT SUPPLY

SWAP! Connecting our community of artists, crafters, and makers with unused supplies. Donate items in good, usable condition. "Shop" from what others have brought. Early drop-offs begin October 15th in Clyde Park, Emigrant, Gardiner, Livingston and more. Join us on Swap Day, Saturday, October 25th at the Old Lumberyard, 122 North F St., Livingston. As always: all items are free, open to all. More info and volunteer opportunities at www.craftsupplieswap.org

October 25th - FLEA MARKET Shields Valley Senior Citizen Center at 202 Elliot Street in Wilsall will host a Chili, Soup and Pie Flea Market from 10 am to 1 pm.

October 25th - HALLOWEEN BASH - Second annual Halloween Bash will be at the The Hub in the Park County Senior Center, 206 S. Main Street from 6 to 10pm. Costume contest, live music, complimentary food and drinks (BYOB welcome). Showing up in a costume enters you in a raffle for free!

October 25th - EMIGRANT FALL FESTIVAL - Join us for our 10th Annual Art & Craft Show at St. John's Church and Emigrant Hall, 302 Story Road, from 10 am - 3 pm. Enjoy a chili lunch, bake sale and raffle. Proceeds benefit the St. John's Friendship Fund.

October 25th - PUMPKIN CARVING CONTEST - Kenyon Noble's 27th Annual Pumpkin Carving Contest is just around the corner! Kids 12 and under get to pick a free pumpkin, carve their favorite design and try to win some prizes starting at 12 pm at all Kenyon Noble locations. Don't forget to grab snacks and a free goodie bag full of Spooktacular Halloween swag!

October 31st - TRUNK OR TREAT - Livingston Christian Center at 1400 Mt. Baldy Drive (across from Town and Country) will host thier free annual Trunk or Treat with safe fun, candy and more from 6 - 8 pm.

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Special 'Pay What You Will' Show
Thursday, November 6 at 7:30pm

This production may not be suitable for young children.



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BREAK time

CROSSWORD

Puzzle #421

Montana Fun Facts!

With Deer Lodge as the county seat, **Powell County** has the greatest ratio of men to women in the state, with **162 men for every 100 women**. Deer Lodge is the location of the State Penitentiary, where an average of 1,600 men reside. In second place is Toole County, with 129 males for every 100 females; this is the location of Crossroads Correctional Center, a privately owned prison with about 665 inmates.

Montana is also home to the "Crown of the Continent" – the **Glacier National Park**.

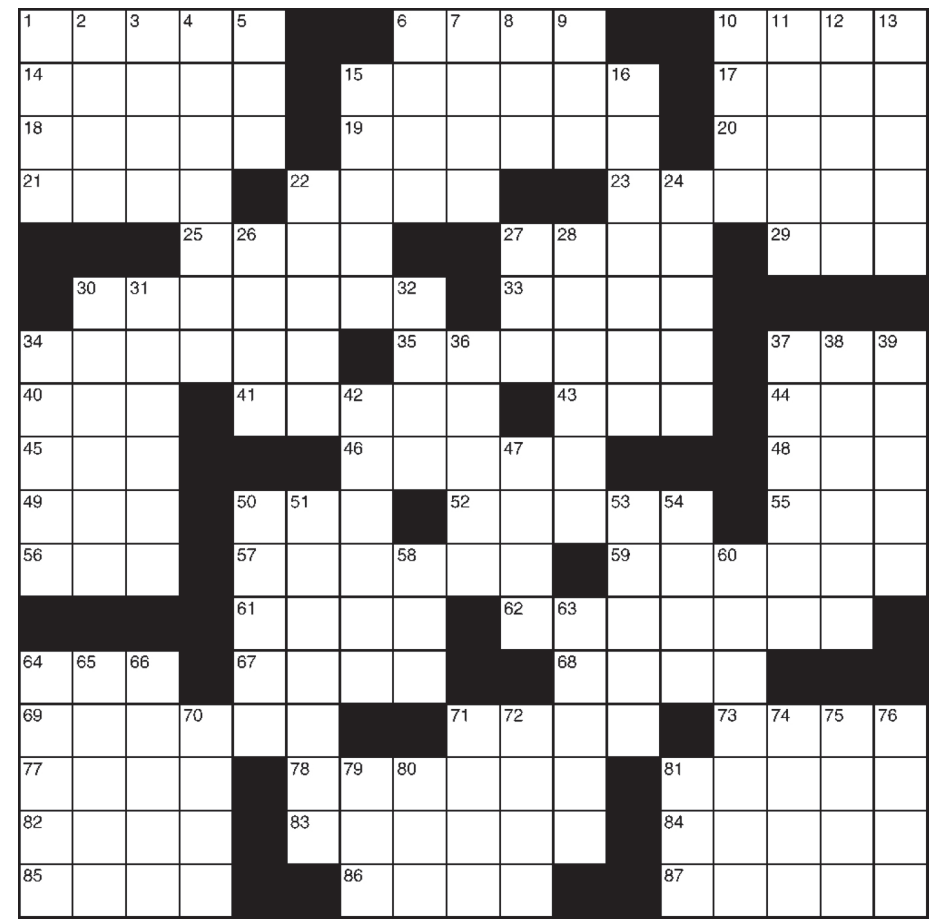
The number of **glaciers** in the Glacier National Park in Montana is diminishing. It started with 35 glaciers when it got its name; five of them can be gone in the next decade at the rate they are melting.

ACROSS

- 1. Decorative filling
- 6. Thank an actor
- 10. Large amount
- 14. Drench
- 15. Slacks
- 17. Opera box
- 18. Make into a statute
- 19. Bucolic
- 20. Fail to mention
- 21. Lemony
- 22. Kind of roast
- 23. Riffraff
- 25. Blue bloom
- 27. Scamp
- 29. Key word?
- 30. Brazier
- 33. Default result
- 34. Break a promise
- 35. Numb
- 37. Mule's father
- 40. Physics unit
- 41. Energy
- 43. Previous to, in verse
- 44. Favorite
- 45. Sheltered shore
- 46. Take the honey and run
- 48. Raw metal
- 49. "_____ a Living"
- 50. Literary monogram
- 52. Card game
- 55. Go right!
- 56. Barracks item
- 57. Seaman's jacket
- 59. Consume
- 61. Monster of folklore
- 62. Soccer official
- 64. Earlier
- 67. Elect
- 68. Distribute
- 69. Hardship
- 71. Drink heartily
- 73. Exec.
- 77. Invited
- 78. Slanted font

DOWN

- 81. Jeweled headpiece
- 82. Kitchen hot box
- 83. Wear away
- 84. Congealed dish
- 85. Bakery offering
- 86. Climax
- 87. Destitute
- 1. "Caesar and Cleopatra" time
- 2. Words to a toddler
- 3. Hawaiian party
- 4. Attribute
- 5. Nonetheless
- 6. Pal
- 7. Speak imperfectly
- 8. Carpenter insect
- 9. Taro dish
- 10. Untidy type
- 11. Small jazz band
- 12. Quick
- 13. Turn aside



- 15. Pulverize
- 16. Ice remover
- 22. Potato tool
- 24. Do penance
- 26. Indian melody
- 27. Woman's purchase
- 28. Cash in, as coupons
- 30. Regarding this
- 31. Swallow
- 32. Fan's hero
- 34. Memento
- 36. Unevenly edged
- 37. Highest point
- 38. Tranquil
- 39. Hero's horse
- 42. Sahara
- 47. Young salmon
- 50. Orchard
- 51. Tropical plant
- 53. Confuse
- 54. Skating jump
- 58. Retainer
- 60. Proposition
- 63. Elicit
- 64. Monastery head
- 65. Jelly fruit
- 66. Judge's issuance
- 70. Slight hollow
- 71. Buck
- 72. Pelt
- 74. Scruff
- 75. Mesh
- 76. Naughty
- 79. "TV Guide" abbr.
- 80. Part of a circle
- 81. Bronzed

Sudoku

Puzzle #156

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


Sudoku - #155

SOLUTIONS

Crossword - #420

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


ADIT	SPARE	UMBER
MUSE	ARROYO	TOILE
APSE	DAMSEL	MANSE
SLUNG	WAY	EGO
SEE	LAND	MOIST
BAN	ATE	STAMP
BOOST	EDAM	RIAL
PERUSE	FALCON	SRA
ELATE	MOTET	OTHER
ALT	STARRY	STRAND
LOOP	URGE	ERUPT
WREST	EEN	RUE
GHOST	ITEM	MGM
SAG	IRK	YAW
CURVE	ICECAP	OVAL
ORIEL	PATINA	LIRE
WANED	DINGY	DELE



KIDZONe

A weekly hangout for the young and young at heart

Find 12 Hidden Objects in the Picture



- 1. Soccer ball
- 2. Book
- 3. Plant
- 4. Bird
- 5. Birdhouse
- 6. Bird
- 7. Bird
- 8. Bird
- 9. Bird
- 10. Bird
- 11. Bird
- 12. Bird

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CLASSIFIEDS

NOTICE

NOTICE IS HEREBY GIVEN that the Park County Commission will hold a public meeting on October 21, 2025 at 9 am in the Community Room of the City/County Complex located at 414 East Callender Street, Livingston, Montana, and online via the GoMeet Platform www.parkcounty.org. The purpose of the meeting is to consider signing Resolution for Park County's intent to Transfer the Bulk Water Station to the City of Livingston. Members of the public are encouraged to attend and provide comment on the proposed amendments, or may submit writing comments to the Park County Commissioners Office located at 414 East Callender Street, Livingston, Montana or by emailing commissioners@parkcounty.org. A copy of the resolution is available in the Park County Clerk & Recorder Office and electronically on the County Home page at parkcounty.org. For questions or additional information please email commissioners@parkcounty.org or by calling 406-222-4106.

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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

ANNOUNCEMENT

Emigrant People's Market, located at 8 Story Road in Emigrant on the lawn of St. John's Church. Every Saturday from 9 am to 1 pm June through October, weather permitting. Locally created goods, local honey, jams and eggs, eclectic curated items. New vendor inquiry please email emigrantpeoplesmarket@gmail.com for information.

call during work hours at 406-222-6506 or 406-220-1703.

Shields Valley School District is now accepting applications for **two High-Needs Paraeducator** positions, beginning August 18th, 2025. Position Overview: Are you passionate about making a meaningful difference in the lives of students? Shields Valley School District is looking for dedicated, compassionate individuals who are excited to support students with diverse academic and behavioral needs. In this rewarding role, you'll go beyond traditional paraeducator duties by providing focused, one-on-one support that truly impacts a student's daily success. Comprehensive training will be provided to ensure you feel confident and equipped to meet the unique needs of each student you work with. This is a wonderful opportunity to grow professionally while making a lasting difference!

Schedule: (as outlined in the board-adopted academic calendar)
• Up to 9 hours per day, Monday through Thursday
• Occasional Fridays

Starting Wage: (Includes single health insurance)

- Applicant with a HS Diploma or equivalent: \$15.36
- Applicant with an Associate's Degree or equivalent: \$16.41
- Applicant with a Bachelor's Degree or higher: \$17.47

Effective: August 18, 2025
Closing Date: until filled
For applications, please contact Danny Johnston at djohnston@shieldsvalleyschools.org or 406-578-2535. Access the Classified Application Packet at www.shieldsvalleyschools.com.
Shields Valley School District is an equal opportunity employer. Job-specific training will be required as a condition of continued employment.



ANNOUNCEMENT

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!



Einstein's Learning Center is accepting applications for **substitute teacher, part-time assistant teacher, full-time lead teacher** and **part-time support staff**. We are not just coworkers;

we are friends and family. We laugh together, cry together, and have fun together! To apply, please fill out application and

state paperwork that is provided on our website at: <https://einsteinlearningcenter.com/employment>. We look forward to speaking with you!

Paraprofessional, On-Call Mobile Crisis Responder

The City of Livingston, Montana is seeking several highly motivated individuals to perform the role of on-call Paraprofessional Mobile Crisis Responder and assist on our Community Based Collaborative Mobile Crisis Response team. This is an on-call, as-needed role. This position reports to the Mobile Crisis Response Team Program Manager, under the direction of the Fire Chief. This position will support a mental health provider in the field assessments of diverse individuals in mental health crisis situations. This position requires in-home and community-based crisis response. Candidates will need to effectively collaborate with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and social service agencies. Full details are located at <https://www.livingstonmontana.org/jobs>. To Apply: Send cover letter and resume to HR@livingstonmontana.org

Public Works Manager – Public Works – Full-time Year Round

The **City of Livingston**, Montana, Public Works division is seeking a highly motivated customer service focused individual to perform the role of Public Works Manager. This fulltime, salary exempt role serves as the manager for all Public Works field operations and works under the direction of the Public Works Director and alongside the Office Manager and Project Manager. Performs a variety of technical, managerial, operational, and administrative work for the safe, proper, efficient, and effective operation and maintenance of: water, sewer collection, storm water, wastewater treatment facilities, City streets and alleys, solid waste and recycling, parks, cemetery, facilities, equipment and shops. This position supports the Public Works Director and is responsible to provide complex oversight of departmental activities, employees, budgets and ongoing daily and special project management. Full details and forms are located at <https://www.livingstonmontana.org/jobs>

www.livingstonmontana.org/sites/default/files/fileattachments/human_resources/page/9101/08.20.2025_public_works_manager.pdf

Green Box Caretaker CHICO/TRAIL CREEK

Position overview: This position is responsible for maintaining Green Box sites south of Interstate 90. Keeping them litter free and properly maintained using equipment such as a weed whacker, rake, and shovel, utilizing a nail magnet and lawn mower where necessary. Fence repairs/installation and other occasional duties may arise. They also need to operate an excavator in order to pack down the roll off boxes to achieve maximum tonnage for the highest efficiency of the Refuse Truck Drivers. All duties below are essential functions unless otherwise indicated. Duties of the position are not all inclusive and subject to change. To keep Green Box areas clean and ensures location perimeters are secure. Work at sites to keep them litter free. Perform maintenance of sites utilizing weed whacker, rake, shovel, nail magnet and lawn mower. This may include maintenance at the Chico, Trail Creek, Deep Creek, Gardiner, and Tom Miner or any other site when assigned. To provide customer service to citizens. Answer inquiries from the public regarding proper use of green box sites with an educational approach to proper refuse handling. Deal with the public in a fair, courteous and positive manner thus maintaining positive relations with the public. To assist Truck Drivers with containers. Be aware of mis-sorted refuse and resort in proper places to ensure when driver arrives, they can be in and out of the site quickly. Keep to a flexible schedule between Green Box sites to ensure that illegal dumpers cannot figure out when you are scheduled at a particular site. The County incurs great expense dealing with illegal dumping such as refrigerators without the Freon removed, local contractors dumping building materials, hazardous waste, etc. It will reduce costs to the County. To safely operate excavator to tamp down roll off containers which increases weight of each load. Full details and forms are located at https://www.jobs.parkcounty.org/jobs/161/Part-Time-Green-Box-Caretaker-Chico-Site#job_161

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Tammy Berendts | 406-220-0159



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Theresa Coleman | 406-223-1405



102 Elliot Street S

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



107 S Main Street

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



903 Meriwether Drive E

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



98 Miller Drive

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



425 S 12th Street

4 beds 3 baths | 2,620 sq ft
#404838 | \$879,000
Swanson Team | 406-220-2045



28 W Grannis

3 beds 2 baths | 9+ Acres
#401255 | \$870,000
Julie Kennedy | 406-223-7753



305 Lathrop Street W

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



9 Grizzly Meadow Road

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



2616 Meriwether Drive S

3 beds 2 baths | 1,614 sq ft
#404513 | \$568,500
Swanson Team | 406-220-2045



1007 E Geyser Street

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



1296 US Hwy 10 W

Commercial Sale | 10,160 sq ft
#397843 | \$2,500,000
Ernie Meador | 406-220-0231



320 N 2nd Street

3 beds 2 baths | 2,267 sq ft
#404684 | \$499,000
Baylor & Carolina Carter | 406-223-7903



329 S B Street

Commercial Sale | 9,652 sq ft
#401553 | \$1,650,000
Theresa Coleman | 406-223-1405

Meet the Team...

Amanda has been a resident of Livingston since 1979 and a full-time licensed real estate salesperson since 1999. She loves Montana's extraordinary beauty and warm-hearted people.

Her commitment to community includes involvement in and support of many local organizations including: Big Brothers Big Sisters, Park County Search and Rescue, Yellowstone

Amanda Murphy

Sales Associate

ABR, CRS, GRI, GREEN

406-220-4848 • amanda@eralivingston.com

Gateway Museum, The Blue Slipper Theatre, Community Closet, Western Sustainability Exchange, and the Park County Community Foundation.

"Amanda was a wonderful agent, and person. I truly enjoyed my time with her throughout the whole house hunting process." — Ron & Michelle B.



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- Vision for Livingston: Authentic/ Thriving/ Economically Healthy/ Independent of Bozeman/ Growth complements downtown survival
- Overpass NOW – Stop Studying... half the cost & it's a safety issue
- Proven dedication to Livingston (Saved The Shane Center, East Side School, Grabow Hotel, Bus Tours...)

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Teah Vennes, founder of Sedan Cow Camp and Show, with her NILE Merit Heifer, Lorrie Darlin, and her calf. Vennes received the NILE Merit Heifer award in 2023.

Teah Vennes

from page 1

different than the many other FFA and Montana 4-H kids I have spent time with over the years. However, I don't know many who have won the NILE Merit award, and I don't know anyone who started a camp for others, as a freshman, to learn livestock showing.

As a result, Teah is this month's winner of The Dugout High School Profile in Leadership. I first met Teah three years ago when, as a sophomore, she was named one of three Shields Valley recipients of the NILE Merit Program award that I wrote about.

The NILE Merit Heifer Program is a "live animal scholarship" that helps youth get started in the beef cattle business. It is a year-long project where recipients are awarded a heifer calf and tasked with raising, breeding, and keeping records on her. (Montana Red Angus Association).

At the time, I recall an impressive young girl teaching a city dweller who had spent most of his life living in Chicago, and gleaned his limited knowledge of raising cattle by visiting the Lincoln Park Farm in the Chicago Zoo, where three dairy cows were kept; about the NILE Merit program, and also what goes into raising cattle on a working ranch.

I also remember being impressed with how poised, articulate, and bright Teah was given her age. Some things never change. I wasn't surprised when her mom also told me that she was selected to the National Honor Society last year.

On Wednesday, I met Teah at what

was the most spectacular piece of land I've stood on. Encased with a mountain range at every turn, it gave off the feeling of an old John Wayne movie. Her father's three cattle dogs and Tug, the family bulldog, kept me company as I waited for her to come home from school.

Teah is a seventh-generation rancher who looks forward to carrying on the family tradition of raising cattle.

"I love living out here, and I hope to be able to take over the ranch someday in the future," Teah told me. "Winning Lorrie Darlin' from the 3C Cattle Company and the NILE Merit Program award really encouraged me and was a big honor." Since then, she has had two calves of her own that I have added to my stock. She continued, "I'm looking forward to this school year. I'm our school's FFA chapter secretary, and I plan on running for the state FFA office as well. I hope to attend college after graduation to study agriculture and business and compete in livestock judging, and then pursue a law degree in agricultural law."

Teah's grandparents gave her a heifer at birth, and for as long as she can remember, she has loved being around cattle. "It's only natural to be interested in livestock, given that it's what my family has always done," Teah explained.

"She was actually afraid of cattle for years, but in 6th grade decided that maybe she could show one, and the rest is history," Holley Woosley-Veenes said. Teah entered Lorrie Darlin' in the 2024 NILE Junior Angus Show, and she won Grand Champion Cow Calf Pair in the Junior Angus Show. Together, Teah and Lorrie Darlin' won Top Herdsman at the 2023 NILE Merit Heifer Class, which is the highest award given for the Merit Heifers, and Grand Champion Late Heifer and Division Reserve Champion at the 2023 Arizona National Show in Phoenix, Arizona.

Each year, Teah has been involved in livestock shows since sixth grade. She has also attended livestock show camps to learn how to be a better showman, as well as how to prepare, train, and show her livestock. Now she teaches others how to do what she loves: show cattle.

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