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# Journal

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Week of October 26, 2025

# Statement from the Livingston City Commission

The Livingston City Commission is providing a statement related to threats made towards city officials and employees.

On Wednesday, October 15th, a death threat was mailed through the US Postal Service to the City Manager’s home referencing Charlie Kirk’s recent assassination and the installation of bulb-outs in downtown Livingston. The letter was seen by a family member and immediately reported to the Livingston Police Department. This incident remains under investigation and community members with information are encouraged to contact the Livingston Police Department’s non- emergency line at (406) 222-2050.

On October 8th, a jury in the Park County Justice Court found a Livingston resident guilty of violating the State of Montana’s Privacy in Communications rules. The conviction arises from mes-

sages posted to the “This is REALLY Livingston” Facebook group on March 26th, in which the long-time resident threatened city employees, stating that, “they should leave the city position now or we will lock and load against your tyreny [sic]” and also said, “GET THE FUCK OUT NOW OR BE HUNTED YOUR CHOICE.” The individual is scheduled to be sentenced on October 24th.

These two incidents follow an incident on February 18th, when a different Livingston resident made a post regarding city officials referencing the murder of United Healthcare CEO Brian Thompson, also in the “This is REALLY Livingston” Facebook group.

The recent incidents are local examples of a larger trend in the United States



wherein government officials are being increasingly threatened as targets of violence. Two Minnesota legislators were shot in June, one fatally, and the Pennsylvania Governor’s residence was set on fire by an armed intruder, among other incidents.

“Over the past several months, there has been a sharp increase in hostile behavior towards city staff. Multiple death threats, online intimidation, verbal harassment, and physical assaults have been directed towards staff while working throughout the city. We are appalled at the stories we have heard over the past several months,” the City Commission expresses in a joint statement.

The Commission adds, “Threats and violence against employees are totally

unacceptable. City employees are our neighbors, friends, and family members. Their work literally keeps the city running and they deserve our respect and support.”

Community members are encouraged to engage in respectful conversations and bring concerns directly to the City Commission. “Public discourse is a necessary and welcome part of our society. Intimidation and threats have no place in Livingston. We urge the community to reject violence, report threats, support one another, and return to respectful dialogue,” they continued.

The Livingston Police Department takes all threats against public officials and employees seriously. Police Chief Hard adds, “Community members should report concerns to the Livingston Police Department. All threats will be fully investigated.”

*Livingston, Montana*

# PCCJ 2025 Election Poll

Beginning Monday, October 20th, the Park County Community Journal is conducting a poll for the upcoming election on Tuesday, November 4th. The poll, hosted via Survey Monkey, will be used to gauge public opinion on candidates for Livingston City Commission, Livingston City Judge and Clyde Park Town Council, as well as the Shields Valley Elementary School District bond. The survey will expire on Tuesday, October 28th at noon. Results will be published online the following day and in print on Friday, October 31st.

The poll will be promoted primarily via social media and is accessible using the adjacent QR code. Participants are asked to supply optional demographic information used to contextualize results and are required to provide their place of residence (i.e., City of Livingston, Town of Clyde Park or Park County) to receive the appropriate survey form. The survey is brief, containing no more than two questions per participant (contingent on residence) and requiring just a few minutes or less to complete.

For the sake of integrity, we ask that participants please take the survey only once and if you intend on submitting a ballot or have already voted absentee. Our results will feature statistical figures, including error margins (standard protocol for political polling), and interpretations. Data are generalizable insofar as the sample size is sufficient to represent the population. So, please help us share the survey with friends, family and coworkers regardless of political affiliation and alignment with any particular candidate to both prevent skewing results and enhance the validity of our study.

Our overall goal is for this survey to predict, albeit not perfectly, and potentially affect the outcome of the election—spurring candidates to take action and influencing the electorate to vote—with no agenda but to provide some insight and advance democracy.

If you have any questions, please contact our Managing Editor, Tony Crowder, by emailing [tony@pccjournal.com](mailto:tony@pccjournal.com).



# The Annual Lutefisk Dinner

## at the Shields River Lutheran Church in Wilsall

The Lutefisk Dinner has been a tradition in the Shields Valley for 70 years. Join them on Sunday, November 2nd at the Shields River Lutheran Church in Wilsall. The meal is served starting at noon until 3 pm.

The menu is lutefisk (codfish), lefse (potato pancake), ham, potatoes, corn, cranberries, and Norwegian slaw. There's a wonderful cream sauce and they have lots of butter! Dessert is homemade pie. The meal is served ranch style, and all you can eat. It truly is a wonderful meal and a unique experience. The Shields River Lutheran Church Ladies Aid sponsors it. The ranch-style dinner price is \$20 for adults, and less for younger kids. Under 6 is free.

The first Lutefisk Community Dinner was in 1955 at a church parsonage. Over the years, the dinner was skipped a few times due to circumstances beyond their control, but it has been a mainstay in the community.

[SeeLutefisk Dinner, Page 2](#)





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The Hunchback of Notre Dame

A community production of *The Hunchback of Notre Dame* premiered on Friday, October 17th at The Shane Lalani Center for the Arts, located at 415 E. Lewis Street in Livingston. The play, adapted from the 1831 novel by French author Victor Hugo, stars Andrew Reichert and Erika Adams in lead roles Quasimodo and Esmerelda surrounded by a cast including over 50 local actors and actresses. The musical production features scores written for the animated version produced by Disney in 1996, with artistic direction from Russell Lewis.



Tony Crowder

Managing Editor

The original novel is a classic of world literature described as a gothic romance set in 15th century Paris yet closely examines themes central to the Romantic Era in France—desire, religion, fate, social stratification and architecture, amongst others—a shifting cultural paradigm captured using allusions to history and heritage in the backdrop of a story about heroism and love.

The play subtly explores similar motifs but with greater emphasis on courage, friendship and self-overcoming—the inter- and intra-personal dynamics between and within the characters.

Protagonist Quasimodo, born crippled and deformed, is orphaned to his uncle, antagonist Dom Claude Frollo (depicted by Kurt Gardner), a prejudiced priest ordained at Notre Dame Cathedral in Paris. Quasimodo endures a life of obedience and servitude at his uncle's behest before encountering the fiery, free-spirited gypsy Esmerelda—an enticing force of independence and beauty beckoning him from solitude to overcome his crippling fear of self and others. When his pious yet envious uncle conspires to suppress this all-too-human yearning, Quasimodo is forced to reckon with internal strife—remain loyal in docility to tradition and authority or pursue personal freedom and love through sacrifice.

Supporting actress Christina Eike, a Hobson native and recent Montana State University graduate, has performed onstage since her first role in a production of *Annie* at age 10, where she led with nearly 200 lines over seven consecutive showings. She was recently casted as a gargoyle in the Hunchback production—a role she describes as being integral to the story and conjunctive with her personality.

"I guess for me the process started with Russ saying, 'I really want you to bring yourself into the character.' I see the gargoyles as fun characters with the way that they're whimsical. They're always kind of demonized, but I see them differently and think that's because of the Disney movie. Growing up, I always loved them because they are so kind. So, I kind of went with more of that approach to it."

She further explained, "We are supposed to be depictions of Quasimodo's mind, which is what's really cool about the way Russ [Lewis] is going about this production. For me I really tried to go into the emotional part of him: the part that

also fiercely wants to be a part of the outside world and other people. Me, personally, I am a very emotional being. I love people and hearing

See Hunchback, Page 7



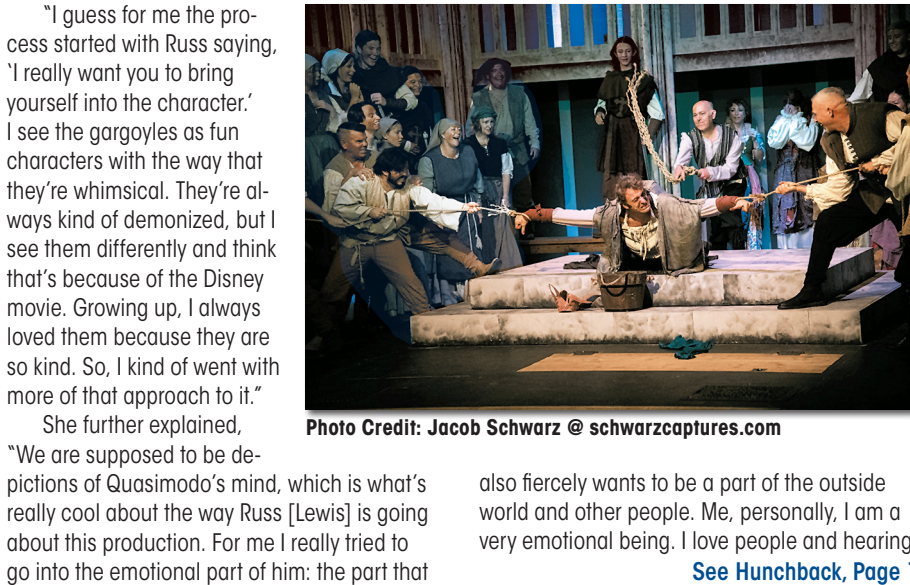
Lutefisk Dinner

from page 1

nity nonetheless. The dinner moved from the parsonage to the church hall and from night to day. They recently changed the date from the first Sunday of December to the first Sunday in November.

What hasn't changed is the community effort involved. They have a crew of men from the church that have been cooking the lutefisk for years. They are in the process of breaking younger ones in to ensure the future of this small-community tradition. Church members also cook different items at home and bring them to share.

You can buy tickets at the door. The church is located at 105 South Ordway Street in Wilsall. If you have any questions, call or text Cheryl at 406-223- 9014. Heil! See you there!



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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.

## Recommend Schweigert

Dear Community,

My name is Claudia Anderson, and I am the project manager for the Office of Court Administrator's in Helena. I am honored to recommend Belinda Schweigert as a candidate for Livingston City Judge.

I have worked with Belinda for the past 16 years in her position as courtroom clerk for the Gallatin County Justice Court. During this time, she has obtained extensive knowledge of court procedures for criminal and civil matters. She has worked very closely with a variety of judges in the courtroom during proceedings.

Honesty and ethical behavior are fundamental to her character. She is extremely dedicated and is willing to do what is right. In her current position with the court and with the Automation Committee, she invests time and energy and carries a sense of obligation, loyalty, and determination to follow through, even when faced with challenges.

In addition, Belinda has excellent case management proficiency. Currently, she is processing the many cases that arrive at the court via E-filing. Once a case is filed, there are several possible actions that are entered on the

case (i.e., pleas, findings, dispositions, assessment of fines/fees, driver's license suspensions/reinstatements and issuing bench warrants).

As an integral member of the Court of Limited Jurisdiction Automation Committee, she has volunteered to record the minutes of each meeting. These are always done accurately and in a timely manner. She was extremely beneficial helping the committee set up the tables and configuring the new FullCourt Enterprise Case Management system which is in the process of being implemented throughout all Montana courts. Gallatin was part of the pilot program for the software.

I do want to emphasize that Belinda has a very cooperative spirit. She is always willing to learn and to help others. I will also add that her attitude is always positive—no matter what obstacles she is facing personally! I admire that immensely! She is a joy to work with.

I believe Belinda has the necessary skill set for a court's unique working environment, and to be a fair and equitable judge.

Sincerely,  
Claudia Anderson

## Support for Bird

Dear Community,

I'm writing to endorse my friend, neighbor, and pillar of the community, Rebecca "Becky" Bird in the upcoming election for Livingston City Commission.

Becky is one of the most community-minded people I've ever met. She and I served together on the Park County Theatre Guild (the board of directors for the Blue Slipper Theatre) for several years. She was one of three board members that carried the Blue Slipper through the chaos of the

pandemic. Prior to that, she'd served as the executive director of the Senior Center and worked for Aspen—the Abuse Support and Prevention Education Network.

Becky loves this community and aspires to serve on the Livingston City Commission. I think it's a good fit for her, and she'll do a great job. On November 4th, I'll be casting a vote for Rebecca "Becky" Bird. Bird is the word!!

Sincerely,  
Mike Waldron

## Carol Merideth Cares...

Dear Editor,

I am writing this letter in support of Carol Merideth for Livingston City Judge in the November election. Carol is a very sincere and compassionate person.

In her current capacity as Civil Clerk at the Park County Sheriff's Office, she constantly deals with the courts and has a thorough understanding of court

processes, paperwork, and procedures. She cares for people and possesses a huge amount of empathy. She has the ability to view issues from all perspectives and viewpoints. I cannot think of a better person to sit on the bench of the Livingston Municipal Court.

Respectfully,  
Robert Quinton



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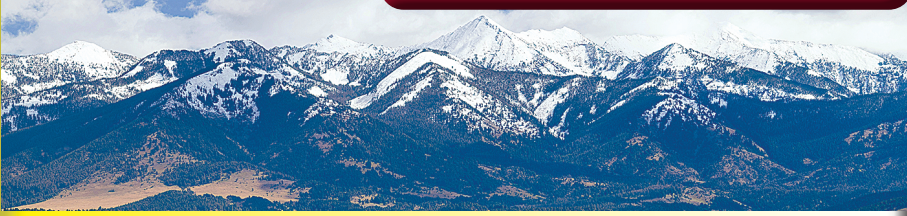


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SHIELDS VALLEY

Upcoming  
EVENTS



**October 29th**

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

**October 30th**

- District 12C Volleyball Tournament at Manhattan Christian

**October 31st**


- District 12C Volleyball Tournament at Manhattan Christian
- 1st Round Football Playoffs – TBD

**November 2nd**

- Shields River Lutheran Church Lutefisk Dinner from 12 to 3 pm. Ranch style \$20.00

**November 4th**

- Senior Citizen Dinner at Clyde Park School Gym – 1 pm
- Please RSVP by calling Anna Hutter at 952-847-0716



GO REBELS

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

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## 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

# Second Annual Senior Center Halloween Bash



Join them for another spooktacular evening on Saturday, October 25th from 6 to 10 pm at The Hub in the Park County Senior Center, located at 206 S. Main Street in Livingston. The event is open to all, so bring your families, friends and neighbors!

The event will feature a lively mix of spooky fun, laughter and local spirit with costume contests for both kids and adults and trophy prizes for the best looks; complimentary snacks and drinks (BYOB welcome!); and raffles with awesome and

generous prizes donated by Treasures Lanes Bowling Alley, Foodworks, Dangling DooDads, Community Closet and more. Wearing a costume will earn attendees free entry into the raffle!

Local band Cue the Muse will join us again keeping the energy high playing your favorite Halloween music classics live.

The event is more than just a Halloween party: It is a celebration of community. Let's make this year's bash even bigger, spookier and more fun than ever!

## "Master and Mingle" Series

Park Local Development Corporation and MSU Extension Park County will offer the third *Master and Mingle* series. The program is intended to give business owners a chance to connect with one another, learn, and grow through practical workshops and networking. The goal is to build relationships and strengthen the local business community through accessible, relevant content.

Two identical sessions will be offered




on October 28th at 7 am and again at 6 pm at the MSU Park County Extension office located at 119 S. Third Street in Livingston. Each session will start with networking followed by a focused marketing workshop led by MSU Extension Park County.

Future sessions will cover various topics based on business community needs. For more information call 406-222-4156 or email [info@parklocal.org](mailto:info@parklocal.org).

## Voter Appreciation Party

Thank you voters, volunteers, and campaign supporters!

- ★ Everyone is welcome!
- ★ Come meet and talk with Jessie.
- ★ Food and beverages will be available.
- ★ Live bluegrass, bring your instrument!




★ Wednesday October 29, 2025

★ 5:30 – 7:30 pm

★ 122 North F Street (old Kenyon Noble building)


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Stay Connected: Questions? Comments?  
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# Life Soundtracks or Right Use of Music #3

by Joyce Johnson



When I was 14, all of us teens loved rock & roll on the car radio as we cruised the neighborhood. We dance to it, too. It was the soundtrack to our youth. My boyfriend, Donny, and my favorite song was "Run-away" by Roy Orbison. I can hear it still. It had orchestra accompaniment. (I can see a lot of Boomers smiling and nodding with me.) Donny drove an antique 1940 Ford named Fannie. We all played the radio station, KFWB, but speaker volume was not abused yet and rock & roll was seemingly harmless; good quality voices, music and lyrics; top orchestral disco dance hits came later.

As the years passed, rock & roll morphed into a more intense beat; singing often became a nasally sort of whine, and a lot of dark or protest lyrics were sung, or chanted. Soon came acid, heavy metal rock, with that canned deep booming beat, and amplified electric guitars. What happened? It prevailed. So, I completed the story in this third column piece about rock from my experience, and to support Valley resident Dennis Brigg's book *The Uses and Misuses of Music*.

In my mid-30s, I stopped listening to rock and dealt with the addictive substance abuse that accompanied it. Nobody sat sipping tea and nibbling cookies while listening to rock. For those who prefer rock, and those who don't too, we know now what's what with rock. Both sides have ideas to consider here, in this brief summary. But rock is the soundtrack to our collective culture and is used to draw us into media, movies, and many commercial promos, and

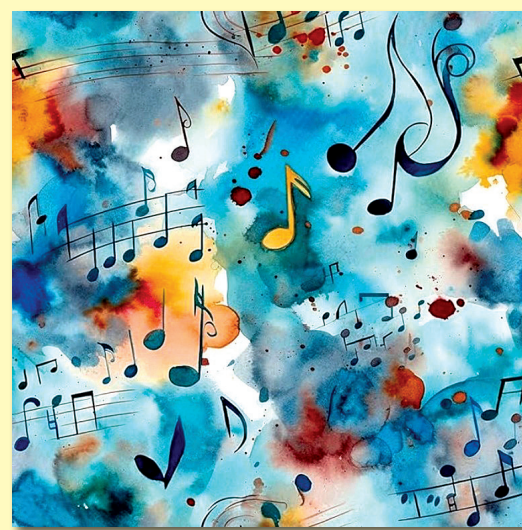
intro music for commentaries. There is Christian rock, as well. Rock is very prevalent.

**Humans are addictive**, mostly a reference to non-beneficial stuff, but we are addicted to our smartphones and computers, for sure. You have to nod. We are also as "addicted" to the greater world of that which we love. I am addicted to rock (ahem...) painting! and uh... Ron to pizza. Here's a unique example: Ron was holding the center metal frame tent when it was hit by lightning at an outdoor craft show in Jackson long ago and was injured. He was for a year drawn addictively to classical music playing in the house, daily, and we now understand it supported his healing, whatever that strike did to his form. Interestingly that rumbling thunder and lightning are not unlike rock, or earthquakes, and trucks with no mufflers. Well, anyway, in contrast, there is so much more wonderful music out there proven to actually heal mental and physical disorder, and further, to inspire and enrich the consciousness. There is big health and brain benefit to learning to play an orchestral instrument. Rock has not benefits.

About 25 years ago I worked for a photocopy shop in Bozeman, and the worker operating the xerox machines had loud rock playing the whole time. One day it was so loud the customer had to shout to tell me what she wanted copied, and I finally asked him to turn it down enough to hear them. He became red-faced and angry. He would not (could not) work without it. (Whoa, was that telling.) I asked the manager who was a nice guy, and a known square dance caller,

by the way, to fix it, but he was afraid to because the rock addicted xerox operator was an irreplaceable employee, and most the customers were college kids and were used to rock. I soon quit.

I appreciate now in recall, that the youths who used to drive around town with sonic-level speakers, which "boom/keh!, boom/keh!" everyone was forced to hear or several blocks... is OVER... for the most part? However, only a few weeks ago, a car rolled into the parking lot of a business here in Emigrant, with rock banging so loudly I spun around and almost dropped the armful of PCCJournals I was distributing. The young driver left the car running and music blasting while he went inside the store. I seriously deliberated if I should go over and give him heck. I put the stack of issues in my car and started to walk the 50 yards or so to his car, thinking I will just turn his key off [Grr. I know, that's bold!]. **But then I noticed the stressed and panting dog** in the back seat, and really got ticked, but the kid came back as I got near it. I yelled into the passenger's open window: "That's way too loud!! That's animal abuse!!" The young man looked blank, surprised—sometimes grannie-aged people are respected?—and said nothing, to his credit. So, I didn't stay to tell him that the pain for the dog is cruel, and will likely deafen him, or develop "off" behavior, or sicken and die young, or run away like many do, especially around the 4th of July. Now, hear this y'all: A dog's hearing is many, many times more sensitive than ours! As for our town, I never went back to the eatery where the food was great, but the rock was so loud the waitress had to shout, and so did my lunch companion. I felt sorry for the employees who were plummeted with it for



entire shifts. I get out of shops fast if they play rock even in places kids don't patronize. So, it is addictive to all ages.

The Author of *The Uses and Misuses of Music*, is a Boomer. Dennis comes from over seven decades of life experience, and research. His book, on Amazon, is full of tested *facts*, testimony and input from all lifestyles, philosophies, professions and religions. The book tells how clinical tests with forms of higher frequency music can *heal* physical and mental illness, and provide what meditation gives us: a sense of peace and well-being.

I know many young people who are productive and caring, and who know well the issues around the unsafe state of the world they were born into, but are awakened and nowhere near as naive as Dennis and I were as teens. As they say in India, and I say to them: *Namaste!* (I see God in you). Don't we want to create the most supportive and healthy environment for ourselves, children and future, and grow and nurture strong roots, like trees that can bend with the wind, so we can stand firm, in body, mind, heart and soul? I firmly and sincerely nod, and ask, as usual, Why else live?

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# Fall for Fall Vegetables: A Flavour Explosion

Although many people live for summer and its sweet berries, fall offers a delightful array of flavours that will tantalize your taste buds. Beyond the must-have apples, this season showcases a variety of nutritious and tasty vegetables. Here are a few examples.

**BEETS**  
Often pickled or roasted, beets also provide a fun pop of colour to salads and hummus.

**CARROTS**  
Carrots are incredibly versatile and can be used in soups, stews,

purees, cakes and more. They can also be served raw, glazed or roasted.

**PUMPKINS**  
Pumpkins reign supreme in autumn recipes. They can be mashed, used in

soups, stuffed or made into pies for a delightful treat. Save the seeds; they make a tasty, protein-packed addition to your dried fruit mixes.

**SQUASH**  
With countless varieties you can choose from, squash is delicious in soups, pasta, croquettes, gnocchi and more.

**PARSNIP**  
When roasted, parsnips reveal their sweet, aniseed flavour, making them the perfect pairing with meat. You can also glaze, fry or use them in soups.

**POTATOES**  
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Recipe by  
Carla Williams

### RECIPE CORNER Crack Green Beans



Photo Credit: instantcooks.com

- Ingredients**
- 5 regular cans of green beans, drained
  - Optional: Substitute a similar amount of frozen green beans (about four 12-ounce bags, thawed), or use fresh green beans.
  - 12 slices bacon
  - 2/3 cup brown sugar
  - 1/4 cup butter, melted
  - 7 teaspoons soy sauce
  - 1 1/2 teaspoons garlic powder

- Instructions:**
1. Put drained beans in a 9x13 pan.
  2. Add cooked bacon pieces.
  3. Mix the remaining ingredients together.
  4. Pour over the beans and bake for 40 minutes at 350 degrees.
  5. Toss and serve.





# FINANCIAL FOCUS®



July Hardesty

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## Open Enrollment: What to Know Before You Enroll

For many people, fall brings an important opportunity: open enrollment. While it may not sound as exciting as planning for the holidays, taking a careful look at your workplace benefits now could save you hundreds or even thousands of dollars next year.

Open enrollment is the period when you will choose your medical and other workplace benefits for the year ahead. Most employers hold it in the fall, with elections taking effect in January. Once the window closes, you usually can't make changes unless you experience a

major life event like marriage, divorce, the birth of a child or when a dependent has become an emancipated adult.

While it may be easy to simply renew last year's choices, which could be a costly mistake. Your employer's plans, providers or costs may have changed. It's also possible your own circumstances are different than they were a year ago—for example, if you had a baby, got married or expect new medical needs. Taking a fresh look helps ensure your benefits match your life today.

Here are a few tips for navigating open enrollment:

**Compare Health Plans Carefully.** Employers often offer more than one health, dental or vision option. Look at differences in provider networks, prescription coverage and premiums. If you and your spouse both have coverage options, compare plans across employers. Just be mindful that some companies charge a fee if you enroll a partner who has their own workplace coverage. Many plans offer wellness discounts on monthly premiums based on your personal health condition.

**Check Your Life Insurance Options.** Many employers provide a base level of life insurance, with the option to buy more. If your family has grown or your financial responsibilities have increased, now is the time to make sure you have enough coverage to protect your loved ones.

**Consider Disability Coverage.** A short-term disability plan can help cover income gaps for up to 12 months during recovery from surgery, illness or childbirth. Long-term disability insurance offers protection if you're unable to work again for an extended period up to age 65. Ideally, coverage should replace up to 60% of your pre-tax income.

**Understand Supplemental Options.** Some employers also offer accidental death and dismemberment (AD&D) insurance. While it can provide peace of mind, remember that it's not a substitute for life or disability insurance, since it only covers specific accidents.

**Take Advantage of Tax-friendly Accounts.** Flexible spending accounts (FSAs)

and health savings accounts (HSAs) let you use pretax dollars for eligible medical expenses. If you have young children or other dependents, ask whether your employer offers a dependent care FSA to help offset care costs. Note that these are use-it-or-lose-it, so contribute only what you expect to spend every year. HSAs, available with high-deductible health plans, are more flexible, since unused funds roll over from year to year and can even serve as long-term savings.

**Review Your Retirement Savings Plan.** While your retirement plan usually isn't part of open enrollment, this is a good time to revisit it. Make sure you're contributing enough to earn your employer's match. Small increases can make a big difference over time.

Open enrollment may not be the most thrilling item on your fall to-do list, but it could be one of the most important. Taking a little time now to review your employee group benefits could give you greater financial security and extra savings throughout the year.

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

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## Hunchback

from page 2

their stories. I think that is why I went with that character with my gargoyle."

"I think we really push him [Quasimodo] to ultimately, at the end, make the choice to try and save Esmerelda," Eike concluded.

Tami Renner, who has performed in at least 70 productions, works in wealth management when not on stage. Casted in two roles (like Eike, she plays one of eight gargoyles), she auditioned for the role of Florika with only one

week to prepare after spending nearly nine months studying for her professional licensing. This renewed freedom, she says, enabled her to identify with the character, Quasimodo's mother in the musical adaptation of the novel—an independent Romani woman who, like Esmerelda, is persecuted by the church, offering a Freudian-like twist.

"For her I see freedom, and fire, and independence, and optimism. She pushes back against the world, refusing to go with it and kind of stands on her own and be her own person. I'm very similar in that way. I am very stubborn. I have been able to bring a lot of that energy with the freedom of not studying anymore," she reflected. "I immediately felt connected with her."

The character, whose final vocal solo, says Renner, feels like a resolution to the play, which becomes dark and heavy, is a source of comfort for Quasimodo. "I feel like Florika's solo is the beginning of the resolution of bringing hope back into the play."

The renowned Notre Dame Cathedral, which serves as the setting for the story, was recreated onstage with support from sponsor Kenyon Noble. Designed by local architectural retiree Larry Raffety, the impressive set was constructed by a group of volunteers using donated timber and other materials. Costume design was led by Sarah Kelley with musical direction from Justin S. Brown.

Adams, also Executive Director of The

Shane Center stated that, "I think this piece is incredibly relevant to our time. It is an absolute honor to be a part of this show. The feedback from opening weekend was overwhelming... You won't want to miss this production so make sure to book your tickets soon before we sell out!"

Catch *The Hunchback of Notre Dame*, performed worldwide and famously adapted for the screen, at the Dulcie Theater in Livingston on Fridays and Saturdays at 7:30 pm and Sundays at 3 pm through November 9th Tickets are \$25 for adults, \$19 for seniors/students/veterans, and \$13 for youth 17 and under. Reservations can be made at theshanecenter.org or by calling 406-222-1420.

CAROL  
MERIDETH  
CITY COURT JUDGE









# Your Ageless Wellness Column

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

## "The Accuser Within," Part Two: The Mirror Effect

If Part One was about meeting the voice within, Part Two is about recognizing where it shows up *outside* of us. Because once you begin to hear the inner accuser clearly, you'll notice it doesn't just live in your head—it starts to appear in your face, your words, and the actions of those around you.

### When the World Becomes a Mirror

Have you ever wondered why certain people trigger such strong reactions in you—anger, irritation, judgment, or defensiveness—while others barely make a ripple? That's no accident. Those reactions are signals. They're mirrors.

Carl Jung wrote, "Everything that irritates us about others can lead us to an understanding of ourselves."

The truth is, life constantly reflects our inner world back to us. Every frustration, every attraction, every resentment points to something within that's asking to be seen.

- That person who talks too much? Maybe a reflection of the part of you that longs to be heard.
- The person who never seems to have their life together? A mirror of the part of you that fears losing control.
- The confident one who seems to shine too brightly? They might be mirroring your own unexpressed potential.

When we look closely enough, we find that we're always meeting ourselves, again and again, through the people around us.

### The Shadow's Favorite Trick: Projection

The human mind has a clever defense mechanism called **projection**. When something about us feels uncomfortable or unacceptable, we push it outward and assign it to someone else.

We say *they* are selfish, *they* are arrogant, *they* are controlling—without realizing that the judgment itself is the clue.

This isn't about blame—it's about awareness. The traits we condemn in others are often the ones we haven't made peace with inside ourselves.

The same is true of admiration: the qualities we celebrate in

others are often dormant gifts waiting to be reawakened in us.

### The Shadow in the World Around Us

Our collective world mirrors our inner one. The fear and division we see in society often mirror the very duality inside us: love and hate, good and bad, us and them.

This isn't just something that happens inside of us—it's built into creation itself.

For as long as humans have been telling stories, we've described light and dark, good and evil, "God and the devil." Those aren't just ancient tales, they're reflections of something much deeper.

Just as we have our own shadow side, creation does too. The same pattern that plays out within us—the push and pull between fear and love, judgment and understanding—exists everywhere. "As above, so below," the old saying goes. The universe works the same way

we do—learning, balancing, and coming to know itself through contrast.

When we heal the split within—when we stop accusing ourselves—we stop projecting that accusation outward. We begin to see others not as enemies, but as reflections of the same struggle for wholeness. Healing becomes contagious.

### Integration: From Reflection to Wholeness

Integration is the process of reuniting with what we've denied. It's the moment you can look at your jealousy, your anger, your fear, and say, "You belong too."

That doesn't mean indulging destructive impulses. It means understanding where they come from, and what they need. Because once something has been understood, it no longer has to scream to be heard.

Every time we reclaim a piece of our shadow, we grow lighter, freer, and more authentic. The accuser's harsh tone begins to soften. The mirror stops distorting. And slowly, the outer world starts to reflect back something new—peace, understanding, and compassion.

### The Mirror Practice

Try this simple exercise:

1. When someone triggers you, take a breath before speaking or reacting.
2. Ask yourself, "What in me is being reflected here?"
3. Write down your response—or simply sit with it for a few moments.
4. Thank the moment for the awareness it offered.

This is how the mirror transforms from a battlefield into a classroom.



### Closing Thought

The accuser within is never trying to punish—it's trying to teach.

Through boredom, emotion, or the behavior of others, it's always leading you back to the parts of yourself you've forgotten. The world outside you isn't your enemy—it's your reflection.

And when you finally learn to see it that way, even your shadows begin to shine.

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](mailto:garrick@parkcountyseniorcenter.org), 406-333-2276 or 406-333-2107.

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# The Heart Behind Healing Hearts

by Nurse Jill

The road to our modern advances in medical treatment is a long, twisting, and fascinating story that involves many mavericks, renegades, and rule-breakers. But if weren't for the heart of these men and women taking risks (not just doctors, but patients as well), healthcare professionals would not have even half of the options for reversing ailments as they do today.

The story of open-heart surgery is convoluted with many players in the field and borders on insane and even, argued by some, unethical.

The initial open-heart procedures involved mostly pediatric patients. Doctors did not yet have ideas about bypass for clogged arteries in older patients, but they did have a fair number of patients who suffered from heart failure as a result of presumed atrial septal defect (ASD) or ventral septal defect (VSD). An ASD is a hole between the upper two chambers of the heart, and a VSD is a hole between the lower two chambers of the heart. Both ailments cause problematic mixing of blood, leading to low tolerance for physical activity and heart failure. In the realm of pediatric cardiac surgery, these conditions are on the "simpler" side of the spectrum, but long ago these were the nemeses killing off patients in their younger years.

Many problems had to be surmounted before there could be any inkling of cutting into a heart and interacting with the interior of a perpetually blood-filled and moving organ. The first was diagnosis. Back in the 1950s, only fuzzy details could be ascertained from their limited testing abilities. One of the biggest risks in early open-heart surgery was opening

the heart only to find that speculations about the heart's anatomy was wrong. While the beginnings of echocardiogram, heart catheterization, and other modern approaches to diagnosis were being used and developed in clinical settings, they were still years away from confidently mapping out individual defects for pre-surgical planning.

The next hurdle was the brain. To open a heart and remedy what was amiss inside, the blood pumping through the heart had to be stopped so that the practitioner could visualize the process. This is next to impossible in a pre-bypass world when brain tissue begins to die off at three minutes (or less). The first surgeon to achieve a work-around was Dr. F. John Lewis. Emboldened by another's research on hypothermia, he cooled a five-year-old girl's body to 82 degrees Fahrenheit. When the body is significantly cooled, the brain uses less energy and the theory was that the heart could be stopped for a longer amount of time than the dreaded three-minute mark. Hopefully, it could be stopped long enough to remedy a congenital heart problem and give a girl back her life.

It took two hours of active cooling, but Dr. Lewis was able to incise the heart and fix the ASD he found inside. Once the patient was warmed again, she recovered and was declared a "success." The entire procedure was hours long for a mere five and a half minutes inside the heart to sew the defect closed and restore proper circulation. The year was 1952.

While hypothermia was a step in the right direction, five and a half minutes was not long enough to do more inside the heart than a simple patch job for a small hole. There had



to be another way to gain enough time inside a stopped heart and spare the brain any damage.

Enter bypass.

And enter one of the most prominent contributors to the field of open-heart surgery, Dr. C. Walton Lillehei.

The pursuit of this now taken-for-granted procedure is worthy of an entire book. The thought process and research necessary to perfect what we now offer safely (though not without risks) to patients was extensive and took many out-of-the-box thinkers. While not the final solution in the search for substitute circulation, Dr. Lillehei's successes with cross-circulation played an important role both in keeping physicians hopeful about the concept and advancing surgical techniques.

Cross-circulation was a bypass method, but instead of using a highly technical pump and oxygenator with circuits and filters, Dr. Lillehei used a human as the bypass machine.

Most parents have declared that they would give their lives for their children and Dr. Lillehei took them

at their word. His cross-circulation solution for open-heart surgery was the first procedure that had a potential 200% mortality rate—two people could die as a result of one surgery.

The patients were always pediatric, and the support donor used for cross-circulation was often a parent when blood types matched, though total strangers stepped up to help kids in need, too. It was simple in concept: attach two lines from donor to patient, one arterial and one venous, and then let the heart of the donor do the work. There was some help from a milk pump and beer tubing, but the donor's circulatory system and lungs carried the load while the open-heart procedure was being attempted.

There is much more to this fascinating tale of the heart behind fixing hearts, but in the end, 70 years later, we stand grateful for all the individuals who continued to say, "There must be a better way."

If you are interested in more about the story behind open heart surgery, read King of Hearts: The True Story of the Maverick Who Pioneered Open Heart Surgery by G. Wayne Miller.

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Enjoy an afternoon with friends at this hands-on charcuterie class! We will learn several techniques and create a fall inspired board for you to enjoy!

\$20 per person includes class materials and instruction, non-alcoholic drinks and snacks.

charcuterie: **char·cu·te·rie:** /ˌSHär'kōödərē/: cold cooked meats



Join us for Livingston Meals on Wheels 3rd annual pie sale!!!

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Pie flavors: Lemon, Pumpkin, Dutch Apple, Swedish Apple, or Pecan

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# The Blue Slipper Theatre Presents The Aliens

On November 14th at 7:30 pm, The Blue Slipper Theatre launches its 2025-2026 season of four mainstage productions with their fall showing of *The Aliens*, a play written by Annie Baker and directed by Sarah Sherman. A sharp and funny drama about small town New England, friendship, ritual and death, *The Aliens* shows three men navigating the difficulties of connection as they try—and fail—to care for one another and ask for the care that they need.

Professional slackers and best friends KJ and Jasper spend their days talking life and Charles Bukowski outside the back of a small coffee shop in Vermont. Seventeen-year-old Evan is eking out his summer working at the cafe. When he meets the two disillusioned young men, Evan is drawn to their world of magic mushrooms, philosophical musings and great bands—that never were. (KJ and Jasper perform several oddball, original songs throughout the show). Gentle, engaging and deeply funny, the *Denver Post* has hailed this play “deceptively simple” and “utterly accomplished.”

*The Aliens* opened at the Bush Theatre, London in September of 2010; the world premiere was held at the Rattlestick Playwrights Theater, New York in April of that same year. Annie Baker is

a writer best known for her 2014 Pulitzer Prize-winning play *The Flick*, as well as her acclaimed 2023 film *Janet Planet* starring Julianne Nicholson. Baker’s *The Aliens* puts modern America under the microscope by asking what happened

to the generation who never grew up. More specifically, the play questions the outcomes for men constrained by poverty and/or psychological and emotional difficulties who have little resources or support to navigate various aspects of American life.



The Blue Slipper Theatre presents  
**The Aliens**  
WRITTEN BY ANNIE BAKER  
DIRECTED BY SARAH SHERMAN  
NOVEMBER 14-16TH & NOV. 21-23RD  
FRI. AND SAT. 7:30PM / SUN. 3PM  
113 E. CALLENDER ST.  
WWW.BLUESLIPPER.ORG  
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outcasts—yet their struggles for purpose and self-fulfillment are presented subtly, and dare I say with love, and I sincerely believe this work has the capacity to open minds and hearts over the challenges many young men silently face.” - Director Sarah Sherman.

“Gentle and extraordinarily beautiful; inordinately delicate. Annie Baker may just have the subtlest way with exposition of anyone writing for the theater today.” - *The New York Times*

Winans School soon found a permanent home in the historic 1901 Livingston Post building at 113 East Callender Street.

Renamed the Blue Slipper Theatre in 1965, the company has remained dedicated to showcasing live theatre in a setting as unique as its history. With just 57 seats, our intimate space offers a one-of-a-kind experience for audiences and actors alike, perfectly suited for compelling, close-up performances.

*The Aliens* is generously sponsored by Neptunes Eatery and runs November 14th – 16th and 21st – 23rd. Showtimes are Friday and Saturday at 7:30 pm and Sunday at 3 pm. Reserve tickets at [www.blueslipper.org](http://www.blueslipper.org) or call the box office at 406-222-7720.



Livingston Meals on Wheels  
Thanksgiving meal  
Friday November 21st, 2025 serving food from 12pm-12:15pm take as long as you need to eat and socialize with everyone.  
**TO-GO MEALS NEED TO BE ORDERED BY NOVEMBER 14th, 2025 406-333-2490**  
Turkey, gravy, mashed potatoes, stuffing, sweet potatoes, green bean casserole, cranberry sauce, roll, pumpkin pie  
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# Book Launch & Reading: Jan Kerouac's Baby Driver

Wheatgrass Books is pleased to host a special book launch and reading for the reissue of *Baby Driver* by Jan Kerouac, featuring an introduction and discussion by local author Amanda Fortini on Tuesday, November 11th at 7 pm, located at 120 N. Main Street. The event is free and open to the public.

Originally published in 1981, *Baby Driver* is the electrifying debut novel by Jan Kerouac, daughter of literary icon Jack Kerouac. A thrilling work of autobiographical fiction, the book captures—with vivid, unflinching honesty—a life

propelled by adventure, drugs, far-flung travel, and a relentless search for meaning and experience.

*If [Jack] Kerouac sometimes put a spiritual gloss on poverty and life on the edge, his daughter offered an unflinching vision.* — *The Guardian*

The novel opens with fifteen-year-old Jan, pregnant and living in Yelapa, Mexico, surviving on rice and the fish her boyfriend can catch. What follows is a fearless, frank chronicle of youth, rebellion, and self-reliance—a portrait of a woman navigating freedom and

danger on her own terms.

The new edition of *Baby Driver* features an introduction by Amanda Fortini, acclaimed essayist and journalist whose work has appeared in *The New Yorker*, *The New York Times Magazine*, *Harper's*, and *Elle*. At the event, Fortini will read from and discuss both the novel and Jan Kerouac's enduring legacy.

Add to your calendar and join us for an evening celebrating one of literature's most daring voices and a fresh look at a Beat legacy from a new perspective.



## Poetry Spotlight

### Balance of Truth

Written by: James Fly

Everyone feels their religion is right,  
That no other faith  
Reflects any light.

And everyone believes  
They're living the truth  
If their politics are red  
Or colored blue.

But the truth is - the truth lies  
Centered in the middle,  
Solving the puzzle,

The muddle of the riddle,  
And not at the ends of the extremes  
Where nightmares replace  
Our peaceful dreams.

When we understand this  
We'll discover  
That all of us can learn  
From one another.

## Bozeman Symphony 42nd Annual

MBC  
MONTANA BALLET COMPANY

## The Nutcracker



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

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

ber 6th at 2 pm and 7 pm, and Sunday, December 7th at 11:30 am and at 4:30 pm.

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

"Our new *Nutcracker* celebrates the

See *Nutcracker*, page 20

## UPCOMING EVENTS SCHEDULE

### OCTOBER 2025

**THEME: FALL FUN!**

**PARENTS NIGHT OUT**  
Livingston Rec Center  
Friday, October 10  
5:30 - 8:30 PM  
Drop the kids off for games, fun, & activities while you enjoy a night out!

**SPOOKY SKATE NIGHT**  
Livingston Rec Center  
Friday, Oct 24  
5:30 - 8:00 PM  
A spooky night of Skating with the family.

**HALLOWEEN TRUNK OR TREAT**  
Livingston Rec Center  
Saturday, Oct 25  
1:00 - 4:00 PM  
Wear your costume, visit community trunks, play games, and enjoy a safe afternoon of treats.

**LITTLE DRIBBLERS BASKETBALL**  
Oct 27- Dec 13 - Saturdays Only!  
Little Dribblers Basketball introduces kids in grades PreK-2 to the basics of basketball through fun, age-appropriate games and activities.

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MORE INFORMATION

## Logo Design Contest

**\$100 prize**

**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**

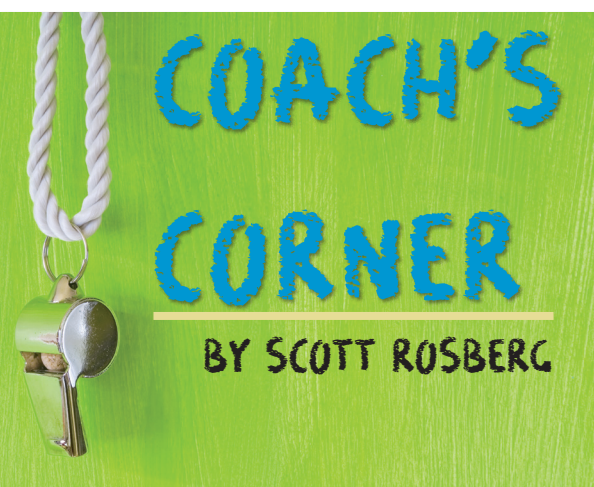
**Please email your submissions to Livingstonmow22@gmail.com by December 5th 11:59pm, drop it off at 206 S Main St Livingston, MT, or mail it to us 817 W Park St Livingston, MT 59047**

**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**





## AWARDS NIGHTS DONE RIGHT!



In my last column, I talked about finishing your seasons in the best way possible. Today, I

want to talk about the final event that a team will have together—The End-of-Season Awards Night.

Between my own awards nights as a high school coach of three different sports for 39 seasons, the ones I had to facilitate as an athletic director for 12 years, and the ones I attended for my own children, I have sat through well over a hundred of these events. At many of those nights, I sat with a variety of thoughts and feelings, many of which were not very positive.

I have long believed that the **Pre-Season Parent/Athlete Meeting** and the **Awards Night** are two of the most important events that a coach needs to do well. Because of that, I have had a book running around my head for years on these two topics that I plan to write someday soon. I am always reminded of the need for this book and my desire to write it every time I go to one of these events. I will cover just some of my key ideas about awards nights today.

Let me start by saying that a lot of coaches do their awards nights really well. Usually, they are the same coaches who plan and prepare everything well, and they also recognize the importance of the awards night. However, I have seen way too many awards nights that left a lot to be desired. So, allow me to address some of the most important things to consider when putting on your awards nights.

### CELEBRATE!

Remember that this is supposed to be a night of celebration of your time together. No matter how well or how poorly the season went, there are always things to celebrate. Make sure that your tone is one of joy for what you just experienced. Unless you had some major issues that would make your situation one without much to celebrate (and I'm not talking about losing games or championships here, but MAJOR problems that ripped the season apart), you should focus on the positives and the joy that the team experienced during the season. That doesn't mean you can't talk about it being a tough year in terms of wins and losses or talk about what needs to be done to turn things around. It just means that you want to focus on the positives as much as possible.

### PREPARE

While you may not consider these nights nearly as important as your first practice or the night before you play your biggest rival or your first-round playoff game, they are huge nights for your kids and their parents. You would never go into those other nights without a practice plan or game plan. Then why would you go into your awards nights without a plan?

When you don't prepare well, that's exactly what it looks like—you didn't prepare. You've probably heard the quote, "Failing to prepare is preparing to fail," and it is so true, no matter what you're doing. If you don't prepare, it will show. When you get up in front of a roomful of people, you need a plan. Whether you are running your practice, teaching a lesson, competing in a game, or giving a speech to recognize your kids and teams, you need to be prepared for the moment.

### WHAT TO COVER

So just what should you cover? Every coach

will have different things that s/he thinks should be in there. You will have to figure out exactly what you want to cover depending on your comfort level, timing, age level, success/failure of the season, relationship with your kids and parents, situations that happened during the season, and any other factors that you may feel are important to consider.

However, here is a short list of things that I think you should consider:

- **Thanking the People who Helped and who Impacted the Season** – Lots of people help make a season work. The administration, secretaries, game workers, fellow coaches, parents, players, and your spouse are some of the people you should consider thanking.
- **Short Re-Cap of the Season** – Talk about how the competitions went, even if they didn't go very well. While you don't want to dwell on them and don't want to re-cap every contest, touch on some highlights.
- **What the Younger Players Need to Do to Prepare for Next Year** – While your awards night is meant to be a celebration of what you just did, it is also a way to lay some groundwork for what next year will be like.
- **Have Each Coach Speak (if possible)** – For those with different levels of teams, let the head coach of each team speak. While they should not take nearly as much time as the varsity team, they should each be allowed to say a few words about their season, and again, celebrate the kids and point to the future.
- **Introduce Each Participant** – Every kid deserves to be recognized individually for being on the team, no matter what level they play on. Read their names, call them up front, and let them be recognized. I am amazed when I see awards nights where players do not get recognized by being called up individually to stand in front of the room. And most importantly, DO NOT FORGET ANYONE!
- **Say Something About Every Kid** – Depending on how big of a team you have and how much time you have, try to say something about every player. If you can't do this for your lower levels, at least read their names and have them come up front to be recognized.
- **Give Them Something** – I know many people are in the "Participation trophies are killing sports" camp. While I agree with the concept in terms of actual "awards," give your kids a certificate or something of that nature to recognize their participation in your program. Also, putting together some type of booklet re-capping the season is a great way to give them all something that they can look back on fondly for the rest of their lives.
- **Honor Your Seniors** – Your seniors are the ones who have invested the most time, who have generally been the leaders, and are the ones who are struggling the most with the end of the season because their careers are over. Honor them! When you introduce your players, start with your youngest and build to the seniors.
- **Give Awards for What's Most Important** – While you may want to give out awards for physical things and for certain statistical accomplishments, the best awards to give your players are based on your team's **Core Covenants**, your values and standards. Awards like **"Best Teammate," "Hardest Worker,"** and **"Ultimate Ranger, Cougar, or whatever your mascot is"** (for the one who best exemplifies all of your team's covenants) are rewarding what is truly



most important in your program. They are also able to be won by every member of your team, not just those with the most talent. These types of awards should be your team's highest honors. These awards speak volumes about the values that are so important to your team that you are all working to make sure that you live by them.

- **Finish on a Positive Note and Point Toward the Future** – Again, no matter how well or poorly the season went, finish on a positive note, making sure you highlight what went well and what made the season a good one. Then, point towards next year by saying how excited you are for what's to come. Talk about what types of things team members need to work on between now and then to make next year even better.

All too often, coaches look at awards nights as something that they "have to get through." They don't see them as important as any of the other nights in the season. But they are wrong. Awards nights are the culmination of the entire year. It is crucial that coaches treat this night with the respect and importance that it deserves.

So coaches, make sure you devote the proper amount of time and effort to creating the best possible awards nights that you can. Your kids and their parents will be grateful that you did.

\*\*I wrote my book, **Senior Salute**, for coaches and parents to give to their senior athletes at their End-of-Season Awards. It has seven team themes that have been prevalent in their athletic lives and will be part of their futures:

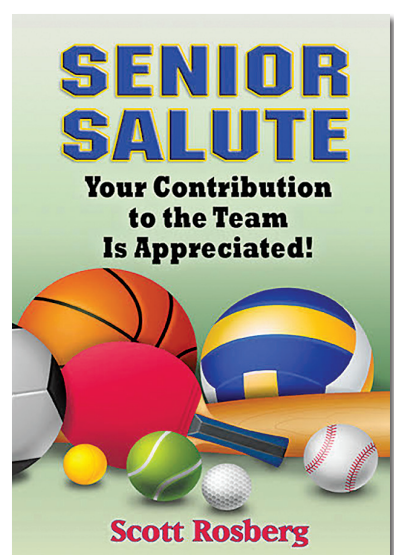
Character/ Integrity, Trust, Passion, Toughness, Accountability, Teamwork, and Success. There are numerous quotes supporting each theme, and the inside front cover is set up for you to write a personal note to your senior athlete. If you are interested in getting **Senior Salute** for your senior(s), check out the Shop page on my website, [slamdunksuccess.com](http://slamdunksuccess.com). You can order them from there or email me at [scott@slamdunksuccess.com](mailto:scott@slamdunksuccess.com), and I will get them to you ASAP.

If you would be interested in having me speak to and work with your team and help you learn the steps to becoming the best team you can be – no matter what kind of team it is – email me at [scott@slamdunksuccess.com](mailto:scott@slamdunksuccess.com), and we can connect to see how I might be able to help you, too.



**SlamDunk Success**

To check out more materials from Scott, go to his website [SlamDunkSuccess.com](http://SlamDunkSuccess.com). You can email Scott at [scott@slamdunksuccess.com](mailto:scott@slamdunksuccess.com).





# Ethel, Come Quick, and Bring Your Dancing Shoes

## *Lady Rangers advance - one win from playing in the state championship!*

## *Lexi Melin and Phoebe Alverson are trying on new hats as they each score three goals to power Rangers to a 9-1 win over Loyola.*

Park County Dugout - October 19th  
TheParkCountyDugout.substack.com  
By: Jeff Schlapp

McLeod Fields had a party atmosphere on Saturday afternoon due to the Lady Rangers hosting the quarterfinals of the MHSAA Class A state soccer tournament. Outside the gates, in the Park High School parking lot, a group of parents and friends held a tailgate complete with grilled food—why this is the first time I’ve seen this in five years of writing is beyond me. They were having a blast.

The Sestrich family, along with Cydney Mitchell and Park High principal Cole Maxwell, were helping get concessions ready for what looked to be a packed house, while the Ranger Booster club was readying the inflatable Ranger Tunnel for the girls to run out of.

Famed sports photographer Dean Hendrickson (who brought an extra camera so my son William could take photos) was busy mentoring one of Park High’s student photojournalists, Naomi Maurer, and Dale Sexton was pacing before he found a seat in the stands to cheer for his daughter, senior co-captain Palen Sexton.

It was a BIG day. The weather gave those in attendance a sunny, crisp fall day and didn’t bring with it the notorious Livingston wind; instead, it gave a front row invitation to a slight, constant breeze, which was accepted.

The first-time Eastern Division Champion Lady Rangers (9-1-2) were about to play the third-place finalist from the Southern Division, the Lady Breakers of Missoula Loyola (6-5), with the winners advancing to the Final Four next weekend.

The players were introduced at midfield, then took their positions as both teams waited for the referee’s whistle to start the game. I took one final look around and noticed one fan of Ranger soccer was missing: retired varsity boys coach Jeff Dickerson. I wondered where he could be.

The whistle blew to start the match, and a tornado swarmed in on the Lady Breakers. Phoebe Alverson, Chase Vermillion, and Lexi Melin overwhelmed Loyola’s defense in the first three minutes, and only the terrific play of goalkeeper Hattie Taylor kept the match from ending in the first half due to the ten-goal rule.

The Rangers had three shots on goal that Taylor saved. Still, when Alverson stormed down the sideline and dribbled in, and aimed a perfect shot towards the goal, Taylor could only get a hand on it, deflect the ball out front where Melin was waiting to clean it up and give the Rangers a 1-0 lead with only 3:08 gone in the first half.

That first goal had to relieve the pressure the Rangers felt playing not only their first state playoff game, but their first home playoff game.

Before the match was over, senior Phoebe Alverson’s star would shine, and in the opening five minutes, she had five looks at the goal, which foreshadowed what was to come. First, though, the youngster, sophomore forward Loralai Iverson, stunned the crowd and the Breakers. Gathering in a feed from Neve Connelly at Loyola’s 40-yard line on the far sideline, she blazed past two would-be defenders and dribbled into the 18-yard box, where she powered a riser past Taylor’s outstretched reach for a 2-0 Ranger lead.

“We were feeling good when Lexi scored,” said senior Phoebe Alverson. “We had some early looks that didn’t go in; they can’t all be successful, but if you just keep attacking and put the ball on the net, good things will happen. We kind of got on a roll, and Lexi had three, then I scored three, and that was it. It was a super fun game.”

The goal itself was incredible, but Alverson’s path to her goal was more so, as she effortlessly split between two defenders who looked to have her boxed in on the sideline, all the while pushing the ball forward, using her speed to avoid a third defender before

she fired her shot. Standing near the personable and likeable Assistant Lady Rangers coach Kirk Chapman, I watched his excitement as Iverson dribbled toward the net. Then, when she scored, he said to no one in particular, “With Loralai, it’s just a matter of time; you can’t just hold her quiet.”

Iverson and Melin teamed up with 21:45 left in the first half. The speed at which Melin’s second goal happened was frightening (if you’re a player from Bigfork, who the Rangers will host next Saturday in the semifinals). Iverson was near midfield when she took a pass. She just bolted into the open field, paused for a blink, and sent a pinpoint pass to the right foot of Melin, who dribbled and fired a shot past a surprised and out of position (the only goal that I would pin on Taylor in the first half) Taylor for a 3-0 lead.

That goal seemed to come from nowhere. The Rangers simply manufactured a goal out of thin air.

“Our speed really came in handy this game,” senior all-world defender Ann Marie Donald told me after the match. “We really stepped into the ball today, and I thought everyone gave such incredible effort. I think everyone went out there with the mindset that we were gonna work hard and build on the opportunities to score and protect Carlie (Bober, the Rangers goalkeeper).”

Melin picked up her third goal, almost from the same spot as her second goal, to give the Rangers what appeared to be an insurmountable 4-0 lead with 21 minutes left in the first half.

Then solid coaching and great listening showed up. Ella Mendez, a junior forward for Park High, had three consecutive possessions on the near side where she beat her defender and attempted to hit a teammate on a crossing pass—unselfish play from an unselfish player. On her third try, coach Chapman encouraged her to dribble in and take a shot, “If no one’s in front of you, move in if they let you.” She did just that, firing a shot on goal that was deflected out of play by Taylor.

Moments later, with 13:14 left in the first half, Iverson booted a perfectly placed corner kick that almost found the net, but Taylor made another terrific save, and all she could do was deflect the ball in front of the goal. She staved off two quick shots by the Rangers, and when the ball rebounded out to the five-yard line, there was Mendez to touch it in for a 5-0 Rangers lead.

Loyola had zero shots on goal in the first half. Donald, Connelly, Browning, and Sexton employed a vice-like grip around midfield and rarely allowed a Breaker to venture into the Rangers’ defensive zone.

In the second half, it was the Phoebe Alverson show, as she put three past Taylor to go hat shopping with Melin.



**Park High Lady Rangers sophomore Loralai Iverson splits two Loyola defenders, shoots, and scores after a 40-yard dash towards Loyola’s goal during the Rangers’ quarterfinal match on Saturday at McLeod Field in Livingston. The Rangers advanced to next weekend’s semifinal. Photo credit William Schlapp**

Iverson got her second to start the second-half goal barrage, and with 28:16 showing on the game clock, Alverson came down the side of the pitch, angled in toward the goal, and centered the ball to Melin, who was trailing the play at the 20-yard line, who fed Iverson inside the 10 near the left post. Iverson’s shot attempt was blocked, with the rebound being sent back out near the five-yard line, where Alverson, who had followed the ball, simply kicked in the goal.

As the clock ticked down to added time, Alverson scored the final Rangers goal, a beauty that at first appeared as if it would be saved, but it kept rising until it went into the right upper net.

Final score: 9-1, a dominating performance. What makes this Rangers team so dangerous is that they can get goals from anyone, at any time. Defensively, they don’t have any gaps or, just as significant, any mental lapses.

And with defending state champions, Billings Central upset (Columbia Falls 5-4 in two overtimes), the Rangers’ road to their first girls state soccer championship just had one major pothole filled.

On Saturday, October 25th, the Rangers host Bigfork High with the winners playing in the MHSAA Class A state title game against conference foe Lone Peak or unbeaten Columbia Falls.

I suspect Coach Dikerson won’t miss the semifinals. I did find out after Saturday’s game that Coach had a good excuse; he was busy on Saturday, taking a tour of the 2026 World Champion Chicago Cubs ballpark, Wrigley Field.

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



**Coach Jeff Dickerson outside Wrigley Field on Saturday. The only valid acceptable excuse to miss the Lady Rangers’ 9-1 quarterfinal win over Missoula Loyola.**

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# "Enjoying the Journey"

by Lois Olmstead

This is a re-print of a story from October 2016. From time to time I am inspired to share a previous story... this is for you.



"Do I get a Corvette?" I asked as we drove home from the doctor's office.  
"What?" My husband took his eyes off the road and looked at me.  
"Do I get a Corvette?"  
"Why?"  
"Because when Chuck Shirley found out he had cancer, he went out and bought a Corvette."  
Robert just sighed.  
"So my question is again, now that I have cancer... well, if I do have cancer, do I get a Corvette?"  
"I don't think so."

"I didn't think so either."

My yearly physical was put on my to-do list the first of every year. My only rule was that it had to be done before my birthday in April. Usually, I procrastinated until March, but this time I had called the Billings Clinic and made the appointment for Friday, January 31, 1992.

And this was the conversation we had on the 120-mile trip back home to Colstrip. My mammogram had revealed a tumor mass, and surgery was scheduled for Monday. It was cancer, and after the surgery I went through six months of chemotherapy and 35 radiation treatments. And no, I did not get a Corvette.

The reason I am bringing the subject before you is because October is National Breast Cancer Awareness Month. And 24 years later we know we are all tough enough to wear pink! We are much more conscious of the advantages of regular pre-screening tests for many types of cancer. Earlier detection is

a good defense strategy.

My book *Breast Cancer and Me* relates my experience with the disease of cancer. You see, I had a plan in writing the book. I wanted to help people face situations similar to mine. When life brings disappointments, when times get tough, it helps to see how other people made it through.

A couple months after my surgery a friend came to see me. Her directness was a quality I admired. "How are you staying so up?" she asked.

"Two things." I knew she did not want some pat answer. "Most of the time I have no fear. I trust God. I believe His Word. Hundreds of people are praying. Should we not see the results of those prayers? When I do feel afraid, I remember what Pastor Stan Simmons said, "If I feed my faith, my fears will starve to death." Because I had already put my faith and trust in Jesus, though the path was hard, as the 23rd Psalm tells us, "Yea though I walk through the valley of the shadow of death Thou art with me."

"Secondly, what is the worst possible ending to this? I could die, right? What happens then... I go to heaven with God."

"Listen," I told her, "I am not a super saint. And I am not brave."

Which is true. I waited until I was 42 to get my ears pierced. When Robert came home from work, I was lying on the couch.

"You're pale as a sheet! What happened?" he asked.

"I got my ears pierced."

"Did it hurt?"

"No," I cried. "It just seemed like it could!"

For two weeks my nurse-friend Sharon had to do the alcohol cleansing. I could not bring myself to even touch my ears."

So, brave I am not. But I have learned to trust God with my life. Of course, I am human. Of course, I have moments of doubt. And when I hurt, I cry. However, I always go back to that Psalm. "The Lord is My Shepherd. I shall not want. He maketh me lie down in green pastures. He leadeth me by still waters."

Sometimes those green pastures and still waters interrupt our lives. Then I am reminded of the sheep and the shepherds I have seen. And I am comforted. And maybe someday still, who knows, there may be a Corvette... no I am just kidding! I like Tillie my Taurus just fine.



## 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 Daniel Merz  
emmauslutheranmt@gmail.com  
emmauslutheranmt.org

**Expedition Church**  
(at Holbrok 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 11am  
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.rclclivingston.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 Peter 2:9

**9** But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.



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**JESUS**





### 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 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.craftsupplyswap.org](http://www.craftsupplyswap.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.

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

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

### 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 28th - MASTER AND MINGLE** - Park Local Development Corporation and MSU Extension Park County will offer the third Master and Mingle series at the MSU Extension Office, 119 S. Third Street. Two identical sessions will be offered, one at 7 am and then again at 6 pm. For more information call 406-222-4156 or email [info@parklocal.org](mailto:info@parklocal.org).

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

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

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

THE LIVINGSTON DEPOT CENTER

20 YEARS

NOVEMBER 14<sup>TH</sup>

SNEAK PEEK 5:30 ~ 6:30 MAIN EVENT 6:30 ~ 8:30

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October 31<sup>st</sup> - Nov 1<sup>st</sup> (Fri-Sat) JUSTIN CASE BAND and Halloween Party  
Nov 7<sup>th</sup> - Nov 8<sup>th</sup> (Fri-Sat) BLACK WATER Good ole Rock & Roll  
Nov 14<sup>th</sup> - Nov 15<sup>th</sup> (Fri-Sat) TEN YEARS GONE Classic Rock  
Nov 21<sup>st</sup> - Nov 22<sup>nd</sup> (Fri-Sat) GARY SMALL & COYOTE BROTHERS Surf Rock & Blues  
Nov 28<sup>th</sup> - Nov 29<sup>th</sup> (Fri-Sat) THE DIRTY SHAME Outlaw Country  
Dec 5<sup>th</sup> - Dec 6<sup>th</sup> (Fri-Sat) OLD MAN BEN Banjo Fueled Pub Rock  
Dec 12<sup>th</sup> - Dec 13<sup>th</sup> (Fri-Sat) SHAKEDOWN COUNTRY Country Western  
Dec 19<sup>th</sup> - Dec 20<sup>th</sup> (Fri-Sat) TRENT BROOKS BAND Authentic Country  
Dec 26<sup>th</sup> - Dec 27<sup>th</sup> (Fri-Sat) BRICKHOUSE BAND Rock & Roll  
Dec 31<sup>st</sup> (Tues) BLACKWATER Good Ole Rock & Roll - New Year Eve Party



# BREAK time

# CROSSWORD

Puzzle #422

## Montana Fun Facts!

Before the 1959 Hebgen Lake earthquake in Montana, the Sapphire pool used to be surrounded by strange biscuit-like deposits, hence the name **Biscuit Basin**. The deposits were blown away during the earthquake.

Montana is the home to the world's **First International Peace Park**. This park is a combination of Alberta's Waterton Lakes National Park in Canada and the Glacier National Park in Montana.

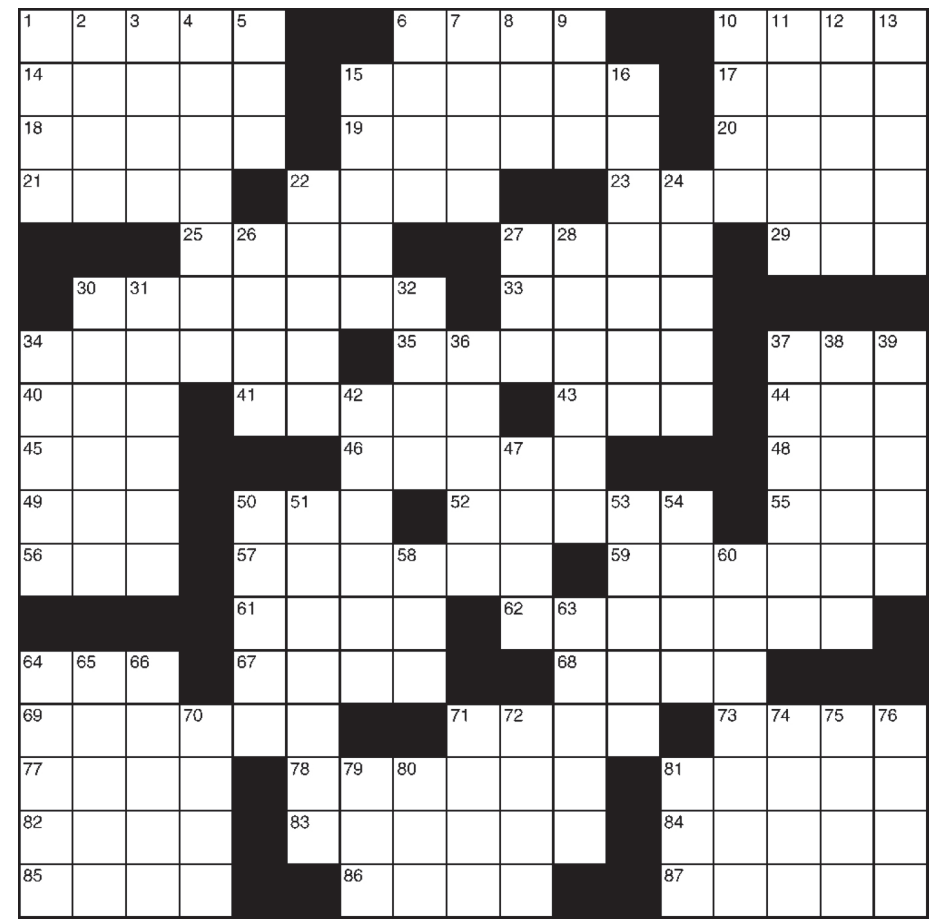
Another fun fact about Montana is that it is **home to the world's first-ever extreme skier**. Scot Schmidt was born in July 1961 and raised right here in Helena. He is a professional extreme skier and currently lives in Big Sky, Montana.

### ACROSS

- 1. Moved slowly
- 6. Quarrel
- 10. Float through the air
- 14. Indian coin
- 15. String
- 17. Plenty, once
- 18. Garnish
- 19. Shudder
- 20. Parched
- 21. Net
- 22. Bird's "arm"
- 23. Manor
- 25. Head woe
- 27. Come again?
- 29. Soak flax
- 30. Push down
- 33. Detest
- 34. Detection device
- 35. Attire
- 37. Army NCO
- 40. Western clock zone
- 41. Ride a bike, e.g.
- 43. "The \_\_\_\_ Shoes"
- 44. Bistro brew
- 45. "\_\_\_\_ Gang"
- 46. Subside
- 48. Craggy peak
- 49. Drink cubes
- 50. Etna's output
- 52. Among
- 55. Santa has one
- 56. Dreg
- 57. Islamic ruler
- 59. Cheddar or provolone
- 61. Peter, Paul & Mary, e.g.
- 62. Oppression
- 64. Athens vowel
- 67. Muslim leader
- 68. Declaration
- 69. Hunting expedition
- 71. Conceited
- 73. Water growth
- 77. Dance costume
- 78. Yamaguchi, e.g.
- 81. Negative atom

### DOWN

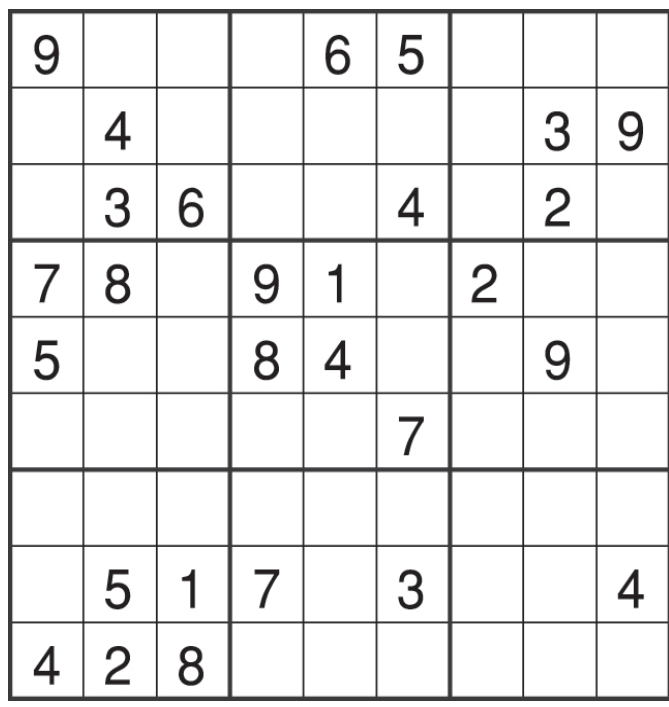
- 82. Straightforward
- 83. Way out
- 84. Go swiftly
- 85. Brazen
- 86. Greek consonant
- 87. Pasta variety
- 1. Compress
- 2. Uncalled for
- 3. Heroic poem
- 4. Maybe
- 5. Finger count
- 6. Embroidered
- 7. Prudish one
- 8. Islet
- 9. Private eye
- 10. "Go \_\_\_\_, young man"
- 11. Close by
- 12. Specialty
- 13. Chirp
- 15. Squalid sites
- 16. Cover protectively



- 22. Reporter's question
- 24. Charger
- 26. Riding whip
- 27. Owl's question?
- 28. Animosity
- 30. Infer
- 31. Meal course
- 32. Picket-line crosser
- 34. Rot
- 36. Andean climber
- 37. Lustrous cotton fabric
- 38. Shiny
- 39. Laconic
- 42. Showy flower
- 47. Shade of color
- 50. In motion
- 51. Reason
- 53. Skinny one
- 54. "All \_\_\_\_ Jazz"
- 58. Male cat
- 60. Heighten
- 63. Not mine
- 64. Bar, legally
- 65. Tan
- 66. Later
- 70. Uncle's mate
- 71. Editor's word
- 72. Buttelike formation
- 74. Big cat
- 75. Hired thug
- 76. Poker stake
- 79. CIA's former rival
- 80. "You \_\_\_\_ My Sunshine"
- 81. Cleo's nemesis

# Kids

Puzzle #157



Sudoku - #156

## SOLUTIONS

Crossword - #421

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

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

## KIDZONe

A weekly hangout for the young and young at heart

### CROSSWORD

Fill in the crossword puzzle with the correct answers.

1 - butterfly, 2 - mushroom, 3 - raccoon, 4 - raccoon, 5 - lynx, 6 - wolf, 7 - bird, 8 - mouse, 9 - bee, 10 - llama

### HOW MANY?

Count the similar objects and write the number.

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### 2616 Meriwether Drive S

3 beds 2 baths | 1,614 sq ft  
#404513 | \$553,500

Swanson Team | 406-220-2045



### 504 S H Street #2

2 beds 2.5 baths | 1,220 sq ft  
#405892 | \$480,000

Theresa Coleman | 406-223-1405



### 518 W Lewis Street

4 beds 2.5 baths | 4,398 sq ft  
#403584 | \$1,275,000

Julie Kennedy | 406-223-7753



### 107 Elliot Street N

Commercial Sale: 3,104 sq ft  
#398072 | \$600,000

Tammy Berendts | 406-220-0159



### 61 Rocky Creek Lane

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

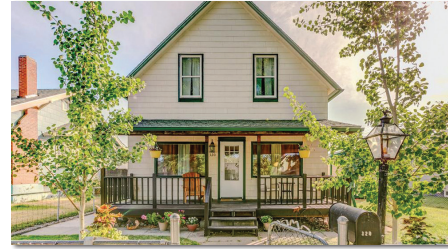
Tammy Berendts | 406-220-0159



### 98 Miller Drive

5 beds 3 baths | 3,352 sq ft  
#406118 | \$749,999

Tom Gierhan | 406-220-0229



### 320 N 2nd Street

3 beds 2 baths | 2,267 sq ft  
#404684 | \$499,000

Baylor & Carolina Carter | 406-223-7903



### 1007 E Geyser Street

2 beds 2 baths | 1,584 sq ft  
#402047 | \$639,000

Julie Kennedy | 406-223-7753



### 329 S B Street

Commercial Sale | 9,652 sq ft  
#401553 | \$1,650,000

Theresa Coleman | 406-223-1405



### 7 Aquila Lane

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

Deb Kelly | 406-220-0801



### 305 Lathrop Street W

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

Jessie Sarrazin | 406-223-5881



### 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



### 9 Grizzly Meadow Road

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

Tom Gierhan | 406-220-0229



### 28 W Grannis

3 beds 2 baths | 9+ Acres  
#401255 | \$870,000

Julie Kennedy | 406-223-7753

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

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



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*Thank-you to all Business and Individuals who Donated door prize items, to all the Spectators who came out, to the true bikers who participated in all the events, and to all the individuals who volunteered their time to make this event possible.*

**A special Thank-you to:**

Tim Watson  
Jim & Tawni Floyd - Family  
Tom & Katie Buckley  
Daniel Self  
Scott Kautzman  
American Legion Riders #23

Dustin Schroder  
Chris Schaff  
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Caiden Nelson  
Karen Little  
Milee Morrison & Family

Trisha Hagen  
Bunny Schaff  
Davey Jones Locker  
American Legion Park Post #23

**Thank – you, Thank – you, Thank – you !**

**Looking forward to next year,**

**Labor Day Weekend**

**2026!!**

# Nutcracker

from page 12

beauty of Montana, blending its spirit with the timeless language of ballet. It's the holiday classic you love with a few surprises—and a production that feels both fresh and rooted in our home," said Ms. Bowman.

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

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

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

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


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

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

Celebrating 42 years in Bozeman, MBC's production of *The Nutcracker* is a treat for the entire family! For tickets visit [MontanaBallet.org](http://MontanaBallet.org) or call 406.582.8702. All seating is reserved. For more information, please **contact:** Montana Ballet Company: 406.582.8702, or [info@montanaballet.org](mailto:info@montanaballet.org)

Season after season, MBC, a 501(c)(3) nonprofit organization, produces quality performances, enchanting audiences with new and updated artistry of dance, choreography, music, and design.

# BEAR



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