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Week of October 5, 2025

Jeff Mangan Transparency Election Initiative

Jeff Mangan, former Montana State Commissioner of Political Practices and founder of the Transparent Election Initiative (TEI), will present information on Montana's efforts to combat the influence of corporate money in politics. The presentation will take place on Wednesday, October 8th, from 6:30 to 8 pm in The Shane Center Ballroom. Jamie Isaly, Montana State Representative for House District 58, will provide opening remarks. This nonpartisan event is free and open to the public.



The Transparent Election Initiative has developed the "Montana Plan" to work around the 2010 Citizens United ruling in an effort to bring meaningful campaign finance reform to Montana. The plan utilizes authority our state has always held—the discretion to determine which powers corporations possess—to prevent them, even those based out-of-state, from using

money to influence Montana's local, state, and federal politics.

The Montana Plan is breaking ground; no other state in the nation has taken this innovative approach to campaign finance reform to take dark money out of politics.

For more than a century, Montana has worked to stop the financial influence of corporations in our state's political elections. In 1912, for instance, Montana passed the Corrupt Practices Act to ban corporate spending in elections and set limits on election expenditures. The thrust of that law was to combat the powerful influence of Montana's mining industry, then known as the "Copper Kings." In 1996, Montana Initiative 125 went even further by banning corporate spending on ballot measures. Though that measure passed with more than 52% voter approval, it was challenged in the Montana courts and rescinded.

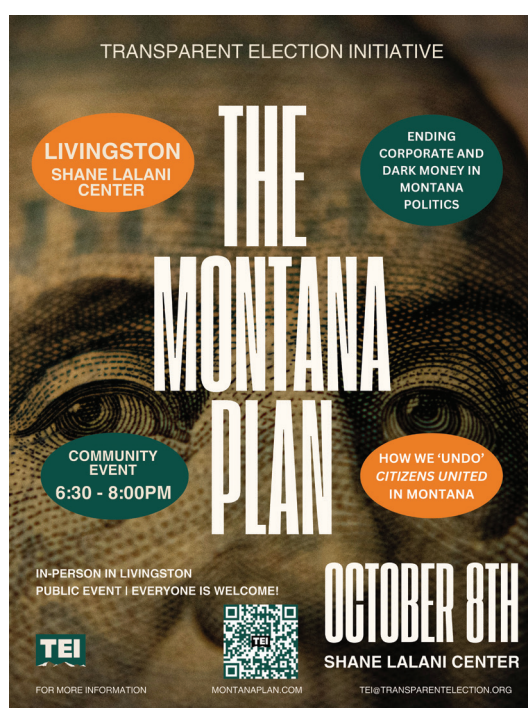
In 2010, the United States Supreme Court ruled in favor of Citizens United in a federal case against the Federal Election Commission. The win for Citizens United

enabled protections for corporate and union political spending based on their First Amendment right to free speech. The ruling also effectively raised challenges to the 1912 Corrupt Practices Act.

In 2012, the United States Supreme Court then ruled in favor of American Traditional Partnership, Inc. in a case against Governor Bullock, who had tried to defend the 1912 Montana law despite the Citizens United ruling.

Now, the Montana Plan, a groundbreaking legal strategy, could effectively halt corporate and dark money influencing elections and politics. It's how Montanans will beat Citizens United.

Jeff Mangan will update us on this proposed ballot initiative and share how Park County residents, regardless of their party affiliation—Republican, Democrat, or Independent—can help bring meaningful campaign finance



reform to Montana. Come learn about the Montana Plan and how it's headed toward Montana's 2026 ballot.

Best of Park County Results Coming Soon

Results for the 9th annual Best of Park County reader's poll will be featured in a special edition slated for publication on Friday, October 12th following a 28-day survey period initially launched via social media on August 20th. The format this year included both open-ended and fixed-choice response options, a new approach to collecting votes intended to enhance the survey experience.



Tony Crowder
Managing Editor

The poll, promoted primarily on Facebook, was conducted via Survey Monkey and contained significantly fewer categories than in previous years with an emphasis on our celebrated

food and beverage industry—18 in total, expanded once again to celebrate the relatively diverse selection of high-quality offerings in our small community.

The Park County Community Journal, with support from multiple local sponsors, will present the first, second and third place businesses in each of the 34 categories included in the contest—your favorite restaurants, service providers, arts and entertainment venues and other entrepreneurial stalwarts that play a crucial role in shaping our vibrant community.

This year's results will also include several miniature spotlight editorials

about winners in various categories, including a featured piece closely examining one business—chosen by the editor to demonstrate excellence in Park County. The editor may also feature distinguished businesses within the food and beverage industry who did not place in the contest yet nonetheless deserve recognition for their outstanding contributions to the community—a new addition to the results section of our contest intended to showcase the best of our community.

The Journal is devoted to improving the contest each year by only including categories with noteworthy interest

from Park County residents—we will therefore continue refining the poll accordingly by reducing or expanding categories if and when deemed necessary. Some categories will likely be eliminated next year to reflect both readership and editorial interests.

We are also focused on amplifying future marketing efforts to not only promote participation in the poll, but help thriving businesses celebrate an prestigious accolade. Ultimately, our goal is to become the local authority and editorial experts on exemplary businesses in Park County. We ask for your patience and cooperation in this effort.

Stay tuned for this year's results and future reader polls. We could not make this happen without support from our readership and the community as a whole. Thank you!



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Tony Crowder, Managing Editor
Denise Nevin, Sales Manager
Jill-Ann Ouellette, Staff Writer
Jacob Schwarz, Photographer

Nurse Jill, Columnist
Joyce Johnson, Columnist
Judy Hardesty, Columnist
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Scott Rosberg, Coach's Corner
Jeff Schlapp, Contributing Writer
Carla Williams, Recipe Corner

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Correction: Elks Lodge Building Renovation Raffle Fundraiser

A cornerstone in our community, the Livingston Elks Lodge #246 has served the Park and Sweetgrass county communities through a number of grant programs and other charitable efforts—benefiting youth to grow up healthy and drug-free, offering youth scholarships, meeting the needs of today's veterans, improving the quality of life for impoverished families, and offering event space to the community. The lodge, built in 1926, is located at 130 S. Second Street in Livingston and has been standing for almost one hundred years.

The Elks has organized a special raffle fundraiser where they will hold a monthly raffle for a themed gift basket and various other prizes like; a load



of gravel, a Chico Hot Springs two-night stay, 200 pounds of beef, and five balcony seats for viewing the July 2nd Rodeo Parade. The October raffle prize is a Montana State University Bobcat-themed sports gift basket including three game tickets. Winners will have their names re-entered into the pool for potential future winnings. All raffle proceeds are designated to fund the building remodel.

Tickets sales have started and will continue through June 2026. Tickets are \$20 each and can be purchased in Livingston at the Elks Lodge, American Legion, RX Coffee, Silo Coffee, State Farm Henderickson, Pura Vida 406 and The Office Liquor Store & Lounge. Drawings will take place at the lodge on the third Friday of each month at 7 pm

from October 2025 through June 2026. You must be ages 18 years or older to buy a ticket and need not be present to win. You do not need to be a member to participate in the raffle.

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

The National Elks have been serving our communities and neighbors since 1868. Do you want to help serve? Consider joining the lodge. They can be reached at 406-222-2511, or find them easily on Facebook.

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Text MT to 741-741
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IN MT, JUST DIAL 988

suicidepreventionlifeline.org

If you are in crisis and want help, call the Montana **Suicide Prevention Lifeline**, 24/7: **NOW DIAL 988**

Much more than just a switch to an easier-to-remember number, it represents a holistic revision of the State's suicide prevention and mental-health crisis-management system.

Please feel free to download any of the programs and resources on our website:

Dphhs.mt.gov/ SuicidePrevention/ suicideresources

SuicidePreventionLifeline.org

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BYOB WELCOME

The French Hen Bakery Roosts in Livingston

By James Fly

When she was nine years old, Michele Libsack's father ate every one of her "cardboard creations" baked in the little EZ-bake oven she received for Christmas. And Michele's mother, who didn't bake, gave her the opportunity to bake desserts for family dinners on Sundays.

Now, decades later, after attending cooking schools, including one conducted by Julia Child, famous for introducing French cooking to America, locals and tourists alike are flocking to the blue house on Callender Street to sample her scrumptious treats and socialize with friends and neighbors at Livingston's version of a Paris patisserie.

"It's a dream come true," says Michele, whose heritage is French (her maiden name was Blanc, or White). She credits the Christmas song "The Twelve Days of Christmas" as her inspiration for naming the bakery. "In the song, it's three French hens, but I'm only one," she says laughing, her blue eyes sparkling like the sprinkles on her cakes.

Thursday through Saturday this self-described "French Hen" hatches up a variety of baked goods, from the obligatory croissants to American favorites like monster cookies—but it's never the same lineup, which makes going there part of the fun. She bakes whatever inspires her and with whatever ingredients she has on hand.

"This is the best way to begin your morning," said volunteer-about-town Rob Bankston, on a



recent visit. Rob is often the first customer when the bakery opens at 8 am. He knows to get there early, because by the time the French Hen Bakery closes at 2 pm, all of the goodies have often been sold out.

Michele explains that she's only open three days a week because she knows her limitations.

"Three days are all I can handle. I take two days off, and do two days of prep, in addition to the three days we're open," she says.

Though Michele is the French hen, her niece, Kynsi Berg, left her banking career to help at the bakery. Also, Addie Jones, formerly of the closed bakery operated by the Livingston Food Resource Center.



The opening of the French Hen Bakery this past spring was fortuitous for Park County residents who were missing their favorite baked goods from the Livingston Community Bakery. The center closed shop earlier this year to readjust its financial priorities to better meet the needs of food banks across the state.

Michele, a graduate of Park High School, remembers being a classmate of Sarah Faye, owner of the celebrated Faye's Cafe located at

415 E. Lewis Street in The Shane Lalani Arts Center. "I didn't really know her back then, but I met her recently at the farmers market and she encouraged me to stick with it," says Michele.

Michele and her husband, Steve, own a ranch in Paradise Valley. She got her first culinary experience working in a professional kitchen at Chico Hot Springs. When she attended the cooking class with Julia Child at Greenbrier in West Virginia, Michele didn't even know who Julia was. "Now I always refer to her when I get stuck," she says.

A master cake baker and decorator, Michele was busy this summer providing cakes for weddings and other festive gatherings. In addition to baked goods, Michele also offers a variety of home-canned jellies and jams and will begin providing soup, chili and bread next month as the weather grows colder. As the holiday season approaches, she and her team will bake seasonal treats. Berkshire Hathaway Realty has already placed an order for the annual Light Up Livingston Christmas Tree Lighting Ceremony at



the Depot Center, and Michele says the bakery will also have cookie and breakfast boxes available the day before Christmas for takeout. Edible Bozeman plans to do an article on the French Hen in December, she notes.

"We'll be decorating the bakery and have a lot of plans for the holidays," she says.

Plans for the bakery itself began when Michele and her husband purchased an empty lot on Callender Street in 2023. The following year involved hiring an architect and builder. She credits Basecamp Supply and Construction for turning her dream into reality. The petite two-story blue house the bakery occupies looks vintage but is brand new.

"It's amazing to see what it looks like now, and I believe it adds to the charm of Livingston," Michele says. Her satisfied customers heartily agree!

The French Hen Bakery is located at 316 West Callender Street in Livingston, and is open Thursday through Saturday from 8 am to 2 pm and by appointment. Michele invites you to stop by or email her at frenchhenbakery@gmail.com.

(James Fly is co-editor of the Silvertip, the monthly newsletter of the Park County Senior Center)



PLEASE JOIN

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The public is invited to join Rebecca Bird, Candidate for the Livingston City Commission to a Community Conversation

Sunday, October 12th

4-5:30pm at the Livingston Golf Course

44 View Vista Drive

venmo

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LET'S TALK ABOUT LIVINGSTON. I WANT TO HEAR FROM YOU!

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FALL 2025 Checklist

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

October is Domestic Violence Awareness Month

ASPEN, the Abuse Support & Prevention Education Network, provides free training for people who want to learn more about domestic violence, human trafficking and how to support survivors. ASPEN invites community members to attend one or more of the Friday sessions; October 17th, 24th and 31st and November 7th from noon until 3 pm in the Community Room at the City/County Complex, located at 414 E. Callender Street in Livingston. More information is available at aspenmt.org/volunteering.



Beginning in October and running through mid-December, ASPEN also holds its annual Quilt Raffle. Clare Lemke has created and donated three quilts and a set of six seasonal table runners with matching serving mats for the auction. Clare's quilts have been a favorite fundraiser for ASPEN spanning many years. Staff from ASPEN will be available at several locations throughout Domestic Violence Awareness Month, including Livingston's Ace Hardware on October 11th and 25th and Livingston HealthCare's Fall Health

Festival on Saturday, October 18th at the Park County Fairgrounds. ASPEN staff members will answer questions about the organization's work, sell Quilt Raffle tickets and give away purple lights while supplies last at these locations. ASPEN asks households and businesses to hang purple lights throughout October to show support for victims, survivors and advocates. Purple is the color used by advocacy groups and organizations nationally, especially to signify DVAM. Over the last year, ASPEN has served 679 people, answered more than 700 hotline crisis calls, and provided almost 1,600 nights of shelter and over 150 legal and civil justice services. For questions about ASPEN's free training, contact info@aspenmt.org. More information about domestic and

October is DOMESTIC VIOLENCE AWARENESS MONTH

Every 1 Knows Some 1

24-HOUR SUPPORT LINE (406) 222-8154

ASPEN
Abuse Support & Prevention Education Network

sexual violence, dating violence, human trafficking and ASPEN's DVAM activities can be found on their website at aspenmt.org. Contact ASPEN's 24-hour hotline, answered every day of the year, by calling (406) 222-8154.

SHIELDS VALLEY Upcoming EVENTS



- | | |
|---|---|
| October 5th - 6th <ul style="list-style-type: none">BPA Fall Leadership | October 10th <ul style="list-style-type: none">Junior Varsity/Varsity Volleyball versus Manhattan Christian - 5 pm |
| October 6th <ul style="list-style-type: none">Junior Varsity Football at White Sulphur Springs - 5 pm | October 11th <ul style="list-style-type: none">Junior High Volleyball at SGMS TournamentJunior High/Varsity Football at Gardiner - 10 amJunior Varsity/Varsity Volleyball at Gardiner - 5 pm |
| October 7th <ul style="list-style-type: none">Junior High Volleyball at Gardiner - 4:30 pm | October 14th <ul style="list-style-type: none">Junior High Volleyball versus Big Timber - 4 pmJunior Varsity Volleyball versus Lone Peak - 6:30 pm |
| October 8th <ul style="list-style-type: none">Flu Clinic - 11 amShields Valley Adult Education Fitness Challenge at Wilsall School - 6 pmSchool Board Meeting - 7 pm | |
| October 9th <ul style="list-style-type: none">Parent/Teacher Conferences | |

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

Logo Design Contest

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

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

Winner will be announced December 18th

We are looking for a new logo to celebrate 50 years and our new location!

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

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

Please include contact information with submission

Any submissions after December 5th will not be considered

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

\$100 prize

Liivingston Film Series Presents: The Hunchback of Notre Dame

The Livingston Film Series, hosted at The Shane Lalani Center for the Arts, presents The Hunchback of Notre Dame on Thursday, October 9th. Doors open at 6 pm and the film screening begins at 7 pm. The event is free to the public. One of the great Hollywood films of 1939, this adaptation of Victor Hugo's novel is sumptuously put together, boasting a fine script, tight direction by German export William Dieterle, and a cast who fit



however, only has eyes for the dashing Gringoire (Edmond O'Brien) who she saves from the justice of the beggar thieves. It is Laughton's performance that holds this film together—truly one of the greatest screen actors, capable of portraying pathos like no other. Contrast this film role with his Henry VIII or Captain Bligh and you begin to get an

idea of his impressive range. Join us for this month's LFS and get excited for both the Shane Center's upcoming production of The Hunchback of Notre Dame and the Halloween season! The Dulcie Theater at The Shane Lalani Center for the Arts is located at 415 E. Lewis Street in Livingston. Call 406-222-1420 or visit www.the-shanecenter.org for more information. The Dulcie Theatre and lobby are equipped with a UV air filtration system. Livingston Film Series is generously sponsored by Marilyn Clotz & Mary Ann Bearden and Donald B. Gimbel.

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The Apple Advantage: Unveiling Nature's Sweet Health Boon

by Jill Ouellette

Apples, nature's perfect snack, are not just delicious; they are a powerhouse of nutrients that have been nurturing humanity since time immemorial. This humble fruit, often taken for granted, deserves a closer look at its formidable health benefits, fascinating history, and unique varieties.



To get started, deciduous trees are plants that shed fruit or leaves when they reach maturity. Half of all deciduous fruit trees used for fruit production are apple trees. The countries that produce most of these trees are China, the United States, Poland, Italy, and Turkey. Of those trees, the vast majority of apple varieties are not grown in North America, where only about 2500 varieties are found to grow.

Everyone knows that apple pie is often associated with being American. Who hasn't heard the automobile slogan... "baseball, hot dogs, apple pie and Chevrolet..." but this delicious dessert is actually European. The very first recipe for apple pie came from England hundreds of years ago.

Another fun apple fact is that apples are 25% air, which is why they float.

Anyone want to bob for apples this fall?

A Nutritional Powerhouse

Apples are jam-packed with essential nutrients. They're a rich source of vitamin C, dietary fiber, beta-carotene, flavonoids, phytosterols, antioxidants, and a myriad of vitamins, minerals, and amino acids—



ingredients the body craves for healing and vitality. These nutrients work synergistically, offering a wide array of health benefits.

Apples and Diabetes*: Studies have shown that apples are among the healthiest foods for both diabetics and non-diabetics. They regulate blood sugar levels, thanks to their low-glycemic index and high-fiber content. Additionally, apples are packed with polyphenols, which have been found to decrease the risk of diabetes-related complications.

Heart Health: Apples are rich in soluble fiber, which can help lower cholesterol levels by binding with cholesterol particles in the digestive system. This, in turn, reduces the risk of heart disease.

Cancer Prevention: The antioxidant and anti-inflammatory properties of apples may help protect against certain types of cancer, particularly those of the lung and colon.

Gut Health: Apples contain pectin, a type of fiber that acts as a prebiotic in your gut microbiome, and a healthy gut is often key to better health. Since dietary fiber cannot be digested, pectin reaches your colon intact, promoting the growth of good bacteria. It especially improves the ratio of Bacteroidetes to Firmicutes, the two main types of bacteria in your gut. New research suggests that, by beneficially altering your gut microbiota, apples may help protect against chronic diseases.

Weight Management: Apples are low in calories and high in fiber, making them an excellent choice for those looking to manage their weight.

A Journey Through Time

Apples have been a part of civilization for millennia. Archaeologists have found evidence of apple cultivation in ancient China and Kazakhstan, dating back over 4,000 years. The Romans and Greeks were also known to cultivate apples, and they introduced them to Britain. European colonists brought apples to North America in the 17th century. Today, there are over 7,500 known apple varieties, each with its unique characteristics.



Varieties: An Apple a Day Keeps the Doctor Away

While all apples offer significant health benefits, some varieties stand out:

Fuji: Known for their crispness, these apples are also high in antioxidants, especially when stored for a few weeks after harvest.

Granny Smith: This tart green apple is high in antioxidants and fiber. Its tartness also stimulates digestion. It is often the choice for pie making.

Honeycrisp: This variety is packed with an antioxidant called quercetin, which may help reduce inflammation and combat allergies.

Arkansas Black: This heirloom variety is exceptionally high in antioxidants, with some studies suggesting it may have anti-cancer properties.

Unsung Heroes: Unique Apple Varieties

Crabapples: These tiny, tart apples are packed with nutrients. They're often used in jams, jellies, and syrups.

Gravenstein: This heirloom variety has a distinct pinkish skin and a unique, complex flavor. It's excellent for cooking and baking.

Pippin: Also known as the 'Albemarle Pippin,' this variety is highly prized for its crispness and sweet-tart flavor.

Eating too many apples can lead to digestive issues due to their high-fiber content and potential to cause blood sugar fluctuations*. So, don't overdo it. It's best to avoid chewing and swallowing large quantities of apple seeds. Also of note, some individuals may experience allergic reactions to apples.

Apples, nature's sweet health boon, have been a vital part of human nutrition and culture for centuries. Their nutritional prowess, diverse varieties, and culinary versatility make them an indispensable part of a healthy, balanced diet—contributing to a healthier lifestyle overall.

*For more articles about diabetes prevention and management, visit PreventDiabetes.news.

Recipe by
Carla Williams

RECIPE CORNER

Easy Italian Stromboli

Ingredients

- 1 tube (13.8 oz) Pillsbury canned pizza crust
- 8 slices deli ham
- 10 slices Genoa salami
- 12 slices sandwich pepperoni
- 8 slices provolone cheese (or mozzarella for a milder flavor)
- 1 tablespoon olive oil
- 1 teaspoon dried Italian seasoning (or a mix of oregano, basil, and garlic powder)

Optional:

- Pinch of red pepper flakes (for a little kick!)
- Marinara sauce (for dipping)

Instructions:

Preheat your oven to 375°F (190°C). Line a large baking sheet with parchment paper for easy cleanup.

1. Carefully unroll the pizza crust onto the prepared baking sheet. Gently stretch it into a roughly rectangular shape, if needed.
2. Leave a small border (about an inch) around the edges. Start by layering the provolone cheese evenly over the dough.
3. Arrange the ham slices over the cheese, followed by the salami, and then the pepperoni.
4. Starting from one of the long sides, carefully and tightly roll up the dough



Photo Credit: therecipesource.com

- with all the fillings inside. Pinch the seam closed to seal it well.
5. Tuck the ends of the stromboli underneath to seal in all fillings.
6. In a small bowl, mix the olive oil with the Italian seasoning and optional red pepper flakes. Brush this mixture generously over the top and sides of the Stromboli for golden finish and extra flavor.
7. Bake for 20-25 minutes, or until the crust is golden brown and the cheese is bubbly and melted.
8. Let the stromboli sit for 5 - 10 minutes before slicing. This helps the cheese set and makes for easier serving.
9. Slice into thick pieces and serve with warm marinara sauce for dipping.

Note: Add veggies or make an all veggie Stromboli. Be creative!





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

PIE SALE

FUNDRAISER

Preorder October 1st, 2025
through November 7th 2025

Pie pick up November 23rd, 2025
3pm- 7pm at Church of Christ
Anex 917 W Park St

Whole pies \$22 a pie pre order
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Please call 406-333-2490 or email your pie
orders to livingstonmow22@gmail.com

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Key Decisions for Retired Couples

Once you and your spouse retire, you'll have some decisions to make—decisions that could affect your quality of life in your retirement years. What are these choices?

Here a few of the most important ones:

• **How much should you withdraw from your retirement accounts?** By the time you retire, you may have contributed for decades to an IRA and a 401(k) or similar employer-sponsored retirement plan. But once you retire, you'll probably need to

draw on these accounts to help pay your living expenses. Consequently, both of you will need to be sure that you don't withdraw so much each year that you risk running out of money later in your retirement. One common guideline is to aim for an annual withdrawal rate of 4%, but everyone's situation is different based on age, pre-retirement income, lifestyle, health, travel plans and other factors. (Once you turn 73, or 75 if you were born

in 1960 or later, you will have to take certain amounts, based on your age and account balance, from your traditional IRA and traditional 401(k) each year.)

• **When should you take Social Security?**

The answer to this question depends on many factors, such as your age and other sources of income. You can take Social Security as early as age 62, but your monthly payments will typically be bigger if you wait until your full retirement age, which will be age 67 if you were born in 1960 or later. And if you can afford to wait even longer, your payments will "max out" when you reach age 70. Your decision on when to take Social Security can affect your spouse—and vice versa. If the lower-earning spouse claims Social Security before their full retirement age—again, age 67—their own retirement benefit and any potential spousal benefit will be reduced. (Spousal benefits are given to the lower-earning spouse if their full retirement benefit is less than half the other spouse's full retirement benefit.)

• **Should you downsize?** If you live in a big home and your children are grown, you may find it economical to downsize. Of course, this is also an emotional decision, but you may find that you can save money by moving into a smaller home.

• **Where should you live?** Some states are far more expensive to live in than

others. You'll want to weigh your decision carefully, considering the cost of housing, food, income and real estate taxes, transportation and health care in whatever state you choose.

• **Have you finished your estate plans?**

If not, now is the time. You'll want to work with your legal professional to create whatever documents are needed—a will, living trust, power of attorney—to help ensure your assets go where you want them to go, and that your financial and health care choices will be protected if you become physically or mentally incapacitated.

Of course, many of these same issues will apply if you are single, divorced or widowed. But if you are married, you and your spouse will want to discuss all your choices and then decide which steps to take. Once you've got your plans in place, you may well find that you can fully enjoy your retirement years.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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

How to Prepare for 2026 Medicare Enrollment



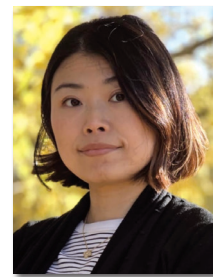
It's that time of year again... Medicare Open enrollment begins October 15th

and runs until December 7th. During that time, you can join, drop, or switch Medicare Advantage or Part D drug plans effective in January 2026. You can also return to the Original Medicare plan from a Medicare Advantage plan. By reviewing what changes have occurred for you and

what changes are being made with Medicare, you can be proactive and make the best decisions for your upcoming year of coverage.

You can navigate forthcoming changes to Medicare—and your health insurance—by taking these three steps:

- **Avoid blindly re-enrolling in your current plan,** as plans can change significantly from year to year. You may feel very loyal to your plan, but then suddenly find out that its provider network has changed and your doctor is no longer included. Confirm that your plan still offers the best coverage for your area and budget compared to alternatives.
- **Carefully read the list of covered medications in Part D (Prescription) plans.** These lists are called formularies. Medicare Part D plans and pharmacy benefit managers (PBMs) may re-evaluate their formularies and pricing strategies. It's essential to check if the medication you're taking is covered before joining this plan in '26.



Yan Fang Douma

• **Seek assistance.** Work with a Medicare insurance broker. An independent broker (one who doesn't just work for one insurance company) can help you understand your options, particularly if you're considering a switch from Medicare Advantage to Original Medicare plus a

Medigap plan. It will serve you well to be sure that your plans are just right for you by inquiring about any changes on Medicare's side and to potentially find more affordable options; as plan costs, benefits, and providers can change each year. Check with your local insurance broker to help you with all your Medicare questions.

Quesenberry Insurance Agency has been a trusted provider of insurance solutions in Park County since 1986. Stop in and visit Yan Douma at 1313 West Park Street, Suite 9, in Livingston. She can be reached at 406-222-6931 or info@quesenberryagency.com

Meals for
Oct. 6th - Oct. 10th

Mon., Oct. 6th - Chicken al a king over a biscuit, peas and carrots, oranges, milk

Tues., Oct. 7th - Potato soup with bacon, crackers, peaches, milk

Wed., Oct. 8th - Pizza, Italian pasta salad, peaches, zucchini bars, milk

Thurs., Oct. 9th - Chicken parmesan over noodles, garlic bread, green beans, bananas, milk

Fri., Oct. 10th - Taco salad, refried beans, fixings, chips, oranges, milk

LIVINGSTON MEALS ON WHEELS

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Livingston, MT 59047
406-333-2490

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NO MEMBERSHIP NEEDED
\$8.50 if under 60
Salad bar included in meal price
If you would like a to-go meal please call before 9am

Let's BINGO!

WEDNESDAYS 6:30

SEPTEMBER 24TH, 2025 THRU MAY 27TH, 2026

128 S. MAIN STREET
406-222-7480

LIVINGSTON The Office MONTANA

Censorship Is So 1984, Banned Books Week Pub Crawl

Wheatgrass Books invites the community to raise a glass for the freedom to read at the **Censorship Is So 1984 Pub Crawl**, a part of the bookstore's 4th annual **Banned Books Week Celebration**. The event kicks off at 4 pm on Saturday, October 11th at Wheatgrass Books, located at 120 N. Main Street in Livingston. The pub crawl will wind its way through some of Livingston's most beloved bars and breweries, where local authors will read passages from banned and challenged books. The lineup includes:

- **Katabatic Brewing** — Amanda Fortini
- **The Goat** — Todd Goddard
- **Whiskey Creek Saloon** — Mallory Rice
- **The Owl** — Marc Beaudin
- **The Mint** — Earl Craig
- **The Murray Bar** — Stacy Peterson

The event is about more than just great cocktails (and mocktails!) and books—it's a celebration of free expression, community, and the stories that challenge, inspire, and connect us. The event hopes to blend the joy of literature with the spirit of downtown nightlife. Each stop offers a unique perspective on the power of words, reminding us all why the freedom to read is worth toasting.

The event is free and open to the public. Participants are encouraged to join for all or part of the crawl and to celebrate responsibly.

For more information, please contact Lisa Snow of Wheatgrass Books at 406-451-1066 or WheatgrassBooks@gmail.com.



Your Ageless Wellness Column

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

Message in a Bottle Navigating Your Wellness Journey Through the Chaos of Today

I really had no idea what I was getting into when I chose to start writing these articles. I felt with my education and experience in fitness, nutrition and life coaching that I might have some useful things to share—suggestions that might help readers get stronger, have more self-confidence, and be healthier.

Those of you who are familiar with my column know that when I speak of wellness, I am speaking of total wellness: mind, body, and spirit. One cannot have true and whole wellness without equal attention to each of these areas. I am finding that some areas are much easier to write about than others. For example:

- Writing about the body is fairly easy and fact-based—nutrition, exercise, movement, etc.
- Writing about the mind is more challenging in that there is a higher possibility of offending people (e.g., exposing lifelong thinking and speaking habits, bringing attention to negative self-talk, the use of harmful expressions, and pointing out personal accountability for all of this. I can almost hear it now...)
- Writing about spiritual wellness is the most difficult, and yet it is by far the most important. While our minds

dictate mostly everything, it is the spirit within each of us that is our very life force. Without spirit, there would be no mind or body.

Being conscious of our spirit is not the same as religious beliefs. Those are the products of our minds and, unfortunately, cause much of the chaos and division we are experiencing today—and have been experiencing for millennia.

When I sit down to write, I never know exactly where the words will land. I picture myself standing on a shoreline;

placing my thoughts, experiences, and heart into a bottle; sealing it before tossing it into a vast sea. Somewhere out there, someone might find it. Maybe today, or years from now... at just the right moment, when they're looking for something to hold onto.

In today's chaos—the noise, division, and endless stream of headlines—a simple message about wellness can feel like that bottle washing up on a beach; small and unassuming, yet sometimes exactly what a person needs to steady themselves.

That's what this column has become for me. Not a lecture. Not a sermon. Just a message in a bottle—sent from my shore to yours.

When you pick up this bottle and open it today, ask yourself: **Which part of you does this message speak to?** Is it something your body needs? A reminder to move, breathe, or nourish

yourself better? Is it something your mind can use? A new way to look at your habits, self-talk, or the stories you've been telling yourself? Or is it something deeper? A whisper your spirit has been waiting to hear, a nudge toward presence, peace, or purpose?

Wherever it lands, know this: You don't have to fix everything at once. Even a single, small message can become an anchor in the ocean of chaos.

Using the Messages to Help You Navigate the Chaos

Can you feel it? The fear, the chaos, the insanity of today's world?

It's like a vast ocean of turbulence and uncertainty, and each of us is a ship on that ocean, some small, some large, but all of us just trying to stay afloat. Trying to survive. Trying to navigate through our journey to wellness.

That's where these messages come in. Each one is like a note tucked inside a bottle, floating out there on the waves. When you find one, it may not calm the whole sea, but it might give you a compass point. A direction, a reminder that even in the middle of chaos, you are not without tools, not without choices.

Three Compass Points for Navigating the Chaos

For the Body - Your body is the vessel you sail in. If the hull is weak, the storm will overwhelm you. Movement, nourishment, and rest are the repairs and reinforcements that keep you afloat.

But caring for the body isn't just about looking fit or checking boxes on an exercise plan. It's about resilience. A strong body doesn't mean you never face storms—it means your vessel is built to withstand them. The food you eat, the way you move, even the quality of your sleep, these are not luxuries—they're your daily shipyard maintenance.

When chaos rages around you, your body often feels it first; tight shoulders, shallow breath, upset digestion, and restless nights. These are signals, the creaks in the hull, telling you where attention is needed.

Start small. A glass of water instead of another soda. A ten-minute walk to clear the mind. Stretching before bed instead of scrolling that black cube. Each choice is a plank nailed into the ship, strengthening it for the next wave.

When you honor the body as your vessel, you are not worshipping it, you are respecting the gift you've been given. Your body carries you through this storm of life. Care for it well, and it will carry you longer and steadier.

For the Mind - Your mind is the compass. But in chaos, compasses can spin wildly if not centered. The truth is, the mind creates our environment, and it will follow wherever our will tells it to go.

There are always looming dark clouds on the horizon. Such is negativity, especially when it comes from the media, that black cube in your hand or the one hanging on your living room wall that you stare at for hours at a time. (Deep thinkers may notice the parallel: the Kaaba—often called the Black Cube of Saturn, a symbol of focus and devotion. Our modern black cubes, phones and televisions serve a similar role, demanding our attention, shaping our thoughts, and quietly steering our energy.)

All these dark clouds threaten to consume your focus. But pause for a moment and ask: *Are they truly a threat to you in this moment?* They are, but only if you engage.

When you see them (the dark clouds), check in with yourself: Do you feel anxious? Fearful? Angry? That's your cue. Train your mind. Navigate away from the storm. Guard your compass. Keep your peace.

For the Spirit - Your spirit is the wind in your sails—our very life force. The one thing that all spiritual teachings seem to agree upon is that our spirit comes from the Creator and is eternal.

Different traditions have different names for it. In Christianity, it's the *breath of life*—God breathing His own essence into humanity. In Hinduism, it's the *Atman*—the eternal spark within that is one with Brahman, the source. In Kabbalah, it is the *neshamah*—the divine spark breathed into each soul. Across cultures and ages, the thread is the same: The spirit is not borrowed, it is not temporary—it is a piece of the infinite.

Psychology touches on this too. Sigmund Freud spoke of the ego, the id, and the superego—the parts of the psyche that drive our thoughts and behavior. But beyond those moving parts is something else—the observer, the silent presence that watches it all. That's the spirit. It doesn't shout; it doesn't push—it simply is.

When confronted with chaos, remember your spirit, that untouchable, indestructible part of yourself that is, was, and always will be perfect. When other people, the media, or even well-meaning spiritual "authorities" try telling you that you are broken, damaged, or inherently evil, take a breath. Center yourself. And remember you are spirit, and all knowledge and perfection are already within you and have been since the day you were born. (Ah, here it is: the opportunity to be offended!)

Your spirit is the wind that fills your sails.

When you neglect it, you drift. When you nurture it, you move forward with purpose, direction, and peace.

Bringing It All Together

So here we are, standing on the shoreline once more. Another bottle has washed up carrying a simple message: *Your wellness is the journey, your mind is your compass, your body is your vessel, and your spirit is your wind.*

The ocean of chaos isn't going away. The storms of fear, division, and noise will keep rolling. But you are not powerless. You have a body to strengthen, a mind to steady, and a spirit to remember.

Wellness isn't about escaping the storm. It's about learning to navigate through it. And every small choice you make, every step, every breath, every moment you choose peace over fear is a course correction toward calmer waters.

This message may not change the sea, but perhaps it can change the way you sail.

So, this is the message in a bottle I've sent out today. If it has reached you, then maybe it was meant to.

Remember, you're not alone on this ocean. We're all out here, navigating the same waters in our own vessels. Some days the seas are calm, and other days they feel impossible, but every choice we make for our body, mind, and spirit is like adjusting the sails and tightening the ropes.

And as you continue your own journey, know this: I'm out here too, steering my own ship, sending out these bottles in hope that they will wash up on the shores of those who need them. Perhaps this one found you at just the right moment.

Until the next tide,

— Garrick

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

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



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Mark Your Calendars

UPCOMING EVENTS



Mondays - Weekly

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

Tuesdays - Weekly

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

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

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

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

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

Wednesdays - Weekly

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

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

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

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

Thursdays - Monthly

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

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

October 1st-November 7 - PIE SALE - Meals on Wheels third annual pie sale has started! Pre-order through November 7th and pie pick-up will be November 23rd from 3 - 7 pm at Church of Christ Anex, 917 W. Park Street. Pie flavors this year are lemon, pumpkin, dutch apple, Swedish apple or pecan. Please call 406-333-2490 or email your pie orders to livingston-mow22@gmail.com.

October 4th - HARVEST SALE - Pine Creek United Methodist Church Harvest Sale will be at 2470 East River Road with a complimentary lunch at noon. The auction begins at 1 pm with cider, baked and canned goods, handmade arts and crafts, quilts and more. Bring a friend and enjoy the afternoon.

October 11th - MURDER, MYSTERY & MARTINIS - Elevate Montessori hosts the second annual Murder Mystery Dinner at The 1900 in downtown Livingston. The show starts at 5:30 pm until around 9 pm, tickets are \$80 per person and you can purchase them at www.elevatemonterossori.org/murder-mystery-dinner and free child care will be available with reservation. Also enjoy live music, a silent auction and a delectable multi-course meal.

October 12th - 17TH ANNUAL MOOSE CHASE - The Moose Chase Kids Race is a running event for kids age 18 and under benefiting LINKS for Learning starting at Park High School,

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

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

102 View Vista Drive. The first 200 registrants receive a race shirt, and all participants will receive ice cream as well as entry into the raffle with tons of great prizes to choose from. Don't forget to bring a canned food item for the Food Resource Center!

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

October 20th - CANDIDATE FORUM - A Candidates Forum for Livingston City Commission and Livingston City Judge will be held by the Park County American Association of University Women (AAUW) in the Community Room of the City-County Building, 414 East Callender St. The forum will be 6 - 7:30 pm. The audience will have the opportunity to submit written questions.

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 15 in Clyde Park, Emigrant, Gardiner, Livingston and more. Join us on Swap Day, Saturday, October 25 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

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 6-10pm. Costume contest, live music, complimentary food and drinks (BYOB welcome). Showing up in a costume enters you in a raffle for free!



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8^{AM} - 12^{AM}

BREAK time

CROSSWORD

Puzzle #419

Montana Fun Facts!

Outdoor lovers will find the **grassy plains** known as the Northern Great Plains of Montana as a good place to be. These plains contain some of the most significant native grasslands in the US.

In 1896 the U.S. government agreed to pay the **Blackfoot Indian Nation \$1.5 million** for the tribe to relinquish all rights to their ancestral lands that now compose Glacier National Park. The government paid the fee at the rate of \$150,000 per year for ten years. Today over 3 million tourists visit Glacier Park annually.

Many people believe that the **Demas Hotel** in Butte, Montana is a super haunted place. Visitors claim to have seen the ghost of a woman coming down the stairs.

ACROSS

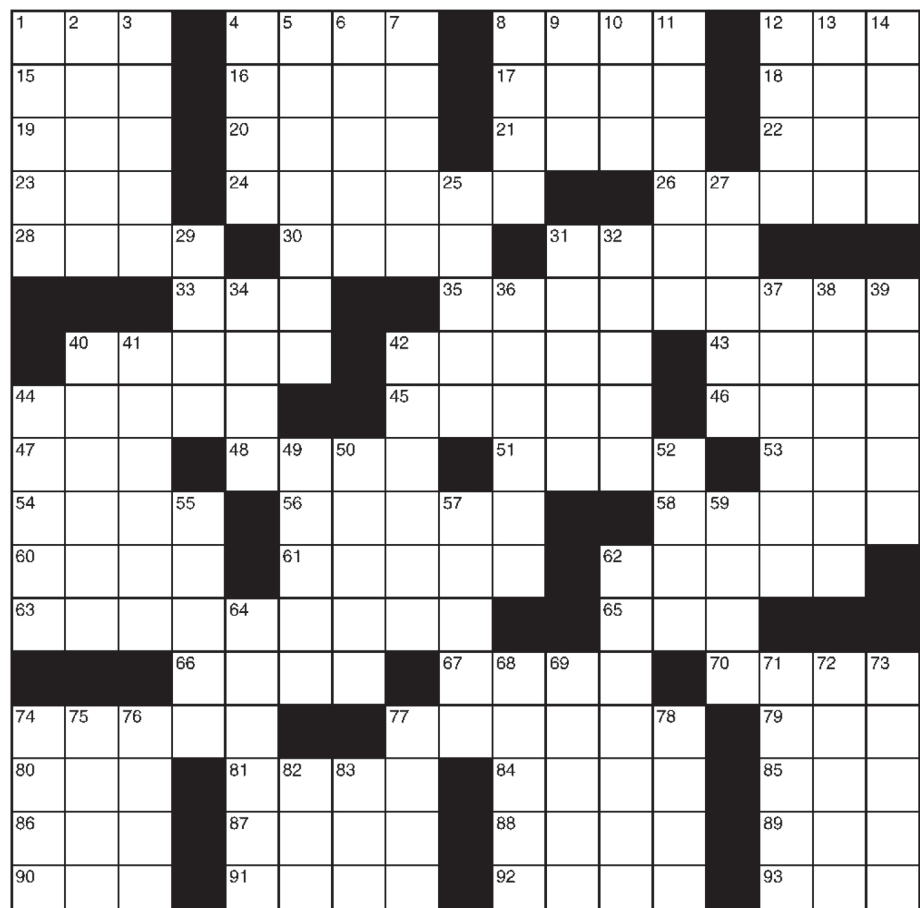
- 1. "____ Loves You"
- 4. Teasing taunt
- 8. Chafe
- 12. Deadly reptile
- 15. Iced beverage
- 16. Cognizant about
- 17. Hodgepodge
- 18. Thick substance
- 19. Scrap
- 20. Afresh
- 21. Choir part
- 22. Exist
- 23. "____ Got Sixpence"
- 24. Northern
- 26. Herring
- 28. Salon offering
- 30. Chime
- 31. Nautical position
- 33. Adverse
- 35. Benefit
- 40. Receiver
- 42. Rye or whole wheat, e.g.
- 43. Spoonbill's kin
- 44. Candle parts

- 45. Computer transmission: hyph.
- 46. Clothes
- 47. Dock rodent
- 48. Diplomat's skill
- 51. Staff symbol
- 53. A Khan
- 54. Milky jewel
- 56. Sweepstakes
- 58. Too soon
- 60. Maui goose
- 61. Fatty liquid
- 62. Soar
- 63. Novice
- 65. Former
- 66. "____ Window" (Hitchcock film)
- 67. Brace
- 70. Continental currency
- 74. Imitation leather
- 77. Red shade
- 79. Lightweight metal
- 80. Distinctive period
- 81. Keep

- 84. Venerable
- 85. Produce lace
- 86. Turkey type
- 87. Accessible
- 88. Make a ringing sound
- 89. Zeta follower
- 90. Less than two
- 91. Barber's call
- 92. Swirl
- 93. Type of music

DOWN

- 1. Expose
- 2. Throw
- 3. Ardent
- 4. Commander in David's army
- 5. Dignify
- 6. Cordwood measure
- 7. Bath item
- 8. Score for Pele
- 9. Each and every
- 10. Set ablaze
- 11. Slacken
- 12. Culture medium
- 13. Marsh bird



- 14. Frost, e.g.
- 25. Clock feature
- 27. Small
- 29. Stoat's kin
- 31. Be of use
- 32. Soup server
- 34. For fear that
- 36. Church official
- 37. On ship
- 38. Laugh
- 39. Theme
- 40. Baby's garment
- 41. Gas pump number
- 42. Improved
- 44. Awry
- 49. Hilo howdy
- 50. Pigment
- 52. Plummeted
- 55. Suspiciously alert
- 57. Trace
- 59. Attache
- 62. Unexpected boon
- 64. Wrestling hold
- 68. Testy
- 69. Stiff
- 71. Speak
- 72. Gaucho's tool
- 73. Drawn from a keg: 2 wds.
- 74. Presidential refusal
- 75. Shackle
- 76. John Doe, e.g.
- 77. Part of a dollar
- 78. Tense
- 82. Tarzan's chum
- 83. Provoke

Sudoku

Puzzle #154

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

Sudoku - #153

SOLUTIONS

Crossword - #418

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

STORE	HITUP	STAB
ABRUPT	ETAPE	ORLE
FACTOR	PARSE	WILT
ERAXII	SENT	BIT
DIAD	KIT	HYENA
ALGA	GLEN	MOA
WILDGE	EESE	SOURCE
ANISE	TWEEN	DALE
RETMEMO	MAKO	RAM
EACH	COPSE	EERIE
RHYTHM	UNDER	DONE
PRO	IDOL	ITER
GELEE	SIT	SILT
ARE	KING	ECU
SAVE	SOLAR	ICEAGE
USER	LOONY	TREPAN
PEER	EPODE	ENTRY

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1997 40' Travel Supreme Travel Trailer with triple slides, washing machine, heat/air, oven, microwave, couch, swivel chairs, 2 televisions, new wheel bearings and seals, too many amenities to list! Driven maybe 5,000 miles and only lived in for about 3 months a year. Call to make an offer, 410-804-0494.

HELP WANTED

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

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

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

ANNOUNCEMENT

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

Schedule: (as outlined in the board-adopted academic calendar)

- Up to 9 hours per day, Monday through Thursday
- Occasional Fridays

Starting Wage: (Includes single health insurance)

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

Effective: August 18, 2025

Closing Date: until filled

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

The Gardiner Food Pantry needs volunteers!

We are looking to add two drivers for our Meals4U program. This program delivers healthy meals to our community seniors. If you can use your lunch hour one day, every two weeks to help us deliver, please contact Kathy at (404) 664-6624. We can't do this program without the help of our wonderful volunteers!

Come Join Our Kenyon Noble Team!

Kenyon Noble Lumber & Hardware's Livingston location is currently accepting applications & hiring for **Warehouse Associates** and **Delivery Drivers**. No experience necessary—we will train! Offering competitive wages and great benefits packages. For more information and to see the complete job listing visit us at kenyonnoble.com/jobs. You can also apply online!



Einstein's Learning Center is accepting applications for **substitute teacher, part-time assistant teacher, full-time lead teacher and part-time support staff**. We are not just coworkers; we are friends and family. We laugh together, cry together, and have fun together! To apply, please fill out application and state paperwork that is provided on our website at: <https://einsteinlearningcenter.com/> employment. We look forward to speaking with you!

Paraprofessional, On-Call Mobile Crisis Responder

The City of Livingston, Montana is seeking several highly motivated individuals to perform the role of on-call Paraprofessional Mobile Crisis Responder and assist on our Community Based Collaborative Mobile Crisis Response team. This is an on-call, as-needed role. This position reports to the Mobile Crisis Response Team Program Manager, under the direction of the Fire Chief.

This position will support a mental health provider in the field assessments of diverse individuals in mental health crisis situations. This position requires in-home and community-based crisis response. Candidates will need to effectively collaborate with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and social service agencies. Full details are located at <https://www.livingstonmontana.org/jobs>
To Apply: Send cover letter and resume to HR@livingstonmontana.org

911 Communications Officer

The **City of Livingston**, Montana, is seeking full-time 911 Communications Officers to perform dispatch duties for first responders across Park County. The position offers an hourly rate of \$24.48, with additional pay for nighttime shifts, and requires working variable shifts, including nights, weekends, and holidays. Benefits include paid on-the-job training, state retirement, vacation and sick leave, parental leave, and comprehensive health insurance. Applicants must be high school graduates or equivalent and possess strong

communication, multitasking, and customer service skills. Familiarity with Livingston and Park County geography is advantageous, as is prior emergency services experience. Successful candidates must pass a background check and acquire certifications, including Montana Emergency Medical Dispatch, Public Safety Communicator Basic Academy, and Basic Life Support (all employer-paid), within specified timeframes. Applications require a completed form, resume, and cover letter, which can be submitted via email or mail to Livingston's Human Resources Department. Full details and forms are located at <https://www.livingstonmontana.org/hr/page/911-communications-officer-1>

Disease Intervention Specialist

This position is responsible to function as part of a disease investigation and intervention team of the **Park County Health Department**; to plan and participate in programs related to the control of various communicable diseases; to locate disease sources, identify at-risk groups to prevent, and thereby reduce the incidence and risk to citizens; to provide education to patients diagnosed positive for a communicable disease, and to provide information on disease etiology and the prevention of communicable diseases. Additionally, this position will provide education and outreach regarding communicable diseases and prevention. All duties below are essential functions unless otherwise indicated.

This position requires: clinical expertise (RN, LPN, NP, or PA), particularly in infant and maternal assessments and immunizations. Familiarity with—or the ability to learn—local and state public health resources is essential. Candidates must demonstrate strong communication, public speaking, collaboration, and independent work skills, while adhering to HIPAA and other medical/legal guidelines. Experience in community health engagement is valued. The role demands adaptability, cultural competence, and strong organizational abilities. Technical proficiency with computers, word processing, data entry, and relevant software is required. Must be able to operate standard office equipment and drive defensively in all weather conditions. See full job description and how to apply at <https://www.jobs.parkcounty.org/>

[jobs/160/Disease-Intervention-Specialist-2#job_160](#)

Detention Officer

Are You Trustworthy, Self-Motivated and Punctual? The Park County Sheriff's Office is looking for two new full time team members interested in a career in a law enforcement capacity with our Detention Center. Take pride in performing excellent public service to your community thru providing inmate care. Be formally trained in integral aspects of your field such as PPCT-pressure point control tactics, tactical handcuffing and CIT- Crisis Intervention Training. Shifts are bid by seniority, as follows: 7am-3pm, 3pm -11pm, 11pm-7am. Benefit package includes Sheriff's Retirement System; 3 vacation weeks, 12 sick days, holidays, Health and Life insurance, AFLAC, discounted local merchants/vendors, etc. Become part of the Park County Detention Staff and serve the community with compassion and caring in the capacity of a Detention Officer. Click on the Job Description for qualifications and additional information. To apply please download the application package, print it out and submit with your updated resume and cover letter by mail to:
Park County Human Resources
414 E. Callender St.
Livingston, MT 59047
Applications and signatures MUST be originals for consideration. NO ELECTRONIC, FAXED or EMAILED applications will be accepted.

How to Place your Classified Ad!

We have three classified ad packages to choose from, your ad will be displayed for 7 days, will also be added to the Park County Community Journal website.
1-40 words \$10 • 41-50 words \$12 • 51-70 words \$15
To place your ad go online at www.pccjournal.com or email community@pccjournal.com and someone will call you back for payment.
If you need more space, please call Steph at 406-220-0919 or email Steph at community@pccjournal.com for more information on placing a larger classified ad.



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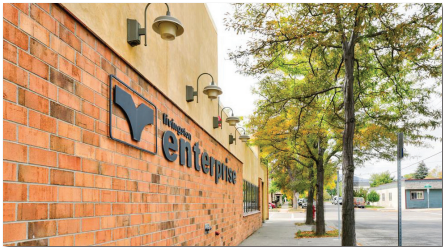
FEATURED LISTINGS

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504 S H Street #1

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



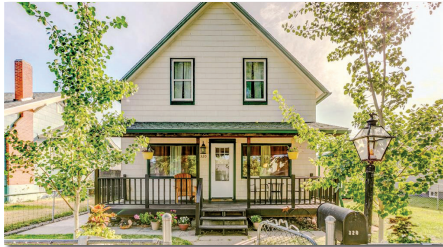
401 S Main Street

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



7 Aquila Lane

Land Listing | 2+ acres
#394836 | \$239,000
Deb Kelly | 406-220-0801



320 N 2nd Street

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



329 S B Street

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



9 Grizzly Meadow Road

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



903 Meriwether Drive E

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



2616 Meriwether Drive E

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



1007 E Geyser Street

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



1296 US Hwy 10 W

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



102 Elliot Street S

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



518 W Lewis Street

4 beds 2.5 baths | 4,398 sq ft
#403584 | \$1,275,000
Julie Kennedy | 406-223-7753



305 Lathrop Street W

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



326 S 5th Street

3 beds 1 bath | 1,879 sq ft
#403239 | \$500,000
Julie Kennedy | 406-223-7753



107 S Main Street

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



425 S 12th Street

4 beds 3 baths | 2,620 sq ft
#404838 | \$899,000
Swanson Team | 406-220-2045

Meet the Team...

He and his wife, Shelley, met while Tom worked as the accounting manager for Yellowstone National Park's concessionaire. In 1997, Tom received his real estate license, and he and Shelley made the decision to move away from Yellowstone and join the "real world." Leaving Montana was never considered an option, and they found Livingston the perfect fit. "Our

departure from the Park has been met with both joy and reminiscence – we are delighted to call Livingston, Montana our home!" 1998 was especially kind with the September arrival of their adorable son, Josh. The Gierhans have chosen to settle in Livingston, Montana because of the wonderful people

"Tom was patient, knowledgeable and kind. He walked us through each step of the process and consistently acted in our best interest." – Ann C.

Tom Gierhan

Broker

CRS, GRI, Distinctive Properties, RENE, ABR
406-220-0229 • tom@eralivingston.com

within the area and the proximity to the mountains they love. If you're new to this area, they sincerely hope you fall in love with it as they have. If you're one of the locals, thank you for your continued kindness, as well as for your efforts in the making and keeping of this special place.



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Self-Regulation is the Hidden Superpower



Walk into one of Livingston's bustling restaurants this time of year, and you'll see the story play out in real time. A server hurrying between tables, tourists asking for directions, an owner stepping in to calm a frazzled employee while greeting the next customer with warmth.



of customers. The staff feels demoralized, the customers pick up the tension, and the problem now costs more than the original mistake.

At home, it might be a mom snapping after a long day. Later comes regret, but the disconnection has already left its mark. Over time, those moments add up.

Without self-regulation, we default to fight, flight, or freeze. That might get us through the heat of the moment, but it rarely gets us the result we actually need.

What It Looks Like in Practice

Think of self-regulation like a muscle. Strength comes from repetition, not just from knowing about the exercise. Small practices, done often, build strength that shows up when it counts. Here are three simple ways to start:

The 4/8 Breath

Inhale through your nose for a slow count of four. Exhale through your mouth for a count of eight. This signals your body to stand down, easing the rush of stress chemicals.

Name It to Tame It

Quietly name the emotion you're feeling: frustration, fear, overwhelm, shame. Naming it softens its grip and gives you just enough distance to choose your response.

Choose Your Next Best Action

Ask yourself: *What outcome do I want here?* If you want your employee to stay motivated, yelling probably

isn't the move. If you want your child to feel safe, humor or empathy may work better than the sharp retort.

None of these are complicated. But when practiced daily, they shift the way you lead, parent, and live.

Why It Matters in Park County

Right now, we're in that in-between season. Warm afternoons, cool mornings. Pumpkins showing up on porches while gardens are still producing. You can feel the county balancing two truths at once—holding on to summer while leaning toward fall.

That tension is familiar to all of us. Business owners juggling short-term pressures and long-term goals. Individuals carrying both hope and fear about what's next. Families adjusting to new school routines while still sneaking in evening barbecues.

Self-regulation is what helps us carry those contrasts without being knocked off course. It's what steadies small businesses downtown, teachers in the classroom, parents in the pick-up line, and leaders trying to do right by their teams.

The Bigger Picture

This doesn't mean you'll never feel upset again. Life in Montana still brings its share of storms—the literal ones that roll over the Absarokas, and the metaphorical ones like bills, health scares, or strained relationships.

What self-regulation offers is the ability to hold steady through those

storms—to be the person who can anchor a team, a family, or even a single conversation.

And when you do that, the ripple effects are profound. Employees feel safe to do their best work. Kids feel secure enough to grow. Customers feel welcome and want to return. You feel more aligned with the person you want to be.

Your Turn

This week, try one of the practices: the 4/8 breath, naming your emotions, or asking what outcome you want. Use it once a day, whether in the middle of a busy shift or a hectic school morning.

Notice what changes.

You don't need a cape or extraordinary powers to be a strong leader or a steady parent. You just need the ability to regulate yourself—a hidden superpower that's already within reach.

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

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