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*Park County*  
**Community Journal**

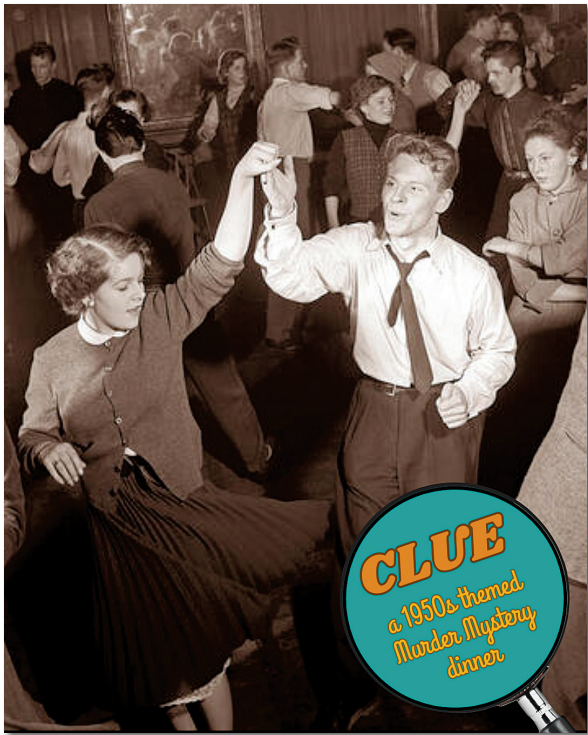
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Week of September 21, 2025

## Fundraiser... Murder, Mystery, and Martini Glasses: A Night of Intrigue at The 1900

Picture it: Livingston, 1959. The martinis are cold, the gossip is hot, and secrets run deeper than the Yellowstone River. At least, that's the scene on Saturday, October 11th, when Elevate Montessori hosts its second annual Murder Mystery Dinner at The 1900 in downtown Livingston. Guests will be whisked back to a glamorous 1950s supper club for an evening of suspense, laughter, live jazz, and fine dining—all while raising critical funds for children and teachers in Park County.



[See Murder, Mystery, Page 2](#)

## Help Name the New Wellness Center



The City of Livingston and 4 Ranges Community Recreation Foundation are pleased to invite the community to participate in submitting name ideas for the future center.

### Submission Guidelines

When suggesting a name for the

new Wellness Center, please consider the following guidelines:

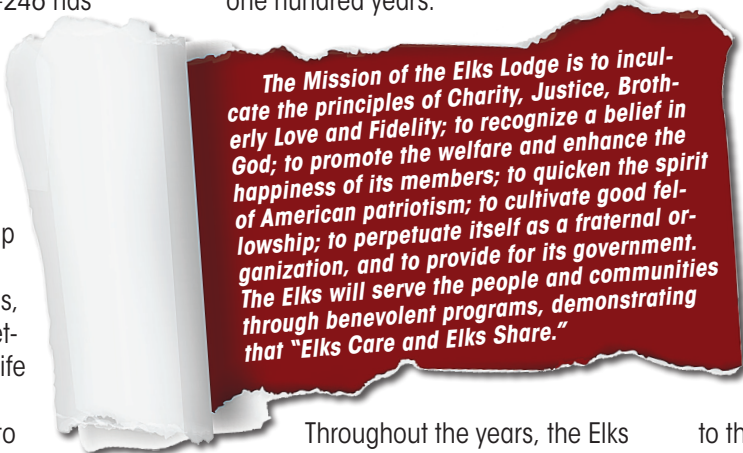
1. Include the word "Wellness" in the name.
2. Reflect regional identity or community benefits—names

[See Wellness Center, Page 2](#)

## 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 to benefit youth to grow up healthy and drug-free, offer youth scholarships, the needs of today's vet-improve the quality of life impoverished families, and offer event space to the community. The Livingston lodge is the 5th oldest in the State being chartered in September of 1892. The lodge, which was built in 1926, is located at 130 S. Second Street in

Livingston, has been standing for almost one hundred years.



Throughout the years, the Elks Lodge has committed to keeping the lodge central downtown location. However, the organization is presently in danger of losing its building—an icon to our downtown. The structure is badly in

need of major renovation and repair.

The Livingston Elks is a non-profit organization, and the majority of its funding is used for charity in your neighborhood. Not only do they need help from their membership to restore this historic building, but also need help from the local community. Major renovations are the only means to make the building fully functional so that the organization can continue and better serve the community.

Phase one will include updates to the building's electrical infrastructure and renovating the Club Room.

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 Bobcat-themed sports gift basket including 3 game tickets. The winner will have their name re-entered into the pool for potential future winnings. All raffle proceeds are designated to fund the building remodel.

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

[See Elks Lodge, Page 2](#)



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1993 - 2025



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# Murder, Mystery

from page 1

## A 1950s Whodunnit

This year's event, CLUE: A 1950s-themed Whodunnit, invites guests to rub elbows with shady suspects and dazzling dames while piecing together a scandalous mystery. Characters like Miss Scarlet, Colonel Mustard, and Mrs. Peacock will mingle with the crowd, dropping secrets, stirring suspicions, and perhaps throwing a red herring or two into the mix.

At some point in the night, the fun takes a deadly turn. But don't worry—no real harm done, just plenty of intrigue. As the mystery unfolds, guests will gather clues and, by the end of dessert, cast their votes on who they think committed the dastardly deeds.

It's theater, dinner, and a game of Clue come to life—right in the heart of downtown Livingston.

## The Swanky Details

- **Date & Time:** Saturday, October 11th, 5:30 – 9 pm
- **Location:** The 1900, downtown Livingston
- **Tickets:** \$80 per person, purchase at <https://www.elevate-montessori.org/murder-mystery-dinner>
- **Extras:** Live music, a silent auction, and a delectable multi-course meal
- **Childcare:** Free with reservation (limited spots available)
- **Dress Code:** 1950s attire encouraged—dust off those pearls, fedoras, and satin gloves

## Why You'll Want a Seat at the Table

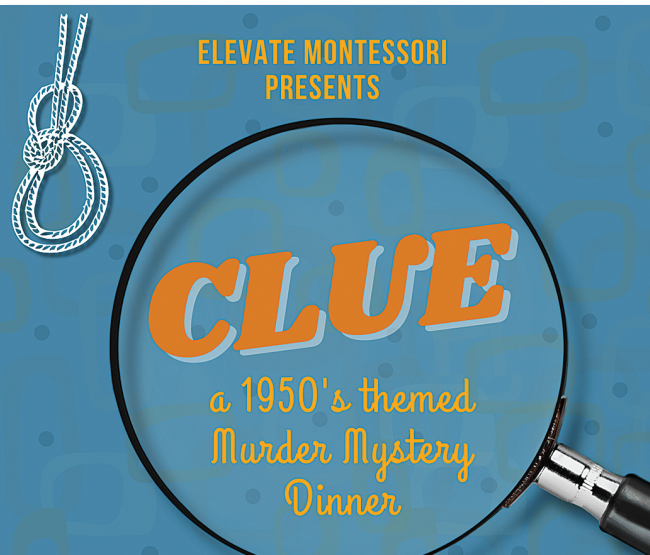
Guests can expect an unforgettable evening filled with live music, laughter, drama, and suspense. You'll sip, savor, and sleuth alongside friends and neighbors in a setting that feels straight out of a noir film. One minute you'll be clinking glasses, the next you'll be whispering theories across the table about who could be behind it all.

Behind the suspenseful storyline lies a very real purpose. Proceeds from the Murder Mystery Dinner directly support Elevate Montessori School, a nonprofit providing high-quality early childhood education for children ages 2 months to 6 years.

"Events like this allow us to bridge the gap between tuition and the true cost of childcare," says Jess Haas, Executive Director of Elevate. "Every ticket sold helps ensure Park County families have access to quality childcare, and it ensures our teachers, who give so much every day, receive a livable wage."

Tickets are already selling fast, and childcare spots are especially limited.

ELEVATE MONTESSORI PRESENTS




a 1950's themed Murder Mystery Dinner

A SWANKY WHODUNNIT AWAITS—EVERY CLUE BRINGS US CLOSER TO A KILLER NIGHT OF IMPACT.

OCTOBER 11 5:30 PM THE 1900 LIVINGSTON

RUB ELBOWS WITH SHADY SUSPECTS WHILE YOU SIP AND BID. SIT DOWN FOR DINNER...SOMEONE WON'T MAKE IT TO DESSERT. WILL YOUR TABLE CRACK THE CASE?

TICKETS



CHILDCARE AVAILABLE

1950'S ATTIRE ENCOURAGED

# Wellness Center

from page 1

that highlight Livingston, Park County, or the broader natural and cultural surroundings are encouraged.

3. Do not include the name of a person (individual or family), as the facility name should represent the community as a whole.

## Helpful Tips for Submissions

Please remember: the City is naming a community facility that will serve Livingston for generations to come. As you craft your suggestion, we encourage you to keep these tips in mind:

1. Consider the full range of amenities. The new facility will include a lap pool, recreation/leisure pool, full gymnasium, walking track, fitness spaces, and community rooms.
2. Think of the community impact. The center is designed to be a welcoming, inclusive gathering

space for residents of all ages and backgrounds.

3. Reflect on how the name will be used. Will your name lend itself to a natural shorthand, acronym, or nickname? Think about how the name will sound in conversation and signage.

The City Commission will review the submissions and select a name before the facility opens! So, please submit your entry before October 1st at [www.quicktipsurvey.com/survey/893de295c8e9c41d1afc-c3470a9cb6f7](http://www.quicktipsurvey.com/survey/893de295c8e9c41d1afc-c3470a9cb6f7).

# Elks Lodge

from page 1

and through June 2026. You must be 18 or older to buy a ticket, need not be present to win and you do not need to be a member to participate in the raffle.

You can help 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 mail 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 Lodge will be unveiling a new capital campaign, the details of which

will be announced soon. For more information or to donate toward a prize basket please call: John Gannon at 406-581-5477, Joan Bozlee at 406-220-0083, or the Elks Lodge at 406-222-2511.

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, and you can find them easily on Facebook.



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# OP-ED

by Patricia Grabow

## Shouldn't Democracies Feel a lot More Democratic?

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

Jefferson famously said, "Eternal vigilance is the price of liberty." Perhaps you could rephrase that today as, holy heck, you have to watch people like a hawk.

Around fifty moderate-sounding people attended a special town hall meeting on September 11th at the Fairgrounds—they were probably feeling eternal vigilance... is a very long time.

You might imagine this meeting was held in public outreach by the city. It was not. It was organized in fact in response to the city's not seriously keeping people in the loop, and although the commissioners and manager were invited, they did not attend.

More possibly concerned about public approval, at least most of the candidates for the Livingston City Commission went to listen and learn. The poster for the meeting read, "Change is coming to Livingston: Our Parks, Our Housing, Our History; Let's talk about it and help plan the future together."

The meeting was held to address two recently produced city studies. Things were courteous, and I believe those interested in the subject have acted in generally good faith. Livingston at this point in her history includes some remarkable and productive minds. They will be needed to keep watch—at times even on themselves.

The first study mentioned was the Livingston Master Plan. An outside consultant took on the downtown and came up with ideas, not all of them worthy, and a number of them dead wrong. More on how that's being used below.

Remember this city was carefully planned out in its earliest years by the Northern Pacific (NP) and largely preserved over the last half

century by the City's Historic Preservation Commission. Our functional yet postcard-worthy downtown was part of a building frenzy for world's first national park's first rail gateway that paralleled most of Yellowstone's best, most of it in half a decade. We were a part of Yellowstone, and it of us. The NP had more practice, competence, and horse sense than most contemporary consultants do today.

The second study dealt with our mostly citizen- and WPA-created parks. These remain, at least for now, a treasure enjoyed by people and occasionally animals alike. I still smile at that bear two years back sleeping off what might have been a few slightly fermented crab apples in a tree planted by the crew of Warren McGee.

In discussion of these plans, people who care deeply offered good ideas at the fairgrounds meeting. They identified concerns they have and offered solutions. Most of them spoke like people whose ideas were rooted in long lives and perspective in Livingston.

Out of curiosity, I had earlier inquired into where the decision makers and key city employees were born and raised. I was a little surprised to learn none of our leadership; the city manager and five commissioners were originally from here. Well, makes some sense, America is a country on the move. What made slightly less sense to me however was that of the 114 city employees, only seven seemed to have been born and raised here. Perhaps the perspective of those rising to speak that night rooted in their lives here and enhanced with childhood reminiscences, was a critical and useful reminder.

There were some pretty amazing comments made. For example, the new

owner of Wilcoxson's Ice Cream spoke up regarding the bulbouts, at one farmer's market the city promised, were temporary. He said that with just the bulbouts put in and the diagonal parking at Neptune's which he had been promised would be parallel, it is almost impossible to get his large delivery trucks out of his building after they are loaded. The city's best response was to reposition the poles a few inches, which is little more than a joke. He said this casual experiment—with little or no public input—had forced them to contemplate moving their thriving business to Billings. He said he did not want to move. After all Wilcoxson's started in Livingston in 1914.

An unintended consequence of significant proportions!

Famed Livingston businesses here for well over a century should not be forced to or even imagine something that drastic based on the whims of a tiny handful who might otherwise be well meaning, but who could uproot the deeply rooted for their pet projects. The new manager said that as slammed as he already is, it looks like he will have to attend more city meetings, since the city seems entirely uninterested in listening to the public on those bulbouts, and possibly other things besides.

One of the people in attendance essentially reminded the meeting of the classic wisdom, *if it ain't broke, don't fix it*. For all its simplicity, this idea seemed to resonate strongly with most who were there.

Another visible consensus that seemed to emerge was strong opposition to the park plan element to close off McGee Drive. One person said that she was handicapped, and that one of her spring joys is simply driving by the ducks and the flowering trees, again

originally planted by Warren McGee, which could almost qualify for historic preservation themselves. Not everyone can or should have to walk across the fields just to reach those parts of the park.

Another person had counted all of the parking spaces and said that there were actually more parking spaces now than the hired South Dakota parks consultant would leave if they were allowed to cut down some of those trees to install a new proposed cement parking lot.

Another attendee commented that the parks were created organically, and that cement is not what we want in the Sacajawea and Miles Parks lots. It's a good point. Just like with sidewalks, the old engineers were smarter; the terrains shift significantly over time, begging for maintenance nightmares. And gravel is better overall for people and dogs for walking. You do not necessarily notice, but the naturalness of the Miles/Sacajawea Park is part of its character. It is not a giant urban beast; it is a natural blend on the bend of the natural Yellowstone River.

One of the community members at the meeting said perspective is important. Minor enhancements or things needing genuine repair are one thing, but that taxpayers have a right to demand these issues be treated realistically like a home budget. We need realistic prices and should set priorities after that, just like in a family. We need to guarantee a budget that will not break us, instead of a blind blank check.

And we deserve a say in what actually gets cherrypicked to happen. One person said that right now the city commission is treating studies, particularly the first, like an omnibus bucket they or the staff can grab-bag to implement arbitrarily any time they feel like it, bypassing entirely a true public input process for either approval or cost.

A petition was made available at the meeting, which attendees could sign, titled "Request to Hold the Parks Master Plan for Livingston, MT., until 1st Quarter 2026."

See OP-ED, Page 8

# Montana Can Stop the Next Opioid Wave

By Rep. Jodee Etchart, PA-C HD 51

Think it won't happen in Montana... Since 2020, 29 people have died from Kratom concentrates in Montana. On July 29, the U.S. Food and Drug Administration urged the DEA to schedule 7-hydroxymitragynine (7-OH), a powerful opioid now sold in vape shops, convenience stores, and online. This action does not target natural kratom leaf, but rather concentrated 7-OH products—often disguised as gummies, powders, or "enhanced" kratom.

Why it matters: FDA reports show 7-OH can be many times more potent than morphine. There are no approved medical uses, and 7-OH is unlawful in foods or supplements. Yet these products sit on countertops next to

energy shots, marketed in bright colors to teens and people in recovery.

Montana cannot afford to wait for federal rulemaking. We should act now with a focused response:

- Rapid scheduling of concentrated 7-OH under state law.
- Retail enforcement to clear gummies and spiked powders from shelves.
- Truth-in-labeling so any kratom-labeled product sold here is independently tested.
- Clear public education—natural leaf is not the issue; 7-OH is.

We learned the hard way with prescription opioids that "harmless" products can shatter lives when oversight lags behind chemistry. Montana should lead with precision,

not panic—protecting kids, supporting recovery, and giving honest retailers a level playing field.

Don't be fooled by friendly pack-

aging. 7-OH is an unapproved opioid. The FDA has sounded the alarm. Now Montana must act before the headlines turn into funerals.

## Emigrant Hall's TURKEY DINNER

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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.

## Think About the Water You Are Swimming In...

by David Lewis

Have you ever thought about your health exposure to swimming in chlorinated water? How about your children or grandchildren living at the local pool for the summer? Or about having a competitive swimmer training for hours in a pool each day?

It is time for the Livingston City Commission to ensure that our new Wellness Center includes an ozonation purification system instead of one that primarily uses chlorine.

The manager of the new HOME2 Suites by Hilton Hotel told me that their pool is purified with an ozone system.

Since so much money is being spent on a state of the art wellness complex to help our citizens stay healthy, let's consider the long-term ramifications of chlorine on our personal health and well-being. The additional expense to install an ozone system would be recouped within 2-4 years according to this information.

Here is a list of the main health concerns associated with regular swimming in chlorinated pools:

**Respiratory Issues** - Chlorine and its byproducts (chloramines) can irritate the respiratory system, potentially causing asthma symptoms, coughing, and breathing difficulties. This is especially concerning for competitive swimmers who spend many hours in pool environments.

**Skin and Eye Irritation** - Regular chlorine exposure can cause dry, itchy skin and red, irritated eyes. The chemical strips natural oils from skin and hair, potentially leading to eczema flare-ups in sensitive individuals.

**Chemical Byproduct Exposure** - When chlorine reacts with organic matter (sweat, urine, skin cells), it forms disinfection byproducts like trihalomethanes and chloramines. Some studies suggest long-term exposure to these compounds may pose health risks, though research is ongoing.

**Dental Effects** - Chlorinated water can affect tooth enamel, especially in pools with improper pH balance. Some swimmers experience tooth sensitivity or discoloration with very frequent exposure.

**Hair Damage** - Chlorine can make hair brittle, dry, and discolored (the "green hair" effect from copper compounds).

**Important Context** These risks are generally associated with very frequent, long-term exposure and are most relevant for competitive swimmers or pool workers. For recreational swimmers, the health benefits of regular exercise typically far outweigh these potential risks. Proper pool maintenance, good hygiene practices, and post-swim rinsing can significantly reduce most of these concerns.

The CDC and health experts generally consider properly maintained chlorinated

pools safe for regular use by the general population.

### Share the Benefits of Ozonated Pool Water vs. Chlorinated Pool Water.

Ozonated pool water offers several advantages over traditional chlorinated pools, though each system has its own characteristics.

#### Benefits of Ozonated Pool Water: Health and Comfort

- Significantly reduces chlorine odor and chemical smell
- Less irritating to eyes, skin, and respiratory system
- Eliminates the harsh "pool chemical" sensation many people experience
- Better for people with sensitive skin or chemical sensitivities
- No chloramines formation, which cause the strongest chemical odors and irritation

#### Water Quality

- Ozone is a more powerful oxidizer than chlorine, breaking down contaminants more effectively
- Produces clearer, more sparkling water
- Better at eliminating oils, lotions, and organic waste
- Destroys bacteria, viruses, and other microorganisms more efficiently
- Reduces the formation of disinfection byproducts

#### Environmental Benefits

- Uses significantly less chlorine (typically 60-90% reduction)
  - No harmful chemical storage or handling of large quantities of chlorine
  - Ozone reverts to oxygen, leaving no chemical residue
  - More environmentally friendly overall
- #### Maintenance Advantages
- Requires less frequent chemical balancing
  - Reduces calcium buildup and scaling
  - Less corrosive to pool equipment and surfaces
  - Swimwear and pool toys last longer without chlorine bleaching

**Important Considerations:** Ozonated systems typically still require some chlorine as a residual sanitizer since ozone

dissipates quickly and doesn't provide lasting protection. The initial installation cost is higher than traditional chlorine systems, but many pool owners find the improved water quality and reduced chemical usage worth the investment.

The combination of ozone with minimal chlorine often provides the best of both worlds: superior water quality with adequate sanitization.

### Do Competitive and Olympic Swimmers Prefer Ozonated Pools?

Based on the search results at the 2024 Paris Olympics, swimmers do generally prefer ozonated pools. Here's what the evidence shows:

**Olympic and Competition Pool Standards:** The pools are treated with ozone to reduce the distractions of taste, smell and possibly stinging eyes caused by chlorine.

**Competitive Swimmer Preferences:** Competitive or regular swimmers will often refuse to swim in a chlorinated pool and Olympic and Municipal pools are generally ozonated for this reason. This indicates a strong preference among serious swimmers for ozonated water treatment systems.

**Professional Endorsement:** Many people, including scientists and professional Olympic athletes, believe it is a much better and safer alternative to chlorine.

### Why Competitive Swimmers Prefer Ozonated Pools:

#### Performance Benefits

- Eliminates chlorine-related distractions like strong odors and eye irritation that can affect focus during training and competition
- Reduces respiratory irritation, which is particularly important for athletes who spend hours breathing near the water surface
- Clearer water provides better visibility for technique work and racing

#### Training Advantages

- Less skin and eye irritation allows for longer, more comfortable training sessions
- Reduced chemical exposure is bene-

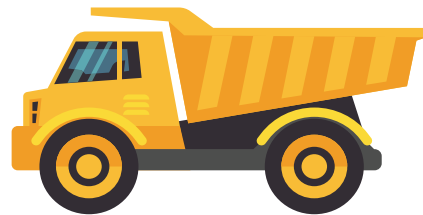
[See Letter to the Editor, Page 8](#)

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# Elderberries

*"...And He Always Had Some Mighty Fine Wine!"*

by Jill-Ann Ouellette

It's amazing how abundant elderberry shrubs are in the mountains around us. Elderberries, scientifically known as *Sambucus*, are a vital part of Montana's botanical heritage, with several species native to the state, including the American Elderberry (*Sambucus canadensis*) and the Red Elderberry (*Sambucus racemosa*). Many elderberry varieties are hardy to Zone 4, making them well suited for Montana's climate, especially in the western regions. These versatile berries have a rich history of traditional use by Native American tribes in the region, such as the Blackfeet, Crow, and Salish.



## Historical and Folklore Uses:

- The Blackfeet tribe used elderberry to treat respiratory infections, wounds, and swelling. The hard, dense wood of elderberry is valued for its durability and the Blackfeet employed the stems to create tools and implements.
- The Crow utilized elderberry to address skin ailments, arthritis, and as a general tonic. They also fashioned bows and arrows from the flexible elderberry wood.
- The Salish people employed elderberry for its medicinal benefits, often incorporating it into teas and poultices to alleviate symptoms of colds, flu, and other ailments.
- In some Native American cultures, elderberry was believed to possess spiritual significance, serving as a connection between the physical and spiritual worlds. Also, tribes used the wood for making musical instruments used in ceremonies.

Perhaps you recall the song, "Elderberry Wine" from Elton John in 1972...

*Well, I can't help thinking about the times  
You were a wife of mine.  
You aimed to please me,  
Cooked black-eyed peas-me,  
Made elderberry wine...*



## Nutrient Content

Elderberries are rich in antioxidants, vitamins (including vitamin C and vitamin A), minerals (such as potassium and iron), and fiber.

- **Immune Support:** Elderberries contain compounds that may help boost the immune system and fight off infections. Studies have shown that elderberry extracts and juice may reduce the duration and severity of colds and flu.
- **Antioxidant and Anti-inflammatory Properties:** Elderberries are packed with antioxidants, which help protect cells from damage caused by free radicals. They also have anti-inflammatory

tory properties that may reduce swelling and pain.

- **Cardiovascular Health:** Some research suggests that elderberries may improve heart health by lowering cholesterol and reducing inflammation.
- **Digestive Health:** The high fiber content in elderberries can promote regular bowel movements and improve digestion.
- **Other Potential Benefits:** Elderberries have been linked to other potential health benefits, including lowering blood sugar levels, reducing the risk of certain types of cancer, and improving cognitive function.

It is best to consult with your healthcare professional before using elderberry supplements, especially if you have any underlying health conditions or are taking medications. [Heathline.com]

## Identification

You can find these shrubs (in the honeysuckle family) in the wild, and they can be cultivated as hardy plants.

Elderberries thrive in moist locations but are also drought-tolerant. They can be found along roadsides, in open forests, and along riverbanks. Elderberry shrubs are woody, and have bark that is green and smooth when very young with

occasional white dots that are actually lenticels, which are small pores that help the plant exchange gasses. They can grow as tall as ten feet and are deciduous—they lose their leaves in the winter. With time and height, the elderberry develops a familiar looking bark, smooth and brown.

Looking for an easy way to spot flowers in the spring and early summer? Just drive up a dirt road in the mountains and look for a tall shrub



covered with clusters of white flowers. From a distance, the flowers look like one big flower head, but when you look closer they are clusters of tiny white flowers with a unique smell. Elderberry flowers are edible and used to make fritters, tea, or infused vinegar.

These beautiful, vitamin-rich berries provide a variety of medicinal uses. Hopefully all these free, foraged fruits will help keep us healthy all winter long!

## Harvesting

In Montana, elderberries typically ripen between late July and mid-September. The distinctive, small, flat, and opposite leaves, and the clusters of cream or white flowers that give way to dark purple, red, blue, or black berries.

Gather elderberries when they are fully ripe and have turned a deep, almost black color. Use a clean pair of scissors or pruning shears to clip the clusters into a clean basket or container. (Be careful not to over-harvest, leaving enough berries for wildlife and future growth.)

While you are out picking berries, know that **Elderberries should not be eaten raw off the bush!** Raw elderberries cause gastrointestinal distress in many people. Elderberries need to be



cooked or fermented to break down the chemical compounds. The compound is destroyed when you cook them for 20 to 30 minutes.

## Berry Preparation

Rinse the berries gently to remove any debris. Avoid washing them too vigorously, as this can remove some of the protective coating that aids in preservation. Elderberries can be used fresh, frozen, for pies and compotes, and in baked goods. They can be made into syrups, juices, jams, jellies or wines for later use.

## Cooking Options:

**Kid-friendly summer option:** Simmer in water with blackberries in equal measure, adding sugar to taste. Let cool and stir into puddings, or ripple it into ice cream batter instead of the traditional raspberry syrup.

**Everyone favorite:** Add elderberries to fruit pies such as apple, cherry or blackberry. Elderberries can also be stewed down and served on the side of roast meats such as duck, pork, or wild game. Alternatively, use elderberry wine to deglaze your roast for a rich, fruity gravy.

**Adult alcohol option:** Simmer your elderberries and add sugar to taste and make a cordial or a syrup, then shake with ice and vodka to make cocktails.



Next time you are out on a walk keep your eyes peeled for a patch of elderberries that you can watch ripen as autumn rolls around and when the weather cools, you can harvest and bring home to enjoy. Their distinct, complex flavor is versatile from breakfast to dinner and in your desserts as well. Don't forget about their health benefits. I can't tell you where my favorite harvesting spot is... you understand!

Recipe by  
Carla Williams

## Recipe Corner

### Witches Brew Stew

## Ingredients

- 1 ½ tsp canola oil (or olive oil)
- 1 (12 oz) package beef smoked sausage, sliced into rounds
- 1 lb lean ground beef (or ground turkey)
- 1 cup diced onion
- 1 rib celery, diced
- 4 cups beef broth
- 2 carrots, peeled and sliced
- 1 tbsp Italian seasoning
- 2 tsp garlic powder
- ½ tsp black pepper
- 1 (10.5 oz) can Campbell's French Onion Soup
- 1 (15 oz) can tomato sauce
- 2 medium russet potatoes, peeled and cubed
- 1 bay leaf
- 10 mushrooms

## Directions:

1. Heat oil in a large pot or Instant Pot set to sauté mode.
2. Add smoked sausage rounds and brown for 2 minutes on each side.
3. Add ground beef, onion, and celery, cooking until browned (about 5 minutes). Drain excess grease.
4. Pour in beef broth and scrape the

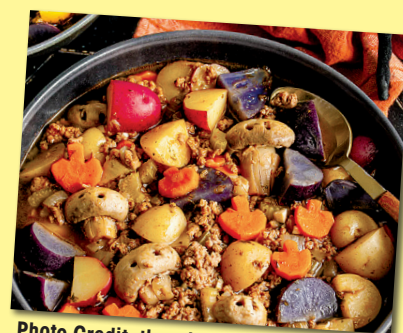


Photo Credit: theschmidtywife.com

- bottom to deglaze.
5. Add all remaining ingredients except for mushrooms. Stir well.
6. If using an Instant Pot: Seal lid, set to low pressure for 10 minutes, then quick-release pressure.
7. If using a slow cooker: Cook on low for 4-6 hours.
8. While cooking, prepare mushroom "skulls." Slice mushrooms in half, use a skewer to create eyes, and a knife to form nose slits.
9. Once cooking is complete, stir in mushrooms and let sit on warm for 10 minutes to slightly soften.
10. Discard bay leaf and serve hot with crusty bread or crackers



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# Montana Motor Vehicle Division Launches Digital Mobile ID Service

HELENA – The Montana Motor Vehicle Division (MVD) launched Montana Mobile IDs, which allow Montanans to carry a digital version of their driver license or state-issued ID securely on their iPhone, Apple Watch, and Android devices, providing increased convenience, enhanced security, and greater privacy for users.

Montana Mobile IDs allow citizens to seamlessly and securely add their Montana-issued driver license or state ID to Apple Wallet and Google Wallet, and present their ID for verification using their devices. Mobile IDs allow users to prove their identity to access services online, in-app and in-person; and provide age verification to participating businesses without sharing any additional information such as name, address, or birthdate when making an age-restricted purchase.

"We have spent the last three years modernizing MVD and improving operating efficiencies and customer service," MVD Administrator Laurie Bakri said. "Now that we have overhauled the basics, we are excited to embark on an era of innovation, starting with Montana Mobile IDs and the Montana Mobile ID Verifier for Android and iOS mobile devices."

Mobile IDs can only be used at busi-

nesses and organizations choosing to participate, which may not include all states, retailers, or federal agencies. Currently, mobile IDs are accepted at MVD exam stations equipped with a check-in kiosk and more than 250 TSA airports across the country. Users are also able to present their ID in select apps and online.

As the technology is not accepted everywhere, users should also always carry their physical license.

Montanans can add and use their license to their digital wallet in a few easy steps. When adding an ID to a digital wallet, MVD only receives the information it needs to approve or deny the request.

For more information on how to add and use an ID in Apple Wallet, including more information about security and privacy, go to [https://mvdmt.gov/mobile-id/id-in-apple-wallet/?utm\\_medium=email&utm\\_source=govdelivery](https://mvdmt.gov/mobile-id/id-in-apple-wallet/?utm_medium=email&utm_source=govdelivery).

For more information on how to add and use a mobile ID on an Android mobile device go to [https://mvdmt.gov/mobile-id/google-wallet/?utm\\_medium=email&utm\\_source=govdelivery](https://mvdmt.gov/mobile-id/google-wallet/?utm_medium=email&utm_source=govdelivery).

To support additional acceptance, MVD is also launching a tool businesses can use to accept mobile IDs in Montana:

the Montana Mobile ID Verifier App. The app can be downloaded to either an Android or iPhone, and allows the businesses to verify the age of a mobile ID holder (18+ or 21+).

The Montana Mobile ID Verifier app verifies mobile ID without accessing any other data that may be stored on a device. Information associated with your mobile ID and a history of when it was used is stored in your individual digital wallet but is not accessible to MVD or the digital wallet providers. It is also endorsed by the Montana Gambling Control Division (GCD) and the Alcohol Beverage Control Division (ABCD).

"We're proud to endorse this app that will allow our partners to accept and verify mobile IDs in Montana. It's secure and easy to use, which will make it a great addition to the services establishments already offer their customers," GCD administrator Alex Sterhan said.

"We support our licensed alcoholic beverage establishments using the Montana Mobile ID Verifier app or any other approved electronic readers if they choose to take the new Montana digital driver's license," ABCD administrator Kristan Barbour said.

In 2023, the Montana Legislature

passed House Bill 519 authorizing the use of digital driver licenses, allowing individuals to present their identification in a digital format. The law requires MVD to offer citizens the ability to use Montana Mobile ID by September 1, 2025.

"As a Gen Z lawmaker, I sponsored this bill to give Montanans the option to add their driver license to their digital wallet. Digital IDs are extremely secure, encrypted, and harder to fake than a traditional plastic ID," Rep. Braxton Mitchell, sponsor of HB 519, said. "This is a commonsense step to modernize services by adding IDs to the same place where you can already store your credit cards, insurance cards, flight tickets, and concert tickets, making life more convenient."

"If you are worried about losing your license or having it stolen and winding up in the wrong hands, this is for you," Sen. Ken Bogner, sponsor of HB 519, said. "This gives Montanans the option to securely carry their encrypted ID on their devices, protecting personal information and limiting data exposure through lost or stolen physical credentials."

For more information about Mobile IDs or the Montana Mobile ID Verifier App, please visit, [www.mvdmt.gov/mobile-id](http://www.mvdmt.gov/mobile-id)

## Street Closure - Heads Up, Downtown Livingston!

Starting Monday, September 15th, Callender Street will be closed for construction between Main and 2nd Streets. The block will likely remain closed into

November as City contractors complete important infrastructure upgrades. The City appreciates your understanding as we work to improve the downtown water and

sewer system that Livingston's commercial core relies on.

Sidewalks and businesses will remain open, so please keep shopping and dining in the area!



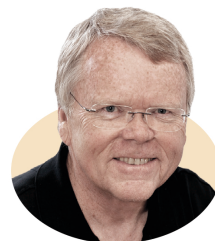
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## Financial Steps to Prepare for Alzheimer's and Dementia

More than 7 million Americans have Alzheimer's disease, according to a 2025 report from the Alzheimer's Association. The emotional toll of watching a loved one struggle with the memory loss, depression, anxiety and cognitive decline is already overwhelming but the financial burden can be significant too. Hopefully this disease will never touch your family, but it's important to be financially prepared just in case. By planning to cover long-term care costs and creating a financial strategy for caregivers, you can help protect your family's financial well-being.

Expenses related to Alzheimer's and other

forms of dementia can be extensive. Families often face ongoing medical treatment costs, medical equipment purchases, home safety modifications, prescription drugs and personal care supplies. Long-term care represents one of the largest health care costs not covered entirely by traditional Medicare, making advanced planning crucial.

Here are a few essential planning steps to consider:

**Plan for care costs and identify insurance coverage.** Start by understanding your family's health insurance options, including Medicare, supplemental policies and veteran's

benefits if applicable. Determine coverage for adult day care services, in-home care services, full-time residential care and other long-term care options. Confirm whether you or your loved ones have long-term care policies or other insurance with long-term care riders.

In some states, Medicare offers Special Needs Plans (SNPs) for people living with dementia, including Alzheimer's. These plans specialize in care and coverage for beneficiaries with dementia, and only those diagnosed can enroll.

**Identify assets and debts.** Create a comprehensive picture of your family's financial position, including bank accounts, investments, property and debts such as credit cards, mortgages or lines of credit. You'll need this if you take over financial management for a loved one.

**Ensure legal documents are in place.** Work with an attorney to establish crucial documents like a durable power of attorney for finances and health care decisions. These documents should be created before someone is diagnosed or when they're just starting to show early signs of Alzheimer's, so they can understand what they're signing. Waiting until cognitive ability declines makes the process more challenging and may require court procedures for conservatorship.

**Consider a living trust.** A living trust can hold financial assets and property while a successor trustee, like trusted family member, manages money and makes investment decisions. While complex, these trusts can provide valuable protection for families dealing with a parent or older relative experiencing dementia.

**Look for tax benefits.** Caregivers who pay care costs out of pocket may qualify for tax credits and deductions. These benefits vary by state,

so consult with a tax advisor about your eligibility.

**Consider protective measures for early stages.** If a loved one is showing signs of Alzheimer's or other dementia, you may want to set up auto-pay for bills, open joint checking accounts, freeze credit reports at major bureaus, consolidate or cancel credit cards, and monitor financial activities closely. This can help keep financial responsibilities flowing smoothly and prevent exploitation by scam artists.

A qualified financial advisor can help evaluate your family's overall situation and recommend appropriate strategies to prepare for potential dementia-related costs. They can work with your legal and tax professionals to help you put comprehensive protection in place.

While an Alzheimer's or dementia diagnosis will change everyone's life in your family, taking proactive financial steps can help ease the burden and provide greater confidence for the journey ahead. For more information, visit [www.alz.org](http://www.alz.org).

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## INTERNATIONAL UPDATE YOUR RESUMÉ MONTH

By Jill-Ann Ouellette

Keeping your resumé up-to-date is a good habit to have. *International Update Your Resumé Month* is the whole month of September; so mark your calendars to remind yourself to freshen yours up with all your latest skills and achievements.



It is unknown whoever created the idea of a formal resume however; we know that back to 1482 Leonardo da Vinci made a decision to put his personal accomplishments on paper with the intent to gain employment. Though written in the form of a letter, da Vinci made an attempt to secure employment for the Duke of Milan, Ludovico Sforza, as a military engineer. Da Vinci eventually left employment with the Duke of Milan and became a full-time artist. A decade after leaving Milan, da Vinci made his return to the city. Finding himself once again under the charge of Duke Sforza, this time it was to create the masterpiece now known as *The Last Supper*.

From the 1930s to the 1960s, resumes became an institutional requirement when applying for a job. Today, many employers require a resume even for low-level skill jobs. So even if you have never touched a computer keyboard or typewriter—you may need to call upon a friend or learn a new skill to have one ready to apply for work.

### Types of Resumes

Resumes have taken shape in many different forms. Today, there are four types of basic resume's used by potential employees—Chronological, Functional, Combination and Targeted. Based on the type of work you are applying for and your experience and skill set, you should choose from one of the below options:

**Chronological** resumes present work history, personal achievements, and education in chronological order. Emphasis is given to work history in a chronological resume, naming the latest employment first. Use this if you are

currently employed using skills that the new job would require. This is also a nice approach to show the number of years worked to prove stability and dedication.

**Functional** resumes take the focus away from work history and place focus on skills and abilities. If the job posting lists skills and abilities as very important instead of education—this is a good option. Often used by newly graduating people that do not currently have direct experience but have soft skills that are purposeful for the job opening.

**Combination** resumes put emphasis on work history, as well as skills and abilities to allow employers to see everything equally. This is a great approach for higher-level skill postings often managerial and technical jobs.

**Targeted** resumes allow applicants to customize their resume according to the position being applied for. This is always a good approach. I often updated my resume to mirror the education, skills, responsibilities and abilities as outlined in a job posting no matter the skill level. I retired from a professional HR position in 2020. I updated my resume and have used a targeted-style resume numerous times for part-time and volunteer work.

A resume should always look professional and easy to read. It's important to be consistent. Be thorough, yet not too wordy. Focus on the information you are trying to present to potential employers. Before presenting or sending a resume, be sure to recheck for spelling and grammatical errors. It's a good idea to have someone else read through it as well. Choosing the right action verbs to describe your skills and accomplishments might be the deciding factor in getting an interview and gaining employment, so use words like: built, created, evaluated, analyzed, communicated, examined, directed, coordinated, compiled, executed, advised, facilitated, installed etc.



### Be Prepared

Whether you are climbing the corporate ladder or are currently pounding the pavement, polishing your resumé with your most recent accomplishments and acquired knowledge will assist you in applying for potential

positions quickly. We have all heard about the **early bird getting the worm**. So choose to stand out in the field of applicants and apply early, with accurate information and display your qualifications. Avoid the anxiety when opportunity knocks or the unfortunate occurs. Recalling specific dates and years of achievements is much more difficult than staying on top of your skills annually.

Look at the latest version of your resume and get all the facts updated.

Take a moment to review the new skills, responsibilities and accomplishments you have successfully completed since your last update. Be sure to include group goals achieved if applicable.

Improve your chance of getting hired by being ready to apply and standing out from the crowd with an accurate, professional resume. Best wishes for your future endeavors!

A Countywide Celebration of the Arts

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## PARK COUNTY

### September 20 - 28

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danforth museum of art

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**Artist Reception at LCAC | September 26**

**Fine Art Auction at the Depot | September 27**

Student Art Workshops | Adult Art Workshops

Open Studios

Art Walk in Downtown Livingston



**ARTWEEKPC.COM**



# The Frame Garden September Art Walk Events

The Frame Garden welcomes artists Lynn Bickerton Chan from the Gardiner area and former Livingston resident Georgia Donovan at the Art Walk on Friday, September 26th from 5:30 to 8 pm.

This opening occurs during the inaugural **Park County Art Week.**

**Bickerton Chan** grew up in the UK and after graduating in landscape architecture traveled to several countries doing both design and illustration before settling in Yellowstone. She was a landscape architect and project manager for Yellowstone National Park for many



years. She painted many of the trail head orientation exhibits seen around Yellowstone and completed commissions for paintings

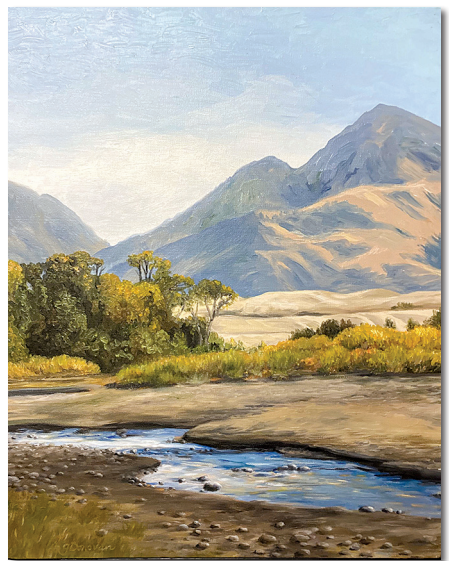
of historic buildings throughout the region. "I strive to learn how to represent our world and the emotion it holds for us accurately but without copying it exactly. With this goal in mind, I use pastel, pencil, and acrylic mediums but my favorite

is watercolor as it never ceases to amaze and inspire me when done well, it also has a mind of its own, so it will always challenge me and keep me humble," says Chan.

Bickerton Chan will be doing an artists talk and demonstration from 4 to 5 pm prior to the artwalk.

**Georgia Donovan**, a cut-paper artist and oil painter, regularly returns to her old stomping grounds of Livingston and Paradise Valley. The landscape and its inhabitants, from the birds soaring overhead to the tiniest ant and river nymph, make their way into her explorations of the natural world in delicately cut paper that she paints. Donovan originally learned to cut paper from her grandmother and has gone on to develop a unique and intricate style of cutting both folded and unfolded paper and then painting the pieces to a masterful effect. Donovan also paints in oil on canvas capturing the larger view of the natural world that captivates her.

Donovan will be teaching a paper cutting class for kids age 7 and up through adults on Saturday, September 27th at 10 am. It is free to the public, but space is limited so call to register ahead of time,



406-222-5122. A second class may be offered if the first one fills.

The Frame Garden is located at 101 S. Main Street in Livingston. They are open Monday thru Friday from 9:30 am to 5:30 pm and on Saturdays from 10 am to 4 pm.

## OP-ED

from page 3

The intent was for the concerned to ask the commission to hold off on such actions until fuller public participation takes place first.

Attendees there were also given instructions and support on how to fill out the not terribly well known survey by the commission. Truth be told, however, the survey feels skewed to shape the feedback in city-intended directions, it is intimidatingly large in scale, yet seems seriously narrow and inadequate as real feedback. Plus, it is difficult for those who are not as computer savvy in general, let alone proficient in QR codes.

I mentioned in past my concern about a proposed highway sign saying to explore Livingston like the locals just faintly whiffed of urban saviorism by some on a mission to

enlighten the hicks. I was not feeling reassured about that by this point in the meeting.

I digress, but I repeat for those who resist it; entitled elitism has no place at any level of a democracy. We are all citizens and taxpayers in equal standing, and are at risk the instant any of us forgets this—or choose to ignore it.

One of the comments given at the town hall was that we should all go to the meetings and that we should be kind to our commissioners. Probably sound, it hopefully keeps the vigilance effective. But the key takeaway was still the idea of restraint: keep it travelable, keep it minimalist, and don't destroy function for some half-baked destruction of flow. Hmm—that about describes both the threat to McGee drive and the bulbouts both, doesn't it?

And all of this still pales in the public's mind in scale with finally intelligently fixing the northside rail crossing. Bet I've mentioned that one before as well.

It was an almost two-hour meeting, and

the comments are available I believe at the Chamber. You know, for anyone... interested.

It hit me this morning. Jefferson really was an astute observer of human nature, even centuries before the paid-for-by-the-taxpayers-studies-with-no-accountability era. The age might be as different as the styles of dress, but the boondoggles remain the same.

I thought back on the 25 years I have been attending Livingston City Commission meetings, both as commissioner and as regular public attendee, and realized the consistency over time with which we have paid for expensive studies and then done little more with them than shelve them or pitch them out.

It may sometimes be for good reason, but the reality is little to nothing seems to reach final implementation. What has worked best over time has been veggies instead of dessert—commonsense, useful, unsexy, practical, functional spaces, maintained not replaced, both in parks and the downtown.

We rejected the \$40,000 study to make Main Street a bulbout-infested one way. Ditto the \$47,000 study for an underpass near PFL serving the few instead of the many, and another at \$780,000. The \$45k foolishly planning the Wellness Center in Miles Park and pointlessly demolishing the Civic Center. These might tally up around a million dollars, and it suggests they might have more served the expected whims of the check writers than the actual public. And all before the two discussed at the meeting.

Remind me in the future to tell you tales of our budget expansion over time, because in real money we might be at double what we used to be. No wonder people were concerned. The disconnect still feels real.

I am grateful to those who put the event together, and those who attended. On all of our behalf, I only wish eternal vigilance still allowed for the odd sick day here and there and a few weeks' vacation.

## Letter to the Editor

from page 4

ficial for athletes who swim multiple hours daily

- Hair and skin remain in better condition despite extensive pool time

### **Recovery Benefits**

- Less harsh chemicals mean faster recovery between training sessions
- Reduced skin dryness and irritation
- Better overall comfort during extended pool time

The preference is so strong that many Olympic and municipal competition facilities specifically choose ozone treatment systems to meet the expectations and needs of competitive swimmers. This suggests that for serious swimmers who spend significant time in pools, the water quality improvements from ozonation are considered essential rather than just preferred.

**For a typical Olympic-sized pool, what would the cost difference be in annual expenses for ozonation treatment vs chlorination treatment?**

Based on the search results and industry data, here's the cost comparison for an Olympic-sized pool (approximately 2.5 million liters/660,000 gallons):

### **Initial Equipment Costs:**

- Ozone System: \$15,000-\$35,000 for Olympic-scale installation
- Chlorine System: \$3,000-\$8,000 for traditional chlorination equipment

### **Annual Operating Expenses:**

#### Ozonation Treatment System:

- Reduced chemical costs (60-90% less chlorine): \$1,500-\$4,000 annually
- Electricity for ozone generation: \$4,000-\$8,000
- System maintenance: \$3,000-\$5,000
- Equipment replacement (UV bulbs, etc.): \$1,000-\$2,000
- Total Annual Cost: \$9,500-\$19,000

#### Chlorine Treatment System:

- Chemical costs: \$8,000-\$15,000

annually

- Electricity for pumps/systems: \$3,000-\$6,000
- Maintenance and labor: \$5,000-\$8,000
- Total Annual Cost: \$16,000-\$29,000

### **Key Cost Factors:** Savings with

Ozonation: Once in place, ozone filtration could reduce the ongoing operating and maintenance costs because it is less damaging to pool equipment. Pool ozone systems will help reduce chlorine consumption. As a result, you'll spend less on chlorine and other pool chemicals as per EnvronOzone.

### **Annual Savings Potential:**

- Cost Reduction: \$6,500-\$10,000 annually with ozonation
- Chemical cost savings represent the largest portion of this reduction
- Lower equipment wear and corrosion reduces long-term maintenance costs

**Break-Even Analysis:** With higher initial costs but lower operating expenses, most Olympic facilities see a return on investment within 2-4 years. The savings compound over time as ozone systems typically last 10-15 years with proper maintenance.

### Additional Considerations:

- Energy costs vary significantly by location and electricity rates
- Olympic pools often operate year-round with intensive usage, maximizing the chemical cost savings
- Professional management and maintenance costs are generally lower with ozone systems due to reduced chemical handling requirements

The substantial annual savings in chemical costs make ozonation economically attractive for Olympic-sized facilities despite the higher upfront investment.

Let's plan to stay healthy together when the Wellness center opens. Please call the Livingston City Manager and the City Commissioners to ensure that they safeguard the long-term health of our families and future generations!

Take care, David Lewis

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# Your Ageless Wellness Column

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

## Breath: The Oldest Medicine You've Forgotten About

When most people think of exercise, they think of muscles, sweat, and movement. However the real foundation of movement isn't strength or flexibility—it's breath.

### Why Breath Matters

Breath is the bridge between body and mind. It's the only automatic system in your body that you can consciously control. Think about that. Your heart beats without asking. Your digestion runs on it's own. But your breath... you can take the wheel anytime.

That makes it powerful. When you breathe with awareness, you anchor yourself in the present moment. You're not thinking about what's for dinner or replaying yesterday's mistakes. You're right here, in your body, in this rep, in this breath.

### Breath and Presence During Exercise

At The Hub, I often remind people, *"Don't just go through the motions—breathe through the motions."*

- **Strength training:** Exhaling as you lift helps engage your core, protect your spine, and focus your effort.
- **Balance work:** Deep, steady breaths calm the nervous system, reducing the wobble that comes from tension or fear.
- **Stretching:** Slow exhalations tell the body, *"It's safe to release,"* helping muscles lengthen without force.

When you pair breath with movement... you're not just exercising—you're practicing presence.

### Breath in the Body: The Science

- **Nervous system reset:** Every breath interacts with your vagus nerve, the great "wandering nerve" that connects your brain to your heart, lungs, and gut. Slow, deep breathing activates the parasympathetic nervous system—the "rest and repair" mode—reducing stress, lowering blood pressure, and improving digestion.
- **Brain function:** A 2017 study in *The Journal of Neuroscience* found that the rhythm of breath directly influences brain regions involved in emotion and

memory. Inhaling sharpens focus; exhaling calms anxiety.

- **Performance:** Controlled breathing increases oxygen delivery to muscles, delays fatigue and helps regulate heart rate during physical activity. That's why athletes and yogis alike swear by breath training.

### Breath in Practice: Modern Uses

- **Navy SEALs** use box breathing (inhale for 4, hold 4, exhale 4, hold 4) to stay calm under fire.
- **Clinics** use breathing therapy to reduce symptoms of PTSD, depression, and chronic pain.

**HeartMath Institute** has shown how "heart-focused breathing" creates physiological coherence—where your heart, brain, and nervous system synchronize, boosting emotional resilience.

### The Health Benefits of Conscious Breathing

Science backs this up:

- **Lowers stress hormones** like cortisol, improving recovery.
- **Activates the parasympathetic nervous system**—your body's "rest and repair" mode.
- **Improves oxygen delivery** to muscles, boosting stamina.
- **Sharpens focus and mood**—reducing anxiety and brain fog.

A study from the *Journal of Neurophysiology* even showed that slow, steady breathing synchronizes activity in parts of the brain that regulate emotion and memory. In other words—your breath literally changes your brain.



### Breath in Tradition: Ancient Wisdom

Across cultures, breath has always been sacred:

- **Pranayama (Yoga):** Breath con-



trol as a way to channel life force.

- **Qigong/Tai Chi:** Breath as the carrier of *qi*—vital energy.
- **Spiritual traditions:** The very words for "breath" and "spirit" are the same root in Hebrew (*ru-ach*), Greek (*pneuma*), and Latin (*spiritus*).

To breathe is to live. To breathe with awareness is to awaken.

### Breath as the Anchor of Intention

Intention is powerful—but only if we stay connected to it. How many times have we started a workout, a meditation, or even just a day with a clear intention, only to get distracted halfway through?

That's where breath comes in. Every conscious inhale and exhale is like tying a knot between your body, your mind, and your purpose. Breath keeps you from drifting into autopilot. It reminds you, *"This is why I'm here. This is what I'm doing."*

- **In exercise:** Pairing breath with movement makes each rep an affirmation. Exhale as you lift—it's your intention leaving your body as action.
- **In daily life:** Before a conversation, a meal, or a decision—one deep breath can reset your focus on what matters.
- **In challenges:** When you want to quit, your breath is a lifeline to your original "why." Slow breathing regulates emotion, clears mental fog, and reconnects you with your commitment.

Breath turns intention from a thought into a rhythm. It's not just something you

think about at the start of the day, it's something you practice with each inhale and each exhale.

### A Simple Practice for Presence

Here's something you can try next time you're at The Hub—or even right now at home:

1. **Stand tall** with your feet grounded.
2. **Inhale through your nose** for a count of four, feeling your ribs expand.
3. **Hold** gently for a count of two.
4. **Exhale through your mouth** for a count of six, releasing tension in your shoulders and jaw.
5. **Repeat for five breaths**, then begin your movement—letting the breath set the rhythm.

This isn't just exercise; it's a practice of coming home to yourself.

### Closing Thought

Breath is the one tool you carry everywhere. It requires no membership, no equipment, and no cost. It is always here to return you to presence, to steady your body, and to remind you that wellness begins not with how much weight you lift, but with how deeply you breathe.

Garrick Fulmer-Faust, CPT, Certified Nutritionist, Senior Fitness Specialist, Life Coach, and Executive Director of The Hub Fitness Center at Park County Senior Center located at 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.

### Meals for September 22nd - 26th

**Mon., Sept. 22nd** - Chicken pot pie, roll, pears, milk

**Tues., Sept. 23rd** - Soup medley, crackers, applesauce, milk

**Wed., Sept. 24th** - BBQ chicken legs, fries, green beans, peaches, cake, milk

**Thurs., Sept. 25th** - Stuffed shells with alfredo, peas, applesauce, milk

**Fri., Sept. 26th** - Blueberry pancakes, grape juice, egg bake, oranges, milk



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Livingston, MT 59047  
406-333-2490

Check us out on Facebook  
Livingston Meals on Wheels

Lunch served cafeteria style  
Serving food until 12:15 pm

SUGGESTED DONATION \$6  
PER MEAL IF OVER AGE OF 60  
NO MEMBERSHIP NEEDED  
\$8.50 if under 60

Salad bar included in meal price  
If you would like a to-go meal  
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IT'S THE GOOD STUFF. NOT THE BAD STUFF.



10:00AM - 12:00AM  
7 DAYS A WEEK



128 S. MAIN STREET  
406-222-7480





# Where Did My Sign Go?

## Cautions on Political Signage

We all like to support our favorite candidates for office but did you know there are rules about political signs? Have you ever had a sign go missing? Depending on where you live the oversight can be either the State of Montana or the municipality that you live in.

In a recent letter from Patrick Hurley, the Administrative Officer covering Outdoor Advertising Control at the State of Montana... Political campaign committees, and candidates are being reminded again about restrictions on where their signs can be placed as per 75-15-113, MCA. (When you get a sign to display, the candidates should be giving you advice on how to do so.)

Signs on highway fences, utility poles, and otherwise on state right-of-ways are not allowed, and are being removed by Department of Transportation crews.

With landowner's consent, political signs may be placed alongside the highway on privately owned land. Many signs are being placed in ditches or on the highway side of fences. State crews must remove them, and store them until the owners pick them up. **Candidates, and their supporters** should make sure their signs are **placed on private property**.

Federal law requires that any sign *intended to be read* from the highway must be regulated by the state. In Montana, as in other states, controlling signs is the responsibility of the Department of Transportation. Failure to control signs brings the threat of federal sanctions, and can disrupt highway improvement projects. *EEK!*

A reminder, it is *unsafe*, and *illegal* to drive or park in a ditch along a highway to install or remove a sign on private property.

Within 30 days following the applicable election the signs should be removed.

The candidates' cooperation in adhering to the regulations, and statutes will improve the safety of the Department of Highways, and the taxpayers of Montana.

**Livingston has its own city-zoning ordinance** Sec 30.50. It is applicable to the locale of the city not including Park Street and the Park Street Right-Of-Way (ROW), which is under the jurisdiction of State; therefore the City does not control signage along Park Street or any other state-owned/maintained ROW. In Livingston here are the rules:

- Right-of-way setback: A city ordinance passed in August 2024 established a rule that temporary signs, including political signs, cannot be placed within 15 feet of a city right-of-way. This is also enforced for yard sale signs.
- Political signs must be removed within 7 days after an election.
- No sign shall be erected in such a manner that a portion of the sign or their supports are attached to or will interfere with the free use of any fire escape, exit, or standpipe, or obstruct any required stairway, door, ventilator or window.



- No sign shall be attached to any tree.
- Visibility at Corners, Alleys and Driveway Approaches must have a triangular clear vision zone. Please see the ordinance for specifics.
- City removal: For signs in violation of city ordinances, such as the 15-foot setback, city staff can remove them without explanation or notice.

Here in Livingston for clarification on specific local guidelines and enforcement details you can contact the City of Livingston's Planning Department by emailing [planning@livingston-montana.org](mailto:planning@livingston-montana.org) or calling 406-222-4903.

If you find that your sign is missing from your yard—it might be the placement of the sign and not an opposing candidate fan.

### SHIELDS VALLEY

### Upcoming EVENTS

**September 24th**

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

**September 25th**

- Homecoming Parade in Clyde Park at 2:15 pm
- JH Volleyball versus Big Timber at 4:30 pm

**September 26th**

- Junior High/Varsity Volleyball versus Reedpoint/Rapleje in Wilsall at 1 pm
- Junior High/Varsity Football versus Reedpoint/Rapleje 4 pm / 7 pm

**September 27th**

- Varsity Volleyball at Manhattan Christian - TBD

**September 28th**

- Retirement celebration for Glen and Angie Heiling at the Shields Valley Bible Church from 1 to 4 pm

**September 30th**

- JV/Varsity Volleyball versus Whitehall

• Blood drive at Shields Valley Public Schools from 9:30 am to 12 pm. Visit <https://vit.la/hqsl38> to schedule an appointment.

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

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# AWARENESS

# SAVE LIVES

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## CROWN ROOM CASINO

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



# Rising Star Songwriters Take the Stage at the Livingston Songwriter Festival

The second annual Livingston Songwriter Festival will take place in downtown Livingston on Friday, October 3rd and Saturday, October 4th.

The established festival has taken place in Red Lodge and Cody for several years and offers attendees a chance to meet the writers behind the songs in rounds and listen to the songwriters tell the story of the song and perform very familiar songs in a stripped-down way. While the Hit Songwriters will take the stage in two venues during the evenings of Oct 3rd and 4th, the Rising Star Songwriters will be performing throughout the afternoon at four locations, with special interviews scheduled at Perk on Park and Tru North Friday and Saturday morning.

"For many people, listening to the Rising Star writers is the highpoint of their experience," said Mike Booth. "We are proud to bring Livingston an amazingly talented group of writers from Montana, Tennessee, Texas, Colorado and West Virginia. You'll discover some new favorites, I promise." To help festival attendees plan the shows they want to attend, here is an introduction to the featured Rising Star songwriters:

**Anthony Garcia** – Anthony Garcia is a songwriter, guitarist, and classically trained pianist based in Austin, Texas. His musical style has most accurately been described as "cinematic Americana," a genre that interweaves songwriting with expanding, quasi-orchestral sections. Versatile is the best word to describe his live performance.

Garcia often switches between genres within a set and sometimes switches between instruments within a single song. A lover of rock, blues, classical piano, and Spanish guitar, and a fan of soulful vocals and old standards, Garcia's musicianship and eclectic song choices always keep the audience enraptured and inspired.

**Bo DePeña** – Every so often, one encounters a musician who headlong confronts the vast expanses and open roads of America to get his music out to the people. Bo DePeña is such a musician. With over 175 shows played in 2019, Bo has put some serious miles under his belt. From Texas to Colorado to South Dakota to Montana, his music can be heard at bars, breweries, rodeos, and honkytonks. Over the last few years, Bo has shared stages with artists such as William Clark Green, Chris Knight, Dale Watson, William Michael Morgan, Ned LeDoux, and Colter Wall.

Growing up in Laredo, TX, Bo first picked up a guitar at the age of seven. Today, Bo is known for high-energy Americana/Country with thoughtful and relatable lyrics.

**JPlank (Jeff Plankenhorn)** – Jeff Plankenhorn is a world-class songwriter and had been an accompanist to the stars and first-call session musician in Texas (Joe Ely, Ruthie Foster, Ray Wylie Hubbard, etc.) for 16 years when he decided to go solo with his critically acclaimed SoulSlide album (featuring performances by Ruthie Foster, Malford Milligan, Rami Jaffe (Foo Fighters, The Wallflowers), and The Resentments, with co-writes from Bret Dennen, Gary Nicholson, and Miles Zuniga (Fastball). He's a virtuoso multi-instrumentalist who designed his own signature lap-steel "The Plank" that gained him an Austin Music Award in 2017.

**Marcedes Carroll** – Marcedes Carroll is a Southwestern Montana musician. With guitar in tow she bends Americana melodies to her stylistic storytelling. From a young age singing lullabies to her brothers cradled in the Rocky Mountains, to her adult years telling stories in dimly lit bars, Marcedes Carroll has found her voice best behind a guitar. It's no secret that hard work and tenacity will get you far, especially in the music industry.

**Chris Haddox** – Chris Haddox is a Logan, West Virginia born and raised songwriter/singer/multi-instrumentalist who is now based out of Morgantown, West Virginia. He writes and sings his voluminous collection of songs about (to quote him) "religion, firearms, courthouse squares, goats on trampolines, shoes, fiddles, and hurricanes"—whatever catches his eye. He deftly combines humor, sarcasm, and blunt honesty to create songs that are accessible and relatable to a wide variety of audiences.

This stellar musician is also a community leader who has directed Habitat for Humanity and worked to preserve old neighborhoods, a WVU professor of sustainable design, and an amateur musicologist who researches musicians from the southern coalfields of West Virginia.

**Carin Mari** – Inspired by the mountains of Colorado where she was born and raised, she is a songwriter from the heart who is passionate about sharing her stories and playing her unique brand of music. In 2001, Country music quickly became her passion when friend and mentor,

Michael Martin Murphey, suggested Carin learn "I Want to be a Cowboy's Sweetheart." After nineteen years of continued dedication, her talents as a guitarist/singer/songwriter have won her numerous awards, including 2009 Entertainer and Songwriter of the year from the NAC-MA, Female Vocalist and Female Entertainer of the year for South Plains College, and eight Colorado Country Music Awards.

Carin graduated from South Plains College in 2012 with a degree in Commercial Music, majoring in voice and guitar. In August of 2014, she graduated from Texas Tech University with a degree in Mass Communication, Leadership, and English. While still pursuing her own career, Carin is also thrilled to be the lead guitar player in, Michael Martin Murphey's, Rio Grande Band.

**Imogen Clark** – For Nashville-based Australian singer-songwriter Imogen Clark, music is many things – a weapon, a medicine, a superpower. As someone who has battled anxiety her whole life, music is the secret sauce that transforms her into the globetrotting belter of deeply emotional anthems, a swaggering live performer who proudly wears her deepest emotions with bracing vulnerability.

Today, she stands as a testament to the power of transcending one's familiar boundaries, a journey fueled by her roots and an unwavering ambition that has taken her from the teenager who honed her chops playing Western Sydney bars to global stages from the US to Europe.

**Jackson Emmer** – Jackson Emmer is an award-winning songwriter and folksinger from Santa Cruz, California. His 5th solo record, "Battle Hymn of the Early Riser" was out in June of 2025. The album explores themes of family, parenthood, broken dreams, and steady bonds.

Emmer has performed at the Bluebird Cafe, Telluride Bluegrass Festival, and Club Passim. He has taught for Acoustic Guitar Magazine, Swallow Hill Music, and many other music camps. Bluegrass legend Tim O'Brien said this about Emmer's latest, "I chuckled, I sang along, and a few tears came. It's personal, universal, fresh, and hopeful. And there's steel guitar. Were you looking for more?"

**Wil Maring** – Over twenty-five years and several well-used Toyota Siennas later, Wil Maring is still wearing out the Michelins, bringing her original folk/bluegrass/pop/roots music with warmth and humor to fans and friends from coast to coast. She still calls the road her home, even though her "stuff" lives in a 19th-century log farmhouse in the hills of Southern Illinois, and it is from those rural roots and all that life in the rearview mirror, that her music has grown. She has performed on the Grand Ole Opry and NPR's Whaddya Know program, in addition to touring extensively in Europe and Japan.

She began her career singing and playing several instruments as a solo act in college coffeehouses, then graduating to Bluegrass and Americana bands in the US, Japan, and then Germany. Wil juggles her music career with her other career as a professional artist, after having earned a BA in fine art, and an MA in Museum Studies. She brings her paints and canvas to locations all over the US, and "kills two birds with one stone," playing concerts, and painting, and bringing home new plein air paintings to add to her gallery.

**Audrey Hall** – Born in Brazil and rooted in the rugged terrain of the American West, visual artist Audrey Hall ventured out of the confines of two and three-dimensional work to create music under the pseudonym, Harlow Willis.

Through simple, direct melodies, Harlow writes of courage, loss, and reinvention, drawing inspiration from vast, untamed western landscapes. Her style is as dark and powerful as the frontier's night skies, weaving raw emotion into stark, unembellished storytelling. Despite her relatively short time as a performing musician, Audrey has already shared the stage with an impressive array of talent, including Grammy-nominated, multi-platinum songwriter Sean Douglas, world-renowned guitar



virtuoso Joe Robinson, Black Lab frontman Paul Durham, and critically acclaimed country-blues poet Jeffrey Foucault.

**Martin Gilmore** – With a diverse and extensive repertoire, Martin Gilmore's soulful voice navigates a wide range of sounds with traditional and original songs. His easy-going style explores the depths of folk music with authentic reproductions, creative reimaginings, and unique original songs. His robust vocals, and impressive guitar work combine to bring color to new and old songs alike. Martin's 2021 release The Martin Gilmore Trio featured the talents of mandolinist Nick Amodeo and bassist Ian Hoegele, who play regularly with Martin. The record also features Tim O'Brien, Courtney Hartman, and Mollie O'Brien. The Martin Gilmore trio have played all over the United States and Ireland and were one of the official showcase groups at the International Bluegrass Music Association's World of Bluegrass conference in 2021.

Martin has opened for groups such as The Infamous Stringdusters, Stephen Stills, Judy Collins, amongst others. He has toured all over the world as a solo act, as well as with the Martin Gilmore Trio, and his Bluegrass band Long Road Home.

**Paige King Johnson** – In a quiet North Carolina town 22 miles south of Raleigh, as a young 9-year-old girl, Paige King Johnson spent her days imitating the styles of Loretta, Patsy, Waylon, and Merle. Having a grandpa as her biggest fan also meant receiving the gift of her first guitar – a baby Taylor – and enrolling in lessons. After her grandpa passed, the bright-eyed dreamer carried on his memory by taking her newfound discovery to local fairs, festivals, and any other stage she was allowed to stand on. Upon starting school at Belmont University for Music Business, Johnson honed in on the magic that had heavily influenced her as a child: the art of storytelling thru songwriting.

The famous Bluebird Café was just one of many writers' circuits around Nashville that provided a safe space for Johnson to meet other writers, try out new tunes, and get feedback. In return, Johnson began captivating audiences with her down-home stage presence, cut straight to the bone stories and raw country voice, reminiscent of the classic country era. Johnson has a passion for giving young songwriters a place to share their talents. A five-time Carolina Country Music Awards Winner for Female Vocalist of the Year, Single of the Year, Country Emerging New Artist, Songwriter of the Year, and Tour of the Year, Johnson's devoted hometown fan base continues to expand farther than just her backyard.

**Mike Blakely** – As a singer/songwriter, Mike Blakely has released 14 solo albums, performed all over the U.S. and has made 16 tours to Europe. His songs have been recorded by Alan Jackson, Gary P. Nunn, Red Steagall, Flaco Jimenez and Raul Malo, Walt Wilkins & The Mystiqueros, John Arthur Martinez, Randy Brown, Geronimo Trevino III and Johnny Rodriguez, Johnny Bush, Jon Chandler, Bill Barwick and others.

The Livingston Songwriter Festival is a production of the Rocky Mountain Songwriter Festivals, Inc. (RMSF). The RMSF is a 501(c)(3) nonprofit organization dedicated music education in local communities. Since its inception the Rocky Mountain Songwriter Festivals have gifted more than \$130,000 to fulfill this mission.

Performance venues include The Livingston Depot Center, The Attic, Perk on Park, Livingston Center for Art and Culture, Katabatic Brewing, Engine Room, and Tru North. For more information on the festival or to purchase tickets, please go to [www.livingstonsongwriterfestival.org](http://www.livingstonsongwriterfestival.org).

## Livingston Celebrates Clean Energy with SunDay Art & Bike Tour

The Yellowstone Bend Citizens Council (YBCC), in partnership with Wheatgrass Books, the City of Livingston, Neptune's Brewery, and other local partners, invites the community to celebrate **SunDay 2025** with a two-part event that combines art, family fun, and clean energy action.

The weekend kicks off on **Saturday, September 20th**, with a **Community Fingerprinting Party** at Wheatgrass Books from 11 am to 12:30 pm located at 120 N Main Street. Children and families will create vibrant painted suns that will later be used as colorful site markers along the *Sun Day Bike Tour* route. These joyful works of art guide riders from solar installation to solar installation, showcasing both the creativity of Livingston's youth and the power of renewable energy in our community.

The celebration continues on **Sunday, September 21st**, with a **Community Bike Ride** from 1 to 3 pm, beginning at Wheatgrass Books. Cyclists of all ages are invited to ride together to seven solar-powered sites around town, where they'll hear stories and testimony from local solar owners. Each stop will be marked by the children's fingerprinted suns, connecting the art project to the clean energy journey. The ride concludes at **Neptune's Brewery**, where participants can enjoy a celebratory drink (if over 21 years old) and enter a raffle for books on solar energy.

### Event Details:

- **Bring:** A bike and helmet (rental info available upon request)
- **Contact:** [solarizelivingstonmt@gmail.com](mailto:solarizelivingstonmt@gmail.com)



"By starting with art and carrying it through to the bike ride, we're bringing creativity, fun, and community connection to the forefront of Sun Day," said organizers from YBCC. "The fingerprinted suns will not only brighten our solar tour but also symbolize the bright, renewable future we're working toward together."

About Yellowstone Bend Citizens Council (YBCC): YBCC is a grassroots organization committed to building a clean, sustainable, and equitable future for Livingston and the surrounding region. Through advocacy, education, and community events, YBCC works to promote renewable energy and climate solutions.





### 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.

### 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.

**September 21st - 30K RUN** - Celebrate our public lands with Yellowstone Gateway 30K run below Emigrant Peak in Paradise Valley. Starting line is at the Sage Lodge, 55 Sage Lodge Drive, Pray, and ending at Chico Hot Springs. You can register for the run or sign up to volunteer at Runsignup.com/Race/MT/Pray/YellowstoneCity30K. Runner fee is \$75.

**September 21st - EMIGRANT HALL TURKEY DINNER**, 4 to 7 pm. \$10 for adults, \$5 for children. To go dinners available. Bake sale & raffle. Benefits St. John's Friendship Fund.

**September 21st - SunDay** - Yellowstone Bend Citizens Council (YBCC) & Wheatgrass Books will host a unique Livingston version of SunDay, a national celebration of solar & renewable energy. Beginning at Wheatgrass at 1 pm, we'll bike to seven solar sites around town & conclude with a beer at Neptunes.

**September 22nd - 27th - ARTWEEK PARK COUNTY**, various exhibits, receptions, auctions, open studios and more going on all week long. To get a list of events and activities visit ArtWeekPC.com.

**September 22nd - 28th - CRAZY HEAD CREEK FARMS OPEN STUDIO AND FARM SHOP** - We will be opening our little weaving studio and farm shop at 20 Stormy Ridge Road in celebration of Park County Art Week! September 22nd-26th hours are 2 pm - 6 pm and September 27th 10 am - 6 pm. Hope to see you there!

**September 26 - ART WALK** - Downtown Livingston Art Walk, galleries stay open late, offer light appetizers, socializing, and a lot of great art from 5:30 to 8 pm.

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 Friday.

**September 27th - FINE ART AUCTION** - Visit the Livingston Center for Art and Culture, located at 119 S. Main St., beginning September 9th to preview all the artwork available in the sale, as well as a special artist reception during the final downtown Livingston Art Walk of the season on Friday, Sept. 26th. Live auction will be held at the Livingston Depot Center located at 200 W. Park St. You can explore the featured artworks online, get more information or purchase tickets for the Live Auction at [artweekpc.com/auction](http://artweekpc.com/auction).

**September 27th - 8TH ANNUAL LIPSYNC BATTLE** - Ten teams will battle for the glory of the Golden Microphone and title of 2025 LipSync Battle champion(s) sponsored by the Livingston Education Foundation at The Shane Center, 415 E. Lewis Street starting at 7 pm! Tickets available day of event, bring your voting dollars and your enthusiasm. If you want to participate - contact us as soon as possible, the line-up is filling up fast! For more information visit [LivingstonEducationFoundation.org](http://LivingstonEducationFoundation.org) or call 406-224-0536.

**September 27th & 28th - QUILTS ALIVE IN '25** - Peace by Piece Quilts Show from 9 am to 5 pm on Saturday and 10 am to 3 pm on Sunday at the Park County Fairgrounds, 46 View Vista Drive. Quilt raffle tickets on sale at Back Porch Quilts, 5237 US-89 South and Thimbelina's, 118 N. B Street, \$2 each or 6 for \$10. For more information or questions contact Julie at 406-224-7109.

**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.elevatemontessori.org/murder-mystery-dinner](http://www.elevatemontessori.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.

# Consider a Sponsorship of the Community Journal

The *Park County Community Journal* is seeking help from our followers to continue its mission: promoting positivity in the local community. We do this by publishing stories about the people, organizations, businesses, and events that represent Park County, often times at request, and most importantly, to shine light on what makes this community special.

We promote local businesses and encourage their support; honor non-profit organizations dedicated to philanthropy; celebrate our vibrant arts community by showcasing its contributors and their work; praise the achievements of students and children in sports and education; recognize major developments in municipal and county government; and cover local events to spur participation and advance the concept of community.

Knowledge as power, though a cliché, is undeniably true, and our intention is to inform readers about the community so as to inspire positive change through mutual support and understanding.

The *Journal* currently publishes 2,000 copies weekly for distribution throughout Park County. In response to incoming tourists, this number will rise in the early spring to 2,500 and to 3,000 by summer 2025. Park County depends on tourism to thrive, and the newspaper has a role in sharing information with visitors about what our community has to offer through advertising and editorials

on businesses and events. In addition to compensating staff, this increase in printing is expensive (\$0.45 per copy; total annual printing expenses amounting to roughly \$50,000 contingent upon need), but our goal is to help the community flourish without placing a burden on our readers.

Up until now, the newspaper has been free of charge—a service provided to the community not intended to generate income through our consumers, much like a non-profit organization. Our desire is to continue this tradition via advertising fees, the *Journal's* current business model, and by exploring new avenues for raising money to fund operating expenses without shifting costs to readers. For example, we are currently working alongside non-profit organizations like Prospera and Park Local to consider and develop new strategies for increasing revenue, such as adjusting advertising rates for local businesses through the cool season. However, as we are not technically a non-profit organization, our options are somewhat limited.

We are therefore asking you to please consider the value of our newspaper to this community and to support our cause by making a donation that will be used to extend our outreach and impact to locals and visitors alike. Donations may be made once or on a recurring basis, if possible.

Because we are not a charity organization, your gifts are not tax-deductible. However, any donation, small or large, helps us in our effort to shape this community for the better. Even just two dollars each from a few thousand individuals would be extremely helpful in keeping this newspaper free as we continuously strive to benefit the community.

Thank you for considering a donation to our newspaper. If a gift falls within one of the following sponsorship levels:

**Bronze: \$250 • Silver: \$500  
Gold: \$1000**

Donors will be recognized monthly in the newspaper. Qualifying business donors will be awarded discounted advertising rates during the warm season (June - September.)



Donations can be made using the QR code or mailed to PCCJ, PO Box 1851, Livingston, MT 59047. Thank you for your consideration in helping us to continue our mission!



# BREAK time

# CROSSWORD

Puzzle #417

## Montana Fun Facts!

Another spectacular rock formation near Yellowstone in Montana is the **Sheepeater Cliff**. It is a series of exposed basalt cliffs in column form, which is actually lava deposited many years ago.

A rustic monument known as the Roosevelt Arch marks the north entrance to Yellowstone National Park. The cornerstone of the massive arch was laid in April 1903 by President Roosevelt himself.

You can step back in time in **Virginia City**, Montana, where everything still looks like it was in the 1800s. **There are items on display in shops that are more than 100 years old.**

### ACROSS

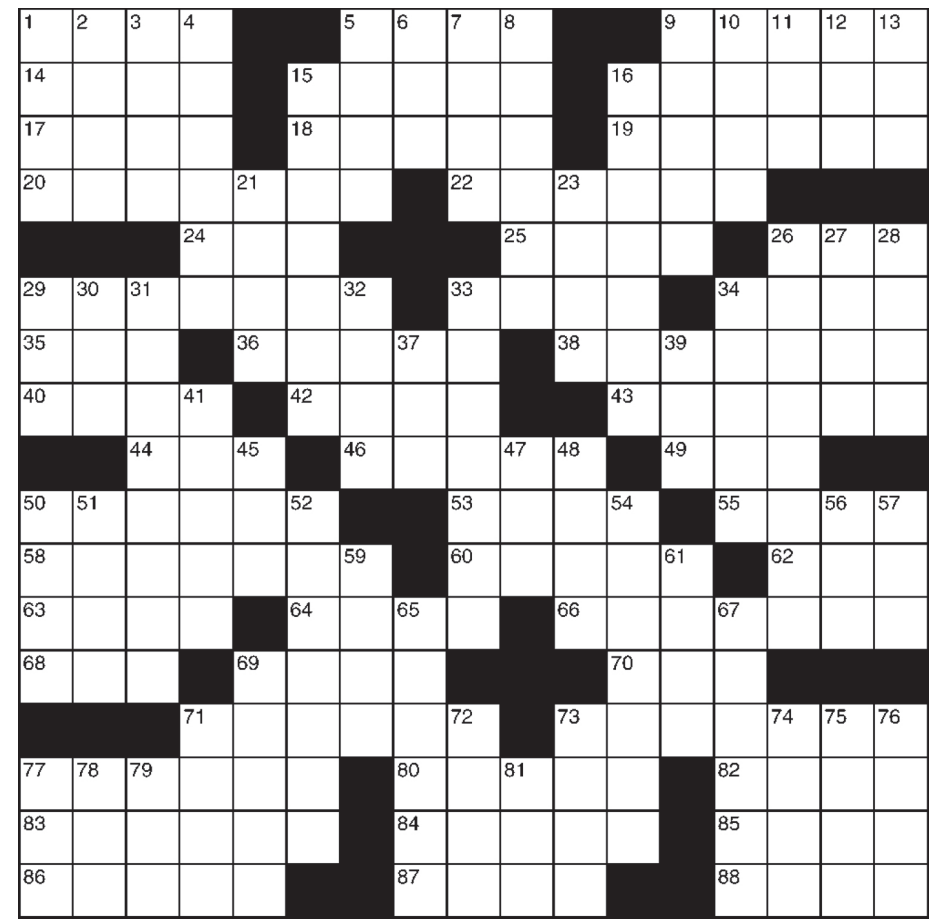
- 1. Oater friend
- 5. Source of poi
- 9. Discolor
- 14. Health herb
- 15. Keen
- 16. Paper fastener
- 17. Sow's opposite
- 18. Reform
- 19. Pond resident
- 20. Guilt
- 22. Translate
- 24. Rested
- 25. Tar's hello
- 26. Bill at "Cheers"
- 29. Baby's pajamas
- 33. Steel mill residue
- 34. Prima donna
- 35. Auricle
- 36. Halloween word
- 38. Strict diet
- 40. Touch on
- 42. Grandmother
- 43. Harsh
- 44. Father

- 46. Happiness
- 49. Common gull
- 50. Reach
- 53. Nonclerical
- 55. Thick cord
- 58. Revel noisily
- 60. Finance
- 62. Skate
- 63. Curdle
- 64. Shed tears
- 66. Increase
- 68. Female bird
- 69. Romanov title
- 70. Lettuce type
- 71. Small village
- 73. Rustic
- 77. Layers
- 80. He's got the blues
- 82. Head sheik
- 83. "\_\_\_\_\_ Can Wait"
- 84. Rye fungus
- 85. Make a mad dash
- 86. Key in, as data

- 87. College administrator
- 88. "\_\_\_\_\_ Were Expendable"

### DOWN

- 1. Young salmon
- 2. Direction for Sinbad
- 3. Perambulate
- 4. Testify
- 5. Submissive
- 6. Stone or Bronze
- 7. Tear to pieces
- 8. Tribulation
- 9. Pore over
- 10. Bible weed
- 11. Bright
- 12. Queasy
- 13. Maiden-named
- 15. Asian
- 16. Larry, Curly, and Moe
- 21. Deeply absorbed
- 23. Blacken
- 26. Antiquated
- 27. State strongly
- 28. Scourge
- 29. Caribbean



- or Coral
- 30. Biology class, for short
- 31. Outbreak
- 32. Enlarge
- 33. Hollywood newcomer
- 34. Springboard figure
- 37. Tropical bird
- 39. Amethyst, for one
- 41. Seared bread
- 45. Abyss
- 47. Bronzed
- 48. \_\_\_\_\_and-go-seek
- 50. Coyly roguish
- 51. Lacquered tin
- 52. Dan Rather, e.g.
- 54. Musical performance
- 56. Boot liner
- 57. Aperture
- 59. True
- 61. Halt, to a horse
- 65. Student-doctor course
- 67. Affirm
- 69. Spud
- 71. \_\_\_\_\_ it coming
- 72. Wrenched
- 73. Laborer
- 74. Asian nursemaid
- 75. Kind
- 76. Three, in cards
- 77. Her, subjectively
- 78. Five-and-\_\_\_\_\_
- 79. Dock rodent
- 81. Nicklaus's gp.

# Sudoku

Puzzle #152

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

Sudoku - #151

## SOLUTIONS

Crossword - #416

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

WAS		WADI		SOB		HOPS
ODE		AFAR		ALE		IDOL
RIP		RINK		LIE		PITA
LEI		PEG		IVORY		OAT
DUAL		LLANO		AMUSE		
		ARDENT		PERISH		
SCHWA		DEFIANT				
THING		DIRECT		EAST		
OIL		AGAR		DOSS		DUE
ANTI		AVOCET		ANIMA		
		SEMINAR		ROTOR		
VELVET		MAGPIE				
DONEE		CELLO		LARK		
ROD		NATAL		ALP		ROE
IDEA		BIB		IDLE		RUM
LOAD		BRA		REEK		ASP
LORE		EEL		ESNE		YET

## KIDZONe

A weekly hangout for the young and young at heart

Find and circle the words.

### Word search


A	N	C	H	S	S	B	U	I	S
R	M	N	O	R	M	S	Q	D	M
B	A	D	G	A	Z	W	F	S	R
T	I	P	B	R	N	N	O	S	L
S	H	M	I	N	D	A	W	T	L
B	A	P	H	T	E	E	B	G	E
D	O	L	N	O	O	C	G	S	H


SHIP  
DOLPHIN  
ANCHOR  
OCEAN  
SHELL  
SQUID





Count the similar objects and write the number.

### How many?











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225/60 R17. Like new, \$250 for set of four. Call 406-223-4444.

Free-standing portable air conditioner,  
\$75. Please call 406-222-4636.

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

St. Mary's Catholic School is hiring a full-time **Preschool Teacher** with benefits for the 2025-26 school year. Please contact Melissa Beitel at (406) 222-3303 or mbeitel@stmaryscatholicsschool.net

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

Position Overview:  
Are you passionate about making a meaningful difference in the lives of students? Shields Valley School District is looking for dedicated, compassionate individuals who are excited to support students with diverse academic and behavioral needs. In this rewarding role, you'll go beyond traditional paraeducator duties by providing focused, one-on-one support that truly impacts a student's daily success. Comprehensive training will be provided to ensure you feel confident and equipped to meet the unique needs of each student you work with. This is a wonderful opportunity to grow professionally while making a lasting difference!  
(Schedule: (as outlined in the board-adopted academic calendar)  
• Up to 9 hours per day, Monday

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.

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](http://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!

Key Insurance in Livingston is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to [alice@montanainsurance.net](mailto:alice@montanainsurance.net).

ANNOUNCEMENT

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](http://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!

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

cover letter and resume to [HR@livingstonmontana.org](mailto: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](https://www.jobs.parkcounty.org/jobs/160/Disease-Intervention-Specialist-2#job_160)

Sheriff Deputy  
Are You Trustworthy, Self-Motivated and Community Minded? The **Park County Sheriff's Office** is looking for (1) new full time team member interested in a career in a law enforcement capacity with our Sheriff's Office.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- To enforce State, Federal and County laws and ordinances
- Candidate must pass written, oral, medical and psychological exams
- To provide customer service and answers inquiries via phone, electronically or in person
- To participate, conduct and manage search and rescue activities
- To patrol Park County
- To serve Warrants and civil papers
- Certifiable to use law enforcement weapons is required
- To write reports, testify in court and conducts investigations
- To assist the public
- To assist any and all Law Enforcement agencies as needed
- To perform other duties as maybe assigned by the Sheriff
- Individual is required to be a union member.

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  
Full details and forms are located at [https://www.jobs.parkcounty.org/jobs/7/Sheriff-Deputy-JOB-10301019-open-until-filled#job\\_7](https://www.jobs.parkcounty.org/jobs/7/Sheriff-Deputy-JOB-10301019-open-until-filled#job_7)

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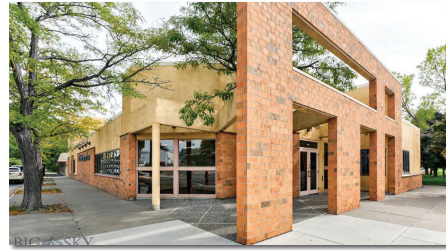
**320 N 2nd Street**  
3 beds 2 baths | 2,267 sq ft  
#404684 | \$499,000  
Baylor & Carolina Carter | 406-223-7903



**98 Miller Drive**  
5 beds 3 baths | 3,352 sq ft  
#400605 | \$793,999  
Tom Gierhan | 406-220-0229



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



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



**110 N 7th Street**  
2 beds 1 bath | 1,764 sq ft  
#405417 | \$449,000  
Jessie Sarrazin | 406-223-5881



**726 US Highway 10 W**  
4 beds 3 baths | 3,277 sq ft  
#401505 | \$782,000  
Julie Kennedy | 406-223-7753



**1296 US Highway 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



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



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



**425 S 12th Street**  
4 beds 3 baths | 2,620 sq ft  
#404838 | \$899,000  
Swanson Team | 406-220-2045



**326 S 5th Street**  
3 beds 1 bath | 1,879 sq ft  
#403239 | \$500,000  
Julie Kennedy | 406-223-7753



**9848 Durston Rd Unit #A**  
3 beds 2 baths | 1,732 sq ft  
#403623 | \$639,500  
Jon Ellen Snyder | 406-223-8700



**903 Meriwether Drive E**  
Land Listing | 0.19 acres  
#405062 | \$250,000  
Julie Kennedy | 406-223-7753



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

## Meet the Team...

Aurora has a great affinity for the state of Montana; specifically, Livingston and surrounding areas. She lives for time spent with her husband and daughter; off-roading, rafting, camping, and snowboarding. Beyond outdoor recreation, Aurora finds joy in crafting/DIYs, reading/writing, and, most of

all, cooking for other people. There is no greater reward for her at the end of crafting a meal than seeing folks with a full belly and joyful hearts. Aurora has spent nearly a decade in the banking and service industries. She firmly believes that at the heart of great business is the desire

**Aurora Fritz**  
Sales Associate  
406-224-2501  
aurora@eralivingston.com

to put people first. Aurora's experience has honed her excellent listening skills which she will use to understand your property needs. You can expect diligence and determination from Aurora in helping you realize your real estate goals.



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# ARTWEEK

## PARK COUNTY

September 20 - 28

### FEATURED EVENTS

Sneak "Peak" Exhibit at LCAC	September 9–26
Faces of Park County: Portrait Workshop	September 20
Crazy Head Creek Farms Open Studio and Farm Shop	September 22-27
Wilson Wyllie: Painting the Figure Class	September 23
Artist Meets Students - Cynthia Handel/Park High	September 24
Student Showcase: Park High Work with Artist Cynthia Handel	September 24- 27
Wilson Wyllie: Painting the Figure Class	September 25
Derek DeYoung: Open Studio & Live Painting	September 25
Artist Reception at LCAC	September 26
"Essence of the Wild" Exhibit	September 26 - November 14
Student Showcase: Summer LINKS and Art Room East	September 26
Lynn Bickerton Chan: Demo & Artist Talk	September 26
All-Abilities Art with Eagle Mount: Bean Mosaics	September 26
Fine Art Auction at the Depot	September 27
Georgia Donovan: Cut Paper Workshop	September 27
Showcase of Park High School Work	September 24-27
Art Walk Downtown Livingston	September 26
Angel Yonke: DIY Photography Transfers	September 28

# Livingston Man Sentenced for Conspiring to Distribute Methamphetamine and Fentanyl

## Sentenced to 180 Months in Federal Prison.



Park County Dugout - September 16th, 2025  
TheParkCountyDugout.substack.com  
By: Jeff Schlapp

POCATELLO – Carson Lee Maynard, 49, of Livingston, Montana, was sentenced to 180 months in federal prison, and Amy Marie Tillman, 43, of Lewistown, Montana, was sentenced to 70 months in federal prison. The two were sentenced for conspiring to distribute methamphetamine and fentanyl, Acting U.S. Attorney Justin Whatcott announced Monday. They were also ordered to forfeit to the government a residence in Livingston, Montana, because they used it to commit the offense.

In the early morning hours, court records show an Idaho State Police Trooper stopped a vehicle that Maynard and Tillman were traveling in because of a window tint violation. When police searched the car, they discovered five pounds of methamphetamine and 3,000 fentanyl pills in a spare tire in the trunk of the vehicle. Maynard and Tillman were traveling back to Montana from New Mexico and Las

Vegas after receiving large amounts of methamphetamine and fentanyl. Maynard and Tillman admitted they conspired to return to Montana, where they would sell the methamphetamine and fentanyl. Maynard was previously convicted in federal court for conspiracy to distribute methamphetamine in the District of Montana. Senior U.S. District Judge B. Lynn Winmill also ordered Maynard to serve five years of supervised release following his prison sentence. Tillman was also ordered to serve three years of supervised release following her prison sentence. Both defendants pleaded guilty to the charge in May 2025. Acting U.S. Attorney Whatcott commended the work of the U.S. Marshals Service, the Idaho State Police, the Missouri River Drug Task Force-HIDTA (Montana), and the Montana Highway Patrol. Special Assistant U.S. Attorney Zoie Laggis prosecuted this case.

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

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