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Park County Community Journal

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Week of September 28, 2025

Leadership 49 Announces Year 12 Participants

Montana State University Park County Extension is proud to announce the Year 12 participants of Leadership 49, a nine-month leadership program designed to develop empowered and engaged citizens that will strengthen and connect the communities of Park County. Entering its eleventh year, Leadership 49 has graduated over 180 community leaders.

Comprised of monthly daylong sessions, community-based experiences, and a group project, participants develop leadership skills, increase their knowledge about challenges and opportunities, and network with community groups, leaders, businesses, elected officials, and others.



"Joining this group helped me understand Park County as it is now. To learn how diverse the county is, and the people, is uplifting" shared Keva Ward, Park County Community Foundation Program Director and Year 10 Alumnus.

The program began with a retreat on September 19th in Paradise Valley. It also includes monthly sessions in Clyde Park, Cooke City, Gardiner, Livingston, Paradise Valley, and Wilsall.

A total of 15 participants were selected from a geographic and experience cross-section of the county. The Leadership 49 Year 12 participants are:

- Abby Lawson, Livingston
- Adam Burges, Livingston
- Alyssa McGeeley, Gardiner



- Andrew Emanuel, Livingston
 - Angeliene Gelderloos, Livingston
 - Bill Zanoni, Livingston
 - Blakeley Adkins, Livingston
 - Eric Lane, Livingston
 - Jennifer Severson, Livingston
 - Lacey Rhyner, Livingston
 - Rochelle Black, Emigrant
 - Sam Archibald, Gardiner
 - Tessa Moeckel, Livingston
 - Theresa Pospichal, Wilsall
 - Yetta Stein, Livingston
- Congratulations Year 12 participants! The Extension office looks forward to preparing more community leaders in this 9-month program!

The Shane Lalani Center for the Arts Presents "The Hunchback of Notre Dame"

The Shane Lalani Center for the Arts in Livingston is proud to present a community theatre production of the musical *The Hunchback of Notre Dame* from October 17th to November 9th.

Based on Victor Hugo's dark gothic novel, *The Hunchback of Notre Dame* takes us to fifteenth-century Paris, where a deformed bell-ringer observes the whole city reveling in the annual Feast of Fools. Quasimodo escapes his devious caretaker, the archdeacon Dom Claude Frollo, and joins the boisterous crowd, only to be treated cruelly by all but the beautiful Romani woman Esmeralda. Quasimodo isn't the only one captivated



by her, though Captain Phoebus and Frollo are equally enthralled. As the three vie for her attention, Frollo embarks on a mission to utterly destroy the Roma—it's up to Quasimodo to find the courage to save them.

This production contains mature themes and situations, and may not be suitable for young children.

The *Hunchback of Notre Dame* performances take place in the Dulcie Theatre of the Shane Lalani Center located at 415 E. Lewis in Livingston. The Shane Center's evening showtimes have changed. Showtimes are now Fridays and Saturdays at 7:30 pm and

Sundays at 3 pm. There will also be a special "Pay What You Will" performance on Thursday, November 6th at 7:30 pm. Tickets are \$25 for adults, \$19 for seniors/students/veterans, and \$13 for youth 17 & under. Make reservations at the-shanecenter.org or 406-222-1420.

The Hunchback of Notre Dame is generously sponsored by Foodworks, Dusty

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Elk River Arts & Lectures Announces New Leadership

Park County, MT, September 23, 2025: Elk River Arts & Lectures (ERAL), Livingston's premiere literary arts organization, is delighted to announce that Yetta Stein has taken the role of Executive Director, a leadership transition marking an exciting new chapter for the organization.

Stein is a dynamic and visionary Park County resident whose deep roots across Montana and passion for the arts make her an ideal fit. She is a graduate of Missoula's Hellgate High School and holds an MFA from the Vermont College of Fine Arts. Her poems have appeared in POETRY, HAD, Mountain Outlaw, and Tahoma Literary Review, among other literary journals. Stein is already a part of the ERAL family, teaching poetry to fourth graders and leading writing workshops throughout Park County. To ERAL, she brings fresh energy, a collaborative spirit, and broad leadership experience in the arts, education, and business. Stein is leaving a Bozeman-based consulting firm where



she was a partner and director, supporting growth and strategy.

"I couldn't be more excited to join Elk River Arts and Lectures as executive director," Stein said. "I plan to continue building on the foundation established by previous directors and further expand ERAL's reach and impact across Park County. We need connection, art, and words to articulate and witness one another's live experiences. Bread and roses!"

"We're thrilled to welcome Yetta to the helm," said Maryanne Vollers, Board Chair of Elk River Arts & Lectures. "Her commitment to community engagement and innovative programming aligns perfectly with our mission to cultivate and celebrate Park County's literary heritage. She will lead us into the future with a sense of purpose and joy."

Stein is replacing Laura Prindiville,

who joined the organization last year in order to strengthen the organization's administrative foundation, professionalize ERAL's operations, and lay the groundwork for future growth. "I am so proud of what we have accomplished in such a short time," said Prindiville, "but it's time for this local effort to be in local hands. Yetta's deep community commitment and her boundless energy are exactly what Elk River Arts & Lectures needs right now."

Under Stein's leadership, Elk River Arts & Lectures will continue to host its renowned author events, workshops, educational initiatives, and collaborations with other nonprofits. The organization remains committed to fostering diverse ideas, enriching lives through storytelling, and enhancing the cultural vitality of Park County through literary programming. For more information, please contact director@elkriverarts.org.



Fire Danger Reduced to HIGH in Yellowstone National Park

Fire restrictions lifted

- The parkwide fire danger level for Yellowstone is now HIGH and Stage 1 fire restrictions that went into effect August 12 have been lifted.
- At this time, there are no fire restrictions in place or planned in the park. • Currently, there are no uncontrolled wildland fires in the park.
- Campfires are only permitted within established fire rings in

campgrounds and some backcountry campsites.

- Campfires must always be attended and cold to the touch before abandoning. Soak, stir, feel, repeat. • The Greater Yellowstone area is a fire-adapted ecosystem. Fire plays an important role in maintaining the health of this area's wildlife habitat and vegetation.



- Stay informed about current fire activity in Yellowstone.



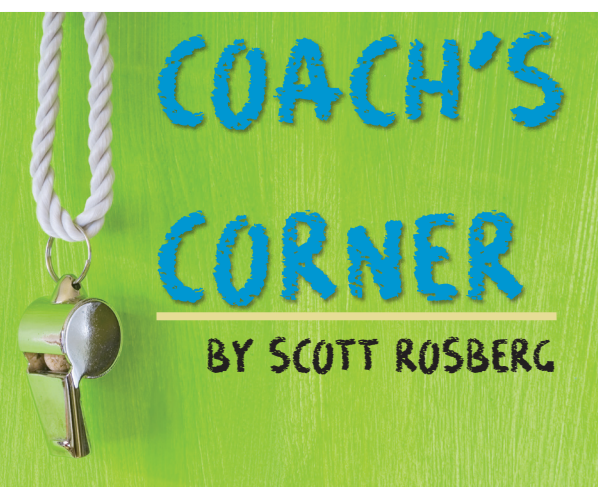
Join us for Pastor Glenn Heilig Retirement

Pastor Glenn Heilig will be retiring from the Shields Valley Bible Church on Sunday Sept. 28th after 16 yrs.

There will be an open house at the church that day.

Cake and coffee provided.

The community is invited to join.



CREATING A GREAT TEAM



Last weekend, I spoke at the Montana Tow Truck Association's convention. I imagine a few questions are popping into your head right now.

"There's a Montana Tow Truck Association?"

"And they have a convention?"

"What do you know about driving a tow truck?"

"What the heck did they have **you** speak about?"

As a man of international mystery and intrigue, there's a lot about me that you don't know. However, driving a tow truck is not one of them. I have never driven one before. I have been in one on a few occasions when a vehicle I was driving broke down, but those are stories for a different day... and column.

A couple of months ago, Ken Gray, owner of Whistler Towing here in Livingston, asked me if I would speak at the convention. He is on the board of the association, and they were looking for a speaker to round out the program.

A couple of years ago, he had me speak to his team at Whistler about some team building and leadership concepts. He had seen me speak to the Park County Fire Department the prior year, liked the messages I delivered, and thought they would be good for his crew, too. He liked what I then did when I met with his team, so he asked if I could do the same for the entire state's tow truck driving companies.

You may be thinking, "Wait, you spoke to the Park County Fire Department, too?"

Yep. Four times in the last 13 years, actually.

"Why would a fire department and tow truck drivers want a coach/athletic director speak to them?"

For the same reason sports teams & leagues, athletic departments, schools, and entire school districts have had me speak to them.

For more than 15 years, I have been speaking around the country about team-building and leadership topics to all kinds of teams.

That's because for over 40 years, I have spent the majority of my professional career building teams. Mainly, I have built high school and middle school basketball, soccer, and football teams. For 13 years, I also worked as an activities director, building teams in our athletic/activities department.

In each instance, I have worked to create the best

team experience possible for the members of my teams. Some years, I was more successful than other years.

But I always had one main goal with each team – to create the best team experience possible.

And the way to do that was to do all that we could to reach our potential as a team.

Potential – A Tricky Word

Now, *potential* is a tricky word. Potential is something that is out there in the future. At least it should be. It's this idea that says, "This is what we could become if we come together, work really hard, develop into what we can be based on who we are now and how much effort we put into this thing, and we all stay focused on achieving what we are here to try to achieve."

I have told my teams for years that it's a good thing when you are starting something and people say, "You have great potential." It means they see something in you that makes them believe you will become successful at whatever it is you are endeavoring to do.

The tricky part of the word potential is when it's talked about at the other end of an endeavor. When you finish some endeavor, you NEVER want someone saying to you, "You *had* such great potential." Because what they're saying is that you didn't become what you were capable of becoming.

The potential for each of the teams I led through the years was something different. That's because each team is different, and not only because some were teams of one sport, some of another sport, and some a mixture of all the sports at our school. Even within a sport, each team is different. Every basketball team I have coached has been different than the others. Even though many of them had many of the same players from the previous year, each team was its own entity. Therefore, each team had different levels and types of potential.

The level of play, combination of players, skill levels, strengths & weaknesses, degree of talent, different personalities, and number of returning players all contributed to what I would see as our potential for that season. For some, we could focus more on potential championships. For others, we were trying to turn things around and win a few games. For still others, we were building or rebuilding through skill acquisition and development.

But for all of them, it was about learning what it means to be a team and working our best to become a GREAT TEAM.

Now, when I say, "GREAT TEAM," I'm not talking about winning a lot of games and championships. While that may end up happening, and it's certainly one of our goals, winning a lot is not a prerequisite to having a GREAT TEAM.

I have coached some *GREAT TEAMS* in my career that didn't win a lot of games on the scoreboard. I have also coached my share of teams that won a lot of games, but they weren't *GREAT TEAMS*.

Commitment

That's because what makes a team great is about much more than the results. It's about their commitment to hard work, their commitment to each other, their commitment to our goals, and their commitment to our standards.

You see one word repeated in that last sentence – *COMMITMENT*. The greatest teams are filled with people who are committed to many aspects of what

will make them a great team. This *inner circle* of people who are 100% committed to becoming the best team possible is what determines how great the team is. The more people who are 100% committed, the better the team will be.

It's that simple.

I don't care what kind of team we are talking about: a basketball team, an athletic department, a team of teachers, an entire school district, a business, or, yes, a fire department or tow truck company.

If the vast majority of the people on your team are 100% committed to the standards that you have decided are what's most important to you becoming the best team you can be, you are going to have a great team.

Conversely, if the vast majority of the people on your team ARE NOT 100% committed to those same standards, you have no chance to have a great team. Oh, you might get some wins, maybe even a championship of some sort, but you won't have a great team.

That's because a great team is ALWAYS determined by the size of the Inner Circle of people who are doing everything they can to create a great team. Talent is only one small part of the equation to have a great team. But it's not nearly as important as effort, attitude, desire, determination, discipline, selflessness, perseverance, trust, coachability, caring, character, consistency, and commitment in determining if you will have a great team or not.

Just look at that list in that last sentence. Think about whatever teams you are a part of right now—sport teams, school teams, admin teams, military teams, emergency response teams, work teams, and family teams; think about how many people on your team exhibit a majority of those qualities with regards to your team. If most of the people exhibit most of those qualities with regards to your team, you have a chance to have a great team.

If most of them don't exhibit those qualities, you don't stand a chance.

And some of the groups of people we hope always operate as a great team are the people who do some of the most important jobs in our world—fight fires and help us when we have an accident on the highway.

That's why I spoke to our Park County Fire Department, Whistler Towing, and the Montana Tow Truck Association. I was trying to help them learn the steps to creating the best team possible.

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



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To check out more materials from Scott, go to his website SlamDunkSuccess.com. You can email Scott at scott@slamdunksuccess.com.

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October 31st - Nov 1st (Fri-Sat) **JUSTIN CASE BAND** and Halloween Party

Nov 7th - Nov 8th (Fri-Sat) **BLACK WATER** Good ole Rock & Roll

Nov 14th - Nov 15th (Fri-Sat) **TEN YEARS GONE** Classic Rock

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

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

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

The Mountain West Classic: 590 Runners Competed in the Boy's 5,000 Meter Varsity Race—Finn Schretenthaler Places Sixth

Park County Dugout - September 22, 2025
TheParkCountyDugout.substack.com
By: Jeff Schlapp

On Saturday, over 3,000 high school and middle school runners from Montana, Idaho, and Washington came to Missoula to challenge themselves at The Mountain West Classic, the 30-plus-year high-profile cross country meet held annually at the University of Montana Golf Course.

Among the teams entered in the All-class race were Park High, Manhattan Christian, and Shields Valley, as well as the middle schools, Sleeping Giant and Manhattan Christian.

In the 5,000-meter varsity boys and girls races, Meade High from Spokane, WA, won team honors by one point over Bozeman, while the Bozeman girls ran past Gallatin to earn a win. For the second week in a row, Miles Halvorsen (Bozeman High) won the boys' race, as did Billings Central's Addison Kegel in the girls' varsity race.

Running with Park High's varsity boys team, Sleeping Giant's eighth grader, Kaleb Marsh, competed in his first varsity meet and his first official 5,000-meter race and finished with an impressive time of 19:19.9.

Equally impressive was Manhattan Christian School's Culter Edmundson. Culter suffered a broken hand during an Eagles football practice, which put an end to his football season, but it opened a door to a new sport - cross

country. Although a star on the Eagles track team, that doesn't always mean it will translate off the track into the woods, but Culter, running his first race, the JV race, turned in a competitive time of 20:48.1.

Park High's two-time defending Class A state cross country champion Finn Schretenthaler finished in sixth place overall with a time of 15:40.8, about a step behind Grey Pisen (who took third overall and first in Class A) from Billings Central.

The two rivals will meet up again this Thursday, September 25th, at the Fergus XC Invitational, at Pine Meadows Golf Course, located at 320 Country Club Lane, in Lewistown.

The Fergus Schedule:

Boys MS 10 am;
Girls MS 10:20 am;
Boys JV 10:45 am; Girls JV 11:15 am; Boys Varsity noon; and Girls Varsity 12:30 pm.

Manhattan Christian ran the JV race in both the girls' and boys' flights in



Almost 600 runners toed the line in Missoula on Saturday at the Mountain West Class XC Meet, and Park High's senior Finn Schretenthaler finished 6th, shaving 14 seconds off his time from last season's race. Photo credit: KJ Schretenthaler



Kaleb Marsh competed in his first varsity meet with an impressive time of 19:19.9 at the Mountain West Classic in Missoula on Saturday. Photo credit: KJ Schretenthaler



Park High XC Boys Team welcomes eighth grader Kaleb Marsh (third from left) to his first varsity race on Saturday at the Mountain West Classic in Missoula. Photo credit: KJ Schretenthaler

Missoula. Overall, 652 boys finished the All-class JV 5,000-meter race, and Joshua Kimm placed 95th and came in second among Class C runners with a season-best time of 19:31.4.

Coming in 12th in Class C and 122 overall was MCS Greycen Lee, who ran a PR and finished in 19:49.6.

Dylan Poirer ran a PR of 20:27.2, finishing in the top 25 in Class C. Derk Flikkema also achieved a PR (20:31.0), shaving 38 seconds off his previous best to secure 25th place among Class C runners in the JV race.

Wyatt Miller finished the Mountain West Classic course in 21:26.9, which was a season best and placed him in the top half of JV runners.

Park High's Kenny Howell competed in the JV race and ran a PR of 21:26.50.

Park High freshman Mateo Hernandez also ran a PR in the JV race, coming home in 23:26.27.

In the girls' 5,000-meter JV race, Manhattan Christian School senior Bria Ohs blazed her way to a PR (22:07.7) and a 31st place finish overall (out of 473 girls) and a top ten (6th place) among Class C runners.

Halle Miller ran a PR (23:45.6) and finished 104 overall and 11th among Class C girls who completed the course.

Karissa Van Kirk finished with a PR (27:53.24), which we'll point out again is impressive because this fall she is also a captain on the Lady Eagles volleyball team.

Freshman Sydney Wynia dropped over two minutes from her previous best time and, in doing so, not only set a new PR (29:05.8) but also qualified for the Class C state XC meet.

Manhattan Christian is in Butte on Thursday at the Butte High Invitational, which is held at the Highland View Golf Course located at 3150 S Utah Ave in Butte.

Park High's freshman Della McCann set her new PR of 27:20.3, cutting over a

minute from her previous personal best on Saturday during the girls JV race.

In the girls' 5,000-meter varsity race, Addy Boyce paced the Park High team once again, while Jude Johnson finished with a season-best time of 24:44.8.

The Shields Valley XC team is made up this season of Alicia Hunt and Darcy Long, and both competed on Saturday, with Hunt earning 291st place, running a 23:31.8, and Long finished with a PR of 26:08.9.

And to finish up, we'll go back to the boys' varsity 5,000-meter race, where Park High runners came to compete.

Isaac Ramirez finished in the top half of varsity runners, as did freshman Langley Hamilton.

In the middle school boys' 1.3-mile race, both Sleeping Giant's Charles Eubank (43) and Logan Marsh (44) claimed a top 50 finish out of 446 middle school runners in the boys' race.



Maeve McGrath races towards an outstanding 17th place in the Girls 1.3-mile Middle School Girls Race on Saturday at the Mountain West Classic in Missoula. Samantha Rucker (Bozeman Track Club) is on her left (26th place), and teammate Esperanza Hernandez (24th place) is pictured on the right. Photo credit: KJ Schretenthaler.

While in the girls' middle school 1.3-mile race, Maeve McGrath came home in 17th place, and Esperanza Hernandez placed in the top 25 (24th) as SGMS finished in 8th place as a team out of 29 entered.

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

SHIELDS VALLEY

Upcoming EVENTS

September 28th

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

September 30th

- Junior Varsity/Varsity Volleyball versus Whitehall at 5 pm

October 1st

- Bear Awareness hosted by Town of Clyde Park at the Clyde Park Town Hall - 6 pm
- Shields Valley Adult Education Fitness Challenge at Wilsall School - 6 pm

October 2nd

- Grandparents' Day at Shields Valley Elementary
- Junior High Volleyball at SGMS - 4:15 pm
- Junior Varsity/Varsity Volleyball at Twin Bridges - 5 pm

October 3rd

- Junior High/Varsity Football versus White Sulphur Springs (Senior Night) at 4 pm

October 4th

- Shields Valley Junior High Volleyball Tournament
- Varsity Volleyball at Bridger Tournament - TBD

October 5th - 6th

- BPA Fall Leadership

October 6th

- Junior Varsity Football at White Sulphur Springs - 5 pm

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

Spice Up Your Life!

An Expedition into the World of Nutmeg

Jill-Ann Ouellette



Nutmeg

Buckle up, as we're about to embark on a whirlwind of a captivating and versatile spice—none other than nutmeg! This isn't your boring history lesson, but we do cover the basics, we're talking about a spice that's as rich in flavor as it is in lore and nutritional prowess. Fall is the season for many spice-inspired treats...so, grab your aprons!

A Stolen Treasure

Nutmeg comes from the seeds of the tropical evergreen tree, *Myristica fragrans*. The majority of the world's nutmeg is produced in the lush, tropical Spice Islands, now called Indonesia. This spice flavors many dishes, both savory and sweet, with its pungent and a warm taste. Its origin story is a tale of intrigue and greed that'll make any pirate proud.

Historically, grated nutmeg was used as a sachet, and the Romans used it as incense. Nutmeg was guarded like a precious and expensive commodity. Around 1600, the Dutch, eager to monopolize the spice trade, went so far as to cut down every nutmeg tree in Run (one of the Spice Islands) in an attempt to maintain their stronghold on the market by keeping prices high. There were many English and French counterplots to obtain the fertile seeds for transplantation. These clandestine efforts focused on smuggling fertile nutmeg seedlings out of the Dutch-controlled islands and establishing new plantations in their own colonial territories. Today, nutmeg production is global, with countries like Grenada being significant producers.

Nutmeg trees can grow to a height of about 20 meters (65 feet). They take eight years before producing fruit. They reach their prime in 25 years, and bear fruit for 60 years or longer.

From Medicine to Moonshine

Nutmeg's uses span centuries and cultures. The ancient Greeks and Romans utilized it for medicinal purposes, while in the Middle Ages, it was a symbol of luxury and wealth. It was used for headaches, fevers, and to treat stomach problems, and as a stimulant and aphrodisiac. Nutmeg's pungent aroma was used to mask odors. During the Elizabethan era and later, it was alleged to have hallucinogenic and anti-plague properties, making it a

coveted spice that fueled intense trade wars and colonialism. Fast-forward to the Prohibition era in the United States and nutmeg was moonlighting as a key ingredient in bathtub gin, adding a warm, aromatic kick to bootleg hooch.

A Nutritional Powerhouse

But nutmeg isn't just a curiosity from the past—it's a nutritional powerhouse that deserves a place in your pantry and on your plate today. Packed with vitamins A, C & E, essential minerals like manganese and magnesium, copper, phosphorous, iron and zinc, plus a good dose of fiber, nutmeg also boasts powerful antioxidants that support your immune system and protect your cells from damage and signs of aging. Nutmeg's rich antioxidants can help protect against serious conditions like cancer, heart disease, and liver disease. Nutmeg prevents blood sugar from spiking. Here are a few other uses from WebMD:

- **Dental Health** - Nutmeg oil is used in several dental products. The spice has antibacterial properties that have proven particularly effective against oral pathogens that cause disease and bad breath.
- **Improved Mood** - One study found that nutmeg acted as a potential antidepressant in male rats. The spice has been used for its invigorating properties in folk medicine.
- **Better Sleep** - A little nutmeg has been shown to aid sleep, both in duration and quality.



Mulled Cider

A Twist of Nutmeg in the Kitchen

Let's get cooking! This spice is a chameleon in the kitchen, adding depth and warmth to both sweet and savory dishes. Whole nutmeg can be freshly ground and added to dishes, but the spice is also available already ground.

Nutmeg is a common ingredient in many worldly cuisines, including European and Indian. There are many ways to add nutmeg to

your diet, including:

- Add it to coffee, hot chocolate, tea, or warm milk.
- Use it to season vegetables such as cauliflower and sweet potato.
- Sprinkle over oatmeal or other breakfast cereals.
- Sprinkle over fruit for an added kick.
- Bake with it. Nutmeg is a key ingredient in many baked goods.
- Add to seasonal beverages such as eggnog, mulled cider, and mulled wine.
- Use it in fall dishes, such as ones that feature pumpkin or other winter squashes.

The Fall season delights with a tantalizing, nutritious, and oh-so-festive alcoholic beverage recipe featuring this intriguing spice!



Recipe: Nutmeg & Cinnamon Eggnog

Ingredients:

- 4 cups whole milk
- 1 cup heavy cream
- 1/2 cup honey (or maple syrup for vegan)
- 6 large egg yolks
- 1 tsp ground nutmeg, plus more for garnish
- 1 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cloves

- 1/4 tsp salt
- 1 cup brandy (optional)
- Whipped cream and grated nutmeg, for serving

Instructions:

1. In a medium saucepan, combine milk, heavy cream, and honey (or maple syrup). Heat over medium heat, stirring occasionally, until the mixture just begins to simmer. Remove from heat.
2. In a large bowl, whisk together egg yolks, nutmeg, vanilla extract, cinnamon, cloves, and salt until well combined.
3. Remove sauce pan from heat and gradually pour the warm milk mixture into the egg yolk mixture, whisking constantly to prevent the eggs from curdling.
4. Once fully incorporated, return the mixture to the saucepan and cook over medium-low heat, stirring constantly, until the mixture thickens slightly and coats the back of a spoon (about 160°F or 71°C). This should take 5–10 minutes.
5. Strain the mixture through a fine-mesh sieve into a large bowl. Stir in the brandy (if using).
6. Cover the bowl with plastic wrap, ensuring the wrap touches the surface of the nog to prevent a skin from forming. Refrigerate for at least 4 hours, or until completely chilled.
7. When ready to serve, give the nog a good stir and pour into glasses. Top with whipped cream and a sprinkle of grated nutmeg.

And there you have it—a nutmeg-infused seasonal treat that's as delicious as it is nutritious. So go on, raise a glass to our spicy friend, nutmeg, and enjoy the journey into a world of flavor, history, and health!

Recipe by
Carla Williams

RECIPE CORNER

Canadian Cheese Soup

Ingredients

- 3 cups chicken broth
- 4 medium potatoes cubed
- 1 cup celery chopped
- 1 cup carrots sliced
- 1/2 cup onions diced
- 1 leek green top removed, washed thoroughly and sliced
- 2 tsp. sea salt or kosher salt
- 1/2 tsp. pepper
- 2 cups cooked cubed ham

Cheese Sauce:

- 1/2 cup unsalted butter
- 1/2 cup gluten free flour or regular all-purpose flour
- 1 qt. whole milk I use half-and-half or cream
- 1 lb. sharp cheddar cheese shredded, any kind can be used, and can be multiple kinds

Directions:

Canadian cheese soup:

1. Simmer first eight ingredients together until the vegetables are tender.
2. Make a cheese sauce (ingredients below).
3. Add the thickened cheese sauce to the vegetable soup.
4. Add ham and heat through.

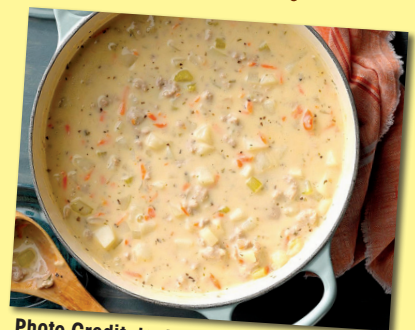


Photo Credit: tasteofhome.com

Cheese Sauce:

1. Melt butter in saucepan over medium heat.
2. Whisk in flour to combine.
3. Slowly add cream about 1/4 cup at a time until fully combined.
4. Add cheese and stir until completely melted - about 5 minutes more.
5. Add cheese sauce and ham to sauce pot with veggies.
6. Stir to combine.
7. Serve.

NOTE: Regular all-purpose flour can also be used.



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

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Sleepless in Emigrant

by Joyce Johnson



It's 2 am, Sunday the 21st, and I can't sleep, which is often. A long-hauler souvenir. I don't want to read any of my novels stacked on my bedside table waiting their turn. Don't want to surf the net at this hour. I have read computer light keeps us awake. I do not have a column to write this week, but I could just spill my goofy day and see if it slips past the Editor as local news. It's Monday, and submission day.

We are in an Eclipse cycle right now. I feel this one I think. Not just global stress, though we have an ample supply of that. And it's not just on the "day of" that we feel eclipses; they are felt four or five days before. Significant ones can affect life for months, say the astrologers, and the consequences are sometimes... long-haulers. I think the key to comprehension is this: A similar planetary line-up happened around the time of the American Revolution 250 years ago.

Meanwhile back to the present and a spot of good news, Ron called today from Billings and said he and the other vendors had super good sales at the famous Annual Billings Gem & Mineral Show. This is good news for all of us because if people are spending a lot of money on rocks, in the Rockies, the economy must be healing. :-D.

Now for the challenge: The day sped by so fast, and being sleep deprived, by afternoon I deflated like a balloon, and just hung out and rested. Around 9 pm, I couldn't sleep again, sigh, but a piece

of toast with creme cheese and blueberry jam seemed the thing to do. What the heck, I threw my covers off, waded through the room full of sleeping dogs, into the kitch, opened the fridge and grabbed the big jar of jam. The lid came off and the jar slipped out of my hand, hit the floor and did not break but exploded deep purple berry glop all over the floor, inside the fridge, under it, and three feet in front of it, on a beige rug and on me. My jaw dropped at the spooky, inordinate and unjust mess it caused. A big wet sponge with soap only diluted and smeared the purple goo into the rug. Permanently. Wouldn't wipe up! I had to clean everything in sight, well seemed like it. Miffed, I threw both rug and sponge out the front door which felt good. Out dam spots! The dogs almost got out too. I noticed my car windows were down, and decided to go ahead and roll them up right away, and with not a little suspense, because we had three big Grizzlies lounging around on the lawn nearby only last week, and it was not even dark yet! I went inside,

grabbed my keys, stepped out and pulled the door firmly closed. After closing the car windows I went back to the house and tried the door, and it wouldn't open. Locked or not, the key would not work. Jammed solid. Kaput. Zilch. What now?

So I pushed hard, and jiggled the door knob, and even gave the poor door a kick but it didn't budge. It just barked... the dogs were jumping up and down on the other side of the door. I decided that the key was probably the one to the back door so tiptoed carefully around in the dark to the back door, and it was locked too! Grrrrr. But I needed light to find the key on the ring. The little flashlight I had

house. He was surprised at the unexpected late-hour visit and looked a little amused especially after frowning and dangled my keys at him, I said, "It seems I'm locked out, and I need a flashlight I guess," which didn't make sense to him. I added that I needed his brute strength to get the door open, please. He left me there for a minute, but came back with two flashlights. We walked to my place as I told him about the jam explosion and the jammed door. I couldn't see his expression in the dark.

Standing on the front porch he casually glanced at my keys and chose the first one he saw, and said "looks like that's the one." I said, "but...!" and I didn't get a change to finish telling him that was the one that didn't work because he turned the key in the door knob a couple times, jiggled the knob and it swung open—and so did my jaw. And so did the dogs who tried to escape. I quickly slipped inside. How did he do that? But I was so delighted and managed to say, "oh gosh, uh thank you!" to our magical neighbor whose grin broke free and he hurried out of sight into the night and probably had a good laugh out of my hearing.

It's 6:30 am, I tested the tiny flashlight on my key ring just now and it works fine! Wha? Gad zook, how crazy can it get. I've been writing for hours and getting a little dingy though, so I got up and stretched and went outside to look at the sky and a couple of bright remaining stars, and all my thoughts about everything were... eclipsed by the sight of our magnificent Absarokee mountain range slowly awakening and becoming visible in the glow of the sacred light of the rising Sun. I inhaled deeply and let my breath out, and felt a smile emerge with the dawn of a new day. I went back in and finally got some sleep.



on the key ring blinked once but wouldn't stay on. Grrrr. Thanks a lot. You are there for precisely this sort of event. Lets face it: I was locked out in the wilds of Emigrant, in a baggy long night shirt and hoody, exposed to hungry, pre-hibernating grizzly bears... with the added vibes of a solar eclipse going on somewhere.

Carefully stepping in the dark, I did the only remaining thing—I went over and rang the doorbell of my neighbor's

Help Livingston Identify Lead Pipes

Public water systems nationwide are required to complete a service line inventory by November 1, 2027, to identify any lead pipes delivering drinking water to homes.

The City of Livingston is working with the Montana Departments of Commerce and Environmental Quality to complete this inventory, and we need your help. By checking the pipe

that brings water into your home, you can help determine if it is made of lead, copper, galvanized steel, or brass. Look near your water shutoff valve and use a magnet and coin to test the pipe. A simple reference table is available online to guide you.

Once you have identified your pipe material, please complete the short online survey at bit.ly/liv-lsl. Your participation helps protect our water system and supports a lead free Livingston.



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Financial Fulfillment Starts with Discipline, not just Desire

Discipline is a quiet force behind every meaningful achievement—whether you're building wealth or chasing a lifelong dream.

Kent Broussard of Baton Rouge, LA, is a role model in discipline. He made headlines recently after becoming the oldest member of the Louisiana State University Tiger Marching Band—a lifelong dream. At age 66, he went back to school, relearned the tuba, rebuilt the physical stamina needed for marching and prepared for the competitive audition process for this Grammy-nominated band.

He aced the audition and today is living his marching band dream. It's a testament to the power of discipline.

From Personal Passion to Financial Fulfillment

Discipline plays just as vital a role in the pursuit of financial fulfillment. Many Americans want something more than just financial stability. Financial fulfillment goes beyond relief from financial pressure; it's about confidence, control and purpose in your financial life. It's a more intentional and empowered way of living.

To achieve this, Americans are willing to make changes, according to research by Edward Jones and Cerulli Associates. This includes adjusting discretionary spending, paying off debt and improving financial habits.

But as Kent's story shows, desire alone isn't enough. Whether it's marching in a band or building financial health, discipline helps turn intention into reality. It's the commitment to consistent action, even when it's inconvenient or uncomfortable.

Building Financial Discipline: Practical Steps

If you're ready to move from intention to action toward your own goals for a financially fulfilled life, here are a few ways to strengthen your financial discipline:

- **Set clear, achievable goals.** Define short-term and long-term goals like building an emergency fund, paying off debt or saving for a vacation or retirement. Goals give your habits purpose and help you stay motivated.
- **Break big financial goals into smaller milestones.** For example, instead of a goal to pay off all debt immediately, aim to "pay off \$300 in credit card debt each month."
- **Set up automatic payments.** These can help you save without thinking and stay on track with paying down debt, making discipline effortless.
- **Track your monthly spending.** Use budgeting apps, spreadsheets or even a notebook to monitor where your money goes. Awareness is the

first step toward change.

- **Celebrate progress.** Recognize and reward yourself for meeting milestones. Positive reinforcement helps build long-term habits.

A Financial Advisor Can Help

A financial advisor can help you maintain the discipline to set actionable goals, stay focused on a fulfilled life and make consistent contributions that can help build wealth over time. Additionally, the Edward Jones/Cerulli research found that those who work with a financial advisor and have a financial strategy are more likely to feel their goals are attainable regardless of their age.

Financial fulfillment isn't just about having more—it's about making informed and intentional choices that align with your values and goals. Motivation may spark the journey, but discipline helps carry it forward.

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

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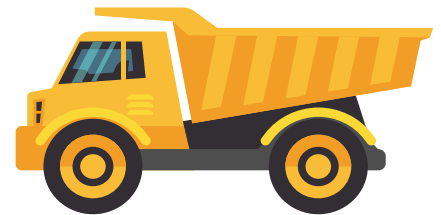


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RAISING AWARENESS

by Nurse Jill

Next week is Mental Illness Awareness Week spearheaded by the National Alliance on Mental Illness. Within this week, on October 10th, is also World Mental Health Day promoted by the World Health Organization to offer space for those working in the mental health arena to share about their work and have a conversation about how to keep moving forward.

Mental health issues are more common than you might think. According to the National Alliance on Mental Illness (NAMI) website there are 20% of adults who struggle with some degree of mental illness each year. Of those struggling with mental illness 1 in 4 have serious mental illness. That means that as you go about your day and greet people either in your office or the grocery store or in the school pickup line you encounter folks that are dealing with mental illness on some level. Of every 20 people that you greet, four are dealing with mental illness and one of them is carrying serious mental illness.

And this isn't just suicide, though that is a serious increased risk with mental illness. NAMI defines mental illness (also known as mental health conditions) as "a condition that affects a person's thinking, feeling, behavior, or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others." NAMI includes everything from anxiety disorders to schizophrenia, major depressive disorders to posttraumatic stress disorders, attention deficit hyperactivity disorder to obsessive compulsive disorder on its list of mental health conditions.

Each of these types of mental illnesses have different approaches to effective treatment. The mental illness that people are affected by are just as varied in lived experience as they are the people that live those experiences. While similarities do surface, there are so many variables in each instance that it becomes important to not label or assume but rather to get to know someone and be honest in offering support.

If you know someone with a mental health condition here are some ways you can help.

Educate. Learn about different conditions that you interact with. More important, if you are close or have frequent contact with someone,

have that awkward conversation about what you should know about what they are experiencing and specifics on how you can be supportive. Your curiosity may be appreciated but be gentle as it can also be a trigger.

Be respectful. As in all medical situations, people are people, not illness. While recognizing and learning about what is going on is helpful, never forget the person is not the diagnosis, they are themselves.

Listen. Just being a listening ear can be the support someone needs who is carrying the burden of mental health issues. Validating the struggle can help someone feel seen and valuable. Comments like, "I can see that this is hard." or "You've been dealing with this for a long while." or "I can tell you are frustrated." Try to avoid advice. Advice often comes across as judgmental or overwhelming.

Have boundaries. Be patient and empathetic but also know that you are not the one to help treat or cure the individual's problems. People with mental health conditions need to have professional help. You can be supportive as a good friend, but you should not try to be a therapist.

Encourage resources. Therapist, psychologists, and groups are all a good way to start (or restart) treatment for mental health issues. See below for more.

While mental health is not just depression and suicide, it is paramount to always be attuned to the risk of both. Start a conversation if you suspect something. It is better to be embarrassed by an odd conversation than to leave things unsaid and unasked with someone who truly needed assistance.

- If someone you know is in immediate danger, call 911 for help.
- If you or someone you are with is having a mental health crisis without immediate danger, call 988. This is a dedicated line for mental health crisis. They offer free help 24/7/365.
- A crisis text line is also available. Text MT or HELLO to 741-741 to confidentially text with someone who can help.
- If you or someone you are with aren't having an immediate crisis but need help you can call 211 to talk to someone who can help you find appropriate resources.

Bozeman Health offers psychiatric emergency

services that provide immediate care for individuals dealing mental health crisis including a new local inpatient psychiatric unit for cases requiring hospitalization.

Not in crisis but need some support? Connect with the Mental Health America of Montana. They offer what is called a "warm line." A hotline is for crisis help, a **warm line** is meant to give support and extra help before things reach a boiling point.

Visit <https://www.mhaofmt.org/mha-tools> to take a free screening text for mental health and get access to their warmline.

Bottom line, if you don't have a mental illness, is to be kind to those around you. You've heard it before and it is still true, you don't know what those around you are struggling with so treat everyone with kindness and grace, your support may matter more than you will ever realize.

Bottom line, if you do have a mental illness, is

ask for help. There are many who would be glad to help and lend support. You are not alone.

Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- 1 Feeling very sad or withdrawn for more than two weeks
- 1 Trying to harm or end one's life or making plans to do so
- 1 Severe, out-of-control, risk-taking behavior that causes harm to self or others
- 1 Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- 1 Significant weight loss or gain
- 1 Seeing, hearing or believing things that aren't real
- 1 Excessive use of alcohol or drugs
- 1 Drastic changes in mood, behavior, personality or sleeping habits
- 1 Extreme difficulty concentrating or staying still
- 1 Intense worries or fears that get in the way of daily activities

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret warning voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?

- 1 If you notice any of these symptoms, it's important to ask questions
- 1 Try to understand what they're experiencing and how their daily life is impacted
- 1 Making this connection is often the first step to getting treatment

KNOWLEDGE IS POWER

- 1 Talk with a health care professional
- 1 Learn more about mental illness
- 1 Take a mental health education class
- 1 Call the NAMI Helpline at 800-950-NAMI (6264)

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/resources

50% of all lifetime mental illness begins by age 14

75% by age 24

NAMI National Alliance on Mental Illness

I have an oil for that

by Dalonda Rockafellow
doTERRA Wellness Advocate

—Essential Oil Spotlight: Copaiba

In the world of essential oils, there's one powerhouse that's been gaining significant attention for several health benefits: **Copaiba**. It is obtained from the resin of the *Copaifera* tree native to South America. It is renowned for its therapeutic properties and versatile applications. Copaiba is nature's answer to easing pain and inflammation, without the harsh side effects of traditional medications. Whether you are struggling with joint pain, muscle soreness or chronic inflammation, Copaiba offers a gentle yet effective solution to reclaim your comfort and vitality.

Why is Copaiba so special? It stands out for its high concentration of beta-caryophyllene, a potent anti-inflammatory and analgesic compound. Copaiba's main chemical constituent is beta-caryophyllene, a phytocannabinoid. A cannabinoid is the name used for anything that interacts with the endocannabinoid system. This system is responsible for helping to manage the inflammatory system, immune function, sleep, pain receptors and hormones in your body, plus more!! The effect Copaiba can have on your health and wellness is greatly intricate, energetic and significant. This makes Copaiba particularly effective in addressing various physical ailments, including pain, inflammation and arthritis.

The top uses for Copaiba essential oil are:

Pain Relief: Whether it's joint pain, muscle aches or headaches, Copaiba offers natural relief without the side effects of traditional over-the-counter pain medications. Try this: Add a couple drops of Copaiba to a carrier oil and apply where it hurts.

Anti-Inflammatory: Copaiba's anti-inflammatory properties make it a valuable ally in managing conditions like arthritis, gout and tendonitis. Try this: Add drops of Copaiba to a veggie cap or a little water and swallow it down for internal benefits.

Respiratory Support: Copaiba can help ease respiratory issues such as sore throats, congestion and coughs, providing relief during cold and flu season. Try this: For sore throats and coughs, add drops to a little water and gargle then swallow. For congestion diffuse, breathe in directly from the bottle and/or dilute and apply to the chest.

Emotional Wellness: Beyond its physical benefits, Copaiba is known for its calming and grounding effects on emotions, making it a valuable tool for managing stress and promoting

ing relaxation. Try this: Diffuse to fill the air in the room, breathe in directly from the bottle and/or put a few drops in your hand and breathe in through your nose.

Incorporating Copaiba into your daily routine is quite easy. By **diffusing** a few drops of Copaiba you can create a calming atmosphere that helps promote emotional balance. **Topically**, you can add a few drops of Copaiba to a carrier oil, like fractionated coconut oil, and apply it directly to areas of pain or inflammation for targeted relief. Take **internally** to access all of Copaiba's many health benefits. It is safe to ingest doTERRA's Copaiba essential oil, due to the supplemental fact label on the bottle and stringent multi-testing of each batch of oil.

In addition to everything Copaiba can do on its own, it also has the unique ability to enhance the absorption of other essential oils when applied topically. Better absorption means better results, no matter what results you're looking for or which oil you choose. Your favorite essential oils are better with Copaiba. Try this: Combine Copaiba with Deep Blue for a powerful massage blend for your muscles. Maximize skin-enhancing benefits of your favorite facial oil by adding Copaiba to rejuvenate the deeper layers of the skin. Combine Copaiba with Vetiver then apply to the bottoms of your feet at bedtime for a deeper sleep.

Whether you are seeking relief from physical discomfort or looking to enhance your emotional well being, Copaiba essential oil offers an effective and natural solution. Embrace the healing power of nature and discover the many ways Copaiba can support your health and wellness journey. Good luck in your journey and reach out if you have any questions or if I can help in any way!!

Dalonda Rockafellow has been using and educating about health and doTERRA essential oils for 10+ years. She maintains a website and has an active Facebook page; Lavender, Lemon & Learning that she uses to keep people up to date on the benefits of using CPTG (Certified Pure Tested Grade) essential oils for their health and well-being. You can contact her at dalonda@bigskyoils.com or mydoterra.com/dalonda-rockafellow or text 406-220-4449.

Are you interested in receiving a monthly email to learn more about essential oils? If so, contact me at one of the above suggestions and I will get one sent out to you.

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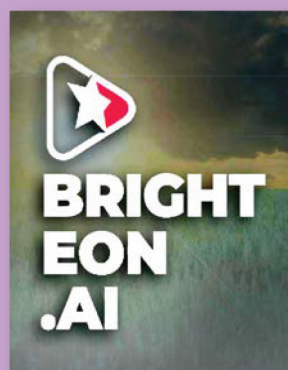
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Your Ageless Wellness Column

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

Community as Medicine

When most of us think about staying healthy, we go straight to food and exercise. And yes, those matter. But there's another ingredient just as vital that often gets overlooked: community.

Here in Montana, winters are long. We often joke there are only three seasons: July, August, and winter. For seniors, this stretch of cold and snow can be especially tough. Getting around on icy roads, braving below-zero days, or even just stepping outside becomes a challenge. Isolation sets in easily.

Too many of us end up stuck at home with only the TV for company. And let's be honest, most of what comes across the screen isn't uplifting. Negative, mindless programming can quietly wear us down, feeding anxiety and depression.

(U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community, 2023). When we're isolated, stress hormones rise, sleep suffers, and our bodies become more vulnerable to illness. Depression and anxiety often follow close behind, creating a cycle that's hard to break.

And in a place like Montana, where long stretches of cold and snow often keep people indoors, the risks are even greater. Weeks can pass without meaningful human contact, and being cut off from conversation and laughter doesn't just dampen our mood—it chips away at our motivation to stay active and engaged. The TV can't replace human connection, and too often it fills our minds with negativity, leaving us anxious and weary instead of uplifted.

The truth is simple—humans are wired for connection. Our bodies and minds thrive when we feel we belong. And when we don't, our health suffers, sometimes as much as if we'd neglected exercise or nutrition.

The Role of the Senior Center

That's why places like the Senior Center are so important. They aren't just buildings—they're living, breathing antidotes to isolation. But they only work when people participate. The Senior Center wants to hear from you. What programs or activities would you like to see happen here? More music, games, exercise classes, or educational talks? Your ideas shape the offerings, and your presence makes them thrive.

The Hub's Winter Solution

We also know travel isn't always easy during Montana winters. That's why

The Hub is helping community members set up small, efficient workout spaces at home. A set of resistance bands and a pair of dumbbells are enough to work your entire body, even on the snowiest days. Movement doesn't stop just because you can't make it into town. We'll gladly show you how to put together an affordable home routine that keeps you strong, mobile, and ready to enjoy life.

And we want to hear from you, too. What kinds of classes would you like to see offered at



The Hub? Yoga? Strength training? Dance? Balance and fall-prevention workshops? We're also looking for instructors and teachers who would like to give back to the community by sharing their skills. If you or someone you know would like to lead a class, we'd love to connect.

Making Wellness Accessible

For those who may not be able to afford the \$25 monthly membership at The Hub, we don't want finances to be the reason anyone misses out. We've created a sponsorship program where community members can donate to cover the cost of a senior's fitness membership. Think of it, as neighbors helping neighbors stay strong.

Three Ways to Beat Winter Isolation

1. Pick up the phone. A five-minute call with a friend can be the boost you need to brighten a long day at home.
2. Show up. Bundle up and drop by the Senior Center when weather allows. Even one shared meal or game of cards can turn your week around.
3. Move at home. Set aside a corner for a "mini-gym." With resistance bands and dumbbells, you can do a full-body workout in your living room. You could also invite a neighbor or friend to come over and exercise with you.

The Prescription We All Need

So, if you're looking for a way to improve your health this winter, don't just think about what's on your plate or what workout you'll do.

Ask yourself, *who am I connecting with? Who am I laughing with? Who am I showing up for?*

Because sometimes, the strongest heart medicine isn't found in a pill—it's found in a community that cares.

Sponsor a Senior – Keep Wellness Accessible

Not every senior can afford the \$25 monthly membership at The Hub. You can help. By sponsoring a membership, you make it possible for a neighbor to stay active, connected, and strong this winter.

- \$25 covers one month for a senior
- \$300 covers an entire year

Every dollar goes directly toward senior fitness memberships.

Want to give back? Stop by The Hub or the Senior Center office or contact Garrick to learn how you can sponsor a senior today.

About the Author - Garrick Fulmer-Faust is a certified personal trainer specializing in senior fitness, a certified nutritionist, and a certified life coach. He serves as Executive Director of the Park County Senior Center and the creator of **The Hub**, a fitness and wellness space designed for seniors and mobility-challenged adults. The Hub is located at the Park County Senior Center, 206 S. Main St., in Livingston. Questions? Comments? Would you like a tour of the center? Contact Garrick by email or phone, garrick@parkcountyseniorcenter.org, 406-333-2276 or 406-333-2107.



The Hidden Dangers of Loneliness

Loneliness doesn't just make us feel sad — it changes our health in measurable ways. Researchers have found that prolonged isolation can raise blood pressure, weaken the immune system, and even increase the risk of heart disease and stroke. For older adults, it can also speed up memory loss and cognitive decline.

One major study compared loneliness to smoking 15 cigarettes a day. That's how powerful the absence of connection can be



Thank You VETERANS

HONORING ALL WHO SERVED

FREEDOM ISN'T FREE

Meals for Sept. 29 - Oct. 3rd

Mon., Sept. 29th - Stovetop chicken, green beans, applesauce, milk

Tues., Sept. 30th - Lasagna soup, garlic bread, bananas, milk

Wed., Oct. 1st - Orange chicken over rice, eggrolls, pears, cake, milk

Thurs., Oct. 2nd - Lasagna, garlic bread, green beans, oranges, milk

Fri., Oct. 3rd - Sloppy joes on bun, fries, mandarin oranges, cake, milk



206 S Main St
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
please call before 9am

Let's BINGO!

WEDNESDAYS 6:30

**SEPTEMBER 24TH, 2025
THRU MAY 27TH, 2026**

**128 S. MAIN STREET
406-222-7480**

Shane Center Presents Their Final 2025 Program an Evening of Celtic Music with Gabriel Donohue and Vonnice Quinn

The Shane Lalani Center for the Arts has announced the performers for their final Shane Center Presents program of 2025. Celtic instrumentalist and singer Gabriel Donohue will be joined by fiddler and singer Vonnice Quinn. The concert will take place on November 15th, at 7:30 pm in the Dulcie Theater at the Shane Center at 415 E. Lewis in Livingston, MT.

Gabriel Donohue toured with the Chieftains as guest guitarist for years. He appeared on the Late Show with David Letterman with Tom Waits and has produced and played on scores of CDs for many artists, including two for the Smithsonian Folkways label. He maintains a busy performing schedule playing from Key West

to Maine depending on the season. He maintains a home in Galway, Ireland in the village where he was born, near Athenry. He has performed at the An Rí Rá festival in Butte with his close friends, Cherish The Ladies. He also tours with Cherish the Ladies around the world.

Vonnice Quinn is originally from Limerick City, and has been called a renaissance woman, where she excels on fiddle, harp, vocals and dance. Vonnice has also been a television anchorwoman for years. She has appeared at many festivals with Gabriel Donohue, including Fiesta De Santa Lucia in Monterrey, Mexico, and at the Celtic Festival in Dunedin, Florida. The duo performed recently for a week of shows at

the Mandalay Bay in Las Vegas, Nevada.

Together they play an innovative blend of traditional and contemporary Irish music, searing reels and bouncy jigs, hornpipes and songs of their homeland. Don't miss this evening of immersion into Ireland with these two extraordinary performers.

The Shane Center Presents Series is generously sponsored by Walter and Regina Wunsch/SPECTEC TIC, Colin & Seabring Davis, and Home2Suites. The programs are produced in association with John and Joanne Lowell of Mighty Fine Time Live Events. Tickets are available at The Shane Center box office, by calling (406) 222-1420, or at www.theshanecenter.org.



Bozeman Symphony and MSU Present Conservation Panel Exploring Music, Science, and Storytelling

The Bozeman Symphony and Montana State University's Montana Institute on Ecosystems invite the public to *Symphony, Storytelling, & Science*. This dynamic panel discussion blends music, science, and storytelling to highlight the vital roles of honeybees, wolves, and buffalo in the Greater Yellowstone Ecosystem.

The free event takes place Thursday, October 9th, from 2 – 3:30 pm at the Museum of the Rockies' Hager Auditorium, 600 W. Kagy Blvd., Bozeman.

Panelists include:

- Dr. Jill Falcon Ramaker, MSU Assistant Professor of Indigenous Food Systems and Land Practices; Director, Buffalo Nations Food Systems Initiative
- Dr. Michelle Flenniken, MSU Professor, Department of Plant Sciences & Pathology; Co-Director, Pollinator Health Center

- Mike Phillips, Executive Director, Turner Endangered Species Fund
- Stephanie Ann Boyd, composer of *Carnival of the Nearly Extinct Animals*

The conversation will be moderated by Norman Huynh, Music Director of the Bozeman Symphony.

This panel is presented in conjunction with the world premiere of Boyd's *Carnival of the Nearly Extinct Animals* during the Symphony's upcoming concert, *Nature's Wonders: Beethoven's Pastoral Symphony*, on October 11th and 12th at the Willson Auditorium in downtown Bozeman.

In her new work, Boyd brings 13 endangered

species to life through the orchestra, weaving together the sounds of their environments to create a vivid and deeply human musical journey. Both celebratory and urgent, the piece sheds light on threats such as pollution, habitat loss, and climate change—urging audiences to reflect on nature's fragility and resilience.

Concerts are Saturday, October 11th, at 7:30 pm and Sunday, October 12th, at 2:30 pm. Tickets start at \$30 for adults, with discounted tickets available for students. Purchase at www.bozemannsymphony.org/beethovens-pastoral-symphony or by calling 406-585-9774.

Open Auditions for "The Aliens" at The Blue Slipper Theatre

Join them for an open audition for *The Aliens*, written by Annie Baker and directed by Sarah Sherman. Auditions will be held on Monday, September 29th from 5:30 to 8 pm at the Blue Slipper Theatre at 113 E. Callender St., Livingston. Available roles are JASPER (male presenting, 25-35), KJ (male presenting, 25-35) and EVAN (15-22). No preparation necessary; if you can't make this audition, please feel free to reach out to Sarah at jordylives@yahoo.com for self-tape info.

The play takes place in a small town in Vermont.

Two thirtyish men, Jasper and KJ, meet to discuss music and poetry in an alley behind a coffee shop. They discuss their band, which was called (among many things) *The Aliens*. KJ has dropped out of college and Jasper has not finished high school but is writing a novel. When Evan, a high school student who works at the coffee shop arrives, the men "decide to teach him everything they know."

Livingston's Blue Slipper Theatre is an all-volunteer nonprofit theater that is a

destination for exhilarating performances, inspired plays and powerful theatrical experiences. The Theatre continues its tradition of offering the best in community theatre since 1964. Located in the heart of Livingston, Montana's historic downtown district, they produce three to five full-length productions each season, with a variety of comedic and dramatic theatre, live music performances, and community events. To learn more about them visit blueslipper.org or call 406-222-7720.



Mondays - Weekly

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

Tuesdays - Weekly

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

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

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

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

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

Wednesdays - Weekly

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

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

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

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 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.

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 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.

September 29th - OPEN AUDITIONS

- The Blue Slipper Theatre at 113 E. Callender Street is holding auditions

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

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

for *The Aliens* from 5:30 to 8 pm. If you can't make this audition, please reach out to Sarah at jordylives@yahoo.com for self-tape information.

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 and free child care will be available with reservation. Also enjoy live music, a silent auction and a delectable multi-course meal.

October 12th - 17TH ANNUAL MOOSE CHASE - The Moose Chase Kids Race is a running event for kids age 18 and under benefiting LINKS for Learning starting at Park High School, 102 View Vista Drive. The first 200 registrants receive a race shirt, and all participants will receive ice cream as well as entry into the raffle with tons of great prizes to choose from. Don't forget to bring a canned food item for the Food Resource Center!

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

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

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 #418

Montana Fun Facts!

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

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

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

ACROSS

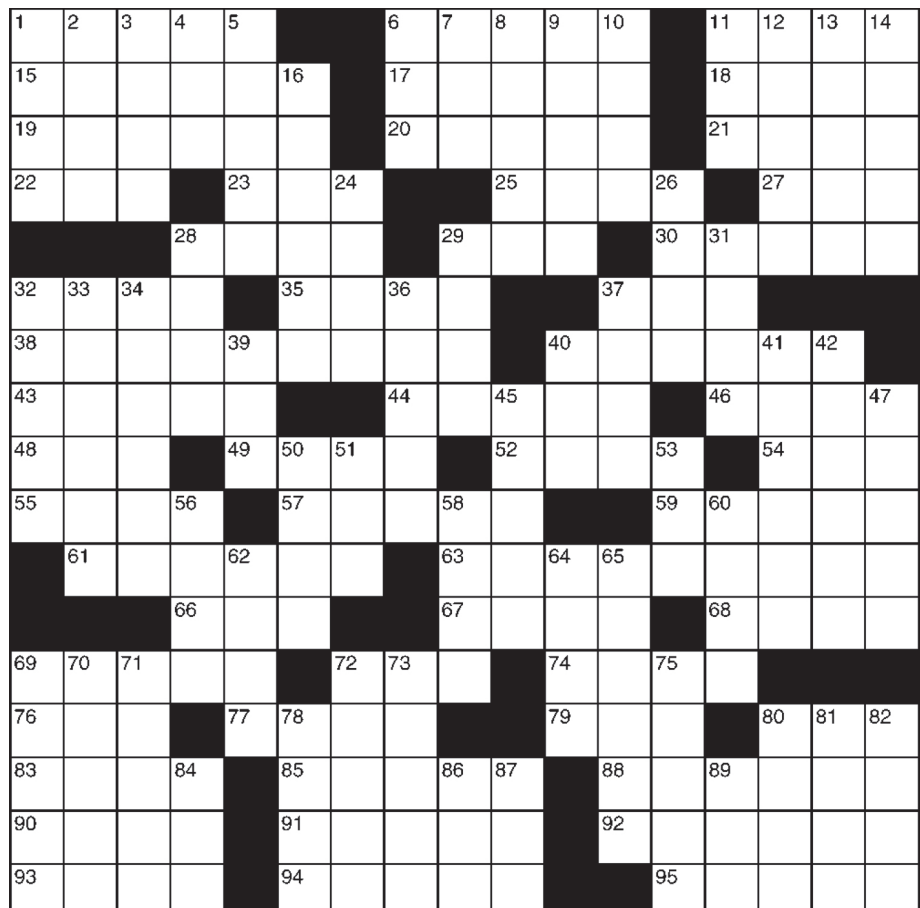
- 1. Retail outlet
- 6. Ask for money
- 11. Thrust
- 15. Curt
- 17. A day's march
- 18. Heraldic border
- 19. Component
- 20. Break down grammatically
- 21. Wither
- 22. Period of history
- 23. Caesar's twelve
- 25. Transported
- 27. Drill need
- 28. Twosome
- 29. Set of tools
- 30. Doglike scavenger
- 32. Rockweed
- 35. Dell
- 37. Bird no more
- 38. Migrating birds
- 40. Origin
- 43. Cordial flavor
- 44. 'Twixt partner
- 46. Over hill and ____
- 48. Steep

- 49. Note
- 52. Shark
- 54. Aries symbol
- 55. Apiece
- 57. Thicket
- 59. Spooky
- 61. Musical beat
- 63. Cooked too rare
- 66. Con's foe
- 67. Admired person
- 68. Road for Cato
- 69. Jellied food
- 72. Pose
- 74. Fine sand
- 76. How ____ you?
- 77. Queen's husband
- 79. Old French coin
- 80. X-ray unit
- 83. "____ the Tiger"
- 85. ____ system
- 88. Glacial epoch
- 90. Purchaser
- 91. ____ tunes (crazy)
- 92. Hole-cutting tool

- 93. Jury member
- 94. Lyric verse
- 95. Diary item

DOWN

- 1. Vault
- 2. "Aspen Extreme" lift
- 3. Killer whale
- 4. Wagon track
- 5. Glue type
- 6. "____, two, three, four"
- 7. Carole ____ White of "Laverne & Shirley"
- 8. Foot bones
- 9. Unexpected defeat
- 10. Hammerhead's end
- 11. Mama pig
- 12. Dakota or Cree
- 13. Tired out
- 14. Fighting fish
- 16. Medical priority
- 24. Meaningless
- 26. Commandment start
- 28. Seniors, to juniors
- 29. Discerned



- 31. Lawn
- 32. Informed
- 33. One-dimensional
- 34. Malfunction
- 36. Halt legally
- 37. Monastery inhabitant
- 39. Something prized
- 40. Baltic or North
- 41. Orange vegetable
- 42. "Seinfeld"
- 45. Fix text
- 47. Muslim ruler
- 50. Sound repetition
- 51. Naomi, to Ashley
- 53. Above, in poems
- 56. Extravagant claims
- 58. Business attire
- 60. Rewrite text
- 62. Journey,
- 64. Portion, to Welby
- 65. Bring to light
- 69. Fill the tank
- 70. Delete
- 71. Quay
- 72. Meddler
- 73. Dome-shaped dwelling
- 75. Money
- 78. Land surrounded by water
- 80. Absorbed
- 81. Laboratory gel
- 82. Declare untrue
- 84. Misjudge
- 86. Connecting word
- 87. Seeded loaf
- 89. Bard's twilight

Sudoku

Puzzle #153

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

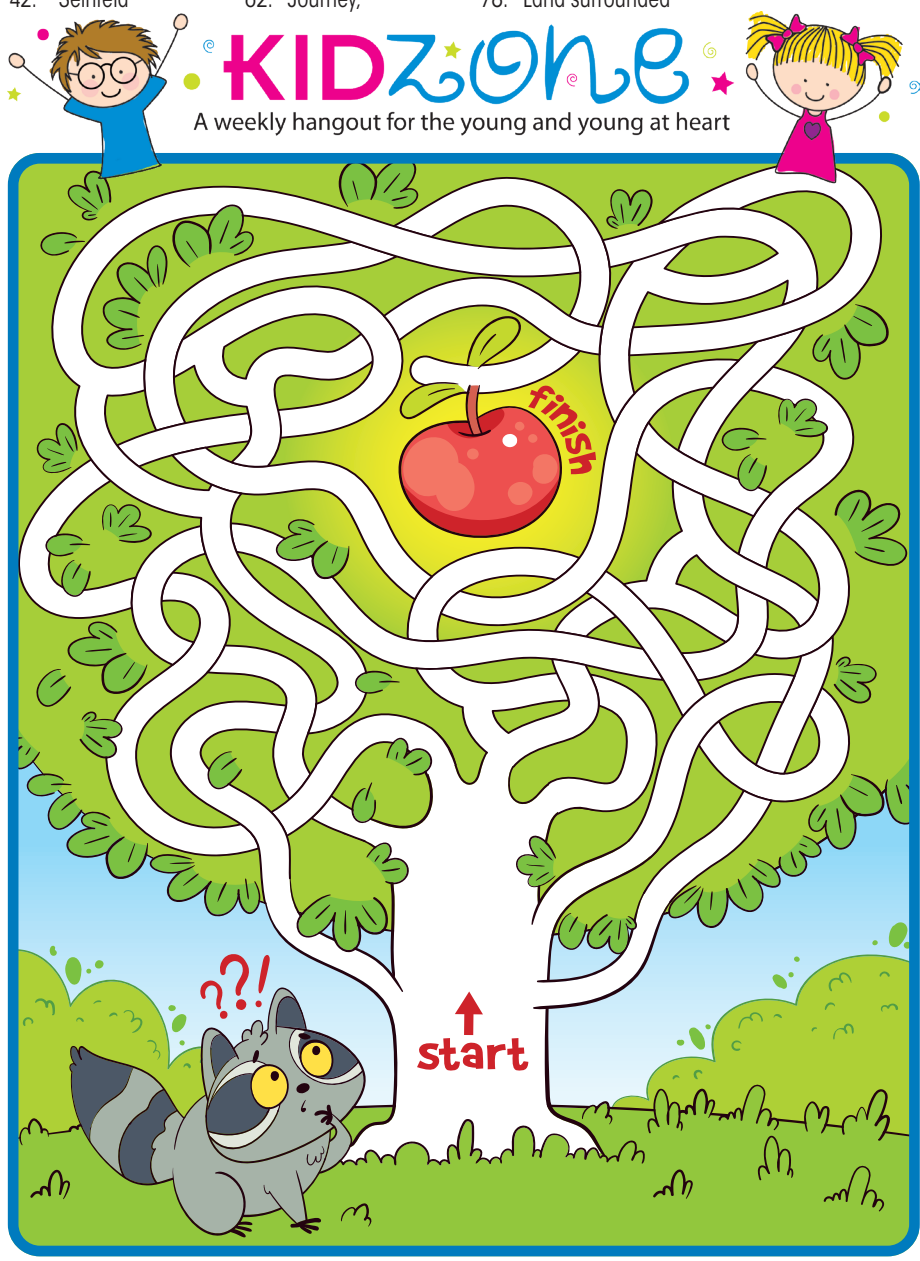
Sudoku - #152

SOLUTIONS

Crossword - #417

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

PARD		TARO		STAIN
ALOE	EAGER		STAPLE	
REAP	AMEND		TURTLE	
REMORSE	DECODE			
SAT		AHOY	TAB	
SLEEPER	SLAG	DIVA		
EAR	TREAT	REGIMEN		
ABUT	NANA	SEVERE		
POP	MIRTH	MEW		
ATTAIN	LAIC	ROPE		
ROISTER	ENDOW	RAY		
CLOT	WEPT	ENHANCE		
HEN	TAR	COS		
	HAMLET	PEASANT		
STRATA	MOPER	EMIR		
HEAVEN	ERGOT	RACE		
ENTER	DEAN	THEY		



Want to STAND OUT in print?

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Contact Denise today to sponsor this page or reserve your spot in the Community Journal! 406-396-1497

CLASSIFIEDS

FOR SALE

M&S Cooper CSS Grand Touring Tires
225/60 R17. Like new, \$250 for set of four. Call 406-223-4444.

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

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

HELP WANTED

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

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

Position Overview:

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

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.

difference!

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

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

Starting Wage: (Includes single health insurance)

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

Effective: August 18, 2025

Closing Date: until filled

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

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.

Come Join Our Kenyon Noble Team!

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

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

Paraprofessional, On-Call Mobile Crisis Responder

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

This position will support a mental health provider in the field assessments of diverse individuals in mental health crisis situations. This position requires in-home and community-based crisis response. Candidates will need to effectively collaborate with law enforcement, fire departments, emergency medical services, schools, hospital emergency departments, and

social service agencies.

Full details are located at https://www.livingstonmontana.org/jobs

To Apply: Send cover letter and resume to HR@livingstonmontana.org

911 Communications Officer

The City of Livingston, Montana, is seeking full-time 911 Communications Officers to perform dispatch duties for first responders across Park County. The position offers an hourly rate of \$24.48, with additional pay for nighttime shifts, including nights, weekends, and holidays. Benefits include paid on-the-job training, state retirement, vacation and sick leave, parental leave, and comprehensive health insurance. Applicants must be high school graduates or equivalent and possess strong communication, multitasking, and customer service skills. Familiarity with Livingston and Park County geography is advantageous, as is prior emergency services experience. Successful candidates must pass a background check and acquire certifications, including Montana Emergency Medical Dispatch, Public Safety Communicator Basic Academy, and Basic Life Support (all employer-paid), within specified timeframes. Applications require a completed form, resume, and cover letter, which can be submitted via email or mail to Livingston's Human Resources Department. Full details and forms are located at https://www.livingstonmontana.org/hr/page/911-communications-officer-1

Disease Intervention Specialist

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

This position requires: clinical expertise (RN, LPN, NP, or PA), particularly in

infant and maternal assessments and immunizations. Familiarity with—or the ability to learn—local and state public health resources is essential. Candidates must demonstrate strong communication, public speaking, collaboration, and independent work skills, while adhering to HIPAA and other medical/legal guidelines. Experience in community health engagement is valued. The role demands adaptability, cultural competence, and strong organizational abilities. Technical proficiency with computers, word processing, data entry, and relevant software is required. Must be able to operate standard office equipment and drive defensively in all weather conditions.

See full job description and how to apply at https://www.jobs.parkcounty.org/jobs/160/Disease-Intervention-Specialist-2#job_160

Detention Officer

Are You Trustworthy, Self-Motivated and Punctual? The Park County Sheriff's Office is looking for two new full time team members interested in a career in a law enforcement capacity with our Detention Center.

Take pride in performing excellent public service to your community thru providing inmate care.

Be formally trained in integral aspects of your field such as PPCT-pressure point control tactics, tactical handcuffing and CIT- Crisis Intervention Training.

Shifts are bid by seniority, as follows: 7am-3pm, 3pm -11pm, 11pm-7am

Benefit package includes Sheriff's Retirement System; 3 vacation weeks, 12 sick days, holidays, Health and Life insurance, AFLAC, discounted local merchants/vendors, etc.

Become part of the Park County Detention Staff and serve the community with compassion and caring in the capacity of a Detention Officer. Click on the Job Description for qualifications and additional information.

To apply please download the application package, print it out and submit with your updated resume and cover letter by mail to:

Park County Human Resources
414 E. Callender St.
Livingston, MT 59047

Applications and signatures MUST be originals for consideration. NO ELECTRONIC, FAXED or EMAILED applications will be accepted.

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Open Auditions for “Summer, 1976” at the Blue Slipper Theatre

The Blue Slipper Theatre will hold open auditions for the role of “Alice” in *Summer, 1976* by David Auburn, on Tuesday, October 7th at 6:30 pm at the theatre, 113 E. Callender St. in Livingston. Auditions will consist of reading from the script. The role is for a woman who must present as 50-60 years old in age. Directed by Ron Judkins, the play will run for two weekends at the Blue Slipper, opening February 13, 2026. Rehearsals begin in early January 2026.

Summer, 1976 is a contemporary comedy-drama set in Ohio that tells the story of an unlikely friendship between two women in the summer of 1976. “Alice” is characterized as a free-spirited yet naive housewife.



For more information and to access a script, please call Ron at (213) 706-8377. No appointment is necessary to audition.

Livingston’s Blue Slipper Theatre is an all-volunteer nonprofit theater that is a destination for exhilarating performances, inspired plays and powerful theatrical experiences. The Theatre continues its tradition of offering the best in community theatre since 1964. Located in the heart of Livingston, Montana’s historic downtown district,

they produce three to five full-length productions each season, with a variety of comedic and dramatic theatre, live music performances, and community events. To learn more about them visit blueslipper.org or call 406-222-7720.

Book Signing at Wheatgrass Books

Join Wheatgrass Books on Saturday, September 27th, beginning at noon for a reading and conversation with journalist Nico Lang and Kev Hamm to discuss the book *American Teenager: How Trans Kids Are Surviving Hate and Finding Joy in a Turbulent Era*.

American Teenager: How Trans Kids Are Surviving Hate and Finding Joy in a Turbulent Era by Nico Lang is a vivid and moving portrait of trans and non-binary teenagers across the country, following their daily triumphs, struggles, and all that encompasses growing up trans in America today.

Following a massive year in which *American Teenager* debuted on the bestseller list and won

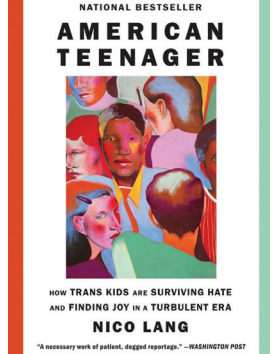
hundreds of hours of on-the-ground interviews with them and the people in their communities, *American Teenager: How Trans Kids Are Surviving Hate and Finding Joy in a Turbulent Era* paints a vivid portrait of what it’s actually like to grow up trans today. From the tip of Florida’s conservative panhandle to vibrant queer communities in California, and from Texas churches to mosques in Illinois, *American Teenager* gives readers a window into the lives of Wyatt, Rhyddian, Mykah, Clint, Ruby, Augie, Jack, and Kylie, eight teens who despite what some lawmakers might want us to believe, are truly just kids looking for a brighter future.

ABOUT THE AUTHOR

Nico Lang (they/them) is a nonbinary award-winning journalist with over a decade of experience covering the transgender community’s fight for equality. Their work has appeared in major publications, including Rolling Stone, Esquire, The New York Times, Vox, The Wall Street Journal, Salon, Harper’s Bazaar, Time, The Washington Post, and the Los Angeles Times. Lang is the creator of Queer News Daily and previously served as the deputy editor for Out magazine, the news editor for Them,

the LGBTQ+ correspondent for VICE, and the editor and cofounder of the literary journal In Our Words. Their industry-leading contributions to queer media have resulted in a GLAAD Media Award, 10 awards from the National Association of LGBTQ Journalists (NLGJA), and three awards from the Los Angeles Press Club, including the 2023 Online Journalist of the Year. Lang is also the first-ever recipient of the Visibility Award from the Transgender Legal Defense and Education Fund (TLDEF), an honor created to recognize their impactful contributions to reporting on the lives of LGBTQ+ people.

Wheatgrass Books is located at 120 N. Main Street in Livingston. They are open daily from 10 am to 5 pm. They can be reached by phone at 406-451-1066 or visit their website at Wheatgrass-Books.com for up to date happenings.



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Bozeman Symphony Presents World Premiere

The Bozeman Symphony will unveil the world premiere of *Carnival of the Nearly Extinct Animals* by composer Stephanie Ann Boyd during its upcoming concert, *Nature's Wonders: Beethoven's Pastoral Symphony*, October 11th and 12th at the Willson Auditorium.

Thirteen endangered species will come alive through the orchestra in this evocative new work, co-commissioned by the Bozeman Symphony. Boyd's score weaves together the voices and environments of animals on the brink of extinction, creating a vivid musical journey. At once celebratory and urgent, the piece highlights the threats of pollution, habitat loss, and climate change—inviting audiences to reflect on nature's fragility and resilience.

"We are honored to bring this powerful new work to life," said Music Director Norman Huynh. "Stephanie Ann Boyd's music reminds us of the extraordinary beauty of our natural world and challenges us to be its stewards. This premiere is not just a concert event—it's a call to action."

"It is both deeply symbolic and delightfully serendipitous that this piece will be premiered in a part of the world that cares so deeply about the caretaking and protecting of its land and its animals," said Composer Stephanie Ann Boyd. "I am thrilled and honored to be working with Norman Huynh and the Bozeman Symphony on bringing this piece to life. I am incredibly grateful for how the Bozeman community is already leaping up to support and take part in the exciting events taking place during the week of the premiere. This work is incredibly close to my heart, and it is a beautiful privilege to be able to work hand in hand with the Bozeman Symphony and community on the very first performance of this meaningful work."



The program continues with Beethoven's Symphony No. 6, a heartfelt

tribute to the countryside. Listeners will be transported to a serene landscape of flowing streams, birdsong, and rustic dances, punctuated by the drama of a sudden summer storm. A timeless masterpiece, the *Pastoral Symphony* has long inspired audiences, famously featured in Disney's *Fantasia*.

Performances take place Saturday, Oct. 11th, at 7:30 pm and Sunday, Oct. 12th, at 2:30 pm at the Willson Auditorium, 404 West Main Street in downtown Bozeman.

These performances are made possible by the generous support of sponsors Calum & Tricia DeSouza, Bob & Donna Ritchie, Bruce & Kimberlie Jodar, Prof. Rob Maher & Ms. Lynn Peterson-Maher, Keith & Lisa Reed, Liz & David Richards, and the Utzinger Family.

Tickets start at \$30 for adults, with discounted tickets available for students. Purchase online at <https://www.bozemensymphony.org/beethovens-pastoral-symphony> or by calling 406-585-9774. Tickets at the door are subject to availability.

Lois Olmstead

from page 11

of our three boys left home finishing the on-site parenting years. I traveled to a speaking event on our 27th anniversary. That was the

pattern for many years since fall retreats were popular. We adapted. Sometimes Robert traveled with me on anniversaries. Other times we sang "Happy Anniversary" long distance and celebrated later. During our 29th year, our first grandchild was born (now we have seven). We

welcomed the wonderful new life of grandparenthood.

By our 33rd anniversary, Robert had retired from his job as Engineering Manager with the Montana Power Company. I was working at CCSC in Colstrip and still traveled for speaking engagements. We decided if we wanted another anniversary, we ought not to retire at the same time. A week before our 42nd anniversary we made the move to my folks' ranch in the Shields Valley. Another new adventure had begun.

On September 15, 2011, we celebrated our 50th anniversary—him at home landscaping our new yard and me in Washington D.C. He said, "Go. It will be our 50th anniversary year all year long. Go! Tell them God is good."

That was okay with him and me. After that speaking tour, we celebrated our 50th with a wonderful week on the Oregon Coast.

Now in a few days it will be our 54th. Amazing! We know each other and ourselves—only by God's grace! God has led us along. We have tested "for richer, and poorer, in sickness and in health."

If I was asked today, "Do you take this man...?" I would say, "Positively, joyfully, I do, and he can still keep my troth too! I love you, Robert."

Note today: Little did I know when I wrote this column in 2015, that it would be our last one together. I am so grateful to God for the years we shared! Read I Corinthians 13 in your Bible this week.

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