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Today's Date Should Be:

Thursday, November 14, 2025

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#### **Nate Hance**

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**Playing Cards** 

Dynamic pops pianist Nate Hance is coming to UM Western Beier Auditorium on Tuesday, November 18, 2025, at 7:30 PM, sponsored by Dillon Concert Association.

Nate Hance's repertoire includes timeless classics and original compositions, making his concerts a delightful journey through music for everyone.

Dillon Concert Association membership grants admission to all 2025-26 performances. Single event tickets will be sold at the door: adults \$30, college \$15, student/youth \$10. Online tickets can be purchased at https://dillon-concert-association.square.site/

As a bonus, the Anaconda and Butte Community Concert Associations will grant admission to their concert upon showing your DCA membership card.

For more information please contact Laurie Hagenbarth at 406-683-5050 or Pat Brown at 406-925-0618.



#### Books & Brews Pint Night Supports Women's Resource Center

Join the Women's Resource Center for Books & Brews Pint Night at Beaverhead Brewing Company on Friday, November 14, from 5-8 p.m. Enjoy live music by Bill Dwyer, fun trivia drawings, and take home a "blind date with a book." Snacks will be provided.

Purchase a book for \$20, raffle tickets for \$5, and participate in trivia to win prizes. Proceeds benefit survivors of domestic and sexual violence in Beaverhead and Madison Counties

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#### Letter to the Editor

#### Property Tax Relief for Montana Homeowners By Representative Ken Walsh

Property tax statements for 2025 have begun arriving in mailboxes across House District 69. Earlier this year, you received your updated Appraisal Notice. While many property owners saw an increase in their Assessed Value, a vast majority of residential taxpayers also noticed a decrease in their Taxable Value. This shift is the result of new legislation-House Bill 231 and Senate Bill 542-designed to provide meaningful tax relief for Montana residents. What Changed and Why

The new laws lowered tax rates for principal residences and long-term rental properties, which have shouldered the largest share of the tax burden in recent years. Modest reductions were also extended to agricultural and commercial properties. Additionally, a one-time property tax rebate of up to \$400 was available for qualifying principal residences. Local Impact: Real Savings in HD 69

The Montana Department of Revenue released a fact sheet comparing 2025 taxes under the new laws to previous rates. Based on median residential property values, the average savings are:

Ennis: \$682

Sheridan: \$553

Twin Bridges: \$517

Virginia City: \$419 Whitehall: \$728

Three Forks: \$532

These figures are based on median values—individual savings may vary depending on property characteristics.

Across the State approximately 90% of homeowners realized a decrease or no change in their property tax statement.

Agricultural Concerns Addressed

Some feared the legislation would shift the tax burden



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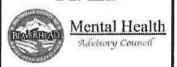
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to agricultural producers. However, our own ranch—which includes grazing land, forestland, irrigated and non-irrigated tillable land, and improvements—saw an increase in appraised value, but the final tax bill was slightly lower than in 2024.

Second Homes and Short-Term Rentals

Owners of second homes, non-primary residences, and shortterm rental properties will see higher tax liabilities. However, many of these properties are owned by out-of-state entities that do not contribute to Montana income taxes—revenues that help fund education, corrections, and social services.

Relief Programs Available

Several programs are available to help those on fixed or limited incomes:

- Property Tax Assistance Program (PTAP)
- Montana Disabled Veteran (MDV) Program
- Montana Elderly Homeowner/Renter Credit

Details and application information can be found on the Montana Department of Revenue website.

Get Involved Locally

I encourage all residents to review their property tax statements and take note of where their dollars are going. Participate in your local school, city, and county budget reviews—your voice matters. Looking Ahead to 2026

The reforms in HB 231 and SB 542 delivered long-sought relief in 2025. In 2026, additional changes will continue to benefit principal residences, long-term rentals, and small commercial and industrial properties. Agricultural property tax rates will remain at their 2025 levels. This legislation like most is not perfect and will need to be tweaked in future sessions to correct a few unintended consequences.

A Final Word

As your Representative, I am here to listen, advocate, and work on your behalf. I appreciate the opportunity to serve the people of House District 69 and remain committed to ensuring your voice is heard in Helena.

2nd annual can the CATS/GRIZ food drive

The 2nd annual can the CATS/GRIZ food drive in Dillon to benefit the food pantry will start on November 8th and end November 21st. Donations to can the Cats can be dropped off at Safeway, and donations to can the Griz can be dropped off at T&C. Please join this friendly competition and help the food pantry. Please call the Resource Assistance Center if you have any questions: 406-988-0360.

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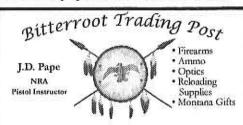
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#### Student finds success, opportunity through Nursing Scholars Edge Direct Entry Program

When Caitlin Olson researched nursing programs as a senior at Broadwater High School, two things drew her to Montana Technological University's Sherry Lesar School of Nursing: reputation and affordability.

Online searches of "#1 Nursing School" kept bringing up Montana Tech.

"Montana Tech has the best nursing school in Montana, and I wanted to be part of that," Olson said. "I knew if I wanted the best education and the most opportunities, Montana Tech was the place to go."

Olson also found that Montana Tech was more affordable than other nursing schools in the state. She was further able to cut down costs by applying for every scholarship she could find, earning over \$30,000.

"It was a huge relief," she said. "I knew nursing school would be rigorous, so having that financial support meant I could spend more time on what mattered — learning how to be the best nurse I can be."

When Olson visited campus, Assistant Professor Laurie Noel told her about another opportunity that could make her nursing journey easier:

the Nursing Scholars Edge Direct Entry Program. The Nursing Scholars Edge Direct Entry Program selects 25 top Montana high school seniors every year from a pool of qualified applicants. Additionally, applicants will be considered for a \$500 scholarship. All incoming freshmen selected for the Nursing Scholars Edge Direct Entry Program secure clinical spots in the Sherry Lesar School of Nursing. By applying and being selected for one of the Nursing Scholars Edge Direct Entry Program spots, the student needs to maintain a 3.5 grade point average in pre-nursing coursework in order to enroll in the clinical portion of the nursing program, after taking prerequisites. Program

the Test of Essential Academic Skills (TEAS) exam. The TEAS exam is a test administered to gain admission into the clinical portion of nursing schools. At Montana Tech, your exam score is factored into your application, along with your overall GPA, and grades in certain prerequisites.

participants get to bypass one of the major hurdles to clinical selection:

Director of Nursing Janet Coe, calls the program a tremendous

opportunity.

"The ability to have direct entry into the clinical portion of a nursing



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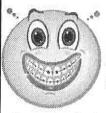
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**Dustin Rebich** (406)240-3648 program is a tremendous opportunity for our Montana students," Coe said. "It awards a prestigious honor for students with a clear understanding of the professional nurse role and who demonstrate high academic performance along with strong work ethic and leadership. Selection criteria gives students from all Montana communities, large and small, an opportunity to be honored."

The program allowed Olson to begin her nursing

journey with focus and peace of mind.

"When I found the Nursing Scholars Edge program, it felt like the right fit. It gave me confidence knowing I had a spot waiting for me. Instead of stressing about whether or not I'd get into the clinical program, I was able to concentrate on my studies and on getting involved," she said.

Looking ahead, Olson hopes to specialize in women's health.

"My dream is to work in labor and delivery, and eventually midwifery," she said. "Down the road, I'd also love to teach future nurses. The idea of giving back to students the way my professors have inspired me really excites me."

For future students considering Montana Tech, Olson's advice is straightforward.

"Apply early, apply for all the scholarships you can, and keep your grades up. And definitely come tour campus. It's one thing to hear about the program, but once you're on campus, you can really see how much support there is here."

Applications to the Nursing Scholars Edge Program are open now. The deadline to submit is 4 p.m. on January 15, 2026. Questions? Email nursing@mtech.edu.



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			*	
11/13	Thu	Tier II Meeting	Staff Lounge	7:15 am
11/13-	11/14	FFA @ Bozeman	Bozeman	9:00 am
11/14-	11/16	Band @ All-Star Festival	Missoula	12:00 pm
11/14	1/14 Fri FCCLA @ District Meeting Manhatta		g Manhattan	8:30 am
11/15	15 Sat Speech & Drama @ Stevensville Away		8:00 am	
11/17	Mon	Tier II Meeting	Staff Lounge	12:00 pm
11/17	Mon	Winter Coaches Meeting	Seminar Rooi	m 5:00 pm
11/17	Mon	Winter Sports Student/Parent Meeting		
	Baske	tball, Cheer, Wrestling	BW Lodge	7:00 pm
11/18	Tue	Fire Drill	BCHS	11:15 am
11/19	Wed	Tier II Meeting	Staff Lounge	12:00 pm
11/20	Thu	1st Day Winter Sports	Ĭ.	
		Basketball, Cheer, Wrestlin	ng	
11/22	Sat	Winter Formal	Green Gym 8	3-11:00 pm
			at the section of the section	

#### Eight Bulldog Volleyball Players Earn Frontier Academic All-Conference Honors

The Frontier Conference announced its 2025 Volleyball Academic All-Conference selections, presented by Billings Clinic and Logan Health.

Montana Western saw eight players named to the list, To be eligible for the award, student-athletes must be at least a sophomore in standing and carry a minimum 3.25 cumulative grade point average (GPA).

Women's Volleyball

Dani Brown - Fair Oaks, Calif. / JR

Madisyn Frazier - Kalispell, Mont. / JR

Maxine Hoagland - Whitehall, Mont. / R-SO

Taylor Ketchum - Billings, Mont. / SO

Jordan Olson - Billings, Mont. / SR

Taylor Petersen - Evanston, Wyo. / R-SR

Savana Warburton - Joliet, Mont. / SO

Sophie Worden - Vancouver, Wash. / JR

#### LOOKING AHEAD

Montana Western travels to Helena, Mont., this week to compete in the 2025 Frontier Conference Volleyball Tournament. The eight-seed Bulldogs will face top-ranked Providence Thursday (11/13) at 12 p.m. MT.

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#### Veteran's Corner Update #334

By Mike Lawson

Veteran's Day will see many ceremonies across America, honoring our military Veterans. In Butte it will have taken place at the Civic Center with our Honor Guard. They will then, visit our SW Montana Veteran's Home, Big Sky Senior Living and The Springs. The Veterans living in these retirement/nursing homes are especially appreciative of being visited in this way. We honor them and realize that this is their last home before they pass on. They must not be forgotten for their military service and for who they are.

It's also a great thing to see the public recognizing and honoring Veterans with parades, music, restaurants making Veterans their guests with the meals paid for. Many stores give veteran discounts on clothes and other merchandise they sell. The turn- around from now when the Vietnam Veterans returned home, those many years ago, is night and day. We as Veterans are appreciative and don't take it for granted. Thank-you.

It's said that over a million Veterans are being affected by this government shutdown. Some VA services are on hold and some are still running. For many Veterans this is threatening food aid and healthcare. For example, 1.2 million veterans participate in the Supplemental Nutrition Assistance Program (SNAP), that provides food assistance to low-income families. SNAP is presently in the courts to try and keep it going. It's said that there's a "surging" in the number of military members turning to food banks. There's also fear for there being irreparable damage to Veteran health care. Lets hope the two congressional political sides can come together, compromise and get this shutdown over with. It's not only for our Veterans but the American people as a whole.

Veterans wives can now get health care in a Veteran's Home. In our SW Montana Veteran's home, there are currently some of these Veteran spouses going through rehab therapy while staying there. A Veteran and his/her spouse can also be in a Veteran's Home together, if their medical conditions warrant it.

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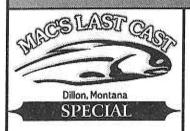
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Recreational Trails Program 2026 application cycle to open November 12

Applications for Recreational Trails Program (RTP) grants will be accepted from Nov. 12 to Jan. 16. RTP is a federally funded grant program administered through Montana Fish, Wildlife & Parks that awards approximately \$1.5 million annually.

Eligible activities include construction or maintenance of motorized and nonmotorized trails or trail-related facilities, purchase of trail equipment, and development of trail education or ethics programs.

Applicants may request up to \$100,000 with a 20 percent required match. Grant applicants may include federal, tribal, state, county, or municipal agencies (including school districts), and private corporations, including nonprofits. An organization can submit only one grant application per grant

A webinar training and question-and-answer session will be held on Tuesday, Dec. 2 at 9 a.m. This session is highly recommended for new and returning applicants. The training will provide helpful information on program requirements, tips on writing a competitive application and using the grant management software to apply. Interested parties must register by emailing stephanie.adamscleme@mt.gov to receive a meeting link.

For more information on the program and how to apply, visit the Recreational Trails Program webpage or contact RTP Program Manager Stephanie Clemen at stephanie.

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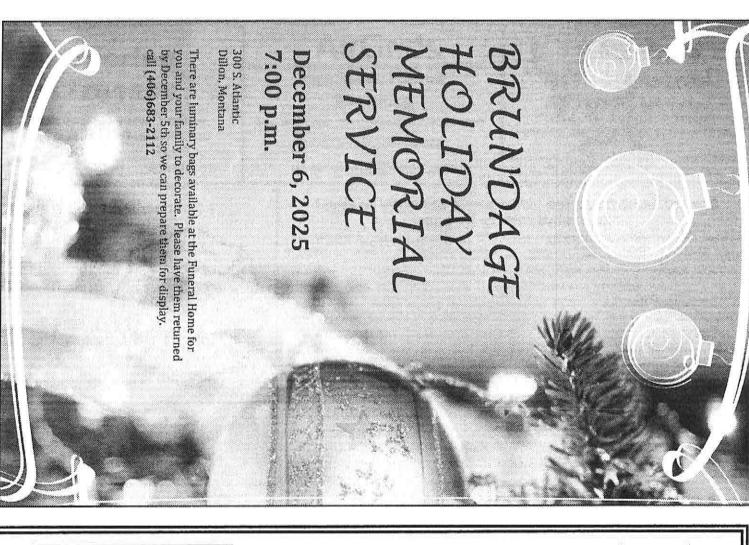
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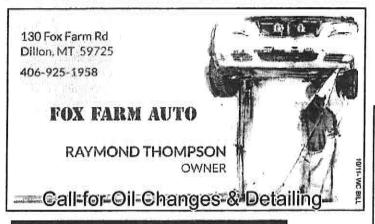
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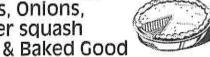
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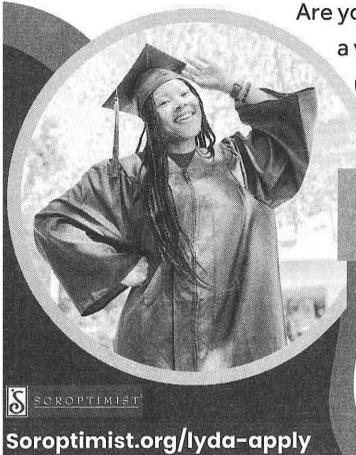
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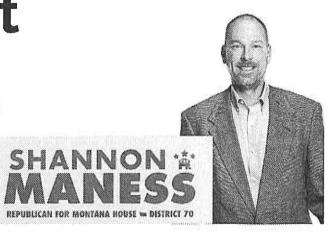
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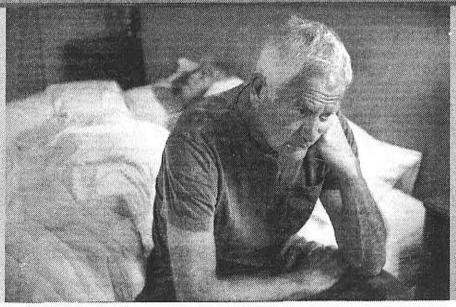




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## UNDERSTANDING PTSD IN OLDER ADULTS



Post-traumatic stress disorder (PTSD) is often associated with younger people, usually combat veterans returning from war or first responders recovering from recent trauma. But the reality is that PTSD can affect anyone, at any age, including older adults. In fact, many seniors may still be carrying the weight of traumatic experiences from long ago. As they age, these buried memories and emotions can resurface in powerful and sometimes unexpected ways, especially during times of loss, isolation, or major life changes.

#### What is PTSD?

PTSD is a mental health condition that can develop after someone experiences or witnesses a traumatic event. This could include war, natural disasters, accidents, violence, or abuse. Symptoms may include flashbacks, nightmares, avoidance of reminders of the trauma, emotional numbness, and increased irritability or anxiety.

#### Why PTSD Can Resurface Later in Life

As people age, certain changes in life can trigger old wounds. Retirement may remove a sense of purpose or structure. Physical health issues or cognitive decline can lower one's resilience. The loss of loved ones, social isolation, and a slower pace of life can all create space for unresolved memories and emotions to surface.

See the next page for more.

According to the <u>U.S. Department of Veterans Affairs</u> (VA), trauma that was once managed or "tucked away" can become harder to ignore in later life. For some aging veterans and civilians alike, PTSD may emerge for the first time after many years of silence.

#### Common Signs of PTSD in Older Adults

PTSD can look different in older adults than in younger individuals. Some older adults may:

- Appear withdrawn or emotionally flat
- Complain of physical symptoms without clear cause
- · Avoid talking about the past
- Experience sleep disturbances or increased anxiety
- Feel guilt or shame tied to the trauma

Sometimes these symptoms are mistaken for normal aging or other conditions like dementia or depression. That's why it's so important for caregivers and healthcare providers to ask thoughtful questions and consider a person's full life history.

Treatment Options That Work

Thankfully, studies have found that evidence-based treatments for PTSD are effective for older adults. Therapy approaches like Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Eye Movement Desensitization and Reprocessing (EMDR) can be adapted to suit the needs and pace of older individuals. Group therapy can also be a helpful and healing practice.

Therapists may also incorporate life review techniques, helping older adults reflect on the meaning of their experiences while processing traumatic memories. Medication may be recommended in some cases, especially when PTSD is accompanied by depression or anxiety.

Importantly, treatment plans should consider physical health, cognitive ability, social support, and other aging-related factors.

Helping an Older Adult with PTSD

If you think an older adult in your life may be struggling with PTSD, here are some steps you can take:

- Start a conversation. Gently ask about their past experiences and how they're feeling now.
- Encourage professional support. A geriatric mental health provider or traumainformed therapist can make a big difference.
- Offer patience and compassion. Healing from trauma is possible at any age—but it takes time, trust, and understanding.

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