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# Big Sky

Sept. 15 - 28, 2017  
Volume 8 // Issue #19

**Community celebrates  
Big Sky legend Devon White**

*Two grizzly attacks  
result in hospitalization*

**Welcome home Big Horn alums!**  
Football, volleyball teams start strong

**Copper City Trails break ground for area bikers**

**Special section: Your guide  
to health & wellness**



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**ON THE COVER:** A bowhunter tries to convince bull elk to join him on an early October morning in Montana's Castle Mountains. PHOTO BY PAUL QUENEAU

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Evan Moppert takes target practice Aug. 26 in the Tobacco Root Mountains with his dog Winston looking on. Archery season opened Sept. 2 in Montana. PHOTO BY TYLER ALLEN

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## Gallatin River Task Force moves forward with Moose Creek Project

Sees record-breaking volunteer effort at annual Upper Gallatin clean up

EBS STAFF

Construction has begun on the Gallatin River Task Force Moose Creek Project, the first project in a series and larger overall effort to restore and protect the Upper Gallatin river from human impacts on river access areas, while also improving access routes for all user types and public safety.

In 2015, the Task Force mapped 111 river access sites and prioritized sites for future restoration work. The pilot demonstration project focuses on the Moose Creek Flat recreational area, a heavily trafficked public day-use area with severe erosion and streamside vegetation damage.

Visible human impacts include eroded streambanks, trampled riparian vegetation and excessive disorganized trails to the river that contribute fine sediment to the waterway and puts the health of fisheries at risk. In partnership with the Custer Gallatin National Forest, the Moose Creek Project will include streambank stabilization, floodplain vegetation plantings, new trails, a boat access structure, fencing, and an educational interpretive sign about river ecology. The project is slated to be completed in the spring of 2018.

The Gallatin River Task Force is actively fundraising and looking for partners to raise the final dollars needed to complete the project.

The Task Force saw a record breaking volunteer effort for the annual Upper Gallatin River Cleanup on Aug. 31. More than one hundred volunteers, up from 35 the previous year, removed 1,060 pounds of trash from rivers and streams in the Big Sky area.

The Gallatin River Task Force has organized and hosted a river cleanup for the past six years. Volunteers receive cleanup assignments and disperse from the Yellowstone National Park boundary to northern end of Gallatin Canyon as well as several sites in the Big Sky area.

## Vacancy on Big Sky School District board

Board accepting letters of interest through October

EBS STAFF

In a special meeting of the Big Sky School District board meeting on Sept. 5, Superintendent Dustin Shipman announced that Kim Gunderson would be stepping down from her position as a trustee on the school board, creating an open seat. Gunderson moved out of the district, and being a resident of the district is a stipulation of being on the board.

The board acknowledged Gunderson's Aug. 28 resignation and moved to accept interest from the public to fill the vacant seat through October. Those interested in the position should submit a letter of interest and resume to the district's business manager, Corky Miller.

The board will choose an interim replacement at the October board meeting, the date of which is yet to be established. The selected candidate will have to run in the regular May elections should they wish to remain on the board.

The board has 60 days from Sept. 5 to appoint another board member. If the board does not receive suitable applicants, the county superintendent of schools has another 60 days to appoint someone.

More information about the open seat will be posted in Ophir Elementary and Lone Peak High School, in the school newsletter and on the Big Sky School District and the Big Sky Chamber of Commerce websites.

*Letters of interest and a resume can be sent to [cmiller@bssd72.org](mailto:cmiller@bssd72.org). The next meeting of the Big Sky School District school board will be held Wednesday, Sept. 27 at 3:30 p.m. in the Ophir School conference room.*

## Community foundations accepting grant applications

EBS STAFF

The Spanish Peaks Community Foundation is accepting applications for its 2017 fall grant cycle through Oct. 1. All area nonprofits seeking funding for programs benefitting the greater Big Sky area community are encouraged to apply. The foundation's areas of focus are arts, education, environment, community and health and human service initiatives. Submit applications following the guidelines on the SPCF website at [spanishpeaksfoundation.org](http://spanishpeaksfoundation.org) or email [tarsha@spanishpeaksfoundation.org](mailto:tarsha@spanishpeaksfoundation.org) for more information.

The Yellowstone Club Community Foundation is also accepting applications for grants and scholarships with a deadline of Nov. 1. The foundation provides funding to nonprofit organizations and qualifying government entities such as schools and libraries in the greater Big Sky and Gallatin Valley area, with a focus on arts, education, community services, health, and conservation.

Three annual student scholarships of \$5,000 are also awarded by YCCF in honor of Corey C. Griffin and Dave Mueller. Awarded March 1, these scholarships are available to high school seniors in southwest Montana who most closely exemplify Griffin's "never quit" attitude or share Mueller's love of outdoor adventure. Visit [yellowstoneclubfoundation.org](http://yellowstoneclubfoundation.org) for more grant and scholarship information.

The Moonlight Community Foundation also funds a variety of programs and initiatives that foster and support education, youth development and conservancy efforts that benefit the Big Sky community. The organization will consider funding requests for initiatives that align with its overall mission and goals. The deadline for fall 2017 grant applications is Nov. 15. Visit [moonlightcommunityfoundation.org](http://moonlightcommunityfoundation.org) for details.

## Big Sky Resort closes Sept. 27

Extends winter season, replaces Tram haul rope

EBS STAFF

The summer season at Big Sky Resort comes to an end on Sept. 27. The resort will re-open on Nov. 23 and has extended the 2017-18 winter season by an additional week. The new closing date will be April 22, 2018 with the annual Pond Skim slated for April 21. All season pass products have been extended at no additional cost. Season pass prices will increase on Sept. 30.

Mountain improvements continue at the resort including the widening of Fast Lane, the addition of three gladed runs and a new chair "barn" for the Powder Seeker lift. Lone Peak Tram upgrades commenced Sept. 11. Replacing the haul rope will entail removing the old rope out of the terminal, splicing the new rope to the old rope and, using the lift and hydraulic spoolers, pulling the new rope around the lift with the old rope. When the new rope is all the way around, it gets tied off, spliced, put back in the terminal and tensioned up.

The new haul rope consists of six strands comprised of 25 wires each, twisted around a plastic core. One strand is able to carry the entire load; the other five strands provide added safety. The tram's rope is approximately 6,000 feet long; the new haul rope weighs more than 5 pounds per foot.

## HATCH keynotes to speak at WMPAC

Highlight school district's new IB program

EBS STAFF

On Tuesday, Sept. 19, from 6-7:30 p.m. four global keynote speakers will share stories, life lessons and music from the stage of the Warren Miller Performing Arts Center. These change-makers have been curated by HATCH in collaboration with the Big Sky School District to showcase examples of diverse learning principles of the newly launched International Baccalaureate (IB) program's ideology.

Speakers will include Butterscotch, the first female World Beatbox Champion; Eric Cheng, head of Immersive Imaging at Facebook; Erin Patton, an original brand architect for Nike; and musician, activist and math whiz Madam Gandhi.

As a new IB World School, Big Sky School District aims to prepare students to become active, caring, lifelong learners who demonstrate respect for themselves and others.

Founded in 2004 and based in Big Sky, HATCH is a global network, and a series of curated experiences designed to catalyze creativity and mentorship to collaborate on solutions to global challenges. HATCH, Lone Peak High School and the IB Program are collaborating to provide new experiences for students and the greater community of Big Sky.



The Big Sky Owners Association recently held their annual member meeting. **What's the best and worst part of belonging to an HOA?**



**Margo Magnant**  
Big Sky, Montana

"The best part of being in an HOA is all of the stuff that they take care of for me like shoveling and snow plowing. They also clean out my gutters and clean my fireplace once a year, which is really important to me. The worst part is probably the additional money every couple months that we have to pay. But for me it's mostly worth it."



**Bayard Dominick**  
Big Sky, Montana

"I think the best part of living in an HOA is that the HOA is responsible for managing the upkeep and the maintenance of the neighborhood so it takes some of the burden off individual homeowners in terms of making sure the neighborhood stays nice. The downside of living in the neighborhood is sometimes they don't like me having my drift boat parked in the driveway and they want me to move it after three days and it would be nice if I had a little more flexibility."



**Ben Coleman**  
Big Sky, Montana

"The best part about being in a home owners' association is that they're going to help maintain the value of your property collectively. The worst thing: your neighbors may not let you do what you want to do."



**Mary Carlson**  
Lakewood, Colorado

"You've got to have a management company and people that are watching the grounds that are making sure if there's a problem that it's taken care of. They manage the pool; they get the roads plowed—all that stuff. Although I think it's pricey, it's just what we got to have."

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# Big Sky Owners Association holds 45th annual meeting

## Owner concerns included Town Center development, road conditions, snowplowing costs

BY SARAH GIANELLI  
EBS ASSOCIATE EDITOR

BIG SKY - Hundreds of homeowners gathered in Big Sky Resort's Summit Hotel for the 45th annual meeting of the Big Sky Owners Association on Sept. 1. With approximately 2,300 properties encompassing 8,000 acres across both Gallatin and Madison counties, the BSOA is Big Sky's largest and oldest homeowner's association.

In addition to a yearly recap of BSOA business and budget updates, and presentations by representatives of the resort and community organizations, it was the last opportunity for members to cast their ballots for four open seats on the board of directors and two on the architectural committee, which oversees compliance with design regulations and subdivision covenants.

Members also voted on a proposed amendment to the BSOA bylaws to instate a term limit of three years for the board of directors.

As of EBS press time on Sept. 13, the results of the election had not yet been finalized. The association's bylaws require the outcome be announced within 30 days of the annual meeting.

During a presentation of the 2017-2018 budget by Treasurer Kevin Frederick, he showed that the majority of the BSOA's approximately \$1 million budget goes toward snow removal, despite partial reimbursement by Madison County.

He also noted a shift in the association's focus from enforcing architectural codes toward preserving and improving quality of life.

The association faces a sizable upcoming expense in this category—the rehabilitation of Little Coyote and Silverbow ponds. BSOA has some money set aside for the project and will look to 2018 resort tax appropriations to fund the remainder.

“The ponds belong to us,” Frederick said. “We’re going to make it a world-class attraction for our membership.”

Wrapped into this project is a plan to replace the Little Coyote bridge over the West Fork of the Gallatin River to allow for safer pedestrian passage, a joint effort of the owners' association, Big Sky Community Organization and Big Sky Water and Sewer District.

The association is also addressing concerns about increased traffic and speeds on Little Coyote Road.

Taylor Middleton, general manager of Big Sky Resort, led the community presentations with a slide show of data showing Big Sky and Big Sky Resort on an upward trend in almost all areas—employment rates, resort tax collections, population, traffic, sewer flows, regional airport expansion, school enrollment, and real estate values, though the latter not as steeply. The one exception was snowfall.

“That’s a good slide to have a flat line on,” Middleton said. “You don’t want to have deviation with snowfall. You want to be standard and consistent.”

He said that skier visits to Big Sky Resort are averaging a 4 percent annual growth, with more than 478,000 skier visits last season, while nationally the ski industry is flat. He attributed it to the growth and development both in the community and at the resort.

“It’s a triad of things we have to do as a community and resort to be successful: we have to have summer and winter recreation opportunities, a vibrant community and great transportation—and this stool will not tip over.”

With 70 percent of resort tax collected in the winter and only 30 percent in the summer, Middleton said Big Sky still has a way to go to bring that figure closer to 50/50.

Ron Edwards, general manager of Big Sky Water and Sewer District, gave a grave talk about the challenges of staying ahead of area sewer and water capacity and the necessity of moderating irrigation practices.

“Our demand is much, much lower in those months when we’re not irrigating,” Edwards said. “We can kind of control our water use in the future by controlling our irrigation and our appetite for it.”

He referenced a study that shows that the Meadow will be out of surplus water in 2023, and the resort in 2022. He said the Big Sky Sustainable Water Solutions Forum, which has been meeting regularly for over a year to talk about the ecological health of the community, hopes to have a master plan to deal with some of these issues by the end of 2017.

Town Center Project Manager Ryan Hamilton provided an update on current and future construction and development projects, pointing out that while it might seem like a sudden boom, many of these plans have been in the works for almost 20 years.

In addition to 32 new residential properties—half of which are currently under construction—called the Golden Stone Place condominiums, there are plans for the residential/commercial Plaza Lofts building on Town Center Avenue and a central plaza in front of the Wilson Hotel, both of which are slated to be completed by summer 2018. The Wilson Hotel is expected to open for the 2018-2019 ski season.

Ciara Wolfe, executive director of Big Sky Community Organization gave an update on projects that include connecting the dots between the Mountain to Meadow Trail so no road travel will be necessary. Wolfe said the BSCO is currently working with Lone Mountain Ranch and several landowners to gain the necessary easements to add 1.6 miles of connector trail that would utilize Lone Mountain Ranch's tunnel under Highway 64 to access the Crail Ranch Trail and Town Center.

Hamilton, as a representative of Town Center, had to field the majority of questions posed during the Q&A portion of the meeting.

In addition to concerns about the bright lights on the Mountain Lodge in Mountain Village, BSOA members inquired about the increased lighting in Town Center.

Hamilton said they have switched to higher quality LED lighting that, in being dark-sky compliant, meet all the requirements of area zoning regulations. “But,” he added, “more parking lots mean more lighting. It’s a public safety concern.”

Complaints about people parking their trailers, boats and other vehicles for long periods of time in Town Center lots were also directed at Hamilton.

“Now I know why I was invited up here,” he joked. “We could be better about that ... we need to take it to the next level and adopt some regulation and enforcement measures.”

Other bothersome issues for homeowners included the condition of the bridge and its damaged guardrail on Lone Mountain Trail just west of the Conoco, potholes and the speed limit on Little Coyote, and snowplowing costs.

The forum ended with a question put to Hamilton about whether Town Center would ever see a bypass road to divert some of the construction traffic.

“There isn’t a possible bypass I can see,” he said. “Ousel Falls Road is it, I guess is the answer.”

Visit [bigskymt.org](http://bigskymt.org) for more information and updates on the results of BSOA elections.

# Community gathers to celebrate Big Sky legend

BY SARAH GIANELLI  
EBS ASSOCIATE EDITOR

**BIG SKY** – If a mark of a life well lived is the crowd that turns out to celebrate you upon your death, then Devon White knew a secret or two. An estimated 700 people packed into the Buck's T-4 Lodge ballroom Sept. 10 to remember White, co-owner of the Corral Bar, Steakhouse and Motel, and purportedly Big Sky's longest, living fulltime resident until his passing Sept. 4.

A tireless workhorse, White remained a fixture in the Corral kitchen until he took himself to the hospital Aug. 25 where he was diagnosed with advanced pancreatic cancer. He would spend his few remaining days in hospice at his home in the Gallatin Canyon, surrounded by a continuous procession of friends and family.

"I think because it was so sudden, there hasn't been time to really swallow the whole thing," said Dave House, White's partner in the Corral for nearly 30 years, and friend for even longer. "I think we're all still in shock."

Despite the palpable sense of loss, White's family and friends did their best to keep spirits high during the service. House, his wife Kathy and their three sons all wore White's signature Hawaiian shirts, and amid the tears, there was plenty of hooting and hollering, joke telling and Budweiser toasting.

"He's gotta be pissed he isn't here," Kathy said from the podium before sharing a story that illuminated the generosity, kindness and selflessness that were repeatedly celebrated as White's defining characteristics.

When Kathy was struggling to get pregnant, White said to take whatever she needed from the business to pay for an in vitro fertilization procedure that resulted in triplets—now college-aged boys who celebrated their 21st birthdays at the last party "Uncle Dev" threw at the Corral on Aug. 14.

Illustrating White's gratitude for life, his sister-in-law Cathy told those gathered how White would call his mother on his birthday to thank her for bringing him into this world.

Friends dating back to the early '70s, when White moved to Montana, reminisced about epic powder days and hunting excursions; shared drinking stories; spoke of White's notorious love of dancing and the ladies; and revisited memories of hanging out at the Corral more than a decade before he and House would buy it in 1988.

"We're gonna carry on," House said. "But another partner? No way, no how—[he's] irreplaceable."

White was born April 21, 1950, and raised in rural Maine. After graduating from high school in 1968, he was drafted into the U.S. Army.



Longtime Corral owners Dave House (left) and Devon White pose for a June 2014 EBS cover photo. White passed on Sept. 4. PHOTO BY TYLER BUSBY



PHOTO BY KITTY BROWN

After two years as a combat engineer in Alaska, White worked on the construction of Disney World in Florida before taking up an army friend's invitation to visit Montana. He never left.

White worked in logging and construction upon arriving in Big Sky, which is how he met House and the "Corral family" started to form.

He was a father figure to many, especially to Griffin, Trevor, and Quinn House—who very well might not be here without White's insistent generosity—and his "special girls," Lily Lawless and Hannah Breen.

White is survived by his brothers Derek and his wife Cathy, Derwin and his wife Babette, and Drexell and his partner Gayle Koyanagi, all from Maine, as well as many nieces, nephews, great nieces and nephews, and a great-great nephew. And, of course, his beloved bird dogs Abby and Spring.

White's brother Derek addressed the crowd and said, "We might be his brothers, but you were his family."

The service closed with ceremonial military honors and presentation of the American flag by the Montana National Guard, before breaking out into a lively reception that later migrated, appropriately, to the Corral.

In the days following the memorial, a small group of friends and family scattered some of White's ashes on the summit of Lone Mountain. Members of the Corral family are still grieving and find it difficult to talk about this man who left such a loving impact on their lives.

Tearing up, Karyn Lawless, who has worked at the Corral for 21 years, recalls how White lent her \$800 for a down payment on braces when she was 21 years old. His gift-giving ways continued throughout their years of friendship. Lawless says she already misses talking to White, dancing with him, working side-by-side with him—even receiving his silly phone calls.

"He was a hard worker and cared about his employees as if they were family," Lawless said. "He thought about others before he thought about himself. Everyone's trying to stay positive, but we miss him and it's hard to come here without him here."

In apt remembrance, White's corner stool has been tipped forward against the bar and draped with a New England Patriots flag. House said when regulars come in, they tip their drinks toward the small shrine and toast to a man who was cherished by many and will be missed by all.



## Food & Beverage

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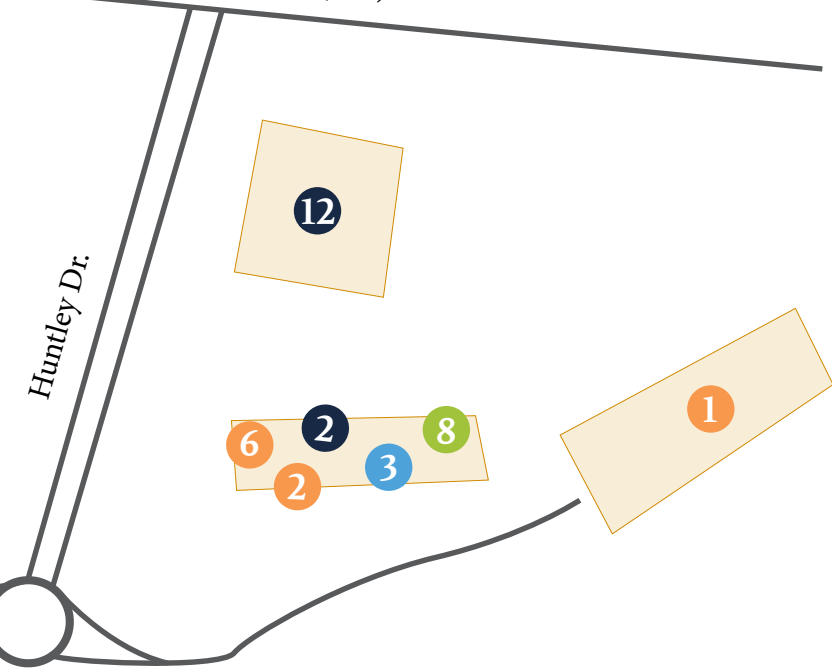
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- 4** **Creighton Block Gallery**  
creightonblockgallery.com  
Tues-Sat 11AM-5:30PM  
406-993-9400
- 5** **East Slope Outdoors**  
eastslopeoutdoors.com  
Mon-Sat Variable Hours  
8AM-8PM After Thanksgiving  
406-995-4369
- 6** **Gallatin River Gallery**  
gallatinrivergallery.com  
Tues-Sat 10AM-6PM  
406-995-2909
- 7** **Grizzly Outfitters**  
grizzlyoutfitters.com  
Mon-Sun 10AM-6PM  
406-201-3187
- 8** **Lone Peak Cinema**  
lonepeakcinema.com  
Mon-Sun 4PM-Close  
406-995-4478
- 9** **Montana Supply**  
montanasupplybigsky.com  
Mon-Fri 7AM-6PM, Sat/Sun 8  
406-995-3490
- 10** **Rhinestone Cowgirl**  
rhinestonecowgirlbigsky.com  
Sep 16-30 Mon-Sun 10AM-6PM  
Oct 1st-14th Mon-Sat 10AM-5  
Closed till November • 406- 99
- 11** **Western Art Forum**  
Mon-Sat 10AM-6PM, and by  
appointment  
westernartforum.com  
406-661-1030

## Other Local Businesses

- 1** **Big Sky Discovery Academy**  
bigskydiscoveryacademy.org  
Mon-Thurs 8AM-5:15PM  
Fri 8:00AM-4:00PM, Excluding holidays  
406-993-2008
- 2** **Big Sky Resort Area District**  
resorttax.org  
Mon-Wed 9AM-5PM • 406-995-3234
- 3** **Big Sky Western Bank**  
bigskybank.com  
Lobby Hours - Mon-Thurs: 9AM-5PM  
Fri: 9AM-6PM. Drive Up Hours - Mon-Fri: 8AM-6PM  
406-995-2321
- 4** **Outlaw Partners**  
outlaw.partners  
Mon-Fri 9AM-5PM • 406-9
- 5** **Shuttle to Big Sky and T**  
bigskytaxi.com  
Mon-Sun 9AM-5PM  
Transportation available 24/  
406-995-4895

# CTORY

Mountain Trail (Highway 64)

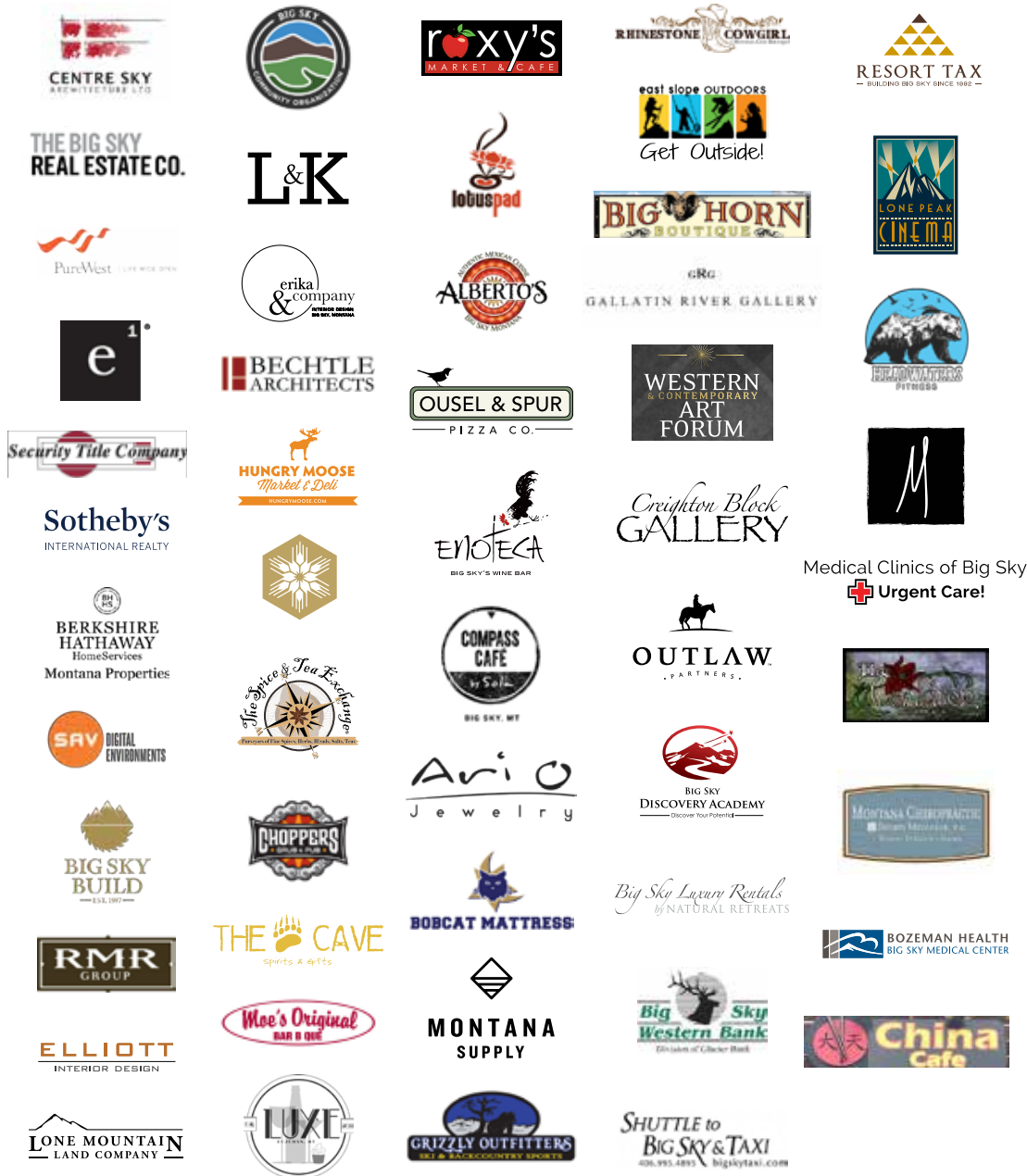


## Health & Wellness

- 1 **Big Sky Medical Center**  
bigskymedicalcenter.org  
(ER 24/7, 365)  
Family Medicine & Telehealth appts.  
(Mon-Fri 8AM-5PM),  
Pharmacy (Mon-Fri 9AM-6PM, Sat 9-1),  
Laboratory (Mon-Fri 8AM-5PM)  
406-995-6995
- 2 **Headwaters Fitness**  
headwatersfitness.com/  
406-641-0153
- 3 **Medical Clinic of Big Sky**  
medicalclinicofbigsky.com  
Mon-Fri 9AM-5PM  
406-993-2797
- 4 **Monica's Salon & Day Spa**  
bigskyhair.com  
Tues-Sat - 9AM-6PM (Oct & Nov)  
Resume Normal hours December:  
Mon-Sat 9AM-6PM  
406-995-2722
- 5 **Montana Chiropractic & Sports Medicine**  
Mon-Fri By Appt. Only  
406-995-4050
- 6 **The Cauldron Botanicals**  
facebook.com/Cauldron-Botanicals  
Tues-Fri 10AM-5PM  
Sat 10AM-2PM, Sun Closed  
Or by appointment at 406-580-8938  
406-995-7222

## Real Estate & Home Services

- 1 **Bechtle Architects**  
bechtlearchitects.com  
By Appointment Only  
406-993-2693
- 2 **Berkshire Hathaway**  
berkshirehathawayhs.com/MT/Big-Sky  
Mon-Fri 9AM-5PM  
Sat-Sun By Appointment  
406-995-4060
- 3 **Big Sky Build**  
bigskybuild.com  
Mon-Fri 9AM-5PM  
406-995-3670
- 4 **Big Sky Community Org.**  
bscomt.org  
Mon-Fri 9-5  
406-993-2112
- 5 **Centre Sky Architecture**  
centresky.com  
Mon-Fri 9AM-4:30PM  
406-995-7572
- 6 **Elliott Interior Design**  
elliottinteriordesign.com  
Mon-Fri 9AM-5PM  
406-551-3995
- 7 **Energy 1**  
energy-1.net  
By Appointment Only  
406.587.2917
- 8 **Erika & Company**  
erikaandco.com  
Mon-Fri 10AM-5PM  
406-993-2666
- 9 **L&K Real Estate**  
lkrealestate.com  
Mon-Fri 9AM-5PM  
406-995-2404
- 10 **Lone Mountain Land Co.**  
lonemountainland.com  
Mon-Fri 9AM-5PM  
406-219-0830
- 11 **Natural Retreats - Big Sky Luxury Rentals**  
naturalretreats.com/big-sky-vacation-rentals  
Mon-Fri 9AM-5PM, on call 24/7/365  
406-995-4148
- 12 **PureWest Christie's Real Estate**  
bigskypurewest.com  
Mon-Fri 9AM-5PM  
406-995-4009
- 13 **RMR Group**  
rmrgroup.net  
Mon-Fri 8AM-5PM  
406-995-4811
- 14 **SAV Digital Environments**  
savinc.net  
Mon-Fri 9-5  
(with after hours by appointment only).  
406-586-5593
- 15 **Security Title Company**  
sectitle.com  
By Appointment Only  
406-522-5500
- 16 **Sotheby's International Real Estate**  
bigskysir.com  
Mon-Sun 9AM-5PM  
406-995-2211
- 17 **The Big Sky Real Estate Co.**  
bigsky.com  
Mon-Sun 9AM-6PM  
888-617-6169



# To tax or not to tax?

## Resort tax board grapples with private clubs, HOA dues

BY AMANDA EGGERT  
EBS SENIOR EDITOR

BIG SKY - The Big Sky Resort Area District tax board continued to wade into the legality of taxing private club membership dues on Sept. 11, a potentially contentious issue that would significantly increase the district's annual collections if implemented.

Resort tax board legal counsel Betsy Griffing has made headway since April, when she was first tasked with diving into the legality of the issue, but there's still more work to be done.

Other states like Florida, Ohio and Idaho have taken up the question, but it hasn't been decisively settled in Montana. The board has taken two approaches to determine whether or not membership dues could legally be taxed.

Since the ordinance outlining Big Sky's resort tax parameters specifies that luxury goods and services are taxable, one tactic is to figure out whether or not private club membership is considered a luxury good or service. The other is to determine if private clubs fall under the umbrella of "destination ski resorts and other destination recreational facilities." Those categories are taxable according to the ordinance, which was first passed in 1995 and amended in 2015.

Board members present included chair Mike Scholz, Jamie Kabisch and Kevin Germain, who recused himself from the discussion to avoid a potential conflict of interest. Germain works for Lone Mountain Land Company, Cross Harbor Capital Partner's locally formed development subsidiary for Moonlight Basin and Spanish Peaks Mountain Club. Ginna Hermann participated in the meeting via conference call and Heather Budd was absent due to a family emergency.

While teasing apart legal definitions, the board is simultaneously grappling with a question of application: If the district starts collecting resort tax on private club dues and deposits, would it also apply to other home owner associations in Big Sky? In previous meetings, board members have pointed out that many Big Sky HOAs have access to shared amenities like ski locker rooms, pools and exercise facilities, and have wondered aloud whether there's a fundamental difference between access to a pool and access to a private ski area.

The Yellowstone Club, Big Sky's most expensive and exclusive private club, currently collects resort taxes for guest golfing and downhill skiing, but not

for club members. Other private clubs in the area include Moonlight Basin and Spanish Peaks Mountain Club.

"There was nothing that I found in the resort tax law itself that prohibited the taxing of membership dues on private clubs," Griffing said, adding that the type of membership—annual, one-time, transferable, conditional, etc.—is important to the discussion. "I can look to see if HOAs are such a different animal ... to see if there would be a different conclusion."

"It's really about being taxed on usage of what you own," Scholz said. "I'm thinking that ownership does make a difference."

The board also discussed the possibility of getting the Montana Attorney General to help with a legal opinion—which Griffing said often takes up to 90 days—and the merit of forming a subcommittee to hash out these details. The board did not establish a subcommittee at the Sept. 11 meeting.

"We're looking forward to being a part of the discussion as it moves forward over the next few weeks and months," said Alex Iskendarian, a representative of Moonlight Basin and Spanish Peaks Mountain Club. "It's rife with some potentially controversial issues like HOA dues."

The board decided on several other items at the Sept. 11 meeting. It's still considering a change to its governing documents that would allow it to distribute an appropriation over multiple years—likely two or three. Griffing is refining the language for that proposal, and it has yet to go before the board for an official reading.

A change to the allocation timelines would allow large, time-intensive and seasonally restricted projects like new construction to take place over a longer period of time. The intention is to allow more time for projects to gain necessary approvals and start construction within a more realistic timeline. It would also allow organizations greater flexibility to secure grants that might be contingent upon securing other outside funding.

In addition, the board agreed upon an operational restructuring. BSRAD Administrative Officer Whitney Brunner will take on the role of operational officer to focus upon tax collection and other broader operational initiatives, and the board will hire an administrative officer to provide additional support.

The Big Sky Resort Area District tax board will not meet in October. The board's next meeting is scheduled for Nov. 8.

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## Hill Condominium owners vote down 84 percent dues increase

BY JANA BOUNDS  
EBS CONTRIBUTOR

BIG SKY- With the focus of university students and debate of a town hall meeting, more than 70 Hill Condominium owners attended the annual meeting Sept. 2 in Big Sky Resort's Talus Conference Room.

The meeting lasted nearly five hours with the bulk of that time spent confronting options to deal with the damage that heat, moisture and age have done to the association's 180 condos.

Ultimately, the proposed 84 percent dues increase was voted down, with some owners expressing concerns that the dues would not decrease after the allotted three-year period. This left two options for funding repairs: a special assessment, or the sale or lease of the overflow lot to a developer.

The construction committee's \$1,890,714 project recommendation includes removal of siding; blasting and staining; necessary repairs to the structure; and new windows, self-closing doors and gutters. The \$1.89 million estimate is also inclusive of \$96,000 for a project supervisor to oversee the daily progress and a \$15,000 budget for contingencies. The proposal would require an additional \$10,504 per unit owner for the 3-year project, or \$875 per quarter.

"For a lot of people, those fees are more than their mortgage," owner Dave Stergar said.

Board member Sheryl Gustafson said the appeal of the special assessment is that it's a stated, finite amount of money collected for a pre-determined amount of time with a clear list of items. It looks better to prospective buyers than increased dues, she added.

Literature provided at the meeting compared condominium values in Crested Butte, Telluride, Snowbird and Jackson Hole and claimed that Big Sky realtors predict a 30 percent increase in sales value if repairs are made.

Everything from the types of windows to the necessity of having a project manager was debated.

Fiscal health of the association was also discussed, with accountant Doug Shamley saying the association was \$174,000 under budget.

Owners also voted on a 4.73 percent operating budget increase for general maintenance, which was approved.

At the next monthly meeting, the board will further discuss financing options.

# 'Great things are ahead'

## Big Sky gears up for homecoming week

BY JULIA BARTON  
EBS EDITORIAL ASSISTANT

BIG SKY—Lone Peak High School's homecoming week is coming up, meaning there will be many events happening at the school and in the community you won't want to miss.

Homecoming is an important week for both LPHS students and the Big Sky community at large. For LPHS Principal Alex Ide, this week is all about tradition, school spirit and Lone Peak pride. "It is celebrating our school and connecting with the community," he said.

To kick off the festivities, students from both LPHS and Ophir Middle School will march in the Homecoming parade through Town Center on Wednesday, Sept. 20. The parade starts at 6:30 p.m. and will include student-built floats, a royalty float and, of course, a generous share of candy. A pep rally will commence after the parade at Fire Pit Park to support the Big Horn football, volleyball and cheer teams, all of which will be seen in action later in the week. Community members are encouraged to come out and show their blue and white pride.

Local businesses are invited to show their school spirit by participating in the annual window-decorating contest. Winners will be announced at the pep rally.

On Thursday, Sept. 21, the junior varsity and varsity volleyball teams will face off against Manhattan Christian, a team that has historically been one of the top teams in the district. This is sure to be a good game, so mark your calendars and remember to wear blue. JV will start at 5 p.m. and varsity will take to the court at 6:30 p.m. On Friday, Sept. 22, Big Sky's football teams will take on Tri-Cities. The Ophir Miners kick off at 4 p.m. and Lone Peak will square off against the Titans under the lights at 7 p.m. Cheer on the home team and help the Big Horn volleyball and football teams keep their winning records intact.

A big part of Homecoming is showing off school pride. "I'm proud of our school because it's one of the best schools for academics in the state and I love that everyone focuses on academics, not sports all the time," said LPHS student council president



Celebrate the kickoff of Lone Peak High School homecoming weekend with a parade through Town Center beginning at 6 p.m. on Wednesday, Sept. 20. The festivities continue on Thursday, Sept. 21 when the school volleyball teams face off against Manhattan Christian, and on Friday, Sept. 22, when Big Sky's football teams will take on Tri-Cities. The Ophir Miners kick off at 4 p.m. with Lone Peak playing at 7 p.m. PHOTO BY CARIE BIRKMEIER

Liam Germain. "This is the one week where everyone focuses on sports. Everyone can unite over the same school spirit."

LPHS welcomes the community to these events to show their support not only for the athletes, but the district as a whole. Students will attend the Saturday evening dance themed "A Night on the Town."

"We have a great school we want to share with the world around us," Ide said. "We are moving the district to great places. Great things are ahead."

It's shaping up to be an exciting week for everyone here in Big Sky. Don't forget to come out and support your LPHS Big Horns!

*Julia Barton, a senior at Lone Peak High School, will be lending her writing talent to the pages of EBS in the coming months.*

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# Big Sky's first community electrical vehicle charging stations come online

BY JESSIANNE WRIGHT  
EBS CONTRIBUTOR

BIG SKY – Electric vehicle owners will now have a public space to charge their vehicles, as a joint effort between Big Sky's Town Center and Lone Mountain Land Company comes to fruition. After a summer of construction, boring power lines and installing the units, two EV charging stations came online Aug. 25 and are now ready for use.

Each station can accommodate two plug-in, battery electric vehicles. They are universal charging stations, and are able to charge a variety of electric vehicles at a rate to be paid hourly. These universal charging stations are a part of a growing network of facilities across the Greater Yellowstone Region.

Aware of a growing population of EV drivers, Lone Mountain Land Company sought to bring EV charging stations to Big Sky as a part of a larger initiative.

"We've been examining a variety of sustainable solutions within the company," said LMLC Director of Planning Christina Calabrese. "[People] see this beautiful environment, they see all these natural features. Everything that goes into Big Sky should have that in mind, sustainability."

Partnering with Big Sky's Town Center, LMLC applied for a grant funded by the Yellowstone-Teton Clean Cities initiative. Two \$5,000 grants were awarded to fund the Big Sky charging stations and LMLC and the Simkins family split the remaining costs.

"It's basically a refueling station," said Ryan Hamilton, project manager for Big Sky Town Center. "It's a lot easier to do this than to put in a gas station. It's a green thing."

"Another benefit is we're literally on the map. There are more and more EV users every day and they can see [Big Sky] on the map," Hamilton added, describing the maps many EV drivers refer to in order to find charging stations when traveling.



Big Sky's first public electrical vehicle charging stations are now ready for use. The two stations are located in Town Center behind the Big Sky Exploration Center and can charge up to four vehicles at a time. PHOTO BY BAY STEPHENS

While the Town Center units are the first community EV charging stations, they are not the first charging stations to come to Big Sky. Several years ago, Big Sky Resort installed EV charging stations in the Summit Hotel garage, and according to Chelsi Moy, public relations manager for the resort, the stations are used a couple of times per month by resort guests. "We installed them mostly because we anticipated that guests would be needing them, and that has proven true," Moy said.

Big Sky Chamber of Commerce, Lone Mountain Land Company, The Big Sky Real Estate Company and Big Sky's Town Center celebrated a ribbon cutting event in honor of the new charging stations Sept. 13, coinciding with National Drive Electric Week Sept. 9-17.

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10:00-11:15am All Levels Yoga	8:00-8:45am Dance X  9:00-10:15am All Levels Yoga	7:00-8:00am All Levels Yoga  8:15-9:15am All Levels Yoga  9:30-10:30am All Levels Yoga  6:30-7:45pm All Levels Yoga	8:00-8:45am Dance X  9:00-10:15am All Levels Yoga  11:00-Noon The Practice (Yoga Level II-III)	7:00-8:00am All Levels Mat Pilates  8:15-9:15am All Levels Yoga  9:30-10:30am All Levels Yoga	9:00-10:15am Level II Yoga  11:00-Noon Yin/Restorative Yoga	9:00-10:00am All Levels Yoga Check schedule online (workshops may take the place of class)

# Grizzlies attack hunter south of Ennis, woman in Tom Miner Basin

BY AMANDA EGGERT  
EBS SENIOR EDITOR

BIG SKY – An elk hunter was hospitalized after being attacked by a grizzly bear south of Ennis the morning of Sept. 4, and on Sept. 9 a woman was mauled by a grizzly on a private ranch in the Tom Miner area north of Gardiner.

According to a Facebook post by Mike Asker of Grangeville, Idaho, Tom Sommer was hunting with a partner in the Gravelly Range when the two men came across a grizzly feeding on a carcass. Sommer yelled at the bear and it responded by charging and attacking him.

According to the post: “Tom and [his] partner Dan both pulled out pepper spray. Dan sprayed but Tom’s spray didn’t work, so [the] bear came after Tom.” The post continues to state that the bear followed Sommer around a tree twice. Sommer pulled out a pistol and turned to shoot, but the bear swatted down his hand before he could fire. Once Sommer was down, the bear bit him in the thigh and put his head in its mouth.

Sommer’s hunting partner deployed his bear spray, causing the grizzly to retreat. Sommer then spent several hours traveling on the back of a mule to receive treatment at a hospital in Ennis. Asker’s Facebook post contains graphic images of Sommer’s injuries, revealing a wide and bloody split across the top of his head.

Montana Fish Wildlife and Parks Information Bureau Chief Greg Lemon said Sommer was treated for non life-threatening injuries.

“We’re not planning to do any management action on the bear,” Lemon said, in reference to euthanizing or relocating the bruin. “The bear was sort of doing what bears do—it was on a carcass and it was startled by the hunters, and that’s often a recipe for an attack.”

Lemon encourages hunters and recreationalists to keep bear spray accessible—“not buried in a backpack, somewhere you can get to it”—know how to use it, and hunt with a partner.

“Hunting with a partner is really important and was probably a critical component of why this guy sustained non-life threatening injuries,” Lemon said. “It sounds like they were pretty far in.”

Since the Gravelly Mountains are connected to the core of the Greater Yellowstone Ecosystem, grizzly sightings are pretty frequent, Lemon said, adding that he doesn’t have a population estimate for bears in that range. The National Park Service estimates there are approximately 700 grizzlies in the Greater Yellowstone Ecosystem.

“People in the Gravellys should expect to see grizzly bears when they’re hunting or recreating,” Lemon said. “Over the past seven or eight years, we’ve had a few grizzly attacks in the Gravellys. It seems like archery season is the time when those ... crop up.”

On Oct. 1 of last year, a Bozeman man named Todd Orr was attacked by a grizzly sow with two cubs and recounted the incident in a Facebook video that was viewed nearly 40 million times. That attack occurred northeast of the Gravelly range, on the east side of Madison Valley.

The female victim in Tom Miner Basin, and her two companions, were near the carcass of a domestic cow when the Sept. 9 incident occurred not far from Yellowstone National Park’s northern boundary.

When the bear made contact, the victim laid on her stomach to protect her vital organs. The victim, who was not named in an emailed statement from Montana Fish, Wildlife and Parks, was bitten on her legs and back. Her companions used bear spray to scare off the bear and stop the attack.

According to the statement: “While these incidents were relatively far from each other, both involved bears feeding on carcasses. In both cases, bear spray played an important role.”



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# Montana, broke and burning, looks at cuts to fill budget gap

BY MATT VOLZ  
ASSOCIATED PRESS

HELENA, Mont. (AP) - Montana plans to cut programs and services to fill a projected \$227 million budget shortfall in the midst of a disastrous drought and dozens of wildfires that are draining the state treasury.

More than 90 percent of Montana is in drought, creating tinderbox conditions that have led to its worst fire year since 2012. The state has spent more than \$50 million on fire suppression since June—not counting the U.S. government costs to respond to fires on federal lands—and the blazes are likely to burn well into the fall, driving up those costs.

Montana has already exhausted its wildfire suppression reserve account and other emergency funds. Tax collections are below the estimates set in the state budget, adding to the financial strain.

The state is required by law to have a cash reserve of at least \$143 million, but Gov. Steve Bullock's administration forecast an \$84 million deficit by 2019 if nothing is done—leaving a \$227 million gap to fill, even after \$70 million in cuts that were triggered last month by low revenue results.

As a result, Bullock ordered government agencies to submit proposals Sept. 8 to cut their budgets 10 percent, which would amount to at least \$237 million in savings over the next two years.

Even if the cuts aren't implemented fully, "program reductions will be substantial," Bullock budget director Dan Villa said in a letter to department heads.

No cuts will take effect until lawmakers scrutinize the plans and make recommendations in a process expected to last at least two weeks.

The hardest-hit agency under the 10 percent reduction plan is the state Department of Public Health and Human Services. Bullock asked the department to find ways to trim \$105 million in spending over the next two years, including in senior and long-term care, child protection services and addictive and mental disorder programs.

"To say this has been difficult is a tremendous understatement," health department director Sheila Hogan said in an emailed statement. "We will do the best we can to minimize the impact on Montanans as much as possible, but we remain hopeful the legislature will work with the governor to find more responsible solutions."

The state university system must identify another \$44 million in spending reductions. State lawmakers already slashed the Office of the Commissioner of Higher Education's budget in the 2018-2019 state budget passed in April.

Those previous cuts left a \$19 million shortfall that resulted in tuition hikes, and Deputy Commissioner Tyler Trevor said tuition may have to go up again. It will be up to the Board of Regents to approve the cuts and tuition hikes, Trevor said.

"They all will have the ability to weather the storm, it's just a matter of the tactics we take," Trevor said of the state's colleges and universities.

The Department of Corrections has the third-highest amount to cut, at \$40 million over two years.

"Unfortunately, there are no good options for such significant cuts," said Corrections Director Reginald Michael. "We hope that throughout this process we can identify more responsible solutions to this situation, but for now we'll keep making public safety decisions in the best interest of Montanans."

## MONTANA'S HISTORIC 2017 WILDFIRE SEASON

\*AS OF EBS PRESS TIME SEPT. 13



**983**  
Human Caused Fires



**757**  
Lightning Caused Fires



**1,740**  
Total Fires

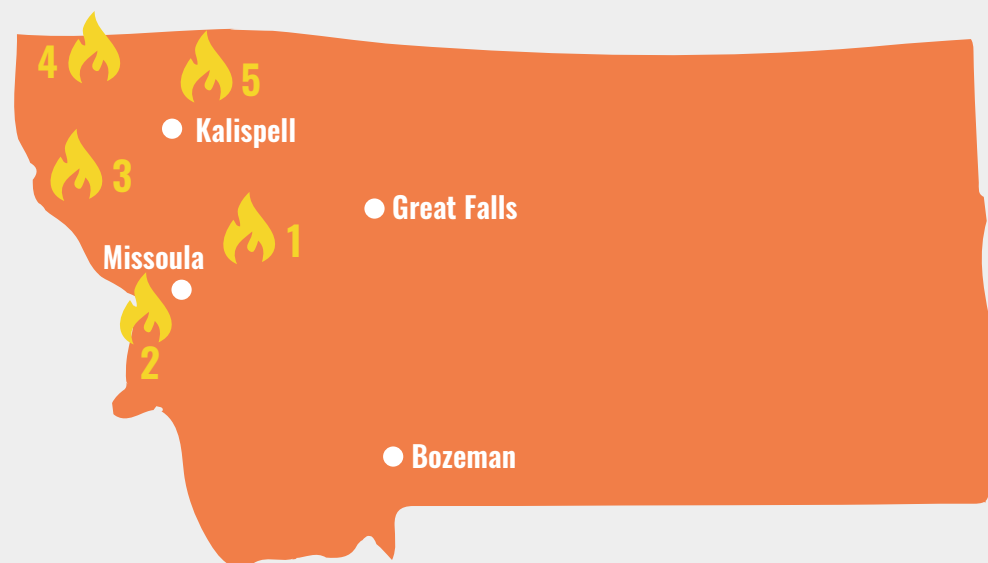


**1.1 million +**  
Acres burned



**\$346 million +**  
Dollars Spent

### Notable fires burning around the state at EBS press time



**1. Rice Ridge**

Acres: 139,502  
Total Personnel: 731  
Cost to Date: \$40.1M

**2. Lolo Peak**

Acres: 52,160  
Total Personnel: 553  
Cost to Date: \$43.5M  
Structures Lost: 10

**3. Highway 200**

Acres: 24,225  
Total Personnel: 262  
Cost to Date: \$6.7M

**4. Caribou**

Acres: 22,388  
Total Personnel: 403  
Cost to Date: \$6.8M  
Structures Lost: 40

**5. Sprague**

Acres: 14,795  
Total Personnel: 151  
Cost to Date: \$4.2M  
Structures Lost: 1

Source: [https://gacc.nifc.gov/nrcc/predictive/intelligence/ytd\\_historical/ytd-daily-state.htm](https://gacc.nifc.gov/nrcc/predictive/intelligence/ytd_historical/ytd-daily-state.htm)

# Blacktail Fire burns in Crazy Mountains

EBS STAFF

Lightning sparked a wildfire Sept. 10 in the northeastern Crazy Mountains and as of EBS press time Sept. 13 it had burned between 4,000 and 5,000 acres, according to fire information officer Erin Fryer. She said it was difficult to get a more accurate estimate due to a smoke inversion and high winds preventing aircraft monitoring on Sept. 13.

The fire is burning on the Helena-Lewis and Clark National Forest portion of the mountain range and near adjacent private lands. The southern portion of the Crazies is on Custer Gallatin National Forest. As of press time, no structures were threatened and pre-evacuation orders had not been issued for area landowners.

The nine smokejumpers that initially responded to the blaze were fighting the fire with a total of 100 personnel, including state, local and Sweetgrass County responders. On Sept. 13, a Type 3 Incident Management Team from Nevada took over management of the wildfire and 150 additional personnel had been requested, Fryer said.

As winds have allowed, one state and one U.S. Forest Service helicopter have been utilized, as well as fixed-wing aircraft from the Helena and Billings airports. Due to the challenging weather conditions, Fryer did not have an estimate of containment at press time.

The Crazy Mountains are an island range northeast of Livingston, and the Blacktail Fire is burning in steep and rugged terrain.



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## Section 2: ENVIRONMENT, SPORTS, DINING & BUSINESS



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# The New West: How Greater Yellowstone sees the rest of degraded America



BY TODD WILKINSON  
EBS ENVIRONMENTAL COLUMNIST

Maybe you still don't realize it, neighbors, but we hicks of the Greater Yellowstone Ecosystem dwell in that part of the American boondocks otherwise known as "the flyover" to tens of millions of sophisticated bi-coastal Americans.

Sorrowfully, our long tenure of splendid isolation is slipping away at blazing speed.

Today we're being rapidly invaded by an unprecedented number of urban refugees who seem perfectly content to remind us how nonbougie we've been all these years. They believe it's for our own good that they help transform our towns into versions of whatever lesser, blighted, overpopulated, suburbanized, traffic-ridden hellholes they are now fleeing.

Perhaps it's time we schooled them on what the essence of living in our corner of the flyover is.

When illustrator Saul Steinberg drew his now-immortal cover image for *The New Yorker* in 1976—a cartoon titled "View of the World From 9<sup>th</sup> Avenue"—he confirmed the smug attitude that Manhattanites have of the Interior West, regarding us as, at best, afterthoughts not even warranting mention on the map.

In pure jest, Steinberg actually poked fun at the provincial mindset of Easterners and their condescending belief that they reside at the center of the known universe. Certainly, it's a point of view shared even today by those West Coast hipsters, be they from L.A., San Fran/Silicon Valley, Portlandia or Seattle, who still don't seem to realize that the plural for wapiti ain't elks.

Unfortunately, we've often allowed outsiders to define who we are. The way the rest of the country thinks about us has been shaped mightily by the opinions of outside writers who parachute out of the sky, spend a couple of days in Greater Yellowstone and then return to Brooklyn Heights, claiming they are our interpreters for the rest of the world.

But, intimidated by our wide-open spaces, they think we ought to fill landscapes up. They write stories, based on their own lack of understanding about nature, that continue to fuel irrational fears about grizzlies and wolves. And they prop up malcontents like the Bundy clan as being representative of the general mindset of all ranchers.

But the truth is, Greater Yellowstone doesn't need outside validation from misinformed reporters who have anointed themselves our translators. Nor must we prove Greater Yellowstone's worth as a remarkable, unparalleled region on the planet.

Not long ago, I asked my oldest friend, the illustrator Rick Peterson, to put together his own Steinbergian take, not of how we are seen in the eyes of those on the coasts but rather the view from Greater Yellowstone looking east and west. Enjoy his portrayal of Greater Yellowstone as we look toward the Pacific Coast. (To see the view looking eastward, you need to visit [mountainjournal.org](http://mountainjournal.org))

What can the rest of America learn about us, especially those interloping developers who mistakenly believe our communities would actually be someplace special if only they had a Trader Joe's and more spas offering seaweed wrap skin treatments?

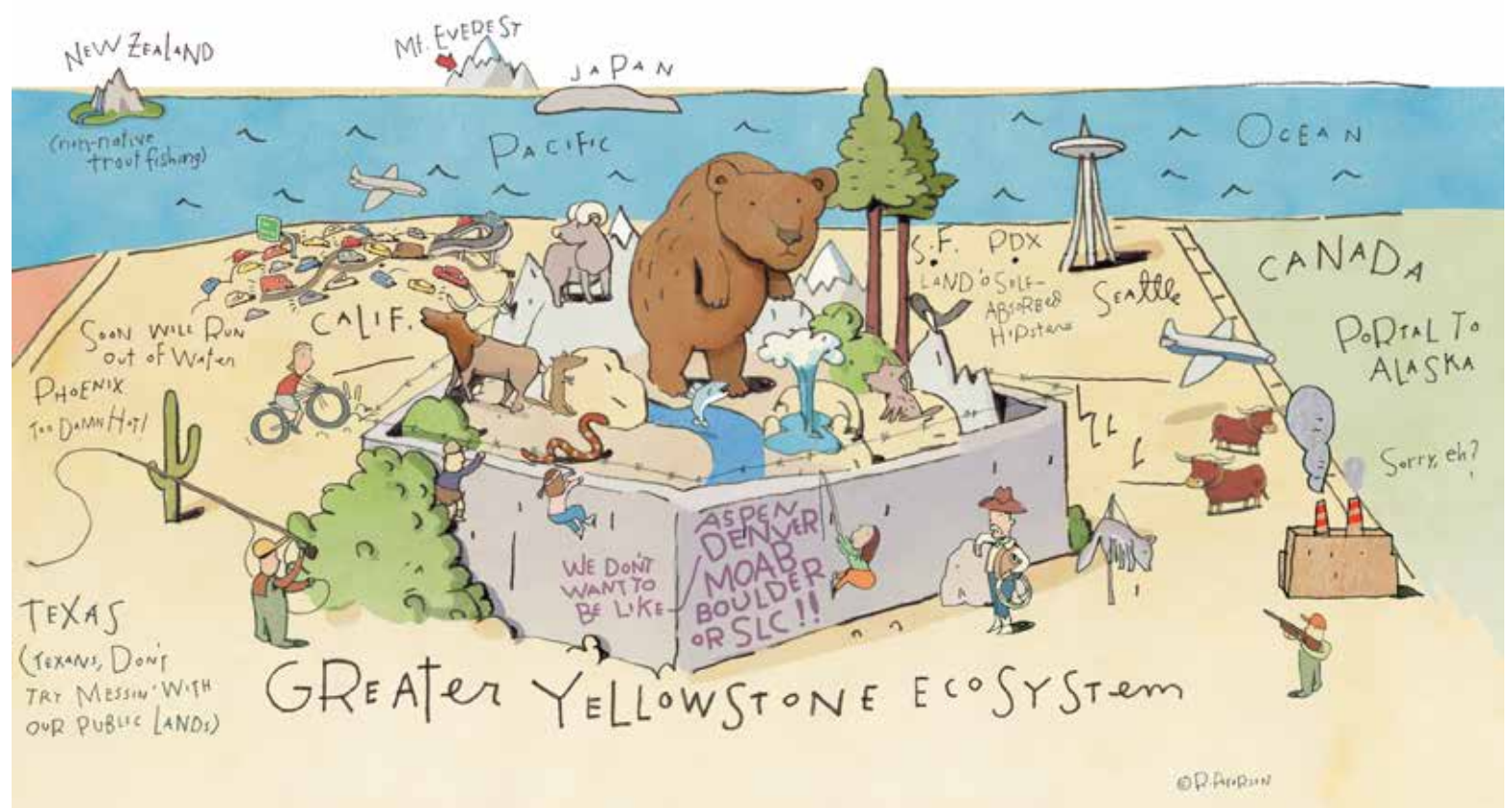
Note to the rest of nation: we don't need you telling us Greater Yellowstone is cool because it's so unlike the places you reside. What we need you to grasp is what sets our region apart—its abundance of large wildlife species—exists only because things are different here.

We have open spaces because we value them. We have forests and clean water because we haven't logged, mined and exploited the heck out of our backcountry. We have grizzlies and wolves, in spite of the wishes of our politicians, because conservationists in the region touted and proved the value of bringing them back.

Yes, we have some damned fine places to explore, but the caliber of our wildlife would not exist if we adopted the same kind of industrial-strength models of outdoor recreation that are now de rigueur in Colorado, Utah and California.

So what is your take-home lesson from the flyover? There's nothing that could be imported from the coasts that would make Greater Yellowstone better. If you don't have the sophistication to appreciate the wild essence of this ecosystem, please keep flying over or, better yet, stay where you are.

Todd Wilkinson, founder of *Mountain Journal* ([mountainjournal.org](http://mountainjournal.org)), is author of "Grizzlies of Pilgrim Creek" about famous Greater Yellowstone grizzly bear 399 featuring 150 photographs by Tom Mangelsen, available only at [mangelsen.com/grizzly](http://mangelsen.com/grizzly). His profile of Montana politician Max Baucus appears in the summer 2017 issue of *Mountain Outlaw* and is now on newsstands.



Rick Peterson provides his take on Greater Yellowstone's relationship to the world in "Yellowstone Looking West."

# MSU researcher works to restore struggling bighorn sheep populations

BY SKIP ANDERSON  
FOR MSU NEWS SERVICE

BOZEMAN - Prior to the American westward expansion of the 19th century, there were as many as 2 million bighorn sheep roaming the mountains from modern-day Mexico to Canada. Today, despite intensive restoration efforts, there are fewer than 85,000 bighorn sheep in North America. A Montana State University epidemiologist is working to change that.

“Bighorn sheep have been diminished across the range in the United States ever since settlers brought domestic sheep into the western landscape,” said Raina Plowright, assistant professor of epidemiology in the Department of Microbiology and Immunology in MSU’s College of Agriculture and College of Letters and Science.

Domestic sheep carry the pathogen *Mycoplasma ovipneumoniae* in their nasal passages, which can cause pneumonia in bighorn sheep, said Plowright, who just completed a four-year study of an infected bighorn sheep population in the Wallowa Mountains of eastern Oregon.

“Domestic sheep rarely die from their infection with mycoplasma,” she said. “But, when bighorn sheep become infected, there is often a die-off, killing 10 to 100 percent of the affected population.”

Additionally, Plowright said, populations that survive the first die-off often remain infected.

“The surviving adults appear quite healthy, but the lambs die of pneumonia and so the populations cannot recover,” she said. “Some populations keep declining and eventually blink out.

“We hypothesized that there are chronic carriers among the ewes, and they are passing pathogens on to their lambs. But we didn’t really know. That’s what we sought to find out.”

Plowright’s findings were published Sept. 4 in *Ecology Letters*, a leading international journal of ecology. The study, “Age-specific infectious period shapes dynamics of pneumonia in bighorn sheep” was a collaboration with Idaho and Oregon state wildlife agencies and researchers from three other universities. Co-authors of the paper include David J. Páez, a postdoctoral fellow in MSU’s Department of Microbiology and Immunology.

The bighorn sheep population Plowright studied was particularly useful to her work, as the animals descend to around 6,000 feet during winter and had largely become acclimated to humans through long-term supplemental feeding.

Through the labor-intensive task of swabbing the sinuses and taking blood samples from the same bighorn sheep repeatedly over four years, Plowright found that many of the older ewes were, in fact, asymptomatic carriers of the pneumonia-causing pathogen and were infecting the lambs. Many of the lambs that weren’t killed off by pneumonia matured into short-term asymptomatic carriers themselves, but it was the older ewes who were likely perpetuating the deadly cycle across generations.

Through her work with the Oregon population, Plowright and her colleagues at the University of Idaho also discovered a “genetic signature” at a gene associated with the immune systems of bighorn sheep that potentially contributes to the infection pattern.

The next step is to look at the genetics and the age patterns in other bighorn sheep populations, but, Plowright said, in order to learn the ages of the animals,

they have to be monitored from an early age because a ewe over four years old cannot be accurately aged in the field.

“Also, you need to catch animals multiple times to know they are carriers and that’s hard when the population is not habituated—sometimes involving using a helicopter to help capture the animals that live much of their lives on cliff faces,” she said.

The good news is that despite an estimated 96 percent net decline in North American bighorn sheep populations over the past 150 years or so, Plowright said there has been an upward trend in their numbers since the 1970s.

“The population had declined to about 25,000, but today that has rebounded to about 85,000,” she said. “That’s due to a massive effort to reestablish bighorn sheep across western landscapes. But, the persistence of pneumonia in the species is thwarting the repopulation effort by slowing their recovery.”

Plowright said helping the bighorn sheep overcome the pneumonia that has plagued the species for more than a century is critical for their survival.

“We hope our work will help us to manage this disease,” she said. “Bighorn sheep are one of the iconic species of the American West, and they’re ecologically important. They live in this steep terrain and they’re amazing animals. What a tragedy it would be to lose this beautiful creature from our landscape.”

Plowright came to MSU in 2014 as faculty for its cooperative veterinary medicine education program with Washington State University known as WIMU (Washington, Idaho, Montana and Utah).

Since then, she has established a unique and internationally recognized research program at MSU, focused on the study of infectious disease ecology and pathogen spillover from animals to people, said Mark Jutila, head of MSU’s Department of Microbiology and Immunology.

“Not only is this study of considerable interest and importance to the field, it is of particular relevance to Montana because of the issue of bighorn sheep pneumonia and its impact in the state,” Jutila said.



Raina Plowright, assistant professor of epidemiology in MSU’s Department of Microbiology and Immunology, has published her four-year study of pneumonia in bighorn sheep. Shown are two bighorn sheep in the Oregon population she studied. PHOTO BY RAINA PLOWRIGHT

# Blown opportunities thwart Bobcats' upset bid against SDSU

## Montana State falls to 0-2 after dropping home opener Sept. 9

BY COLTER NUANEZ  
EBS CONTRIBUTOR

BOZEMAN — Jeff Choate preaches a collection of tenants that he emphasizes whenever he gets a chance. Among the Montana State second-year head football coach's favorite is to stress trusting the process.

Since Choate took over in December of 2015, he has completely overhauled the Bobcat roster. Of Montana State's 104 active players, 60 have joined the program in the 18 months Choate has been at the helm.

In Montana State's home opener Sept. 9 against No. 4 South Dakota State, the Bobcats started 10 freshmen or sophomores. Behind a breakout performance from sophomore quarterback Chris Murray, the Bobcats took the highest ranked non-conference opponent to ever step foot inside Bobcat Stadium down to the wire before eventually losing, 31-27.

In front of a raucous standing room only crowd of 19,817 — the seventh-largest in the stadium's history — Murray dazzled, throwing for 311 yards and four touchdowns and rushing for 107 more yards. But Montana State's youth and inexperience showed throughout the game as crucial penalties, special teams errors and one untimely interception eventually doomed MSU.

The loss to South Dakota State drops Montana State to 0-2 this season. In two seasons under Choate, MSU has shown vast improvement defensively. The Bobcats have recruited at an elite level for the Football Championship Subdivision. Those factors are starting to appear on the field, but the process is far from complete.

With reigning Big Sky Conference champion North Dakota looming on Sept. 23, practicing the tenant of patience is as crucial as ever for the evolving, youthful Bobcats.

"It's not going to get any easier but I know this: we are improving. I know we are," Choate said.

During the annual "Gold Rush" game, Montana State fell behind 17-0 early before the offense finally found its footing. A week after getting blanked in a 31-0 loss at No. 24 Washington State — the shutout marked the first time MSU did not score since 2006 — the Bobcats piled up 492 yards of total offense behind Murray's virtuoso performance.

But two missed field goals by normally solid senior kicker Luke Daly, a holding penalty that negated a long Kevin Kassis touchdown catch and an SDSU fake field goal that turned into a touchdown doomed MSU.



Montana State senior linebacker Mac Bignell battles a South Dakota State offensive lineman at Bobcat Stadium on Saturday night. PHOTO BY BROOKS NUANEZ

Jason Eck, Montana State's offensive line coach during the 2015 season and now in his second season at SDSU, suggested to SDSU head coach John Stiegelmeier to call a fake field goal. Chase Vinatieri, an all-state receiver in high school and the nephew of future Hall of Fame kicker Adam Vinatieri, took the pitch, made two moves in the open field and sprinted his way to pay dirt for what proved to be the game-sealing touchdown.

"This one stings without question," Choate said. "That's the highest ranked team to ever come in here out of conference. It was an opportunity for us to really have a program-defining win. It's hollow. This is a hollow feeling right now because our guys know the opportunity was there."

Montana State has a bye the week of September 16. MSU plays at North Dakota on Sept. 23.

*Colter Nuanez is an independent journalist living in southwest Montana. He is the co-founder of Skyline Sports (skylinesportsmt.com), an online newsgathering organization that provides comprehensive coverage of Montana State and Big Sky Conference athletics. He is also the co-host of the Tootell & Tatonka Show on ESPN radio in Missoula. He can be reached at Colter.Nuanez@gmail.com.*

## Golf Tips From a Pro:

### Good course management is key to low scores

BY MARK WEHRMAN  
EBS CONTRIBUTOR

Too many times I see golfers not score as well as they should because they don't manage their way around the course as well as they could. When it comes to course management, I am referring to strategies that help you avoid taking big numbers.

Some of these strategies include aiming away from trouble, or selecting the proper club for your tee shot that puts you at a comfortable yardage to the green.

Another strategy is leaving your approach shot to the green below the hole so you are putting uphill instead of downhill.

You might stand on the proper side of the tee box based off of your predominant ball flight; if you slice, you should tee up on the right side and if you draw the ball, you should tee it up on the left side of the box (for a right handed golfer).

Another shot strategy is to just be satisfied with the center of the green rather than aiming at the pin if it is cut on the far side of a green. If you miss the green now you have no green to work with.

To be more specific, when I am picking my target to aim at from the tee box, if there is trouble right and nothing but grass left, I will pick a target favoring the left side of the hole. If I have on a short par 4, I might tee off with a 3-wood or hybrid to leave myself with around 100 yards to the green instead of hitting my drive to 60 yards.

If I am between clubs on my approach shot to the green, I will choose the club that will keep the ball below the hole. Here at Big Sky Golf Course all of our greens slope from back to front so it is generally better to be short of the green versus long.

My predominant ball flight is a fade, so I like to tee the ball up toward the right side of the tee box so I can aim down the left side of the hole and fade the ball back toward the center of the fairway. The only time I aim at the pin is if it is either positioned in the center of the green or if I have a wedge in my hand that I am confident won't fade or draw too much to get me in trouble.

Most importantly all golfers, regardless of their ability, should be very specific with their aim points and target selection. Like they say in throwing darts, "aim small, miss small." Well, golf is a target orientated game and we should all be hyper-focused on our target and be as specific and precise as possible when aiming toward that.

Start off by picking an intermediate target that is not too far away from your ball and is in line with your actual target. Aim your clubface at your intermediate target and aim your body lines parallel of your target line. It is much easier to aim at something that is 3 yards away rather than 300 yards away.

Lastly, the very best thing you can do to help lower your scores and manage your way around the course is to go see your local PGA Professional and ask for a playing lesson. Remember, managing your game on the golf course is like being the maestro of your own orchestra.

*Mark Wehrman is the PGA Head Professional at the Big Sky Resort Golf Course.*

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# Big Horns score with 18 seconds left in home opener upset

BY CHRIS SAMUELS  
EBS CONTRIBUTOR

BIG SKY – Lone Peak senior halfback Liam Germain plunged into the end zone from 4 yards out during the Big Horns' Sept. 2 home opener, putting the home team ahead for good with 18 seconds left in an epic battle against the Bearcats, one of the state's top 8-man football teams.

Germain's score capped a two-touchdown comeback in a five minute period and secured LPHS's victory. Just minutes earlier, sophomore quarterback Frankie Starz calmly led the Big Horns down the field and found sophomore receiver Austin Samuels over the middle with a pass. Samuels raced in for the score. After junior kicker Milosz Shipman converted the point after touchdown, the home team was down by just three points.

That's when the Big Horn defense took over. Led by a front line of senior co-captains Jackson Wade and Evan Redmon, the Big Horn's stuffed the Bearcats inside the 5-yard line and blocked a punt to set up Germain's final score.

The LPHS football team is in its second season of 8-man football. Last year's inaugural team finished 5-4 and just missed the playoffs. The 2017 Big Horns are led by seven seniors and are off to a strong start.

"This senior-led team finally believes they can, and should win," said LPHS assistant coach Dan Wade. "They fought through mistakes, and never quit fighting. The result was a big 'W.'"

DGS rolled into town with a history of state championships and a 2017 team that was ranked fourth in Montana 8-man football leading into the football season's second week. Led by quarterback Zack Solomon's running and passing, the Bearcats promptly broke out to a 12-0 lead in the first quarter before tough running by senior Big Horn Rhett Leuzinger and pinpoint passing from Starz got the Big Horn offensive machine cranked up.



Big Horn senior Liam Germain weaves through the Bearcats cover team during a second half kickoff return.

On the last play of the first half, Starz eluded the rush and found senior receiver Howie Robin from 30 yards out to go up 26-20 at halftime with Lone Peak in the lead.

Starz, who was playing his second game ever at quarterback, threw four touchdowns—three to Robin—and just one interception. Starz was thrust into the starting role when senior co-captain Holden Samuels went down with a season-ending ACL injury at football camp this summer.

Leuzinger added a rushing touchdown and led the Big Horns in tackles. Shipman kicked a total of four PATs and did a phenomenal job pinning DGS deep with six touchbacks off kickoffs. Senior Zach Cone snagged a couple of passes and came up big on defense along with junior Cole March and sophomore Ryker Potter.

"The coaches are just really happy for our players, it's obviously still early, but we hope to capitalize on a strong start and make a real push towards a playoff spot," said Lone Peak head coach Adam Farr. "We have the talent and senior leadership needed for a special season, it's a matter of focus and execution from here."

On Sept. 8, the Big Horns nabbed another win, defeating the Broadview/Lavina Pirates 42-8 in Lavina. For the first time in the program's history, LPHS's football team has started the season with a 3-0 record. The squad is currently No. 10 among 44 teams in the state's Class C 8-man football rankings.



Big Horn sophomore quarterback Frankie Starz scrambles for yards against the Bearcats defense Sept. 2 in Big Sky. PHOTOS BY TYLER ALLEN

Robin rushed for three touchdowns against the Pirates and caught a touchdown pass, and Leuzinger rushed for two touchdowns. Shipman kicked four PATs and Austin Samuels caught a pass for a 2-point conversion from Starz.

On defense, the Big Horns notched multiple sacks led by linemen Wade and Redmon. Lone Peak also intercepted three passes, with Cone, Starz and Samuels each snagging one.

On Aug. 25, the Big Horns traveled to Harlowton to take on the Engineers, a 2016 playoff team. After allowing the Engineers to gain a 16-14 halftime lead in the first game of the season, the Big Horns dominated the second half and came away with a 47-28 victory.

Standout performances were demonstrated by Wade with a touchdown catch, safety and multiple sacks; Germain, who caught three touchdowns; Robin who accounted for two touchdowns; Starz, who completed four touchdown passes and rushed for one, in addition to throwing zero interceptions; and Shipman, who kicked six PATs along with the program's first ever 8-man field goal from 37 yards out.

The LPHS football team has chosen to participate in Touchdowns against Cancer, a nationwide program to raise money for St Jude's Children's Hospital to fund pediatric cancer research. Touchdowns against Cancer runs Sept. 14-30, which will include the Big Horns' next three games. Contact a Big Horn player or coach to pledge for each touchdown our team scores during this period. For more information on the program, visit [touchdownsagaincancer.com](http://touchdownsagaincancer.com). To contribute to the LPHS campaign, visit [pledgeit.org/tac17-lone-peak-big-horns/fundraise](http://pledgeit.org/tac17-lone-peak-big-horns/fundraise).

The Big Horns will hit the road Saturday, Sept. 16, for a match-up with the Gardiner Bruins. Friday, Sept., 22 brings the highly anticipated Homecoming game against playoff contender Tri-Cities (comprised of players from Hobson, Moore and Judith Gap) at 7 p.m. under the lights.



The LPHS cheerleading team entertains the Big Horn faithful during halftime.

# LPHS volleyball starts season with undefeated record

BY AMANDA EGGERT  
EBS SENIOR EDITOR

BIG SKY – After winning games against Phillipsburg, West Yellowstone and White Sulphur Springs, the Lone Peak volleyball team boasts a 2-0 conference record, 3-0 overall, leading into what's shaping up to be a promising season.

Lone Peak head coach Missy Botha said there are still areas for improvement—namely back row movement and overall communication—but she's encouraged by the cohesiveness and chemistry the Big Horns have demonstrated thus far.

"[This is] a very fun team," Botha said. "They've been together a very long time. They have a chemistry off the court that translates well on the court."

White Sulphur Springs gave the Big Horns a run for their money in the first set of their Sept. 9 matchup in Big Sky, riding a late wave of scoring momentum to claim the set 28-26.

The Big Horns found a rhythm in the second set, going hit-for-hit with the Hornets. A long series of volleys with remarkable offensive plays, matched by equally impressive defensive answers, marked the second set. Junior defensive specialist Kodi Boersma led the team in digs with five.

Junior middle hitter Solae Swenson, a towering figure at the net with a powerful—if sometimes too powerful—spiking ability, put her impressive vertical leap on display throughout the night.

"Solae's middle hitting is ferocious and she's just a joy to watch when she puts down a huge hit," coach Botha said. Swenson and junior outside hitter Brooke Botha, who led the team in kills with 10, had a worthy opponent in the Hornets.

"They're a good digging team," coach Botha said. "Just when you think you've got a point, all of the sudden the ball comes right back up."

A string of unreturned serves by libero Brynn Iskendarian, who led the Big Horns in the aces column with five, helped Lone Peak pull ahead in the middle of the set on the way to a 25-17 finish.



Junior Carter Johnson prepares for a serve against the White Sulphur Springs Hornets during a Sept. 9 home game in Big Sky. PHOTO BY JOHN MEYER

Serving proved to be an important component of the Big Horn victory; in the third set, a 10-point surge with senior setter Kuka Holder at the service line helped Lone Peak claim another set. Holder led the team in assists with 10.

The fourth, final set in the game was another close one with the Big Horns taking it 25-21. Botha said although she experienced some anxiety before the team found their rhythm, she's pleased with the win. "They came together well," she said.

"We're going to take it one game at a time but I tell you what, this is a very promising group of girls and I think we're going to go pretty deep into the season," Botha said.

*The Big Horns play a road game at Gardiner on Saturday, Sept. 16, followed by two home games. They'll face off against Belgrade on Tuesday, Sept. 19, at 6:30 p.m. and play Manhattan Christian at 6:30 p.m. on Thursday, Sept. 21, for the LPHS Homecoming game.*



# Big Sky golfer takes first step toward LPGA card

BY DOUG HARE  
EBS STAFF

BIG SKY – On Aug. 27, Big Sky resident Dorsey Addicks moved one step closer to her goal: competing on the LPGA Tour. Against a field of some of the best amateur and professional golfers in the world, she made the cut at the Mission Hills Country Club in Rancho Mirage, California, advancing to the second of three stages of the LPGA Qualifying School.

The LPGA Q School began with 362 golfers this year, the most ever. After three days and with the temperature nearing 120 F on the last day, Addicks made the cut of 125 golfers with a score of 5-under-par. By making the cut, Addicks gained Symetra Tour status, which is one notch below the LPGA Tour.

During her senior year of college as team captain, Addicks decided that she wanted to try to make it as a professional golfer. Still only a few months removed from an impressive career at Seattle University, Addicks says she is now focused on advancing to the third and final qualifying stage.

“Senior year, it was like: ‘Why not give it a try? You’re only this age once,’” she said during a quick break from a practice session. “If I don’t try it now, I might regret it later. So for me it was just, ‘Let’s give it a shot and see where it takes me.’”

Addicks will continue to polish her game for the next month on Big Sky courses and practice areas in preparation for stage two. “Stage two is down in Venice, Florida, in the middle of October—four days, no cut,” she said. “[The] top 80 and ties advance to the stage three. That’s where they hand out LPGA cards.”

Addicks practices and plays at Spanish Peaks, The Reserve at Moonlight, or the Big Sky Resort course.



Dorsey Addicks hits a Par 3 tee shot during Stage 1 of the LPGA’s Q School in Rancho Mirage, California. PHOTO BY RICH ADDICKS

“They’re all nice and generous about letting me do whatever I need to work on,” she said. “I spend the morning working on foundation and doing drills. I usually play in the afternoon, and hopefully grab a workout after my round.”

Addicks says that she doesn’t feel much pressure to make it onto the LPGA this year. “If I make it, great. If not, I have Symetra Tour status, which is more than I’d expected to get at the beginning of year. I just want to keep playing well, just to get the learning experience at stage two ... I’m learning more about myself outside of the college golf environment every day.”

The final stage of Q School is slated for Nov. 27 through Dec. 3 at the LPGA International in Daytona Beach, Florida. Only the top 20 finishers from the final stage earn LPGA Tour membership.

Addicks was quick to give credit to the many people in her life who have helped her on her quest to become a professional athlete. “My parents have been my biggest supporters throughout this journey. One of the two of them were at every event in college. That support has been huge. [Also] my college coach Marc Chandonnet, who took a chance on me four years ago, helped me grow on and off the course.”

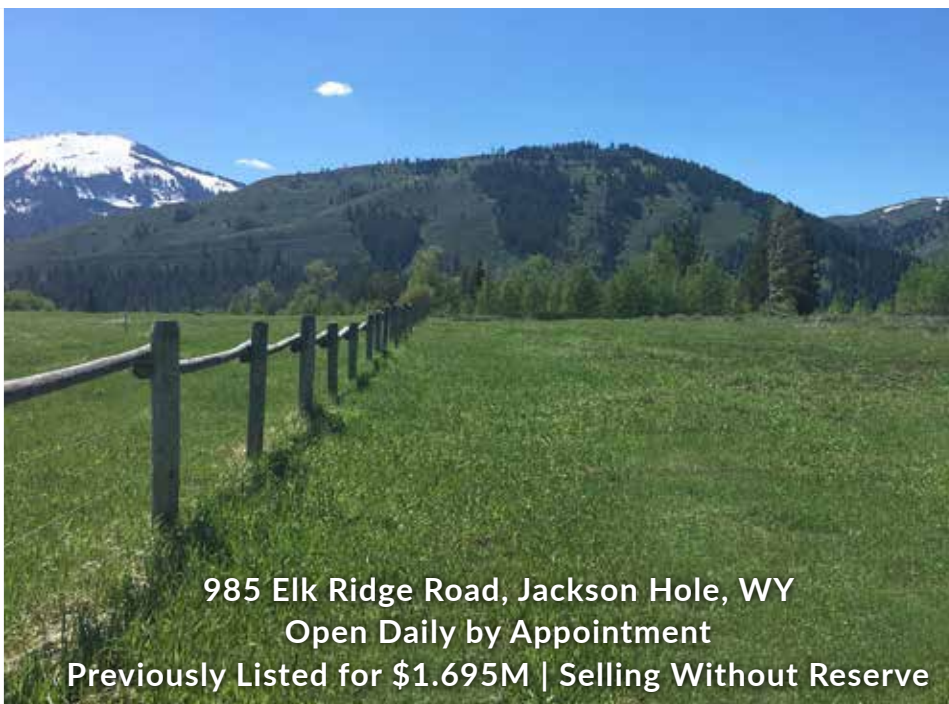
She also credits the current team that she works with in St. Simons, Georgia—her coach Gale Peterson, Craig Allen and Mike Shannon with the Sea Island Performance Center, as well as Dr. Harry Sese and Shawn Farmer-Sese with the sports performance clinic Golfletica in Washington state.

When asked if she has any advice for casual golfers to take a few strokes off the scorecard, she recommends staying patient. “Golf is such a hard sport that if you get frustrated you basically admit defeat. If you put the work in, the results will show eventually.”

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# 2017 LPHS FOOTBALL

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## Rooting for celery root

BY CARIE BIRKMEIER  
EBS STAFF

Celeriac, also known as celery root, is a knobby root vegetable that is related to, but not from the same plant as common celery. It has a rather ugly appearance, but beneath its lumpy exterior lies an incredibly delicious and versatile flesh.

If you can imagine a vegetable with the flavor of a stalk of celery, but a texture between that of a potato and a parsnip, that is what celery root is like. It can be eaten raw, sliced thinly, adding a unique and punchy flavor and texture to salads of greens or grains. It can also be prepared in the same way you would other root vegetables: roasted, mashed or puréed into a soup.

Its mellow, earthy flavor compliments other vegetables while providing a uniquely bold celery-like flavor. This starch can stand on its own, but also pairs well with other flavors while still maintaining its own distinct identity, adding a layer of complexity to any dish. It works well as a side dish to compliment hearty and rich cuts of beef. In an instance where you might default to using a potato, consider celery root (or a combination of the two) instead.

When shopping for celery root, you are likely to find them offered with and without the stalks intact. As is the case with any vegetable, those with greens still attached will likely be fresher. Look for more regularly shaped roots, although most will be knobby and unappealing. The rounder the root, the less waste when peeling. Store celery root in a cool, dry place. The roots will keep for 3-4 weeks.

The stalks of celery root can be used as an aromatic in sauces and stocks, but be aware that the flavor they impart will be much stronger than that of normal celery stalks. The leaves of the plant can be also be used as a garnish or in any way you might use another leafy herb.

The roots, or bulbs, can be prepared similarly to that of a potato. You can cook the celery root with the skin on, which will make its tough exterior easier to peel. Alternatively, you can use a vegetable peeler to remove the skin before cooking—its lumps and ridges can easily hold onto dirt so, in my opinion, it's best to peel first.

Although celery root can be used in a variety of creative applications, my go-to is this classic comfort-food side dish. Experiment with the ratio of potato to celery root, depending on how much of celery root's earthy and punchy flavor you want to shine through.

### Celery root and potato mash

#### Ingredients:

1 celery root, peeled and large-diced  
3 medium russet potatoes, peeled and large-diced  
1 stick butter  
1/2 cup half and half (or milk)  
salt and pepper, to taste  
1 cup parmesan or pecorino cheese, shredded

#### Directions:

Cook the celery root and potato in a large pot of salted water until tender. Drain and return to pot.

Combine other ingredients with hot potatoes and celery root, and using a hand mixer or potato masher, whip or mash the mixture until the desired consistency is achieved.

For an especially smooth result, run the vegetables through a potato ricer before combining with other ingredients.

# AMUSE-BOUCHE

*Amuse-bouche refers to an appetizer, and by French translation means, “to entertain the mouth.” It offers a glimpse into what you should expect from a meal. Also it’s free, compliments of the chef.*

## Grass-fed beef versus corn-fed beef



BY SCOTT MECHURA  
EBS FOOD COLUMNIST

About five or six years ago, I was having a conversation with my food and beverage director who, much in the way Vinny’s fiancé was an automobile expert in the movie “My Cousin Vinny,” is an expert in all things food.

We spent many evenings sitting at his kitchen table enjoying a glass of wine, delving deeply into what, on the surface, might seem to be mundane topics. This night was no exception. We were discussing grass-finished versus corn-finished beef and which one tastes better. All cows are raised on grass in some fashion, but what they eat the last six months is referred to as finishing.

It was his strong opinion that corn-finished beef tasted better than cattle finished on grass. As a chef, I know I was supposed to say that grass-finished beef tastes better. But I agreed with him—I too believe corn-finished beef tastes better.

Taste is subjective. When we refer to “taste,” we are usually merging flavor with mouthfeel in our minds. To be precise—grass-fed beef sometimes tastes better, but corn-fed beef almost always has a better mouthfeel.

A while back, a couple of us from Buck’s visited a place called Ranchland in Butte. Ranchland is one the four federally inspected processing plants in Montana. Touring a processing plant is generally not very exciting to most people unless it directly effects your line of work.

We made our way to the aging room where there were approximately 60 beef carcasses hanging, all at various stages of the drying process. It’s amazing to see the subtle differences between breeds, as well as the effects of diet, nutrition and exercise.

But one thing stood out to us immediately.

Some carcasses had an almost paper-thin layer of fat on the exterior of the muscles and you could still see a substantial portion of muscle. Others were covered in an off-white, almost creamy, layer of fat about half an inch thick. And you could not see any muscle because the fat covered it completely.

The first carcass was an animal that had been finished on grass. The second carcass had been finished on corn. Give or take the specifics of a given feed lot, “finished” refers to how the cow is fed the last six months. If that isn’t an obvious example of the effects of corn as opposed to grass, I don’t know what is.

The ones finished on corn have a distinct difference in fat-marbling. And fat-marbling equals mouthfeel which, for most people, translates to better flavor.

According to the U.S. Department of Agriculture, in 1964 the average live weight of beef cattle was 1,043 pounds. In 2014, it was 1,330 pounds. That’s about a 21 percent increase in weight. Just imagine if humans increased their weight by 21 percent in 50 years. Wait, scratch that.

What does this tell us? That we are raising cows to be larger than ever. And among the many factors, some of which I will explore in the future, we achieve this additional weight by finishing a cow on corn.

Corn is not natural to cattle. It’s not natural to humans either, but that’s another article.

In 1965, Americans consumed 63.3 pounds of beef per person per year. By 2016, that number dropped to 56.6 pounds. In this same period, the total number of cattle being raised and slaughtered has gone down, yet the total gross weight of slaughtered beef has increased.

There are a few reasons for this. But one of the primary reasons is corn.

The relationship between beef and the human appetite is vast and complex to say the least, and I will be returning to this topic from time to time.

*Scott Mechura has spent a life in the hospitality industry. He is a former certified beer judge and currently the Executive Chef at Buck’s T-4 Lodge in Big Sky.*

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# Squire House brings fine dining to the Element Hotel

BY KATIE THOMAS  
EBS CONTRIBUTOR

BOZEMAN - On a recent Thursday night, locals meandered into Squire House, downtown Bozeman's newest dining establishment, nestled in the Element Hotel. The long-awaited eatery occupies the southeast corner of a lot that stood empty from 2006 to 2015 while various concepts for new structures were considered by developers.

Luckily, what came to fruition on East Mendenhall includes Squire House, a distinct and engaging new restaurant and full bar. Opened in late August by M&M Restaurant Group, Squire House serves dinner seven nights a week, and will soon be expanding to include lunch and brunch. While Squire House is located within the Element Hotel, it is a separate entity and welcomes locals and visitors alike.

The menu is straightforward yet inclusive, and accommodates a broad variety of pallets. The truffle toast appetizer is a soft and creamy presentation of brioche heaven, accented with bright orange salmon roe. Next came the beets and greens salad, a divine mixture of red and golden beets with smoked crushed almonds over mixed greens tossed in a tangy vinaigrette. The scallops au gratin, served in a brandy-gruyère-parmesan sauce, nearly puts one over the edge for the simple bliss of the flavors.

Vegetarian diners will be happy to know that the ratatouille and quinoa dish is a flavorful and filling choice, not to mention beautifully presented, with vivid yellows, greens and scarlet surrounding the sweet red quinoa. On the other end of the spectrum, the flat iron and frites entree was incredibly satisfying—tender steak, crispy fries, and more of the perfect vinaigrette-dressed greens.

Somehow dessert was managed after all this. We chose the strawberry-rhubarb shortcake and the beignets, which went down even better with coffee and one last glass of garnacha.

The space in which these culinary delights were enjoyed has a warm and welcoming vibe. Everything from the Parisian bistro tables and subway tile to the hammered metal flatware lends Squire House a classy, Western feel with a modern European twist. In addition to the bar, dining room and Squire Room (a separate space for large parties), an outdoor patio provides a dusky summer ambiance for as long as the season allows.



Truffle toast is one of the appetizers on offer at Squire House, a restaurant that recently opened inside the Element Hotel north of Main Street in Bozeman. PHOTO BY KATIE THOMAS

Co-owner Michael McGough, a self-described “Bozeman refugee” with an extensive background in the Bozeman restaurant industry including the Baxter Hotel, hopes to establish a place where travelers can mix with locals in a salon-type atmosphere, with high-end comfort food and excellent service.

Although McGough appreciates an international flair, he also takes pride in Bozeman history: “The name ‘Squire House’ is a nod to the location,” McGough said, referring to what residents recognize as the longtime site of Kenyon Noble Lumber & Hardware, founded by Squire Kenyon in 1889.

Squire House is a fine addition to Gallatin Valley's eclectic offerings of restaurants. Whether you're in search of such festive cocktails as the Squire Fizz (gin, lemon juice, simple syrup, egg white) and the Hello You! (mezcal, raw honey, rosemary elixir) or a full-on dining extravaganza, Squire House should be at the top of your list.

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# Rad Bikes sets up shop in Mountain Village

BY BAY STEPHENS  
EBS EDITORIAL ASSISTANT

BIG SKY - Walking into Rad Bikes feels different than entering most bike shops. One immediately notices that the space where technicians work on bikes and where customers do their shopping are one and the same. Owner Shawn Barry calls it “seamless.”

“We don’t have an employee-only side and a door separating our shop from our retail space,” Barry said. “Everybody is invited in here to watch us work on their bikes.” If customers are interested, he lets them work alongside him on their bike, or, if there is a bike stand available, he allows people to work on their own bikes in his shop.

Barry said that while other bike shops might think teaching someone how to fix their bike means losing a customer, he sees it differently. “I feel like I’m building a relationship with that customer, and I’m proud of my work, I’m proud of my workspace, so people are invited in.”

Barry opened his shop in Bozeman February of 2016 and runs it year-round. Rad Bikes had a grand opening for another shop in Big Sky’s Mountain Village Sept. 1, which is open on weekends until the mountain closes for the shoulder season on Sept. 27.

Rad Bikes isn’t his first go-around in the bike industry, though.

His passion since he was 18, Barry has been riding his whole life. He owned a bike shop in Butte before working as a sale representative for 16 different bike brands.

Barry said he opened Rad Bikes so he could sell bikes directly to his customers. “It’s more personal [and] more rewarding to me to see a person ride off on their new bike, and bring it back and tell me they love it,” he said. “I find more passion in it than being a rep. I’m proud of my rep career, but I love this.”



Rad Bikes owner Shawn Barry outside his new Mountain Village storefront at a Sept. 1 grand opening event. His Big Sky shop, which includes an open area for both retail and repair, will be open until Big Sky Resort closes for the shoulder season on Sept. 27. PHOTOS BY BAY STEPHENS

Another benefit of owning a shop is less travel, more time with family and more riding with friends, which Barry makes sure happens on a weekly basis. Every Wednesday at 6 p.m., Rad Bikes hosts a group ride where mountain bikers gather at the Bozeman shop and carpool to a local trailhead for an evening ride.

“We’ve been going since Memorial weekend and we haven’t repeated a trail yet,” Barry said.

The shop provides barbeque and brews for the post-ride where riders hang out and share stories. “The concept is to come on a ride and meet other people to go shred with,” Barry said.

Since Rad Bikes is owned and staffed by mountain bikers, Barry said his team is “literally on a mission to keep you on the trail.” They know what it’s like to go without a bike, especially with Montana’s short riding season.

“To tell somebody, ‘Oh we’re two weeks behind on repairs’—to me that’s just unacceptable,” Barry said. “You got to get someone back on the trail in two or three days. That’s always our objective.”

Barry is proud of the “next level” quality control he can maintain at Rad Bikes, where details of a repair are not lost in translation between different shop employees.

“A lot of the times you come in here, I’m going to be the one that checks you in to the computer, the one that looks at your bike, and then I’m the one the goes and fixes it,” Barry said. He’s usually there when customer pick up their bike, too.

The bottom line is not the focus of Rad Bikes, Barry said. “This is about riding bikes and the culture that goes with it,” which most people would agree, is pretty rad.



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# Cinnamon Lodge closes Mexican restaurant

## Gallatin Canyon fixture shifts to events

BY BAY STEPHENS  
EBS EDITORIAL ASSISTANT

BIG SKY - The Mexican Steakhouse and Saloon at the Cinnamon Lodge will not be reopening this winter. After eight years of running the locally-loved restaurant renowned for “Taco Tuesdays” and margaritas, owners Morgen and Ryan Ayres are changing their focus to events.

The name will change from Cinnamon Lodge and Adventures to Cinnamon Lodge and Events, reflecting their new business approach: hosting their own events and renting out the lodge for others’ half- and full-day events, with or without the use of the lodge’s commercial kitchen.

“Others will host their own weddings, rehearsals, private parties, reunions, concerts, classes, art shows, retreats and more,” the Ayers wrote in an email. They are already booking weddings and rehearsal dinners and hope to get some holiday parties on the books as well.

“We have talked about doing a murder mystery dinner party, being the base and after party to a bike race or mountain climb, a beer [tasting], spirits festival, art show and more,” Morgen said. “People really missed the Taste of Big Sky this year and [we] would love to host that next summer if it’s possible.” She added that they would be very excited to host the Dirt Bag Ball—an annual end-of-the-season party for Big Sky Ski Patrol and other ski bums—in 2018 as they have in past years.



The Mexican Steakhouse and Saloon at the Cinnamon Lodge is closing on Sept. 24, but prior to the official closure they invited community members to participate in a Sept. 5 taco eating contest. PHOTO BY DOUG HARE

“[Running the restaurant] has been an amazing adventure and we’ve learned so much,” Morgen said during a Sept. 6 conversation. “Having the restaurant night by night and doing events both was difficult to balance, so we thought this would be a new avenue.”

The rebranding entails some updating to landscaping around the lodge to make it more suitable as a wedding venue, such as adding an arbor and stone patio. They’ll continue to rent out cabins so guests hosting weddings on the property have the option to stay there. Short- and long-term cabin rentals separate from events will continue to be offered as well.

To the relief of those who’ve had them, Morgen said she’ll continue to sell whole sopapilla cheesecakes from the lodge, as well as slices through Caliber Coffee. She said they’re in the process of bottling her coveted hot sauce as well.

“We are so grateful for the years that we’ve had here as a restaurant,” Morgen said. “We look forward to doing so much more with the community on all kinds of levels.”

For the time being, the Mexican Steakhouse and Saloon will be open every night through Sept. 24 serving the flavorful dishes Big Sky has come to love.

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## Local masterminds launch ‘Beautifully Equipped’ podcast

BY SARAH GIANELLI  
EBS ASSOCIATE EDITOR

**BIG SKY** – In April 2015, four female entrepreneurs came together to form a Mastermind group, a peer-to-peer mentoring concept designed to provide support, solve problems, hold each other accountable and achieve professional goals—collaboratively.

These women found the Mastermind experience so helpful to their professional and personal growth and development that they decided to create a weekly podcast to share the strength and smarts they’ve found in numbers with a larger audience.

One of the founders of “Beautifully Equipped”—BE for short—is Jackie Rainford Corcoran, a health and culture coach, artist and art instructor who lives in Gallatin Canyon and has a strong Big Sky presence. She is joined by Bozeman business women Kate Jo, a contemporary artist working primarily in lens-based media; Jen Schimbeno, a fiduciary advisor; and Jen (Cox) Erhardt, a marketing strategist and manager.

“We wanted to get a group together to help each other through the ups and downs, struggles and unknowns of starting a new business,” said Schimbeno.

The group’s focus was launching a new business, but more broadly about fostering professional growth.

“As we were all looking at the various challenges we were having around growing our businesses, there was a constant theme of really diving into the online sector,” Erhardt said. “But we had a lot of fears and trepidation about it.” Creating the “Beautifully Equipped” podcast was a way to tackle their own intimidation while sharing the problem-solving tools and advice that they have found invaluable to their own success.

All four women have concrete examples of how the Mastermind group has helped them grow through the diverse perspectives in the group, from learning how to better negotiate with difficult clients to setting price points that match the value of their services.

Corcoran said she would not have had the confidence to submit an ultimately accepted application to speak at TEDx Bozeman last April were it not for the mastermind group.

“Kate said, ‘You’re going to throw your hat in the ring,’” Corcoran said. “She forced the hand.”



From left: Entrepreneurs Jackie Corcoran, Kate Jo, Jen Schimbeno, and Jen (Cox) Erhardt launch their new weekly podcast “Beautifully Equipped” on Sept. 26. PHOTO BY VAUGHAN JUDGE

“We oftentimes see the strengths in others before we can see it in ourselves,” Schimbeno said. “Sometimes I find myself questioning my abilities or lose my backbone standing up in the corporate environment...my Mastermind group is that for me when I need it and I will be forever grateful for that.”

The first “Beautifully Equipped” podcast will be released on Sept. 26, with consecutive episodes released weekly, averaging 45 minutes each.

Although the initial episodes focus heavily on the Mastermind concept, the podcast’s main focus is on the rewards of collaboration, with a strong undercurrent of female empowerment.

“One of my personal goals is to help other women out there know that it’s okay to be real with who they are,” Erhardt said. “There’s just so much going on in our lives ... and I don’t think there is always a place where [we] can just be real. We want to encourage people to be themselves and let their realness show.”

*Listeners can subscribe to “Beautifully Equipped” via iTunes or any podcast app. Visit [beautifullyequipped.com](http://beautifullyequipped.com) for more information.*

## Big Sky’s small business landscape in flux

BY JANA BOUNDS  
EBS CONTRIBUTOR

**BIG SKY**—With the changing season comes a shift in the business landscape. Indicative of this change is a handwritten note on the front door of Enoteca, a wine bar in Town Center, with a single line: closed for the season.

The business, which opened February of this year and served Italian fare alongside an extensive wine list, closed on Aug. 27.

“I was tempted to keep it open until Labor Day but I could not impress upon my staff that the financial model absolutely had to be adhered to, so I had to close early,” said Enoteca owner Colleen Helm, who also owns the space the business occupied.

“The long-term plan was to build up the wine bar and then sell the whole thing. That was and remains the plan,” she said.

Apart from that broad intention, there are no immediate plans for the space or the business, she said.

Wrap Shack co-owner Don Mattusch said he and his wife, Karen Macklin, have had continuous growth and enjoy being a niche in the community, but are selling their business in West Fork Meadows to have flexibility for family health issues.

The business, which specializes in wraps and salads, opened in 2004 and was purchased by the couple in 2011. It is listed with Realty Big Sky.

“We’re not retiring. We’re not moving,” Mattusch said. “We’re still going to be doing something.”

According to Kinga Wilson, former sales associate for Luminous Audio Visual, owner Austin Pettit decided to pivot the business away from the retail store and focus on client installations.

The inventory was liquidated on Aug. 17 and the Town Center space is for sale. “It’s a stunning place wired for anything,” Wilson said. “I envy the person who gets it. It’s wired for the future.”

Pettit could not be reached for comment before EBS’s publication deadline.



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## Section 3: OUTDOORS, FUN & BACK 40



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# INSIDE YELLOWSTONE



## Busiest August on record for the park

### NATIONAL PARK SERVICE

MAMMOTH HOT SPRINGS, Wyo. – Yellowstone National Park hosted 916,166 visits in August 2017. This was the busiest August on record, up 8.93 percent from August 2016, which saw 841,036 visits. The second busiest August was in 2015 and saw 854,408 visits.

Visits were slightly down in August 2016 when the South Entrance Station was closed for 6 days due to the Berry Fire.

This year, the park experienced increased visitation during the days immediately surrounding the solar eclipse that occurred on Aug. 21. An especially large number of visits occurred on Aug. 22. Traffic congestion that day caused the park to briefly limit access to the Old Faithful and West Thumb Geyser Basin parking areas as well as to send rangers to manage traffic at Madison Junction.

So far in 2017, the park has hosted 3,232,708 visits, down 1.11 percent from the same period in 2016 (which was the highest on record). Year-to-date

visitation in 2017 is 17.4 percent higher than five years ago in 2012. The list below shows the trend over the last five years, indicating the annual number of visits through August.

- 2017: 3,232,708
- 2016: 3,269,024
- 2015: 3,133,965
- 2014: 2,717,039
- 2013: 2,553,998
- 2012: 2,710,519

The continued high level of visitation at Yellowstone underscores how important it is for visitors to plan their trip to the park. The National Park Service asks visitors to anticipate delays at popular attractions, plan ahead and check road conditions on the park's website.

*Detailed park visitation information and additional information on how these statistics are calculated is available online at [nps.gov/yell](http://nps.gov/yell).*

## Yellowstone opens lottery for Non-commercially Guided Snowmobile Access Program

### NATIONAL PARK SERVICE

MAMMOTH HOT SPRINGS, Wyo. – Yellowstone National Park is now accepting applications to the 2017-2018 winter season lottery for permits to snowmobile in the park without the presence of a commercial guide. The park requires all non-commercially guided snowmobile groups that enter the park to have a permit.

Those wishing to snowmobile without a commercial guide can apply through [recreation.gov](http://recreation.gov) through Sept. 30. Successful lottery applicants will be notified in mid-October.

The park will make any remaining or cancelled permits available on a first-come, first-served basis through the same application web page beginning Nov. 3. There is no waiting list. Cancellations may occur throughout the winter season, so check the website often for openings. Trips can be a maximum of three days in length, and permits cost \$40 per day with a \$6 application fee.

Permit holders are considered non-commercial guides and must be at least 18 years old on the first day of their trips. All snowmobile operators must possess a state-issued driver's license and successfully complete the free online Yellowstone Snowmobile Education Certification program. Anyone can take the course to learn more about park rules that help visitors safely enjoy the unique experience of winter in Yellowstone while also protecting park resources.

The Non-commercially Guided Snowmobile Access Program was authorized in the 2013 final Winter Use Rule. The program allows one non-commercially guided group of up to five snowmobiles to enter Yellowstone



Applications are now available for the 2017-2018 limited winter snowmobile permits for non-commercial trips into Yellowstone National Park. NPS PHOTO

from each of its four winter entrances per day. All snowmobiles must meet the park's New Best Available Technology standard, which is explained on the website.

*Check the park website for details regarding the Non-commercially Guided Snowmobile Access Program, or contact the program coordinator, Ivan Kowski, at [ivan\\_kowski@nps.gov](mailto:ivan_kowski@nps.gov) or (307) 344-2165.*

# Westminster students visit Bozeman to learn about the West

BY JESSIANNE WRIGHT  
EBS CONTRIBUTOR

BOZEMAN – Fourteen students from Westminster College rolled into the Missouri Headwaters State Park northwest of Bozeman on Sept. 6, packed into a passenger van and minivan, one pulling a trailer. The crew pulled out their tents and settled in for their 15th night out on the road.

Accompanied by professors Jeff Nichols and Brent Olson, these Salt Lake City-based students came to the Greater Yellowstone Ecosystem to learn about the West as a part of the inaugural Westminster Expedition.

“The goal was to have a really extended field study course,” said Olson, who teaches environmental studies at Westminster.

For 12 weeks, these students will travel, tents and notebooks in tow, visiting iconic sites like Yellowstone National Park, working landscapes such as the Butte Copper Mines, Native communities, “New West” towns like Bend and Moab, and contentious places like the Little Bighorn and Malheur Wildlife Refuge. Along the way, the group will speak with experts in the field, from public land managers and the National Park Service, to Native leaders, to ranchers and activists.

“I wanted to expose students to the lands I know and love,” Nichols said. Colored pencils in hand, Nichols said he and Olson sat down with a map and tried to organize places into themes, eventually mapping out a large figure “8” that snakes across Montana, Idaho, Washington, Oregon, California, Nevada, Arizona and Utah.

The students will receive 16 upper division credits in environmental studies and history at the end of the trip, having studied the themes of environmental cooperation and conflict, landscape and meaning, the history of public lands, and the Native West.

Bozeman was an early stop along the route, and students heard from Montana State University geography professor and renowned author William Wyckoff, as well as history professor Mark Fiege, who is a recipient of the MSU Wallace Stegner Endowed Chair in Western American Studies. Camped along the waters of the Jefferson, Madison and Gallatin rivers, the students discussed the Lewis and Clark expedition and visited the Madison Buffalo Jump. They also spent time visiting with the team at Headwaters Economics.

An important aspect of the trip so far for student Naomi Shapiro of Boise, Idaho, is simply being able to learn about the place she calls home. “I’m from the West and I realized I hadn’t seen very much of it,” she said. “One of the very cool things is, we’ve been able to learn some of the stories from different perspectives,” she added, describing the perspectives of Native peoples or women as related to important moments in history.



Early in the trip, the students drove the scenic Beartooth Highway from Red Lodge to Cooke City, before coming to Bozeman for a two-night stay. PHOTO BY BRENT OLSON

“The best learning happens when we are immersed in experiences,” Nichols said in a Westminster College press release about the trip. “Traveling to extraordinary places and talking with the people who live and work there will illuminate complex human and environmental issues.”

In a way that student Bridger Layton described as “poetic,” the group was forced to alter a portion of their route after leaving Bozeman thanks to burning fires in and near Glacier National Park that have caused road closures on the Going-to-the-Sun Road.

“A lot of the conversations we have, the things we read, discuss the ways that even in the 21st century, we sort of feel like we have taken over nature,” Layton said. “Fire is just another one of those things that is sort of the upfront example that no matter how hard we try, nature is still going to push us around and we still need to think about the ways we interact with it.”

On Sept. 7, the Westminster students hosted an open reception for high school students interested in learning more about Westminster College. Westminster alumnus Max Lowe, a Bozeman-based photographer, filmmaker, writer and skier, shared his experience at the university and also told current Westminster students of his path after college.

“I think that there are many different paths to the places that you want to go,” Lowe said. “It all comes down to the choices that you make in the moment and there are no wrong choices in the end.”

## 8th annual DREAM Buddy Walk takes place Sept. 23

EBS STAFF

The 8th Annual DREAM Buddy Walk is Saturday, Sept. 23rd at 11 a.m. at the Gallatin County Regional Park—also known as the The Dinosaur Playground—in Bozeman. It is the sole fundraiser for Down Syndrome Research, Education, Advocacy in Montana, an organization more commonly known as DREAM.

The funds raised every year go toward DREAM grants, which are administered three times per year to help families pay for medical expenses, early intervention therapies, tutors, adaptive equipment and adult continuing education.

This event also celebrates the lives of those who have Down syndrome and promotes their inclusion within the community. It’s goal is to admire who they are and how they enrich our lives. In addition to paying for life-enriching community-based programs for people with Down syndrome like art and dance classes, the money raised over the past seven years has helped bring Project Search to Bozeman.



MSU Bobcat mascot Champ will participate in the 8th annual Buddy Walk in Bozeman, alongside the MSU Spirit Squad and a considerable contingent of Big Sky residents. The event is geared toward promoting acceptance and inclusion for individuals with Down syndrome and raising funds for Down syndrome research, education and advocacy. PHOTO BY CATHY COPP

Project Search is a work-based program that enables young adults with disabilities to gain access to employment opportunities through education and hands-on training in real life work experiences.

The DREAM Buddy Walk is a 1-mile loop around the Gallatin County Regional Park. The celebration begins and ends at the Dinosaur Playground.

Last year DREAM raised more than \$15,000 and this year the organization hopes to surpass that number.

DREAM helps pave the way for people with Down syndrome in Gallatin Valley, and community members are invited to join the group in their mission.

Registration begins at 10 a.m. at the Dinosaur Playground off Oak Street and

Davis Street in Bozeman. Registration includes lunch and a T-shirt. For more information visit [dream-mt.org](http://dream-mt.org).



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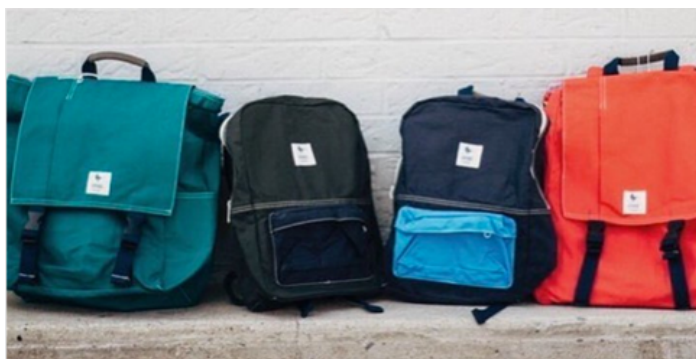


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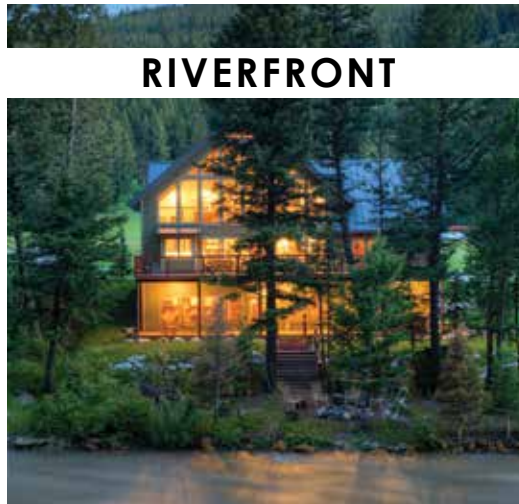
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# The Rut by the numbers

## High temps greet thousands of racers

EBS STAFF

Labor Day weekend brought crowds of trail runners to Big Sky Resort eager to test themselves on Lone Mountain to race in The Rut Mountain Runs.

The only North American stop on the International Skyrunner Series tour, the race has developed a reputation for drawing elite mountain endurance athletes.

In its fifth year, registration for The Rut expanded by 500 racers to a total of 2,500, but spots for the five races—a 50K, 28K, “Vertical K,” 11 K and the Runt Run, a race for children—still filled quickly.











Racers who finished the 50K gained 10,500 feet of elevation, and the total elevation gain for all four races topped 23,500 feet. Below are some other notable stats from the Sept. 1-3 event:

- 45 Rut tattoos were inked
- Maximum temp. on Sunday, Aug. 3: 92 degrees
- \$13,600 was awarded in prize money
- 80 gallons of chocolate milk (for recovery!) was provide by The Mountain Project
- 1,200 gallons of water provided at aide stations
- 250 paper elk antlers were distributed to racers of the Rut Runt Run
- Approximately 150 people volunteered their time



PHOTOS BY CODY WHITMER



				
<b>2,500</b> registered racers	<b>80 gallons</b> chocolate milk	<b>45</b> tattoos	<b>88-92°</b> temperatures	<b>0</b> course records set
				
<b>\$13,600</b> in prize money	<b>1,200 gallons</b> of water at aide stations	<b>250</b> paper elk antlers distributed	<b>150</b> volunteers	<b>23,632 ft.</b> elevation gained

# Groundbreaking begins on trail system near Three Forks

## First loop opens Sept. 30

BY JESSIANNE WRIGHT  
EBS CONTRIBUTOR

**THREE FORKS** – Five miles north of Three Forks on Highway 287, a green road sign points the way to Copper City. The narrow dirt road takes drivers east, dropping through a small coulee and over a cattle guard, and if you drive far enough, you'll come to the ghost town of Copper City, a late 19<sup>th</sup> century mining settlement. The landscape is scattered with sage and dotted with juniper, crinkled with coulees and rock outcroppings.

Rock cairns built of malachite rocks, green for their copper, stand sentinel in a parking lot one mile up the road on the right. These cairns mark the beginning of the first trail built within the Copper City Trails Project, sponsored by the Southwest Montana Mountain Bike Association and open to its first ride Sept. 30 for National Public Lands Day.

The trails system has been nine years in the making, and will be a set of progressive trail loops about 17.5 miles long open to mountain bikers and hikers. Mapped out across land owned by the Bureau of Land Management, the area is intended for multiple uses, with grazing leases and target shooting opportunities nearby coupled with the newly designated bike and foot trails. The trails will cover roughly 2,800 acres, leaving swaths of the BLM land open for other uses as well.

"This is national federal land," said Tim Hawke, an energetic SWMMBA volunteer and project manager of the Copper City Trails Project. Looking out to the new Green Eagle Trail shortly after the Aug. 26 groundbreaking, he said, "This belongs to all of us."

Hawke, who grew up in Billings and comes from a long line of Butte Cornish miners, dreamed up the whole idea of a Copper City trails network. "I wanted to create a shoulder season trail area," he says. Built into an exposed landscape, Hawke said while variable, the snow blows and melts, meaning bikers can use the trails spring through fall and fat bikes are an option in the winter.

The trail winds and meanders, with what SWMMBA development director Melissa Cronin describes as "swoops" that make the path friendly to kids as well as mountain biking beginners. Future trails will increase in difficulty, starting off easy and getting more challenging as the miles stack up. "The further you go, the more you will be tested and challenged," Hawke said.

Hawke and other volunteers plotted the trail by hand, walking with flags and referring to Google Earth. At various intervals, the trail runs past rock outcroppings that provide places to rest and refresh, or explore rubber on rock.

The Copper City Trails Project is a partnership between SWMMBA and the Butte Field Office of the BLM. Equidistant from Bozeman, Butte and Helena, this trails project is an opportunity to serve the community, Cronin said.



Nine years in the making, the Copper City Trails Project near Three Forks is underway, with construction on the first trail beginning earlier this month. Approximately 4 miles comprising the Green Eagle Trail will be open for riding Sept. 30. PHOTOS BY MELISSA CRONIN

"A trail system as such," Hawke added, nodding to the trail running out before him, "can bring a lot of money to a small community without actually changing it." According to Hawke, these kinds of recreational opportunities will bring more visitors to the Three Forks area, and maybe a new bike shop will open, but ultimately the area's character won't change.

"This is a social contract with the community," Cronin said, noting that building the trail is just the beginning. In the next few years, SWMMBA will build additional trail loops and they will all need to be maintained.

"It's kind of like planting a tree," Cronin said. "They say that people who plant a garden or trees are the most optimistic people because they plan for the future. But I've amended that, I think people who build trails are the most optimistic people."

"We want this to be a catalyst for people to get really involved with the trails they love and come out and swing a shovel," Hawke said. He's pleased with the effort that's been expended thus far, and he hopes to continue seeing volunteers join SWMMBA for future trail work days. "The community support has been phenomenal," he said.

In the spirit of giving, or in the way Hawke describes as "old-school Montana style," much of the work so far has been through donation. The Montana Conservation Corps received a grant that was used toward one week of volunteer work on the Green Eagle Trail, and the project has been funded in part by a grant from REI.

Grant Best, with Bozeman's Bo Trails, donated his time on an excavator to rough in the first trail. Volunteers did hand work following him with rakes and other hand tools donated by local stores. Sign posts are made of reclaimed timber and the signs were made and donated as well.

To celebrate the opening of the Green Eagle Trail, bikers are invited to join SWMMBA at the Copper City Trailhead Sept. 30 for a barbeque and day full of riding and working on the trail. Cronin and Hawke encourage carpooling, and as with any trip to the trail, bring water because there isn't a water source at Copper City.

For more information about the Copper City Trails Project visit [coppercitytrails.org](http://coppercitytrails.org). To learn about SWMMBA, visit [southwestmontanamba.org](http://southwestmontanamba.org).



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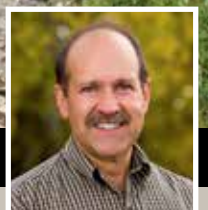


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# Inside the Big Sky

By Derek Lennon

## 10 ways to prevent forest fires in Big Sky Country

BY DEREK LENNON  
EBS CONTRIBUTOR

Montana is the fourth biggest state in the United States. With an area covering just over 147,000 square miles (94 million acres), it's one of the last best places. People from around the world visit Montana to escape the hustle and bustle of the real world. They are attracted to the vast forests, towering mountains, stunning lakes, abundant wildlife, impressive national parks, world class rivers and endless adventure.

Everyone can appreciate the wild lands that spread across Montana. Everyone also needs to treat those lands with respect—especially during fire season. Every year, as we are currently witnessing, ferocious wildfires ravage the landscape, fill the air with smoke, impact outdoor adventures, threaten homes and damage businesses. It's impossible not to notice the hazy view and the smell of smoke in the air. It's definitely fire season in Montana.

Fires are not uncommon in the western U.S. On average, fires burn millions of acres every season. Some of these fires are natural and others are caused by humans. When you combine dry, hot weather with wild land filled with fuel and a bit of wind, it's the perfect combination for fires to thrive. Wildfires happen every year and this year is no exception.

Wildfires are both scary and destructive, but they can also benefit our natural world. For example, fires can provide new habitat, kill disease, refresh the forest floor, and more. Natural fires can be a necessary part of our ecosystem, but they still must be controlled.

Many of the wildfires currently burning across the country were sparked by natural causes, like lightning. Unfortunately, too many of the destructive fires scorching the western U.S. were caused by humans as a result of campfires, fireworks, burning waste, cigarettes or other avoidable means. This is unacceptable.

If you're in Big Sky Country, it's absolutely imperative that you treat our outdoor playground with respect.

Whether you're camping, hiking, hunting, backpacking or road tripping, here are 10 ways to prevent forest fires in Big Sky Country:

- Check the weather.
- Respect fire danger signs, warning signs, permit requirements and bans.

- Never leave a fire unattended.
- Always fully extinguish any fire.
- Follow all rules and regulations when using fireworks.
- Choose appropriate locations to park vehicles, set up camp, shoot off fireworks, etc.
- Educate the people you are with.
- Be able to extinguish any fire that you start.
- Do not throw burning or smoking items, like cigarettes, from your vehicle.
- Alert authorities of any smoke or fire in the area.

As Smokey the Bear always says, "only you can prevent forest fires." Please treat our lands with respect and do everything that you can do in order to prevent forest fires in Montana.

Visit [mt.gov](http://mt.gov), [firerestrictions.us](http://firerestrictions.us), [inciweb.nwcg.gov](http://inciweb.nwcg.gov), or [fsapps.nwcg.gov](http://fsapps.nwcg.gov) for the latest information on Montana fires.

*Derek Lennon is a skier and writer who lives, works, and plays in the mountains of the world. He is based in Big Sky, Montana, where he lives with his wife Mia and two dogs.*

*A version of this story was originally published on the Visit Big Sky blog at <https://visitbigskymt.com/ways-prevent-forest-fires/>. Read more interesting content about the area on Visit Big Sky's blog at <https://visitbigskymt.com/category/blog/>.*



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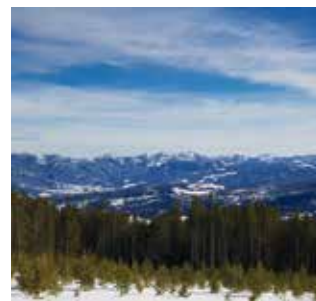
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Yellowstone Ranch Preserve  
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236.52 ACRES | \$6.95M  
Whiskey Jug Cabin : 2,702 SQ FT



SxS Ranch  
Bozeman, MT  
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Gallatin Canyon, MT  
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# On the Trail: Tepee Creek Trail

Explore local hiking, biking and equestrian trails with Big Sky Community Organization's trail series.

BY CIARA WOLFE  
BSCO EXECUTIVE DIRECTOR

Tepee Creek Trail (U.S. Forest Service Trail #100) begins just outside the northwest corner of Yellowstone National Park and is an excellent hike for those searching for solitude, vistas and wildflowers without strenuous activity.

Given the recent smoky conditions and compromised air quality, this hike is a great option close to Big Sky that allows you to get out on the trail without pushing your heart rate and lung capacity too hard.

From the trailhead, the path begins a gradual incline through a large grassy valley. With one side of the valley located in Yellowstone National Park and the other in Custer Gallatin National Forest this hike provides wildlife viewing opportunities and beautiful vistas without too much elevation gain. The trail meanders through the valley with only a couple access points to small Tepee Creek within the drainage. The trail begins flat with three different sections that have a low grade climb.

Once you have reached the top of the trail along a grassy ridgeline, you will find yourself at an intersection that marks the boundary of the park. From here, you can continue on a much longer and difficult hike or return to the trailhead.

If you choose to continue, you can take Buffalo Horn Creek Trail for another 2.5 miles or all the way back to the Gallatin River for 3 additional miles. In the other direction, the Wilson Drive Trail reaches the top of a peak before entering Yellowstone. From this peak you can see expansive vistas of both the Madison and Gallatin mountain ranges.

Due to the close proximity to the park, please be bear aware and respect the restriction for foot traffic only from April 1 through June 15.






*For more information about Big Sky's parks, trails and recreation programs, visit [bscomt.org](http://bscomt.org). The Big Sky Community Organization is a local nonprofit that connects people to recreational opportunities by acquiring, promoting and preserving sustainable places and programs for all.*




Ciara Wolfe and Callie Pecunies hike Tepee Creek Trail, a 4.6 mile out-and-back hike that affords solitude, vistas and wildflowers without strenuous activity. PHOTO BY LIZ MCRAE



## TRAIL STATS

 Distance	 Uses	 Difficulty	 Elevation	 Surface
4.6-mile out-and-back	April 1-June 15: hiking only, June 16-March 30: hiking, horses, and bikes	Easy	5,525 feet at trailhead Elevation gain: 700 feet	Dirt

**Directions:** Drive south from Big Sky on Highway 191. The trailhead is located approximately 25 miles south of Big Sky on the east side of the highway before entering Yellowstone National Park.



# EDDY Line

## Untangling the mystery of fly lines, an often misunderstood piece of tackle



BY PATRICK STRAUB  
EBS FISHING COLUMNIST

DTX, Sharkwave, Perception, Wonderline, HD Power. No, these are not the names of accessories to add horsepower to a souped-up Camaro. These are models of popular fly lines. They will not help you cruise the strip on a Friday night, but choosing the right fly line can ensure you gain more enjoyment from your fishing outing.

Over my angling lifetime, fly lines have evolved along with other tackle. Similar to graphite fly rods, fly lines have come a long way from the days of braided horse hair in the 1700s to silk gut in the early 20th century to today's uber-engineered malleable soft plastics. As a kid chasing 10-inch trout on Sourdough Creek, I never would have guessed better angling has evolved through plastics. Here's some help to make the most out of the science behind better fly lines.

**Take care of your fly line.** This should be obvious. However, I guide dozens of anglers a year and I've often been astounded by how dirty their lines have become. Aside from wading boots and waders, a fly line endures the highest level of wear and tear. From being stepped on to drug through sand and sediment, even the most expensive fly lines fall victim to abuse and neglect. Taking a few minutes to clean your line at the end of the day will ensure that your line will last.

**Weight forward or double taper?** Fly lines come in a variety of styles and a basic understanding of these tapers is essential. A taper describes the construction of the fly line. Most anglers fishing for trout in our local waters should choose a weight-forward fly line, which features a heavier front portion. This allows the line to match better with most of today's stiffer and faster action fly rods.

Double taper fly lines have two equally weighted sections at the front and back of the fly line. Double taper fly lines are more true to their line weight and can also be "flipped": when one end becomes dirty you can reverse it and fish the other end.

**Shooting heads, Skagit heads and Spey lines.** Beyond weight-forward and double taper, there are myriads of special tapers and constructions out there related to the type of fishing you're doing. If you plan to Spey cast—in hopes of steelhead or salmon, or perhaps casting for trout—considerable time must be spent to learn the components of the set-up. Spey casting two-handed rods is a skill in and of itself, and learning the lines necessary for the angling situation you may find yourself in is akin to matching the hatch with selective trout.

**Saltwater means stiffness and durability.** For anglers venturing to a bonefish flat, tarpon chase or permit hunt: Do not travel 3,000 miles to have it all unravel in the last 60 feet. Fly lines designed for fishing saltwater flats are stiffer, which means they hold up better in a casting loop in warm water and high air temperatures. Their extra coating also makes them less conducive to corrosion from abrasive saltwater.



Modern fly rods and fly lines have come a long way. In order to fill your net, choosing the right fly line can be the difference between being an observer or a participant. PHOTO COURTESY OF THE MONTANA FISHING GUIDE SCHOOL

**Know your fly rod.** Matching a line weight to your rod used to be simple—a 5-weight fly line matched with a 5-weight fly rod. But as fly rods become lighter and faster and fly lines become thinner yet more durable, it's important you know the action of your fly rod. Many modern fly lines cast best with a fly line weight that is one notch above the rod.

**Confidence in angling goes a long way.** Finally, confidence in your rod and fly line working well together can result in tangible success. Whether you choose a fly line with a catchy name like Sharkskin or Wonderline, a little education can go a long way to lengthen your catch...and the life of your fly line.

*Pat Straub is the author of six books, including "The Frugal Fly Fisher," "Montana On The Fly" and "Everything You Always Wanted to Know About Fly Fishing." He and his wife own Gallatin River Guides in Big Sky.*



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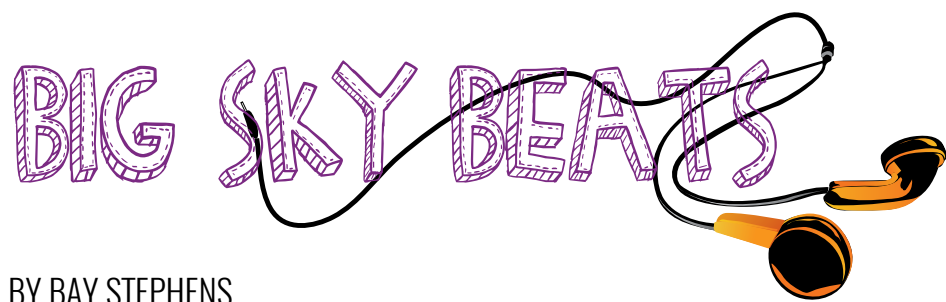
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BY BAY STEPHENS  
EBS EDITORIAL ASSISTANT

Find out what tunes we're bumping! In Big Sky Beats, Explore Big Sky staff suggests tracks for your next playlist. Whether you need to freshen up your music library, want to expand your collection or just need some tunes for a summer trip, we've got you covered.

Every year as the summer wanes, there comes a moment when you catch a breath of air touched by frost. Giddy, your lungs can't help but breathe deeply that first chilled premonition of change. You suddenly know that the mountains are falling into winter. Autumn is here.

When I was little, fall consisted of my younger brother and me tagging along with our dad and big brother on excursions to gather firewood for the winter. At home, our stereo cycled through a set of CDs that our mom only played in the fall. Her music served as the backdrop to the shifting of the seasons. With the aspen groves turning gold and the edge of cold creeping into our home, we gave fire back to the hearth.

Here are some of my mom's songs (plus my own additions) that return me to fire-smoke falls, fleece, flannels and pumpkin pie!

- "Not too late" - Norah Jones
- "Window" - Alex de Grassi
- "Athair Ar Neamh" - Enya
- "Autumn: Colors/Dance" - George Winston
- "From Now On" - Mandolin Orange
- "On My Way" - The Melodic
- "Dust Bowl Dance" - Mumford and Sons
- "Bitter Water" - The Oh Hellos
- "The Boys of 25 / The Glass of Beer" - Aly Bain
- "Half Moon Rising" - Yonder Mountain String Band

## American Life in Poetry: Column 651

BY TED KOOSER, U.S. POET LAUREATE

Jill Bialosky is a New Yorker, an editor at W. W. Norton, and a daughter grieving the loss of loved ones. It's unusual for us to print two poems by one poet, in sequence, but this one and the one I selected for next week go very well together. They're from her new book *The Players*, from Knopf.

**The Guardians**  
By Jill Bialosky

All day we packed boxes.  
We read birth and death certificates.  
The yellowed telegrams that  
announced  
our births, the cards of  
congratulations  
and condolences, the deeds and debts,  
love letters, valentines with a heart  
ripped out, the obituaries.  
We opened the divorce decree,  
a terrible document of division and  
subtraction.  
We leafed through scrapbooks:  
corsages, matchbooks, programs to  
the ballet,  
racetrack, theatre—joy and frivolity

parceled in one volume—  
painstakingly arranged, preserved  
and pasted with crusted glue.  
We sat in the room in which the  
beloved  
had departed. We remembered her  
yellow hair  
and her mind free of paradox.  
We sat together side by side  
on the empty floor and did not speak.  
There were no words  
between us other than the essence  
of the words from the  
correspondences,  
our inheritance—plain speak,  
bereft of poetry.

We do not accept unsolicited submissions. *American Life in Poetry* is made possible by The Poetry Foundation ([www.poetryfoundation.org](http://www.poetryfoundation.org)), publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright ©2015 by Jill Bialosky, "The Guardians," from *The Players*, (Alfred A. Knopf, 2015). Poem reprinted by permission of Jill Bialosky and the publisher. Introduction copyright © 2017 by The Poetry Foundation. The introduction's author, Ted Kooser, served as United States Poet Laureate Consultant in Poetry to the Library of Congress from 2004-2006.

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

1			6	5				
						4	6	8
				2	8			7
			8			5		3
	7		3				1	
		2	4		5			
				4		3		
4					6			
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14: MICHAEL HARING	12: MATHIAS	9: ARTS COUNCIL SPECIAL GUESTS	13: KATE & THE ALLEYKATS
21: BRIAN STUMPF	19: ERIN & THE PROJECT	16: DJ MISSY O'MALLEY	20: SPECIAL GUESTS
28: LAUREN JACKSON	26: AERIAL ARTS OF BOZEMAN	23: THE QUIET ACT	27: SPECIAL GUESTS
		30: YAMAMA	

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# BACK40

For Explore Big Sky, the Back 40 is a resource: a place where we can delve into subjects and ask experts to share their knowledge.

**Noun:** wild or rough terrain adjacent to a developed area **Origin:** shortened form of “back 40 acres”

## Food preservation methods

BY CARIE BIRKMEIER  
EBS STAFF

Any food will spoil over time unless steps are taken to preserve it. Preservation refers to techniques that are used to prevent foods from going bad due to microorganisms such as yeast, bacteria or fungus forming on or within the food. Canning, pickling, freezing and drying are a few methods of preserving food so that it can be safely enjoyed for longer periods of time.

The three factors that cause a food to spoil are air, moisture and temperature. Eliminating one or more of these factors allows for foods to be preserved.

### Freezing

Most types of yeast and bacteria grow between the temperatures of 40-140 degrees. When temperatures are lowered below 40 degrees, it slows the growth of pathogens, hindering them from reproducing. Place foods you wish to freeze into a freezer bag and remove as much air as possible before sealing the bag to prevent freezer burn.

Most foods can be frozen, including meat, vegetables, fruits, nuts and prepared foods. It is helpful to freeze fruits and vegetables in batches on a baking tray, and place the frozen items into the bag once frozen. This way they won't freeze together. Some foods' texture may change slightly when frozen, especially fruits and vegetables with softer flesh. Keep that in mind when choosing a preservation technique. Avocados are one of my favorite items to freeze. Remove the skin and pit, place in an airtight bag and use when you need a last minute batch of guacamole!

### Canning

This common method of preservation consists of sealing foods in a sterilized container. The term canning doesn't only apply to the use of cans; jars can also be used. This process removes the oxygen necessary for most microbials to grow and utilizes an acid or salt to further inhibit the survival of unwanted organisms.

Foods for canning are first prepared in some way—peeled, sliced, diced or treated in another fashion—then put into the container. The container is then placed into a hot water bath, which forces oxygen to rise above the food and out of the container, while the heat kills any pathogens that may cause the food to spoil.

### Drying

By dehydrating or drying foods, a large majority of the food's water content is removed, inhibiting the growth of bacteria. This method is among the oldest means of preservation and was once achieved by simple sunlight and wind. Today, modern day appliances like dehydrators and techniques such as freeze-drying have made this method much more practical and accessible for home cooks.

One of the most important factors to consider when drying food is to ensure that the drying is complete before spoiling can occur. A helpful tip is to cut the product into thinner and smaller pieces to expedite the drying process. Drying herbs from your garden is a great way to be able to use the bounty throughout the winter months. Dehydration is also a great option for making snacks such as beef jerky and dried fruit.

### Salting

Salting is a variation of drying but typically does not remove moisture entirely, as in the case of drying. High levels of salt make for an



All varieties of fruits and vegetables can be canned, but keep in mind that their textures may change slightly when heated and stored in liquid. CC PHOTO

undesirable environment for microbial growth, hence its use as a preservative. Because such large amounts of salt are needed for this technique, the results will subsequently taste very salty. Meats like salami or prosciutto use salting as part of the curing process. Other types of salt-cured foods are anchovies and olives.

### Fermentation

The oddball of this list, fermentation is technically a method of food spoilage. But rather than cultivating bad bacteria and yeast, a controlled environment allows for good bacteria to grow, as opposed to varieties that can make you sick. The end result is a safe-to-eat, uniquely tangy product. As an added bonus, these good bacteria have been proven to be good for your digestive and immune systems, so eat up! Some common examples of foods that have been preserved through fermentation are sauerkraut, kimchi and yogurt.

Now that our gardens' growing season is coming to a close and most of us are harvesting the final bounty, consider trying some of the above techniques to prolong the enjoyment of spring and summer flavors throughout the winter months. Freezing and drying are less complicated than fermentation and canning, but learning these latter techniques is especially worthwhile for those with large quantities of product to preserve.

Many of these methods have been used for centuries and perfected over time. There are countless resources available should you wish to delve more deeply into any one of them, both online and in cookbooks. So this year, instead of giving the bounty of your garden to friends and family, why not give preservation a try?

## Section 4: ARTS & ENTERTAINMENT



'Just Add Water' pg. 51



'Rogue Elements' Premiere pg. 54



New Museum Exhibits pg. 58



## Finding the source in nature The paintings of Maria Sorce Westland

BY SARAH GIANELLI  
EBS ASSOCIATE EDITOR

BIG SKY – Born to Sicilian parents and raised in Liege, Belgium, painter Maria Sorce Westland exudes a warmth reminiscent of basking in the Mediterranean sunshine.

Westland's first language is French, but she grew up speaking Sicilian almost exclusively at home. She also speaks proper Italian, Spanish, German and English.

Prior to picking up a paintbrush, Westland enjoyed an international sales career in the aerospace industry, where she put her extensive language skills and personable demeanor to use while satisfying her love of travel.

It wasn't until after her divorce in 2005 that Westland finally made time to pursue a long-lived desire to paint. She joined a weekly painting group that left a lasting impact.

"When I go back to Belgium, I still go [to the workshops] because I love the group and love painting with them," Westland said.

Westland's oil paintings of landscapes, wildlife and still lifes are impressive considering she has been painting for a relatively short time. Her impressionistic work demonstrates a natural understanding of color, the interplay of light and shadow, and a confidence in taking poetic license when painting a scene from a photograph or directly from sight.

Her very first painting depicted a path through an olive grove in the south of France in the late afternoon light.

Westland's subject matter has changed quite a bit since she began visiting Big Sky in 2008 with her future husband, a Canadian living in Seattle whom she met through work in Belgium. The couple moved here permanently in 2012.



Painter Maria Sorce at work on two small oil paintings in her garage studio in Big Sky. PHOTO BY SARAH GIANELLI

Westland spends a lot of time plein air painting while her husband fishes, resulting in lovingly rendered familiar landmarks like Lone Mountain, the Gallatin River, and the flora and fauna that populate the region. Currently on her easel in her garage studio are two miniature paintings of the teepee adjacent to Ophir Elementary School and a Yellowstone National Park bison. Although common imagery, the sweet smallness of the pieces combined with Westland's unique eye for color set them apart.

"The landscape is so majestic here," she said. "When you paint landscapes you want to share with others the beauty you see. This is such an inspiring place. I'm so blessed to just be here and to paint."

When someone buys one of her paintings Westland wants them to feel the same peace, serenity and fullness she does when painting in the open air.

"I don't want them ever to get tired of looking at it," she said.

Westland also dabbles in portraiture, and using the example of a portrait of her niece, said the experience is entirely different than creating landscapes.

"It's very emotional when you paint a portrait, whether a person or an animal," Westland said. "As soon as you put the eyes in and the face starts to appear, it's like having another person with you. It's more real in a way. It's alive."

With the same passion for learning that infuses all of her endeavors, Westland has continued to take workshops and immerse herself in the Montana art community. She has since studied under artists Susan Blackwood, Howard Friedland, Jill Carver, Frank Serrano, Alan Shower, Michael Ome Untiedt and Elizabeth Robbins Pruitt.

A member of the now-defunct Made in Big Sky cooperative, Westland is also active in Southwest Montana Arts (SMArts), a collective of Gallatin Valley artists who get together for regular paint outs and demonstrations, and the Montana Artrepreneur Program (MAP) offered through the Montana Arts Council.

Her work can be found locally at Rhinestone Cowgirl and The Trove West in Big Sky, and at Little Bear Interiors in Bozeman.

Whether making the Italian pastry cornetti by scratch, overcoming brain surgery, or tackling new subject matter through paint, Westland greets life's challenges with gusto.

"I don't like to do things superficially," she said. "Not that I'm aiming for perfection, but I try to do it the best I can. If I try something and miss it, I'll do it over and over until I get there. Of course you feel discouraged sometimes when you paint something challenging, but I like to persevere. I don't quit."

Westland's paintings can also be found at [msorcewestland.faso.com](http://msorcewestland.faso.com).



The two-paneled "Companion Aspens" demonstrate painter Maria Sorce's unique translation of the colors she finds in the natural world. PHOTO BY MARIA SORCE

# Locals Fishing Report from Gallatin River Guides

Brought to you by Jimmy Armijo-Grover, General Manager



As anglers we tend to spend a lot of time studying the forecast and preparing for how that will impact our fishing experience. Lately we've spent more time thinking about wildfires and the smokey after effect. We have been fortunate around the greater Gallatin Valley to be spared major forest fires, unlike our neighbors to the west. We are just thankful that we can still fish, weather is on its way and in a few weeks we will start focusing on the weather forecast again instead of the wildfires.

If it's dry fly fishing you are hoping for this fall you will have to be patient and cover a lot of water. Since fish aren't typically seeing a large number of

insects this time of year matching the hatch isn't always easy to do. Hoppers, ants and beetles are out and about on all of our local rivers, as well as occasional fall baetis. Hoppers will vary in size and color depending on where you are fishing as well as the variety of other terrestrials. Small Parachute Adams, Royal Wulff Cripples, and other assorted terrestrials and attractors are all good to have along.

Nymphing has been a bit more unpredictable. The most consistent patterns have been small and flashy, such as Lightning Bugs, Juju Flash Midges and other small flashback patterns. That being said some folks are finding success on random larger patterns like Pat's Rubber Legs, Pheasant Tails and more. The key is to play around until you find something that starts working for you. Baetis and midges will be the only significant aquatic hatches we'll see in the coming weeks.

As we move into September the rumblings of brown trout spawning migration will grow louder. Especially those chasing fish leaving Hebgen Lake and traveling up the Madison into Yellowstone Park. Many techniques are used to pursue these fish in the Madison, including swinging streamers and soft hackles with single and two-handed spey rods. Others will chose to nymph with a variety of patterns often trailed behind an egg or worm pattern. And although many people are after the brown trout of their dreams it is not uncommon to catch a large number of sizable rainbows instead of or in addition to browns.

Fall is a great time to be on the river. You just may need to adjust your expectations a bit to fit the conditions. Tight lines.

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# The Ellen and WMPAC partner to present comic play 'Just Add Water'

BY SARAH GIANELLI  
EBS ASSOCIATE EDITOR

BIG SKY – “Just Add Water” is a new comic play written and directed by John Ludin, the Emmy Award-winning executive director of Bozeman’s Ellen Theatre. In partnership with The Ellen, the Warren Miller Performing Arts Center will host two performances of the play at 7:30 p.m. Saturday, Sept. 30, and a matinee at 2 p.m. Sunday, Oct. 1.

In “Just Add Water” three grown siblings who don’t agree on anything are faced with a family dilemma—how to best memorialize their dearly departed father. Toss some simmering childhood memories into the pot and the family drama boils over despite the best intentions of loopy Aunt Maggie, a philosophical TV repairman and a vagabond priest.

“Just Add Water” draws from Ludin’s real life experience. The idea for the play came to him as he and his three brothers were sitting around the table discussing what to put in their father’s obituary.

“I remember leaning back in my chair and thinking, ‘I’m watching a play right here and now,’” Ludin said. It wasn’t until he decided to write a play years later that the idea came back to him. Because his training is in comedy, he decided to take that approach. “To treat it any other way would be just too heavy, and probably not that entertaining,” he said.

While some aspects of “Just Add Water” are pulled directly from his life, Ludin took advantage of poetic license and fabricated, exaggerated or borrowed others, while playing up the plot’s conflict and tension.

“The balancing act is keeping it real,” Ludin said. “To me, [that’s what] keeps it relatable, so it’s not just my family, but many families.”

Ludin said he often hears, “I have a brother (mom, dad, aunt, etc.) just like that,” or “it’s as if you were eavesdropping on my family.”

Although when Ludin started writing the play in 2015 it wasn’t with the intention to revisit or process familial grief, he said those emotions did percolate during the process.

“And not just about my father, with whom my relationship was not always great,” Ludin said. “It also had me revisiting my connection to my mom and brothers.”

Since its completion, “Just Add Water” has had two runs at The Ellen which led to some script edits before taking the production to Billings for a number of successful shows.

“The audience laughed more than ever,” Ludin said. “Interestingly, it was because I had cut many of the jokes, which gets back to that point of it needing to be real.”



Cast members Keith Krutchkoff, Mark Kuntz, Joel Jahnke and Rhonda Smith perform a scene in a new comic play by John Ludin. “Just Add Water” comes to WMPAC for two performances on Sept. 30 and Oct. 1. PHOTO BY MAE FOSTER

This first-time partnership between the two performance venues came about over coffee, while John Zirkle, WMPAC’s artistic director, and Ludin were having a casual discussion about theater and performing arts in Montana.

“When I laid out the WMPAC plan of dedicating itself to the development of new work, John perked up and let me know about [his] play,” Zirkle said. “With a cast of brilliant actors ... the show makes perfect sense to bring down to WMPAC. We always want to be good neighbors and support each other’s work when we can.”

As summer winds down, “Just Add Water” is a chance to catch some professional local theater before events taper off until winter. And anyone who has family will likely relate to this comic exploration of parents, sibling rivalries and family reunions—and the cornucopia of emotions they tend to stir up.

Ludin tweaked another five or six lines in the play for the shows in Big Sky. “There’s an old adage that ‘plays are not written—they are re-written,’” he said. “And I can tell you, that is my experience.”

Visit [warrenmillerpac.org/events-and-programs/upcoming-events/just-add-water/](http://warrenmillerpac.org/events-and-programs/upcoming-events/just-add-water/) for tickets and more information. Please note that parental discretion is advised, as some material might not be suitable for children under 15 years of age.



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## EVENTS CALENDAR

**FRIDAY, SEPTEMBER 15 - THURSDAY  
SEPTEMBER 28**

**\*If your event falls between September 29 and October 12, please submit it by September 21 by emailing [media@outlaw.partners](mailto:media@outlaw.partners).**

## BIG SKY

**FRIDAY, SEPTEMBER 15**  
Mountainfilm on Tour  
WMPAC, 6 p.m.

BIG SKY, MT

**Mountainfilm  
on Tour**  
Sept. 15, WMPAC  
Sept. 16, Lone Peak Cinema  
6 p.m.

Trivia Night  
Lone Peak Cinema, 8 p.m.

**SATURDAY, SEPTEMBER 16**  
Mountainfilm on Tour  
Lone Peak Cinema, 6 p.m.

**MONDAY, SEPTEMBER 18**  
Farewell Workshop  
Yoga Stone, 5:15 p.m.

Service Industry Night  
Lotus Pad, 5:30 p.m.

**TUESDAY, SEPTEMBER 19**  
Top Shelf Toastmasters  
Town Center Sales Office, 12 p.m.

BIG SKY, MT

**Homecoming  
Parade**  
Big Sky Town  
Center, 6 p.m.  
Sept. 20

**WEDNESDAY, SEPTEMBER 20**  
Farmers' Market  
Fire Pit Park, 5 p.m.

BBQ and Wagon Rides  
320 Guest Ranch, 5 p.m.

Lone Peak Anime Club  
Luminous A/V, 6 p.m.

**THURSDAY, SEPTEMBER 21**  
Visit Big Sky Board Meeting  
Town Center Conference Room, 8:30 a.m.

BSCO Board Meeting  
BSCO Office, 1 p.m.

Business After Hours  
Rainbow Ranch, 5 p.m.

**FRIDAY, SEPTEMBER 22**  
Trivia Night  
Lone Peak Cinema, 8 p.m.

**SATURDAY, SEPTEMBER 23**  
Canyon Cup  
Big Sky Resort Golf Course, 10 a.m.  
Sept. 23-24

BIG SKY, MT

**Canyon Cup**  
Big Sky Resort Golf  
Course, 10 a.m.  
Sept. 23-24

Toast and Targets  
Red Cliff Shooting Range, 10 a.m.

Sugar Daddies  
Riverhouse Grill, 7:30 p.m.

**MONDAY, SEPTEMBER 25**  
Service Industry Night  
Lotus Pad, 5:30 p.m.

**TUESDAY, SEPTEMBER 26**  
Top Shelf Toastmasters  
Town Center Sales Office, 12 p.m.

**WEDNESDAY, SEPTEMBER 27**  
Summer Closing Day  
Big Sky Resort

BIG SKY, MT

**Summer  
Closing Day**  
Big Sky Resort  
Sept. 27

Farmers' Market  
Fire Pit Park, 5 p.m.

BBQ and Wagon Rides  
320 Guest Ranch, 5 p.m.

Lone Peak Anime Club  
Luminous A/V, 6 p.m.

## BOZEMAN

**FRIDAY, SEPTEMBER 15**  
The Best of Severely Berserk Comedy  
Weaver Room, The Emerson, 7 p.m.

Stephanie Quayle  
The Ellen Theatre, 7:30 p.m.

**SATURDAY, SEPTEMBER 16**  
Wilderness Walk  
Divide Peak, all day

Howard Beall & The Fake News  
Red Tractor Pizza, 7 p.m.

The Usual Suspects  
The Ellen Theatre, 7:30 p.m.

**SUNDAY, SEPTEMBER 17**  
Ben McKee  
Bozeman Hot Springs, 7 p.m.

**MONDAY, SEPTEMBER 18**  
Near Eastern & Aegean Interaction during  
the Iron Age  
Museum of the Rockies, 6 p.m.

**WEDNESDAY, SEPTEMBER 20**  
Bighorn Sheep & Mountain Goats in the  
Northern Rockies  
Museum of the Rockies, 7 p.m.

Charged – Encore Show  
The Ellen Theatre, 7:30 p.m.

BOZEMAN, MT

**Charged –  
Encore Show**  
The Ellen Theatre,  
7:30 p.m.  
Sept. 20

**THURSDAY, SEPTEMBER 21**  
What Secrets do 100+ Year-Old Apple  
Trees Hold?  
Museum of the Rockies, 6 p.m.

Art on the Rocks: Whiskey  
Rocking R Bar, 6:30 p.m.

Dan Henry  
Bozeman Hot Springs, 7 p.m.

Riders in the Sky  
The Ellen Theatre, 7:30 p.m.

BOZEMAN, MT

**What Secrets  
do 100+ Year-  
Old Apple  
Trees Hold?**  
Museum of the  
Rockies, 6 p.m.  
Sept. 21

**FRIDAY, SEPTEMBER 22**  
The Cave Singers  
The Filling Station, 8 p.m.

Dennis Quaid and The Sharks  
The Ellen Theatre, 8 p.m.

**SATURDAY, SEPTEMBER 23**  
Bozeman Winter Farmers' Market  
Emmerson Ballroom, all morning

BOZEMAN, MT

**The Cave  
Singers**

The Filling Station,  
8 p.m.  
Sept. 22

Edge: Wellness Weekend  
The Baxter, Sept. 22-24

Intermountain Opera Run  
Lindley Park, 9 a.m.

BOZEMAN, MT

**Edge: Wellness  
Weekend**  
The Baxter,  
Sept. 22-24

Cardboard Box City  
Bogert Park, 4:30 p.m.

C. M. Russell and the American West  
Crawford Theater, The Emerson, 6 p.m.

Florida Georgia Line  
Brick Breeden Fieldhouse, 7 p.m.

**SUNDAY, SEPTEMBER 24**  
Edge: Wellness Run  
Bozeman Running Company, 9 a.m.

Intro to Modern Calligraphy  
Heyday, 1 p.m.

Nathan North  
Bozeman Hot Springs, 7 p.m.

**TUESDAY, SEPTEMBER 26**  
Brews & The Big Sky: Weapons of the  
West with Bitter Root Brewing  
Museum of the Rockies, 5:30 p.m.

**WEDNESDAY, SEPTEMBER 27**  
Campfire Caravan: Lil Smokies  
Crawford Theater, The Emerson, 7 p.m.

BOZEMAN, MT

**Campfire  
Caravan: Lil  
Smokies**  
The Emerson, 7 p.m.  
Sept. 27

**THURSDAY, SEPTEMBER 28**  
Infusions with Bozeman Spirits Distillery  
Heyday, 6 p.m.

Habit Film Screening  
Crawford Theater, The Emerson, 7:30 p.m.

# WORTH THE DRIVE

BILLINGS, MT

## Horse Nations Indian Relay Champion of Champions

MetraPark  
Sept. 22-24

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LIVINGSTON, MT

## Awake in the World Anthology: A Reading at Elk River Books

Elk River Books  
Sept. 21

Livingston-based Riverfeet Press presents a reading from its anthology of nature and adventure writers, *Awake in the World*. The anthology includes stories, essays and poems by more than 40 authors, all of which examine and celebrate the wild outdoors and its creatures, furred, feathered and finned, as well as human. Bozeman writer Carl Beideman, as well as Daniel J. Rice, Tyler Dunning and Chris La Tray will all read during the event. For more information, call Elk River Books at (406) 333-2330.

GRAND TETON NATIONAL PARK

## Jackson Hole Wildlife Film Festival and Summit

Jackson Lake Lodge  
Sept. 24-29

Join more than 650 media professionals in the shadow of the Tetons to celebrate excellence, exchange ideas and be inspired. This film festival honors nature films and conservation, incorporating keynote speakers, hands-on workshops and networking events. On Sept. 24 scientists and stakeholders will gather for conservation-focused sessions about the world's wild cats, setting the stage for discussions throughout the week. Film finalists will be announced Sept. 28. Visit [jhfestival.org/2017-festival--summit](http://jhfestival.org/2017-festival--summit) for more information.

BOZEMAN, MT

## 'Dining for Dirt' Support Gallatin Valley Farm to School Montana Ale Works Sept. 26

In anticipation of National Farm to School Month in October, Gallatin Valley Farm to School kicks off the season with a lively, local dining experience at Montana Ale Works on Tuesday, Sept. 29. There will be two seatings at 5:30 and 7:30 p.m. and admission includes tapas-style offerings and beer.

The event is a joint effort to support local farms and food education in the Gallatin Valley. All proceeds will benefit GVF2S education programs and help the nonprofit's mission to cultivate healthy kids, vibrant farms and strong communities.

The Montana Ale Works Community Partner Program aims to give back by helping local nonprofits raise money and awareness for worthy causes that make Bozeman a better place to live. Gallatin Valley Farm to School is a Bozeman non-profit that works to connect kids to the food they eat, through meaningful education programs and by helping integrate local food in school meals.

Tickets are available at [gvfarmtoschool.org/diningfordirt/](http://gvfarmtoschool.org/diningfordirt/).

WEST YELLOWSTONE, MT

## Trout Spey Days

Big Sky Anglers Fly Shop  
Sept. 29-30

This year, Big Sky Anglers will host the inaugural Trout Spey Days, an event centered around the unique fly-fishing technique known as Spey casting. Seasoned Spey casters, as well as those who've never picked up a Spey rod are invited to attend this event, which will include gear demonstrations, a social hour and on-water instruction at the Madison River Bridge at Highway 191. Visit [bigskyanglers.com/spey-days](http://bigskyanglers.com/spey-days) to learn more.



### Submit your event!

Email upcoming event  
information to  
[media@outlaw.partners](mailto:media@outlaw.partners)

# Let the ski stoke films begin 'Rogue Elements' premieres in Bozeman

EBS STAFF

On Friday, Sept. 22, Teton Gravity Research returns to The Emerson Center for Arts and Culture to host a winter kick-off party with a one-night-only premiere of "Rogue Elements," a new feature-length ski and snowboard film.

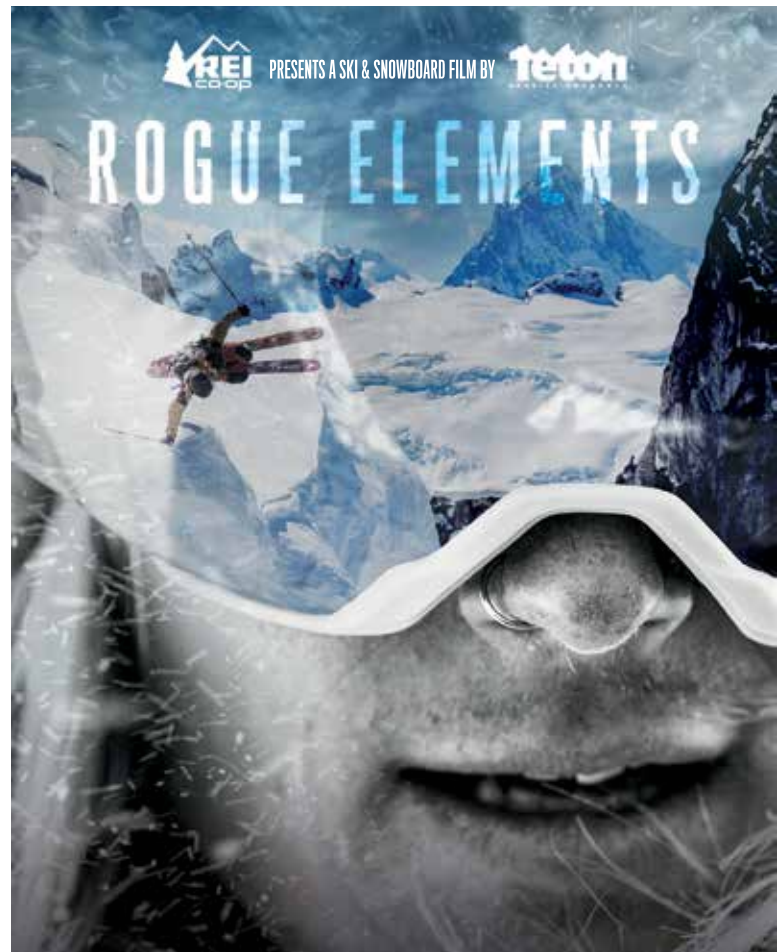
Presented by REI, the two screenings will be held at 6:30 p.m. and 9 p.m. with doors opening a half hour prior to showtime.

"Rogue Elements" chronicles the winter of 2017, when the magnitude of winter's force was on full display as telephone pole-snapping storms pounded the Wyoming landscape. Regions to the west, long left arid and forlorn, were gifted with unprecedented accumulation. Blizzards in Europe buried towns in an instant before disappearing just as quickly, leaving those lucky enough to witness it to wonder if it even happened. A Bolivian expedition found grace above 18,000 feet before the elements went rogue and the humans reluctantly heeded warnings from above.


The TGR team invites viewers to embark on an adventure film filled with fury and glory featuring Angel Collinson, Jeremy Jones, Ian McIntosh, Elyse Saugstad, Tim Durtschi, Dash Longe, Nick McNutt, Hadley Hammer, Johnny Collinson, Thayne Rich, Sammy Carlson, Dane Tudor, Clayton Villa, Cam Riley, Sean Jordan, Griffin Post, Sam Smoothy, and Sammy Luebke.

All attendees will receive a discounted lift ticket to Big Sky Resort as well as a chance to win prizes from REI, Atomic, Volkl, CEP sportswear and TGR.

Visit [tetongravity.com/films/rogue-elements/tour/bozeman-premiere-of-rogue-elements](http://tetongravity.com/films/rogue-elements/tour/bozeman-premiere-of-rogue-elements) for tickets and more information.



Get pumped for ski season on Friday, Sept. 22, at the Bozeman premiere of a new ski and snowboard film by Teton Gravity Research. PHOTO COURTESY OF TETON GRAVITY RESEARCH



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## SUMMER BUS SCHEDULE

5/29/17 - 9/29/17

Town Center ↔ Mountain Village





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WHERE BIG SKY COMES TOGETHER

Town Center to Mountain Village Bus Schedule

Heading Up

DEPARTING TOWN CENTER	7:25a / 8:35a / 9:35a / 11:35a / 2:35p / 3:35p / 4:35p / 5:35p / 6:35p / 8:35p / 10:35p
ARRIVING MOUNTAIN VILLAGE	7:44a / 8:54a / 9:54a / 11:54a / 2:54p / 4:54p / 5:54p / 6:54p / 8:54p / 10:54p

Mountain Village to Town Center Bus Schedule

Heading Down

DEPARTING MOUNTAIN VILLAGE	8:15a / 9:15a / 10:15a / 12:15p / 3:15p / 5:15p / 6:15p / 7:15p / 9:15p / 11:15p
ARRIVING TOWN CENTER	8:35a / 9:35a / 10:35a / 12:35p / 2:35p / 3:35p / 4:35p / 5:35p / 6:35p / 7:35p / 9:35p / 11:35p

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# Montana made, Montana brewed series at Museum of the Rockies

BY JESSIANNE WRIGHT  
EBS CONTRIBUTOR

BOZEMAN – A lesson in history might be well-suited by a cold glass of beer—especially when it’s a local brew. That was the idea when the Museum of the Rockies began its fall and winter Brews & the Big Sky programming three years ago, pairing beer tasting with local history.

“The focus of Brews & the Big Sky is on regional brewers,” said Curator of History Michael Fox. “Brewing has a long history in Montana,” he added, noting that in the late 19th century most small towns in Montana had a local brewery. In recent years, the state has seen a resurgence in local brewing, in a kind of “back to the future” phenomenon, Fox said.


Each Brews & the Big Sky event will feature a Montana brewery and a unique lesson in Montana history in a space-limited, adult-only fall and winter series. MOR will host this monthly education series on the last Tuesday of each month from 5:30 to 7:30 p.m. September through November, and February through April. Visitors may wander through some of the museum’s exhibitions, enjoying light appetizers and samples from a featured Montana brewery while learning about Montana’s past. Each event will feature artifacts on display as well as those in storage, and “visitors will get to see some things that haven’t been on display for a long, long time,” Fox said.

In its third year, Brews & the Big Sky will follow a new format this year. Rather than host lectures in the Hager Auditorium as in past years, Fox will give informal gallery talks at each event at 6 and 6:30 p.m.

The series begins Sept. 26 with an opportunity to explore MOR’s extensive firearms collection, accompanied by brews from Bitter Root Brewing of Hamilton, Montana. Big Sky’s Beehive Basin Brewery will offer samplings

at the second evening program on Oct. 31 for an evening curated in the spirit of Halloween. See some of MOR’s most haunting collections, including items from the permanent collections not currently on display for the public. The remaining topics include the work of photographer David F. Barry and MOR’s founder Dr. Carolyn McGill, as well as Euro-American fur trappers and the Rocky Mountain hospitality industry.

*Tickets are required for the Brews & the Big Sky series and may be purchased for each individual night. To see a full schedule or to purchase tickets for the series, visit [museumoftherockies.org/education/adults/brews-the-big-sky](http://museumoftherockies.org/education/adults/brews-the-big-sky).*



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# Montana PBS presents 'C.M. Russell and the American West' at The Emerson

EBS STAFF

On Saturday, Sept. 23, at 6 p.m. Montana PBS presents a free screening of the documentary "C.M. Russell and the American West" at The Emerson Center for Arts and Culture in downtown Bozeman. The documentary, which has been touring the state, examines Russell's arrival in Montana as a youth, his apprenticeship and work as a cowboy on the open range, and his self-taught, almost explosive growth into an iconic American artist whose impact endures today.

"C.M. Russell and the American West" is the first major film exploration of Russell's life, art, writings, and enduring legacy. The film tells Russell's story through interviews with scholars, biographers, and experts. It also incorporates archival photographs, film and actor-voiced writings and recollections of Russell, his wife, Nancy Russell, friends and fellow cowboys.

From the filmmakers' perspective that Russell has been unjustly overshadowed by contemporaries like Frederic Remington and Winslow Homer, the film is an effort to give Russell due respect and place him, and his very personal and unique version of Western art, in the canon of great American artists.

Russell's body of work has been called panoramic and surprisingly modern in his sensitivity to subject matter, from a reverence for the land to his depictions of American Indians. One of his legacies can be seen in the C.M. Russell Museum in Great Falls, largely considered the most prestigious museum of Western art.

In addition to his artistic contributions, Russell serves as a significant historical



Charles M. Russell in his Great Falls studio working on his painting "When the Land Belonged to God." PHOTO COURTESY OF MONTANA HISTORICAL SOCIETY

figure who provides substantial insight into the last days of the 19th century and the open range frontier. His particular vantage point, knowledge and influence extend into the 20th century and the beginning of the era of Hollywood Westerns. Russell not only painted and sculpted what he saw and knew, but sent illustrated letters to prominent figures such as Douglas Fairbanks and Will Rogers, which provide additional entryway into this region's western heritage.

In the summer of 2015, Montana PBS presented a behind-the-scenes look at the making of the documentary film for a Russell symposium celebrating the 150th anniversary of the Montana Historical Society in Helena. The filmmakers already had logged 100 hours of footage and dozens of interviews, and the 26-minute documentary about the making of the documentary features an array of rough cut, but potentially important, historical material,

including the uncrating of Russell's rarely seen "History of the West," and a pre-dawn walkabout the Sid Richardson Museum with Russell scholars Brian Dippie and Rick Stewart.

In the final film, prominent actors have come together to narrate the film. Kathy Baker voices lines from Nancy Russell's memoirs, J.K. Simmons narrates, Bill Pullman reads Russell's letters, assorted writings and published stories; and Dylan Baker reads from writings and recollections of Russell's protégé Joe De Yong.

Visit [montanapbs.org/CMRussellAmericanWest/](http://montanapbs.org/CMRussellAmericanWest/) or [theemerson.org](http://theemerson.org) for more information.

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# Two new exhibits at Museum of the Rockies explore Native American themes

BY SARAH GIANELLI  
EBS ASSOCIATE EDITOR

BIG SKY – Saturday, Sept. 23, marks the first of two new exhibits opening this month at Museum of the Rockies, both of which explore Native American themes past and present.

“Memory on Glass: D. F. Barry on Standing Rock, 1878-1891” is a collection of historic photographs of Native American men and women, frontier scouts, soldiers, trappers, missionaries and other pioneers who populated the Northern Plains in the late 19th century. Barry’s portfolio includes depictions the forts and battlefields of the Standing Rock Indian Reservation in present-day North Dakota.

The Lakota and Dakota tribe members with whom Barry formed long-term relationships called him Icastinyanka Cikala Hanzi, or Little Shadow Catcher.

Although Barry was one of the most prolific and successful photographers of his time, details about his early years are scant. Barry was born in upstate New York in 1854. When he was seven, his family moved to Wisconsin. Around the age of sixteen, he assisted the roving photographer O.S. Goff for a short time; a relationship that was rekindled more than 20 years later when Goff again hired Barry as an apprentice in his Dakota Territory photography studio.

Through unwavering dedication to his craft, Barry eventually progressed from Goff’s student to his business partner. In the mid-1870s, Barry struck out on his own and began traveling west, joining the ranks of a number of photographers who were chronicling the dramatic erosion of Native American culture.

Barry’s portfolio features the key players in the radically changing character of Dakota Territory, both American Indian and Euro-American, including Chief Sitting Bull and Chief Joseph, George Custer and his military associates.

In addition to images of these prominent figures, “Memory on Glass” includes depictions of the creation of the Standing Rock Reservation and explores the ongoing controversies surrounding American Indians and their relationship with the U.S. government to this day.

An interactive, educational exhibit on loan from the Oregon Museum of Science and Industry, “Roots of Wisdom: Native Knowledge. Shared Science,” opens on Saturday, Sept. 30. While keeping with the Native American theme, this exhibit shifts its focus to how ancient wisdom can be applied to modern-day ecological concerns. “Roots of Wisdom” invites guests to understand the important issues that indigenous cultures face, discover innovative ways native peoples are problem-solving and contributing to sustainability efforts through the reclamation of age-old practices.

From restoring ecosystems to rediscovering traditional foods and crafts, “Roots of Wisdom” transforms the stories of four indigenous communities into real-world examples of how the combination of ancient knowledge and cutting-edge Western science can provide complementary solutions to contemporary concerns.



On loan from Oregon Museum of Science and Industry, “Roots of Wisdom: Native Knowledge. Shared Science” explores how ancient practices can be applied to today’s ecological concerns. The highly interactive and educational exhibit opens on Sept. 30.



“Memory on Glass,” a selection of historic photographs by D. F. Barry that chronicles life on the Northern Plains in the late 19th century, opens to the public on Sept. 23. PHOTOS COURTESY OF MUSEUM OF THE ROCKIES

The exhibit will explore the Cherokee method of re-establishing native plants. Visitors will learn how river cane affects water quality and how Cherokee elders are teaching new generations about the traditional craft of basket weaving. Guests will have the opportunity to experiment with river environments and even try their hand at basket weavings.

Another segment draws upon the knowledge of Hawaii’s indigenous peoples in relation to the restoration of fish ponds. Attendees will have the chance to act as a pond caretaker and to follow a droplet of water down a tropical mountainside while learning about the disruption of native ecosystems and efforts to restore them.

“Rediscovering Traditional Foods” looks to the Tulalip tribes for insight into balancing a need for natural resources with the loss of land rights and environmental degradation. Guests will learn about wild harvesting and gardening, and how Western medicine has confirmed these ancient practices to be beneficial to human health.

Finally, from the perspective of the Confederated Tribes of the Umatilla Indian Reservation, “Saving Streams and Wildlife” uses the lamprey, an eel-like fish seen as a pest in some areas of the country, as an example of a species that is important both ecologically and as a food source to many indigenous people. The exhibit will illustrate how traditional ecological knowledge and Western science are being applied to bring this fish back from the brink of extinction.

Employing everyday items like duck decoys and surfboards, popcorn and chocolate, “Roots of Wisdom” illuminates how native knowledge impacts our daily lives and celebrates the contributions that indigenous peoples have provided over centuries.

“These exhibitions provide an important and timely opportunity to appreciate how the portrayal of Native American peoples and cultures has grown more sophisticated over the past 150 years from both historical and contemporary perspectives,” said Museum of the Rockies Marketing Director Alicia Thompson. “[They] are rich ground for educators and learners to meaningfully dive into Montana’s Indian Education for All standards across the age and content spectrums.”

Visit [museumoftherockies.org](http://museumoftherockies.org) for more information.



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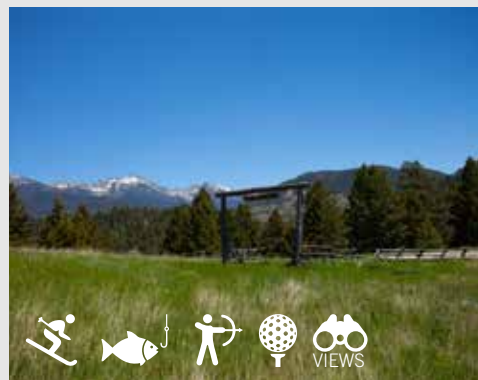
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## Cowboy kitsch comes to The Ellen

EBS STAFF

Comprised of guitarist Ranger Doug, upright “bunkhouse” bassist Too Slim, “king of the cowboy fiddlers” Woody Paul, and accordionist “cow-polka king” Joey, the members of Riders in the Sky have spent nearly 40 years keeping the musical torch of Gene Autry and Roy Rogers burning bright.

On Thursday, Sept. 21, at 7 p.m., the Grammy Award-winning group performs their unique brand of musical cowboy comedy at The Ellen. Riders in the Sky’s act is infused with wacky humor and way-out Western wit, while remaining true to the genre and nudging audiences to live life the cowboy way.

Riders in the Sky’s first official public performance was in 1977 at the Nashville nightspot Phranks ‘n’ Steins for a crowd of eight or nine.

Today, the classic cowboy quartet has chalked up over 6,000 concert appearances in all 50 states and 10 countries, appearing in venues such as the Nashville National Guard Armory, Carnegie Hall, and on radio programs such as the Grand Ole Opry and for National Public Radio.

Their cowboy charisma and comedic flair made them a natural fit for TV, and for a stint had a weekly show on TNN, and a Saturday morning series on CBS.



Get your fill of cowboy kitsch from a quartet that can count themselves among its first purveyors at The Ellen Theatre on Thursday, Sept. 21, at 7 p.m. PHOTO COURTESY OF RIDERS IN THE SKY

They have been guests on countless TV specials, documentaries and variety shows, appearing with personalities ranging from Barney to Penn and Teller.

In addition to penning original songs for their own albums, they wrote the score for Pixar’s 2002 Academy Award-winning short animated film, “For the Birds” and composed the theme song for the internet cartoon show “Thomas Timberwolf.” But the cartoon character most closely linked to Riders in the Sky is the loveable cowboy Woody from the “Toy Story” series. Riders in the Sky earned their first Grammy Award for Best Musical Album for Children for the soundtrack.

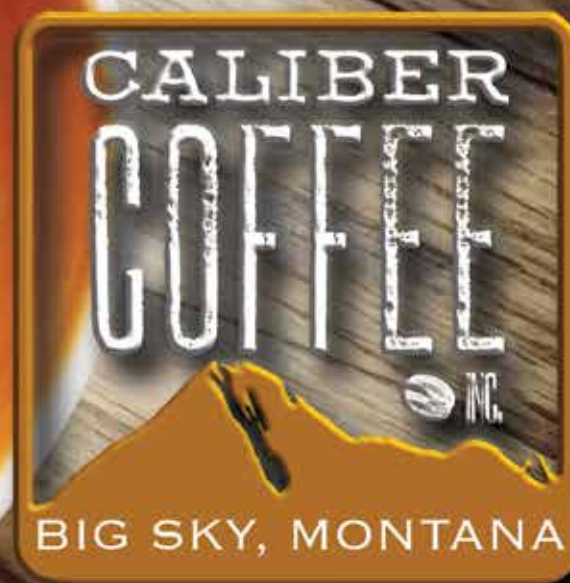
Riders in the Sky have earned a reputation for delighting cowboys and cowgirls of all ages, from all walks of life. While they admit it would be taking the easy way to call it quits after

30-plus years of performing, “it wouldn’t be the cowboy way.” So the never-ending trail drive continues. The ponies are rested and watered, and the popular cowboy troupe is ready to saddle up and ride, “bringing good beef to hungry people wherever they may be.”

Visit [theellentheatre.com](http://theellentheatre.com) for tickets and more information.

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## Advice on writing about the West

BY DOUG HARE  
EBS STAFF

How does someone become a writer of the American West? Well, here is my unsolicited advice.

I've met a lot of folks who like to talk about how they are going to write a book "one day." Well, anyone can dream of being a writer, but writers write. It may sound trivial, but the first prerequisite of becoming a writer is to put pen to paper.

Writing is a craft, one that must be practiced to be mastered. A few lines of doggerel or a paragraph of drivel is better than nothing. Even for the most talented of writers, the editing process is where many of the best sentences magically appear. Once you can see the forest for the trees, it's easier to find the trailhead.

Another piece of universal writing advice is to "write what you know." But it's often misunderstood. It doesn't mean that we should all strive to write some thinly-veiled autobiography. No, I think that the old adage means that we should mine our own life experiences first, and then blend them with our imagination's ability to transport into different time periods, places, and the minds of others.

This rule also entails that writers should be amateur historians. None of us have likely robbed a stagecoach, but it helps to know who these two-bit outlaws were and why they chose their profession or what it might have felt like to lose all your earthly possessions at gunpoint in a matter of moments. Our history, if looked at objectively, is a tale of brutal, violent, lawless past that we have not yet collectively atoned for.

There is still room to write about the strong, silent cowboy type. That stereotype still exists in modern day Montana; I've met them from time to time. We must address the myths and wrestle with the stereotypes that we are pigeon-holed by head on.

There are reasons we choose to live west of the 98th meridian. Some of us were drawn here by the idea of a place where we would be less bothered by sidewalks, streetlights, car horns and stoplights. Most people who live in big cities don't inherently understand or fully appreciate the solace of open spaces. There is still much to be said not only about what draws people West, but also what keeps us here in the land of fire and ice.

If you want to learn more about what it takes to become a chronicler of the region we live in, I wholeheartedly recommend "West of 98: Living and Writing the New American West," a collection of 66 established Western authors expounding, alternately praising and cursing, how the land they live in shapes their work, edited by Lynn Stegner and Russell Rowland.

As Rowland writes, "Westerners have a history that is as hard to overlook as a ten-gallon hat... We know that the wild, wild West where men were tough as nails and women were just as tough but looked good in gingham is a myth, but not entirely."

Maybe we aren't as sophisticated as the fancy East Coasters or even those on our own coast. But we, as Westerners, needn't have an inferiority complex. One of the great virtues of the Westerner is and has always been our authenticity and lack of pretension. Those qualities should be reflected in our words.

*Doug Hare is the Distribution Director for Outlaw Partners. He studied philosophy and American literature at Princeton and Harvard universities.*

Bobcat // *Lynx rufus*

NPS PHOTO

### DID YOU KNOW?

- Bobcats are elusive and nocturnal, so they are rarely spotted by humans. Although they are seldom seen, they roam throughout much of North America.

- Fierce hunters, bobcats can kill prey much bigger than themselves, but usually eat rabbits, birds, mice, squirrels and other smaller game.

- In some areas, bobcats are still trapped for their soft, spotted fur. North American populations are believed to be quite large, with perhaps as many as one million cats in the United States alone.

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Information provided by [www.defenders.org](http://www.defenders.org) and [www.nationalgeographic.com](http://www.nationalgeographic.com)



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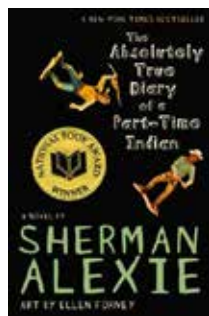
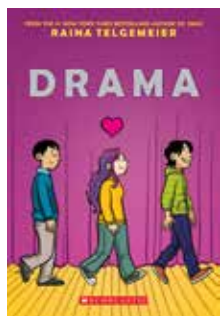
BY AMY HUNTER  
ASSISTANT COMMUNITY LIBRARIAN

The last week of September is Banned Books Week and this year's theme is "Words Have Power." Since 1982, the annual celebration focuses on open and free access to information.

There was an alarming 17 percent increase in book censorship complaints in 2016, with half of the most frequently challenged books banned last year, according to the American Library Association's Office for Intellectual Freedom. The organization found that on average, 10 percent of challenges result in the removal of the book.

Sen. John F. Kennedy took up the issue in an Oct. 29, 1960 questionnaire appearing in the Saturday Review: "If this nation is to be wise as well as strong, if we are to achieve our destiny, then we need more new ideas for more wise men reading more good books in more public libraries. These libraries should be open all—except the censor. We must know all the facts and hear all the alternatives and listen to all the criticisms. Let us welcome controversial books and controversial authors. For the Bill of Rights is the guardian of our security as well as our liberty."

Visit the library and read one of the banned books this month!



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Explore

**Big Sky** SPECIAL SECTION

# Health & Wellness



## Your guide to a healthier mind, body and soul

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snow sports  
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Making it to 100:  
Centenarians share  
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Gallatin Valley  
YMCA celebrates  
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## Free health screenings available at Conoco gas station Sept. 30

### BOZEMAN HEALTH

HealthCare Connections, Bozeman Health's big blue-and-white mobile health screenings vehicle, will be in Big Sky at the Conoco station, at the corner of Highway 191 and Lone Mountain Trail, on Saturday, Sept. 30 from 9 a.m. to 1 p.m.

No appointment is necessary to receive preventive screenings and select immunizations, particularly for those who are uninsured or under-insured. All services are provided free of charge, regardless of health insurance status.

HealthCare Connections staff will offer preventive health screenings for:

- Flu shots
- Breast and colon cancer
- Heart disease
- Stroke
- Diabetes
- HIV and Hepatitis C
- Obesity and bone density

Now is the time to get a flu vaccination, before the flu season is in full swing. Free immunizations against flu, tetanus, whooping cough and pneumonia are available for any adult. Health and nutrition education is also available.

The HealthCare Connections staff also provides blood pressure readings and area residents can receive training in hands-only CPR, and speak with a pharmacist about medication interactions. Bring your medication list if you would like a consult.

Bozeman Health is committed to treat those in need with preventive care before they become seriously ill.

For future dates or more information, call HealthCare Connections Mobile Health Screenings at (406) 414-2100 or visit [bozemanhealth.org/Events](http://bozemanhealth.org/Events).



In addition to free preventative health screenings, the staff of HealthCare Connections will offer free immunizations for flu, tetanus, whooping cough and pneumonia. PHOTO COURTESY OF BOZEMAN HEALTH

# Secrets to longevity: 108-year-old Montana woman reflects on health

MONTANA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Missoula's Helen Self celebrated her 100th birthday with a Harley-Davidson motorcycle ride. At age 106, she enjoyed floating the Clark Fork River. At age 107, she was regularly cooking elaborate meals for her family.

Self admitted that since she's starting to slow down, she was content to just simply celebrate her recent 108th birthday on Aug. 17 with little fanfare.

As part of her post-birthday celebration, she attended the 49th annual Governor's Conference on Aging where she and eight other western Montana centenarians were honored at a noon luncheon at the Kalispell Red Lion on Sept. 7. The event was sponsored by the Department of Public Health and Human Services (DPHHS).

Lt. Governor Mike Cooney is scheduled as the event's featured speaker. "Helen and all of Montana's centenarians are truly inspiring individuals," Cooney said. "They live life to the fullest, each and every day, and have contributed so much to our state."

Governor Steve Bullock attended a second centenarian luncheon Sept. 12 in Glendive, where another four eastern Montana centenarians were honored. These are Montanans who will turn age 100 or older as of Dec. 31, 2017.

Amazingly, Self is still able to live at home with her granddaughter, Diane Gunter, a licensed foster parent, and several children. Gunter is a small business owner, and has been a licensed foster parent since 1988. Self has lived with Gunter since 2001, and until last year it was Self who handled a majority of the cooking for the household.

Self has taken great pride in helping Gunter provide a safe and loving home for so many children over the past several years. "I really believe the fact she's played a major role in helping me foster children is what has kept her going all these years," Gunter said. "She's wanted to do all she could to help these children, and help give them a good home."

While she isn't able to cook anymore, Self still keeps busy by beginning each day at about 10 a.m. with a cup of coffee, has lunch often throughout the week with family and friends, and enjoys a weekly outing every Friday with her grandson to the bank, grocery store and a stop at Costco for a pizza slice. She also enjoys listening to the music of Lawrence Welk, an accordionist, bandleader and television impresario. She was able to drive well into her 90s.

When she was cooking, Self, who was born in Hamilton, Montana, was known for her famous chicken dinners, among other meals. "She could just make up dishes that the kids just all raved about," Gunter said. "She is just really talented at basic home-cooked meals, and they would always include all the major food groups."

In addition, DPHHS recently asked Montana centenarians their secret to longevity, the most amazing event in their life, a favorite quote and various other insights into their lives.

Here are a few of the responses of those who planned to attend the Kalispell luncheon:

**Oscar Baertsch**, 102, Polson. Baertsch said heredity is his secret to longevity. He said several Baertsch family members have lived to 90-plus by being active, through hard work and "minding our own business." His favorite quote is "waste not, want not."

**Betty J. Brown-Peterson**, 100, Troy. When Brown-Peterson was younger she walked wherever she needed to go, including daily walks to the post office and grocery store. Although she had a driver's license, she never wanted to drive. One of Betty's favorite stories is about the time her husband piloted a small single engine plane taking her from Troy to North Dakota to see family. They landed in a wheat field and then hitched a ride into town, "quite an experience for the early 1940s." Betty says she's always looking forward to her "ship coming in."



Helen Self, 108, was one of nine Montana centenarians recognized at the 49th annual Governor's Conference on Aging, held in Kalispell on Sept. 7. PHOTO COURTESY OF MONTANA DEPARTMENT OF PUBLIC HEALTH AND HUMAN SERVICES

**Stella Rose Holyk**, 100, Hot Springs. Holyk's favorite memory is that of her great grandson winning at the state wrestling tournament. "He had me hang his medal around his neck on the podium. I was so proud—all the other boys asked their girlfriends to do this, but he asked me!" Her favorite quotes include "now don't go borrowing trouble, tomorrow is another day" and "it all will work out in the end."

**Ruth Horn**, 102, Kalispell. Horn loves to quilt, which she has done for many years. She provides quilts to others in need and family just for fun, including hundreds of baby quilts. Her advice to others includes keeping a good attitude in life, maintaining a good relationship with friends, greeting everyone with a smile and loving them with a warm heart. Her favorite quote is "you can't change the past, what is, is."

Other honored centenarians include:

- Carlton Nestegard, 101, Kalispell
- Edna Mabel Seville Ridenour, 101, West Glacier
- Lily Ryan, 101, Missoula
- Kenneth Soward, 101, Kalispell
- Lucille Deborah Wilson, 105, Kalispell
- Edith Atkinson Wylie, 105, Bigfork

DPHHS recently asked Montanans to submit the names of Centenarians, and that list is at 119 names and growing. The current DPHHS Centenarian list of those who are currently age 100 or older is as follows:

- two are 108
- two are 107
- three are 106
- eight are 105
- seven are 104
- 12 are 103
- 24 are 102
- 25 are 101
- 36 are 100

Montana's most recent census, taken in 2010, showed that Montana is home to 175 centenarians and that it is one of the fastest growing segments of our aging population. According to DPHHS officials, Montana has one of the fastest growing 65 and older populations in the nation. In Montana, 1,065 people turn 65 every month or 12,775 people per year. And, this trend will continue for the next 16 years.

Special advertising section

# Bozeman Health

## Care when and where you need it



## Telehealth comes to Big Sky Medical Center

Bozeman Health Big Sky Medical Center is now offering scheduled appointments via a web-based platform thanks to funding provided by the Bozeman Health Foundation.

The Diabetes and Nutrition Center and the Wound and Hyperbaric Center have been conducting telehealth visits with existing Bozeman Health Deaconess Hospital patients since late 2016. Other specialties that are implementing telehealth visits include cardiology, maternal-fetal medicine, and oncology, with other specialties and clinics to follow.

### What is telehealth?

Telehealth is the remote delivery of health care services and clinical information using telecommunications technology. You can now have a live video visit with your Bozeman Health medical provider from your local clinic, from home or on the road (within the state of Montana).

You can schedule an appointment by calling your Bozeman Health clinic directly and requesting a telehealth visit. All you'll need is:

- A laptop or desktop computer with a webcam and a microphone, a tablet, or a smartphone
- An internet connection
- Google Chrome, Mozilla Firefox, or Opera web browser. If you're using an Apple device, download the TruClinic App.

You can also arrange to have your telehealth appointment at Big Sky Medical Center, where everything is set up and ready for you at the time of your visit.

### Telehealth in action

During a telehealth visit, patient and provider "meet" for the same amount of time as they would during an office visit. The patient is checked in by a scheduler after accessing the appropriate virtual waiting room. Patients benefit from the convenience because they do not need to travel to the clinic.

To connect from home, you can use your desktop computer equipped with a camera, a microphone and an internet connection, or a tablet or smartphone. Please check out our Quick Start Guide for more information on how to connect for your first visit.



A Bozeman Health Big Sky Medical Center patient connects with her provider in Bozeman during a telehealth appointment. PHOTOS COURTESY OF BOZEMAN HEALTH

### Telehealth in Big Sky

In addition to connecting providers to patients in their homes, the Diabetes and Nutrition Center and the Wound and Hyperbaric Center at Bozeman Health Deaconess Hospital are able to offer visits at Big Sky Medical Center for patients who prefer to consult with a provider in a clinical setting or require additional nursing assistance. All telehealth services will come online in Big Sky as they become available.

### Telehealth and Primary Care

Telehealth complements primary care at Big Sky Medical Center. Thanks to the Bozeman Health electronic medical record, our family medicine physicians can review notes from telehealth visits, connect with specialists at Bozeman Health Deaconess Hospital as needed, and review results and follow up with the patient in clinic.

The Family Medicine Clinic provides comprehensive primary health care in Big Sky. The clinic offers pediatric, adult, women's health and prenatal care, promoting the health and well-being of the local and visiting population by providing accessible, comprehensive and high-quality medical care.

Our team of expert, compassionate medical providers at Big Sky Medical Center also offer their medical expertise in southern Gallatin County on a weekly basis. Every Tuesday, from 8 a.m. to 5 p.m., a Big Sky Medical Center doctor holds clinic within the offices of Community Health Partners, or CHP, in West Yellowstone. Drs. Phil Hess, Jeremy Mitchell, Kirk Weber, Mark Siemer and Maren Dunn Chandler join CHP in providing medical services to the community.

For more information about Telehealth at Big Sky Medical Center, visit [bigskymedicalcenter.org/telehealth](http://bigskymedicalcenter.org/telehealth). Schedule your appointment with a family medicine provider at Big Sky Medical Center by calling (406) 995-6995.

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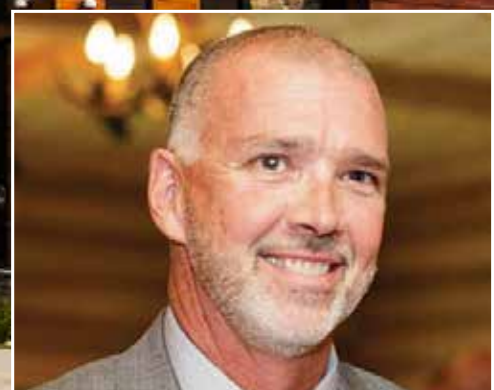
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BOZEMAN HEALTH  
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## Cleansing for the winter

BY JESSIANNE WRIGHT  
EBS CONTRIBUTOR

**BIG SKY** - With a gradual drop in nighttime temperatures and a subtle crispness in the morning air, it's evident the seasons are starting to change. Mirroring the natural cycle and rhythms of the changing seasons, Santosha Wellness Center will offer the annual community cleanse again this fall to help Big Sky residents prepare for a healthy winter.

For two weeks this October, Santosha owner Callie Stolz, a clinical Ayurvedic specialist and Pancha Karma (cleansing) specialist, will lead community members through a gentle detoxifying process by consuming clean foods. The process is guided by the ancient healing art of Ayurveda, a medicinal Indian tradition premised on the mind and body connection.

"In the summer, heat builds up in the tissues of our body and begins to dry things out," Stolz wrote in an explanation of the cleanse's benefits. "As we move into cooler temperatures our body tends to produce excess mucous in order to fight against that dryness. The excess mucous becomes a breeding ground for bacteria and viruses to take over. When we take the time to do a cleanse, it allows ourselves the opportunity to flush the excess heat, mucous and toxins that have built up in our bodies."

An important distinction, Stolz says, is that this cleanse is not a time of starvation or deprivation, and participants will eat three or four meals each day.

For the first four days, participants will avoid eating oils, processed foods, meat, fish, dairy or gluten as a way of preparing the body for the main cleansing process. The fifth day marks the beginning of the true cleanse: eating kitchari, an Indian-spiced rice and dal (lentil) dish. This diet is maintained for a full week, as the easily digested food allows for the body to focus on detoxifying the blood, lymphatic system and organs. To culminate the cleanse and prepare the body to return to a regular diet, participants will spend the last three days eating as they did during the first four.



Although it may require getting creative, there are endless healthy meal options to experiment with during the cleanse, despite a restricted diet. Participants receive a booklet with many suggested recipes. PHOTO BY CALLIE STOLZ

"This will be the 10th community cleanse I have lead and participated in here in Big Sky," Stolz said. "Although every experience has been different, I always feel better for having done it, and I have really enjoyed watching people get some life changing results."

While Stolz is organizing the fall community cleanse for 14 days—from Oct. 4-17—she says the length of time or the cleanse dates can be customized to fit with the time an individual is willing to commit.

Those who participate will receive a collection of herbs to aid the process and support from a weekly meeting with other cleansers.

*To learn more about the community cleanse, or to sign up, visit [santosbabigsky.com](http://santoshabigsky.com).*

## Governors' health care plan urges stabilizing markets

BY JULIE CARR SMYTH AND JAMES ANDERSON  
ASSOCIATED PRESS

**COLUMBUS, Ohio (AP)** - A bipartisan governor duo is urging Congress to retain the federal health care law's unpopular individual mandate while seeking to stabilize individual insurance markets as legislators continue work on a long-term replacement law.

The recommendation is part of a compromise plan that's designed to be palatable to both parties. It was endorsed by six other governors.

Ohio Gov. John Kasich, a Republican, and Colorado Gov. John Hickenlooper, a Democrat, shared their plan in a letter to congressional leaders on Aug. 31. They acknowledge retaining the mandate may be a difficult sell for Congress, which has failed so far to pass a replacement health care bill.

"The current mandate is unpopular, but for the time being it is perhaps the most important incentive for healthy people to enroll in coverage," they wrote to House and Senate leaders of both parties. Experts concur that keeping younger, healthier people in the insurance pool protects against costs ballooning out of control.

The letter was signed by the governors of Alaska, Louisiana, Montana, Nevada, Pennsylvania and Virginia.

Kasich and Hickenlooper also recommend that President Donald Trump commit to cost-sharing reduction payments to insurers and that Congress fund those offsets at least through 2019. Those payments reimburse insurers for providing low-income people with legally required reductions on copays and deductibles. If Trump follows through on threats to pull the plug, premiums would jump about 20 percent.

The governors note that the National Governors Association, U.S. Chamber of Commerce and National Association of Insurance Commissioners all have identified the payments as "an urgent necessity."

The governors support creating a temporary stability fund that states could tap to reduce premiums and limit losses; continuing to fund educational outreach and enrollment efforts under the Affordable Care Act; exempting insurers that agree to cover underserved counties from the federal health insurance tax; and supporting states' efforts to find creative solutions for covering the uninsured.

The governors said states can pursue lots of options without federal assistance, but in some cases they are "constrained by federal law and regulation from being truly innovative."

After Republicans' failure to pass a replacement of President Barack Obama's health care law, Kasich and Hickenlooper teamed up to push for health care exchanges that would stabilize the market and assure affordability. Both took pains to quash speculation that their collaboration and public appearances suggested a bipartisan presidential ticket was in the making for 2020.

Kasich ran for the GOP presidential nomination won by Trump and has not ruled out another run; Hickenlooper was considered a possible running mate for Democrat Hillary Clinton last year.

They are expected to be in Washington next week to testify on their proposal. But congressional action on even a modest compromise is expected to be difficult following years of harsh partisan battling over the Republican drive to dismantle the health care law.

Special advertising section

# Lone Peak Physical Therapy

## Conditioning for optimal skiing mechanics



## Exercises off the snow to help you on the snow

Ski season is just around the corner and many of us are thinking about what we can do to take our skiing to the next level. I want to provide a glimpse of some of the mechanics important for skiing and highlight some techniques to target these areas with training programs.

Rotational movement is key for skiing. In order to maintain a stable upper body and turn the skis underneath us, we need to have rotational motion of the hips, ankles and spine. If motion is limited in the ankles or hips, we may get excessive motion in the spine. The exercises at right present ideas to challenge rotational movement, strength and stability.

As therapists, we often see hip and spine rotation restrictions. Targeting these areas with joint mobilizations and specific stretches can translate to big improvements in joint kinematics—or the movement of the joint. If you notice pain or limitations with rotation, it may be beneficial to get it checked out. Do not push through pain.

The other plane of motion that needs strength and stability for optimal skiing is the frontal plane. In order to carve the skis through a combination of inclination and angulation, we need to have strength and range of motion with side-to-side movements. Refer to the “Lateral slider off step” and “Forward taps off step or ‘bosu ball’” exercises to target the frontal plane.

Both of these exercises target a “strong inside half” and promote good inside leg alignment. With skiing we aim to achieve relatively symmetrical edge engagement with the inside and outside ski, and parallel lower leg alignment.

When you’re skiing, more pressure should always be on the outside knee, but an active inside half is important and can improve overall ski performance. The common, less than ideal alignment known as the “A-frame” occurs when we are unable to get the inside ski on edge.

Many people jump at getting boot work done to help with their alignment and this can be helpful, but addressing muscle length and strength relationships and joint motion should be the first line of attack. Soft tissue tightness, weakness, or decreased ankle/hip mobility and stability are contributors to the “A-frame.”

Finally, I’ve included an exercise to target the all-important ankle flexion, calf length and quad strength. We need to be able to flex the ankle in order to keep our pelvis over our feet and stay relatively centered on our skis! The demand on the quads and calves to work eccentrically, or in a lengthened position, is high with skiing, so training to replicate this is important.

Hopefully this provides insight and ideas for pre-season training. Start slow and build strength and stamina, and be aware of early season conditions once it’s time to get on the snow. Feel free to call the office if you have concerns regarding your mechanics and would like a physical therapy assessment.

*Dr. Mary Marshall, DPT, OCS, CSCS is a licensed physical therapist with orthopedic specialization at Lone Peak Physical Therapy in Big Sky. She also is a level III alpine and telemark instructor at Big Sky and works as a clinician/trainer for the Northern Rocky Mountain Division.*



**Cable column rotational chopping with lunge position;** Keep light touch on your back foot. The first position simulates inside ski mechanics, and the second position replicates outside ski mechanics. Progress to single-leg rotational chopping. As an alternative, make a chopping motion with a dumbbell or weighted ball. PHOTOS COURTESY OF CHRISTINE BAKER AND MARY MARSHALL.



**Lateral slider off step:** Lower into a single-leg tuck on the step while moving the carpet slider out to side with other foot. Keep the angle at your shoulders, pelvis and feet (from the slope of step) relatively symmetrical.



**Forward taps off step or “bosu” ball.** Wall squats with forward taps can be used as an alternative. Tap leg to both inside and outside.

# Cyclist travels 40,000 miles with a message of health, wellness

BY KRIS CAPPS  
FAIRBANKS DAILY NEWS-MINER

FAIRBANKS, Alaska (AP) - Bicyclist Chris Figureida has an important message to share with young people, and he has pedaled more than 40,000 miles over the past 11 years to deliver it.

The 36-year-old athlete found a way to combine his love of athleticism with philanthropy. As an ambassador for the American Heart Association, he bicycles across the country, and sometimes the world, and visits with students along the way. He talks about the importance of good health and exercise. But perhaps even more important, he describes how critical thinking can change a life. It changed his.

Figureida grew up in California. To escape a dysfunctional family, he focused on sports.

“What did I build from that? Eventually, I realized I wanted to be an athlete,” he said. “The hard part was figuring out how to do that.”

So he traveled the planet, thinking he would like to become a professional mountain climber. But he soon discovered he would “have to risk a lot more than I was willing to risk.” Instead, he focused on adventure and endurance.

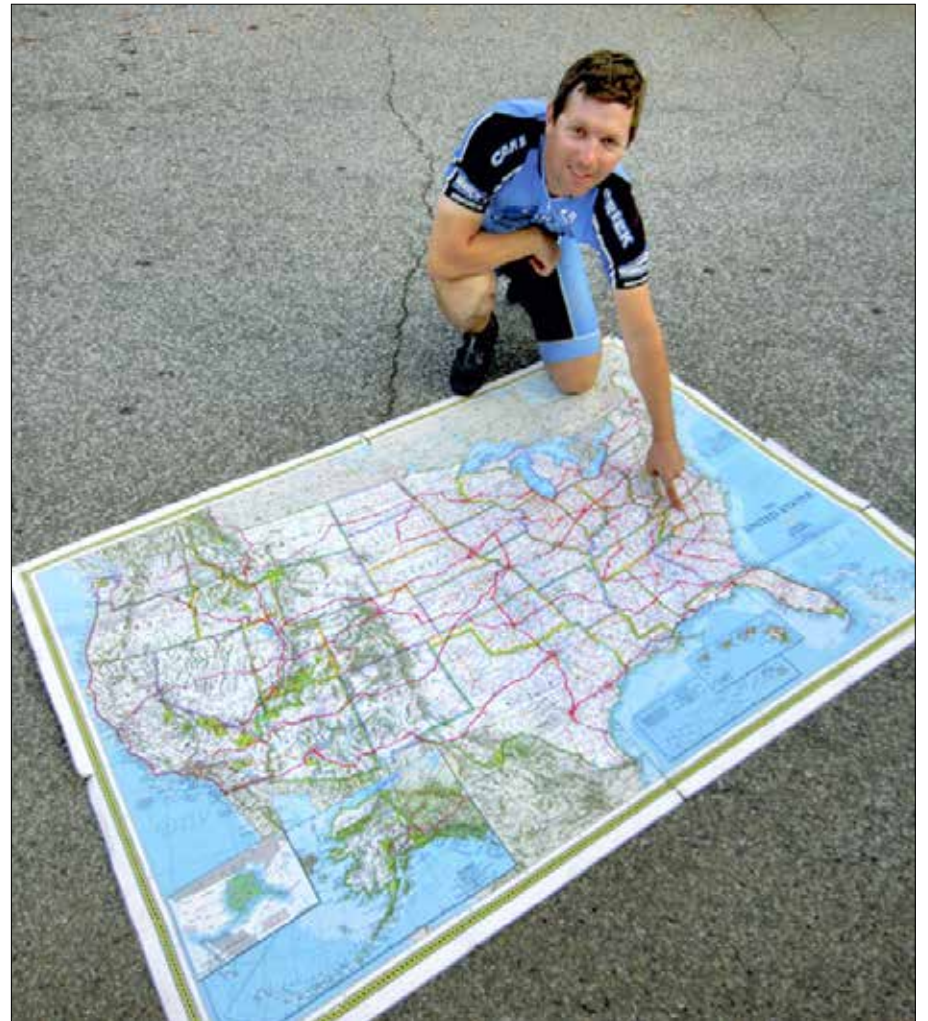
“I have a master’s degree in suffering,” he said. “I can suffer better than anybody.”

During those global travels, he visited a refugee camp in Kenya and was inspired by the selflessness of the aid workers there. Figureida began researching the germ of an idea.

“Harvard put out a study in 2006 that showed the current generation of kids under 18 will be the first not to outlive their parents,” he said. “All



Figureida climbs up Stormville Mountain Road in Stormville, New York in 2007. PHOTO BY HOLLEY MEISTER



Chris Figureida, an ambassador of the American Heart Association, has ridden his bike all over the U.S.—and the world—sharing a message of health and wellness. PHOTO BY JON LAKEY

these kids who are growing up will have a 50 percent obesity rate by the year 2030. They will not live past their 60s or 70s and their parents will live into their 80s. It’s going to cost the economy hundreds of billions of dollars.”

With heart disease and children in mind, he wrote a 20-page business plan that centered around him riding his bicycle cross-country. He didn’t own a bicycle at the time. That was 11 years and 40,000 miles ago. What is different about his bicycle journey and the 2,000 other people who bicycle cross-country every year is that he guarantees his schedule.

“I collected a lot of data on myself so I could accurately predict my schedule,” he said. “I know how long it takes me to change a tire, to pedal up a hill with a wind, downhill with a wind. I turned this into a science and into a business.”

During his first cross-country trip under the American Heart Association banner, he met with more than 120 state officials, spoke with 7,000 school kids, all while riding 3,800 miles in 51 days of travel, he said. He kept to his schedule, despite snow, a deadly tornado and oppressive humidity along the way.

Three years later, he added his first love of mountain climbing and has since bicycled in Argentina to climb Aconcagua, the highest mountain in the western and southern hemisphere. He also bicycled to Alaska to climb Denali, the highest point in North America. Then he bicycled home.

“I eventually became the mountain climber I wanted to be,” he said.

On this trip, he is bicycling from Deadhorse to San Diego. In the Interior, he spoke with students at Ladd Elementary School, Wood River Elementary School and teens at the Nenana Learning Center.

Rotary Club, an international service organization, has become his safety net and he often stays with members of Rotary during his travels. In Fairbanks, College Rotary hosted him.

# Practitioner brings behavioral analysis skills to Big Sky

BY BAY STEPHENS  
EBS EDITORIAL ASSISTANT

BIG SKY- A new behavioral analyst is in town. Jeanne Lightbody opened up her practice in applied behavioral analysis in February of this year and specializes in working with children 2-15 years old, especially those with autism or developmental disabilities.

Originally from New York, she moved to Big Sky with her husband two years ago after 10 years of vacationing here with their kids.

“We just love the area and it’s beautiful,” Lightbody said with a touch of the Big Apple in her accent. “We had raised our family in the metropolitan New York area for years and years...we wanted to try something different before we got too old and we couldn’t.”

After nine years as a nursery school teacher in New York, Lightbody was bothered by her limited capability to work with children that were developmentally different.

“I got frustrated with the fact that if a child didn’t learn in a typical way... we just didn’t know what to do with him or her,” Lightbody said. She decided to go back to finish her master’s degree in applied behavioral analysis, a discipline that centers around the concept that all behavior is functional. “The idea is to figure out what the function [of the behavior] is, and then to work with it,” she said.

ABA is used in skill acquisition, to support functional communication for children with special needs, as well as in behavioral intervention. She said this intervention involves a lot of parent training—teaching parents not to reinforce inappropriate behavior, but to change how they react to their children in a way that encourages behavior that will function in the real world. ABA therapists often approach an aberrant behavior by finding replacement behaviors that serve the same function.

For instance, if a child is nonverbal and usually screams when he or she wants water, Lightbody can teach the child how to use picture cards—called PECS cards—to communicate their thirst. “That’s a much more appropriate way of getting your needs met than screaming,” Lightbody said. “And that’s a [method] that can be taken out into the real world and actually used.”

ABA is one of the few therapies for autism that is covered by insurance, Lightbody said. It’s considered an evidence-based field because behavioral analysts are able to take hard data and graph the progress of therapy. The data shows whether or not a child has learned the specific skills they’ve been taught, and also allows behavioral analysts to see if the data will hold



Jeanne Lightbody, Big Sky’s only board-certified behavioral analyst, has been seeing clients in the area since February. PHOTO BY BAY STEPHENS

up across a variety of children and scenarios.

When working with children, Lightbody prefers to meet them at home or school so they’ll continue to utilize the skills they’ve developed with her after she’s gone. Ideally, she works in conjunction with other specialists—such as speech pathologists or occupational therapists—whom a child may be seeing in order to give the best support.

Lightbody is Big Sky’s only board-certified behavioral analyst, and among just 30 practitioners to receive that accreditation statewide. She said she is willing to work with Big Sky’s schools to support them and their students any way she can. She also works part-time for Family Outreach, a Bozeman-based nonprofit that serves children and adults with intellectual disabilities or developmental delays.

For more information, visit [bigskybehavioraltherapy.com](http://bigskybehavioraltherapy.com) or contact Jeanne Lightbody at (914) 391-9972.




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# YMCA celebrates new digs with grand opening bash

BY AMANDA EGGERT  
EBS SENIOR EDITOR

After more than a decade of making do with rented spaces throughout the greater Bozeman area, Gallatin Valley YMCA has a space all its own.

On Saturday, Sept. 16, Gallatin Valley YMCA is inviting the community to join them as they celebrate that fact with a shindig 1-5 p.m. at their new building on Love Lane west of Bozeman.

Activities slated for the event include a magic show, a bouncy house, a climbing wall, a jousting arena, a petting zoo, face painting, food trucks, and appearances by Montana State University's football team and MSU mascot Champ.

"We have everything but circus elephants," said YMCA CEO Andrea Stevenson, adding that she expects between 500 and 1,000 people to partake in the festivities. "It's a very family-centered event."

The grand opening marks the culmination of a multi-year fundraising effort to bring the 22,000-square-foot, \$6 million facility to fruition. The building, which has been in use since Aug. 7, includes a fitness studio, dedicated spaces for cardio and strength training, two youth program rooms, and a child care area for parents to drop off their children while they work out.

Gallatin Valley YMCA Board of Directors member Robert Donaghey said he's particularly proud of the weight and fitness facility, as well as the program room, which is set up with Wi-Fi and computers.

"[As] a college athlete, I've been in a lot of weight facilities and training facilities. The equipment that's in that facility is second to none," Donaghey said. Some of the exercise machines even have Bluetooth connectivity to keep users on pace to meet their fitness goals. "It's top-of-the-line stuff," he said.

Donaghey's also excited that community members—in Bozeman, Belgrade, Four Corners, Gallatin Gateway and even Big Sky—have somewhere to go, "no matter who you are, what age you are, or what color you are."

"It's a safe place to go do the things that keep you healthy and keep you safe," he said. "It's a big deal."

Stevenson said the new space has allowed them to expand their programming by approximately 40 percent, but they'll continue to partner with other organizations in the valley, i.e., schools and churches, to accommodate the approximately 7,100 people they serve per year.

In addition to exercise facilities, fitness classes, and kids' programs, camps and sports, the Gallatin Valley YMCA has plenty of adult and senior programming like ballroom dancing, winter sports conditioning and knitting classes.



The Gallatin Valley YMCA, located at 3673 Love Lane in Bozeman, marks the fruition of a multi-year fundraising project. PHOTO BY BOB ALLEN

Future plans include two additional phases, which call for the construction of a pool and a gymnasium with a walking track. The price tag for all three phases tops \$15 million, which will take considerable community support.

"I think one of the common misconceptions is that because YMCA is part of a national organization, we just snap our fingers and Y-USA comes in and provides the funding," Stevenson said. "We had to knock on doors ... it's a lot of work to raise money."

She hopes that individuals and businesses alike will recognize the value YMCA adds to the valley. "The YMCA really has many purposes, whether you're an individual or whether you're a business trying to attract more people to come here to live," Stevenson said.

She said she's proud of the fact that the YMCA serves everyone, including individuals and families that are in a tough spot financially. "The Y will never turn anyone away because they can't pay full price for a program or for membership," she said.

The new building was designed to accommodate future additions as the organization's needs grow alongside Gallatin County's increasing population.

But for now, Stevenson is happy to take in the view from the YMCA's new lobby, an open space full of windows. "People walk into our building and they're immediately struck by the community feel [and] the awesome view," she said. "I think we have the best view in the valley."

For more information, visit [gallatinvalleyymca.org](http://gallatinvalleyymca.org).

## Weekend of fitness and health comes to Bozeman

EBS STAFF

In the interest of promoting a healthy lifestyle, the Bozeman health, wellness and fitness community has come together to organize the first annual Edge: Wellness Weekend event. From Sept. 22-24, community members can participate in health and fitness classes and spend a day at The Baxter Hotel in downtown Bozeman, visiting with area vendors and participating in self-care health practices.

With the purchase of a ticket, attendees will have access to 15 different fitness and wellness classes including yoga, ski conditioning, barre, spinning, pilates and meditation. Admission also includes discounted prices at Feed, Nova Café and Lot G restaurants throughout the weekend.

On Saturday, Sept. 23, vendors will be set up in the Baxter Ballroom from 10 a.m. to 4 p.m. Yoga apparel company Lululemon will host a trunk show during the vendor show, and there will be complementary self-care services available, which include acupuncture, massage, cupping, brow tinting and herbal nutrition.

In addition to the classes and vendor show, ticket holders will have access to several workshops throughout the weekend. Nicole Wild and Jim Wheeler

will teach a two-hour arm balance and inversion workshop for yoga enthusiasts, Heyday and Wellness Rookie will host a healthy cocktail-making workshop and Megan Ulrich will lead a discussion on healthy skin.

Bozeman Running Company will lead a 5k walk/run on Sunday, Sept. 24, with the start and finish lines marked right at the Bozeman Running Company store in downtown Bozeman.

"Whether it's running, yoga, biking, climbing, healthy eating, mental health awareness, etc., it seems the health and wellness community is booming," writes organizer Ebb + Flow Yoga on the event website. "We aim to help individuals and local businesses of Bozeman grow by bringing the community together and getting more people involved."

Tickets are available online and participants may schedule their workshops and classes in advance at the time of purchase.

Contact Nicole Wild at [wellnessweekendbozeman@gmail.com](mailto:wellnessweekendbozeman@gmail.com) or visit [ebbflowbozeman.com](http://ebbflowbozeman.com) to learn more or to purchase tickets.



## DOCTOR'S NOTE

# Smoke exposure can compound respiratory illnesses



BY JEFF DANIELS  
EBS MEDICAL COLUMNIST

All of this smoke in the air—it's more intense and more prolonged than most of us can remember, unless you go back to the fires of 1988 that almost burned Yellowstone National Park down. At least we don't have any fires close to us—yet.

How does the smoke in the air affect our health? We are not very close to the source of the smoke, and I don't believe we've seen a significant increase in major respiratory cases at the clinic thus far, but I have seen evidence that it's making people feel more symptomatic than they ordinarily would from a cold, sinusitis or bronchitis: Eyes are more irritated, coughs are worse, and those who have a hard time tolerating our elevation are finding it even harder to enjoy Big Sky.

The smoke we are experiencing in Big Sky is comprised of particles of various sizes, 90 percent of which will get into the eyes, through the nose, and down into the lungs. The smoke coming from forest and wildland fires is made up of a number of components, the most unhealthy of which are particulates from burning vegetation.

But combustion of any type can produce excessive levels of carbon dioxide and carbon monoxide, which we all know are unhealthy and can cause life-threatening problems. Even ozone is generated by forest fires, and ozone close to the ground, when inhaled, can damage living tissue. Finally, there's one other cause for concern: the possibility that some of the molecules from forest and wildland fire smoke are carcinogenic.

Those with underlying medical conditions, the very old, the very young, and pregnant women are particularly vulnerable to the effects of smoke. And those unlucky enough to catch a cold, develop sinusitis, or endure allergies at this time of year will probably feel worse given this kind of smoke exposure. This is basically what we are seeing in the Medical Clinic of Big Sky, since the population of Big Sky is relatively healthy to begin with.

To avoid getting sick from the smoke in the air, use common sense. Limit the amount of strenuous activity you do outside. This is especially important, even for healthy people, when the smoke is so intense that visibility is limited to less than 2 miles, and if the smoke hangs around for more than a couple of days.

Avoid any sources of smoke—not to mention cigarettes! Don't burn candles or a fire in the fireplace, and limit the use of gas-burning stoves. If you've been outdoors and exposed to smoke for a prolonged period of time, change your clothes when you come back in the house; wash red, irritated eyes with cold water; and drink plenty of fluids.

What else can you do? Don't count on painter's masks or surgical masks to protect you from the ill effects of smoke. Nor will a scarf or bandana tied over your mouth do much good. If you want to get serious about smoke protection, you'll need to purchase a tight-fitting N-95 particulate mask or a P-100 respirator. If you are driving through smoke, keep the windows closed and the air conditioning on and set to the "re-circulate" setting.

Let's hope that the fires all over the West never come close to Big Sky and are all extinguished soon.

In other news, we've got the flu shot ready to administer in the Medical Clinic of Big Sky. Now's the time to vaccinate against the flu.

*Dr. Jeff Daniels was the recipient of the 2015 Chamber of Commerce Cbet Huntley Lifetime Achievement Award and has been practicing medicine in Big Sky since 1994, when he and his family moved here from New York City. A unique program he implements has attracted more than 800 medical students and young doctors to train with the Medical Clinic of Big Sky.*



From Jackie *with love*

## Sleep your way to good health



BY JACKIE RAINFORD CORCORAN  
EBS HEALTH COLUMNIST

Have you ever pulled an all-nighter or woken up in the middle of the night unable to fall back to sleep? It's a drag.

Sleep is a weird thing. No one yet truly understands why we do it the way we do.

One thing we know for sure: sleep matters. If it didn't, we wouldn't spend one-third of our lives doing it. It's as important as good nutrition, exercise and stress management.

Insufficient sleep jeopardizes physical and mental health. Side effects range from headaches to full-blown hallucinations. The immune system is compromised, hormones become imbalanced and other consequences can include high blood pressure, heart disease and obesity.

Sleep expert and neurologist Mark Wu says even one night of missed sleep can create a pre-diabetic state in an otherwise healthy person. Government agencies use sleep deprivation as a form of "enhanced interrogation"—torture.

While sleep hygiene used to refer to the cleanliness of your sleeping area, it has come to mean the habits that help you get a good night's rest. Regardless of the cause of your sleep deficiency—insomnia, chronic pain, jet lag or working the graveyard shift—sleep can be lengthened and the quality improved if you make good sleep hygiene a priority.

Before we dive into sleep hygiene, let's take a look at the four stages of shut-eye culminating in rapid eye movement, or REM.

Stage one is light sleep, when you feel yourself nodding off. Here you might experience a myoclonic jerk, or a falling sensation followed by a sudden muscle contraction. Stage two is still light sleep but the body and mind relax further. Deep sleep occurs in stages three and four, and REM is when the dream state begins. The brain becomes active but the body is temporarily paralyzed with the exception of the heart and lungs. (Side note: alcohol can suppress REM, leaving us feeling unrested.)

We cycle through these stages four to six times per night with each phase lasting approximately 90 to 110 minutes.

If you have difficulty falling asleep, staying asleep or falling back to sleep consider the following tips to improve your sleep hygiene and get all of the "Zs" you need.

1. Avoid screen time, LED and fluorescent lights as you're winding down. These emit blue light, which signals the body to stay awake and alert.
2. Avoid foods that cause indigestion, compromising the quality of your sleep.
3. Be conscious of caffeine consumption, which can make falling or staying asleep challenging.
4. Exert physical energy through out the day. Consuming calories that don't get used can build up energy, leading to a restless feeling when it's bedtime.
5. Make your bedroom a sanctuary. Keep it clutter free and reserve your bed for sleep and sex.
6. Take long deep breaths that allow your belly to expand. This signals the brain that you're safe.
7. If you have to sleep in a noisy, bright environment, use earplugs and an eye mask.
8. For those with sleep apnea, research if there are ways to mitigate it. For some it is hereditary, but for others prevention is possible through reducing your intake of alcohol and sleeping medications and/or losing weight.
9. Maintain a healthy and consistent sleep/wake schedule.

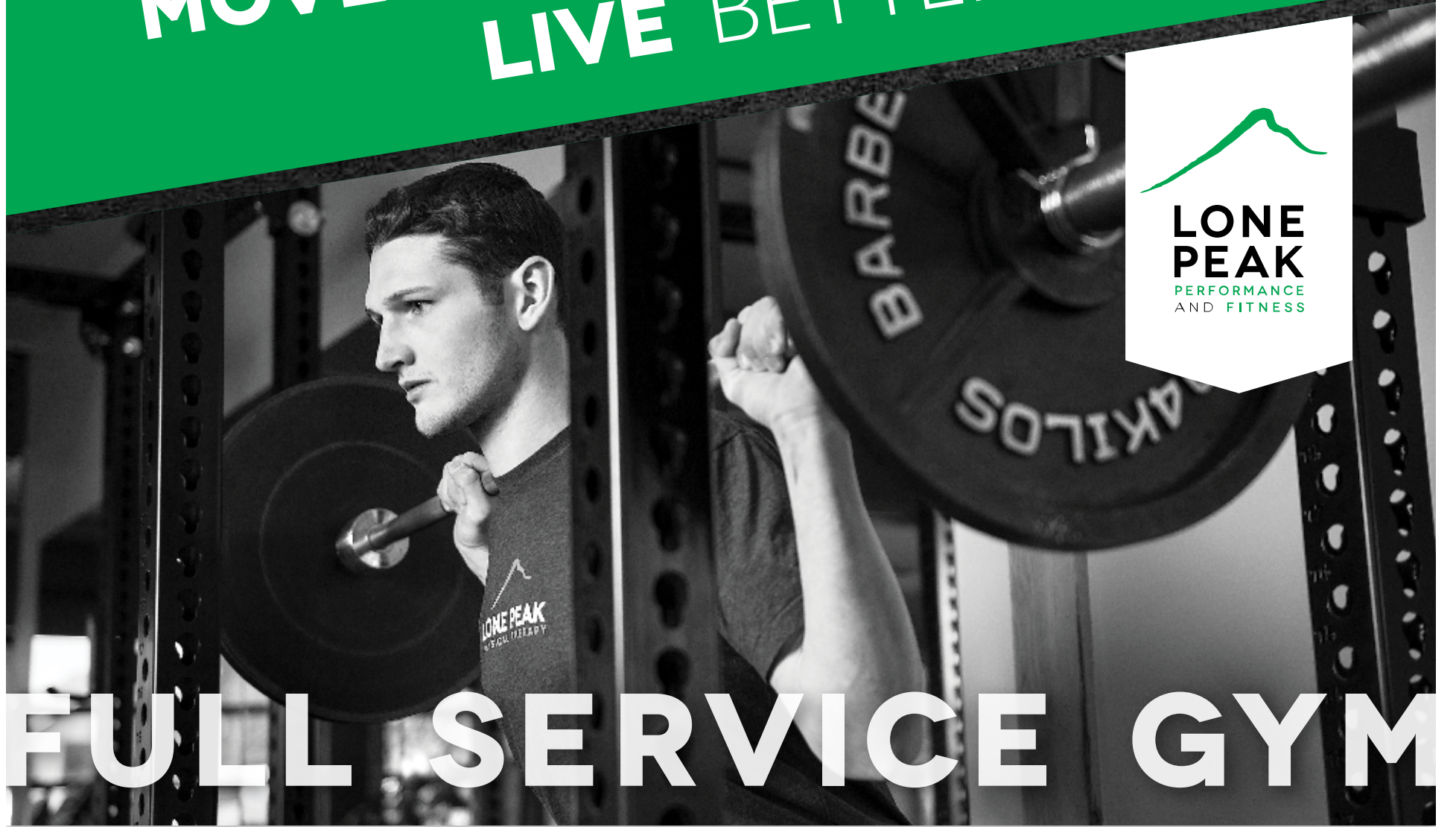
Sleep tight!

*Jackie Rainford Corcoran is an IIN Certified Holistic Health Coach, culture consultant and public speaker. For a complimentary health consultation, reach her at rainfordcorcoran@gmail.com.*

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