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ON THE COVER: Big Sky Resort tram operator Chance Lenay airs through the Headwaters Cirque last winter. Lenay took third place this season in the Subaru Freeride Series men’s snowboard division. PHOTO BY NILES GREY JERAN

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Mountain Outlaw magazine on Apple’s Newsstand

BY ERSIN OZER
OUTLAW PARTNERS MEDIA AND EVENTS DIRECTOR

Starting with the current winter 2015 issue of Mountain Outlaw magazine, Outlaw Partners’ flagship publication is available digitally as an app on Apple’s Newsstand.

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Mail-in ballots due May 5

The Big Sky School District’s annual school board election will be held Tuesday, May 5, by mail ballot. Five candidates – Sandi Cunningham, Anne Marie Mistretta, Dawn Smith, Kim Gunderson and Matt Jennings – are applying for the position of trustee. Two will be elected to serve as trustees for three-year terms to represent BSSD.

Sandi Cunningham
My father was in the Air Force, so my early life was spent moving around the world. I grew up in the Department of Defense Dependents Schools system, widely considered to be one of the best in the world, and later attended universities in Switzerland, England and New York. After a successful, 20-year leadership career, my son and I moved from Baltimore, Md. to Big Sky in July 2014.

As president of the Big Sky Parent Teacher Organization this year, I’ve blended experience, new ideas and respected traditions as our board continued the mission of enhancing the student and staff experience in the Big Sky School District. As co-chair of the 35th annual Pie Auction, I helped raise record funding with the lowest percentage of expenses ever. With an incredible team of volunteers, I learned that our diverse community is what makes Big Sky awesome – this diversity should be reflected on our school board.

As a trustee I will bring a balanced opinion, objective analysis and thoughtful consideration to every situation. I’ll work with the school board to continue our district’s success while demonstrating transparency and maintaining effective, two-way communication with the community. I will advocate for programs that directly support staff development, instruction that challenges our students and long-term budget management so our kids can continue to make Big Sky proud.

Kim Gunderson
The main reason I moved to Big Sky was for the school, because education is of utmost importance to me. As a graduate of Columbia University’s Barnard College, I understand the opportunities a great education can offer. Big Sky School District offers children the best in both academics and real world experience.

However, BSSD is at a crossroads. As a long-time substitute teacher for BSSD, I’ve seen first hand what works, as well as what doesn’t. Unprecedented growth has yielded unexpected changes, both good and bad. A few of the positives have been increased programming and sports opportunities, and a few negatives are overcrowding and increased costs.

I’ve been fortunate to serve the last three years as a school board trustee and would love to continue serving. My first term as trustee has been a great learning experience to date and I’m running again because I want to continue to help the Big Sky School District make good decisions and make sure that community members’ voices are heard. I also have a personal interest, because next year I will have two boys enrolled in Ophir Elementary School. Math will be in fourth grade and Jack will be entering kindergarten – I want to be involved in the decision-making process moving forward.

I’ve always been proud to say that my kids attend Ophir School, and I’ve been proud to say that I’m on the Big Sky School District School Board. I hope to have this opportunity again.

Matt Jennings
Having been a resident of the Big Sky community for roughly 20 years, I felt it was time to give back and was elected as a Big Sky School Board Trustee in 2012. Big Sky is a wonderful community and it’s been great to connect with so many people in this area, both professionally and personally.

I’ve been fortunate to serve the last three years as a school board trustee and would love to continue serving. My first term as trustee has been a great learning experience to date and I’m running again because I want to continue to help the Big Sky School District make good decisions and make sure that community members’ voices are heard. I also have a personal interest, because next year I will have two boys enrolled at Ophir Elementary School. Math will be in fourth grade and Jack will be entering kindergarten – I want to be involved in the decision-making process moving forward.

I’ve always been proud to say that my kids attend Ophir School, and I’ve been proud to say that I’m on the Big Sky School District School Board. I hope to have this opportunity again.

Anne Marie Mistretta
I filed for Big Sky School District school board candidacy because I care deeply about the schools and the community I’ve called home for 12 years. When the district needed leadership for a high school, I stepped up. I’m stepping forward again because the board needs an experienced person who knows the district and the community.

My relationship with Ophir began in 1996 when I volunteered as the superintendent’s consultant on experiential, place-based, and adventure programming; these remain hallmarks today.

During my tenure as superintendent in Big Sky, we designed curricular programs that dramatically raised student achievement. I served the community while the high school was legislated, voted, bonded, and built. This saves taxpayers more than a million dollars annually.

School trustees are responsible for maintaining open communication between school and community, promoting sound fiscal practices, designing legal and logical policies, hiring the best staff, and evaluating the superintendent. I have these skills.

I served on the performing arts center design team and capital campaign, and I’ve successfully authored grants for the district. My husband and I started a college scholarship program for LPHS seniors, raising $35,000 in its first year.

As Big Sky grows – and the district along with it – it’s important that our schools inspire students, parents and community members. I have a track record of making Big Sky proud.

Dawn Smith
As a 15-year resident of Gallatin County, I have watched Big Sky grow and evolve into the community it is today. After working three seasons in Big Sky, I purchased a home in the area and relocated permanently in 2013. The position of school board trustee is an opportunity for me to contribute to this community.

Since moving to Big Sky, I’ve become involved with community organizations, serving on committees and volunteering for events both inside and outside of the school. Through volunteerism and as a member of the workforce, I’ve interacted with area families, all who have valuable opinions, experience and contributions for continuing the success of the school district. These interactions provide information that I will use to guide discussions and decisions as a trustee.

BSSD is fortunate to have strong, established educational programming, which speaks to the community’s ongoing commitment to the district, students and staff. While it’s important to support and enhance this programming and foster a positive learning environment, this must be supported by sound board administration and business management.

I’m a critical thinker and problem solver and subscribe to proactive planning for the greatest level of success. As a trustee, I will focus on the present and future needs of the district and seek community-wide input and involvement in planning and decision-making.
Local student awarded $20,000 scholarship with chance at $50,000

BY JOSEPH T. O’CONNOR
EXPLORE BIG SKY MANAGING EDITOR

CHICAGO – A Lone Peak High School senior is guaranteed at least $20,000 in scholarship assistance to one of the top colleges in the country. Now a finalist for an Elks Foundation scholarship, Trevor House beat out more than 19,000 students who applied from across the country.

House, who will attend Stanford University in the fall, was named one of 20 finalists for the Elks National Foundation Most Valuable Student scholarships.

“I got an email the last week of March [and] stood there in shock for a minute,” said House, 18. “My mom thought something was wrong. I was just super pumped.”

Each finalist will receive at least $20,000 in scholarship money, according to an Elks National Foundation press release. During an upcoming weekend in Chicago, that money could more than double.

From April 24-26, House will join the other finalists in the Windy City where they will compete for six scholarships ranging from $30,000 to $50,000. While judges will take into account contestants’ ability to relate to their peers and others during the weekend, in the end it comes down to a 20-minute interview with the national committee.

But House helped himself, as did the rest of the field. “They boast an average GPA of 4.283 on a 4.0 scale, collectively volunteered for 278,591 hours throughout high school, and are all leaders in their communities,” the press release said. “Trevor House stood out as one of the best among this accomplished group.”

LPHS Program Coordinator Brenda Yahraes called House’s tenacity his strong suit.

“Trevor consistently beats the odds,” Yahraes wrote in an email, highlighting Stanford’s admission rate of 5 percent. “His odds of getting the Elks Scholarship were 1 in 20,000. It is persistence and dedication. LPHS is so proud of Trevor and his hard work.”

House says this determination is a matter of ignoring the odds and attempting a task even in the face of adversity. He leaves some advice for next year’s graduating class.

“Apply for anything,” said House, also an avid sports fan. “Never doubt yourself. It’s like Wayne Gretzky said: ‘You miss 100 percent of the shots you don’t take.’ I gave it a shot.”

Contest winners will be announced on April 30 at elks.org/enf.scholars.

House says Big Sky’s support played a major role in his success.

“We have such a tight and unique community,” said House, pointing to blood drives and decorating Big Sky for LPHS’ homecoming as examples of his involvement in the area. “We’re trying to create an identity for ourselves. It’s small-town America making a difference.”

Lone Peak High School senior Trevor House beat out more than 19,000 students nationwide for a $20,000 scholarship through the Elks National Foundation. He is visiting Chicago, Ill. from April 24-26 for a chance at $50,000.

PHOTO BY ANNA MIDDLETON

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Rachel Boutsikaris, Big Sky, Mont.
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“I’d say definitely technology. Yes, it’s helped our lives but it’s also inhibited us. It’s sort of that double-edged sword. Socially, we interact less. Rather than stopping at a gas station to ask for directions or look around at our surroundings to find out where we are, we’re glued to a screen.”

Philip Kedrowski, Gallatin Canyon, Mont.
Owner, Red Leaf Engineering

“Driving the huge trucks that I’m also guilty of – consuming way more than our fair share of fossil fuels.”

Dana Dunaway, Three Forks, Mont.
General contractor, Dunaway Development

“I don’t think we’ll be doing this: holding cell phones up to our heads, because 20 years ago, very few people had them. Now everyone has one. There will be something else.”

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BOZEMAN – Bozeman Deaconess Health Services announces the Big Sky Medical Center Job Fair will take place on Thursday, April 30, from 4-7 p.m. in Big Sky. The fair will be held at the Big Sky Medical Center Interim Corporate Office, at 33 Lone Peak Drive in Town Center.

Human Resources representatives from BDHS will be on hand to share information about positions available for registered nurses; medical assistants; laboratory and radiology technicians; receptionists and patient representatives; and in environmental services.

Applicants are welcome to bring a resume and can complete a BDHS application during the Job Fair or mail it in at a later date. Those attending will receive descriptions of all open jobs.

“As we get nearer to completion of the Big Sky Medical Center, we look forward to meeting job candidates in Big Sky who can offer high-quality and compassionate care,” said Rick Harden, BDHS Director of Human Resources, who added that hiring will continue through fall. “We expect training to begin in late summer or early fall so our staff are ready to provide the type of quality healthcare available across Bozeman Deaconess Health Services.”

Big Sky Medical Center is slated to open in late fall. It will feature a physician clinic, imaging services, lab services, a surgery procedure area, a four-bed inpatient unit, five beds in the emergency department, and one observation bed.

Visit bigskymedicalcenter.com or call Bozeman Deaconess Human Resources at (406) 414-5421 for more information.
BSSD Terrific Kids/Students of the Month: March

BIG SKY – As part of its Student of the Month/Terrific Kids of the Month program, the Big Sky School District honored four students in March for their ability to show patience and calmness to classmates and teachers.

Teachers choose two “terrific kids” from kindergarten through fifth grades and two “students of the month” in middle and high school, recognizing them based on a different theme every month.

K-2 Terrific Kid of the Month – Second grade student Garin Staudt

Garin Staudt is an exceptional second grader who deserves recognition. Among his many positive character traits is patience. Garin’s calm and gentle approach in the classroom provides a strong example that his peers are quick to follow. We are very lucky to have Garin as a part of our school community!

3-5 Terrific Kid of the Month – fifth grade student Kassidy Boersma

The grades 3-5 selection for patience/calmness student is Kassidy Boersma. She is an excellent student who always strives for success. One of her best qualities within the classroom is her ability to work well with all of her classmates. The ability to work well with all personality types requires patience and calmness at times, and Kassidy exemplifies these traits.

Ophir Middle School Student of the Month – eighth grade student Rowan Merryman

It is with great pride that the middle school announces Rowan Merryman as the student of the month for March. Rowan exemplifies patience with her friends, peers and schoolwork. Her persistence and overall attitude is worth recognition and we as a staff are quite pleased with her hard work and dedication this school year. Congratulations Rowan and keep up the good work!

Lone Peak High School Student of the Month – 11th grade student Griffin Schumacher

Patience is maintaining your cool while letting another finish a statement with which you disagree. Patience is waiting to see what will happen with the stocks you purchased in a stock market simulation – instead of selling them as soon as they drop just a little bit in price. Patience is a skill required to work well with others on the basketball court and in the classroom. Patience is Griffin Schumacher! Congratulations Griffin, on being honored as LPHS student of the month.

An announcement is made over the intercom, and the students are called into the office to be congratulated. In addition, the k-5 honorees are rewarded with a burger from The Corral, and the chosen middle and high school students get pizza from Blue Moon Bakery.

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Real fossilized T. rex featured in new MOR exhibit

BOZEMAN – Exactly one year after the “Wanクト T. rex” left Montana for Washington, D.C., the Museum of the Rockies opened a new permanent exhibit featuring a towering dinosaur from northern Montana, and six Tyrannosaurus rex skulls.

“The Tyrant Kings” exhibit opened April 11, in the Siebel Dinosaur Complex of Montana State University’s museum in Bozeman.

Visitors can see a real, fossilized T. rex skeleton that is approximately 12 feet tall and 38 feet long. Called “Montana’s T. rex,” the skeleton is approximately 60 percent real bone and one of the most complete specimens ever discovered. It’s the only T. rex skeleton to have been found with floating ribs in its abdominal cavity. It would have weighed nearly seven tons when it lived 65 million years ago.

The exhibit includes a time-lapse video of how museum staff assembled Montana’s T. rex, as well as a series of T. rex skulls from Montana, ranging from one of the smallest ever found at 13.5 inches long, to the largest one in the world at 60 inches long.

With the opening of the exhibit, MOR administrators said the museum joins an elite group of museums around the world that display actual T. rex skeletons instead of replicas or casts.

“The science and research behind this exhibit is remarkable,” MOR Executive Director Shelley McKamey said in a press release. “It’s every bit as impressive as the exhibit itself.”

Montana’s T. rex was discovered in 1997 near the town of Fort Peck, thus its original name of “Peck’s Rex.” The U.S. Department of Agriculture transferred ownership to the U.S. Army Corps of Engineers, which then named the Museum of the Rockies as the repository. Montana’s T. rex entered the museum’s paleontology collection in 1998. It’s the first mounted, real-bone skeleton to be displayed from America’s Public Trust.

“The people of Montana, as well as the entire country, now have a T. rex specimen that is owned by them and displayed for them,” McKamey said. “The exhibit not only fulfills a promise made by MOR to all of Montana, but also the mission of MOR to inspire life-long learning and advance knowledge through collections, research and discovery.”

The Wanクト T. rex, which left the MOR on April 11, 2014, is on loan to the Smithsonian Institution for 50 years. It will be the centerpiece of a new paleontology exhibit that’s scheduled to open in 2019 in the Smithsonian’s National Museum of Natural History. It’s predicted that at least 7 million people a year will view the Wankel T. rex.

Kathy Wankel of Angola, Mont., discovered her namesake dinosaur in 1988 on federal land near the Fort Peck Reservoir in northeast Montana. Twenty-six years later, the 65-million-year-old T. rex head for Washington, D.C. in a customized Federal Express truck.

The Museum of the Rockies is currently open from 9 a.m. to 5 p.m. Monday through Saturday, and noon to 5 p.m. on Sunday. Summer hours – when the museum is open 8 a.m. to 8 p.m. daily – begin on Memorial Day.

Yellowstone roads open to vehicles

Spring conditions exist

Visitors eager to experience early spring in Yellowstone National Park can now travel by car to two of the park’s iconic locations starting. Road segments from West Yellowstone and Mammoth Hot Springs to Old Faithful and the Grand Canyon of the Yellowstone opened for the season on April 17.

As an added incentive for spring visitors, park entrance fees will be waived April 18-19 to kick off National Park Week.

Each spring, Yellowstone National Park plow crews clear snow and ice from 198 miles of main road, 124 miles of secondary roads and 124 miles of parking lots inside the park to prepare for the summer season. Park crews also clear 31 miles of the Beartooth Highway outside Yellowstone’s Northeast Entrance.

Additional road segments in the park will open during May as road-clearing operations progress. The road from the park’s North Entrance at Gardiner through Mammoth Hot Springs to the Northeast Entrance at Silver Gate and Cooke City, Mont., is open all year.

Visitors should be aware that spring in Yellowstone is unpredictable and often brings cold temperatures, high winds and falling snow – temporary road closures are also possible with little or no advanced warning. Even cleared sections of roads can be narrow and covered with a layer of snow, ice and debris. Visitors should use extreme caution when driving as road clearing operations can be ongoing at any time throughout the park.

Due to the snow present in the park’s interior, walking on trails or on boardwalks through thermal areas may also be difficult to navigate for some time.

Bears have emerged from hibernation in the Greater Yellowstone area and are on the hunt for food. If you plan to hike, ski or snowshoe in the park you are advised to stay in groups of three or more, make noise and carry bear spray. Yellowstone regulations require visitors to stay 100 yards from bears at all times and advise drivers to park in pullouts and stay in their vehicles when viewing roadside bears.

Very limited visitor services will be available during the next several weeks. The Mammoth Temporary Visitor Center, Old Faithful Visitor Education Center (VEC) and the Canyon VEC lobby with information desks will be open daily. The Canyon VEC exhibits and theater will open April 24.

Visit nps.gov/yell/planyourvisit, or consult the park newspaper you receive at the entrance station for more information.
Lawmakers advance Medicaid expansion, state budget

BY MICHAEL WRIGHT
UM SCHOOL OF JOURNALISM LEGISLATIVE NEWS SERVICE

HELENA – After wrangling over rules, the last remaining bill to expand Medicaid at the 64th Montana Legislature appears to be headed to the governor’s desk.

Senate Bill 405, sponsored by Sen. Ed Buttrey, R-Great Falls, expands Medicaid to people earning up to 138 percent of the federal poverty level. It accepts federal money available under the Affordable Care Act, asks some on Medicaid to pay premiums for their coverage, and creates job-training programs for recipients through the Department of Labor.

A House committee heard the bill early in the week and gave it a “do not pass” recommendation, meaning it couldn’t be debated on the floor unless 60 representatives voted to do so. House Minority Leader Chuck Hunter, D-Helena, objected on the House floor, saying the bill was one of their “silver bullets,” referring to a deal cut at the beginning of the session that gave Democrats six chances to bring bills to the House floor with 51 votes.

That led to a two-day rules fight that ended up going Hunter’s way. A simple majority vote sent the bill to the House floor with support from Democrats and moderate Republicans.

Supporters of Medicaid expansion said the bill would provide much needed coverage, offer the poorest Montanans a boost out of poverty, and keep rural hospitals open by reducing uncompensated care costs.

Rep. Frank Garner, R-Kalispell, said he supports the bill because it can help people out of poverty, and incentivizes people to work harder. He added that the bill covers important groups of people, including veterans.

Opponents argued it will cover “able-bodied, childless adults” and gives them access to care over those who are supposed to be on Medicaid, the poorest of the poor.

The bill passed 54-42 and will now head to Gov. Steve Bullock’s desk.

Senate passes increased budget

After adding more than $20 million in spending, the Senate passed House Bill 2, the state budget.

The bill lines out approximately $4 billion in general fund spending over the next two years. With Senate amendments, it spends about $23 million more than the version passed by the House last month.

One of the parts of his budget proposal that hasn’t been funded is the $37 million for “Early Edge,” the plan to expand preschool. The program would be voluntary for both schools and students.

Sen. Brad Hamlett, D-Cascade, tried one amendment to fully fund the program, saying full discussion on the program hadn’t happened yet.

“This is a priority with the administration,” Hamlett said. “And we need to have the discussion.”

Jones, who led the subcommittee that handled the education portion of the budget, opposed the amendment saying it wasn’t proven to be completely effective and mostly helps “at-risk” students and larger school districts.

The amendment failed along party lines 29-21. Hamlett brought a second amendment that would have partially funded the program, which also failed along party lines.

In addition to the $23 million added to the 2016-2017 budget, a Senate committee also added about $24 million to cover deficits in the 2014-2015 budget, usually included in a different bill that was killed by the House last month. That money will prevent furloughs in some state offices and budget shortfalls for schools.

The bill will now go to a House and Senate conference committee to hammer out final details before it’s sent to the governor.

Michael Wright is a reporter for the Community News Service at the University of Montana School of Journalism. He can be reached at michael.wright@umontana.edu. Follow him on Twitter @mjwright1.
By Tyler Allen  
Explore Big Sky Senior Editor

BIG SKY – Frank and John Craighead were catalysts for the National Wild and Scenic Rivers Act after they successfully fought a dam proposal on northern Montana’s Middle Fork of the Flathead River in the late 1950s.

The brothers, famed conservation biologists in the Greater Yellowstone ecosystem, began advocating for a comprehensive system to protect the nation’s rivers, and President Johnson signed the act into law in 1968. In 1976, the Middle, North and South forks of the Flathead – along with 149 miles of the Missouri River – were protected under the law.

There hasn’t been a Montana river mile federally protected since.

A coalition called Montanans for Healthy Rivers is hoping to change that, and has identified about 500 miles on roughly 50 rivers in the state that are eligible for Wild and Scenic designation. Montana has nearly 170,000 miles of rivers and 368 of those are currently protected.

In order to be recognized under the Wild and Scenic Act, a river must be free-flowing and demonstrate one remarkable value – having exceptional scenery, fishing, wildlife or recreation opportunities, for example. Each river in the national system is administered with the objective of protecting the values that caused it to be designated.

“We have some of the last, best free-flowing, clean and cold rivers in the U.S., yet hardly any of them are protected with permanent river conservation,” said Charles Wolf Drimal, River Conservation Associate for the Greater Yellowstone Coalition, which is part of the steering committee. “We have a monumental opportunity here in Montana to unite the business community, sportsmen community, private landowners, and conservationists on one issue – healthy rivers.”

The coalition started about five years ago and along with GYC, includes American Rivers, American Whitewater, the Clark Fork Coalition, Trout Unlimited, the Pacific River Council and Backcountry Hunters and Anglers.

The group also has the support of more than 150 businesses and sportsmen’s groups around the state, according to Mike Fiebig, American Rivers Associate Director of the Northern Rockies Region.

“We think now is the time to start asking Montanans what rivers they’d like to protect for future generations,” Fiebig said. “We’re lucky enough to have a fairly intact set of rivers, in fairly good condition, which many other states do not.”

Montanans for Healthy Rivers holds meetings, roundtables and one-on-one discussions around the state, ahead of a citizens proposal they plan to release in late April or early May. The Gallatin River is being considered under the proposal and a roundtable was held on Jan. 27 at Lone Mountain Ranch in Big Sky. The discussion brought together business leaders, property owners, community members and local nonprofits.

“That roundtable was really helpful … It’s hard to imagine anybody would find issue with the designation,” said Marne Hayes, director of an organization that advocates on behalf of the state’s public lands, called Business for Montana’s Outdoors.

“We always take the stance that the outdoors in Montana give businesses added value,” Hayes said.

Business for Montana Outdoors polled nearly 200 businesses in every county of the state last year. The organization found that 70 percent of those polled attributed the “Montana outdoor lifestyle” to locating or expanding their business in the state, according to its website, and that 73 percent believe Montana can protect its land and water resources and have a strong economy at the same time.

“We’re totally behind it and look at it as an insurance policy,” said Paul Robertson, General Manager at LMR. “The number one economic driver in Big Sky is the quality of the river. When we look at our business model we want to know that the environment will be in the same condition it is now … that’s why people come to Big Sky.”

Kristin Gardner, Executive Director of the Gallatin River Task Force (formerly known as Blue Water Task Force), was also at the January meeting, and when American Rivers contacted her organization last winter to solicit community outreach about the proposal, she welcomed the opportunity.

“Having the designation [on the Gallatin] will add an extra layer of protection,” Gardner said. “There is that hope that once it has [Wild and Scenic] designation people might value it differently.”

GRTF hosted a showing of “DamNation” – a documentary about dam removal in the U.S. and its positive effects on river ecology – at the Warren Miller Performing Arts Center in July. Aaron Pruzan, owner of Rendezvous River Sports and Jackson Hole Kayak School in Jackson, Wyo., spoke about the positive economic effects that the Wild and Scenic designation of the Snake River has had on his community.

In spring 2014, Montanans for Healthy Rivers hired two independent polling services – one conservative and one liberal, according to Drimal – to gauge public feedback on the proposal. More than 400 Montanans were asked about the added value of rivers to their lifestyle – 85 percent believe healthy rivers are important to the economy and their way of life, and 75 percent believe the Wild and Scenic Rivers Act is valuable and should be used in the state.

“This shows Montanans are intimately connected to our rivers,” Drimal said.

After the citizen proposal is released this spring, Montanans for Healthy Rivers will host community meetings around the state before refining it into a federal legislative proposal.

“We want to hear what Montanans have to say,” Fiebig said. “We want to advocate for the protection of rivers that local communities also want protected.”
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Bozeman’s Movie Lovers offers more than films

STORY AND PHOTOS BY MARIA WYLIE
EXPLORE BIG SKY ASSOCIATE EDITOR

BOZEMAN – With the advent of Redbox and online streaming services like Netflix and On Demand in the past decade, movie stores began rapidly disappearing nationwide.

In January 2014, DISH Network announced that its subsidiary Blockbuster would be closing all of its remaining U.S. retail stores and distribution centers.

“This is not an easy decision, yet consumer demand is clearly moving to digital distribution of video entertainment,” said Joseph P. Clayton, DISH president and chief executive officer in a press release.

Despite this trend, some independent film stores have managed to offer customers something they can’t get with the click of a button. And with loyal fan bases, they’re not just surviving – they’re thriving.

Movie Lovers, Bozeman’s only independent movie store, is more than a means of accessing entertainment. It’s a space where folks can slow down for a minute and interact with others.

“People like the ritual of coming to their bricks and mortar store,” said owner Jill Joyce. “They love the clerks and having conversations with other customers. Netflix is very convenient, but it’s very isolating – it doesn’t have a community or culture around it.”

Located at the intersection of West Main Street and South 23rd Avenue in the University Square Shopping Center, Movie Lovers opened in 1984 under the name “Tape King.” As inventory transitioned to DVD’s, former owner Doug Aita changed the name to reflect that shift.

Rumors of the store’s closing circulated last year as Aita prepared for retirement. However, longtime customer Joyce stepped in and purchased the store on April 1, 2014, to preserve the space she and so many others had come to adore.

“Movie Lovers is a really vibrant store and financially solvent,” Joyce said. “It appears it’s going to be that way for years to come.”

Although Joyce enjoys a good flick, she attributes the store’s success primarily to the clerks whose knowledge brings customers back time and again.

“IT’s nice to have an actual conversation with somebody and discuss the movies because you can think outside the box, as opposed to what the machine or Internet suggest,” said Brad Van Wert, 35, who’s been renting at Movie Lovers for 10 years – as long as Tyler Hanson’s been working there.

As a passionate movie buff, Hanson, 32, spends a lot of time inside, watching films. The store offers him the opportunity to use his expertise to help customers make movie choices.

“It’s really cool to be able to express your love for your favorite thing and share it with people who are less tuned in,” said Hanson, adding that he often makes recommendations to patrons who don’t have time to browse the aisles, but still want to watch a quality film.

“Building trust with customers is what it is,” he said. “We do the hard work so they don’t have to. People can skip the process of research.”

The store’s demographic is as broad as its selection, with older customers who have been renting for years; MSU film students who admire the extensive catalog and intelligence of the staff; parents who come to teach their kids how to make choices and peruse the aisles; and younger teens whose worlds are just starting to expand.

Jim Burt, who’s celebrating his 13th year as a Movie Lovers clerk, says his favorite part about the job is conversing with shoppers on a range of topics, not just movies.

“There are a lot of educated and well-informed people who come in here, so it’s a blast to talk to [them],” Burt said. “I’ve gotten to know them so well over the years.”

Now more than ever, Burt says, the store is like a library.

“There’s a lot of history here – a lot to do with culture,” Burt said. “The current thoughts of humanity are on display. It’s important not just for entertainment, but for education.”

A space for learning and shared experiences, Movie Lovers has a strong following in Bozeman that seems to be growing. Joyce believes there will always be a place for physical media. She compares her store to Country Bookshelf, a successful independent bookstore on Main Street that has broad community support.

“Our world’s so disconnected,” Joyce said. “It’s all about convenience. You come to a place like this, and you realize that [connection] is what you’re longing for.”
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LOOKING FOR A NEW CAREER? Big Sky Medical Center’s Job Fair is coming to Big Sky on Thursday, April 30, 4 pm-7 pm. The job fair will take place in the Big Sky Interim Corporate Office in the Town Center, 33 Lone Peak Dr., Suite 203.

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- Registered Nurses
-

Hiring will begin in June and continue through the fall. For more information call Bozeman Deaconess Human Resources at 406-414-5421 or go to bigskymedicalcenter.com. We look forward to working with you!
Know your customers

By Johanne Bouchard

On April 1 we began the second quarter of the fiscal year. It’s an opportune time to check the pulse of your business, no matter how small it might be. One area deserving special attention during this evaluation should be how you’ve attended to, served and engaged with your customers to create a loyal relationship.

It’s wise to step back and reflect on how your business ranked according to customer expectations, and whether it delivered an optimal client experience. Even if your bottom line is showing all the signs of growth and success, never assume what your customers’ expectations are, or their satisfaction level. You need to reach out to them, and ideally more than once a year.

Businesses successfully grow when they attract customers best suited for their services and products, and retain this clientele. As owners and leaders, you benefit by ensuring that your employees understand your goals and objectives in serving these patrons, because they’re often the main interface with your customers.

Don’t assume anything about your customers’ experience, since anything could affect the reputation of your business. Here’s a list of questions to ask during your business evaluation:

Are you targeting the right people?
Defining the attributes of your ideal customers is key to determining who fits the right profile for what you market and sell. Genders, age groups, type of work they do, leisure activities and approach to making decisions about purchasing are a few examples.

It’s less costly to maintain relationships and get repeat purchases from an existing, satisfied customer than to gain new ones. You typically need to educate new customers about your products and services, while existing customers shouldn’t require the time to explain what you do and why. In the process of building your customer base, it’s important to identify the attributes of your optimal clientele.

Are you fostering loyalty?
Creating loyalty is as simple as taking the time to thank customers when you greet them or when they make a purchase, and it’s important to send personalized emails for special events. Everyone in your business needs to be clear about how you intend to build loyalty.

Do you continually track customer satisfaction?
Don’t assume anything about the level of customer service you deliver. Reach out to your customers and solicit their feedback, and ask the ones you know best how your business is being perceived and how you compare to the competition.

Do you empower and engage your customers as your advocates?
Don’t shy away from asking for referrals and testimonials to use in promotions when your customers feel comfortable supporting you.

Businesses are built with consumers in mind. Making it clear to your staff that awareness and response to customer satisfaction are priorities that will serve you well. Taking the time to reach out to satisfied customers and soliciting their feedback will promote loyalty and give you valuable insights. Contacting less-satisfied customers to learn their views can help you make educated business choices, and may convert some into repeat visitors.

In this era of Yelp and other online reviews, nearly everyone has a mobile phone in their pocket at all times. Make sure these devices are an asset and not a liability, by keeping your customer-satisfaction game sharp!

Know your customers
Johanne Bouchard, a former high-tech marketing executive, is a leadership advisor to CEOs, executives and entrepreneurs, as well as an expert in corporate board composition and dynamics. An avid skier, Bouchard and her husband have a second home in Big Sky. See more at johannebouchard.com.
‘Boss Lady Bash’ brings female entrepreneurs together

BY TAYLOR-ANN SMITH
EXPLORE BIG SKY GRAPHIC DESIGNER

BOZEMAN – Lauren Caselli prides herself on helping women conceive, plan and execute business events. Her company, Lauren Caselli Events, focuses on a niche market of female entrepreneurs whose businesses are primarily online, and who want to host live events.

Caselli hosted the inaugural “Boss Lady Bash” on April 7 at The Lark motel, and 40 female entrepreneurs from the area attended. Participants split into various groups each with a facilitator, and the ladies discussed their struggles and successes.

“I created the Boss Lady Bash as a space for women who were just like me at that plateau stage, and to bring them an opportunity to connect with fellow women in a comfortable atmosphere,” Caselli said. “It’s about the joy and struggles – mostly struggles – of owning a business and still living your everyday life.”

To get to know the attendees, Caselli built a survey prior to the event and organized the groups based on participant compatibility and on which individuals might learn the most from each other. Attendees were also asked to create momentum for the event by posting on their Instagram account about why they love being business owners.

Caselli found her calling while working in the wedding and events industry for five years in New York City. After years of planning extravagant, high-end conferences and retreats, she decided that the industry was “too corporate” for her and took time off to spend a summer working for Alpengirl – an overnight adventure camp for young girls – in Montana during 2012. It was during this trip when she fell in love with the state’s slow and simple lifestyle, which led her to move to Bozeman in September of that year.

Caselli spent the next two years struggling to start Lauren Caselli Events and find her identity in the industry. She attributes her success to meeting inspiring, supportive women in the Bozeman community who shared her struggles as business owners. Caselli says she was overwhelmed by their supportive advice, willingness to listen, and desire to help her gain clientele. It’s within these friendships that Caselli realized she wasn’t alone and wanted to help alleviate that stress for others.

Jasmine Snyder, owner of Whipped Confections, attended the event as a local sponsor and facilitator. Snyder said she was excited by the number of people she met, especially those in non-creative fields that offered her advice she wouldn’t otherwise seek.

“I love what Lauren is doing by creating a networking event for those that typically dread the idea,” Snyder said. “We were able to come to the table with the good, bad, and ugly stories of owning our business because that’s the reality of it.”

Boss Lady Bash is Caselli’s passion project and one she hopes to continue. She wants to break down competition between local businesses to further develop community bonds, she says.

“Being generous and helpful only better your business,” Caselli said. “And the more generous we all are, the more we’ll succeed as business owners.”

Lauren Caselli shares her endeavors in the business world at the inaugural Boss Lady Bash. PHOTOS COURTESY OF CITIZEN LUCIDA PHOTOGRAPHY

Female entrepreneurs from the Bozeman area gathered at The Lark to talk about their businesses and gain insight from fellow attendees.
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With the 2015 winter season coming to an end many of you reading this are probably preparing for a little off-season R&R. Or if you are in Big Sky enjoying the tail end of the ski season consider some time on the river. Fishing has been great and should continue to be through late April into March. Baetis, midges and Little Black Stones are still the bugs DuJo-ur on the Gallatin. The dry fly fishing has been great on cloudy days and challenging to non-existent on sunny days. On sunny days look for shady sections of the river to find more fish on top. Try Wilcox’s Lowiders, Para Adams, Sparkle Comparaduns and BWO Cripples in 14-18, Silvey’s Adult or Hatching Midges in 18-20 or a CDC Cluster Midge on the surface. 9’ 6x Leaders and plenty of fly powder are recommended for these little guys.

Nymphing has changed a bit on the Gallatin with the return of dry fly fishing. Believe it or not, Pat’s Rubbers Legs haven’t been the go-to fly. Anglers have been fishing lighter rigs with Dirty Bird Hare’s Ears, Prince Nymphs, Pheasant Tails, Green Machines, Quigley’s Drowned Midges, worms and eggs all on relatively short leaders with little weight. Stick to shallower riffles, heads of runs and even pocket water. Cover some water until you find good numbers of fish feeding.

Fishing on the Yellowstone and Madison Rivers has also been fun and is fishing similarly to the Gallatin. Some great dry fly days when the conditions are right and pretty consistent nymph fishing. On the Lower fish more soft hackle patterns, Czech style nymphs, Cragfish, etc. or big Prince Nymphs, Pat’s Rubber Legs and Woolly Buggers on the Yellowstone.

In the not too distant future we’ll start seeing good numbers of Mother’s Day Caddis, so get your caddis box in order!

Tight lines and wet hands!
Big Horn golf in full swing

BY TYLER ALLEN
EXPLORE BIG SKY SENIOR EDITOR

BOZEMAN – The Lone Peak High School golf teams brought their irons north to Bridger Creek Golf Course in Bozeman on April 14. The boys’ team placed third out of 13 squads, and the girls took fourth in a field of nine, at the Manhattan High School Invitational.

Junior Charlie Johnson shot a 79 – his lowest round in tournament play – on his 17th birthday. Seniors Quinn and Trevor House scored an 80 and 81 respectively, and freshman Liam Germain qualified for the state tournament with a 107. It was the first round of 18 holes Germain had ever played, after two practices this spring.

Senior Teyha Braun, who shot an 88, paced the Lady Big Horns, and senior Janie Izzo scored a round of 110 – both qualified for states at the Boulder High School Invitational in Helena on April 9. Junior Katie Reid qualified for states in Bozeman with a 116 - girls must shoot a 120 or below in tournament play to qualify – and sophomore Saylor Tatom just missed qualifying with a round of 126, the second 18-hole round in her young career.

“I recruited quite a few pros in the area . . . that have been working with the kids,” said first year Head Coach David Hardwick, who is also the Director of Lodge and Golf Operations at the Yellowstone Club.

Greg Wagner and Mike Wilcynski from Moonlight Basin and Jenny Wilcynski from the Yellowstone Club have all offered their services to the high school golfers this season. Hardwick said he’s also recruiting Tim Phelps from Spanish Peaks Mountain Club. The team has been practicing on the golf simulator at Lone Peak Brewery, Bozeman’s Black Bull golf course and the Big Sky Resort driving range, retrieving their own balls.

The LPHS golf teams take a week off for spring break and return to action Tuesday, April 28 at the Seeley-Swan High School Invitational.

LONE PEAK HIGH SCHOOL
GOLF SCHEDULE / 2015 SEASON

April 28
Seeley-Swan HS Invitational @ Seeley-Swan
9:00 a.m.

April 30
Three Forks HS Invitational @ Three Forks
10:00 a.m.

May 6
*Possible Gardiner HS Meet @ Livingston
TBD

May 11-13
State C Golf Championships @ Shelby
TBD

*Junior Varsity Golf Meets TBD based on Participation Numbers and Meet Availability - Departure Times/Locations/Bus - TBD
Big Sky Softball League up to bat
Pre-season meeting scheduled May 5

BIG SKY – The Big Sky Softball League’s preseason meeting is scheduled for May 5 at the L&K Real Estate office, located above Grizzly Outfitters in the Town Center’s RJS Tower Building.

Season details will be outlined at the meeting, including information on how to sign up. People interested in starting teams are encouraged to attend, and teams must register for the league no later than May 10.

The Big Sky Softball League is co-ed and the season runs from June through the end of August, with games played at the Big Sky Community Park. It’s the community’s largest organized sport with over 500 participants annually.

Players who aren’t on a team but are interested in joining the league, can email bigskysoftball@gmail.com and request to join a squad. All other softball questions can be sent here as well. – M.W.

It was a close game between Black Bear and the Yellowstone Club at the 2014 tournament. PHOTO BY MARIA WYLIE
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10-11am  All Levels Adult Ballet
5-6:15pm  All Levels Yoga

8-8:45am  Sound Bath Meditation
9-10:15am  All Levels Yoga
6-7:15pm  All Levels Yoga

7-8am  All Levels Yoga
8:15-9:15am  Pilates
9:30-10:45am  All Levels Yoga
5:30-6:15pm  Sound Bath
6:30-8pm  All Levels Yoga

6-7am  All Levels Yoga
9-10:15am  All Levels Yoga
5:30-6:30pm  Gentle Yoga

7-8am  All Levels Yoga
8:15-9:15am  Pilates
9:30-10:45am  All Levels Yoga

8:30-9:30am  Level II Yoga
10-11:30am  Amrit Yoga
5:30-7:30pm  The Practice (1st and 3rd Friday of the Month)

9-10:15am  All Levels Yoga

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

10-11am  All Levels Adult Ballet
5-6:15pm  All Levels Yoga

8-8:45am  Sound Bath Meditation
9-10:15am  All Levels Yoga
6-7:15pm  All Levels Yoga

7-8am  All Levels Yoga
8:15-9:15am  Pilates
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5:30-6:15pm  Sound Bath
6:30-8pm  All Levels Yoga

6-7am  All Levels Yoga
9-10:15am  All Levels Yoga
5:30-6:30pm  Gentle Yoga

7-8am  All Levels Yoga
8:15-9:15am  Pilates
9:30-10:45am  All Levels Yoga

8:30-9:30am  Level II Yoga
10-11:30am  Amrit Yoga
5:30-7:30pm  The Practice (1st and 3rd Friday of the Month)

9-10:15am  All Levels Yoga

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Lenay lands third on SFS tour

BY SCOTTIE WILLIAMS
EXPLORE BIG SKY CONTRIBUTOR

BIG SKY – Big Sky Resort and the Subaru Freeride Series canceled the final stop of the season, March 24-27 on the Headwaters Cirque venue, for the safety of the competitors. Leading up to the scheduled competition, southwest Montana experienced unseasonably warm temperatures and received little snow, making conditions undesirable for riders and SFS officials.

With the final two series stops being canceled – including the Alyeska, Alaska event – due to snow conditions, the champions were crowned based on their performances at Snowbird, Utah and Telluride, Colo. Big Sky’s Chance Lenay, a 26-year-old Lone Peak Tram operator, took third place in the SFS men’s snowboard division during this abbreviated season.

Lenay moved to Big Sky from Gig Harbor, Wash. in 2007. He’s been competing at a high level for four years and has pursued podiums on the Subaru Freeride Series and the North Face Masters of snowboarding. Lenay began competing in 2011, finishing second in the Headwaters Runoff. Four years later he now shares the podium with Canadian Jonathon Pennfield and Harrison Fitch of Salt Lake City, Utah, in third place for the 2015 SFS overall point standings. The SFS is now one of the most prestigious big mountain competitions in the U.S.

“I am beyond stoked with the third place finish,” Lenay said. “The podium finish, honestly, re-instilled my confidence in competing. I am more motivated than ever to throw down next season and go for a [Freeride] World Tour spot.”

Lenay has been fine-tuning his snowboarding skills on Lone Mountain since Big Sky Resort and Moonlight Basin merged in 2013. He spent previous years hiking the Headwaters Cirque with daily dedication, giving him an advantage during competitions held on the north-facing venue. When Big Sky and Moonlight became one resort, Lenay changed jobs from a Headwaters chairlift operator to Big Sky’s tram.

After spending very little time on the south face of Lone Mountain in the past, Lenay says he improved his skills by finding new lines with creative features all over the mountain, and they’ve made him a better rider.

After sending a large air in the direction of the high-energy crowd, Lenay finished 16th in early February at Snowbird. In March at Telluride, Lenay rode in control during both days of competition, and launched one of the biggest airs of the final day, landing in fourth place.

The final two stops of the season were each canceled a few days prior to the scheduled start of the events, where Lenay would have been battling for second place overall, with first place already secured by Pennfield.

Family and friends encouraged Lenay throughout the season, cheering him on at home through the live, online broadcasts.

“Being able to watch him express his talent and passion while competing, is both a gift to me and an emotional roller coaster,” said Chance’s mother Cyndi Lenay. “I probably don’t even breathe until the next day [after the competitions].”

Lenay says he appreciates Big Sky’s Lift Operations Manager Ross Smethurst for allowing him the time off to pursue his passions, as well as the rest of his support network.

“I can’t go without also thanking my mom Cyndi, my girlfriend Amy Viens, and my wonderful family, as well as the Big Sky community for all their support,” Lenay said.
Seven seconds to a better frame of mind

BY JACKIE RAINFORD CORCORAN
EXPLORE BIG SKY HEALTH COLUMNIST

It’s becoming common knowledge that meditation is good for us. The Western medicine powerhouse Mayo Clinic in Rochester, Minn., states on their website that meditation may help manage everything from anxiety disorders and asthma, to cancer, depression and heart disease, among others.

The beauty of meditation is that it’s free, has no negative side effects, and can be done just about anywhere, anytime and by anyone. But many Americans have issues embracing this potent remedy, and the reasons are varied.

We’re taught at an early age that being successful members of society means we need to be busy. We often publicize our overwhelming schedules and stressed-out minds with pride – for many these are status symbols. Sitting still and doing absolutely nothing goes against the glorified overachiever status symbols. Sitting still and doing absolutely nothing goes against the glorified overachiever way of life. If you fit into this category, consider that famous overachievers Kobe Bryant, Arianna Huffington and Oprah Winfrey all meditate.

For many of us, it’s also outside of our cultural comfort zone. Chanting “Om,” focusing on our breath and stilling our thoughts can seem just plain weird. And for what reward? It certainly doesn’t offer the instant gratification that a steak, glass of wine, or bowl of ice cream does.

Also, who has the time for such an intangible chore? Why add another thing to an already overwhelming to-do list?

If you’re interested in meditation but relate to these obstacles or others, I have a seven-second solution for you that could help get you on your way.

It’s a new app called “7 Second Meditation.”

This free app, created by Bozeman resident Justin Chapweske, sends you a reminder on your phone or computer every day at a time you set. For me, that’s at 5 p.m. I use it then in lieu of a glass of happy-hour spirits.

A recent message it delivered to me: “Take a breath – this experience is perfectly pure, regardless of your judgments – smile.” I took a breath, then observed my environment as perfectly pure. I let go of any judgment and smiled. It took seven seconds to create a new and better frame of mind.

Will this app bring me everlasting enlightenment? That’s unlikely, but it’s a small step in the right direction.

This plan differs from other daily meditation practices I’ve attempted in that it’s doable for me right now. It fits into my schedule, it’s easy and I enjoy it. So while it’s not the most exceptional way to meditate, it’s better than all the other attempts I’ve made because I actually do it.

Am I getting health benefits from it? Without having neurofeedback or blood work done to prove it, I know it feels good mentally and in my nervous system. My answer is a resounding, “Yes.”

Give it try, and let me know what you think.

Find the “7 Second Meditation” app at 7secondmeditation.com or in your app store.

Jackie Rainford Corcoran is an IIN Certified Holistic Health Coach, an NASM Certified Personal Trainer, a public speaker and health activist. Contact her at jackie@thetahealth.com, or find more information at thetabhealth.org.

Congratulations, you are now never off [work]

BY SCOTT MECHURA
EXPLORE BIG SKY FOOD COLUMNIST

As anyone in the hospitality industry knows, the workweek is far longer than 40 hours. Chefs have known this for decades.

This is not to say that fellow hospitality peers don’t share the same schedule, because most of the time they do. It’s common to hit the 40-hour mark with a couple days left to go in the week.

In today’s society, professionals have increasingly demanding work lives and schedules as well. There simply aren’t enough hours in the day for work, families and personal lives. But aside from the physical time spent at our jobs, what about the time spent on our jobs?

When I travel with friends on vacation, by about the fourth or fifth day the shine wears off and they start talking about all the work piling up when they return to the office. It feels good to realize in those moments that there essentially is no work stacking up for me when I return to the kitchen.

As chefs we realize, historically, that work stays at work. Our industry has a clear beginning and end to the day. Sure there’s some pre-vacation prep work to be done, but after all we can’t take the ovens home with us, right?

Thanks (thanks?!) to smartphones, laptops, and our society demanding immediate satisfaction, we’re connected 24-7, and it’s increasingly easy to take our work home with us. Why should I sit in an office working on my staff’s schedule or writing a special menu while years of humming hood fans in the distance slowly deteriorate my hearing? I can bring my laptop home and work on a menu or my schedule for the week. But should I?

In the days before smartphones were commonplace, a previous employer once upgraded me from a mobile phone to a Blackberry. I had it about an hour or so and was still trying to figure out its nuances when I received my first email from my boss. It simply read, “Congratulations, you are now never off.”

Unless you’re an NFL quarterback like Payton Manning, who seems to constantly study his craft, most of us try to achieve balance in our lives. My workplace is a steady beehive of activity. Even a slow day isn’t slow, and there’s constantly something to do.

But it’s the unplugging that allows me to then plug back in more effectively. It took me a long time and some “encouragement” from my wife to figure this out. And I’m a better person for it.

I believe it’s important to set some company (or personal, if you are self-employed) ground rules for being “off” from work. We can take our work home with us, but is it worth the time spent working in our own home environment? There’s a reason one is called work and the other is called home.

Until I decide one day to bring one of Buck’s ovens home with me, I intend to keep it that way.

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.
A LOOK AT SIMPLE, HEALTHY SOLUTIONS FOR EVERYDAY MEALS

Designed by Taylor-Anne Smith

APPLESAUCE FOR SUGAR
Using applesauce in place of sugar can give the necessary sweetness without the extra calories and, well, sugar. One cup of unsweetened applesauce contains about 100 calories, while a cup of sugar can pack in more than 770 calories.
Tip: Sub applesauce for sugar in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid in the recipe by 1/4 cup.

EVAPORATED SKIM MILK FOR CREAM
It’s the same consistency with a fraction of the fat. Evaporated milk tends to have a bit more sugar (only about 2 grams), but the major drop in fat content is well worth the switch.
Tip: This substitute is an even swap. 1 cup cream = 1 cup evaporated milk

SPAGHETTI SQUASH FOR PASTA
Roasted and pulled apart with a fork, spaghetti squash is a great low-carb and lower-calorie substitute for pasta. One squash will yield between two and three servings.

CORN TORTILLA FOR FLOUR TORTILLA
Half the calories and fat make this an easy switch. A standard 6-inch corn tortilla contains about half the fat and calories and a quarter the sodium of a similar-sized flour tortilla.

PROSCIUTTO OR PANCETTA FOR BACON
Opting for a few slices of prosciutto or pancetta can help cut both calories and fat. While bacon has about 70 calories and 6 grams of fat per two slices, prosciutto has just 30 calories and 4 grams of fat in an equally weighted sample.

BISON FOR BEEF
Higher in B vitamins and lower in fat, bison is a great substitute for the red meat standard.

SMARTER SNACKS

HEALTHIER PROTEINS

HOMEMADE TRAIL MIX
The problem with most trail mixes? They pack in the sugar-filled, candy-coated chocolate and dried fruit. Instead, make your own trail mix with unsalted nuts and dark chocolate bits (lower in sugar), which are high in free-radical-fighting flavonoids.

CINNAMON FOR CREAM & SUGAR
Cutting out the cream and sugar in favor of a sprinkle of cinnamon can cut up to 70 calories per cup. Plus, cinnamon is shown to help boost metabolism.

UPCOMING HEALTH EVENTS

BOZEMAN
What Can You Change w/Consciousness?
Friday, April 17
Bozeman Public Library, 6:15 p.m.

Musician Wellness Night
Thursday, April 23
Health in Motion Physical Therapy + Wellness, 5:30 p.m.

Healthcare Connections Mobile Health
Tuesday, April 28
Bozeman Public Library, 11 a.m. – 3 p.m.
Free healthcare screenings, vaccinations and info.

Roadmap of Tomorrow
Montana Nutrition Conference
Tuesday, April 28 – Wednesday, April 29
Grantree Inn, 7 a.m.

Mindful Families Program
Sundays, 5 – 6:15 p.m. through May 10
Bozeman Dharma Center
Explore mindfulness, exercises and Buddhist concepts with children ages 5-12, with a parent or caregiver. This 10-week session runs March 22 – May 10. Drop in to any or all.

BIG SKY
Community Cleanse
May 6-19
Santosha Wellness Center

Sources:
http://greatist.com/health/83-healthy-recipe-substitutions
http://www.myfitnesspal.com/food/calories-chart-nutrition-facts
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- 2000 LIMITED

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- 2001 LIMITED, 114K MILES

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- BEST PRICE: $10,899
- 2004 LIMITED, 137K MILES

2009 DODGE JOURNEY SXT
- BEST PRICE: $11,950
- 2008 ALL WHEEL DRIVE, 60K MILES

2013 HYUNDAI ELANTRA
- BEST PRICE: $12,156
- 2012 4CYL, 50K MILES

2007 CHEVY COLORADO
- BEST PRICE: $12,480
- 2008 4CYL, 120K MILES

2008 NISSAN ALTIMA SL
- BEST PRICE: $13,490
- 2007 V6, LEATHER

2010 DODGE CHALLENGER
- BEST PRICE: $13,652
- 2012 6CYL, 138K MILES

2013 HYUNDAI ELANTRA
- BEST PRICE: $13,969
- 2012 5CYL, 36K MILES

2011 HYUNDAI SANTA FE
- BEST PRICE: $15,966
- 2010 V6, 76K MILES

2010 HYUNDAI TUCSON
- BEST PRICE: $16,443
- 2009 4CYL, 65K MILES

2011 SUBARU OUTBACK
- BEST PRICE: $18,184
- 2010 V6, 76K MILES

2010 GMC ACADIA SLT
- BEST PRICE: $19,488
- 2009 2WD, 65K MILES

2012 JEEP WRANGLER
- BEST PRICE: $20,526
- 2011 SPORT, 70K MILES

2011 SUBARU TRIBECA
- BEST PRICE: $22,440
- 2010 SPORT, 76K MILES

2013 FORD ESCAPE SEL
- BEST PRICE: $22,934
- 2011 2WD, 24K MILES

2013 HYUNDAI SANTA FE
- BEST PRICE: $24,921
- 2012 2WD, 26K MILES

2012 SUBARU OUTBACK
- BEST PRICE: $26,817
- 2011 LIMITED, 34K MILES

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- 2009 NEW MODEL, 46K MILES

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The BIG SKY TOWN CENTER is the natural gathering place in Big Sky, Montana - with restaurants, galleries, grocery stores, a movie theater and shopping, this is where Big Sky comes together.
Biomimicry
The link between biology and business

BY ANDREW GRAHAM
EXPLORE BIG SKY CONTRIBUTOR

When the global architecture firm HOK turned to nature for design inspiration, Biomimicry 3.8’s team of world-class architects and engineers went to work.

This Missoula-based company combines for-profit consulting with not-for-profit advocacy to advance the field of biomimicry; solving human problems by replicating the adaptive mechanisms found in nature. The “3.8” in the company’s name refers to the 3.8 billion years life is believed to have existed on Earth, forming myriad solutions at evolution’s design table.

“Companies are trying to mimic what nature does because it’s efficient, saves them energy, it’s good for PR, and because it’s cheaper,” says Robyn Klein, a biologist and research analyst for 3.8.

Examples of biomimicry abound, and were present in industry before the term itself. Klein points out that one of the earliest industrial applications of biomimicry is Velcro, which was invented by a Swiss engineer who noticed the way plant burrs stuck to his dog.

A more modern example is found in an office complex in tropical Zimbabwe. The building’s self-cooling system is inspired by termites that design their mounds to maintain a constant temperature, even as outside air temps swing from hot desert days to cold nights. The result is a building that uses 90 percent less energy than those of similar size, according to 3.8’s website.

When a new client comes to Biomimicry 3.8 – and past business includes Coca-Cola, Boeing, DuPont, Nike and Shell, to name a few – the first step is to establish a challenge for a researcher like Klein to focus on. With HOK, the challenge was to look at a home, or particular ecosystem type, for lessons that could be applied to architecture. The Biomimicry 3.8 team chose to study temperate broadleaf forests, found all over the world.

Studying the designs and systems a forest uses to manage itself comes naturally to biologists; translating that knowledge for engineers and architects isn’t so easy.

“Part of the difficulty is that the language of biology is all around the organism and how the organism functions in its environment… The language of business doesn’t talk like that at all,” says Jakki Mohr, a University of Montana Regents professor of marketing who has researched biomimicry’s success in business culture.

“We have to walk over to the middle of that bridge,” Klein says. “We’re handing them our translation of science so that they don’t have to do it.”

Klein gets a little breathless when she describes biomimicry’s possibilities, and a question such as what companies she most admires for sustainability (Patagonia) can end in a discussion of how to rework our agricultural system.

For the last seven years, Klein has helped 3.8 use biomimicry to solve problems, like one of HOK’s challenges – how building designers deal with rainwater.

“We take that challenge and we biologize it. For example, with water we looked at the temperate broadleaf forest and we [examined] how water works in that forest,” Klein says, adding that this led them to beaver dams. “But they’re leaky dams, they don’t hold everything back. Nature’s been around 3.8 billion years, and figured out that a leaky dam is best.”

Leaky dams slow water flow without building up pressure. The biologists were not suggesting that the architects put dams on the roofs of their buildings, but instead recommending the “design principle” of a series of upstream barriers to slow water’s flow.

In this case, according to Klein, the architects and biologists discussed how to site buildings in order of height, so that rainwater could run...
from the tallest, down. If the concept worked, a system could be put in place to temper water to a trickle by the time it reached street level, mimicking a series of leaky beaver dams.

HOK put this concept into practice in 2012 when designing a new building in Maryland for the National Oceanic and Atmospheric Administration. The slanted roof moves rainwater along its length, slowing its flow with a series of barriers.

In the quest for a more sustainable world, biomimicry gets a lot of hype for its widespread potential. In January 2014, the Fermanian Business and Economic Institute reported that by 2030, bio-inspired developments could account for $425 billion of the U.S. gross domestic product. And $65 billion could be saved through the pollution mitigation found in most biomimetic technologies.

Mohr called the assessment a best-case scenario of the field’s future, but one that “really lays the landscape for what the ecosystem of biomimicry could look like if it really does gain traction.”

When Klein was asked if she sees biomimicry as the solution to industry’s environmental problems, she answers with a question of her own: “What would nature do?”

“Nature doesn’t reach just one solution,” she says. “We need lots of solutions. We need to collaborate.” And then she is off, breathlessly describing the ecosystem role played by the apple tree.

Andrew Graham is pursuing a master’s degree in Environmental Science Journalism from the University of Montana. He enjoys the campus full of top-notch researchers, not to mention its backyard full of mountains.

This article first appeared in the winter 2015 edition of Mountain Outlaw magazine.
Forest health and wildfire safety

BY BRAD BAUER
EXPLORE BIG SKY CONTRIBUTOR

With the snow barely clinging to your yard or hiding in the shade, it’s hard to think about summer wildfires. But as with most things, a little forward thinking can go a long way. Whether you hang your hat in a cabin deep in the woods or a house in the open valley, keep wildfire in the back of your mind.

Providing a level of home safety from wildfire – whether a grass or forest – is a great excuse to evaluate the health of the trees you cherish for summer shade and winter shelter. Wherever you live, now is an ideal time to see how your trees fared during the winter. Did your evergreens suffer from broken tops or browning of needles? How about your deciduous trees? Without summer leaves, you can easily see if your deciduous trees have broken branches or need pruning.

While evaluating your trees’ health and developing a plan to remedy any problems, consider actions that can improve the forest’s health and your property’s resistance to wildfire. Around your house and other structures, you can do some simple tasks with basic tools such as a bow saw and hand pruners.

Pruning low branches around the house is a great place to start. Focus your efforts on evergreens and remove lower branches from either the first 12 feet or one-third the height of the tree, whichever is a lesser distance. This creates space below trees where a fire is less likely to climb into treetops.

While you have the bow saw and pruners out, think about removing the smaller conifer trees mixed in with your larger trees. This bit of thinning creates space and healthier trees by freeing more water and nutrients for the trees that you leave. If you thin enough, you could reduce the risk of a wildfire moving from tree to tree.

How about those deciduous trees in your yard – what can you do with them to help the forest health and improve wildfire safety?

No matter if the tree is a deciduous or evergreen, providing space between your home and trees will help improve your home’s wildfire safety. Dead trees leaning over a road may become barriers during an emergency, and by removing them you’re providing the remaining trees with more space to grow and be healthy.

Brad Bauer is an MSU Extension – Gallatin County Natural Resource Extension Agent who focuses on natural resources management, education, and outreach.

Every forest, yard and windbreak is different and MSU Extension – Gallatin County can help you evaluate and discuss your options. Financial assistance is also available. Call them at (406) 388-3213 or stop by their office at 201 West Madison Avenue, Suite 300 in Belgrade.
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**EVENTS CALENDAR**

**PLANNING AN EVENT?**  **LET US KNOW!  EMAIL  MARIA@THEOUTLAWPARTNERS.COM, AND WE’LL SPREAD THE WORD.**

**FRIDAY, APRIL 17 – THURSDAY, APRIL 30**

*If your event falls between May 1 and May 15 please submit it by Friday, April 24*

**BIG SKY**

**FRIDAY, APRIL 17**
- Live music @ Whiskey Jack’s Kent Johnson, 3:30 p.m.
- Care for the Common, 9:30 p.m.

**SUNDAY, APRIL 19**
- Keesly’s Ski Camp for Girls Big Sky Resort, 9 a.m.
- On Mountain Church Services Lone Peak Triple Chair, 1:30 p.m.
- Six Shooter Chair, 3 p.m.
- Medilcreo Trio Broken Spoke, 10 p.m.

**MONDAY, APRIL 20**
- Karaoke Black Bear, 10 p.m.
- Electric Sunday Broken Spoke, 10 p.m.

**TUESDAY, APRIL 21**
- Taco Tuesday Black Bear, 4 p.m.
- Open Mic By WDM, 10 p.m.

**WEDNESDAY, APRIL 22**
- Bobcat Brewfest Bobcat Stadium, 11 a.m.
- Children’s Author Event w/ Karen Sackett Country Bookshelf, 1 p.m.
- Annual Texas Hold’ Em Tourn. Mixers Saloon, 2 p.m.
- Worldwide Vegan Bakesale The Ellen, 3 p.m.
- Bridger Bucks Banquet Grantree Inn, 5 p.m.

**THURSDAY, APRIL 23**
- “An Evening of Song and Dance” The Emerson, 6:30 p.m.
- Trust Lecture Museum of Rockies, 7 p.m.

**SATURDAY, APRIL 18**
- Keesly’s Ski Camp for Girls Big Sky Resort, 9 a.m. (and Sun.)
- Ousel & Spur, 9-11 p.m.
- Live Music
- Chet’s Bar, 4:30 p.m.
- Mike Haring’s Chef’s Bar, 4:30 p.m.
- Live Music
- Filling Station, 7 p.m.
- Tony Furtado Trio
- Wild Joe’s, 7 p.m.
- Jacob Cummings
- The Baxter, 7 p.m.
- Bingo Night
- The Emerson, 7 p.m.

**FRIDAY, APRIL 17**
- Bozeman FRIDAY, APRIL 17
- 13th annual Orchard Show Gallatin Valley Mall, 12 p.m.
- Junk2Funk: Recycled Fashion Show The Emerson, 7 p.m.
- Bingo Night The Barber, 7 p.m.
- Jacob Cummings Wild Joe’s, 7 p.m.
- Tony Furtado Trio Filling Station, 7 p.m.
- The Bent Bones Faultline North, 7 p.m.

**COWSPIRACY**

**The Ellen, 7 p.m.**
- Ava Swanson & Friends Wild Joe’s, 7 p.m.
- Equus MSU Black Box Theatre, 7:30 p.m.
- Pinky and the Floyd Willson Auditorium, 8 p.m.
- Brothers Comatose Filling Station, 9 p.m.

**RECORD STORE DAY**

**Cactus Records, 10 a.m.**
- Boebat Brewfest Boebat Stadium, 11 a.m.
- Children’s Author Event w/ Karen Sackett Country Bookshelf, 1 p.m.
- Annual Texas Hold’ Em Tourn. Mixers Saloon, 2 p.m.
- Worldwide Vegan Bakesale The Ellen, 3 p.m.
- Bridger Bucks Banquet Grantree Inn, 5 p.m.

**SUNDAY, APRIL 19**
- Closing Day at BSR
EVENTS CALENDAR
April 17 - 30, 2015

Yellowstone’s West Entrance roads will open for vehicles on a staggered schedule as follows:
- April 17: Mannemoth to Old Faithful; Madison to West Entrance; Norris to Canyon.
- May 1: Canyon to Lake: Lake to East Entrance (Lake is one mile south of Fishing Bridge).
- May 8: Lake to South Entrance: West Thumb to Old Faithful (Craig Pass); Tower to Tower Fall.
- May 22: Tower Fall to Canyon (Dumraven Pass); Beartooth Highway.

Please note: The road between the North and Northeast entrances is open to wheeled vehicles year-round.

EVENTS CALENDAR
April 17 - 30, 2015

DAVE LANDSVERK
Co-op, 5 p.m.

SITHENS & THE PERMIANS
Wild Joe’s, 7 p.m.

RADIO THEATER DOUBLE HEADER
“Strade & Holmes” & “True Tales of the Old West” Live From the Divide, 7 p.m.

ROCKY HORROR PICTURE SHOW
The Verge, 8 p.m. & midnight

Comstock Lode
Eagles, 9 p.m.

SUNDAY, APRIL 26
Open Mic Night
Hauftbrau, 10:30 p.m.

MONDAY, APRIL 27
Autumn Electric
Wild Joe’s, 7 p.m.

TRIVIA NIGHT
Bacchus, 8 p.m.

Open Mic Night
Hauftbrau, 10:30 p.m.

TUESDAY, APRIL 28
Headwaters Academy Spring Performance
The Emerson, 6:30 p.m.

Gamelan Sokar Gunug
Reynolds Recital Hall, 7:30 p.m.

Slowmo Joe
Bacchus, 8 p.m.

WEDNESDAY, APRIL 29
Sim-Bitti
Colonel Black’s, 10 p.m.

Open Mic
Hauftbrau, 10:30 p.m.

THURSDAY, APRIL 30
Le Vent du Nord
The Ellen, 8 p.m.

Dan Dubuque
Bacchus, 9 p.m.

LIVINGSTON & PARADISE VALLEY
FRIDAY, APRIL 17
Big Ol’ Murray Bar, 9 p.m.

StrangeWays
Chico Saloon, 9:30 p.m.

SATURDAY, APRIL 18
Aran Buzzas
Katabatic Brewing, 5:30 p.m.

Donkey Basketball
Park High School, 5:30 p.m.

Paul Ray
American Legion, 5 p.m.

Ticket Sauce
Murray Bar, 9 p.m.

StrangeWays
Chico Saloon, 9:30 p.m.

SUNDAY, APRIL 19
Old Time Fiddle Jam
American Legion, 2 p.m.

MONDAY, APRIL 20
Bluegrass Jam
Katabatic Brewing, 5:30 p.m.

Open Mic Night
The Mint, 8 p.m.

TUESDAY, APRIL 21
Beer for a Cause:
Payton Foundation
Katabatic Brewing, 4 p.m.

Taco Tuesday w/Swingley Jazz
The Mint, 6:30 p.m.

WEDNESDAY, APRIL 22
Danny Bee
Katabatic Brewing, 5:30 p.m.

Bingo Night
The Mint, 6 p.m.

Aaron Banfield
Murray Bar, 8:30 p.m.

THURSDAY, APRIL 23
Pint Night
Murray Bar, 8 p.m.

Scotty Nelson
The Mint, 9 p.m.

FRIDAY, APRIL 24
Taste of Livingston
Park Co. Fairgrounds, 6:30 p.m.

Livingston’s Got Talent Show
Park High School Rec Plex, 7 p.m.

Heather Lingle Band
Murray Bar, 9 p.m.

GrooveWax
Chico Saloon, 9:30 p.m.

SATURDAY, APRIL 25
Yellowstone River Cleanup
Yellowstone River, 8 a.m.

Depot Railroad Swap Meet
The Depot, 9 a.m.

Tammy Hauer
Katabatic Brewing, 5:30 p.m.

StrangeWays
The Mint, 9 p.m.

Montana Deluxe
Murray Bar, 9 p.m.

Dave Walker Band
Murray Bar, 9 p.m.

GrooveWax
Chico Saloon, 9:30 p.m.

SUNDAY, APRIL 26
Far Aldorf Concert
Ahsaraka Winds
Livingston Library, 3 p.m.

Crazy Mountain Express
American Legion, 2 p.m.

MONDAY, APRIL 27
Bluegrass Jam
Katabatic Brewing, 5:30 p.m.

Open Mic Night
The Mint, 8 p.m.

Jay’s Lounge
Murray Bar, 8:30 p.m.

TUESDAY, APRIL 28
Beer for a Cause:
Livingston Bicycle Club
Katabatic Brewing, 5:30 p.m.

Taco Tuesday w/Swingley Jazz
The Mint, 6:30 p.m.

WEDNESDAY, APRIL 29
Open Range
Katabatic Brewing, 5:30 p.m.

Bingo Night
The Mint, 6 p.m.

MONDAY, APRIL 30
Business After Hours
Elks Lodge, 5:30 p.m.

Paul Lee Kupfer
Murray Bar, 8:30 p.m.

THURSDAY, APRIL 30
West Yellowstone
FRIDAY, APRIL 17
Yellowstone’s West Entrance
Roads Open to Motorized Travel

SATURDAY, APRIL 18
National Parks April Free Fee Days

“You Do the Lookin, We Do the Cooking”
Annual Park Opening Free Dinner
First Baptist Church, 5:30 p.m.

MONDAY, APRIL 20
Karaoke Night
Wild West Saloon, 8:30 p.m.

MONDAY, APRIL 27
Karaoke Night
Wild West Saloon, 8:30 p.m.

Kindergarten - 5th grade
First practice:
May 5, 4:00 p.m. at Community Park Softball fields
Registration:
Contact Darcy: darcy@hpmmontana.com

More Information:
Contact John: mjromney@gmail.com

Earth Day: April 22 / Earth Week: April 19-25

Montanans have observed Earth Day since its inception in 1970. These events and celebrations have taken many forms, from festivals and fairs to quiet observations. A statewide list of Earth Day community events and celebrations can be found online at dot.gov/earthday.ecpx.

The Department of Environmental Quality along with SMART Schools will host informational displays in the Capitol Rotunda on Wednesday, April 22 from mid-morning through early afternoon.
BY BLYTHE BEAUBIEN
LONE MOUNTAIN RANCH PR MANAGER

BIG SKY – Nick Steen has been honing his culinary skills at Big Sky’s Lone Mountain Ranch since 2013. Steen, LMR’s Executive Chef, will return to his Billings roots this spring for the Montana State University-Billings Foundation’s Wine and Food Festival, May 11–16 at multiple locations in Billings.

Steen, a Billings native who was named one of the 2014 Top 10 Chefs in the Northwest by “The Culture Trip” website, will headline the week’s opening event on May 11 at 6 p.m., at The Rex in historic downtown Billings. The theme of the guest chef dinner is “Modern Montana” and will showcase new cooking techniques as well as flavors reminiscent of Montana’s culture. Steen will partner with David Maplethorpe, Executive Chef at The Rex, for an evening of culinary indulgence for a cause.

This is the 23rd year for the MSUB Foundation’s Food and Wine Fest and last year’s event raised $311,000. The foundation advances the goals of MSUB through the solicitation, investment, and stewardship of financial support for the university. The foundation also promotes philanthropy, campus and community partnerships, and educational opportunities.

“This event has grown significantly throughout the years, and I am honored to take part in something that gives back to the university and the surrounding community” Steen said. “I’m really excited to show the unique style of cooking that I’ve learned in various restaurants to the foodies in my hometown.”

Visit winefoodfestival.com to learn more about the MSUB Foundation’s Food and Wine Fest and to purchase tickets.
Cancer fundraiser fashion show at Hilton Garden Inn

May 2

BIG SKY – Fashion for a cause hits the runway at the annual Pediatric Cancer Fundraiser Fashion Show, “Derby and Tea for the Bozeman 3,” at the Hilton Garden Inn on May 2 from 12-2 p.m.

Hosted by Coravelli Modeling Agency, the fundraiser will feature a lunch prepared by Chef Ty Sloan of Big Sky Resort, Kentucky Derby viewing with a contest for the best Derby hat, and a raffle and silent auction.

Event proceeds will benefit The Bozeman 3, a nonprofit supporting Gallatin Valley children diagnosed with cancer. The Bozeman 3 was inspired by three kids with three different cancers and united by one home, Bozeman.

At 4-years-old, Allistaire Anderson was diagnosed with Acute Myeloid Leukemia; Caden Shrauger was diagnosed with High Risk Neuroblastoma at age 6; and Stella Blue Woods was diagnosed with Anaplastic Wilms Tumor at age 7.

“As a cancer survivor myself, during a couple of treatments with the children, I realized those kids are, and always will be, heroes. Big heroes,” said Denise Coravelli, owner of Coravelli Modeling Agency.

“One of CMAs missions was to do a major fundraiser every year,” Coravelli said. “We just didn’t know what for and I wanted to keep it local. Once we found out about Caden, Allistaire, and Stella Blue, it was a no brainer.”

Call (406) 599-9550 for event tickets or more information.

EVENTS

April 17 - 30, 2015

41

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Québec quartet Le Vent Du Nord to perform in Bozeman

HEARTH PR

BOZEMAN – Premier French-Canadian band Le Vent Du Nord is performing at The Ellen Theatre in Bozeman on April 30. Known for blending traditional Québécois roots music with modern sounds of Montreal’s fiercely independent youth, the ensemble subverts old traditions to make powerful statements about Quebec today.

Since Le Vent Du Nord’s founding in 2002, the quartet has racked up several prestigious international awards, including two JUNOS, two Canadian Folk Music Awards, one Grand Prix du Disque Charles Cros, and Artist of the Year at Folk Alliance International’s annual gala.

Têtu, the band’s eighth album, was released March 31 and buzzes with heavy grooves while leaving room for good times, smiles and honesty. It proves that Le Vent du Nord is dedicated to making exceptional music and holding steadfast to their roots while remaining uncompromising in their identity as movers and shakers in the tradition.

From the opening atmospheric “Noce Tragique,” to the biting politics of “Confédération,” to the moving “Pauvre Enfant,” the new opus contains 15 tracks covering politics, love and satire, plus a number of foot-stomping dance tunes.

The band couples stripped-down a cappella singing with sophisticated arrangements including a string quartet, and their music is getting sharper, more refined, and more thoughtful.

“Le Vent du Nord are the genuine article: a vibrant, big-hearted slice of Québec, happy banter and all,” reported the Glasgow-based Herald Scotland newspaper in January. “It would be a stony-hearted listener indeed who wasn’t charmed.”

Visit theellentheatre.com for tickets.

Spiders, sex and jumping off mountains

Pecha Kucha returns to the Ellen Theatre April 21-22

PECHA KUCHA BOZEMAN

BOZEMAN – Pecha Kucha (“pech-chak-cha”) was created by a Tokyo architectural firm in 2003 as a means for anyone with a passion or a vision – designers, artists, inventors, architects, adventurers, and entrepreneurs – to share their ideas with the community.

Events are now held in more than 800 cities around the world, and Pecha Kucha returns for the 15th time to The Ellen Theatre in Bozeman April 21-22.

Designed as a fast-paced, social get-together, presenters can only show 20 images or slides, each for 20 seconds – for a total of 6 minutes, 40 seconds. The 20x20 format was designed to prevent creative types from going on for too long, and it offers a structured, but relaxed way for people to showcase their work.

Featured presenters this spring include Laurie Kerzicnik on the allure of spiders; Billy McWilliams – owner of Bozeman-based Erotique – with a PG-rated presentation on sex in Bozeman from 1981-2015; and Jeff Schlabs with “Just Wing It” – a discussion on a life jumping from high places, culminating in a wingsuit jump from 10,000 feet in Glacier National Park.

Topics from other presenters range from Montana State University Bobcat football and a 2-wheeler biker chick, to the history of ceramic arts in Montana and a story about the “Montana ethic.”

Each presentation will be featured both nights, and Broad Comedy stars and local personalities Cara Wilder and Missy O’Malley will each emcee one night.

Doors open at 6:30 p.m., with the first presentation starting at 7:20 p.m. Visit pecha-kucha-bozeman on Facebook, or email pechakuchabozeman@gmail.com for more information. Advance tickets are available online at theellentheatre.com, as well as at the box office and door, space permitting.
The 2014/15 Winter Season wouldn’t happen without the generous support of many: let’s give them all a much deserved round of applause.

Our Fabulous Donors

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And of course, the Artists who brought the stage to life this Winter.

BRAVO!
BIG SKY – The first annual Shedhorn Ski Mo race brought 26 elite athletes to Big Sky Resort on April 11. The ski mountaineering course pitted racers against Lone Mountain’s big mountain terrain, and whipping winds that were gusting up to 70 mph. The 16-mile course involved nearly 9,000 feet of vertical gain, descents down the Big Couloir, Doby’s Couloir and the Headwaters Cirque, as well as an ascent up the Kirchner Cliffs on a fixed line.

“The first climb [up Alto Ridge] was intimidating with the wind,” said Tom Goth from Salt Lake City, Utah. Goth placed first with a time of 3 hours, 57 minutes and 19 seconds. “I think it’s a really well-laid out course. The Big [Couloir] was skiing incredible.”

This year’s event was by invitation only, but race directors hope it will be a yearly event, opening registration to the general public next spring.

“We have always wanted to celebrate the grandeur of Lone Mountain, with an event that encompasses skier ability and endurance,” said Big Sky Resort ski patroller Noah Ronczkowski in a press release. The event was the brainchild of Ronczkowski and fellow patroller Casey Heerdt.

Second-place finisher J. Marshall Thomson from Crested Butte, Colo., said he competes in 15 or 16 ski mountaineering events every winter and was impressed with the course.

“I’ll be back,” Thomson said. – T.A.
April showers bring May flowers – but April also brings Blue Winged Olives, spring stoneflies, March Browns and Drakes, and the renowned Mother’s Day caddis hatches. For me, April means the skies are put away, I’m in daily communication with guides and fly shops for local information, and the potential for epic river days truly exist.

As Big Sky takes a breath at the end of ski season, hardcore anglers welcome the unofficial start of dry-fly fishing. The high-mountain snowmelt stays put, for now at least, and pre-runoff conditions exist on most local rivers, an ideal recipe for hatches and hungry trout seeking tasty surface meals.

Here are the hatches to be matching over the next few weeks:

**Blue Winged Olives.** This is a general term for an olive-bodied mayfly with blue wings. Blue Winged Olives – or “BWOs” if you want to sound like an expert – make up the family Baetidae. That’s Latin for “What you don’t need to know to catch fish.” BWO nymphs are abundant in most of our area rivers. For springtime angling, fish BWOs in sizes 14-16. They hatch midday, and sometimes later in the afternoon if the previous night was cold.

If the forecast calls for an overcast, calm and drizzly day, expect a very good hatch. BWOs in sizes 14-16. They hatch midday, and sometimes later in the afternoon if the previous night was cold.

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**Skwala, nemoura, capnia, and black stoneflies.**

For years, fishermen on the west side of the state have known about the early season skwala stonefly emergence. Only recently have anglers in our region been turned onto it. Although our early season stoneflies aren’t out as long as those in warmer parts of the state, these offer an opportunity to anglers wishing to cast bigger dry flies.

Skwala stoneflies are size 10-14 and a dark-bodied pattern is the best imitation. Nemoura stoneflies are small, and best imitated with a black to reddish-black fly in a size 16-18 – I like a Royal Stimulator or a Stimi-Chew Toy. Capnia stoneflies are similar to nemoura, and often referred to as “snow flies” because they tend to hatch during spring snowstorms.

**March Browns and Drakes.** Although not as common as BWOs and caddis, these bugs are noteworthy, large mayflies. Often in size 10, they hatch sporadically on most of our rivers. Similar to BWOs they hatch later in the day, but typically not in a large emergence. Drakes in April will most likely be gray, as the green ones appear later in May or June. Most larger Parachute mayfly patterns in size 10 and 12 will work.

**Mother’s Day caddis.** We are weeks away from Mother’s Day, but the fish don’t know that. Plus, with our warmer-than-average spring, caddis on our local rivers might pop sooner than expected. The Mother’s Day caddis hatches on the Lower Madison and Yellowstone rivers are well-known events, but they’re very difficult to plan for – like most hatches, they’re entirely weather dependent. Because it’s dam controlled, the Lower Madison is less susceptible to runoff than the Yellowstone, making the caddis hatch a little easier to fish.

On the Yellowstone, warm weather is a blessing and a curse. Warm water temperatures are needed to kick-start the hatch; however, runoff commences if it’s too warm. The ideal scenario on the Yellowstone sees daytime highs in the mid to upper 60s F – even a day in the 70s – but nightly lows must hover around freezing. I prefer fishing a two-fly rig for most early season caddis situations and will tie a higher-floating fly first, such as a Goddard caddis or Bloom’s HiVis, trailed with any CDC emerger pattern – my favorite is a CornFed Caddis.

With ski season coming to a close and Big Sky going into snooze mode for a few weeks, dry fly anglers will rejoice in the available opportunities. Our spring hatches are also ideal for those needing a break – most hatches occur midday or later, so there’s plenty of time for extra sleep, or one more cup of Joe before heading out.

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 and along with a business partner, operates a guide service on the Missouri River.
American Life in Poetry: Column 525

BY TED KOOSER, U.S. POET LAUREATE

Here’s a fine poem about two generations of husbands, by Paulett Hansel of Ohio.

Husbands
By Paulett Hansel

My mother likes a man who works. She likes my husband’s muddy knees, grass stains on the cuffs. She loved my father, though when weekends came he’d sleep till nine and would not lift his eyes up from the page to move the feet she’d vacuum under. On Saturdays my husband digs the holes for her new roses, softening the clay with peat and compost. He changes bulbs she can no longer reach and understands the inside of her toaster. My father’s feet would carry him from chair to bookshelf, back again till Monday came. My mother likes to tell my husband sit down in this chair and put your feet up.

Spring in the backcountry
A look at late season snow conditions

STORY AND PHOTOS BY ERIC KNOFF
EXPLORE BIG SKY CONTRIBUTOR

Spring skiing can be some of the best of the season. Good snow coverage, warmer weather and more predictable snow stability – at times – can lead to unmatched conditions. But spring can also hold avalanche hazards not encountered during the colder days of winter.

As snowpack and weather transition into warmer and wetter patterns, there are a number of variables to pay attention to.

Two factors that influence stability are terrain and aspect. Typically, loose, wet avalanches occur earlier in spring days on southerly aspects due to the impact of solar radiation. This type of instability then moves to east-, west- and potentially north-facing slopes as the day progresses.

Using different aspects to your advantage is a great way to enjoy spring riding conditions and avoid rising instability. However, changing aspect isn’t always a surefire way to avoid unstable conditions. Numerous other factors influence snowpack stability in springtime.

One significant factor is temperature. As temps warm above freezing, surface layers of the snowpack begin to melt. If temperatures drop below freezing, this process is slowed, allowing the snowpack to adjust to these changes. However, a large influx of free-moving water can be introduced into the snowpack if temps stay above freezing for multiple days in a row. This can create widespread instability and dangerous avalanche conditions.

I typically don’t trust a snowpack that hasn’t experienced a freeze in the last 48 hours or longer. This is especially true if it’s the first time of the season the snowpack is enduring a prolonged period of above-freezing temperatures – both day and night. I also don’t trust wet snow that’s deeper than my boot top, which is a clear indicator that surface conditions are becoming unstable and wet-snow avalanches are likely in steep terrain.

If temperatures stay above freezing for an extended period of time, the snowpack can become isothermal – when the entire snowpack reaches 32°F. In isothermal conditions, the structural integrity of the pack begins to break down, making wet-snow avalanches likely. Typically during spring skiing, it’s best to get an early start when the snowpack is frozen and stable, and be off the slopes by the heat of the day.

The season’s snowpack structure also plays a significant role in springtime avalanche danger. A major contributing factor to springtime avalanches, particularly wet-slabs, is the presence of buried, persistent weak layers. PWLs include depth hoar, surface hoar and near-surface facets. The presence of PWLs can produce dangerous conditions months after these layers form and are buried. Depth hoar, or faceted snow near the ground, is the most notorious weak layer for producing large wet-slab avalanches.

Fortunately, none of these PWLs exist in the snowpack this spring, mainly due to the region’s above-average temperatures and below-average precipitation this winter. PWLs are formed under strong temperature gradients, which are typically created during long cold snaps. Without prolonged periods of cold weather, the snowpack wasn’t plagued by buried, persistent weak layers.

But springtime avalanches still occur without buried PWLs. A common problem during warm spring weather is wet, loose avalanches, or sluffs. This form of avalanche is typically less dangerous than wet slabs. However, sluffs can entrain large volumes of snow capable of carrying or burying a skier or rider.

A look at late season snow conditions

Wet sluffs generally start at a single point, but fan out as they move downhill. In steep terrain, these avalanches can travel long distances and pick up significant volume and speed. During the right conditions, this type of avalanche can travel into lower angle or flat terrain, and you must be aware of your terrain selection when traveling beneath avalanche-prone slopes.

Wet-snow avalanches in spring typically occur during prolonged periods of warm and dry weather. This is generally the opposite of mid-winter avalanches, which tend to occur after periods of heavy snowfall.

If you’re planning on spring riding, pay attention to changing snowpack and weather conditions. Staying current on snowpack structure and temperature fluctuations is the best way to stay on top of – rather than being buried under – the snow during the spring riding season.

Eric Knoff is an avalanche forecaster for the Gallatin National Forest Avalanche Center. He’s been a public forecaster for the past six years, and an avalanche forecaster during the Going-to-the-Sun Road plowing operation in Glacier National Park the past four springs.

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