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PUBLISHER

Eric Ladd

EDITORIAL

MANAGING EDITOR Joseph T. O'Connor

SENIOR EDITOR/ DISTRIBUTION DIRECTOR Tyler Allen

ASSOCIATE EDITOR Maria Wyllie

EDITORIAL ASSISTANT Jacob Osborne

CREATIVE

CREATIVE DIRECTOR Kelsey Dzintars

GRAPHIC DESIGNER Taylor-Ann Smith

VIDEO DIRECTOR Brian Niles

PHOTOGRAPHER/VIDEOGRAPHER Wes Overvold

SALES AND OPERATIONS

CHIEF OPERATING OFFICER Megan Paulson

DIRECTOR OF SALES E.J. Daws

ACCOUNT MANAGER Katie Morrison

ACCOUNT COORDINATOR Maria Wyllie

MEDIA AND EVENTS DIRECTOR Ersin Ozer

ACCOUNTANT Alexis Deaton

CONTRIBUTORS

Katie Alvin, Marianne Baumberger, Johanne Bouchard, Jackie Rainford Corcoran, Sheila D'Amico, Ted Kooser, Scott Mechura, Heather Morris, Micah Robin, Anya Krugovoy Silver, Patrick Straub, Mark Wehrman, Amy Wiezalis

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ON THE COVER: Amy Wiezalis charges on the North Fork Loop during an evening ride on July 2. Check out her guide to the trail on page 43. PHOTO BY TYLER ALLEN

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What is this publication?

Explore Big Sky is **the local paper for Big Sky, Montana**, and a **news and lifestyle journal** for the **Greater Yellowstone Region**.











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Martha has been in real estate in Big Sky, Montana for approximately 20 years and she's been a full time resident since 1988! She's an entrepreneurial spirit and is Founder, Broker and Owner of Montana Living ~ Big Sky Real Estate - the top luxury boutique real estate firm in Big Sky, Montana. Her experience includes brokering the sales, marketing and launch of resort, residential, commercial and ranch sporting properties. Call Martha now and utilize her grass roots knowledge of Big Sky for purchasing or selling your real estate.



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39 Swift Bear Road is a stunning, one of a kind 5 bed 6 bath custom Durfeld log home in the Cascade Subdivision of Big Sky's Mountain Village! This exceptional ski in/ski out mountain home sits on 1.572 acres with a year round stream and is adjacent to open space. Main house contains 3 bedrooms and 3.5 baths. In addition there is a 1,500 square foot guest apartment with 2 bedrooms 2 baths plus a loft. Also has Tulikivi Finnish soap stone fireplace, gourmet chef's kitchen, custom designed furnishings, outdoor hot tub and a beautifully landscaped yard!



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Gorgeous 3 bed 3 bath log home with separate office, library, and a finished basement including media room, workout room and kids game room. This stunning property also has an amazing 1 bed 1 bath log guest cabin, and either property can be rented short or long term. Walking distance to the Gallatin River, this home is very attractive to fisherman. Horse owners will love it as it is equipped with a horse corral and has several adjacent horse trails. Remodeled with chef's kitchen, this home is energy efficient with a soapstone wood-burning fireplace that can heat the entire dwelling!



ELKRIDGE 33

Offered for \$6,400,000

862 Elk Meadow Trail, an elegant 6 bed, 9bath Spanish Peaks Mountain Club ski in/out country manor perfect for entertaining! Spectacular mountain views will be appreciated from every room of this majestic home. This residence is approximately 9,000 square feet and has 6 en suite bedrooms allowing comfort for both family and guests. Home theater, cigar room, chef's kitchen, private office with hidden door to master bedroom, 3 laundry rooms, large outdoor hot tub, and a recirculating creek that circles the home are just some of the features of this one of a kind property! Club membership required.



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Offered for \$735,000

Crail Ranch Condominium, Unit 110, is a centrally located 4 bed 2.5 bath beautifully appointed and well maintained condominium that overlooks the historic Crail Ranch Homestead and is adjacent to the Big Sky golf course. In winter, avid cross country skiers will love the short walk to the groomed trail system. This unit is walking distance to restaurants, shops and the Big Sky Chapel. Crail Ranch 110 makes for a wonderful primary residence or a highly desirable rental property for either long or short term rentals. This is a wonderful opportunity to own an investment property in Big Sky!



YELLOWSTONE PRESERVE

Offered for \$39,900,000

Yellowstone Preserve is a collection of 9 homesites totalling 1580 acres with 2.5 miles of adjacent boundary with Yellowstone Club, 1.2 miles of the Southfork of the Gallatin River and over a mile of adjacent border with National Forest - all accessed off the private YC road. Recreate on your own property with private access into Gallatin National Forest. You can build an executive retreat or family compound and put the remaining densities into a conservation easement or sell each parcel individually - own it privately or pull together a consortium of yo



ANCENEY RANCH

Offered for \$6,900,000

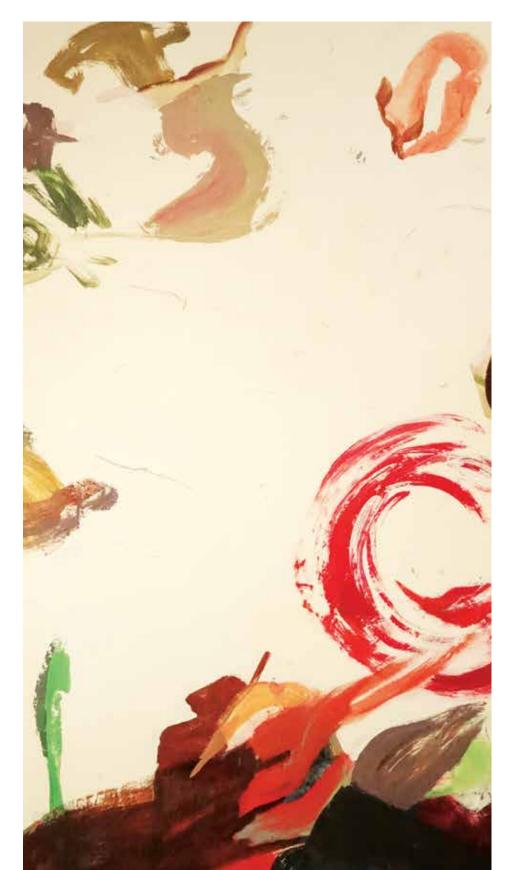
An original homestead in Big Sky and one of the finest sporting properties available in Montana, Anceney Ranch sits on 83 prime acres of forest, springs and meadows. With almost a mile of the legendary Gallatin River frontage and multiple spring-fed trout ponds, this is the ideal place for the fishing enthusiast. The land is surrounded on three sides by the Gallatin National Forest. Anceney Ranch has 7 total bedrooms and 6 total baths with a main house, guest cabin and a caretakers' home along with a horse barn. There aren't enough adjectives to describe how incredible this property is!

Martha Johnson

Owner | Broker

Martha@BigSkyRealEstate.com | 406.580.5891





Babbie Burrows "Red Rock, Green Vertical" Acrylic on Canvas 48 x 36



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News from our publisher, Outlaw Partners

Outlaw scholarship winner jet setting this fall

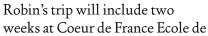
BY TYLER ALLEN EBS SENIOR EDITOR

BIG SKY – The 2015 recipient of the Outlaw Partners Friends of Big Sky Education scholarship is going places.

Micah Robin graduated from Big Sky's Lone Peak High School on June 6, and in addition to the \$1,000 Outlaw scholarship was awarded a \$1,000 Consign-

ment Cabin FOBSE scholarship. The financial assistance will help offset his tuition to Colorado College once he arrives for the spring 2016 semester.

First, Robin has some exploring to do. The Big Sky native will leave Montana Aug. 22 and spend the fall in Europe, taking a language class in France and a wilderness medicine course in Norway. He got his first taste of Europe last summer while spending a week in the Netherlands and four weeks in France.





Micah Robin poses in front of his parent's store The Hungry Moose, where he's working this summer. PHOTO BY TYLER ALLEN

Langues in Sancerre, located in the upper Loire Valley in the central part of the country. There he'll be immersed in the French language as well as the culture of the world-renowned wine region.

Robin got a head start with his linguistic education during his junior year, when he took a Rosetta Stone French course because LPHS doesn't offer classes in the discipline.

The 18-year-old will also take a 10-day Wilderness First Responder course in Flåm, Norway, at the mouth of one of the country's dramatic fjords. His attraction to beautiful places such as Flåm helped him earn the Outlaw scholarship.

"I went to Beehive [Basin] one day after school around sunset, and took photos of Lone Peak and Fan Mountain," Robin said. This was in March while he was interning with Chris Kamman of Big Sky's Skylab Media House.

"Outlaw was the only [scholarship] with an additional segment. All the others had the same questions," he said. "You could write an essay, do film or use photos. I had these photos I'd taken and thought this was the perfect thing to use them for."

Robin is undecided about his course of study at Colorado College, but says that film and media intrigue him.



Lone Peak photographed from Beehive Basin, one of five photos that helped Robin win the Outlaw Partners FOBSE scholarship. PHOTO BY MICAH ROBIN

TEDD committee holding town hall meeting

BY JOSEPH T. O'CONNOR **EBS MANAGING EDITOR**

BIG SKY - Forming a Targeted Economic Development District through Tax Increment Financing has been a topic of conversation in Big Sky for the past year. Now, a local group is taking steps to inform the community about the concept.

The Big Sky TEDD Committee, a subgroup of the Big Sky Chamber of Commerce, will hold a town hall meeting at the end of July to discuss TEDD and TIF, tools that could work together to add value to Big Sky by developing a district to supplement public infrastructure and encourage economic development in the area.

The public meeting, to be held in the Big Sky Chapel at 3 p.m. on Thursday, July 23, will be hosted by the chamber, and will also explore workforce-housing opportunities, among other chamber updates.

It's the first of a number of meetings the committee is planning in order to explain a complex concept to Big Sky residents, according to TEDD Committee member Kevin Germain.

"The whole point [of a TEDD] is to attract value-added industry to help diversify the Big Sky economy," said Germain, who also sits on the chamber board and is the vice president of planning and development for Lone Mountain Land Company. "Currently, we're almost 100 percent tourism based, and we want to bring [other] industries in."

Three groups working with the committee will present findings at the meeting. Northern Rocky Mountain Economic Development District is surveying businesses in southwest Montana that are considered value-added industries, Germain said.

The surveys will help tailor an infrastructure deficiency report, part of a comprehensive development plan the committee hopes to present in the fall to both the Gallatin and Madison county commissions, which will ultimately decide on the implementation of a TEDD in the Big Sky area.

Bozeman's Thinktank Design Group will be present at the meeting to discuss progress its founders are making on the comprehensive development plan, which will map out both infrastructure deficiencies and potential improvements.

CedarHouse Partners, a Kalispell-based investment group, will present findings on two scopes: the impacts a TEDD might have on taxpayers outside the district, and the impacts to Big Sky's existing taxing districts including Big Sky's Water and Sewer District, and fire and school districts, among others.

"This will be the first town hall meeting," Germain said, "and we'll start at the beginning."

The committee hopes to have up to three more public-engagement meetings this fall.

Wildfire bits and pieces

BY MARIANNE BAUMBERGER U.S. FOREST SERVICE

Three factors influence wildfire behavior: weather, topography and fuel.

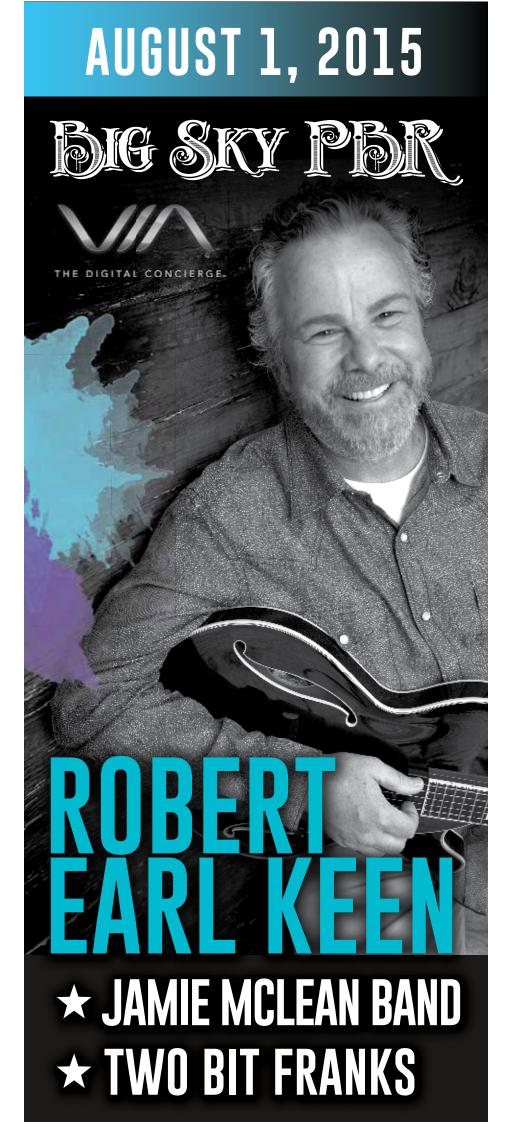
These elements affect and increase the likelihood of a fire starting, the speed and direction at which a fire will travel, the intensity at which it burns, and the ability to control and extinguish it.

Just because it's cool and rainy today doesn't mean that tomorrow, when the wind starts whipping and the temperature is high, your campfire will not come back to life and start a wildfire.

Fuel in a wildfire consists of live and dead vegetation, such as trees, shrubs, grasses and their leaves and needles. It can also include structures. The amount of fuel, its moisture content, arrangement, and other characteristics will influence how the fire will behave.

Please be careful, keep your campfire away from vegetation, and always leave your campfire dead out, stirring with water and leaving it cool to the touch.

As of EBS press time on July 8, the fire danger in the forest on the Bozeman and Hebgen Lake Ranger Districts is MODERATE.



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A portion of all Aug. 1 ticket sales to benefit the Big Sky Community Food Bank

Local hardware store moving after 30 years

STORY BY JOSEPH T. O'CONNOR EBS MANAGING EDITOR

BIG SKY - At a groundbreaking ceremony on June 30, Big Sky revelers toasted plastic cups of champagne while the local hardware store owner and his staff posed for photos with golden shovels.

The event kicked off construction of a new building for Ace Hardware – Big Sky, which is moving after 30 years, upgrading its real estate in terms of location, services and scale.

The hardware store will relocate to the north side of Lone Mountain Trail east of the Water and Sewer District's holding ponds.

Designed at 13,536 square feet, the new building will more than double the size of the existing store, which is tucked behind Conoco and Grizzly Outfitters on the River, just south of the Big Sky turnoff on Highway 191.

Owner Kevin Barton says the new location will provide exposure to builders driving up Lone Mountain Trail en route to job sites in Big Sky, Spanish Peaks Mountain Club, Moonlight Basin, and the Yellowstone Club.

"It puts us on the direct route contractors take to the majority of Big Sky buildings," said Barton, who's operated Ace for 23 years. "We'll expand every category and bring in new departments we've never had room for."

A local ownership group comprised of Scott and

Pam Altman; Andrew and Suzanne Schreiner; and Scott and Martha Johnson own the 16-acre parcel where the new Ace building is being constructed, and will lease a portion of that land to Barton. The rest of the property will be divided between Big Sky Vacation Rentals and several entities yet to be determined, as well as workforce housing.



The crew of Ace Hardware – Big Sky raises a glass on June 30 at the groundbreaking ceremony for the store's new location along Lone Mountain Trail. PHOTO BY JOSEPH T. O'CONNOR

The east end of the parcel is zoned for commercial employee housing, which refers to housing set aside for employees of any Big Sky employer, and plans include 39 four-bedroom units, according to Scott Altman, also a sales associate with Montana Living, Big Sky Real Estate.

The new Ace Hardware – Big Sky is slated for completion in October and will be fully operational by Nov. 1, Barton said.

Locals Fishing Report from Gallatin River Guides

Brought to you by Jimmy Armijo-Grover, General Manager



Summer is in full swing for fly fishing in Big Sky Country! With increasing daytime temps many are heading to the river to cool off and chase some trout. July is one of our favorite months to fly fish in Montana, so get it while it's good.

Dry fly fishing on the Gallatin has been best during the first half of the day and late into the evening. Mostly Caddis and smaller stones like Little Yellow Sallies. We'll start to see more hatches of PMDs and other summer Mayflies soon. During the afternoon

when the sun is beating down on the river you'll have to switch to nymphs or find the rare stretch of shady bank to keep fish on the end of the line.

The Upper Madison has been fishing great. Mostly Caddis and PMDs, but there is a wide variety of bugs hatching out there. As with everywhere else the dry fly fishing will be best early and late. As water levels drop and temps increase finding the right bugs might be a bit more challenging than usual. One theme we can probably expect for the summer is success will be found with smaller flies. Keep a variety of patterns in your box and keep changing until you find something that works. Don't be afraid to start thinking about flies in the 18-22 size range.

It's been a great season so far for the Yellowstone. Fishing in the Paradise Valley up around Emigrant and Gardiner has been great all the way down to Big Timber and Columbus. Dry fly fishing is usually best south of Livingston and the further up you go the better it usually gets. Big attractors like Chubbies and Stimulators are usually good, as well as Caddis and smaller attractors.







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What is your favorite restaurant in Bozeman, and why?



Alice Buckley, Bozeman, Mont. Project Manager, Future West

"Bridger Brewing has to take the cake. It's the very first restaurant I ate at in Bozeman, which is fitting because it captures everything that's great about the restaurants in this town – good food, good beer, good people, and good times."



Bergen Hill, Bozeman, Mont. Ascending ninth grader at Bozeman High School

"Ale Works. The quality of the food is really nice; they cook the dishes really well there. I love their mac and cheese."



Monica Eck, Big Sky, Mont. Owner, Monica's Salon & Day Spa.

"Right now it's Saffron Table. Great atmosphere, great food and a fun cultural experience."



Becky & Jerry Pape - Broker/Owners

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FIRELIGHT CHALET 361 - There are only two Firelight Chalets currently listed for sale. This spacious 2,136 sf 3 bedroom/3 bath chalet is the only loft unit available. This sunny, very comfortable unit is attractively furnished & buyers will love the open concept floor plan. \$379,900 MLS 203720



Big Horn condo is in outstanding condition! This condo is an end unit with numerous upgrades, hardwood floors, new kitchen layout, a great floor plan, and plenty of storage space. Sold furnished. \$499,500 MLS 206465



MEADOW VILLAGE BLK5, LOTS 23 & 24- These 2 side-by-side Little Coyote lots have million dollar views because they're located above the road at the top of the hill. Buy one lot or both & you'll have over 1/2 an acre with room for a terrific home. \$168,900 (each) MLS 188524 & 188525



2000 LITTLE COYOTE - This utterly charming custom remodeled ranch-style 1,961+/- sf 3BR/2B home with a large lot is perfectly located at the edge of the meadow open space. This sunny south facing home captures the magnificent mountain view. **Unfurnished at \$549,000 MLS 202531**



TBD MILKY WAY, GALACTIC PARK - This .56+/-acre stunning lot on the outskirts of Bozeman is a hidden gem! It's tucked away in mature trees w/a babbling stream along the back of the property & a small pond. \$189,000 MLS 200907



BUCK RIDGE RANCH, LOT 26A - This 39.875+/- acre estate-sized property is simply exquisite. There are open meadows covered in wild flowers fringed by spruce & pine trees perfect for your homesite and an enchanting year round stream. \$749,000 MLS 193029



LOST TRAILS - This 20 acre tract located half-way between the Meadow & Mountain Villages offers panoramic views of the Spanish Peaks & the Gallatin Range. If you want land that is easily accessible & private you'll be enthralled by this property. \$499,500 MLS 196234



JUST LISTED - PRIME CANYON COMMERCIAL 2 commercial buildings located on 1.027 acres Building #1 has 3,230 sq. ft. Building #2 has 5,808 sq. ft. Great Investment with a good cap rate



BEAVER CREEK LOT- This beautiful 20+/- acre Beaver Creek lot with sweeping views of this lovely water shed is the ideal setting for your home away from home & your horses are welcome with a corral & well for their comfort. The gated road insures quiet living. \$349,000 MLS 192327



ELKRIDGE LOT 3 - Enjoy Western living at its finest on this 20 acre tract. A rare find in exclusive Elk Ridge Ranch. This lot has breathtaking views of Lone Mountain, Pioneer Mountain, & the Spanishe Peaks. Horses allowed seasonally. **\$398,000 MLS 203306**



28 NORTH - The breaktaking views from this 11.29 acre lot located just below Mountain Village make this an incomparable property. Head on views of the ski runs, just minutes from the ski hill, and only a short ride to the Meadow Village amenities. **\$749,000 MLS 194811**



BIG HORN 34- This perfectly located & spotless 3BR/3B 1,595 sf Big Horn chalet has outstanding views and ski-in/ski-out access next to the Poma lift. There's a single car attached garage, wood burning fireplace, and it's sold fully furnished. \$495,000 MLS 202360





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First annual Harbor DeWaard scholarship awarded

BIG SKY – Jayden Jacobson, an ascending fourth grader at Big Sky's Ophir School, was awarded this month the first annual Harbor Kingston De-Waard Camp Moonlight Community Service Award.

The award provided Jacobson a full scholarship this summer to Camp Moonlight, which runs July 27-30 and Aug. 3-6 for children ages 4-13.

The award's namesake is six-year-old Harbor DeWaard who died in January. DeWaard was a past Camp Moonlight attendee, and a volunteer at the Big Sky Community Food Bank.

"Harbor DeWaard was a shining light in Big Sky – a little boy who valued community service and helping others," according to the award description on the Camp Moonlight website. "An adventurous soul, Harbor loved exploring the bottom of rivers, the top of Lone Peak and everything in between ... [he] was one of the brightest stars to shine at Camp Moonlight."



Jayden Jacobson and Jeremy Harder pose with Jacobson's application letter that won her the first annual Harbor Kingston DeWaard Camp Moonlight Community Service Award. PHOTO BY HEATHER MORRIS

Jacobson wrote about her commitment to community service, including organizing a cleanup of the West Fork of the Gallatin River with her second grade class and Jeremy Harder's fourth grade class.

Harder is also the Camp Moonlight director and said, "Our motto is, 'Good things happen outdoors."

Jacobson and the other 130 campers this summer will experience archery; fishing; horseback riding; art; Native American activities like drumming and storytelling; and a team-building adventure course, among other activities. – *T.A.*







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BSCC's Wiese steps down, makes way for new executive director

BY JACOB OSBORNE EBS EDITORIAL ASSISTANT

BIG SKY – The future of Big Sky recreation is changing hands from one Bobcat to another.

After serving as the executive director of the Big Sky Community Corp. for nearly four years, Jessie Wiese is stepping down this month. Taking her place will be Oregon native and fellow Montana State University alumna Ciara Wolfe.

BSCC is a nonprofit organization that collaborates with both public and private entities to build and maintain recreational resources for the enjoyment of Big Sky residents and visitors.

Among other projects during her tenure, Wiese oversaw the completion of the 45-acre Big Sky Community Park, a recreation complex equipped with a skatepark, climbing boulders, tennis and basketball courts, multi-use fields and two baseball diamonds.

"She's very motivated," said BSCC Board Chairman Herb Davis of the outgoing executive director, "and she is very passionate about trails, recreational opportunities, and the community."

Davis credited Wiese with developing the key relationship with Bozeman's Simkins family – which owns nearly 600 acres of land in Big Sky, including the Town Center tract – that allowed for the acquisition of 8 miles of trail easements in June 2013, an agreement that cleared the way for BSCC's current Community Center Trails project and the completion of the Hummocks and Uplands trails in August 2014.

Davis also praised Wiese for increasing BSCC's donor base, ramping up the organization's annual summer gala, and improving ties with the Big Sky Resort Tax Board.

Incoming Executive Director Ciara Wolfe is well aware of the strides Wiese has made.

"[BSCC] has a great reputation, so there's a lot that should be preserved and sustained," Wolfe said. "I don't have plans for changes ... I have plans of really listening and learning, and getting a good feel for what the needs [of the community] are."

After growing up in Medford, Ore., Wolfe moved to Bozeman and received a bachelor's in Earth Sciences from MSU. She lived in Bellingham, Wash., for five years after college, where she began her work with the YMCA.

Wolfe now also holds a master's in nonprofit management from Regis University, as well as an Organizational Leadership Certificate and a Fundraising Executive Certification.

After Wolfe and her husband Mike had their first child, they once again set their sights on Montana. Eight years ago, they returned to their old college town of Bozeman to raise their family, and Wolfe began working as the program director at the Montana Outdoor Science School.

Following that, she accepted an executive director position with the Park County branch of Big Brothers Big Sisters before landing again with the YMCA, this time as the associate executive director in the Gallatin Valley office.

Wolfe spent the last four years in this capacity before learning of the BSCC opening. For Wolfe and her family, it seemed like a rare opportunity.

"We really wanted to live in a tight-knit community, know everyone, and have that access [to the outdoors]," Wolfe said. "Then this job came up and it was literally the perfect alignment ... what a wonderful opportunity to take the skills I have and the experiences I've had, and then bring them up into Big Sky ... during such a pivotal time of growth."

Wolfe's considerable professional experience was an important selling point for Davis and the BSCC board when they hired her. "She brings a lot of energy and a lot of real understanding of what it's like to be at the helm of a nonprofit," Davis said. "She really is the ideal fit for us."



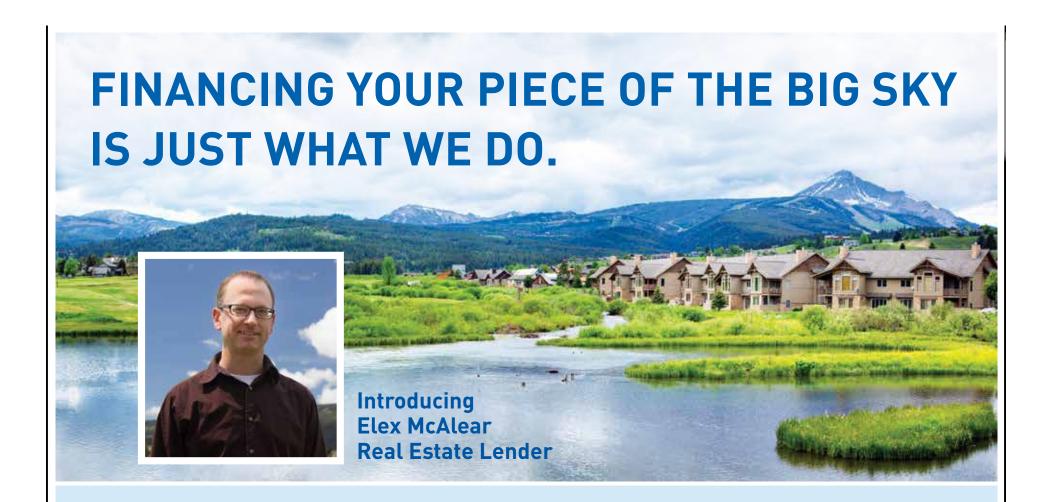
Ciara Wolfe, the incoming BSCC executive director, has lived in Montana for the past eight years and plans to move to Big Sky with her family in early August. BSCC PHOTO

Once they move to Big Sky permanently in early August, the Wolfes and their two young children will become the newest users of BSCC's varied resources: "We're big skiers, big mountain bikers, and we're on the river all the time," Wolfe said.

"I think BSCC is a critical component of that," she added, "making sure that recreation is accessible to everyone ... to get all ages, all abilities, all demographics outside and enjoying why we're all visiting or living [here]."

Wolfe begins working full time for BSCC on July 23, and will be in attendance at the Parks and Trails Gala on Aug. 8.



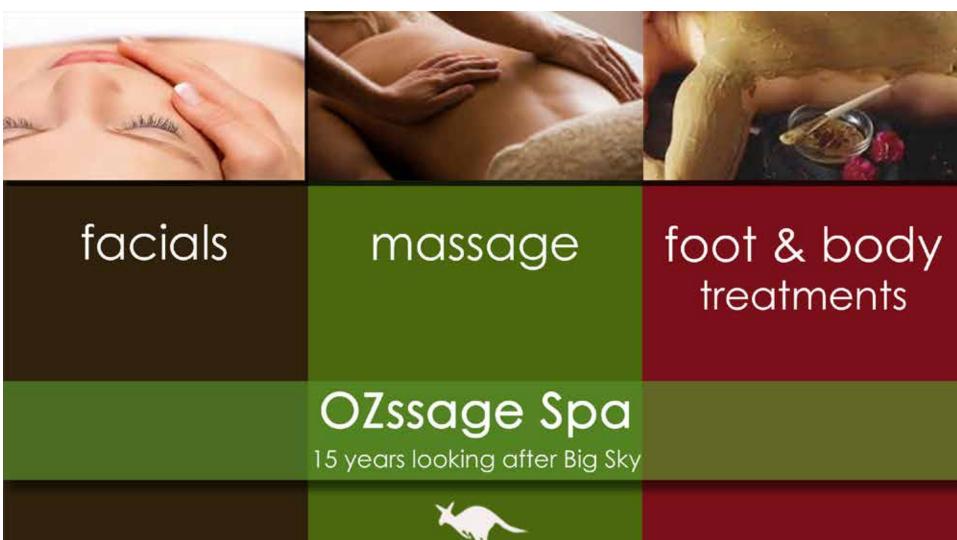




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Officials, community members cut ribbon on new East Belgrade Interchange



Trains will now pass over the new Patricia Abelin Memorial Bridge without affecting vehicle traffic. PHOTO BY JACOB OSBORNE

STORY BY JACOB OSBORNE EBS EDITORIAL ASSISTANT

BELGRADE – On the afternoon of June 26, a crowd of more than 50 gathered in the northern rim of a gleaming, freshly paved roundabout to celebrate the completion of an infrastructure project four decades in the making.

Hailed as a landmark improvement by officials across the state, the East Belgrade Interchange includes a new exit on Interstate 90 that will give travelers direct access to and from the Bozeman Yellowstone International Airport.

A second interchange in Belgrade will send vehicle traffic underneath a railroad running through the center of town. This junction is the only north-south crossing in Belgrade unaffected by train activity, an addition meant to reduce congestion and provide a safer, faster route for rescue vehicles moving from one end of town to the other.

"If you had any emergency calls [across] the tracks and there were stoppages," said Gallatin County Commission Chairman Steve White, "the best clinic on the planet couldn't have gotten to them."

Now, however, through the use of this "below-grade" avenue, trains and automobiles in Belgrade won't have to compete for the same stretch of roadway.

A mixture of public officials, planners, donors, construction professionals and interested citizens gathered in the shadow of the new underpass to commemorate the completion of a mammoth project that finished earlier than planned and under budget, according to White.

The ceremony began with an invocation from Chaplain Warren Heibert and proceeded for 45 minutes as White invited 10 different speakers to the podium.

Belgrade's Mayor Russell C. Nelson began the day by thanking all present parties on behalf of his town, which diverted \$2 million from its transportation budget to help fund an interchange project that is poised to have a tangible impact, not only on businesses and communities in Belgrade, but on the entire Yellowstone region.

Gallatin County also offered \$2 million for the initiative, and the Bozeman Yellowstone International Airport donated \$3 million of its own.

"This is the first project in Montana where a city, a county, and an airport have pooled money to help fund [it]," Nelson said in his address. "I encourage all to try the areas of the new Belgrade Interchange, and find the best way for you."

Ted Mathis from the Yellowstone Airport Authority Board of Directors lauded the interchange as a boon to Montana air travel, an industry that is growing rapidly. Bozeman Yellowstone International sees over a quarter of all passengers arriving and departing from the state and will for the first time this year serve over a million travelers, according to Mathis.

Kevin McLeary addressed the crowd on behalf of the Federal Highway Administration, Robert Morrison represented Morrison & Mairle, the project's chief engineering firm, and Josh Walter donned a hard hat and reflective vest to deliver a statement from lead contractor, Knife River.

Local planners first started imagining a version of the East Belgrade Interchange in the late 1970s, and the duration of this dream was a regular source of wit and cheer at the ceremony. "It's really been an enjoyable project to be a part of, and it's kind of nice to see it come to an end," Walter said, drawing chuckles from the crowd.

Mike Tooley, the Director of the Montana Department of Transportation, compared the project to Leo Tolstoy's epic tale: "If it were a novel, it would probably rival 'War and Peace,'" Tooley said.

After representatives for Congressman Ryan Zinke, Sen. Steve Daines, and Sen. Jon Tester read congratulatory letters aloud, the event moved into its final phase. Rick Griffith, the Chairman of the Montana Transportation Commission, came forward to dedicate the project to the late, former MDT Commissioner Patricia Abelin.

Abelin championed the East Belgrade Interchange from its earliest stages, and it is widely agreed among travel officials and those close to the project that without her vision and leadership, the initiative would never have succeeded.

Members of Abelin's family, including her 98-year-old mother, were present to accept commemorative plaques and christen the new "Patricia Abelin Memorial Bridge," a structure that will now carry trains above while cars pass underneath.

Though the interchange will bear Abelin's name, the ribbon-cutting ceremony was ultimately celebrating partnerships as much as individuals.

"It was great to see everybody who was in the trenches get recognized," White said. "This is one of those projects where you really can't point a finger at a single entity ... it was a global thing."

The East Belgrade Interchange opened to public traffic on June 30.

Native fish make comeback in Yellowstone creek

YFLLOWSTONE NATIONAL PARK

Grayling Creek in northwest Yellowstone National Park will once again be home to a population of its namesake fish, the Arctic grayling.

National Park Service crews this spring hatched nearly 100,000 grayling eggs in the upper reaches of Grayling Creek. Native westslope cutthroat trout are also being reintroduced, with nearly 700 fish and more than 10,000 eggs stocked in 2015, as of July 1. These introductions for grayling and westslope cutthroat trout will occur for at least three years in Grayling Creek.

The introductions are part of a concerted effort to restore a native fish community to the large, remote Grayling Creek watershed. The Madison River and its tributaries, including Grayling Creek, once held the southernmost population of fluvial – or river dwelling – Arctic grayling, a fish known for its large dorsal fin and iridescent color.

"Support by our agency and non-governmental organization partners, as well as funding through donations to the Yellowstone Park Foundation, are the reasons this large restoration effort has been successful, "said Todd Koel, leader of the park's Native Fish Conservation Program.



Fluvial Arctic grayling, like the one pictured here, and westslope cutthroat trout are being returned to the waters of Yellowstone National Park. PHOTO COURTESY OF NPS

Scientists in the 1890s described the fluvial Arctic grayling population as abundant, but by the 1950s the grayling, one of 11 fish native to Yellowstone, was virtually extirpated. At the time, only one original population of genetically-unaltered westslope cutthroat trout remained in the park.

Crews from the NPS, Montana Fish, Wildlife and Parks, the U.S. Fish and Wildlife Service, U.S. Forest Service and Turner Enterprises have worked in partnership for nearly a decade to create a large, secure refuge with 35 miles of stream habitat within the Grayling Creek watershed.

A natural waterfall was modified in 2012 to create a barrier that prevents nonnative brown and rainbow trout from invading the restoration area from downstream sources.

In 2013 and 2014, interagency crews treated the proposed restoration area with rotenone – an Environmental Protection Agencyapproved pesticide that targets fish – to remove all nonnative and hybridized trout. These treatments so far have been successful, as no brown or rainbow trout have since been found in Grayling Creek.

The primary source of fluvial Arctic grayling eggs is Axolotl Lake, a small lake near Ennis, where hundreds of Big Hole River grayling are held as a source for eggs. Montana FWP's Big Timber Hatchery oversees egg collection and rears them until they are ready to stock in the wild.

Westslope cutthroat trout eggs being reintroduced to Grayling Creek are held at a small egg-rearing facility at the Sun Ranch in the Madison River Valley. The eggs are collected from wild sources and brought to the ranch where they're reared until they're almost ready to hatch, and biologists then stock them in the wild.

A video of the Arctic grayling being released in Grayling Creek is available at youtu.be/mHU7zlR4dto.









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Montana leads country in

September Big Sky event planned to combat statistic

OPERATION NEVER FORGOTTEN

veteran suicide

MANHATTAN, Mont. – Montana leads the country in the number of veterans as well as veteran suicides per capita. The state ranks second in firearms ownership, and 66 percent of all Montana suicides are firearms related compared to 50 percent in the rest of the country.

It's common for veterans with post-traumatic stress injury to fall into alcohol abuse and Montana already leads the nation in DUIs. In 2014, 52 percent of veteran suicides were related to alcohol, according to the American Association of Suicidology.

Operation Never Forgotten, a national nonprofit headquartered in Manhattan, Mont., is trying to change this statistic through PTSI workshops for post-9/11 veterans, and suicide-prevention, first-aid training for caregivers, veteran mentors, or anyone who wants to help save a life.

ONF is hosting a free PTSI workshop at the 320 Guest Ranch in Big Sky from Sept. 23-27 for veterans and their caregivers. The workshop includes health-care experts, veteran mentors and activities such as horseback riding, fly fishing and a day in Yellowstone National Park.

The Department of Veterans Affairs reports approximately 22 suicides per day in the U.S. among veterans of all eras, according to AAS. Montana also leads the country in general population suicides at 23.9 percent.

Karl Rosston, Suicide Prevention Coordinator of Montana Department of Public Health and Human Services along with the Montana Office of Vital Statistics, found that between 2002 and 2011, there were 460 suicides by Montana veterans. PTSI can increase depression with veterans, which can increase their risk for suicide. Reaching them among other veterans at an ideation stage is necessary prevention.

The "way of the west" or "cowboy-up" philosophies compound a stigma about seeking professional help. Montana has 1 person per 6.7 square miles, which creates isolation, a lack of socialization, a shortage of available healthcare facilities, and prolonged crisis-response time.

ONF has previously held two large retreats in Big Sky for veterans and their caregivers at Big Sky Resort, in the winter of 2011 and summer of 2012, and other PTSI workshops have been held in Michigan, Minnesota and Washington.

Montana has resources for veterans to get immediate help, 24/7. If you or any veteran you know is thinking about suicide, call the Veterans Crisis Line at (800) 273-8255. Veteran centers around the state provide readjustment counseling and outreach services to all veterans who have served in any combat zone, as well as their family members.

Visit operationneverforgotten.org to learn more about how you can help fight veteran suicide in Montana or volunteer for Operation Never Forgotten.



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Section 2:ENVIRONMENT, SPORTS
AND HEALTH







Loved to death

Big Sky's favorite trail seeing record visitors, signs of misuse

BY KATIE ALVIN EBS CONTRIBUTOR

BIG SKY - Ousel Falls Trail, a favorite for locals and visitors alike, is one of Big Sky's main attractions. But easy, year-round access to spectacular scenery means this busy trail is impacted like no other natural area in the region.

Hikers are increasingly reporting signs of misuse, and even vandalism, along the trail to the Big Sky Community Corp., the nonprofit organization that manages this and many other local trails.

Trees along the trail have been damaged, a picnic table was thrown into the river, and illegal campfires have been built.

Big Sky has many local landmarks, but Ousel Falls is an icon. This 100-foot waterfall pours over dramatically fractured sedimentary cliffs and impresses visitors year round, with raging waters in spring, gentler pools in summer, and dramatic winter ice features.

An infrared-laser trail monitor, installed in late summer 2013, indicates 25,000-30,000 people hike the trail annually, with more than 200 users daily during peak summer months. In 2014, Fourth of July weekend saw 879 visitors alone (2015 data was not yet available at press time). The popularity of the trail is clear, but the impacts may not be so obvious. The Ousel Falls area boasts dramatic geology.

The Ousel Falls area boasts dramatic geology. Exposed cliffs of sandstone, mudstone and

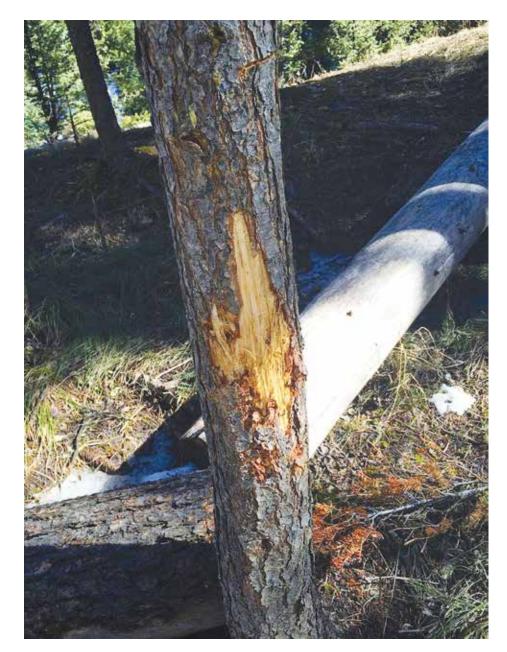
25,000-30,000 people hike the trail annually

siltstone make for idyllic scenery, but also pose great challenges for trail maintenance.

"Much like a roadbed, this trail was built using trucked-in material made specifically for sustaining the impact of hundreds of hikers per day," said BSCC board chairman Herb Davis, who helped build these trails. These types of rock layers are highly erodible, he added. Retaining walls help support the trail against fragile cliff walls. Logs and rocks line the path to keep hikers on the trail, and are critical to minimizing the risk of landslides.

The rocky, fragile soils create a challenge for plants as well. Jessie Wiese, BSCC's former executive director who has a master's degree in environmental biology, says it's important for visitors to know that the Ousel Falls area is home to sensitive and rare species, including the Fairy Orchid.

"When walkers wander off the path, they damage vegetation and without much effort, create new pathways," Wiese said. These new shortcuts trick other hikers into taking them too, creating new unsanctioned routes and widening the swath of damaged vegetation.



This tree was damaged by an axe, and is one of the many acts of vandalism that have been observed along Big Sky's most popular trail. OUTLAW PARTNERS PHOTO

Switchbacks are built to prevent pathways that follow the shortest, straightest route down the hillside. They keep rainwater and snowmelt from pouring down the hillside, carrying with it precious soil and ground cover.

The Ousel Falls area's fragile cliffs and soils make erosion a serious issue – cutting off trails restores the path of least resistance and accelerates erosion, which not only damages delicate vegetation but could also create conditions for a much larger landslide.

Humans aren't the only travelers going off trail. Leashes aren't required in Gallatin County, but in sensitive terrain or busy public areas they're a wise choice. While humans can be conscientious about staying on designated trails, dogs tend to roam and run well beyond the boundaries, disturbing native vegetation

and fragile soils. Keeping your dog close at hand is better for the park and its people. Like many area trails, animal waste left behind by neglectful dog owners continues to be a problem, even though dog waste bags are offered at the trailhead. Picking up your pet's waste will encourage others to do so as well.

Public use throughout the day is welcome and encouraged by BSCC, but its trails and public areas are closed after 10 p.m., aside from special events. Late-night use of the Ousel Falls area often includes illegal campfires, which threaten forests and neighboring residents. Inappropriate after-hours behavior can also lead to thoughtless vandalism, which damages the park for other users.

Despite BSCC regulations that prohibit firearms on their property, people have fired shotguns at old growth trees. Axes have also damaged trees, and logs placed to delineate trail

continued from pg. 17

boundaries have been thrown into the South Fork - in one instance last year, a picnic table wound up in the river.

Every community member can help educate other users about proper trail etiquette.

Be positive. Try something like, "You probably don't know that we

More than 200 users daily during peak seasons

have a rare orchid here. We stay on the hiking paths so we don't accidentally damage it." Or maybe pick up a piece of fallen rock and say, "Check out this cool rock. See how easily it crumbles? That's why we all try to stay on the trail."

Grab an extra dog-waste bag before you start your hike. If you see someone leaving something behind, hand the bag over and say, "BSCC

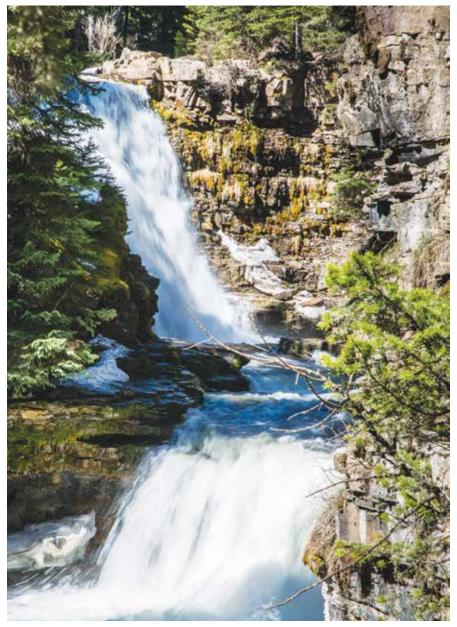
gives out free dog bags at the top of the trail. I have an extra for you.' It's embarrassing to have your ignorance pointed out, so the trick is to be kind and helpful, not to shame people into better stewardship.

BSCC has only two paid staff members and manages 83 acres of land, 16 miles of trails, and runs eight community programs, including Camp Big Sky and the Big Sky Softball League. An active team of volunteers is critical and BSCC has launched a trail ambassador program this year, which seeks volunteers to hike the local trails, pick up trash, look for maintenance issues and educate users.

Contact BSCC Project Coordinator Emily O'Connor at (406) 993-2112 if you're interested in volunteering for the trail ambassador program.

Katie Alvin is co-chair of Education and Outreach for the BSCC trails committee. Visit bsccmt.org to learn more about Big Sky's parks and trails, and the other programs it offers.

This story first appeared in the May 1 issue of EBS.



Ousel Falls is one of Big Sky's main attractions. An infrared-laser trail monitor indicates 25,000-30,000 people hike the Ousel Falls Trail annually, with more than 200 users daily during peak summer months. PHOTO BY WES OVERVOLD

FRONTLINE WORKER OF THE YEAR - Beata Fatouros

As an employee of Big Sky Western Bank, Beata Fatouros goes above and beyond making

every customer who walks in the door feel welcome and excited to be in Big Sky. She is a



Congratulations to the Big Sky Chamber of Commerce's 18th Annual Award Winners





AMBASSADOR OF THE YEAR - Dick Schaible

Dick Schaible and his wife, Janine, have been the owners of the Consignment Cabin for the past four years, relocating from Michigan several years prior. As one of 15 Big Sky



Chamber Ambassadors, Dick is certainly an excellent example of hard work and representation of Big Sky. His dedication to the Big Sky community is a direct reflection of his genuine personality and sincere interest in making his position as an Ambassador the best it can be. Dick seems to always have others in mind with each of his actions. Whether that is helping customers at the Consignment Cabin, arriving early to Business After Hours events or simply picking up the phone to see if he can lend his time in any other way. It is not

a surprise to anyone why Dick received this award.



CHET HUNTLEY LIFETIME ACHIEVEMENT AWARD - Taylor Middleton

Taylor Middleton has been the President and General Manager of Big Sky Resort for the past 17 years and a resident of Big Sky for the past 33 years. He has been an instrumental component of the creation of the Biggest Skiing in America© product and marketing brand, and most recently he led the successful integration of Big Sky Resort and Moonlight Basin into a unified organization. Taylor has served on numerous boards and community organizations including the Chamber of Commerce, Transportation District, and Resort Tax Area District. Taylor has been a mentor, leader, and friend to many and with all that Taylor has dedicated to the Big Sky community, this award is a fitting recognition of a lifetime of



BUSINESS OF THE YEAR -Skyline Bus

Since 2006, The Skyline/Link Bus Service has served the local and regional community and continues to strengthen its commitment to Big Sky. Transportation services in a resort community are a critical part of our economy and the Skyline

staff demonstrates unending patience and respect to all who ride. This public bus service not only benefits the community by serving employees, tourists and residents daily, but also by reducing the wear and tear on roads, pollution and parking demands. Their excitement to host bus birthday parties and willingness to drive dozens of people up snowy mountain roads are unique characteristics of the Skyline service. The friendly staff and dedication to the community are what make this business stand out to all.

BUSINESS PERSON OF THE YEAR -Marla Ganoom

and fun activities to do with her coworkers. She is a

work clearly represents her love for Big Sky.

Marla Ganoom, a member of the Big Sky community for the past 20 years, exemplifies the successful small town businesswoman at American Bank, where she has worked in the banking and lending branches for the past 17 years. When she's not assisting customers with residential or commercial banking needs, she is volunteering her time to help promote Big Sky businesses. Marla is a founding

member of the Big Sky Chamber Ambassadors and regularly attends Business After Hours and Ribbon Cutting events. She is an asset to Big Sky and deserving of this award for her commitment to giving back to those in need.





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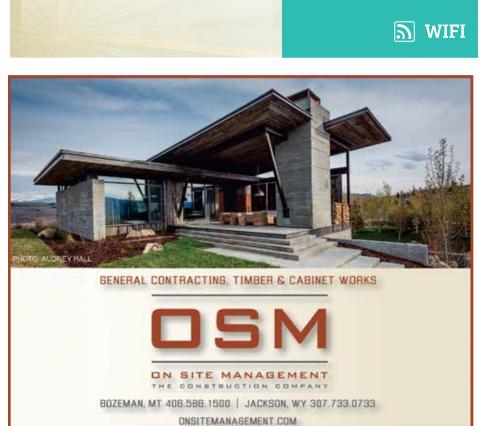
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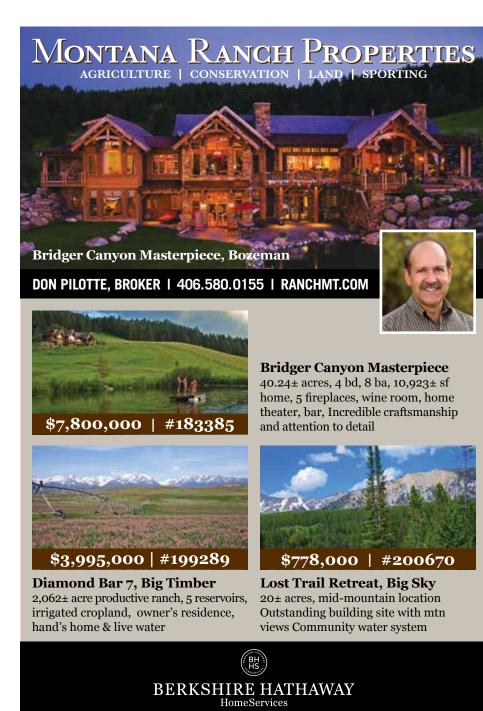
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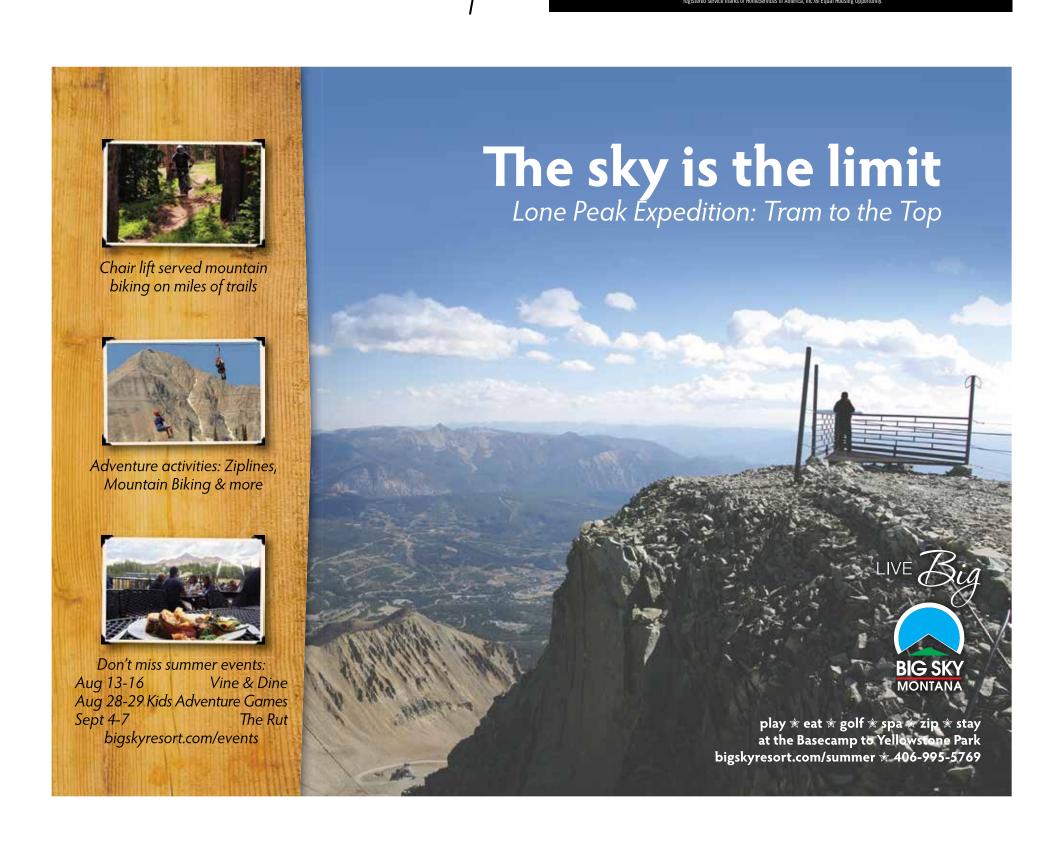
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Montana Properties



AMUSE-BOUCHE

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

Chefs are people too, and we have TV to thank



BY SCOTT MECHURA EBS FOOD COLUMNIST

Chefs today hold a place alongside many other artists, experts and professionals, but this wasn't always the case.

It wasn't long ago that when a chef appeared on TV or a movie, he was a crazy, temperamental French dictator who simply yelled to communicate. And when someone mentioned the chef at a restaurant, he or she was a faceless entity too nervous or stressed to step outside the kitchen and meet the public.

While many Americans could regularly tune in to such gregarious personalities as Julia Childs, Graham Kerr, and Justin Wilson the "Cajun Cook," and be entertained as well as educated, no one really talked about them. All three of these chefs artfully constructed dishes that anyone could cook at home, but as a youngster I cannot recall anyone ever duplicating or preparing any of those meals.

In the 1980s, Wolfgang Puck and Jacques Pepin were chefs everyone knew from PBS or travel channels, and were instantly endearing on camera. But these culinarians still didn't reach many audiences on a regular basis.

Then in 1993 something came along that not only changed the way we cooked, but how we watched TV, and more importantly for chefs, how we were perceived outside of our kitchens: the Food Network.

The channel started with early personalities I distinctly remember not everyone being drawn to, such as a young Bobby Flay in a half-unbuttoned shirt. Nevertheless people were watching and preparing these dishes at home.

Then something else happened. Or more precisely, someone else: Emeril Lagasse. With a bigger-than-life smile and personality, an immaculately pressed chef coat, and maxims such as "Bam!" and "Kick it up a notch!" a new era had begun.

Everyone was watching. But more importantly for our discipline, the public was now interested in chefs. Words like "dark," "introverted," and "temperamental" that chef and author Anthony Bordain used to describe some chefs were pushed to the wayside as we began seeing chefs in clean, brightly lit kitchens preparing dishes that were both interesting to them and approachable to the home viewer.

Much like American wines that took decades to receive accolades as compared to their old world French counterparts, chefs were getting the recognition that France and Spain had been giving their chefs for centuries. We had arrived.

Food TV has produced a few drawbacks. In a manner similar to the Greek tragedy, we as chefs have created a monster in that everyone seems to know what a perfect duck confit is and lets us know how we can improve ours.

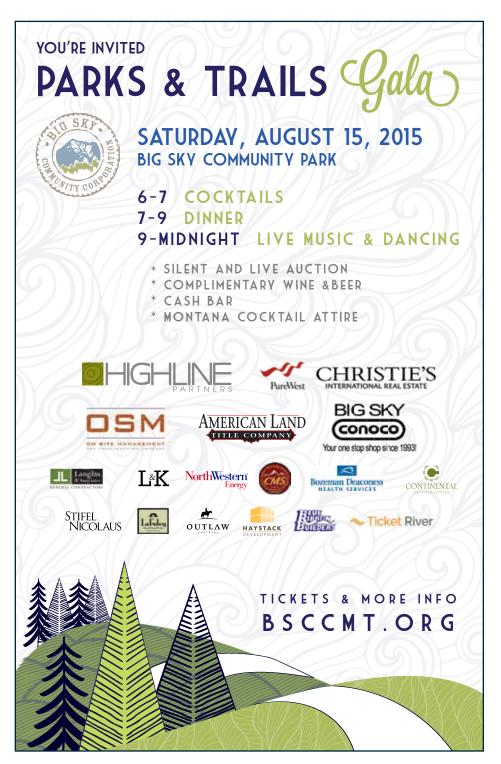
In a recent conversation, Iron Chef Cat Cora told me that food programs on TV have some negative effects, such as the false expectation that a chef who attends a culinary school should aspire to be a food TV star as opposed to a being just a great chef. But, she said, the positive effects are more prominent.

"Food TV has done so much in terms of exposure for chefs today," Cora said. "No matter your journey, it's an amazing career, and hard work and passion can take you anywhere you want to go. Food TV has opened up those doors for us all."

In the big picture, most chefs I talk to are appreciative of what food TV has done for the profession, and so am I. Thank you, Food Network.

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

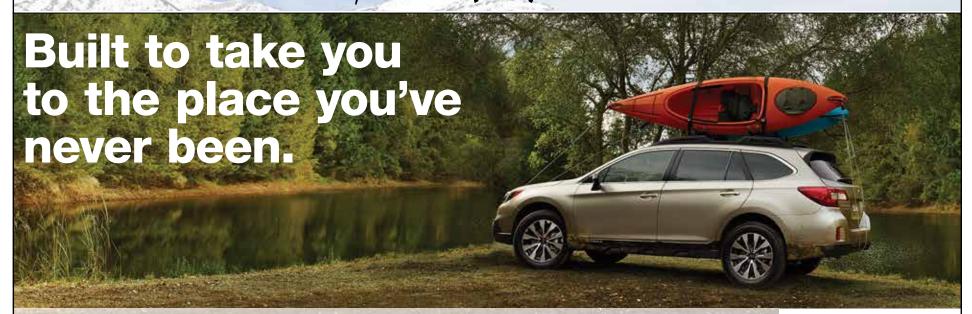




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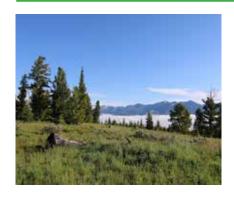


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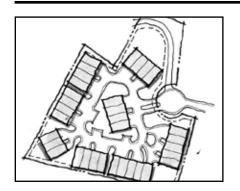
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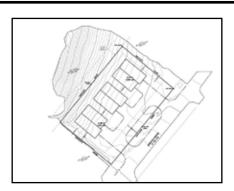


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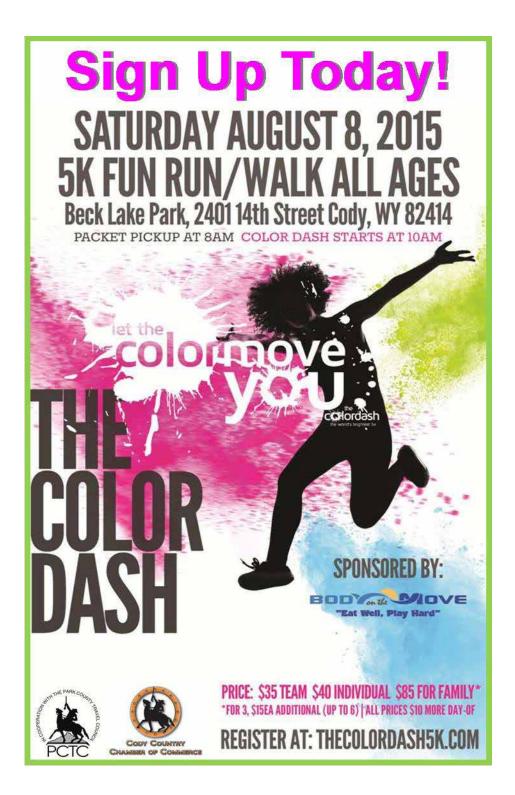
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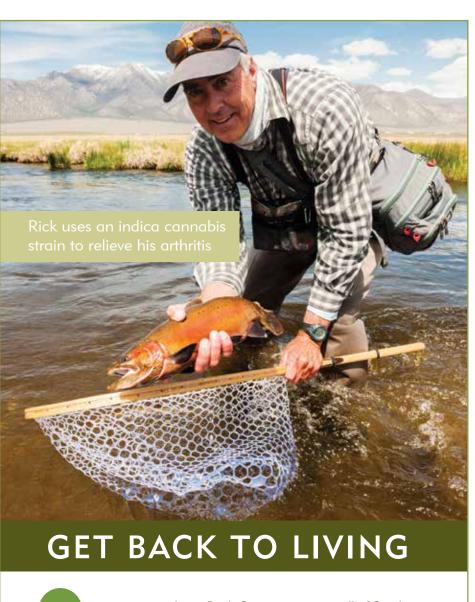
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Healthy individuals equal healthy organizations



BY JOHANNE BOUCHARD EBS BUSINESS COLUMNIST

I am increasingly passionate about striking a healthy balance in all aspects of life. To me, this means combining physical, emotional and mental

health with the many demands and pleasures in this world.

In part, it's a desire to see individuals living fully, but also stems from my firsthand experience seeing how individuals' overall health – or lack thereof – affects the prosperity of organizations.

In a previous column about the importance of succession planning, I addressed how losing a key manager to health issues can affect a business. In my work as a board and executive consultant, I've seen the long-term negative effects of high stress; low physical activity from years of desk work; poor diet from eating "convenience" food or skipping meals; sleep deprivation; and ergonomically incorrect work stations, to name a few examples.

It's only a matter of time before factors like these affect the intellectual acuity, energy level and morale of the people responsible for the well-being and productivity of the organization. A trickle-down effect also exists in business – imbalanced leaders who don't prioritize their own wellness affect everybody.

I believe empowerment of the individual is the solution. How can you, as a business owner, executive, board member or employee, take the best care of yourself for your own sake and the sake of your colleagues? There's no one-size-fits-all answer, but here are a few basics that can make a world of difference:

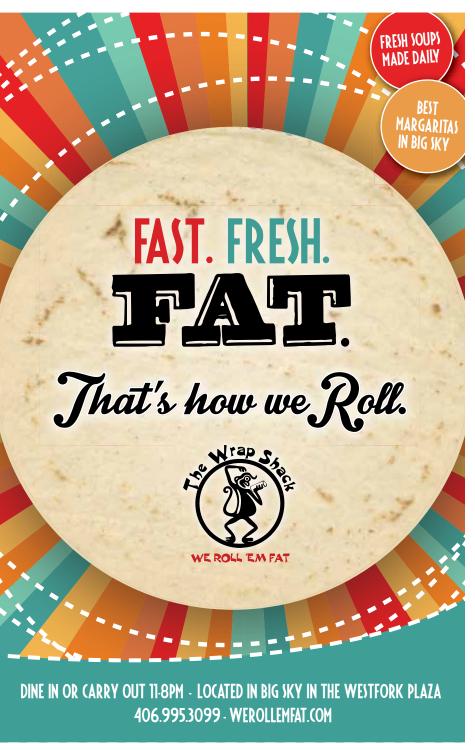
Adequate sleep. A good night's sleep is the foundation for good health. According to the National Heart, Lung and Blood Institute, "If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change." How well and how much are you sleeping? If it's possible, incrementally increase your night's sleep by going to bed even 15 minutes earlier than usual. The long-term benefits to your productivity will be dramatic.

Adequate water. If you're constantly drinking coffee, tea or soda during the day, and rarely drink a glass of water, you're probably dehydrated. This can manifest in headaches and general fogginess, among other symptoms. Investing in a re-usable water bottle to carry with you and use during the day is a manageable solution.

Adequate activity. As our dependence on computers has risen and our leisure time has become increasingly dominated by screens, so has our collective time sitting. If there's no way around the sedentary nature of your work, try setting an alarm to go off once an hour and trigger a "standing/walking break." And if you have the option, choose a more active position for working, like a stand-up desk or walking during one-on-one brainstorming sessions.

Of course there's always more we can all do to achieve balanced lifestyles. But the fact remains that we live in an era when personal health is often subverted by the demands of career, family and material success. Consider how the trickle-down effect might impact organizations if business leaders made their own comprehensive health a priority.







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* *	FIELD #1	TEAMS	UMP.
Monday, July 13	6:00pm 7:15pm	3 vs. 2 4 vs. 2	4
Tuesday, July 14	6:00pm 7:15pm	8 vs. 9 8 vs. 10	10 9
Wednesday, July 15	6:00pm 7:15pm	14 vs. 15 14 vs. 16	16 15
Monday, July 20	6:00pm 7:15pm	RAIN OUT	
Tuesday, July 21	6:00pm 7:15nm	4 vs. 3 5 vs. 3	3

FIELD #2	TEAMS	UMP.
6:00pm	6 vs. 5	7
7:15pm	7 vs. 5	6
6:00pm	11 vs. 12	13
7:15pm	11 vs. 13	12
6:00pm	1 vs. 4	5
7:15pm	1 vs. 5	4
RAIN OUT		
6:00pm	8 vs. 11	12
7:15pm	8 vs. 12	11

7-0

6-1

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4-1

4-2

3-2

4-3

4-5

2-4

2-4

2-6

1-4

1-5

TEAMS

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15

STANDINGS: Wins-Losses Black Bear Yellowstone Club 1 2 **Yeti Dogs Country Market** 3 **Hillbilly Huckers Montucky Moonshiners Scissorbills Black Bear** 5 Riverhouse **Scissorbills** 6 **Yellowstone Club** Riverhouse 7 **Blue Mooners Broken Spoke** 8 **Cab Lizards Hillbilly Huckers** 9 **Broken Spoke** The Cave 10 Milkie's **Blue Mooners** 11 **Montucky Moonshiners Lone Mountain Land Co. Country Market Jarvis Custom Builders** 12 13 The Cave Milkie's 14 **Lone Mountain Land Co. Cab Lizards**

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Stars converge for celebrity golf tournament

BY JACOB OSBORNE **EBS EDITORIAL ASSISTANT**

BIG SKY - St. Louis Rams Head Coach Jeff Fisher, former NFL great Eric Dickerson, and former MLB all-star Matt Morris will once again set aside their primary sports for a weekend in July as they play 18 holes of golf in support of Gallatin County children.

On July 12 and 13, Big Brothers Big Sisters of Gallatin County will host the 14th annual Big Sky Celebrity Golf Tournament at Big Sky Resort's Arnold Palmer-designed golf course.

The charity event, which began as an earnest attempt by community members to maintain a Big Brothers Big Sisters program in town, has taken off since its first year in 2001, raising over \$450,000 and supporting more than 100 Big Sky kids.

Currently, the Big Sky BBBS program supports 12 school-based mentorships between students at Lone Peak High School and Ophir Elementary, as well as two community-based matches between Big Sky children and adult volunteers. These programs facilitate weekly, one-on-one meetings between participants.

Reaching beyond the Big Sky branch, the Celebrity Golf Tournament has also become one of the most significant BBBS fundraisers in the county.

"We're proud of the fact that the tournament has come to fund more than just Big Sky," said Al Malinowski, a local resident who has volunteered on the golf tournament's planning committee for all 14 years. "We're now able to help a lot of the programs in Gallatin County."

This year's event will begin in the Talus Room of Big Sky Resort's Summit Hotel on Sunday, July 12, at 7 p.m. with a welcome address and live music by Jim Salestrom, as well as a live and silent auction.

Malinowski said that while local artisans and businesses provide the majority of the available auction items, celebrity players occasionally offer unique prizes without advanced warning. In 2013, former NFL Pro Bowler Jim Marshall added a signed Barry Sanders jersey to the roster of auction items.

Five-person golf teams, each including one celebrity, will tee off at 11 a.m. on Monday morning. NFL Hall of Famer Richard Dent joins the cast of participating stars this year, competing against the likes of 'N Sync singer and co-founder Chris Kirkpatrick, and football great Isaac Curtis.

A number of celebrities have become regulars at the tournament, like former NFL Defensive Back Autry Beamon, who is returning for his 13th consecutive summer. "It's a great event for a very good cause," said Beamon, who was inspired by his experience in Big Sky to become a Big Brother in his home city of Minneapolis, Minn.

While there is plenty of good-natured competition to be had on the fairway, says Big Sky branch director Jolene Clark, the most emotional moments of the weekend occur the night before.

"At the welcoming, we always recognize someone who has impacted or been impacted by Big Brother Big Sisters," said Clark, remembering several tearfilled speeches by mentors and mentees alike.

These are Clark's favorite moments of the event. "[During the welcome,] I feel like, 'This is why I do it,'" she said.

Golf tips from a pro

Track your performance with a handicap



BY MARK WEHRMAN **EBS CONTRIBUTOR**

In golf, having a handicap is the best and most efficient way to track your performance and to gauge whether or not you're improving.

Golf handicaps are a true reflection of a golfer's potential ability. A golfer's handicap index is calculated using an algorithm applied to the difference in the course rating and the score a golfer shoots.

The handicap is what each golfer uses to "level" the playing field, and allows for friendly competition when they play against others who typically score better or worse.

Go to your local course and ask to establish a handicap – any golf course open for public play should offer this for a nominal fee. Then, every round you shoot, make sure to count each stroke and post every score, high or low. If you do this, you'll always have an accurate reflection of what your potential ability is on a given course, and whether you're improving your game.

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

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Milk is for babies



BY JACKIE RAINFORD CORCORAN EBS HEALTH COLUMNIST

Epidemic obesity rates compelled the U.S. Department of Agriculture and the American Academy of Pediatrics, among

other organizations, to advise limiting all caloric drinks, with one exception. They recommended drinking three 8-ounce servings of reduced-fat milk daily. This is puzzling.

Why is milk still being touted as a staple of the American diet when 65 percent of the human population has a reduced ability to digest lactose, the main sugar found in milk, after infancy?

Symptoms of lactose intolerance usually begin 30 minutes to two hours after eating or drinking milk products and include bloating, cramping, gurgling sounds in the lower belly, gas, loose stool, and/or vomiting. According to the Physicians Committee for Responsible Medicine, milk is also linked to type 1, or juvenile-onset, diabetes and other serious conditions.

Dr. David Ludwig, a Boston Children's Hospital pediatrician, and Dr. Walter Willet, a nutrition researcher at the Harvard School of Public Health, investigated this daily recommendation and found that it simply doesn't add up. In

their 2013 research article titled "Three Daily Servings of Reduced-Fat Milk: An Evidence Based Recommendation?" published in the "Journal of the American Medical Association," they reported: "Humans have no nutritional requirement for animal milk ... Adequate dietary calcium for bone health, often cited as the primary rational for high intakes of milk, can be obtained from many other sources."

In addition, bone-fracture rates throughout the world tend to be lower in countries where people don't consume milk, compared to countries with high milk consumption, Ludwig and Willett wrote.

Calcium-rich bones are not built from the teat of a cow. We build them through physical exercise, exposure to sunlight – which allows the body to produce the bone-building hormone vitamin D – and by eating plants high in calcium, especially green vegetables and legumes like beans. Gram for gram, cooked kale has more calcium than milk.

This daily recommendation is simply illogical. On one hand, it tells us to limit all caloric drinks but on the other, tells us to drink three daily servings of milk, which is high in sugar.

One cup of Coca-Cola has 6.75 teaspoons of sugar; Nestlé chocolate milk has 7.5 teaspoons of sugar per cup; and one cup of white reduced-fat milk has 3 teaspoons of sugar. Total sugar-intake recommendations for children call for 3 teaspoons

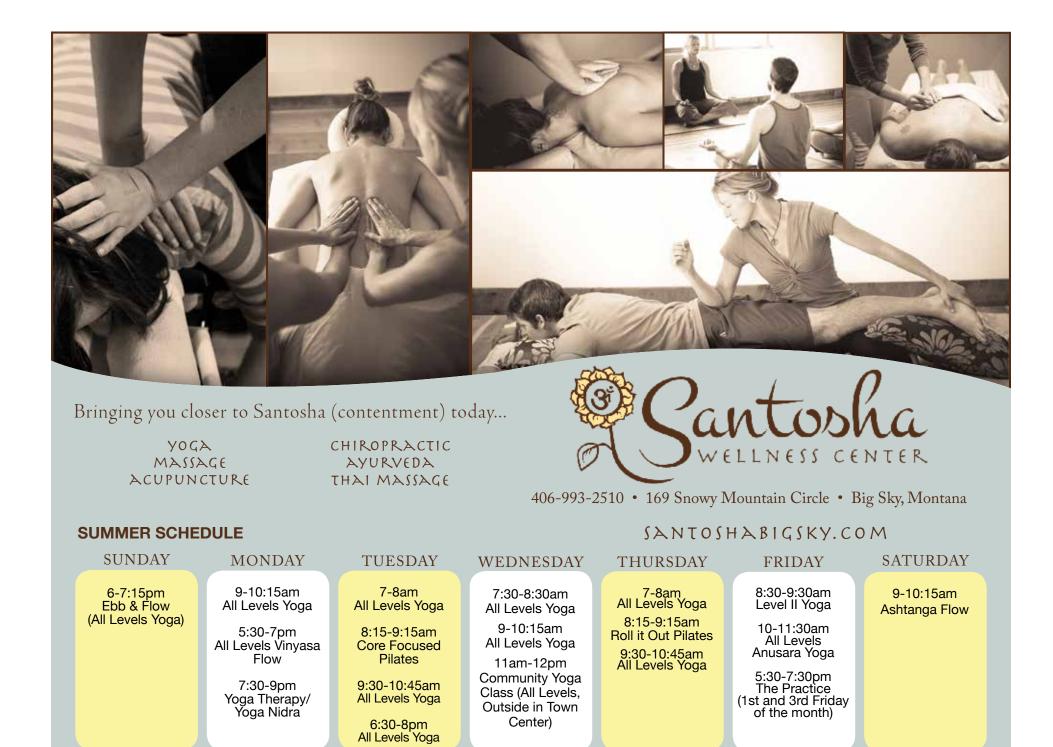
per day and 8-9 teaspoons per day for grown men. That means just one serving of white, reduced-fat milk a day for children maxes out their sugar limit, and the recommended three servings puts them well over.

Cows' milk is perfect for the rapid growth of baby cows and that's what it's meant for. Americans have been conditioned by our government's nutrition guidelines, and by powerful marketing campaigns from the dairy industry, to believe that milk is essential for human health. It isn't, and for many of us, it's downright harmful.

We cannot keep buying into milk as a necessary food. My hope is that the USDA changes its policy: Instead of recommending three 8-ounce servings of milk per day, they should suggest we drink more water, a concept completely absent from the new-and-improved "My Plate" nutrition guideline.

Drinking water instead of milk might cause us to feel a little lighter and a lot healthier. In the meantime, we can take the matter into our own hands, do what's best for our bodies, and wait for the USDA to get with the program.

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 thetahealth.org.





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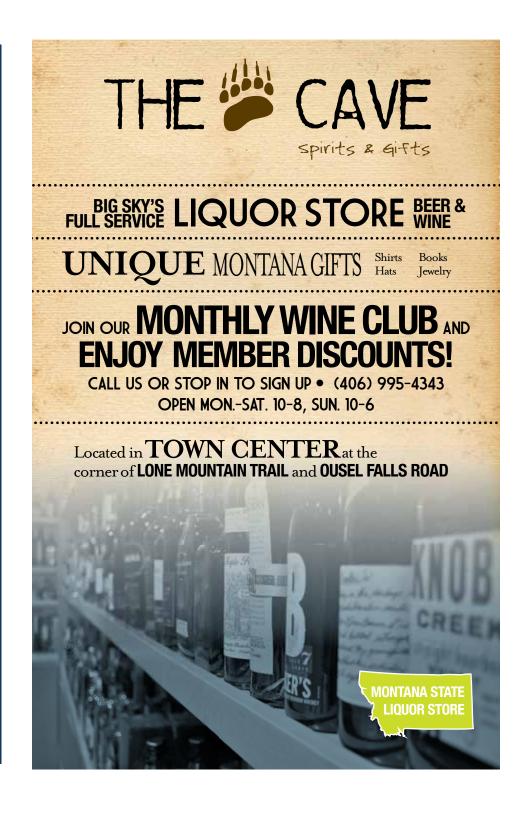
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Section 3:ENTERTAINMENT, EVENTS
AND OUTDOORS







Robert Earl Keen highlights Big Sky's PBR festival

BY TYLER ALLEN EBS SENIOR EDITOR

BIG SKY – Robert Earl Keen spends half of the year in Kerrville, Texas, in the hill country northwest of San Antonio. The other half of the year he's a road warrior, playing 120-plus shows for devoted fans across the country.

Keen brings his legendary songwriting and highenergy country rock to the Big Sky Professional Bull Riders arena on Aug. 1, headlining a multiact concert that will close out the three-day PBR festival.

Montana's Two Bit Franks will open the Saturday night show and the Jamie McLean Band – fronted by the former Dirty Dozen Brass Band guitarist – will precede Keen's performance.

Keen is touring this summer in support of his new album "Happy Prisoner: The Bluegrass Sessions," which features 15 bluegrass standards and other favorite songs from his youth.

"Happy Prisoner" has spent 20 weeks on the Billboard Bluegrass Chart, and was the No. 3 best-selling bluegrass album in the country at EBS press time on July 8.

Keen said in a phone interview that Big Sky concertgoers can expect to hear tunes from the new album, as well as some of his classics like "The Road Goes on Forever."

"I've loved bluegrass music since I was a child, but was so passionate about being a songwriter," Keen said, noting why it took him so long to record this album. "Last summer about this time I woke up and said I had to do it."

The reception for "Happy Prisoner" has been universally positive, he added, with both old fans and new praising the album, which includes tracks recorded with industry heavyweights Lyle Loveitt, Peter Rowan and Natalie Maines.

Keen's backup band has expanded to six during this current tour, adding Kym Warner from The Greencards on mandolin and MilkDrive fiddler Brian Beken to fill out the retooled sound.

Keen has played concerts in Montana for more than 25 years, and the 59-year-old is no stranger to bulls.

"I love bull riding, I rode bulls in high school, [but] wasn't any good at it – it takes some athletic ability," Keen said with a sardonic laugh.

Keen has played everywhere from a Texas "cattle pit" to Washington D.C.'s John F. Kennedy Center for the Performing Arts, and countless venues in between. Despite his relentless touring schedule, he says he keeps it fun by

not taking himself too seriously – like the time 15 years ago he was playing a three-night stand at Houston's Rockefeller Hall.

"On the third night I lost a screw or something," Keen said. "I had this huge pile of press photos, taped them all together and made a suit out of them. [The photos] were of myself, so the joke was I was full of myself."

Lightning hit an electric pole outside the venue and knocked out the power, so the band moved outside and Keen played to the crowded Houston street in a suit made from his own likeness.

Keen says his band doesn't get much radio play and his devoted fan base has mostly grown by word of mouth.

"Anybody that's a fan that's never seen us play should come and see us [in Big Sky]," he said. "One of the reasons we're so popular is we put on a great show." And if you needed one more reason to see Robert Earl Keen along with the Jamie McLean Band and Two Bit Franks, the concert is also a fundraiser for local families.

Part of the proceeds from Saturday's show will benefit the Big Sky Community Food Bank and continue the charitable tradition of the Big Sky PBR and its annual Calcutta auctions that raise money for local nonprofits.

"This is our big fundraising push for the summer," said BSCFB Operations Manager Sarah Gaither. "The money that comes from this [donation] is going to keep our refrigerators and freezers running, and keep the doors [of the food bank] open."

Gaither said the food bank served 700 households last year. During the offseason the food bank staff sees 40-50 people per week, and

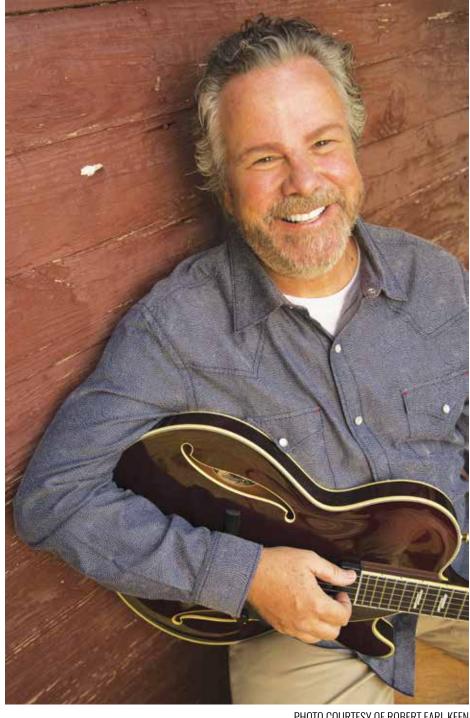


PHOTO COURTESY OF ROBERT EARL KEEN

20-30 people per week during the rest of the year when employment is more readily available in Big Sky.

The three-day Big Sky PBR will also feature free concerts on the VIA stage adjacent to the bull riding arena, on Thursday and Friday nights. Bozeman-based country rockers the Kris Clone Band will perform after the bull riding on July 30, and California's Zoso – a hard-rocking Led Zeppelin tribute band – will close out the July 31 festivities.

Whether you're a long-time Robert Earl Keen fan, or have never heard his music before, the Big Sky PBR offers an idyllic outdoor setting to see the hard-charging Texas musician.

Tickets are available for the Aug. 1 concert at bigskypbr.com, where you can also purchase admission for the Big Sky PBR bull riding events July 30 and 31, when bundled with concert tickets.

Sweetbacks: Bozeman's new rock 'n' roll band

STORY BY MARIA WYLLIE EBS ASSOCIATE EDITOR

BOZEMAN – A "sweetback" is an antebellum word used to describe someone who is "too smooth and too fresh to go by any other name." Although not commonly used today, the term is resurfacing in Bozeman as rock 'n' roll band the Sweetbacks gain recognition on the local music scene.

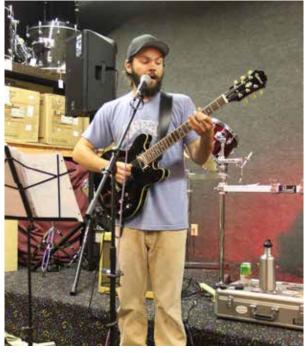
Founding member Alex Griffith, on guitar and vocals, caught wind of the term while watching the HBO television show "Boardwalk Empire."

"I thought it was catchy," Griffith said. "It sort of jived with the music we were playing. [Lead singer Brianna Moore] has this sweet, honey-dripped voice, so it felt right."

Griffith founded the group with Moore and saxophonist Carlos Holznagel during a neighborhood jam session on Bozeman's north side last summer, and the trio added more band members, gradually evolving into the Sweetbacks.

After going through a few bass players, guitarists and drummers, Griffith says the group has finally found its core lineup with the additions of Mark Wetstein on bass, Ross Ridenour on guitar and vocals, and Bryson Stoner on drums.

Self-described as a rock 'n' roll band steeped in Motown, soul, and the greater American songbook, the Sweetbacks give current interpretations of older music and also write originals affected by blues, rock and jazz.



Alex Griffith, known as "Griff," playing at a July 2 band practice at Music Villa in Bozeman. PHOTO BY MARIA WYLLIE

"We're all influenced by old soul music like Sam Cook, Otis Redding, Janis Joplin," Griffith said, adding that they consider Lake Street Dive and The Congress two of their current inspirations. "The common thread is we love really strong singers and really soulful songwriting."

Holznagel's saxophone and Moore's voice have become signature sounds for the band, giving them a soulful vibe that sets them apart from other groups on the local circuit.

"Brie's really blossomed into a pretty amazing singer in the past year," Griffith said. "It's been fun

learning how she can lead what I can do on guitar or what [Holznagel] does on sax."

The Sweetbacks have two gigs scheduled for the end of July: a local-band showcase with three other groups at the Zebra Cocktail Lounge on July 24, and a Grateful Dead tribute show at the Eagles Ballroom on July 30 after Music on Main.

The tribute show will feature multiple bands, with each act taking on a different decade of Dead tunes – the Sweetbacks will be performing songs primarily from the '70s. They've been offering their own renditions of Grateful Dead songs since they first started playing, making them a natural fit for the show.

"[It's] really adventurous music that a lot of people recognize, and it's really fun to play," Griffith said.

As the band continues playing together, Griffith says they hope to eventually have an equal split of originals and covers – a deep repertoire of music to which fans can relate.

"I think that we offer something that's approachable to a lot of people across a lot of different genres while also still maintaining a level of originality," he said. "It's an easy passport to a good time."

The Sweetback's play their first headlining show at the Filling Station on August 21.

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Bottom of the Barrel celebrates 'Montana Time' with concert

BY TYLER ALLEN EBS SENIOR EDITOR

BIG SKY – Bottom of the Barrel, Big Sky's own outlaw country band, will play its long awaited album-release party on Saturday, July 11.

The Gallatin Riverhouse Grill will host the event, which will also be a celebration of the restaurant's second anniversary in business on the banks of the Gallatin River.

"Montana Time" was a Big Sky effort in its entirety, recorded and mastered at Skylab Media House behind the Bugaboo Café on Highway 191. BOTB began recording in October 2014, and finished a mastered copy of their first official studio release in January.

The band received finished albums in April, but decided to wait until summer to celebrate the release.

"We were super anxious to get the CD out and throw a big party to celebrate," said BOTB guitarist Jeff Bellino, noting the offseason in Big Sky wasn't the ideal time. "We knew a lot of our friends would be out of town [during April and May]."

The band has played the Gallatin Riverhouse Grill nearly a dozen times before, and enjoys performing in the space that has "the best dance floor in town," according to Bellino.

Big Sky bluegrass band The Driftwood Grinners will open the show at 7 p.m. and BOTB will take the stage around 9 p.m., followed by a "Driftwood/Barrel" country jam featuring members of both groups.

"It's going to be awesome," said Gallatin Riverhouse Grill co-owner Greg "Carnie" Lisk. "I can't believe it's our third summer [in business] and second full year."

Lisk added that the restaurant has been cooking 400-500 pounds of meat per day this summer to meet the demand of its patrons, and is hosting free music four to five times a week.

"I think every town needs a place like this, and I'm just happy [that in Big Sky] it's ours," Lisk said.

Second annual Old Faithful Open at Black Bull July 14

OUTLAW PARTNERS

BOZEMAN – Yellowstone Park Foundation, the official fundraising partner of Yellowstone National Park, is hosting the second annual Old Faithful Open Golf Scramble on Tuesday, July 14 at Black Bull, a private golf community in Bozeman.

"The enthusiastic local support we have received from Black Bull, our sponsors and golfers for our second annual golf tournament has been incredible," said YPF President Karen Bates Kress. "And the proceeds benefit Yellowstone National Park, a place we all love."

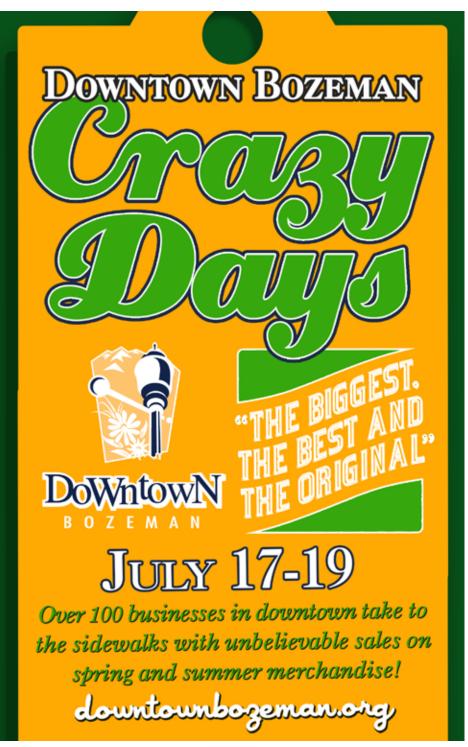
Created as a fun way for area businesses and individuals to show their support for Yellowstone, the four-person team scramble starts at noon and is followed by cocktails, hors d'oeuvres and a silent auction in the evening. Prizes will be awarded to the top three teams, as well as to the player with the longest putt and drive.

"We are thrilled to host the event and support Yellowstone, which is an integral part of the greater Gallatin [Valley] community," said Black Bull General Manager David Baucom.

Limited registration and sponsorships are available. Visit ypf.org or call (406) 586-6303 for more information.









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MAIN GALLERY 33 Lone Peak Drive

CONTEMPORARY GALLERY 88 Ousel Falls Road Town Center, Big Sky, Montana

Kelly Dangerfield "Rocky Terrain" Oil on Linen 22x18

July is Montana Open Land Month Big Sky 'rounds up' for nonprofits

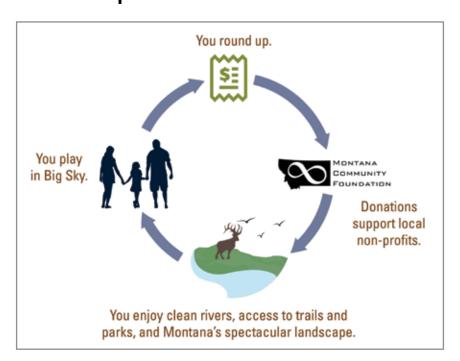
BY JOSEPH T. O'CONNOR EBS MANAGING EDITOR

BIG SKY – Gov. Steve Bullock this year declared July "Open Land Month" in Montana, a concept designed to honor the wild and beautiful places that bring residents, visitors and businesses to The Treasure State. Big Sky is taking it a step further.

An area group is leading a monthlong initiative to raise money for three nonprofit organizations dedicated to three separate missions that support open space: trails, waterways and open lands conservation.

The "Round Up for Open Land" initiative offers customers at approximately 30 Big Sky businesses the opportunity to either round up their purchase and leave a donation on credit card slips, or drop financial gifts in donation boxes at participating establishments.

Proceeds from the initiative will benefit Big Sky Community Corp. for trails; Gallatin River Task Force for waterways; and Travelers for Open Land for its efforts in open lands conservation.



"It's an initiative that came out of Big Sky itself. They get it," said Kate Burnaby Wright, a consultant with Travelers for Open Land who participated in the first conversation for the initiative, along with Buck's T-4 Managing Partner Mike Scholz, and Montana Association of Land Trusts Executive Director Glenn Marx.

"The beauty and the wildness of [open land] fuels Big Sky's economy."

This open land use funds the statewide economy as well, and a number of events this month aim to foster more awareness about Montana's natural landscape, according to a Travelers for Open Land press release.

"From the Red Ants Pants Music Festival on the fourth weekend of July to the Governor's Cup Walleye Tournament on July 9-11 ... Montana Open Land Month offers a chance to celebrate the natural features that make Montana special."

Locally, the Arts Council of Big Sky is helping spread the word about the Round Up for Open Land initiative at its Music in the Mountains concerts

every Thursday, and an op-ed piece published by the Missoulian newspaper declared that open lands are in Montanans' blood.

"If you look at Montana and our way of life," Wright said, "the activities we enjoy, the economics [of] agriculture, tourism, [and] the business community we're attracting – all the people who live here and visit benefit from open lands."



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Nestled along the banks of the Gallatin River in the picturesque Gallatin Valley you'll find "The Inn on the Gallatin." The Inn serves as base camp for the Blue Ribbon Fly Fishing, leisurely walks along the river and breathtaking hikes or mountain climbing for locals and travelers alike. Unwind in our newly remodeled log cabins, or bring your RV and park overlooking the Gallatin. Enjoy our cafe's generous portions of American Fare in a relaxed, remodeled Vintage Americana style setting. You won't be disappointed.









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EVENTS CALENDAR

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

"Night & Day" Art Show

The Foundry, 6 p.m.

Summer Musical:

Fiddler on the Roof

The Ellen, 7:30 p.m.

The Harmaleighs

Wild Joe's, 7:30 p.m.

Don't Close Your Eyes

Live Radio Theatre

The Verge, 8 p.m.

The Hollowpoints

Filling Station. 9 p.m.

Good Time Travelers

wood Dreamers

SATURDAY, JULY 11

Bridger Bowl, 8 a.m.

Wildflower Walk

Open House

Hillcrest, 2 p.m.

Farmer's Market

Summer Musical:

Fiddler on the Roof

The Ellen, 7:30 p.m.

Don't Close Your Eyes

Live Radio Theatre

The Verge, 8 p.m.

Filling Station, 9 p.m.

The Zebra, 10 p.m.

SUNDAY, JULY 12

Bozeman Trail Gun Show

Gallatin Co. Fairgrounds, 9 a.m.

Big Bang Boom Family Concert

Bozeman Public Library, 4 p.m.

Bridger Mountain Big Band

Live From the Divide, 9 p.m.

Haufbrau, 10:30 p.m.

Skavocado

Sketch Crawl

Lindley Park, 2 p.m.

Summer Musical:

Fiddler on the Roof

The Ellen, 3 p.m.

Noah Heckman

Eagles, 7 p.m.

Johnny Burke

Open Mic

Wild Joe's, 3 p.m.

The 'M' Trail, 9 a.m.

Bozeman Trail Gun Show

Gallatin Co. Fairgrounds, 9 a.m.

Gallatin Co. Fairgrounds, 10 a.m.

Eagles, 9 p.m.

Poker Ride

Live From the Divide, 9 p.m.

Laney Lou & The Birddogs + Back-

Beall Rec. Center, 6 p.m.

Art Walk Downtown, 6 p.m.

FRIDAY, JULY 10 -THURSDAY, JULY 23

*If your event falls between July 24 and August 7, please submit it by Friday, July 17.

FRIDAY, JULY 10

Strings Under the Big Sky Rainbow Ranch, 5 p.m.

Keith Scott Riverhouse, 7 p.m.

Trivia Night Lone Peak Cinema, 8 p.m.

SATURDAY, JULY 11 Brewfest 2015 Music by SloMo Joe & **Good Time Travelers** Big Sky Resort, 3 p.m.

Bottom of the Barrel CD Release Party & River House Anniversary Party Riverhouse, 8 p.m.

SUNDAY, JULY 12

Rev. Glover Wagner Soldiers Chapel, 11 a.m.

Pacific NW Economic Region Summit Big Sky Resort, thru July 16

Brian Stumpf Riverhouse, 7 p.m.

TUESDAY, JULY 14

Opening Party Ari O Jewelry, 5 p.m.

WEDNESDAY, JULY 15

Community Yoga by Santosha Town Center Park, 11 a.m.

Farmer's Market Fire Pit Park, 5 p.m.

Tom Marino Choppers, 7 p.m.

Live Music Ousel & Spur, 9 p.m.

Karaoke Broken Spoke, 9 p.m.

THURSDAY, JULY 16

Business After Hours Pure West Christie's, 5 p.m. Music in the Mountains

The Suffers Town Center Park, 7 p.m.

Electric Sunday Choppers, 9:30 p.m.

Sat Sang Broken Spoke, 10 p.m.

FRIDAY, JULY 17

Trivia Night Lone Peak Cinema, 8 p.m.

SUNDAY, JULY 19

Rev. Mark McWhorter Soldiers Chapel, 11 a.m.

TUESDAY, JULY 21

Community Forum Medical Center Update BSR Huntley Dining Room, 4 p.m.

WEDNESDAY, JULY 22

Community Yoga by Santosha Town Center Park, 11 a.m.

GCWC: Flower Arranging LMR Pavilion, 1 p.m.

Farmer's Market Fire Pit Park, 5 p.m.

Live Music Ousel & Spur, 9 p.m.

Karaoke Broken Spoke, 9 p.m.

Driftwood Grinners Choppers, 9 p.m.

THURSDAY, JULY 23

Town Hall Meeting Big Sky Chapel, 3 p.m.

Music in the Mountains The Whiskey Gentry Town Center Park, 7 p.m.

DJ Tiny Choppers, 9 p.m.

Forrest & Friends Broken Spoke, 10 p.m.

Bozeman

FRIDAY, JULY 10

Sweet Factory Fridays Museum of Rockies, 10 a.m. Free Friday Night Children's Museum, 5 p.m.

Bozeman Trail Gun Show Gallatin Co. Fairgrounds, 5 p.m.

Working Class Hero: Bozeman's Historic N. Tracy District **MONDAY, JULY 13**

Gallatin County Fair Gallatin County Fairgrounds, 12 p.m.

Jazz & More w/Kelly Roberti Bozeman Public Library, 7 p.m.

Gallatin Roller Girlz Bout Haynes Pavillion, 7:30 p.m.

Open Mic Haufbrau, 10:30 p.m.

TUESDAY, JULY 14

Gallatin County Fair Gallatin County Fairgrounds, 12 p.m.

Old Faithful Open Golf Scramble Black Bull, 12 p.m.

Bogert Farmer's Market Bogert Park, 5 p.m.

Meditation Walk Cherry River Fishing Access, 5:30 p.m.

Music Tuesdays Red Tractor Pizza, 6:30 p.m.

Release Party for Harper Lee's Go Set a Watchman Country Bookshelf, 7 p.m.

Nathan Kalish & The Lastcallers Lockhorn Cider House, 7 p.m.

Bozeman Bucks vs. Billings Scarlets Gallatin Co. Fairgrounds, 7 p.m.

The Ellen, 7:30 p.m.

Sam Lewis & Charles Ellsworth Filling Station, 8 p.m.

WEDNESDAY, JULY 15

Lunch on the Lawn The Emerson, 11:30 a.m.

Gallatin County Fair Gallatin County Fairgrounds, 12 p.m.

Pickin' in the Park Story Mansion, 6:30 p.m.

A Fistful of Dollars - Western The Ellen, 7 p.m.

Jewish Film Festival MSU Procrastinator Theater, 7 p.m.

Earphunk Filling Station, 8 p.m.

Open Mic Haufbrau, 10:30 p.m.

THURSDAY, JULY 16

Gallatin County Fair Gallatin County Fairgrounds, 12 p.m.

Hike to Yoga Gallatin Regional Park, 5:30 p.m.

Music on Main **Bus Driver Tour** Downtown, 6:30 p.m.

Summer Musical: Fiddler on the Roof The Ellen, 7:30 p.m. Lockhorn Cider House, 8 p.m.

Glow Party Eagles - Upstairs, 8 p.m. Little Jane & the Pistol Whips Eagles, 9 p.m.

Strangeways Legion, 9 p.m.

Bridger Creek Boys Zebra, 10 p.m.

FRIDAY, JULY 17

Crazy Days Downtown, 10 a.m.

Sweet Factory Fridays MOR, 10 a.m.

Gallatin County Fair Gallatin County Fairgrounds, 12 p.m.

Used Book Sale Bozeman Public Library, 4 p.m.

Working Class Hero: Bozeman's Historic N. Tracy District Beall Rec. Center, 6 p.m.

Summer Musical: Fiddler on the Roof The Ellen, 7:30 p.m.

Don't Close Your Eyes Live Radio Theatre The Verge, 8 p.m.

Young Dubliners Zebra, 8 p.m.

Fred Eaglesmith Live From the Divide, 9 p.m.

Whiskey Tango Filling Station, 9 p.m.

DJ Walker Legion, 9 p.m.

SATURDAY, JULY 18

Mystic MTB Race Bear Canyon Campground, 7 a.m.

Used Book Sales Bozeman Public Library, 9 a.m.

Running Lungs 2k, 5k, & 10k race Lindley Park, 9 a.m.

Crazy Days Downtown, 10 a.m.

Gallatin County Fair Gallatin County Fairgrounds, 12 p.m.

Summer Musical: Fiddler on the Roof The Ellen, 7:30 p.m.

Don't Close Your Eyes Live Radio Theatre The Verge, 8 p.m.

Josh Abbott Band Faultline North, 8 p.m.

B-Side Players Zebra, 8 p.m. Alex Nauman & MOTH Filling Station, 9 p.m.

DJ Walker Legion, 9 p.m.

SUNDAY, JULY 19

Crazy Days Downtown, 9 a.m.

Used Book Sales Bozeman Public Library, 11 a.m.

BIG SKY FLY FISHING FESTIVAL

JUNE 24 - 26

Entering its fourth year, the Gallatin River Task Force's Big Sky Fly Fishing Festival is three days of fishing, fun, and all for a good cause--ensuring the quality of the Gallatin River!

Visit bluewatertaskforce.org for full the schedule and more information.

Gallatin County Fair Gallatin County Fairgrounds, 12 p.m.

Summer Musical: Fiddler on the Roof The Ellen, 3 p.m.

Dead Man's Cell Phone The Verge, 7 p.m.

Bridger Mountain Big Band Eagles, 7 p.m.

Open Mic Haufbrau, 10:30 p.m.

MONDAY, JULY 20

Jazz & More w/Kelly Roberti Bozeman Public Library, 7 p.m.

Summer Musical: Fiddler on the Roof The Ellen, 7:30 p.m.

Open Mic Haufbrau, 10:30 p.m.

TUESDAY, JULY 21 Bogert Farmer's Market

Bogert Park, 5 p.m.

GVLT Discovery Walk Bozeman Ponds, 5:30 p.m. Music Tuesdays Red Tractor Pizza, 6:30 p.m.

BFS Presents: Love & Mercy The Ellen, 7:30 p.m.

Handsome Jack & The Hopeless Devil Zebra, 10 p.m.

WEDNESDAY, JULY 22

Lunch on the Lawn The Emerson, 11:30 a.m. Music on Main Kris Clone Band Downtown, 6:30 p.m.

Summer Musical: Fiddler on the Roof The Ellen, 3 p.m.

Bluebelly Junction Eagles, 9 p.m.

The Innocents Legion, 9 p.m.

Mark Myriad & Hev-E Zebra, 10 p.m.

Livingston & Paradise Valley

FRIDAY, JULY 10 52nd Annual Boat Float Mayors Landing, 8 a.m. (thru July 12)

Mary Stuart & His Fabulous Superlatives Music Ranch MT, 7:30 p.m.

Spamalot! The Shane, 8 p.m.

Sol Driven Train Murray Bar, 9 p.m.

Milton Menasco & The Big Fiasco Chico Saloon, 9:30 p.m.

SATURDAY, JULY 11

Potluck & Jam Session Senior Ctr., 1 p.m.

Kalyn Beasley Katabatic, 5:30 p.m.



MYSTIC MTB RACE JULY 18

The Mystic MTB Race features 40 miles of exciting riding, remote scenery, tough climbs, and world-class descents that offers mountain bikers an opportunity to challenge themselves on some of the most enjoyable connector trails in the Gallatin National Forest.

Interested riders can register for the race online at through July 16 and in person at Owenhouse Bicycling Co. on July 17.

Event information, race updates and online registration are

Pickin' in the Park Story Mansion, 6:30 p.m.

Film: The Treasure of the Sierra Madre The Ellen, 7 p.m.

Author Event w/David Gessner Country Bookshelf, 7 p.m.

Possessed by Paul James Live From the Divide, 9 p.m.

Open Mic Haufbrau, 10:30 p.m.

THURSDAY, JULY 23

Trail Read for Kids Bozeman Public Library, 5:30 p.m. John Anderson Music Ranch MT. 7:30 p.m.

Spamalot! The Shane, 8 p.m.

Big Daddy & The Blue Notes Murray Bar, 9 p.m.

Milton Menasco & The Big Fiasco Chico Saloon, 9:30 p.m.

SUNDAY, JULY 12

Spamalot! The Shane, 3 p.m.

Michael Charles Chico Saloon, 7 p.m.

Adam Pope Band Murray Bar, 8:30 p.m.

MONTANA OPEN LAND MONTH

Officially recognized by Gov. Steve Bullock, July 2015 is Montana Open Land Month. This month-long celebration is a chance to honor all that open land represents: our agricultural heritage, vast outdoor recreational opportunities, clean water, diverse wildlife habitat, scenic splendor, tremendous economic benefits, a \$4 billion tourism industry, freedom to roam and so much more! Visit openlandmt.org to learn more.

MONDAY. JULY 13

The Harmaleighs Murray Bar, 5:30 p.m.

Bluegrass Jam Katabatic, 5:30 p.m.

TUESDAY, JULY 14

Beer For A Cause: Leadership 49 Katabatic, 4 p.m.

Brian Ernst Murray Bar, 8:30 p.m.

WEDNESDAY, JULY 15

Farmers Market Music by Brian Ernst Band Miles Park, 4:30 p.m.

The Might Travis Katabatic, 5:30 p.m.

Nathan Kalish & The Lastcallers Murray Bar, 8:30 p.m.

THURSDAY, JULY 16

Round House Roundup Dinner Music w/Open Range Depot Center

David Ball Music Ranch MT, 7:30 p.m.

Keith Scott Blues Murray Bar, 9 p.m.

FRIDAY, JULY 17

Summerfest Miles Park & Bandshell

Scott Evje Katabatic, 5:30 p.m.

Frank Smith Music Ranch MT, 7:30 p.m.

Biloxi Blues The Shane, 8 p.m.

Murray Bar, 9 p.m.

Comstock Lode Chico Saloon, 9:30 p.m.

SATURDAY, JULY 18

Blazing Saddles Bridger Mountain Range

Summerfest Miles Park & Bandshell

Biloxi Blues The Shane, 8 p.m.

Bus Driver Tour Murray Bar, 9 p.m.

Comstock Lode Chico Saloon, 9:30 p.m.

SUNDAY, JULY 19 Biloxi Blues The Shane, 3 p.m.

Shane Walker Murray Bar, 8:30 p.m.

MONDAY, JULY 20

Whetherman Murray Bar, 5 p.m.

Bluegrass Jam Katabatic, 5:30 p.m.

TUESDAY. JULY 21

Beer For A Cause: Invasive Species **Action Network** Katabatic, 4 p.m.

David Gessner Reading Elk River Books, 7 p.m.

WEDNESDAY, JULY 22

Farmers Market Music by Open Range Miles Park, 4:30 p.m.

Russell Smith Katabatic, 5:30 p.m.

THURSDAY, JULY 23

Book Signing: Tales of the Sandarosa Motor Inn Elk River Books, 5:30 p.m.

TG Sheppard Music Ranch MT, 7:30 p.m.

Arthur Lee Band Murray Bar, 8:30 p.m.

West Yellowstone

FRIDAY, JULY 10 The Shambles Wild West Saloon, 9 p.m.

SATURDAY, JULY 11 Mountain Bike Biathlon Rendezvous Ski Trails, 8 a.m.

Technicolor Tone Factory Wild West Saloon, 9 p.m.

SUNDAY, JULY 12

Astronomy Night Yellowstone Nature Connection, 10 p.m.

MONDAY, JULY 13 Yoga for Everyone Povah Community Center, 6:15 p.m.

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

TUESDAY. JULY 14 Pick Up Ping Pong Community Protestant Church, 7 p.m.

Frisbee Football Pioneer Park, 7 p.m.

WEDNESDAY, JULY 15 Community Painting Class Povah Community Center, 6:30 p.m.

Club Night - DJ Wild West Saloon, 10:30 p.m.

THURSDAY, JULY 16 Knit Night Send It Home, 6 p.m.

Yoga for Everyone Povah Community Center, 6:15 p.m.

Adult Co-Ed Volleyball W. Yellowstone School Gym, 7 p.m.

Fish Camp Boys Wild West Saloon, 8 p.m.

FRIDAY, JULY 17 The Digg Band Wild West Saloon, 9 p.m.

SATURDAY. JULY 18 Free Music in the Park Pioneer Park, 7 p.m.

SUNDAY, JULY 19 The Union Pacific Story Yellowstone Historic Center

MONDAY, JULY 20 Yoga for Everyone Povah Community Center, 6:15 p.m.

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

TUESDAY, JULY 21 Pick Up Ping Pong Community Protestant Church, 7 p.m.

Frisbee Football Pioneer Park, 7 p.m.

WEDNESDAY, JULY 22 Community Painting Class Povah Community Center, 6:30 p.m.

Club Night - DJ Wild West Saloon, 10:30 p.m.

THURSDAY, JULY 23 Knit Night Send It Home, 6 p.m.

Yoga for Everyone Povah Community Center, 6:15 p.m.

Adult Co-Ed Volleyball W. Yellowstone School Gym, 7 p.m.

Dan Dubuque Wild West Saloon, 9 p.m.

RECURRING EVENTS Mary Poppins

Playmill Theatre, nightly, Mon. – Sat.

Historic Walking Tour Historic District, self-guided, daily Explore Yellowstone!

Yellowstone Park, daily Experiencing Wildlife in Yellowstone Workshop

30 Yellowstone Ave., 9 a.m. & 3 p.m. daily Yellowstone Nature Connection **Programs** Smokejumper Program, 10 a.m. & 3 p.m. (daily) Naturalist Program, 1 p.m. (daily) Reading in Nature, 4:30 p.m.

(Thursdays) 10 Yellowstone Ave.

Wild West Yellowstone Rodeo Rodeo Arena, 8 p.m., Wed. – Sat.

Live Performances at the Playmill Theatre Mon. – Thurs., 6:30 p.m. Fri. – Sat., 6:30 & 8:30 p.m

JULY 30-AUG 1, 2015 BIG SKY TOWN CENTER

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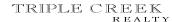




























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Featured trail: North Fork Loop

BY AMY WIEZALIS EBS CONTRIBUTOR

BIG SKY - As summer in southwest Montana ensues, my mind turns to the incredible mountain terrain easily accessible from Big Sky. One of the most versatile trails in Big Sky is the North Fork Loop, which is located between the Mountain and Meadow villages and affords a variety of recreational opportunities.

The North Fork Trail (FS 16) is a great alternative to the popular Beehive Basin Trail (FS 40) for exploring the Spanish Peaks from the south. The North Fork Trail is 6.7 miles one way to the saddle of Bear Basin, but can also be incorporated into a loop using the Ridge Trail (FS 403) and Connector Trail (FS 402). From scenic family walks in rolling meadows, to heady mountain bike descents down steep rocky slopes, this trail provides something for everyone.

The trailhead is accessed via the North Fork Road on the north side of Lone Mountain Trail, just west of Lone Mountain Ranch's entrance, and approximately 4.7 miles from U.S. Highway 191. Turn left onto Ridge Road after .3 miles and continue around a couple of bends.

Keep your eyes peeled for elk in lush grassland beneath towering pines. The trailhead is on the left, where Ridge Road continues up the hill and the North Fork Trail drops into the woods to the right.

The first portion of the trail is ideal for hikers of all abilities, and especially attractive for aspiring trail runners. It's also a great warm up for a longer run into Bear or Beehive basins.

The trail descends gently on a Forest Service road surrounded by a verdant forest, before crossing a private road, and ascending gradually. Bearing to the right, it drops down to the North Fork of the West Fork of the Gallatin River, and crosses a rustic Forest Service log footbridge.

Here the trail transitions into singletrack that skirts the river, crossing clearings where Indian paintbrush, glacier lilies, arrowleaf balsamroot, and myriad other wildflowers color the ground. Three miles from the trailhead, the North Fork/ Beehive Connector Trail (FS 402) peels off to the left.

The North Fork Loop is a popular trail for local mountain bikers when ridden in the opposite direction. From the trailhead, continue up Ridge Road to the Ridge Trail. A singletrack, switchback grunt elevates you to incredible views of Lone Mountain and the Spanish Peaks. The Ridge Trail drops you out on the private Upper Beehive Loop Road where you turn right and ride the road until you pick up the Connector Trail on your right.

Be prepared for a short section of expert, rocky drops and technical switchbacks winding through the flower-packed meadows. The trail then mellows and joins the North Fork Trail for 3 miles of rolling delight back to the trailhead.

If you continue from the North Fork Trail into Bear Basin, it's another 3.7 miles to the saddle into the Spanish Peaks drainage. After a mile or so you'll reach the boundary of the Lee Metcalf Wilderness where bike travel is prohibited. The trail switchbacks through the pines and opens up into the Bear Basin cirque, where you'll find highalpine terrain similar to Beehive Basin, but far less traveled.

The North Fork Trail is a gem, and a staple for outdoor recreationalists in Big Sky. As always, weather can be unpredictable and wildlife is abundant – bring proper clothing, food, water, first-aid supplies, and bear spray. Be prepared, be aware, and soak up the majesty around you.

Amy Wiezalis is the accountant and marketing director for Grizzly Outfitters Ski and Backcountry Sports. She has been an avid Big Sky mountain biker and trail runner for 14 years.



Nick Weiler pedals up the Ridge Trail while riding the North Fork Loop on July 2. PHOTO BY TYLER ALLEN





BY PATRICK STRAUB EBS FISHING COLUMNIST

Nearly 20 years ago I was a rookie guide on my first Madison River guide trip. All was well until lunchtime when we met up with the

senior boat. The clients in my boat were happy, but the fishing action left much to be desired. In the other boat – captained by a guide with more than 10 years of Madison River experience – clients were swapping stories of big fish, little fish, the ones that got away, and high fives were plentiful.

The senior guide had his clients fishing caddis insects, and after lunch I changed to a high-floating dry fly and an emerger pattern, which produced results.

Caddis are abundant in most of our local trout streams. As we get into high summer, thoroughly understanding caddis variations will bring more fish to the net. Here's some help.

Fishing through the entire hatch. The obvious sign of a hatch is the presence of insects in the air, but the hatch begins when larvae or nymphs change into adults. Additionally, when caddis begin their intermediate pupal stage, the makings of a caddis hatch are underway. This early stage is best described as an emergence, when these insects are found in various levels of the river's current offering trout an abundant food supply. Why is this important? Because 40-70 percent of a trout's feeding occurs during the caddis' emergent stage.

Understand emerging caddis. Fishing emerger imitations has recently become popular, but while tying an emerger onto your tippet is easy, fishing them effectively requires advanced knowledge. The hatching of emerging caddis happens fast but research shows that during these periods of hesitation, trout targets the insects.

The first period occurs near the bottom of the river. This may last hours and is best fished using

a strike indicator with weighted flies or soft hackles. Add a bit of action to your drift, like a slow lift at the end. Try swinging the fly into softer water as your drift ends, allowing the line to tighten briefly at the end of the swing before another cast is made. Dead drifting will still catch most fish, but emerging caddis

The second period of emergence occurs when the pupae shed their cocoons and drift to the surface.

move in the current.

As this occurs, the insects emit small gas bubbles and flail their microscopic legs frantically as they race toward the surface where a period of hesitation occurs as the bug tries to break free of the surface film. This requires a massive amount of the insect's effort and time, as it struggles to free itself from the water. Understanding this struggle is paramount to emerger-angling success.

Trout "porpoising," or crashing the surface, are feeding on struggling caddis. This is often the most exciting time to fish a caddis hatch as trout splash and gorge themselves on surface-clinging caddis.

Upgrade your arsenal. Visit your local fly shop and stock up on caddis nymphs, pupae, and emergent patterns. If you're like most anglers you have Elk Hair Caddis, but do you have a handful of Serendipity and soft hackles? Does your box have a dozen Sparkle Caddis Pupa? Get some caddis patterns tied with Cul Du Canard, a natural material adept at holding air when it's wet, which imitates the emitting gas bubbles. Be sure to have a quality drying powder and floatant for fishing CDC patterns.

Caddis are the raddest



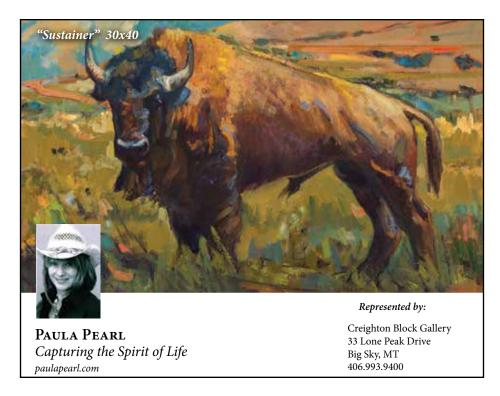
A fly box full of caddis patterns is essential for fishing Montana's waters during the next few weeks. PHOTO COURTESY OF GALLATIN RIVER GUIDES

Know your caddis patterns. Once you upgrade your gear, choose what caddis patterns fit your fishing style and fish accordingly. If you like high-riding patterns choose Elk Hair or Goddard caddis. If you like low riding caddis, choose a Hi-Vis or Neversink. If the fish are eating emerging insects in the film, tie a CDC emerging pattern like a Weise's Clacka Caddis or a Z-caddis onto any of the above patterns. The technique of fishing two flies – one floating and one in the film – will increase your action. For nymphs and pupae, choose flies such as Seredipity, Birds of Prey, and the time-tested Hare's Ear.

For me, fishing caddis is no longer a mystery but a necessity. To get more out of summer fishing, caddis and their imitations should play a vital

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 he co-owns a guide service on the Missouri River.





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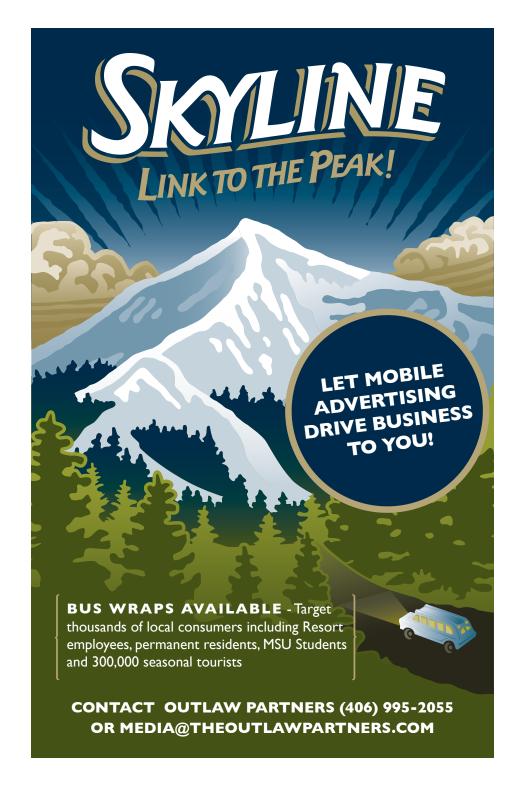
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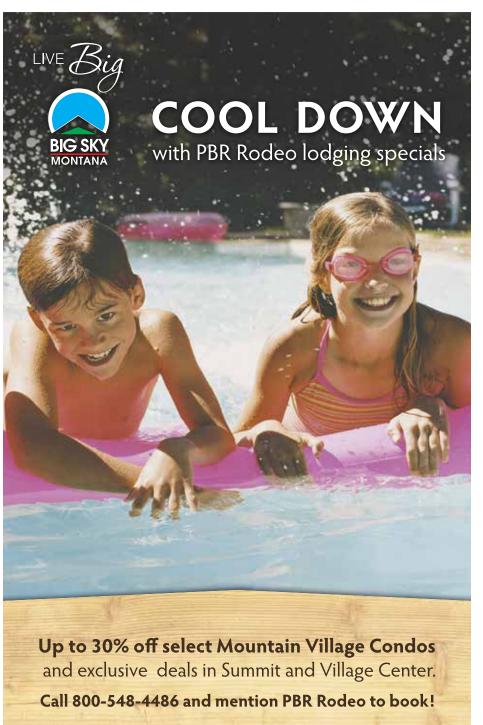
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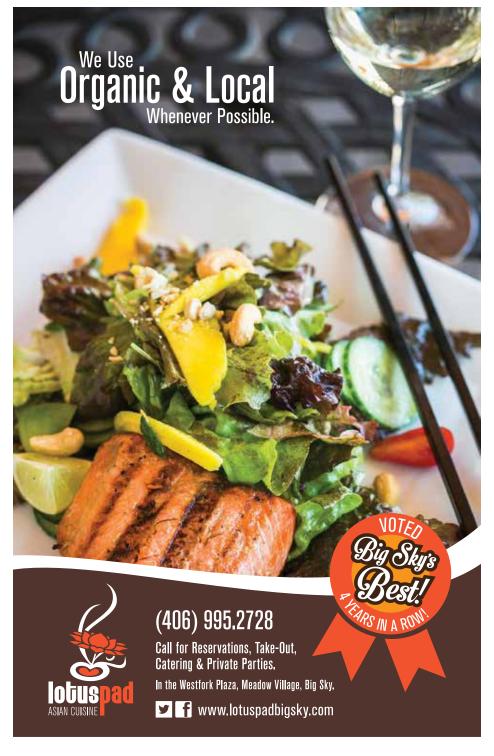




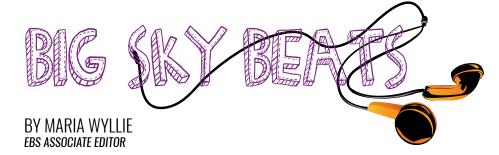
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FUN

Find out what tunes we're bumping! In Big Sky Beats, Explore Big Sky staff and guests offer suggested tracks for your next playlist. Whether you need to freshen up your music library, want to expand your collection, or just need some tunes for the next backyard barbecue, we've got you covered.

After watching live streams of The Grateful Dead's final shows in Chicago over Fourth of July weekend, I haven't been listening to much of anything but Dead tunes. In the last issue of Explore Big Sky, I listed a few of my favorite songs from specific shows they've played over the past 50 years.

The band's heartfelt lyrics and adventurous instrumentation inspired many musicians who continue to let their music live through covers and new renditions of Grateful Dead songs. A mix of original Dead songs and side projects, and covers by other bands typically make for a well-balanced, mellow playlist where you can get your Dead fix but still listen to a diverse range of music.

The list below features a few of my most-listened to side-project and cover songs that you can add to any Grateful Dead playlist for a new twist.

- 1. "Franklin's Tower," Merl Saunders
- 2. "Shakedown Street," Boombox
- 3. "I Know You Rider," Slightly Stoopid
- 4. "Greatest Story Ever Told," Grateful Grass
- 5. "Rubin & Cherise," Phil Lesh & Friends, 7/12/06
- 6. "Cassidy," RatDog
- 7. "Panama Red," New Riders of the Purple Sage
- 8. "Don't Let Go," Jerry Garcia Band
- 9. "Dark Star," David Grisman Qunitet
- 10. "Tennessee Jed," Elvis Costello

Visit explorebigsky.com/beats for a sampling of the playlist

American Life in Poetry: Column 537

BY TED KOOSER, U.S. POET LAUREATE

One of the first uses of language must surely have been to tell others what happened beyond the firelight, out in the forest. And poems that do just that seem wonderfully natural and human to me. Here's Anya Krugovoy Silver telling us something that happened far from home. She lives and teaches in Georgia.

Doing Laundry In Budapest

By Anya Krugovoy Silver

The dryer, uniform and squat as a biscuit tin, came to life and turned on me its insect eye. My t-shirts and underwear crackled and leapt. I was a tourist there; I didn't speak the language. My shoulders covered themselves up in churches, my tongue soothed its burn with slices of pickle. More I don't remember: only, weekends now when I stand in the kitchen, sorting sweat pants and pairing socks, I remember the afternoon I did my laundry in Budapest, where the sidewalks bloomed with embroidered linen, where money wasn't permitted to leave the country. When I close my eyes, I recall that spinning, then a woman, with nothing else to sell, pressing wilted flowers in my hands.

American Life in Poetry is made possible by The Poetry Foundation (poetryfoundation.org), publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright © 2014 by Anya Krugovoy Silver, "Doing Laundry in Budapest," from I Watched You Disappear: Poems, (Louisiana State Univ. Press, 2014). Poem reprinted by permission of Anya Krugovoy Silver and the publisher. Introduction copyright © 2015 by The Poetry Foundation. The introduction's author, Ted Kooser, served as United States Poet Laureate Consultant in Poetry to the Library of Congress from 2004-2006.

CROSSWORD PUZZLE

ACROSS

- Tibetan priest More than enough
- Ancient Heb. month 12 Son of Samuel
- 13 Television channel
- 14 Before (Lat.) 15 Dissertation
- 17 Two-horse chariot
- 18 A (Ger.)
- 19 Braid linen tape 21 Male cat
- 22 Card game 23 Balto-Slav
- 25 Rain tree
- 28 Iron lung
- 31 Smile 32 Hours (abbr.)
- 33 Insect 34 Active 36 Nutlike drupe

18

50

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26

35

51

- 37 Diagonal (abbr.) 38 River into the North Sea
- Shelter (Fr.)
 - Automobile
- language
- Irtysh

- 39 Health resort 41 Chronicles (abbr.)
- 43 Affirmative 46 Senior (Fr.) 48 Sloe (2 words)
- 50 Caliph 51 Pointed (pref.) 52 Aweto
- 53 Cella 54 Favorable vote 55 Eight (pref.)

DOWN

- Dead
 - Amer.
 - Assn. (abbr.) Arawakan
- City on the
- Eye of an insect All points
- ANSWER TO PREVIOUS PUZZLE RAGA PANT |W|E|T|A| A|D|A|R IERI OSHA PURSUE I C A CONCPRAE RAJAHAGA L I PO TONO |O|V|I| |U|N|AONWARDARS ARAB ARAB B|U|D|DEMI |E|D|E| DER OAST
- bulletin (abbr.) 9 Fr. historical provinces 10 Foe of Othello
- 11 Ray 16 Noun-forming
- (suf.) 20 Always

43 44

- 22 Haw. porch 10
 - (abbr.) 29 "Casablanca" character 30 As written in
 - music 32 Pike

24 Clemenceau's

nickname

25 Signed (abbr.)

forming (suf.) 27 Phil. island

Commission

28 Civil Rights

26 Adjective-

- 35 Son of (Scot.) 36 Look after
- 38 Evil intent, in law
- 39 Cross oneself 40 SW US cotton
- 42 "Dream Girl" playwright 43 Fish sauce
- 44 Mongol tent 45 Blood disease
- (suf.) 47 Ger. spa 49 Indo-Chin. language

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A Canadian mining company wants to start a mine in the Paradise Valley.

Let me get this right! A Canadian company wants to start a mine on U.S. Forest Service land. Plus because of some obsc 1872 mining law the Forest Service is mandated to assist in the proposal? Sounds like more than a minor mistake to me.



BACKLI

For Explore Big Sky, the Back 40 is a resource: a place where we can delve into subjects and ask experts to share their knowledge. Topics include regional history, profiles of local artists and musicians, snow and avalanche education, how-to pieces for traditional or outdoor skills, and science.

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

Big Sky Resort's Adventure Zipline

BY SHEILA D'AMICO EBS CONTRIBUTOR

"If you could be any animal, what would you be?" asked the zipline guide Ana Dostert to our crew of eight.

"Spider monkey!" I replied. This icebreaker was meant to acquaint our group with our guide, as we embarked on Big Sky Resort's chairlift-accessed Adventure Zipline Tour.

We met outside the Basecamp Activity headquarters in the Mountain Village plaza where the guides discussed the importance of harnesses, used to secure participants while flying across the four lines spanning a total of 5,000 feet.

After the last participant said, "Dolphin," our group walked to the Explorer chairlift located behind the Huntley Lodge. We paired up on the chairlift before unloading and walking to the first zipline tower, "Swifty 3.0," which is 80 feet off the ground. Our chatter and laughter subsided when we saw the distance – 1,200 feet – to the next tower.

One of our two zipline guides clipped his pulley system onto the cable, explaining the steps as he went. With a grin on his face, he ran off the platform and sailed to the other tower to set up as "catcher" on the other side.



Big Sky Resort's marketing team listens to the safety talk before embarking on the resort's 5,000-foot zipline experience.



Participants in Big Sky Resort's Adventure Zipline Tour race to the finish line of the 1,400-foot "Twin Zip," with Lone Mountain in the background. PHOTOS COURTESY OF BIG SKY RESORT

Each of us adventure zippers were different sizes and the guide explained to a 5-foot-2-inch young girl that she needs to hold her legs to her chest – making herself into ball – to go faster. Then he turned to a 6-foot-tall father explaining that he might need to spread out all

his limbs like a starfish to help him slow down as he approaches the landing.

After a couple of brave volunteers zip to the far tower, it's the spider monkey's turn. The guide performs a quick safety check of my equipment, hooks my pulley system to the cable, radios the catcher, and tells me to go.

I take a deep breath, close my eyes, and jump, and I'm speeding through the air. I open my eyes to see the tops of trees flashing by and hear the cheers of my "animal friends." I truly feel like a spider monkey flying to my next tree. I'm grinning from ear to ear, high-fiving my new friends on the other side as we celebrate crossing the span.

From the second platform, "Jerry's Terror," with a line spanning 800 feet, we zip to the next tower. This time, those who were a bit timid on the first tower are stepping up to go first. As we each make it across, a new challenge awaits us – we have to get belayed off the tower.

My comfort zones are pushed, but the encouragement from my new best friends gets me to solid ground. We then have a short hike down to the third tower, "Kessel Run," with a 1,000-foot line, which became my favorite of the tour.

Within seconds of stepping off the platform, I'm so close to the treetops I no longer feel my inner spider monkey. Instead I feel like I'm on a speeder bike from "Return of the Jedi," traveling as fast as they did in the opening scene.

The tower I've landed on has our last line back to the base area. It's the "Twin Zip," spanning 1,400 feet, where two of us will launch simultaneously in a race to the finish. A competition? I'm in!

I've tossed aside my metaphorical speeder bike for the spider monkey skills. I'm paired with the dolphin, who is my size. We both wait for the "3, 2, 1" countdown from the guide, and then jump. Immediately we're both in a tight ball formation, spinning slightly to try to see each other. We're both laughing as we whiz to the finish.

Sheila D'Amico is the Public Relations Manager at Big Sky Resort. She has been on the Adventure Zipline three times and each time her heart races, she gets a bit nervous, and screams with joy. If you hear a long drawn out 'yahoo' or 'yeehaw', chances are D'Amico is zipping again.