September 16 - 29, 2016









Sept. 16 – 30, 2016 Volume 7, Issue No. 19

Owned and published in Big Sky, Montana

PUBLISHER

Eric Ladd

EDITORIAL

EDITOR / EXECUTIVE DIRECTOR, MEDIA Joseph T. O'Connor

SENIOR EDITOR/ DISTRIBUTION DIRECTOR Tyler Allen

ASSOCIATE EDITOR Amanda Eggert

CREATIVE

SENIOR DESIGNER Taylor-Ann Smith

GRAPHIC DESIGNER Carie Birkmeier

VIDEO DIRECTOR Wes Overvold

VIDEO EDITOR

Ryan Weaver

SALES AND OPERATIONS

CHIEF OPERATING OFFICER Megan Paulson

EXECUTIVE DIRECTOR, SALES AND MARKETING E.J. Daws

EXECUTIVE DIRECTOR, FINANCE AND ADMINISTRATION Alexis Deaton

MEDIA AND EVENTS DIRECTOR Ersin Ozer

MADIZETINI

MARKETING COORDINATOR Amy Delgrande

DISTRIBUTION COORDINATOR Doug Hare

CONTRIBUTORS

Rachel Anderson, Johnny Armstrong, Marianne Baumberger, Evelyn Boswell, Matt Brailsford, Matthew Brown, Alan Bublitz, Ania Bulis, Bella Butler, Jackie Rainford Corcoran, Jeff Daniels, Theresa Da Silva, Carol Doig, Ronoan Donovan, Tara Gale, Sarah Gianelli, Ted Kooser, Jake Marlink, Mark McClure, Scott Mechura, Steven Meyers, Megan Mook, Brandon Niles, Colter Nuanez, Debra Nystrom, John Romney, Patrick Straub, Evan Tennant, Matt Volz, , Todd Wilkinson, Jessianne Wright, Ciara Wolfe,

EDITORIAL POLICY

Outlaw Partners, LLC is the sole owner of Explore Big Sky. EBS reserves the right to edit all submitted material. Printed material reflects the opinion of the author and is not necessarily the opinion of Outlaw Partners or its editors. EBS will not publish anything discriminatory or in bad taste.

LETTERS TO THE EDITOR

Letters to the editor allow EBS readers to express views and share how they would like to effect change. These are not Thank You notes. Letters should be 250 words or less, respectful, ethical, accurate, and proofread for grammar and content. We reserve the right to edit letters, and will not publish individual grievances about specific businesses or letters that are abusive, malicious or potentially libelous. Include: full name, address, phone number and title. Submit to media@outlaw.partners

ADVERTISING DEADLINE

For the Sept. 30 issue: Sept. 21, 2016

CORRECTIONS

Please report errors to media@outlaw.partners

OUTLAW PARTNERS & EXPLORE BIG SKY P.O. Box 160250, Big Sky, MT 59716 (406) 995-2055 • media@outlaw.partners

(406) 995-2055 • media@outlaw.partners

© 2016 Explore Big Sky unauthorized reproduction prohibited

#explorebigsky





explorebigsky



ON THE COVER: Illustration inspired by an Americana football poster designed by Anderson Design Group for Syracuse University. ILLUSTRATION BY TAYLOR-ANN SMITH

TABLE OF CONTENTS

Section 1: News Opinion......4

Regional.....

Section 2: Environment, Sports, & Health

Environment	17
Sports	20
Health	27

Section 3: Inside Yellowstone, Outdoors, & Dining

Yellowstone	33
Outdoors	37
Dining	42
Fun	47

Section 4: Events & Entertainment......49

Special Section: Health & Wellness Guide











'Fine Bovine' PHOTO BY WES OVERVOLD

Do you want to see your photography in the pages of EBS? Submit a maximum of three images via email to carie@theoutlawpartners.com. One photo per issue will be chosen for the opening shot.



NEWS IN BRIEF



Tendoy Sheep reduction to continue

MONTANA FISH, WILDLIFE AND PARKS

During a conference call Aug. 29 the Montana Fish and Wildlife Commission approved a proposal from Montana Fish, Wildlife and Parks to continue a bighorn sheep elimination effort in the Tendoy Mountains that was initiated in 2015. The Tendoys contain bighorn sheep hunting district 315.

The action is a follow-up to last year's commission decision to move forward with eliminating the Tendoy Mountains bighorn sheep herd in an effort to address a disease issue within the herd. Disease in the Tendoy sheep herd is endemic resulting in poor reproduction. Following removal of the remaining 12 sheep, the plan is to restock the area with healthy bighorns.

FWP sold unlimited licenses for three days from Sept. 6-8 and begin the hunt Sept. 15 concurrent with the traditional opening of bighorn sheep season, which ends Nov. 27.

By statute, hunters harvesting a ram or a lamb would be subject to the seven-year wait to again apply for a limited either-sex or legal ram license. Hunters taking ewes are not subject to the seven-year wait.

The remaining sheep have become very wary and will be difficult to find and harvest. Those who purchased a license were sent a letter concerning the hunt, reporting requirements, and the general areas where remaining sheep are most likely to be found.

During the 2015 hunt period 24 sheep were taken. Following the public hunting FWP hoped to take any remaining sheep by helicopter or from the ground, so no public hunt was proposed earlier. However, since the end of the 2015 hunting season five attempts by helicopter and more than 20 days of effort from the ground have resulted in the taking of only four additional sheep.

Yellowstone deputy superintendent to retire

NATIONAL PARK SERVICE

Steven F. Iobst, deputy superintendent of Yellowstone National Park, has announced his Sept. 30 retirement after more than 42 years of continuous service with the National Park Service.

Iobst was appointed deputy superintendent of Yellowstone National Park in August 2011 and directed day-to-day operations of the 2.2-million-acre park.

Iobst began his career with the Park Service as a student engineer in 1971 in Washington D.C. In 1974, he accepted his first permanent position as a civil engineer and was responsible for facility improvement projects in more than 40 national parks and park sites.

He began his career at Yellowstone in 1979 in maintenance and concessions management, then left Yellowstone in 1988 and became the chief of facility management at Rocky Mountain National Park.

In 1997, Iobst became assistant superintendent at Grand Teton National Park and served as the acting superintendent there from November 2000 to February 2002.

Iobst returned to Yellowstone in 2003 as the chief of maintenance, directing the largest park-based asset management program in the Park Service.

In June of this year, Iobst received the Department of the Interior Meritorious Service Award.

After his retirement, Iobst and his wife Debbie will reside in Jackson, Wyoming, to be near their children and grandchildren.

Montana court rules to keep Libertarian candidate on ballot

BY MATT VOLZ ASSOCIATED PRESS

HELENA (AP) – The Montana Supreme Court ruled Sept. 13 to keep the Libertarian candidate for secretary of state on November's election ballots after the head of the state's Republican Party tried to have the candidate declared ineligible.

The justices, in a 5-1 decision, denied GOP Chairman Jeff Essmann's request to remove Roger Roots from the ballot because Roots failed to file his required campaign finance disclosure paperwork.

Roots is a long-shot candidate for the open seat against Republican Corey Stapleton and Democrat Monica Lindeen. He has neither raised nor spent any money in his campaign to replace outgoing Secretary of State Linda McCulloch.

Essmann argued that Roots is not eligible as a candidate because he failed to file his business disclosure statement and several campaign finance reports. Under Montana law, candidates who don't file the documents must be removed from the ballot.

Essmann had asked the court to order county election officials to stop printing ballots and remove Roots' name.

Commissioner of Political Practices Jonathan Motl responded that Roots filed the documents, though some were late and one was lost in his office after Roots submitted it. Roots also said that he filed all the paperwork that was required of him.

Roots said that he believes Essmann wants him off the ballot because Roots would take votes away from Stapleton in the race. Essmann denied that he was trying to give Stapleton an advantage against Lindeen by striking Roots from the ballot.

New app designed to make hunting easier in Montana

MOUNTAINWORKS

The goal of a new smart phone app called "Montana Hunting Access 2016" is to provide an all-inclusive guide to hunting in the state. Launched last year by Bozeman software company MountainWorks, the app provides hunters with answers to critical questions about land boundaries and detailed information regarding Fish, Wildlife and Parks Block Management Areas (BMAs).

Every BMA document is included in the app, as well as boundaries for BMAs, and all public and private land via an interactive map that works with a smart phone's GPS. Hunters can open the app and zoom to their current location.

All of this information is stored on the phone so there's no need to be connected to Wi-Fi or have cellular coverage to use the app.

"After safety, the single biggest issue for Montana hunters is knowing where you can and cannot hunt," said Scott Bischke of Mountain Works. Bischke's frustration with the uncertainty of where he could hunt legally led him to work with software developer Katie Gibson to create the service. "The app is fully focused on providing the most up to date information on public and private land boundaries," Bischke said.

"We designed 'Montana Hunting Access 2016' to be intuitive," Gibson said. "We want hunters to spend their time hunting, not learning how to use our app ... Everything needed, even if you change plans out in the field, is included."



The shoulder seasons in Big Sky seem to be getting shorter every year with more visitors in town during the "off seasons."

Do you think this is a positive trend for the community? Why or why not?



Randy Hall Big Sky, Montana

"I think it's a good thing. If we could get the businesses that want to stay open during the off seasons to do so—and if we can work out our housing problems—I think we could slowly build a middle class and create year-round employment opportunities that would benefit individuals, as well as the community as a whole."



Erin Wright
Gallatin Gateway, Montana

"I think it's a good thing because it makes Big Sky less of a tourist destination and more of a real town. But also I like that there is somewhat of a shoulder season because it gives us time to work on big projects [at Scissorbills Saloon] without having to close. And no one asks for time off [in the winter] because they get it in the offseason!"



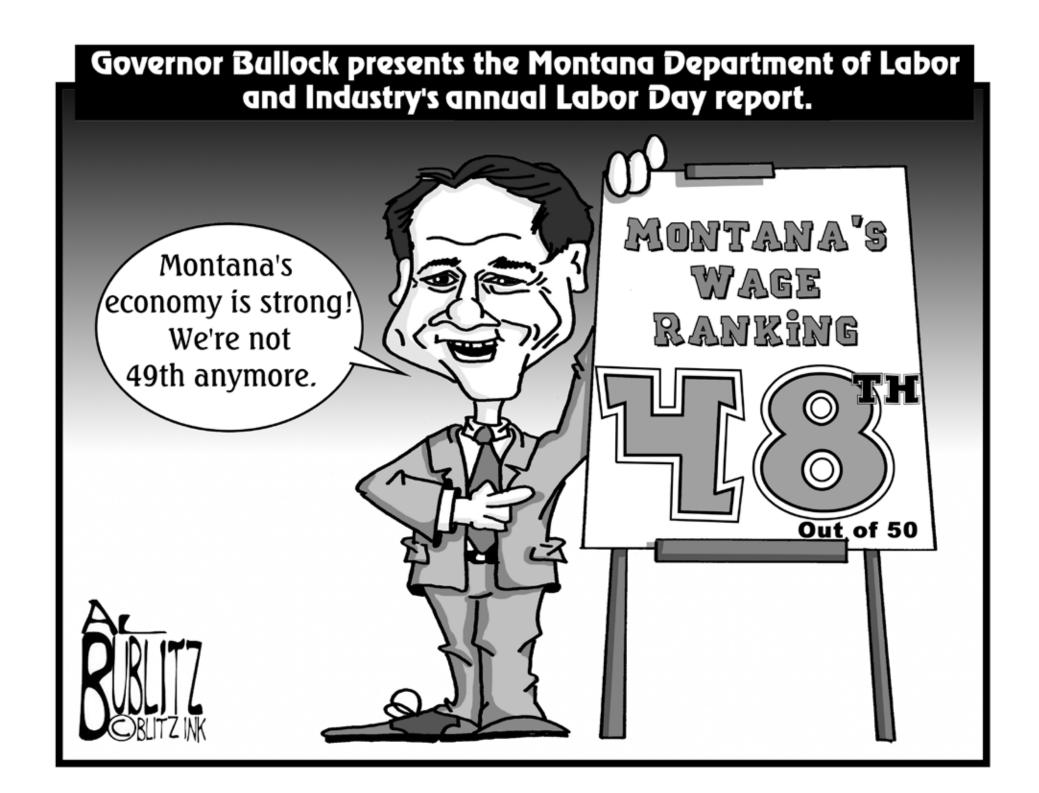
Michelle Clark-Conley
Big Skv, Montana

"I don't want to lose my offseason completely because it's part of the reason I live here. But it's nice to be able make some money during the offseason so you don't have to save up as much money [during the high seasons]. What used to be a threemonth offseason is now really one month, but it still leaves time to travel. The day I have to work year round I'm leaving town."



Matthew Grandy
Big Sky, Montana

"I think it's a good trend and shows that we're becoming a viable community and not just a seasonal resort town. And this is coming from the best skier on the mountain."



Letter: Zinke supports our veterans

Recently, a few Montana veterans attacked Rep. Ryan Zinke for "how he's chosen to serve his fellow veterans as a member of Congress" (Sept. 2 issue of EBS, "Op-ed: Montana veterans disappointed by Zinke's failure to lead"). They said he touts his service and that he doesn't vote in support of veterans. As a fellow veteran, I have to whole-heartedly disagree.

As Montana's lone representative in the U.S. House, Zinke's job is to make sure our voice is heard loud and clear among the other 434 members of Congress. He uses his platform to support our veterans and voted for the Veterans Affairs Accountability Act, which allows the VA to fire the employees that are not doing their jobs.

He also called on VA Secretary Bob McDonald to prioritize appointing a new VA director in Montana. Zinke knows how important this is to ensuring our veterans are getting the care they deserve.

Zinke's challenger Denise Juneau attacked the congressman in the Frazer debate for being a disabled veteran. She said it is hypocritical that he receives disability payments while speaking to other veterans about not becoming dependent on the government. Zinke doesn't take his disability payments for granted and doesn't rely on them, and encourages other veterans to do the same.

I know Ryan and his wife Lolita, who lost her first husband in the service of our country. Ryan risked his life repeatedly in his 23-year career. They are both dedicated to making our country a better and safer place for all of us. I hope Montana is not fooled by the words of a few, and instead looks at the sincere actions of our congressman.

Walter Blessey Big Sky, Montana

Obituary Evelyn "Evie Jo" Sumner

At 86 years old, former Big Sky resident Evie Sumner went home to be with the Lord on Saturday, Aug. 13, with her loving family by her side.

Evie was born in Stanton Township, Deer Park, Wisconsin, on May 8, 1930. She resided in Deer Park and River Falls, Wisconsin, as well as Cascade, Augusta and Big Sky,



Montana. Upon retirement, she and her husband Ira Sumner moved to Choteau, Montana.

She contracted lung cancer in 2008, and in 2016 moved closer to home in New Richmond, Wisconsin, where she lived until losing the battle to cancer.

A Montana memorial service is planned for Sept. 24, at the Skyline Lodge in Choteau at 2 p.m.

NOW HIRING

Big Sky Build

Carpenters wanted for a Big Sky custom home builder. This is a full time position with benefit package. Minimum 5 years carpentry experience, vehicle, references, and a background check are required. Inquiry by email only to info@bigskybuild.com

Blue Ribbon Builders

Blue Ribbon Builders is currently hiring experienced/skilled lead carpenters, journeyman carpenters, apprentice



carpenters and laborers for full time, year round work in Big Sky. We offer comprehensive benefits packages and training and an exemplary work environment. Housing is available. Apply online at: http://blueribbonbuilders.com/employment/. Send resumes to: hr@blueribbonbuilders.com, or for more information call 406-995-4579.

Big Sky Fire Department

Big Sky Fire Department has an opening for a Full-time Administrative Assistant. The position posting, position description and application is available at http://bigskyfire.org/administrative-assistant/. Application packets are also available for pick-up at 650

Rainbow Trout Run, Big Sky, MT 59716



Front desk / patient coordinator

Local Big Sky Resident preferred Requirements - Computer Savvy multi-task ability - Work Well withothers - Maintain confidentiality. Some medical background preferred Send resume to medclinicmml@gmail.com or drop off at the Medical Clinic of Big Sky, Town Center Office,

11 Lone Peak Dr., ste 202 -Call: Myra - 406-995-2797 Mail to: Medical Clinic of Big Sky P.O. Box 160609, Big Sky, MT 59716

Need some help or want to spread the word?

Place a classified!

\$10 for the first 35 words +\$10 for any additional copy, business logo, or photo

Email ersin@outlaw.partners



News from our publisher, Outlaw Partners

Outlaw reels in new video editor

BY AMANDA EGGERT EBS ASSOCIATE EDITOR

A number of things about Ryan Weaver's interview at Outlaw Partners tipped him off that he joined the right company, starting with an enthusiastic greeting by Grady and Hidey, two members of the office's "black dog contingent."

Then Weaver made the round of introductions in the office, taking in this small team's passionate and respectful culture. "[That] just spoke to me and told me I was in the right place," said Weaver, who joined Outlaw

as Senior Video Editor in August.



PHOTO BY AMANDA EGGERT

When he learned that Outlaw supports Outdoor Lab, a weeklong outdoor education experience for Colorado youth, Weaver, a Colorado native whose love of the outdoors was encouraged by his own sixth grade Outdoor Lab experience, took it as a clincher.

"When I was 14, I got my first video camera by working outside in the

summer all day in the heat, slamming pickaxes and shovels into the earth, creating hiking trails in Colorado," said Weaver, who went on to get a degree in video editing and film production from the Metropolitan State University of Denver.

In between his trail-work days and a position with Boulder, Colorado-based advertising agency Sterling-Rice Group, Weaver spent eight years working at a movie theater. "Training on the job, I guess you'd call it," Weaver said of his time he working United Artists, which was later purchased by Regal Cinemas.

As a projectionist, Weaver spent countless hours splicing together film reels, learning the art of film and storytelling from the greats. He was on the frontlines of the industry's transition from analog to digital. When the industry switched to digital, he no longer worked as a projectionist.

Perhaps due to the transitions he's witnessed, Weaver has made a habit of staying current on technology trends.

Three progressions he's watching right now are the rise of virtual reality, the shift to more consumer-directed marketing and branding, and the potential for data to illuminate the process between messaging and consumer purchasing.

What hasn't changed is the heart of a good story.

"I think that every story well told speaks to something that people already know deep inside of themselves to be true," Weaver said. "I think people tend to gravitate to things on that spectrum, that they can truly believe."

Weaver, who produced and directed a documentary about the mountain pine beetle epidemic in the West, thinks of himself as a shaper of narratives with an appreciation for detail.

"I like to be the guy that combines everybody else's small details into the big picture. I think it's important to have that curator," he said.

Critical open space protected in Madison Valley

MONTANA LAND RELIANCE

Jack Reints, a life-long Madison Valley resident, placed his 120-acre ranch under conservation easement this August with the Montana Land Reliance. This conservation easement is a voluntary, legally binding agreement that will protect the property from development in perpetuity.

The Reints Ranch is a 120-acre contiguous parcel of agricultural land adjacent to Ennis and Jeffers. Both the Madison River and O'Dell Spring Creek flow through the property, and it's located within 1 mile of six other protected MLR easement properties. The addition of Reints' ranch to this group contributes to and ensures perpetual habitat connectivity, open space, and agricultural preservation in this area of the Madison Valley.

Jack Reints was born in the 1930s, 1 mile from his current home. He ran a cow-calf operation on his property for decades, and now leases it to fellow community members. This conservation easement protects wetland, riparian, and wildlife habitat in an area facing increasing development pressure. It contributes to the protection of O'Dell Spring Creek, which is surrounded by easements for nearly 13 miles from its headwaters to its confluence with the Madison River.

The Montana Land Reliance first agreed to a bargain purchase easement agreement with Reints in 2012. In addition to Reints' purchase donation, several organizations and private donors contributed significantly to the project. These organizations include the Madison River Foundation, the Turner Foundation, NorthWestern Energy, Yellowstone Club Community Foundation and Travelers for Open Land.

Several of these organizations have contributed to habitat restoration projects in the O'Dell Spring Creek area and Madison River watershed in recent years. These projects have resulted in the restoration and enhancement of more than 10 miles of stream habitat and 600 acres of wetland habitat.

"The value of these individual and organizational donations [is] key to the success of large-scale land conservation and habitat protection in the Madison Valley. Conservation easements limit development, thereby keeping our rivers and their tributaries filled with abundant, clean and clear waters," said Jay Erickson, managing director of Montana Land Reliance. "Projects like this truly show what can be done with community partnerships and support."

The Montana Land Reliance partners with private landowners to protect agricultural heritage, fish and wildlife habitat, and open space. Visit mtlandreliance.org to learn more.



MSU researchers study how the Gallatin River 'breathes' Doctoral candidate investigates human impact on watershed

BY AMANDA EGGERT EBS ASSOCIATE EDITOR

BIG SKY – During the summer of 2015, Montana State University doctoral student Meryl Storb set up sampling sites up and down the Gallatin watershed to develop an inventory of stream characteristics of the river and its tributaries. She noted physical characteristics, water chemistry and temperature, evidence of natural or human-caused disturbance, and the population and diversity of aquatic life at each of seven stream sites from Beehive Basin to the Community Park in the heart of Big Sky.

Now she's using that data to ask a new set of questions and strengthen her understanding of how the Gallatin watershed is being impacted by humans, from both a climate change and development perspective.

To do so, she's enlisted the expertise of a colleague at the Payn Watershed Hydrology Lab, Juliana D'Andrilli, an assistant research professor at MSU's Center for Biofilm Engineering and Chemical and Biological Engineering.

D'Andrilli's research focuses on the smallest building blocks of the food web. She looks at organic matter to understand its production, transformation and uptake as it cycles through terrestrial and aquatic ecosystems.

"Our focus is the algae because that's what's called the primary production," Storb said. "It's the base of the food web, but it has a trickle up effect for everything else."

They've been so busy taking measurements that they've had little time to analyze data from their latest experiments, but Storb said one thing that's immediately apparent is how low the Gallatin River ran this summer.

The flows Storb and D'Andrilli observed in early August were more typical of what is usually seen in late September or early October, Storb said. She thinks this is due to warmer springtime temperatures—much of the precipitation that would have normally fallen as snow this spring entered the watershed as rain instead. "It's not stored in the watershed as long [as snow]," Storb explained, adding that an earlier peak runoff also contributes to a longer growing season for algae.

That's problematic because when fertilizer-fed algal communities decompose, they reduce oxygen available to aquatic life. Bacteria consume the decaying algae in a process that removes oxygen from the stream. This process is called eutrophication.

Humans influence algal growth patterns by introducing nitrates into the watershed, which act as fertilizer for algal blooms. "Big Sky's a nice example because there's a pretty big nitrate loading problem," Storb said. "We're introducing something that hasn't historically or naturally been there and changing the dynamics of the system."

Storb said nitrates—like those leaching out of poorly functioning septic systems and present in the treated effluent sprayed on Big Sky Resort golf course to fertilize it—are a potential source of nutrient loading. She said it appears some unabsorbed nitrates are entering the watershed, leading to an increase in algal biomass downstream.

Traditional water quality sampling often includes a nitrate measurement, but that alone won't tell the full story of nitrate's impact on the watershed. Since it's so readily absorbed by algae, nitrates might not show up in water chemistry samples.

To get around this blind spot in the data, Storb and D'Andrilli take biomass measurements to gauge the size of the algal community at their sampling sites.

They're also studying the Gallatin's stream metabolism, the process by which the carbon cycle plays out from day to night. Storb has taken to calling this process "river breathing" to help people conceptualize how it works.

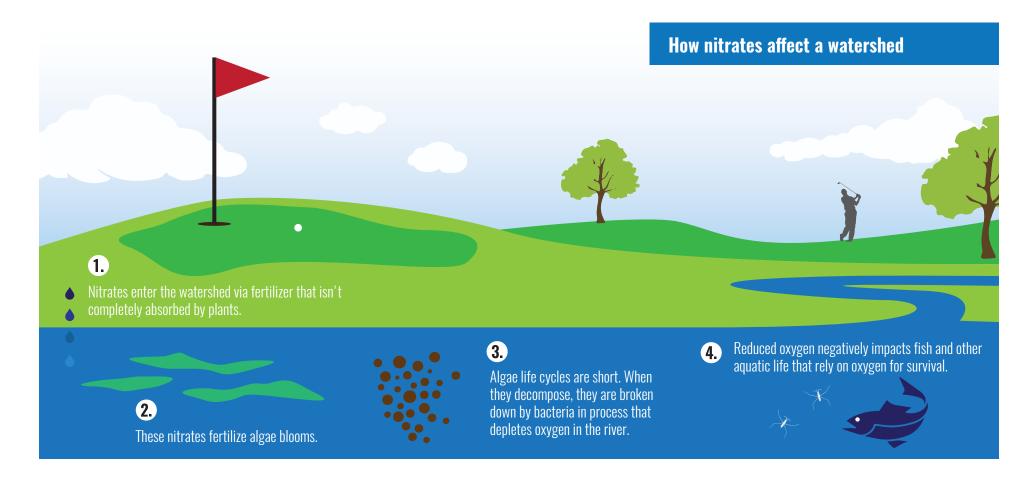
Like other photosynthetic organisms, algae take in carbon dioxide and respire oxygen during the day. Oxygen, which is measured in the stream as dissolved oxygen, is important for aquatic life like fish and the bugs they feed on.

During the evening, fish and aquatic invertebrates continue to take in oxygen, but there's less of it available since photosynthesis doesn't occur at night. Healthy aquatic ecosystems contain enough oxygen to support fish and invertebrates throughout the day and night.

Understanding how this dynamic works requires marathon sampling—which Storb and D'Andrilli started in June and plan to continue through November, assuming their sites aren't frozen over.

Once a month, the researchers conduct a 24-hour sampling where they take a host of measurements every hour on the hour. During these sessions, they often go 24-plus hours with little or no sleep, which might explain why this dynamic exchange between dissolved carbon and oxygen has rarely been studied in river ecosystems.

"It seems like such a simple thing: let's see how they change from day to night," said Storb, who is working toward a doctorate in Land Resources and Environmental Science at MSU. "But it hasn't really been done."



Representing the best property in the Big Sky region. *Yours.*

INTRODUCING THE BIG SKY REAL ESTATE CO. The leading brokers in Big Sky.

Now joined together to form Montana's most experienced and dynamic real estate team. If you want to buy or sell a property in Big Sky, there is no better brokerage to help you achieve your goals.



CUSTOM MEADOW VILLAGE RESIDENCE

5+ Bedrooms | 7 Bathrooms | 7,153 SF | 1.99 Acres | \$1,500,000 Ania Bulis, *Founding Broker* | 406.580.6852 | ania@bigsky.com



50365 GALLATIN CANYON

2 Bedrooms | 2 Bathrooms | 2,232 SF | 7.45 Acres | \$2,200,000 Jeff Helms, *Broker* | 406.539.0121 | jeff@bigsky.com



ANTLER RIDGE LOT 146

0.39 Acres | \$185,000 Mia Lennon, *Sales Associate* | 406.641.0051 | mia@bigsky.com



SADDLE RIDGE I-2 TOWNHOME - MOONLIGHT BASIN

3 Bedrooms | Fully Furnished | Ski-in/Ski-out | Price Reduced: \$530,000 John Bauchman, *Sales Associate* | 406.570.1920 | john@bigsky.com

Now at 5 Locations!

11 LONE PEAK DRIVE | 107 LONE PEAK DRIVE | 123 LONE PEAK DRIVE | SPANISH PEAKS SALES OFFICE | MOONLIGHT LODGE





THE BIG SKY REALESTATE CO.



BIG EZ ESTATES

5 Bedrooms | 5 Bathrooms | 6,812 SF | \$2,899,000 Martha Johnson, *Founding Broker* | 406.580.5891 | martha@bigsky.com



LAND - ROCKING S7 ROAD - BELGRADE

50.34 Acres | \$1,375,000

Michael Schreiner, Broker | 406.580.5624 | michael@bigsky.com



BLACK EAGLE LODGE #14

3 Bedrooms | 4 Bathrooms | Fully Furnished | Ski-in/Ski-out | \$1,500,000 Suzanne Schreiner, *Broker* | 406.570.4935 | suzanne@bigsky.com



211 LONE MOOSE DRIVE - CONDO

2 Bedrooms | 3 Bathrooms | 1,837 SF | \$649,000 Mia Lennon, *Sales Associate* | 406.641.0051 | mia@bigsky.com

888.617.6169

BIGSKY.COM

The World of Trout: First International Trout Congress comes to Bozeman October 2016

INTERNATIONAL TROUT CONGRESS

BOZEMAN - Trout lovers from around the world who are passionate about trout and cold water will convene in Bozeman on October 2-6 for the first ever International Trout Congress. The Congress will follow Trout Unlimited's annual meeting, also held in Bozeman.

The congress is a seminal event celebrating trout and the passion they inspire around the world. Arguably no other freshwater species has had more impact on art and literature, conservation science, the global economy and the human condition.

This first-of- its-kind event will take place in the shadow of Yellowstone National Park and in proximity to some of the most beloved trout streams in the world. A diverse audience of conservationists, scientists, educators, anglers, writers, artists and members of the public is expected to attend the event.

Workshop topics include conservation projects around the world, bringing trout education into classrooms, casting with Tenkara fly rods and preparing for the impacts of climate change.

The Trout and Salmonid collection at Montana State University will host a social on Monday, Oct. 3 and a number of field trips to locations including Ruby River and Cherry Creek are scheduled. Prior to and



PHOTO BY JOHNNY ARMSTRONG COURTESY OF INTERNATIONAL TROUT CONGRESS

during the event, the Emerson Arts Center will feature a showing of regional trout art that will be open to the public.

A silent auction featuring a custom bamboo fly rod crafted by Sweetgrass Rods and an inclusive 2-night stay at Healing Waters Lodge in Twin Bridges will benefit the Trout Congress, Ruby Habitat Foundation and Casting for Recovery.

For more information, visit troutcongress.org or contact troutcongress@gmail.com.

Celebrate Montana's outdoors at its first state park

LEWIS AND CLARK CAVERNS ASSOCIATION

The Lewis and Clark Caverns Association presents a celebratory festival in honor of Montana's outdoors from 9 a.m. to 6 p.m. on Saturday, Sept. 17, at Lewis and Clark Caverns State Park in Whitehall. Attendees will have the opportunity to take guided hikes, watch Native American dancers, visit with raptors, pan for gold, and more.

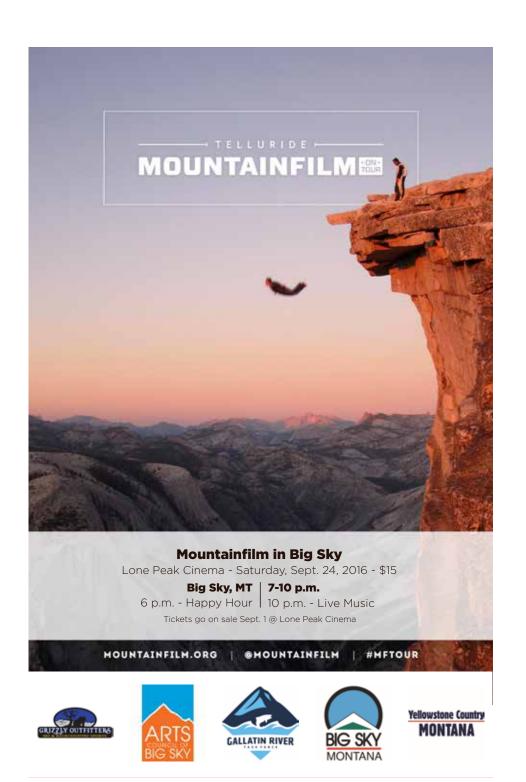
"With the success from last year's event, this year promises to be even better," said Amanda Hagerty, president of LCCA. "This event is fun for families and those wanting to learn more about how to engage in Montana's outdoors. This event celebrates all aspects of Montana's great outdoors—from its recreational opportunities, naturalist skills, and rich history."

Beginning at noon, participants will have the opportunity to visit booths hosted by a number of organizations, agencies and volunteers. Activities involve bat house building, ghost town visits, mining, bird identification, and bear awareness, among others. The festival will also feature live raptor, and emergency helicopter landing, demonstrations.

Food and drinks by Blue Moose BBQ and Grinders Espresso will be available for purchase.

At 6:30 p.m., LCCA presents musical guest Kali Armstrong, a student of environmental science and former park ranger.

For more information about the Montana Outdoor Festival, email abagerty@ lccfriends.org or call (406) 479-0089.





BY JOSEPH T. O'CONNOR EBS EDITOR

The 2016 election season has been heating up ever since 17 Republican hopefuls tossed their collective hat into the ring last year ... along with six Democrats, including a feisty 75-year-old senator from Vermont, and pretty much anyone else with a notion to be Leader of the Free World.

Since then, it's gotten downright scalding.

Presidential nominees Hillary Clinton and Donald Trump are at each other like alley cats, and the headlines are incessant: Literally, two hours prior to writing this, The New York Times dropped a news bomb on the wire that Trump's doctor checkup revealed he's overweight. And everyone's reported that Clinton had a bad cold.

For national election coverage you can tap into your favorite pundits on nearly any TV channel you find with a remote, read in-depth analysis in newspapers around the globe, and find out what The Donald had for breakfast yesterday or if The Hillary decided to send an email to her daughter.

But many of us need to know the basics before we can even decipher the nonstop coverage and decide whom to vote for. EBS wanted to break down the election season from A to Zinke. Here's the first installment:

Election Day: The first Tuesday immediately following the first Monday in November. This year it's on Nov. 8, interestingly the latest it can ever occur.

Registering in Montana: Montanans must register to vote by 5 p.m. at least 30 days before Election Day (that's Oct. 10, folks). Late registration runs from 29 days before Election Day until 8 p.m. on Election Day.

How to register: Visit sos.mt.gov/elections and fill out the registration form then drop it at the election office or mail it to your county's election administrator. Alternately, visit your county election office any weekday from 8 a.m.

to 5 p.m. and fill out a registration form. Bring a Montana ID or drivers license or social security number. You must also provide a physical address located within the county you're registering in.

Who can vote in Montana? Anyone 18 years or older who is registered to vote in Montana, is a U.S. citizen, and who has lived in the state for at least 30 days.

However, even if you meet the above requirements, you cannot vote in Montana if you're a convicted felon serving a sentence in a penal institution, or if a court of law found you to be of unsound mind.

What about absentee ballots? Fill out an application for absentee ballot online at sos.mt.gov/elections, then print and mail or drop it off at your county election office. Applications must be received by noon on the day before the election. You can pick up the absentee ballot when you drop off the application or it will be mailed to the address you filled out on the application. Absentee ballots must be received at the election office or polling place by 8 p.m. on Election Day.

Bond issues in Gallatin County: There are two pertaining to a plan to build a new Law and Justice Center in Bozeman that proponents say will better protect witnesses and victims from criminals. One is a \$68.3 million bond proposed to Gallatin County voters; the other is a proposal to Bozeman city residents to levy up to 18.21 mills each year for up to 20 years, to raise approximately \$1,634,500 per year to pay down the debt service on the Gallatin County bond.

State ballot initiatives: The following four initiatives will appear on your ballot. EBS will illustrate how ballot initiatives work in the next edition (Sept. 30):

Ballot Issue #12 - Ensure that crime victims' rights and interests are respected and protected by law.

Ballot Issue #13 - Prohibit the use of traps and snares for animals by the public on any public lands within Montana, with certain exceptions.

Ballot Issue #23 - Promote research into developing therapies and cures for brain diseases and injuries.

Ballot Issue #24 - Expand access to medical marijuana.

Races: Here are the folks you'll want to pay attention to this election season. EBS will highlight these major office candidates in the next three editions of the paper leading up to Election Day:

President

Hillary Clinton (Democrat)
Donald Trump (Republican)
Gary Johnson (Libertarian)
Jill Stein (Green)
Darrell Castle (Constitution)

Presidential debate dates: Monday, Sept. 26; Sunday, Oct. 9; Wednesday, Oct. 19

U.S. Representative for Montana

Ryan Zinke (Republican, incumbent) Denise Juneau (Democrat)

Montana Governor

Steve Bullock (Democrat, incumbent) Greg Gianforte (Republican)

> Gubernatorial debate dates: July 16 (Big Sky Resort), Sept. 19 (Billings), Oct. 8 (Great Falls)

Montana Attorney General

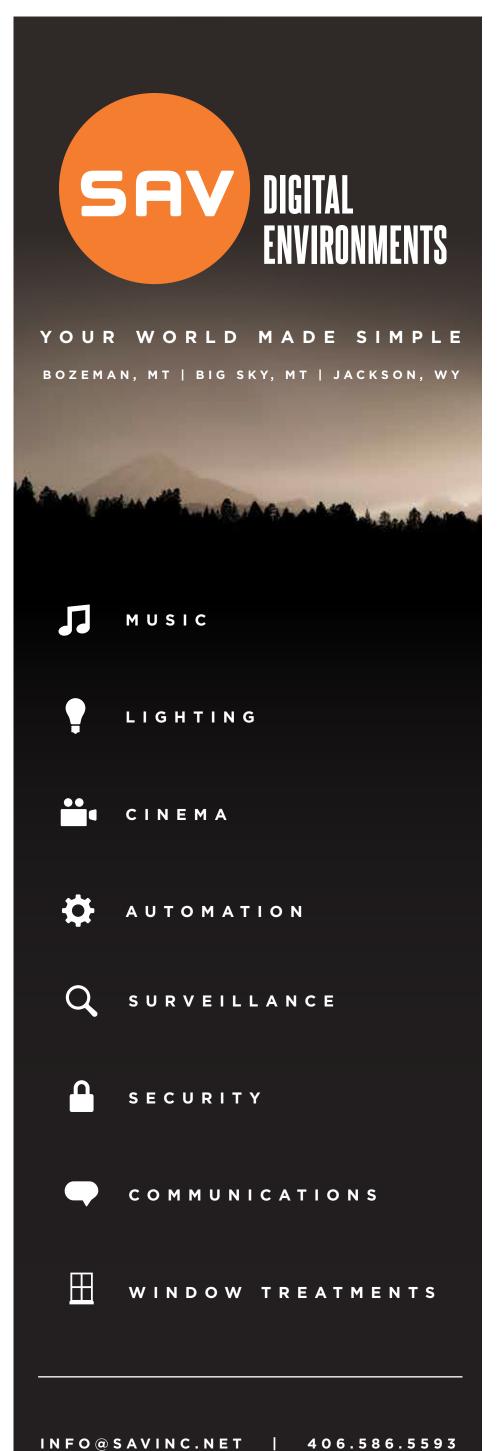
Tim Fox (Republican, incumbent) Larry Jent (Democrat)

Montana Secretary of State

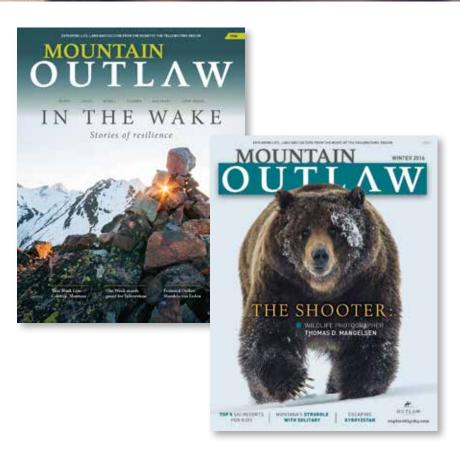
Corey Stapleton (Republican) Monica Lindeen (Democrat) Roger Roots (Libertarian)

Gallatin County Commissioner, District #2

Brian Leland (Democrat)
Joe Skinner (Republican, incumbent)









MOUNTAIN OUTLAW

WINTER ISSUE ON SHELVES AND IN THE APP STORE DECEMBER 2016

RUN WITH THE BEST EMAIL ERSIN@OUTLAW.PARTNERS TO GET INVOLVED

MSU adds downtown brew fest to homecoming celebration

DOWNTOWN BOZEMAN ASSOCIATION

Montana State University's Bobcat Committee will host a pep rally and brew fest celebration on Main Street in downtown Bozeman on Friday, Sept. 23, from 4:30-6:30 p.m. at the intersection of Willson Avenue.

In addition to rallying Bobcat spirit in preparation for the homecoming football game on Saturday, Sept. 24, a brew fest has been added to the event that will feature 25 local, regional and national breweries. Montana breweries include Big Sky Brewing, Madison River Brewing, Red Lodge Ales, Lewis and Clark Brewing, Draught Works, Uberbrew, Outlaw Brewing and Philipsburg Brewing, among others.



PHOTO COURTESY OF DOWNTOWN BOZEMAN ASSOCIATION

Regional and national breweries include Black Tooth Brewing, Snake River Brewing, Elysian Brewing, Deschutes Brewery and Stone Brewing.

The pep rally kicks off at 6 p.m. and features MSU football coach Jeff Choate and the 2016 team captains; volleyball coach J.J. Riley and players; and the 2016 homecoming royalty. The Spirit of the West marching band, MSU Spirit Squad and Bobcat mascot Champ will help rally the crowd.

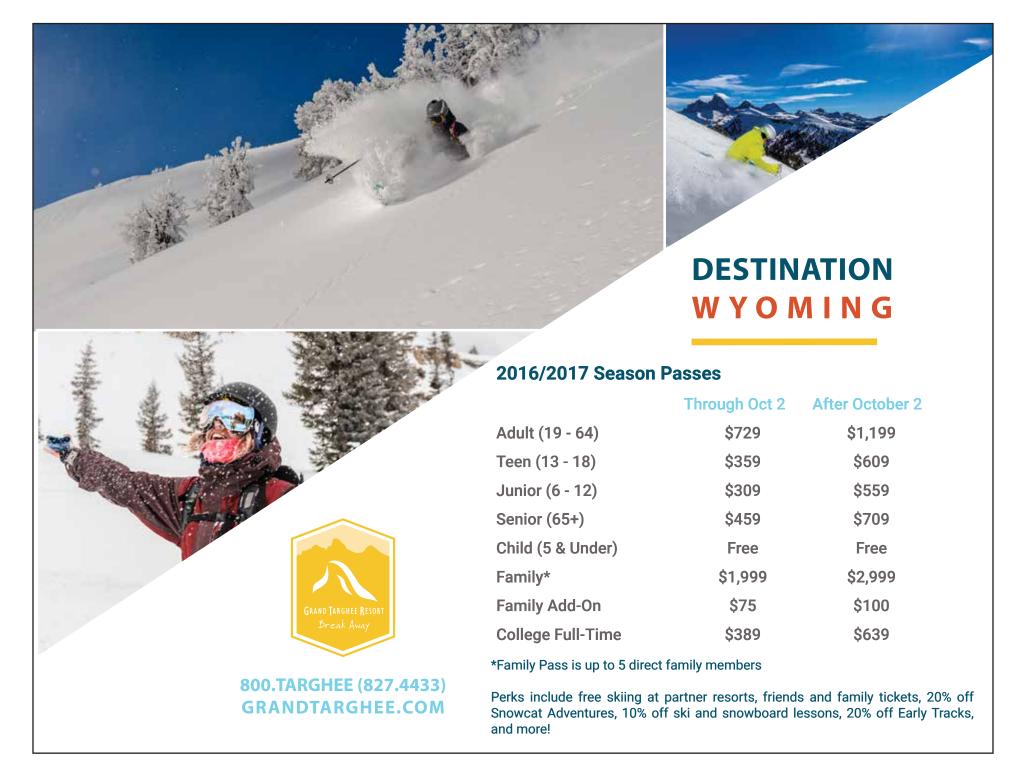
Tickets are available for purchase at the Bobcat club office, The Bay Bar and Grille, Pour House Bar and Grill, Spectators Bar and Grill, Plonk, The Cannery and Burger Bob's, Copper Whiskey Bar and Grill, and

Rocking R Bar. Tickets include 10, 3-ounce tasters, a Bobcat brew fest tasting cup, and food and retail promotions at many downtown Bozeman businesses. Tickets are also available at the event.

The pep rally is free and open to the public. Ride the Streamline bus to and from the event. Visit streamlinebus.com for bus routes and schedule.

This event is brought to you by numerous local organizations including Downtown Bozeman Association, Montana State University Bobcat Club, MSU Athletics, MSU Alumni Foundation and with the support of many local businesses. All proceeds from the brew fest benefit the Montana State University Bobcat Club.

For more information contact Downtown Bozeman Association at (406) 586-4008 or visit downtownbozeman.org. A full list of all 2016 MSU Homecoming events and activities is available at montana.edu/bomecoming.



Bringing Ivan Doig home

MSU unveils late author's papers and new archive

BY JESSIANNE WRIGHT EBS CONTRIBUTOR

"It starts, early in the mountain summer, far back among the high spilling slopes of the Bridger Range of southwestern Montana. The single sound is hidden water—the south fork of Sixteenmile Creek diving down its willow-masked gulch ...

"A low rumple of the mountain knolls itself up watchfully, and atop it, like a sentry box over the frontier between the sly creek and the prodding meadow, perches our single-room herding cabin.

"Alone here on our abrupt tiny shelf, the three of us eased through May and the first twenty-six days of June secure as haws with wind under our wings."

So begins Ivan Doig's "This House of Sky: Landscapes of a Western Mind," published in 1978. On Monday, Sept. 19, at 3 p.m. the original typed manuscripts of this book and many other Doig works will be unveiled in a public event as a part of the Ivan Doig Archive launch at Montana State University.

Ivan Doig passed away last year at the age of 75, following a nine-year battle with multiple myeloma. Shortly after, Doig's surviving wife Carol donated private diaries, personal interviews, post cards, letters, photographs, sketches, manuscripts and memorabilia to the university.

Jan Zauha, outreach librarian at the MSU Library, described this as a way of bringing the iconic author home. Doig published 16 volumes of fiction and non-fiction, and while he lived in Seattle for many years, his works took place in Montana, harkening back to his roots and own childhood growing up along the Rocky Mountain Front near White Sulphur Springs.

"I feel like we are doing something very special for a very special writer," Zauha said. The archive consists of 183 boxes, with the majority of the papers digitized and accessible both on-site in Merrill G. Burlingame Special Collections at the university library in Bozeman, as well as online at the newly released Ivan Doig Archive website. The archive offers a glimpse into the mind of the writer and is a trove of historical research, Zauha said.



Included in the collection are typed and digital manuscript drafts, as well as sketches and maps drawn by hand. PHOTO BY JESSIANNE WRIGHT



Image 100: Ivan Doig sitting on hood of Cadillac writing, Box 154, Collection 2602, Ivan Doig Archive. MSU Library Special Collections, Bozeman, Mont. PHOTO BY CAROL DOIG

William Wyckoff, a historical and cultural geographer of the American West and MSU professor of geography, came to the university in the 1980s. New to Montana, somebody suggested he read Doig's "This House of Sky," Wyckoff recalls. "[The book] helped cement what a special place Montana is," he said.

Of Doig's writing, Wyckoff noted his unique lyrical language and exploration of vernacular and how characters live on the page. "What always impressed me about Doig is his acute sense of place—his language, his landscapes."

The archive launch, held in the Strand Union Building's Ballroom A, will include opening remarks by MSU President Waded Cruzado, Dean of MSU Library Kenning Arlitsch, and Dean of MSU College of Letters and Science Nicol Rae. A panel discussion will follow and Doig's wife along with several scholars and historians will consider Doig's work, life and place in Montana's literary and historical landscapes. A wine and hors d'oeuvres reception will conclude the event.

Among the panelists are Marcella Sherfy Walter, a research historian who worked closely with Doig; William Wyckoff, who studied Doig's fictional maps and sketches as well as lyrical language; and Rick Bass, a Montana

writer and MSU writer-in-residence. Montana historian and MSU Distinguished Professor Mary Murphy will moderate the panel.

Bass described Doig as a spokesperson for the Northern Rockies, admiring his "willingness to inhabit landscape and territory that has not had a spokesperson."

"One of the things I find most valuable of Doig's work is location; his celebration of the Rocky Mountain Front," Bass said. "Landscape was so important in his work. I think it's best to have his works as close to those landscapes as possible. There is an intangible benefit to studying them on-site where one is closer to the culture and the subject."

Students, scholars and others curious about the author and his works, are all welcome to attend the archive launch or visit the library's special collections to view Doig's papers, Zauha said.

For more information on the archive launch contact the MSU Library at (406) 994-3139. To view the archives, contact MSU Special Collections at (406) 994-4242 or visit ivandoig.montana.edu.

Montana Supreme Court candidates outline differences

GREAT FALLS (AP) – The two candidates vying for an open seat on the Montana Supreme Court outlined the stark differences in their legal experience during a forum Sept. 8.

Law professor Kristen Juras and District Judge Dirk Sandefur spoke to about 100 people in Great Falls, The Tribune reported.

Juras, who has taught at the University of Montana since 2000, argued that her experience as an attorney for farmers, ranchers and small business owners would fill a void on the court. She added that she would bring a perspective of property and contract issues.

Meanwhile, Sandefur said there is no substitute for his "relevant experience" as a judge.

"I've been your judge," he said. "I stand for the law, period."

Sandefur, a district judge since 2003, told audience members that if they talk to lawyers in their communities, they will find out who is most qualified for the seat.

The former public defender and deputy Cascade County attorney said the high court is no place for people with philosophical or political agendas, a point that Juras seemed to agree with.

"I strongly believe the three legs of government have important but separate goals," she said. A "court is a court and not a legislative body."

Juras and Sandefur are running for the seat vacated by Patricia Cotter, who decided not to seek another eight-year term.

Sept. 8 marked the first time the two have faced off in a public forum since the June 7 primary.





REAL ESTATE SALES & INFORMATION

realtybigsky.com



Sam Lightbody, REALTOR® Sales Agent Cell: 914-450-8400 sam@realtybigsky.com

Enthusiasm, Integrity & Hometown Service

MSU buys pigs from local 4-H youth to feed university students

BY EVELYN BOSWELL MSU NEWS SERVICE

BOZEMAN – For the first time, Montana State University has purchased 4-H pigs to feed MSU students who eat in the university's award-winning Miller Dining Commons.

"It's good quality food so it's going to taste great," said Jill Flores, who went to the Gallatin County Fair on behalf of MSU this year to purchase the animals. "Because most of the students who eat in Miller Dining Commons are freshmen and many of them have participated in 4-H, it will be a way for them to touch base with home."

Flores is the production manager for Miller and routinely buys Montana products to serve at MSU. Also a former 4-H Club member from Plains, Montana, she got the idea for buying 4-H pigs last year when she attended a 4-H and Future Farmers of America auction where her nieces were selling livestock.

This year, Flores spent more than six hours in an arena at the Gallatin County Fairgrounds. By the time the county fair's 4-H/FFA market livestock sale ended after midnight July 22, Flores had bought nine pigs that are expected together to yield more than 1,000 pounds of meat, including sausage, bacon and deli meats. The pigs are being processed in Big Timber at Pioneer Meats, which MSU alumnus Brian Engle owns.

"We are doing this because we are a land-grant university and we strive on campus to buy Montana products," Flores said. "I feel like it's important for us to serve good quality locally grown food to our students."

Flores and other MSU officials pointed out that MSU Extension is housed at MSU and Extension oversees the statewide 4-H program. Therefore, buying 4-H pigs and serving the meat at MSU seems only fitting.

"What a great tie-in with the land-grant mission," said Todd Kesner, director of the Montana 4-H Center for Youth Development at MSU.

Merle Farrier of Manhattan, an MSU graduate who served on the 2016 swine committee, said the young pork producers spent 90 to 120 days preparing their pigs for the fair. Among other things, they fed their pigs until they weighed at least 220 pounds, watered them and cared for them if they became sick.

The youngsters took the pigs for walks, sometimes as much as a quarter mile, to exercise them. They practiced their showmanship skills, which included keeping their pigs moving at all times in the show ring and keeping them in front of the judge without getting too close.

Kelton Jensen, 4-H youth development agent for Gallatin County, said the 4-H'ers learned to raise pigs according to the best practices for raising livestock. In the process, they learned responsibility—both to the animals and consumers.

"The purchase of 4-H animals by Miller Dining Commons brings Montana State University full circle from administration of the 4-H youth development program to offering the products conscientiously raised by 4-H members," Kesner said. "This kind of support reaffirms the commitment of Montana State University to the youth of Montana."

YELLOWSTONE CLUB







River Runs Through It | Yellowstone Club | \$13M | The largest ski-in, ski-out home available at Yellowstone Club







Treehouse Condo at Warren Miller Lodge | Yellowstone Club | \$9.8M | Only condo available in the Warren Miller Lodge



LKRealEstate.com | 406.995.2404



Section 2:ENVIRONMENT,
SPORTS, & HEALTH







Private land conservation is vital to saving our wildlands



BY TODD WILKINSON EBS ENVIRONMENTAL COLUMNIST

A few years ago, the U.S. General Accounting Office found that half of all threatened and

endangered species in America have at least 80 percent of their habitat on non-federal land. Many species, in fact, have some of their healthiest populations on private land and some of them occur only on private land.

Here's another fact: Most Americans today reside in cities and few probably know that 88 percent of the rain and snow in America falls first on private land. The quality of the water that gets passed downstream ultimately reaching the taps of millions depends on private land stewardship practices.

Runoff laden with pollution is the major threat to water quality and the health of aquatic ecosystems. Outside of Alaska, 60 percent of U.S. private land is used to graze cattle or grow crops. Another 27 percent of privately held land is forest.

Private land plays a vital role not only in safeguarding species and clean water but it often figures into open-space protection that creates a sense of place.

Breathtaking, the Madison Valley, as we all know, is a pastoral visual idyll free of the sprawl that has destroyed other dells. Comprised of old-guard ranching families and other spreads more recently acquired to be recreation properties, the common denominator is an appreciation for open land untrammeled by subdivisions.

Jeff Laszlo is a fourth-generation owner of the 13,000-acre Granger Ranches. Schooled in New England, he lives today in Montana full-time, wooed away from the city by a hands-on wetland restoration project that has been held up as a national model.

The rehabilitation of O'Dell Creek and adjacent ponds is located right in the middle of his cattle operation. Putting wetlands back in place, decades after they were drained, has yielded unforeseen dividends.

Laszlo says the greatest satisfaction has been carrying out native fish restoration, seeing rare trumpeter swans finding refuge and witnessing an abundance of large animals and avifauna return. The public doesn't regard ranchers as operating waterworks but that's essentially what they do, according to Laszlo.

Doing right by the bottom line, he says, is not mutually exclusive of protecting the environment. The O'Dell Creek project is a striking example of public-private partnerships.

Brian Ulring is another example of that partnership. Manager of the J Bar L Ranch in Montana's Centennial Valley, he's also a cofounder—along with Harlowton, Montana rancher Zach Jones—of Yellowstone Grassfed Beef. Ulring and Jones work only with producers who practice stewardship that yields ecological benefits.

Ulring is wary of top-down programs implemented afar from Washington, D.C. He sees social change occurring that enables consumers to vote for stewardship with their wallets, which is far more effective, he says, that trying to engineer outcomes. He likes keeping things simple instead of exacerbating complexity that only drives up costs.

"I'm sort of a free market guy," Ulring says.
"I'd love it if people who care a lot about grizzly bears and wolves would pay a little extra for our beef because of the associated risk and cost of managing proactively to mitigate conflicts. I'm familiar with the customary rebuttal that bears and wolves have the same right to be on the landscape as cows. I couldn't agree more and, in turn, the public needs to recognize the benefits it receives from private landowners."

Ulring often hears arguments made by some that beef cows should be removed from all public lands and cattle replaced by native bison. They ignore the fact that cattle ranchers are the next-door neighbors and sit on essential winter habitat. Until bison come back to the Centennial, rangeland, which evolved with grazing animals present, bovines and cattle can be managed to

Ulring's boss is no ordinary landowner. Peggy Dulany is the daughter of David Rockefeller and granddaughter of oil tycoon John D. Rockefeller. The latter's private land purchases in Jackson Hole led to the expanded boundaries of today's Grand Teton National Park.

Dulany's convictions as a conservationist are resolute. She supports Ulring's quest to ensure that cattle grazing, which occurs on 20,000 acres of deeded and leased land, is accomplished with the best interests of wildlife in mind. For part of the year, J Bar L cattle are turned out onto Red Rock Lakes National Wildlife Refuge, a place where, historically, bison roamed and their grazing shaped the grasslands.

An advocate for building sustainable human communities on the international scene, Dulany has been an active participant in the local grazing association that has taken great strides to be wildlife friendly, including adopting ranching practices that are friendly to wolves and grizzlies.

It's only happened, Ulring says, because there is a shared sense of stakeholdership and recognition from federal land managers that public wildlife enjoys a place on private land.

For the sake of healthy wildlife populations in Greater Yellowstone and beyond, it's not hard to understand why public-private partnerships are important.

EBS publishes Todd Wilkinson's New West column every week online and twice a month in the print version of the paper. Wilkinson is author of the award-winning and critically acclaimed "Grizzlies of Pilgrim Creek, An Intimate Portrait of 399, the Most Famous Bear of Greater Yellowstone," featuring 150 amazing photographs by Thomas D. Mangelsen. The book is only available at mangelsen.com/grizzly and when you order today you will receive a copy autographed by both author and photographer. Wilkinson also wrote a profile of Yellowstone Superintendent Dan Wenk for the summer 2016 edition of Mountain Outlaw magazine, now on newsstands.



Wednesday 9/21

10:00 A.M.

Located at the north end of Ophir School





BHHSMT.COM | 406.995.4060 | 55 LONE PEAK DRIVE | BIG SKY TOWN CENTER



48784 GALLATIN ROAD

Outstanding 83± acre recreational parcel with Gallatin River Frontage & vibrant springs. Main house, guest house, caretakers quarters & historic barn. Direct access into public land, within minutes of Town Center.



\$480,000 | #215955 | Call Stacy or Eric

LOT 4 LOST TRAILS

Beautiful $20\pm$ acre property equidistant to the Meadow & Mountain Villages at Big Sky! Exceptional privacy, great views and several great home site choices. Close proximity to golf, skiing and trailheads.

\$1,350,000 | #215952 | Call Stacy or Eric

ULREY'S LAKE ROAD

20± acre lot with stunning views of Lone Mountain and Ulery's Lake. Ownership of approx. 1/2 of the Lake and shoreline. 500 acres of private community with mature tree stands, secluded home sites and great views!



\$360,000 | #212326 | Call Don

SKYCREST CONDO

Ground level unit, sold furnished and recently rebuilt. Underground parking, additional storage in the garage area. Walkout to lawn, great for pet owners, excellent views of Lone Mountain!

STACY OSSORIO BROKER 406.539.8553 | ERIC OSSORIO BROKER 406.539.9553
TONI DELZER SALES ASSOCIATE 406.570.3195 | MARC LAUERMANN SALES ASSOCIATE, ABR, SER 406.581.8242

Grizzlies seen 1st time in a century by Upper Big Hole River

BUTTE (AP) - State wildlife biologists are trying to figure out whether grizzly bears spotted this year in the Upper Big Hole River area for the first time in about a century came from Yellowstone or northern Montana.

Grizzly bear sightings have been confirmed on several occasions this summer in the area.

Kevin Frey of Montana Fish, Wildlife and Parks confirmed photographs and tracks seen this summer are of a grizzly bear.

"It's hard to say if we are seeing one bear or multiple bears at this point, but the range has been near 40 miles across the Upper Big Hole. That's not surprising. These bears can roam a great distance," he told the Montana Standard.

Officials say the grizzly bear presence in the Big Hole is a sign of their overall population recovery.

The most recent encounter was the last week of August by the Big Hole Watershed Committee range rider, a program that helps diminish conflict between predators and livestock on federal land using patrols and cameras. During the first week of September

the game camera revealed a new guest—one sub-adult grizzly bear crossing a stream.

The Big Hole River Watershed is between two distinct grizzly bear populations—the Northern Continental Divide Ecosystem in northwest Montana and Greater Yellowstone Ecosystem to the south.

"We knew grizzly bear presence in our area was only a matter of time," said Dean Peterson of the Big Hole Watershed Committee and rancher in the Upper Big Hole. "We have had predator conflict programs in place for several years, including range riders, livestock guard dogs, and removal of attractant such as carcasses."

State wildlife biologists aren't ready to say where the grizzly bear or bears came from.

"We can't honestly say yet, north or south," said Fish, Wildlife and Parks biologist Kevin Frey on Monday. "The Big Hole is kind of the gray zone between the two ecosystems."

If biologists can find a hair sample, a DNA test will answer the question.

"It's darn sure interesting," Frey said.



Protections rejected for American pika, other species

BY MATTHEW BROWN ASSOCIATED PRESS

BILLINGS (AP) - U.S. officials Sept. 13 rejected greater protections for four species including the rabbit-like American pika, which researchers warn is disappearing from areas of the West as climate change alters its mountain habitat.

The pika's range is shrinking across southern Utah, northeastern California and in the Great Basin that covers most of Nevada and parts of Utah, Oregon, Idaho and California, according to a U.S. Geological Survey study released last month.

Ambient temperatures of 78 degrees Fahrenheit or higher can kill the mountain-dwelling mammals, wildlife officials say.

But the Fish and Wildlife Service said in documents released Sept. 13 that warmer temperatures don't necessarily lead to population declines. That's because pika can seek cooler refuge beneath rock fields during summer months.

The agency also said the most severe effects of climate change are being felt at elevations below 8,200 feet, which is near the lower limit of the pika's range in the West.

That suggests pika habitat "has not experienced the more substantial changes" of reduced snowpack due to climate change, the agency said.

Last month's USGS study was not available when a student from New York petitioned the U.S. Fish and Wildlife Service in April to protect the animal under the Endangered Species Act, agency spokesman Brian Hires said.

> That means the findings weren't considered.

"We always try to use the best available science for our decisions," Hires said.

The government denied a prior request for pika protections in 2010, saying not all populations were declining.

The wildlife service is unlikely to pursue further

action on pikas on its own, officials said, citing a heavy workload of other imperiled species.

President Barack Obama mentioned the plight of the pika this summer when he spoke at Yosemite National Park about the damage inflicted by climate change. He said the pika was being forced further upslope at Yosemite to escape the heat.

Wildlife officials also rejected petitions Sept. 13 to protect the Wyoming pocket gopher, a Caribbean iguana and a salamander found in Arkansas. Further details on those decisions were not immediately available.

Officials said petitions for four species merit further review.

An American pika enjoys a meal in Yellowstone National Park. NPS PHOTO

Those are the Florida scrub lizard; the Joshua tree of Arizona, California, Utah and Nevada; an amphibian known as the lesser Virgin Islands skink; and the Lassics lupine, a flowering plant found at high elevations in the North Coast mountains of California.

For those species, the wildlife service invited scientists and others to submit information that could help the agency in its decision.



Division of Glacier Bank

Featuring a showing of art by Harry Koyama displayed by Creighton Block Gallery of Big Sky. Please stop by the bank lobby to see in person.











Tim Kent Commercial Lender and Branch Manager

O: 406.556.3215 C: 406.223.9573 tkent@bigskybank.com



Brett Evertz Real Estate Loan Officer

55 Lone Peak Drive Big Sky, Montana

O: 406.556.3214 C: 406.629.0132 bevertz@bigskybank.com NMLS #523473





Equal Housing Lender

Lone Peak notches first 8-man win

STORY AND PHOTOS BY BELLA BUTLER EBS EDITORIAL ASSISTANT

BIG SKY – The Lone Peak High School Big Horns took on the Broadview/Lavina Pirates from Yellowstone County on Sept. 9, winning their first eight-man football game in program history 65-6. With Andrew Mendoza and Liam Germain sidelined with concussions and unable to play, the home team won despite being down to 13 players.

The Pirates began the game with a kickoff into the end zone, forcing the Big Horns to start on the 15-yard line after the touchback. Lone Peak showed some early struggles after fumbling the ball and giving up an easy six points as the Pirates ran it into the end zone. The pace of the game changed within one minute, however, as senior quarterback Eddie Starz completed a pass to junior wide receiver Howie Robin for 56 yards, resulting in a touchdown for the Big Horns.

Sophomore kicker Milosz Shipman scored the extra point for Lone Peak, giving the Big Horns their first lead of the season at 7-6. The

first quarter ended after an interception by Starz, who ran the ball in for another touchdown.

For the next three quarters, Lone Peak dominated the Pirates. In the second quarter, the Pirates reached the 5-yard line for a first and goal, but they failed to get through the Big Horn's relentless defense, which stopped them from scoring the rest of the game.

After additional Lone Peak touchdowns by Starz, Rhett Leuzinger and Bridger Babcock, junior Holden Samuels took Starz's place as quarterback and ran the ball in for another six points. The Big Horns finished with three interceptions, 365 yards of total offense, and their first victory as an eight-man team. Big Horn statistical leaders were Samuels with seven tackles and Starz with 119 rushing yards and six total touchdowns.

Lone Peak takes the field against the Gardiner Bruins in Big Sky on Saturday, Sept. 17, at 1 p.m., and then travels to take on the Tri-City Titans in Hobson on Friday, Sept. 23.



Lone Peak seniors Eddie Starz and Bridger Babcock celebrate during the Big Horns' 65-6 victory Sept. 9 over the Broadview/ Lavina Pirates



Junior receiver Howie Robin races for a 78-yard touchdown in Big Sky



Lone Peak's Zach Cone makes a tackle during a dominant defensive performance by the Big Horns.

LPHS volleyball opens season with four wins

BY AMANDA EGGERT EBS ASSOCIATE EDITOR

BIG SKY – On Sept. 3, the Lone Peak High School volleyball team defeated Shields Valley by comfortable margins in all three sets. The Big Horns went 25-17, 25-13 and 25-16 in their home opener against the Rebels.

"We really hit our stride in the second game," said LPHS Head Coach Sarah Phelps. "We came out relatively sluggish but really turned it on the second game and finished it handily."

Led by sophomore middle hitter Solae Swenson, the Big Horns scored 32 kills. "We hit the ball exceptionally well," Phelps said. "They put up a good block against us and we were able to really pick that apart." The Rebels were clearly outgunned at the net, scoring nine team kills to the Big Horns' 32.

Swenson also led LPHS in blocks with two. Phelps said the Big Horns' blocking needs to be better and they're working on it practice.

"We've [also] really been focusing on getting the ball in a better position to our setter so we can open up our offense even more," Phelps said.

Setter Kuka Holder led the team in assists with 25, and there was a three-way tie for team leader in aces—Bella Butler, Julia Barton and Bryn Iskendarian served up three aces apiece.

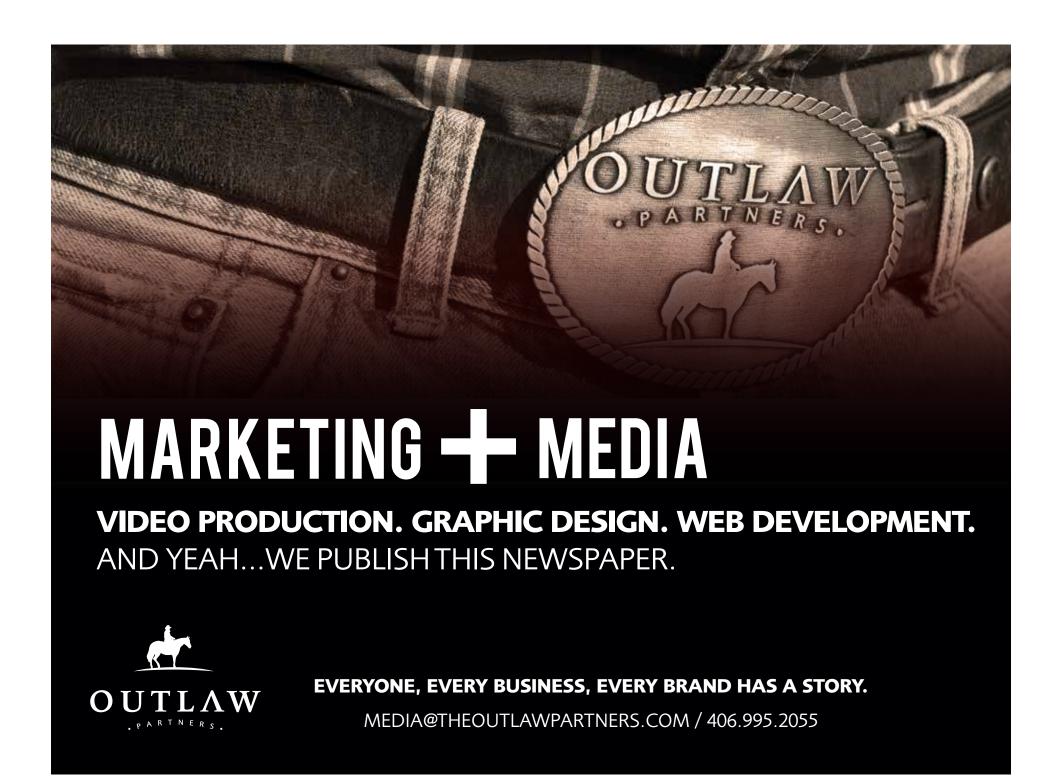
Shields Valley is typically one of the stronger teams in the district, so Phelps was encouraged by the win. "It was great to be able to come out and play that well against them early season."



The 4-0 Big Horns have yet to lose a set this season. PHOTO BY STEVEN MEYERS

As of EBS press time, the Big Horns were undefeated at 4-0. In addition to their home win against Shields Valley, they came out on top in three road matches, beating Harrison on Sept. 2, handing a defeat to rival West Yellowstone at their Sept. 9 homecoming, and claiming all three sets in their Sept.13 game against Livingston's junior varsity squad.

The Big Horns' next home game is Monday, Sept. 19 against Belgrade.











32 Market Place, Big Sky 406.995.7575 www.ozssage.com

Summer Hours: Monday - Saturday 10:00am - 7:30pm

New-look Bobcats possess renewed toughness under Choate

BY COLTER NUANEZ EBS CONTRIBUTOR

The Montana State Bobcats have a brand new identity.

Following nine mostly successful seasons highlighted by four playoff appearances and three Big Sky Conference championships but an inability to consistently beat the rival Montana Grizzlies, MSU fired head coach Rob Ash less than 48 hours after his seventh loss to UM in nine seasons. The Grizzlies' 54-35 win over MSU in Bozeman last November stamped the first losing season for the Bobcats since 2001.

Enter Jeff Choate, the new face of the Bobcats. After being hired as MSU's 32nd head football coach in December, Choate assembled a star-studded coaching staff that included stealing defensive coordinator Ty Gregorak from the Grizzlies and luring former NFL safety Gerald Alexander to Bozeman to coach defensive backs.

Choate took over nine months ago and had the entire off-season schedule—from winter conditioning and spring drills to summer workouts and fall camp in August—to reinvigorate the Bobcats with toughness and a competitive spirit. Two games into the 2016 season the returns, at least in regards to revamping the Bobcats' much-beleaguered defense, are strong.

In their Sept. 1 opener, the Bobcats went toe-to-toe with the Idaho Vandals in Moscow. Against the Football Bowl Subdivision foe— Idaho has 85 full scholarships to Montana State's 63— the Bobcats gave up 20 first-quarter points before buckling down the rest of the way. MSU pitched a shutout for the final three quarters but its offense sputtered after Chad Newell's touchdown on the first possession of the third quarter, the final score by either side. In the end, Montana State fell 20-17 to open the Choate era.

Still, the defensive improvements were promising. MSU gave up just 128 passing yards a season after giving up more passing touchdowns than any team in the Big Sky Conference. While the offense isn't nearly as explosive— MSU

led the league and ranked third nationally by averaging 42 points per game behind electric dual-threat quarterback Dakota Prukop, who transferred to Oregon in the off-season— the defense showed a new toughness and ability to tackle in space.

"Everything we did in the off-season, we had a purpose behind it," said MSU linebackers coach Kane Ioane, a Bobcat as a player or a coach since 2000. "Every time we ran extra after practice, every time we did extra conditioning after weight training, any extra component we added to practice ... [gave] our guys adversity all the time."

In Choate's home debut against Bryant University on Sept. 10, the Bobcat defense again shined. John Walker, a graduate transfer cornerback from Colorado, intercepted passes in the Bulldog end zone in both the first and second half, including an interception with less than five minutes to play to help the Bobcats seal a 27-24 win, the first of Choate's career as a college head coach.

"We are going to mature game by game," Choate said following his first win. "Our offense knows we don't have to go out and score every possession. Do we have to improve? Heck yeah we have to improve. We have to take some pressure off our defense ... We will rise as a team and we will fall as a team."

The Bobcat defense forced five turnovers against Bryant, including three interceptions. Bryson McCabe added a pick in the third quarter that he returned inside the 2-yard line to set up a short Nick LaSane touchdown. Last season, Montana State registered just three interceptions the entire season.

"It's awesome to be leaned on," McCabe, a junior captain, said following the win. "If the game comes down to us, that's why we play football."

Montana State plays twice more at home in September. The Bobcats host Division II Western Oregon on Saturday, Sept. 17, to wrap up the non-conference portion of their schedule. MSU hosts North Dakota for homecoming to open up Big Sky Conference play on Sept. 24.



Freshman quarterback Chris Murray scrambles for yardage during the Bobcats' 27-24 win over Bryant on Sept. 10. PHOTOS BY THERESA DA SILVA



Top: Freshman Bobcat running back Anthony Pegues evades Bulldog tacklers. Bottom: Junior quarterback Tyler Bruggman looks for receivers downfield.

Local soccer stars cap wins in Bozeman soccer tourney

EBS STAFF

The Big Sky Blitzz U12 soccer team walked away with a first place finish in the Yellowstone Kick-Off Classic tournament in Bozeman the weekend of Sept. 3.

They won three out of four matches against Jackson Hole, Bozeman Blitzz, and Magic City-Billings. The only loss came at the hands of Heart of the Mountain-Wyoming.

"We have players in Big Sky of all ages playing competitive soccer through the Blitzz FC program," said head coach Matt Zaremba. "The coaches and parents are super proud."

That same weekend, the Blitzz FC-2002 boys' team won the Yellowstone Kick-Off Classic in their age group as well.

Named for the year they were born, the 2002 boys play teams in that age range from Bozeman, Billings and Missoula, among other areas in Montana. Local stars Evan Iskenderian and Michael Romney represent Big Sky on the squad.

Zaremba encourages youth interested in playing competitive soccer to contact him at matthew.zaremba@gmail.com.



Big Sky Blitzz U12 Head Coach Matt Zaremba celebrates the tourney win with players (L-R): Kyan Smit, Colter Smit, Bodee Butterworth, Tony Brester, Cash Beattie, Auggie Mitchem, Alex Rager, Skylar Manka, Maddie Cone, Max Romney, Tate Bulis, and Myla Hoover. PHOTO BY ANIA BULIS

WORKSHOPS & SPECIAL EVENTS

AWARENESS WEDNESDAY

SEPTEMBER 21st 7:00-8:00 PM

Join Callie Stolz to understand more about why doing a cleanse as the seasons change is so important to our health and well being. Learn how it can help us to reboot our digestive system, release old patterns and addictions and refresh our body, mind and soul.

SAVE THE DATE! FALL COMMUNITY CLEANSE OCTOBER 5TH-18TH

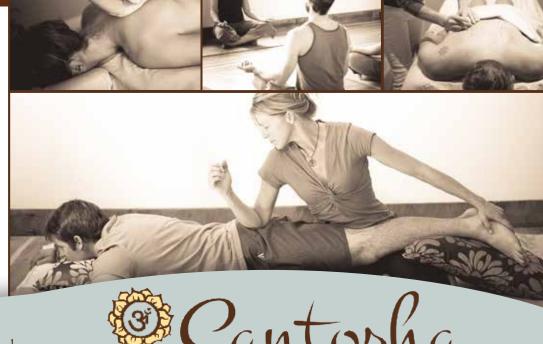
WORKSHOPS

STRENGTH TO SURRENDER WITH BECKY ESCHENROEDER

SEPTEMBER 23RD 6:00-7:30PM

WILDLY FREE TO BE WITH BECKY ESCHENROEDER

SEPTEMBER 25TH 2:00-5:00PM



Bringing you closer to Santosha (contentment) today...

MASSAGE ACUPUNCTURE CHIROPRACTIC AYURVEDA THAI MASSAGE

SANTOSHABIGSKY.COM

406-993-2510 • 169 Snowy Mountain Circle • Big Sky, Montana

SUNDAY

9:00-9:45 DanceX Check the website for special classes and workshops!

MONDAY

7:00-7:45am DanceX

9:00-10:15am All Levels Yoga

11:00-Noon Community Yoga (town center lawn weather permitting)

> 6:30-7:45pm Yin Yoga

TUESDAY

7:00-8:00am All Levels Yoga

8:15-9:15am Core Focused Pilates

9:30-10:45am All Levels Yoga

6:30-7:45pm All Levels Yoga

WEDNESDAY

7:00-8:00am Pi-Yo

9:00-10:15am All Levels Yoga

11:00-12:00 Sukshma Vyayama-Fine Tune Your

4:30-5:15 Kids Yoga (through summer break)

Circuitry

THURSDAY

7:00-8:00am All Levels Yoga

8:15-9:15am Roll it out Pilates

9:30-10:45am All Levels Yoga

FRIDAY

7:00-8:00am Pi-Yo

9:00-10:15am

Level II Yoga

11:00-12:00 Gentle/Restorative Yoga

SATURDAY

9:00-10:15am Ashtanga/Vinyasa Flow All Levels Yoga



EYE ON THE BALL

Kaepernick's right to protest



BY BRANDON NILES EBS SPORTS COLUMNIST

The 2016 NFL season is underway, and there's already a so-called scandal surrounding the league.

San Francisco 49ers backup quarterback Colin Kaepernick has chosen to protest inequality for minorities in America by not standing during the

national anthem prior to games. During his initial protest he sat during the song, but since then he's chosen to kneel. While some have been supportive of his protest, many have criticized him, mistaking his actions as being disrespectful or unpatriotic.

Other prominent athletes have joined Kaepernick. Jeremy Lane of the Seattle Seahawks, the Denver Broncos' Brandon Marshall, and National Women's Soccer League All-Star Megan Rapinoe of the Seattle Reign FC have all knelt during the pre-game ritual in recent weeks. What originally started out as a surprising move by a struggling quarterback is now gaining traction.

Kaepernick has also gained the support of many fans. His jersey has been selling at a rapid pace since the protest began, and is now the top-selling jersey on nflshop.com.

However, many claim that Kaepernick is being disrespectful of the country and its military. I would argue that viewing it in that light is missing the entire point. One of the big criticisms over the Black Lives Matter movement and the protests against police brutality has focused on the destructive and violent results during a small number of instances. Isn't Kaepernick's quiet kneeling during a song before a sporting event the perfect example of a peaceful protest?

Kaepernick isn't inciting violence. He's demanding change in a country that has a long history of striving to improve people's chances at the ideals we hold dear. Americans value life, liberty, and the pursuit of happiness, and this protest—

regardless of whether it results in change— is a call to continue on that path. It's a public demand to bring attention to the inequality that still exists in this country, despite the progress that has been made over the past several decades.

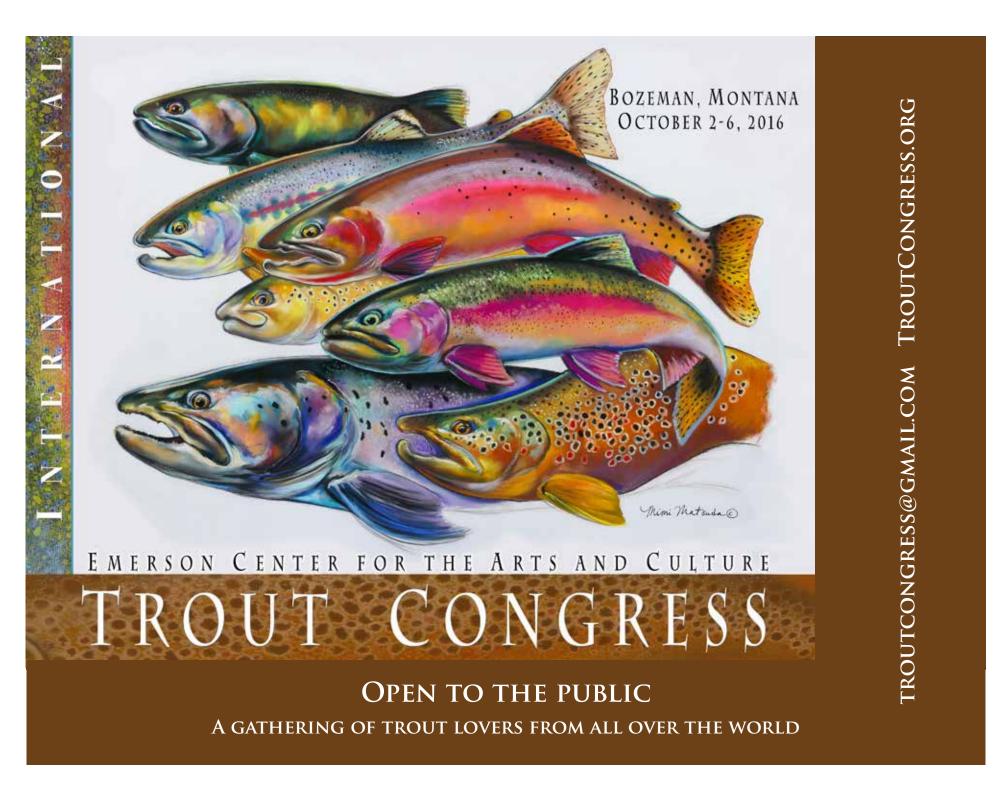
Part of what makes this country great is the ability to speak out about the problems within it. Without the freedom to be critical, our country loses something. Kaepernick isn't committing treason, he isn't damaging the country, and he isn't promoting anything detrimental to society. He's peacefully refusing to participate in pageantry as a way to draw attention to a demonstrable problem. The fact that people draw meaning from the song is what makes it palpable.

There are other arguments that have been made in support of Kaepernick that involve the origin of "The Star-Spangled Banner" as well. The third, mostly unused stanza includes the phrase "No refuge could save the hireling and slave. From the terror of flight or the gloom of the grave." This is regarded as a reference to the British recruiting slaves to fight against the American troops during the War of 1812. These are salient points that demonstrate how apt a choice this song is to protest.

Professional sports have been desecrated by scandals in recent years involving domestic violence, drug use, steroids, and even murder. It's disheartening to hear such outcry over a simple protest.

I don't know if what Kaepernick is doing is going to result in change, but with the support he's getting from other players in the sports community, it definitely has a chance to make a difference. When the cost of that chance is a moment of discomfort for those unaccustomed to witnessing disassociation with pageantry, isn't that a cost worth paying? This type of protest is precisely what America is about.

Brandon Niles is a longtime fan of football and scotch, and has been writing about sports for the past decade. He is a fantasy football scout for 4for4 Fantasy Football and is co-host of the 2 Guys Podcast.





SUMMER MUSIC LINEUP

For info: 406-570-6579 or bigskyfarmersmarket.com

AUGUST

24: JEFF BELLINO

31: BRIAN STUMPF

10: ARTS COUNCIL SPECIAL GUESTS

JULY

6: GALLATIN GRASS PROJECT

OUTLAW

13: TOM MARINO

27: OUIET ACT

JUNE

22: DJ MISSY O'MALLEY

29: MICHAEL HARRING

RECYCLE Enjoy our publication and please remember to recycle.

FOR SALE

one of a kind antique

Peninsular 414

wood burning stove

CONTACT Ersin 406-451-4073



SEPTEMBER

21: DJ MISSY O'MALLEY

28: LAUREN JACKSON

ľ**ú**XY'S

14: MATHIAS



Contact lenses can cause eye trauma



BY DR. JEFF DANIELS **EBS MEDICAL COLUMNIST**

This summer, I had to tell more people to keep their contact lenses out of their eyes than I can remember. This was likely a result of an unusually high pollen count and a few very smoky days—patients' lenses were causing trauma to the cornea, or they were suffering from keratitis, an infection of the eye involving the cornea. Sometimes the trauma can be so bad that a hole, or ulcer, forms on the cornea.

The cornea is the transparent covering over the iris and pupil of the eye. The fluidfilled space behind the cornea and in front of the colorful iris is called the anterior chamber. The lens is the center of the eye, or pupil, which appears black. Both the cornea and lens are very important in helping you to focus and see clearly.

Contact lenses are a very safe alternative to glasses and have been around for quite some time—Leonardo da Vinci is credited with conceptualizing the idea, though the first plastic lenses weren't made until 1939. However, they can cause certain problems, typically in the cornea where they contact the eye.

Oxygen and tears are very important for normal corneal maintenance. However, some contact lenses block oxygen and tears from reaching the cornea, which has no other oxygen supply besides the outside air. So preventing oxygen and tears from getting to the cornea can lead to physical damage.

Certain lenses are better than others for getting oxygen to the cornea—these include gas-permeable lenses and soft silicone hydrogel contacts. Some gaspermeable lenses also allow for more tears to reach the cornea with each blink of the eyelid. However, when the eyes are closed during sleep, fewer tears and less oxygen reach the surface between the contact lens and the cornea. Only lenses made with silicon hydrogels should be worn during sleep, because they are so oxygen-permeable.

Dryness is a big culprit here in Big Sky. In dry conditions, contact lenses may stick to the surface layer of corneal cells and pull them off, leaving holes in the cornea. I've seen cases where there were thousands of tiny defects caused to a patient's cornea as a result.

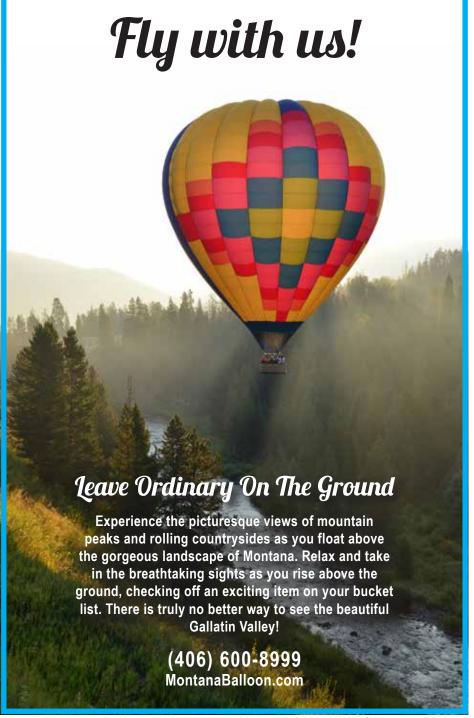
Using your fingers to remove the contact lens is another way to cause damage. Pinching the lenses can scratch the cornea beneath it, especially if the eye is dry, leading to pain with every blink and a very red eye by the next morning.

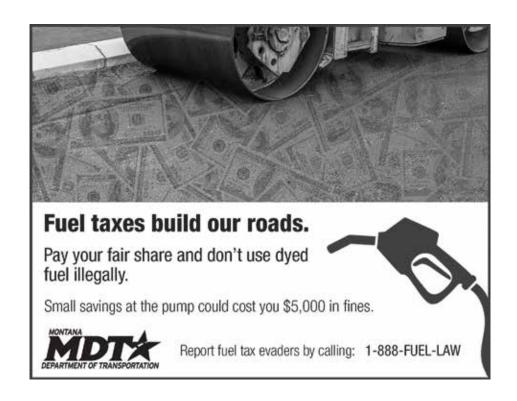
If contact lenses aren't cared for properly, infection can develop in the cornea caused by bacteria, or in rare cases by a fungus or the herpes virus. This leads to redness of the entire eye, light sensitivity and intense pain. It's different from the typical case of conjunctivitis, where the eye tears and itches and pus accumulates on the lashes, but light sensitivity and pain aren't usually an issue.

Most of the problems associated with cornea trauma heal very quickly, as long as you keep the contact lenses out of your eyes. An antibiotic in solution, or as an ointment, can help and at least are soothing to the eye. Most of the discomfort and redness will be gone after a day or two, but I advise that the lenses not be put back in for at least a week to allow for proper healing.

Changing old contact lenses for new ones, and reviewing proper care of the lenses, is important so the problem does not recur.

Dr. Jeff Daniels was the recipient of the 2016 Big Sky Chamber of Commerce Chet Huntley Lifetime Achievement Award and has been practicing medicine in Big Sky since 1994, when he and his family moved here from New York City. A unique program be implements has attracted more than 700 medical students and young doctors to train with the Medical Clinic of Big Sky.











HYDRATE + ENERGIZE

free shipping, buy online

HIBALLER.COM



"Northern Lights," Burl Jones, Bronze, $16 \times 13 \times 10$



"September Song," Burl Jones, Bronze, 12 x 16 x 6.5



CREIGHTONBLOCKGALLERY.COM
(406) 993-9400

Town Center, Big Sky, Montana



DIY Lunchables



BY JACKIE RAINFORD CORCORAN EBS HEALTH COLUMNIST

Kraft Lunchables are a brilliant idea. Manufactured by Kraft Foods, these ready-made inexpensive lunches are sold in compartmentalized plastic containers, each with a variety of foodstuff.

The problems with them, however, are many.

First and foremost, they contain ingredients that are harmful to human health, and I'll list just a few. Carrageenan, which has no nutritional value but is added to improve food texture, has been linked to cancer and inflammation.

Sodium nitrate, used as a preservative, is linked to increased risk of heart disease. Red dye No. 40, the most commonly used coloring agent in processed foods, can trigger hyperactivity in children and is linked to cancer and allergic reactions.

More obvious culprits are high levels of poor quality fats, sugar and salt. Kraft Lunchables also contain genetically modified organisms. Many countries have banned the cultivation and/or the importation of GMOs, though research is often inconclusive on their long-term effects. Most countries that ban them are waiting for concrete results before taking unnecessary risks with the lives of their citizens, animals, land and water. It's worth noting that Kraft has contributed more than \$2 million on lobbying efforts to prevent straightforward GMO labeling.

The ingredients they lack make Lunchables equally detrimental. For example, most of them contain 0 grams of dietary fiber, which is important for gut health and regular bowel movements. Healthy fats, which actually help lower the risk of high cholesterol and heart disease, are also missing. They don't contain anti-cancer and anti-inflammation properties. What they lack is found in abundance in fruits and vegetables.

And then there's the disposable packaging. Our planet needs a lot less, not more plastic waste. Did you know there is a giant island of plastic swirling around in the ocean called the Great Pacific garbage patch, estimated to be about the size of Texas?

Buying these products sends the message to our children that fast and cheap are what matter most, regardless of the product's negative consequences. In reality, we need to eat food that nourishes our minds and bodies rather than deplete them and potentially kill us.

Here's the good news: We can make fast and cheap Lunchable-style meals at home that are delicious, beautiful and healthy.

There's a bit more time investment but if it means ultimately having more energy, focus and mobility, it's actually a lot less time in long run.

Here's how to get started: Purchase a compartmentalized reusable lunch box. I like PlanetBox stainless steel lunch boxes because they're very durable, don't leach plastic byproducts into your food and don't hold on to stains or odors. Visit planetbox.com to view different sizes and accessories. There is an upfront cost, but this lunch container will last for years to come.

If you're concerned about raising healthy eaters, get your kids involved. They will take ownership of their meals and learn the habit of preparing food. The more they learn healthy habits early on, the less chance they have of struggling with weight and diet-related issues later in life.

Need inspiration on what to put in your DIY Lunchable? A few websites to give you ideas include planetbox.com, hungryhobby.net and dontwastethecrumbs.com.

Jackie Rainford Corcoran is an IIN Certified Holistic Health Coach and Consultant, a public speaker and health activist. Contact her at jackie@corehealthmt.com.

THE ART OF TRAVELING 3 MILES PER HOUR



WHITEWATER RAFTING ON THE MIDDLE FORK OF THE SALMON RIVER IN IDAHO





BOOK YOUR 2017 TRIP TODAY!

BOUNDARYEXPEDITIONS.COM

Boundary Expeditions operates under special use permits with the Salmon Challis National Forest and Payette National Forest and is an equal opportunity provider.



BIG SKY'S MOST COMPLETE WORKOUT FACILITY

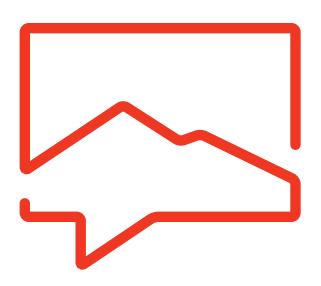
VISIT BIGSKYHF.COM TO SIGN UP

DAY, WEEK, & LONG TERM MEMBERSHIPS

MEADOW VILLAGE CENTER | 32 MARKETPLACE, BIG SKY, 59716







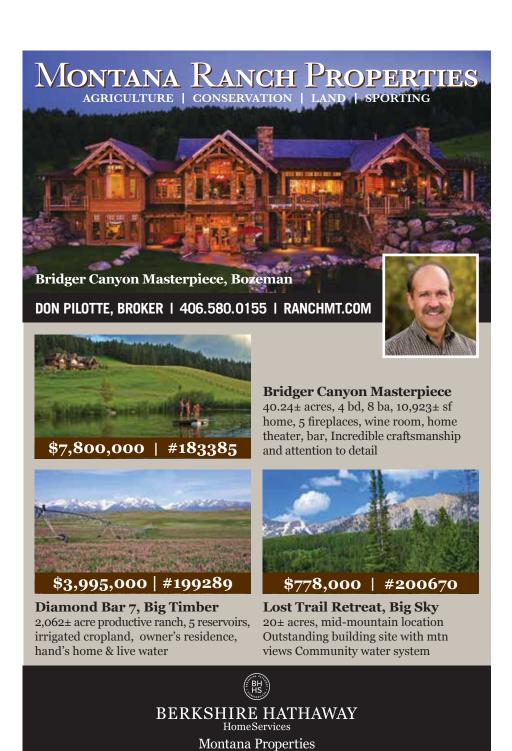
BIG IDEAS UNDER THE BIG SKY

TED^XBigSky

x = independently organized TED event

Saturday, January 28, 2017 Big Sky, Montana

More information: ersin@outlaw.partners | 406.995.2055



© 2014 BHH Affiliates, LLC. An independently owned and operated franchisee or BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.



CRUISE HOLIDAYS COMFORT TOURS

SPECIALIZING IN: OCEAN CRUISING \cdot RIVER CRUISING \cdot ALL-INCLUSIVE RESORTS \cdot AND CUSTOMIZED LAND VACATIONS



JACKIE HARRISON 406-599-0220 Jackie@Cruiseholidayskc.com

WWW.CHKC.TRAVEL • WWW.ALLINCLUSIVESONLY.COM WWW.CRUISEHOLIDAYSRIVERCRUISES.COM





BIG SKY DISCOVERY ACADEMY

- Discover Your Potential -

BIG SKY'S INDEPENDENT SCHOOL





PreK, Elementary, Middle, High School

Exploration & Discovery

Montessori Based PreK-6th Grade

Inquiry & Mastery Focused

6:1 Average Student/ Teacher Ratio

Summer Enrichment

Summer Camp Programs

Youth Entrepreneur Project

Tutoring & Academic Support

Online Coursework

Grades 7-12

Nationally Accredited

NCAA Approved

Place Based

Alpine & Nordic Skiing

Experiential & Outdoor oriented

Flexible Programming

Seasonal or part time participation

Adaptable to student needs

Healthy Food Program

Organic focus

Snacks & lunch provided

bigskydiscoveryacademy.org

Big Sky Town Center – 175 Aspen Leaf Dr.

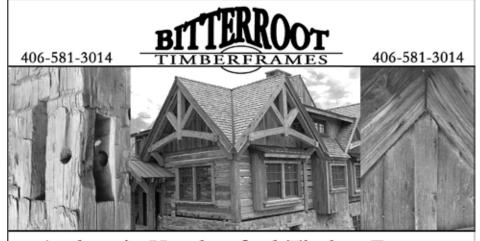
406.993.2008 | nettie@bigskydiscoveryacademy.org



Jim Dick, 'Breathless," 24x36



127 E Main St, Bozeman, MT 59715 (406) 586-1000 abanksgallery.com



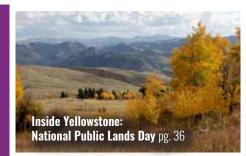
Authentic Handcrafted Timber Frames RESIDENTIAL BARNS COMMERCIAL

Frame & Shell Packages Installed on Your Site Standard Plans Free

567 Three Mile Creek Rd Stevensville, MT 59870 bitterroottimberframes.com brett@bitterrootgroup.com



Section 3:INSIDE YELLOWSTONE,
OUTDOORS, & DINING







Bozeman photojournalist earns recognition from Nat Geo

BY AMANDA EGGERT EBS ASSOCIATE EDITOR

BOZEMAN – At 24 years old, Louise Johns has already hit a major milestone in a photojournalist's career: her name appears below a photograph in National Geographic.

But it wasn't a fluke, one of those happenstance right-place-right-time moments you sometimes hear photographers recount. Johns has been working on a project centering on the Andersons, a ranching family in the Greater Yellowstone Ecosystem, for five years.

She's tended to their horses, looked after the youngest Andersons, and stayed at their ranch in Tom Miner Basin as often as her schedule has allowed. Now they barely take notice when she raises her camera to take a photo.

Johns said the time she's spent with the family sans camera has enabled her to take photos like the one that landed in the pages of the May 2016 issue. "I feel like that's how you make those better, deeper pictures," she said.

The Young Explorer grant Johns received from National Geographic and funding from Tom Miner Basin Association will help her continue to document the lives of the Andersons. She plans to continue this work for a long time—maybe even the rest of her life. "They're that special to me," she said, adding that Montana feels more like home to her than Virginia, where she grew up.



Johns, a Virginia native, says she's still amazed by the immensity of Montana's landscape. PHOTO BY RONOAN DONOVAN

Johns counts Hilary Anderson, the family matriarch, among her friends. The family's grown by two in the time she's known them, and she's watched the kids' connection to the landscape deepen.

"I think that's my favorite part of the whole project," Johns said. "These children are so much more connected to this place than most people are anywhere ... It's sort of this mix of wild and domestic, but it's been there for so long that it feels like it's very deep rooted in the people."

Located just north of Yellowstone National Park, Tom Miner Basin is a sprawling landscape of sagebrush and evergreen forests interspersed with aspen stands. Johns tries to spend as much time in Tom Miner as possible during the months of August and September, when grizzlies commonly range through the basin.



A fair amount of Johns' documentation of the Range Rider program has taken place on horseback. PHOTO COURTESY OF LOUISE JOHNS

Johns, who spent a summer in college working as a wrangler at the J Bar L ranch in the Centennial Valley of southwest Montana, is drawn to documenting progressive ranching practices like those of the Andersons family. Hilary Anderson, a wolf biologist by training, co-founded a range-rider program in Tom Miner to reduce conflicts between livestock and predators by increasing human presence on the landscape.

Johns said a knack for horses—for a time in high school, she considered riding professionally—has come in handy in her photojournalism career.

Although she started her studies at the University of Montana in the print journalism department, Johns quickly became hooked on the storytelling potential of photojournalism. Her talent was celebrated in a July 28 story on National Geographic's website, where she was named one of the magazine's "20 under 30: The Next Generation of National Park Leaders" as part of the magazine's coverage of the National Park Service centennial.

Johns says it helps that she had an awareness of the vocation growing up: Before taking the helm as National Geographic's editor-in-chief, Louise's father Chris traveled the globe on assignment for the iconic publication. Johns said her dad never pushed her toward photography, but he's been supportive of her decision to pursue it.

It doesn't seem fitting to compare Johns' work to her father's given his long tenure as a photojournalist, but Louise said she's starting to notice similarities in the way they look through a viewfinder.

"[It's] the way he picks up on these very subtle moments of life," Johns said. "When he coaches me through my photographs, he points out all the little things that make a difference."

Johns' image that appeared in the Yellowstone National Park issue of National Geographic captures one such moment. In it, a 4-year-old wearing a shiny blue dress and matching tennis shoes chases a red ball down a dirt driveway toward a faded farmhouse. Beyond the old homestead, there's a meadow, a snowcapped ridge, and little else. The scene is open and almost lonesome—but striking too.

Johns says a little technical savvy is essential for modern photojournalists, but there's something deeper that can't necessarily be learned. It involves engaging with people and seeing the world in a certain kind of way, she says.

Remaining present in the moment, Johns says, can allow photographers to create timeless imagery. "You can turn it into an actual piece of art that could live forever."

NATIONAL PARK SERVICE -

100 YEARS

1916-2016

1916

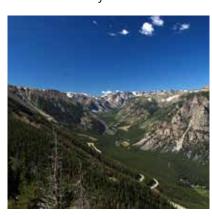
The National Park Service Organic Act establishes the National Park Service

1920

The mass production of automobiles made YNP readily accessible. **5,000** automobiles entered the park this year

1930

The famous Beartooth Highway is built, allowing visitors to enter the park from Red Lodge, Montana via Cooke City & Silver Gate



1948

Yellowstone recieves one million visitors

1929

President Hoover signs first law changing Yellowstone National Park's boundary and creates Grand Teton National Park



1933

On February 9, the all time lowest temperature in Yellowstone was recorded at **-66°F below zero**

1956

Mission 66 is initiated as an effort to expand YNP's roads, trails, and facilities

1959

A magnitude 7.5 earthquake strikes on August 17, killing 28 campers in Gallatin National Forest

1966

The thermophile *Thermus aquatics* is discovered in a hot spring



1971

Overnight winter lodging officially opens



1975

Grizzly bears are listed as a threatened species in the lower 48 states

1963

The Leopold Report, a document that established the framework for park management, is implemented and still used today

1970

New bear management plans begin, which include closing open-pit dumps in the park

1974

Fishing is prohibited from Fishing Bridge in order to protect the spawning of the native cutthroat trout



1988

The worst wildfire season in Yellowstone's history takes place. 'The Fires of 1988' burned 1.4 million acres between June and October, costing \$120 million and 25,000 firefighters to extinguish it



1995

Despite opposition from local ranchers, wolves are reintroduced into the park ecosystem. The Yellowstone Park Foundation (YPF) is concieved to provide Yellowstone with resources for conservation, education, and science.



2002

National Academy of Sciences confirms effectiveness of Ecological Process Management, or natural regulation

2009

Grizzly bears return to the threatened species list and gray wolves return to the endangered species list

1994

Congress enacts a law allowing a percentage of park entrance fees to be kept in the national parks



1997

About 1,100 bison are killed by the Montana Department of Livestock due to a brucellosis outbreak.



2007

Yellowstone's grizzly bears are removed from the federal threatened species list



2010

The Old Faithful Visitor Education Center is officially dedicated to the park and opens



2013

YPF completes restoration of the Old Faithful Haynes Photo Shop



2014

2012

A \$1 million grant,

matched by federal

significant resources to implement the Native Fish Conservation

funds, provides

Program

A Dutch tourist crashes a drone into the Grand Prismatic Hot Spring - the largest hot spring in the park and the thrid largest in the world.

Park Service bans unmanned aircraft from all park service-controlled areas



2015

Yellowstone visitation sets a new record at 4.2 million total. Lake Yellowstone Hotel is designated as a National Historic Landmark

2016

The National Park Service celebrates its centennial year, 1916-2016

INSIDE YELLOWSTONE



Public invited to volunteer for National Public Lands Day projects

Entrance fee waived for all visitors Sept. 24

NATIONAL PARK SERVICE

The National Park Service is seeking volunteers for a work project in the Mammoth area of Yellowstone National Park on Saturday, Sept. 24. As part of National Public Lands Day, the largest single-day volunteer effort on public lands, the park's entrance fees will be waived for all visitors.

Volunteers will participate in trail restoration across the main road from the Mammoth Campground. Work will take place from 9 a.m. to 4 p.m., and includes erosion control, obscuring and removing social trails, planting native vegetation and delineating a trail. The work is strenuous and requires the use of hand tools, lifting heavy objects, and working at high altitudes in variable weather conditions.



Looking south over Yellowstone from the Gallatin National Forest on Eagle Creek Road. NPS PHOTO

Drinks and snacks will be provided. All volunteers should bring lunch, water, sunscreen, sturdy footwear, and clothing suitable for a range of conditions as weather can be cold and blustery in late September.

Volunteers who participate in a National Public Lands Day activity will receive a coupon good for a one-time free entrance to the federal Public Lands Day area of their choice. Space is limited to 30 volunteers. Volunteers are asked to register by Sept. 19 by emailing yell_volunteer_office@nps.gov or calling (307) 344-2729.

To learn more about all of the volunteer opportunities on public lands throughout the region, visit publiclandsday.org.

Yellowstone road segment closed temporarily Closure effective until Oct. 7

NATIONAL PARK SERVICE

The Grand Loop Road between Mammoth Hot Springs and Norris Junction is closed to all traffic until 7 a.m. on Oct. 7. The closure, which was implemented on Sept. 11, takes place between Willow Flats south of Indian Creek Campground, and Roaring Mountain, 5 miles north of Norris Junction.

Visitors traveling south through the park during this time from the Mammoth Hot Springs area will need to take a detour. The detour includes driving through Tower Junction and over Dunraven Pass for access to Canyon Village and the southern portion of the Grand Loop Road.

Road construction is perennial in Yellowstone National Park. In general, park roads have either been recently repaired or reconstructed, or are scheduled for repair or reconstruction.

Approximately 80 percent of main park roads—or approximately 185 miles—are in a structurally deficient state, with poor quality road bases failing under the weight, speed, and volume of modern traffic for which they were not designed. Harsh winter weather and short construction seasons provide additional challenges.

These needs are now being addressed under a 20-year, \$300 million Federal Lands Highway Program for Yellowstone National Park. This road construction is the first year of a three-year project to reconstruct the road segment between Mammoth Hot Springs and Norris Junction.

Visit nps.gov/yell/planyourvisit/conditions for information about road construction and live updates of conditions.





Reality check on the Yellowstone

A veteran guide's take on recent events



BY PATRICK STRAUB
EBS FISHING COLUMNIST
More than
three weeks have passed
since Montana Fish,
Wildlife and Parks
closed nearly 200 miles
of the Yellowstone
River downstream of
the Yellowstone Park

boundary. In response to an invasive parasite, the agency made a tough call to restrict water-based recreation. It was a gutsy move, but it was the correct decision.

As a professional depending on Montana's rivers and streams to feed my family, choosing to accept this decision did not come easily, but the long-term viability of healthy fisheries overruled any short-term gain. As a lifelong resident of Montana, I understand that rivers are the lifeblood of our communities. They provide recreation, irrigation, habitat for fish and mammals, hunting opportunities and more. They are our version of the local beach.

Over three weeks after the closure, the reason I still support the original decision to close the river is how swiftly the agency and its hardworking staff worked to reopen sections of the river to recreation. To date, anglers and recreationists now have ample access.

The staff at FWP deserves our gratitude for dedicating time and resources to learn more about the parasite, conducting real time river surveys, and educating the public during this unprecedented decision. For FWP, the easy way out would have been to keep the river closed well into the cooler fall season. But, thankfully for all river users, we now have plenty of the Yellowstone River to enjoy.

The reopening of recreation on the Yellowstone doesn't excuse us from having some difficult discussions about stream flows. The issue of water management needs to be addressed as

part of the response, and anglers, floaters, irrigators, municipalities, developers, and state and federal agencies all must sit at the table. A degree of shared sacrifice may be the solution to prevent this from being a regular occurrence. But solutions, and therefore the ability to plan for closures, cannot occur without effort from all interest groups.

FWP officials have stressed that low flows and high water temperatures were two factors that

through the spring and summer. Late summer low flows were expected. All users, anglers included, should expect a level sacrifice when early signs point to extreme conditions.

As Montanans, our history of progressive management practices in river management and access runs deep. From the departure of hatchery to wild trout populations to our stream access law, our forward thinking is what sets us apart from other states. Managing our water resources for



The closure of the Yellowstone River and its tributaries was hard on anglers, but ultimately helped protect Yellowstone's famed trout fishery.

PHOTO BY PAT STRAUB

triggered this outbreak, so working together to keep more water in our rivers when they need it most is necessary. Groups like Blackfoot Challenge are already doing this on other major Montana rivers with great results.

What happened on the Yellowstone was not an overnight event. The precursors of very low late summer flows—high flows in late spring predicting an early runoff and anglers fishing salmon flies the third week of June—were there

all user groups now to ensure our grandkids have the same Montana we currently enjoy will be our next great challenge.

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, he is co-director of the Montana Fishing Guide School, and co-owns a guide service on the Missouri River.

Wildfire bits and pieces

BY MARIANNE BAUMBERGER U.S. FOREST SERVICE FIRE INFORMATION AND EDUCATION TECH

The transition to autumn is taking place with a cool nip in the air. During this time of the year, nothing warms the soul like a campfire on a chilly night or a warming fire while hunting.

Even though it is cool and wet some days, wildfires are still a threat. This September fire crews have responded to several small warming fires that were not properly extinguished by recreationalists. It is imperative that people feel for hot ashes before they leave the site.



As hunting season gets going and evening frosts settle in the area, cool rainy days can quickly shift to warm windy days and a warming fire that barely smoldered one day can come to life and run through dry grasses and brush into heavy timber the next. Fire danger is MODERATE.



2016 Audi Q3 Prestige quattro

/month lease + tax*

\$795 Acquisition Fee \$2,200 Down Payment \$2,995 Total Due at Signing* (Excludes taxes, title, other opt

(Excludes taxes, title, other options and dealer fees)
*Must qualify for \$500 Audi Owner Loyalty

Stock #36107

Stock #36107 Lease term: 36 months Mileage: 10,000 miles per year MSRP: \$43,380 Residual Value: \$25,594



2016
Audi A3 E-Tron
+ Premium FWD

/month lease + tax* \$795 Acquisition Fee \$2,400 Down Payment \$3,195 Total Due at Signing* (Excludes taxes, title, other options and dealer fees) *Must qualify for \$1,000 Audi Owner Loyalty

Stock #36099 Lease term: 36 months Mileage: 10,000 miles per year MSRP: \$42,280 Residual Value: \$20,525



2017 Audi A3 Premium quattro

\$359

lease + tax*

\$795 Acquisition Fee \$2,200 Down Payment \$2,995 Total Due at Signing* (Excludes taxes, title, other options and dealer fees) *Must qualify for \$500 Audi Owner Loyalty

Stock #36116 Lease term: 36 months Mileage: 10,000 miles per year MSRP: \$38,545 Residual Value: \$21,971

2017 Audi A4 Premium quattro

/month lease + tax*

\$795 Acquisition Fee \$2,200 Down Payment \$2,995 Total Due at Signing* (Excludes taxes, title, other options and dealer fees) *Must qualify for \$750 Audi Owner Loyalty

Stock #37019 Lease term: 36 months Mileage: 10,000 miles per year MSRP: \$42,990 Residual Value: \$25,364

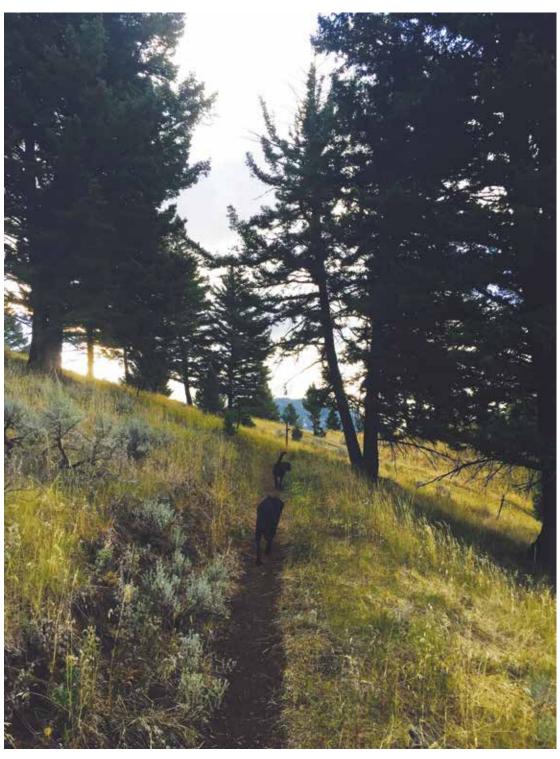


Bozeman Audi



On the Trail: Black Diamond Trail

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



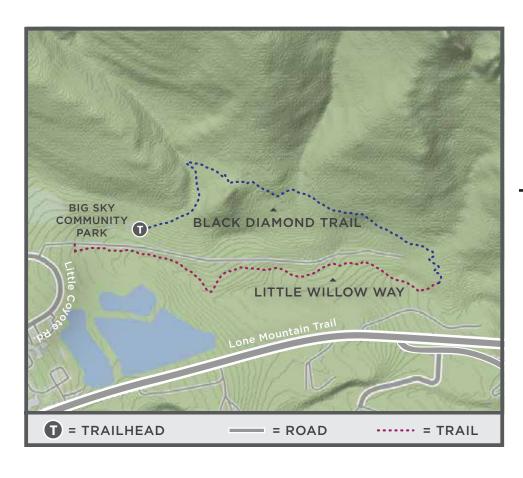
Black Diamond Trail, located near the Big Sky Community Park, is a good place to take dogs for a run or hike. PHOTO BY CIARA WOLFE

BY CIARA WOLFE **BSCO EXECUTIVE DIRECTOR**

The Black Diamond Trail is the perfect distance and terrain to get your heart rate pumping if you don't have much time to spare. This trail provides a nice climb into the trees right off the bat, levels off for a short distance, and winds through the forest again on the descent. Once you have reached the end of the trail, you can turn around and travel the same terrain or continue onto Little Willow Way for a ³/₄-mile cool down on flat terrain.

The trail weaves through Big Sky's 18-hole Frisbee golf course with several spur paths to each hole. Make sure to follow the signs and stay on the well-established dirt trail. Black Diamond is best for intermediate-level hikers or runners and an excellent place to bring four-legged friends for exercise or buddies for a round of Frisbee golf.

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





TRAIL STATS



1.6 miles round trip



Difficulty Moderate Hike & run



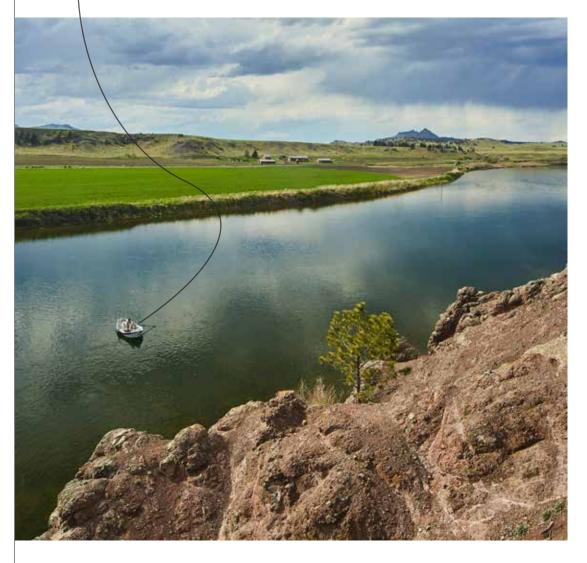
Elevation Gain 250 ft



Directions: From Meadow Village, head north on Little Coyote Road and drive past the Big Sky Chapel and pond. Turn into the first road on your right and look for the Big Sky Community Park entrance sign. Park near the skate park and yurt at the east end of the park. The trailhead starts directly behind the yurt.

At the end of the day, it's where you feel connected that matters most

MISSOURI RIVER



Missouri River Ranch | Craig | \$6.5M *Premier fishing lodge on 160 acres*

GALLATIN RIVER



512 Old Farm Road | Bozeman | \$2.975M Located on ~1/2 mile on the East Gallatin River



49850 Gallatin Road | Big Sky | \$595K Private mountain home within steps of the Gallatin River

FISHING PROPERTIES



JEFFERSON RIVER





Lahood Park Residence | Cardwell | \$775K Custom built home resting on ~1/2 mile of river frontage



Yellowstone Ranch Preserve | West Yellowstone | \$19.5M 753 acres + Whiskey Jug Cabin with private marina on Hebgen Lake



Lahood Park Commercial Property | Cardwell | \$425K Many possibilites for commercial property including current steakhouse use



Osprey Cove Lakehouse | Big Sky | \$1.795M Recently renovated home with spectacular mountain views



LKRealEstate.com | 406.995.2404









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.

On the marquee: The global homogenization of eating



BY SCOTT MECHURA EBS FOOD COLUMNIST

Much like Steven Spielberg's "Lincoln" and a film like "Sharknado" are on opposite ends of the filmmaking spectrum, it would stand to reason that chefs and fast food would also qualify for that same disparity. But don't be too sure.

As we continue to homogenize our American palate, and really global cuisine in general, we are seeing more and more connections between chefs and fast food, as well as the general public as a whole.

I can't tell you how many times we have Hispanic guests ask for soy sauce and Chinese patrons request salsa. And furthermore, the lines are increasingly blurred between talented, upscale chefs and foods that we associate with movie theaters, ballparks, state fairs, and candy stores.

As a nation, we have been slowly moving past the fine dining standard we saw peak in the late 1990s and early 2000s. There was once a time when going tie-less to restaurants was reserved for casual places like Big Sky or the Florida Keys or Austin, Texas. Now, unless you're entertaining clients for a business dinner, you rarely see jackets and ties in restaurants.

During my last trip to Washington, D.C., "the city of suits," we dined in a steakhouse and still only saw a handful of jackets and ties. And the restaurants where patrons are required to wear them are falling by the wayside. But—and this is a big but—the quality, creativity, and drive to innovate among talented chefs has never been more evident.

This leaves us in a time when we don't wear ties while we eat food that's better in almost every way than the dishes we ate 20 and 30 years ago. Couple that with chefs and waiters who are cooking and presenting amazing culinary attractions wearing T-shirts and headbands, and talented chefs are rolling out dishes out of food trucks fit for a fine-dining experience. (Food trucks are possibly the most noticeable liaison between the fast and casual meal, and the fine-dining dishes prepared by top chefs.)

There are even pastry chefs out there making their own Starburst candy, peppermint patties, candy bars and gumdrops. Less is becoming more. And more is becoming less.

Simultaneously, the public is embracing fast-food industry items like Dairy Queen's chicken bruschetta, Sonic's New York-style hot dog, McDonalds' buttermilk-fried chicken sandwich, and Sriracha-based sauces on burgers and sandwiches from Wendy's and Jack in the Box.

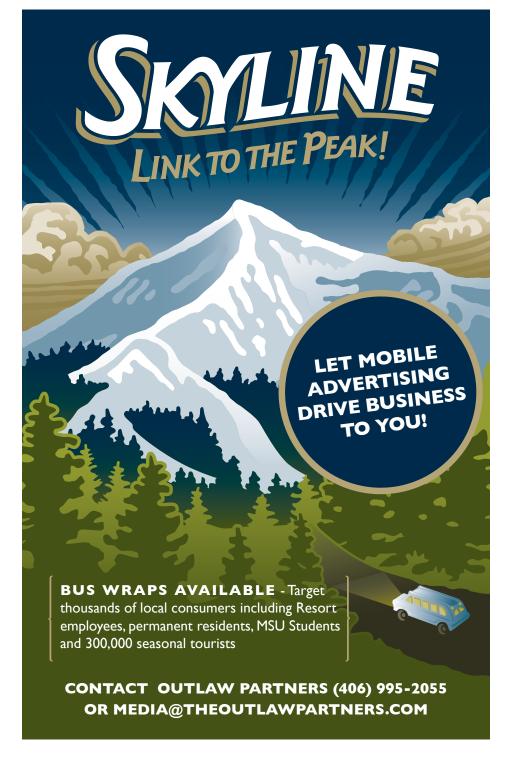
Sriracha, for those of you who have been living in caves, is the red chili and garlic sauce that's been heating up Americans for a few decades now. I first tasted the sauce in 1989, and have loved it ever since. Most people associate Sriracha with China, but it is 100 percent made in America and has elbowed its way into the ranks alongside salsa and ketchup across this great nation.

Just as the film and television industries are always trying to re-invent or recreate old movies and shows, chefs are always trying to find a niche; an "in" to the diner's palette that's ahead of the curve of fellow chefs, even though it might have been around for decades.

So what next? I think I'll go and make some homemade Goldfish, or maybe some cotton candy.

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.





Tapping inBozeman bar open for beer lovers

BY TAYLOR-ANN SMITH EBS STAFF

BOZEMAN – While downtown has plenty of places to grab a local beer, few have the relaxing summer feel of a rooftop patio and the expansive drink options of Bozeman Taproom & Fill Station, which opened in early August.

The main downstairs bar features 45 beers and nine wines on tap, and the rooftop deck offers an additional 13 beers and nine more wines, so it's hard to not find something to enjoy here. Patrons can dive into full pints or choose from multiple sample sizes, while they watch sports on multiple TVs downstairs or head up to the rooftop for a relaxing evening around one of the two fire pits.

If you'd like to pair a crisp pint of beer with a plate of fresh food, Bozeman Taproom & Fill Station provides a tasty selection of bites including Sriracha fries, sandwiches, build-your-own brats and sausages, as well as salads.

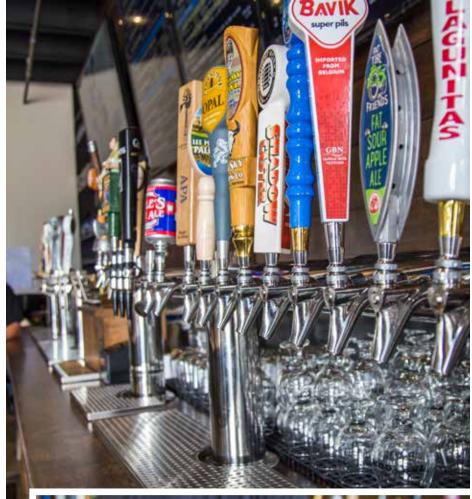
I recently started an evening off by trying some peculiar beers and sausage bites with a choice of deli and hickory bacon mustard for dipping. The first beer I tried was a passion fruit sour ale from New Belgium Brewing Company called Fruit Fly. While I hadn't previously been a big fan of sour beers, this one definitely changed my mind with its touch of sweetness that made it quite enjoyable.

Next I sipped on a German pilsner from De Brabandere Brewing called Bavik Super Pils. Although light in color, this beer packed a hoppy punch and a smooth finish. Meanwhile, the sausage bites kept my palette cleansed and stomach full.

Be sure to check back with Bozeman Taproom & Fill Station often, as they regularly rotate the taps to keep bringing new tastes to town. Or if you found one you love, bring your growler for a fill-up and continue to enjoy it at home.

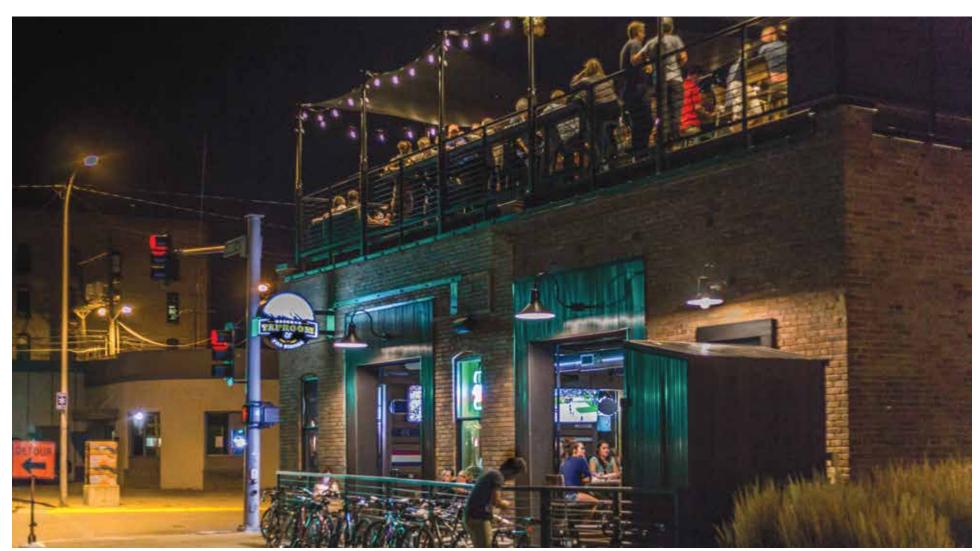
They also serve champagne cocktails for those looking for a libation other than beer or wine.

Visit bozemantaproom.com for an updated tap list, menu and more information.





Top: With more than 75 taps pouring beer and wine, the options are endless. PHOTOS BY EVAN TENNANT Bottom: The 5-ounce pours in the sample ski is the best way to try a variety of the available beers.



Bozeman Taproom & Fill Station is downtown's newest indoor/outdoor hangout, located on the corner of Mendenhall Street and Rouse Avenue.



RESIDENTIAL

CURBSIDE GARBAGE

CURBSIDE RECYCLING

ROLL OFF CONTAINERS

35-300 GALLON TOTES

35,65 & 95 GALLON BEAR PROOF



COMMERCIAL

2-8 YD REAR LOAD

10-40 YD ROLL OFF

RECYCLING SERVICES

TRASH COMPACTORS





BOZEMAN, BELGRADE, MANHATTAN, THREE FORKS, BIG SKY, WEST YELLOWSTONE AND ALL OF GALLATIN COUNTY

Underground Chinese

BY KATIE THOMAS EBS CONTRIBUTOR

BOZEMAN – The Hummingbird's Kitchen is Bozeman's own Chinese pop-up kitchen, headquartered in the Emerson Cultural Center, offering pop-up dinners, cooking classes and private events.

Opened in 2013 and operated solely by Shanghai native Linda Huang, The Hummingbird's Kitchen's hands-on cooking classes are offered twice per month, and pop-up dinners happen once a month.

If you've never heard the term "pop-up restaurant" before, this means that the establishment operates at variable hours, and possibly in assorted locations; it is not a typical restaurant with consistent hours in a regular location.

So what is a pop-up dinner at The Hummingbird's Kitchen like? In a word, savory. Once patrons find the small and somewhat obscure dining space in the Emerson, they sit around a large, square table with about 10 others.

A typical five-course meal may consist of a traditional Shanghainese appetizer plate of dried shrimp with cilantro, smoked fish, braised duck in brown sauce, woody mushrooms with smoked tofu, "drunken" chicken, and pickled radish; shrimp dumpling soup; steamed meatballs; braised pork belly with five spices; stir-fried sugar snap peas with lily buds; and "Eight Treasure Rice."

Patrons bring their own alcoholic beverages, which helps keep the cost of the meal down. The idea is to get to know the food and your fellow diners. Cooking classes are a little more involved. Diners attending these events are in it for the knowledge and experience of creating the food, as well as enjoying the flavors.

Huang not only teaches customers the recipes—including preparation techniques, equipment recommendations, and copies of the recipes to try at home—she also gives a presentation about the region where each dish originates, the history, and culture surrounding her recipe choices. Then comes the best part—you get to eat it.



A dish of dumplings ready to be steamed at The Hummingbird's Kitchen PHOTO BY KATIE THOMAS



Linda Huang prepares dumplings in her kitchen in Bozeman's Emerson Cultural Center. PHOTO BY MATT BRAILSFORD

Huang named The Hummingbird's Kitchen after her own cooking style. "I am always busy, buzzing around the kitchen, I love to eat—I never stop, like a hummingbird!" she says with a laugh.

The business was created after multiple requests for private eating tours of Shanghai. Friends who ate her creations wanted to visit Huang's homeland with her, and eat their way around China. This was not something Huang was able to do, so she decided to bring her dinners to the Gallatin Valley.

Huang is passionate about bonding with others over quality food. "Sharing is conducive to freshness," she explains. "You have to have connections with food, the area, the people. Chinese food is about

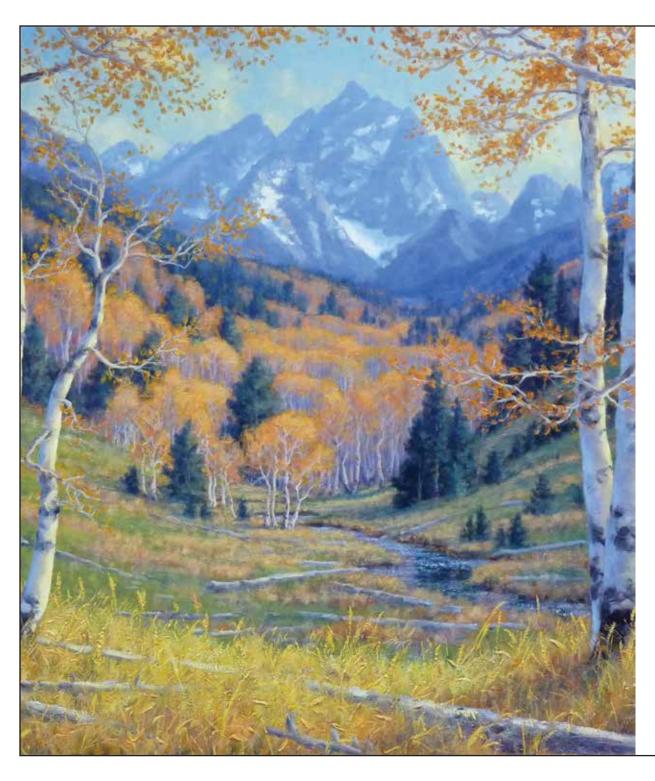
sharing. You can always put out an extra chopstick, my grandma used to say."

Huang says she likes to test people's edge.

"Pork belly, for example, scares some people. I like to cook the interesting, the authentic, the 'weird.' Chinese food culture has influenced many other Asian cuisines, especially Japanese and Thai—its influence is everywhere. It's the foundation of so much cuisine."

The Hummingbird's Kitchen's pop-up dinners and cooking classes are the ultimate pleasure for foodies, and for anyone who generally enjoys intimate, gourmet, and unusual dining adventures.

Visit thehummingbirdskitchen.com or call (406) 551-0645 for more information about The Hummingbird's Kitchen.





CREIGHTONBLOCKGALLERY.COM (406) 993-9400

Town Center, Big Sky, Montana

"Autumn in the Tetons," Randy van Beek, Oil on Canvas, 30 x 40

Medical Clinic of Big Sky Urgent Care!

Family Practice
Urgent Care



In-House X-Ray Walk-In



Jeff Daniels, MD

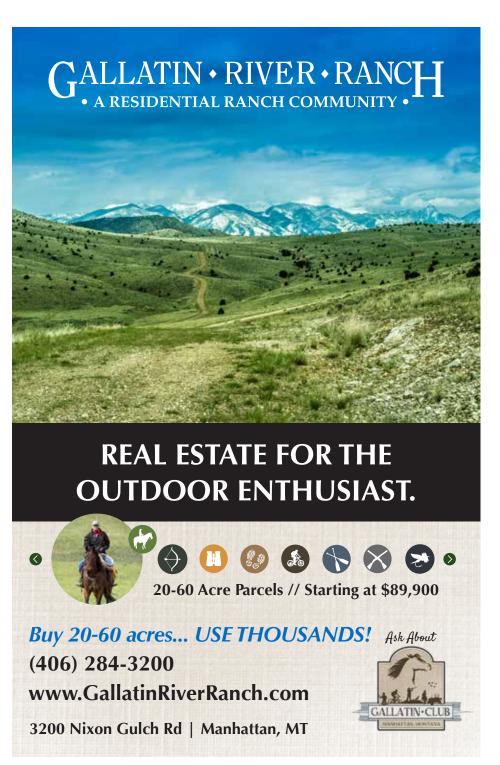
Cary Wilson, PA-C

Our clinics are in
Town Center above Grizzly Sports
and in the slopeside Ski Patrol Building,
on the mountain.

Open 9-5 M-F (Town Center) • 7 days (Mountain) (406) 993-2797

(Available 24/7 on an On-Call Basis)

MedicalClinicOfBigSky.com





Find out what tunes we're bumping! In Big Sky Beats, Explore Big Sky staff offers 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 an autumn adventure, we've got you covered.

Fall is finally making its annual appearance!

Aside from sipping hot chai tea on lazy Sundays, I'm also excited for the off-season quiet that comes with the autumn, when typically the locals are the only ones remaining in this resort community. Additionally, my drive to work from Bozeman to Big Sky sees less traffic, which makes it far more enjoyable to take in the surroundings.

Gallatin Canyon's transition from greens to golds and browns, along with the slowing flow of the river, brings tranquility to my mind as I start and end my day.

Here are some down-tempo songs that I enjoy the quieter commute with:

- 1. "I Can Still Hear You," SuperVision
- 2. "The Unwinding Cable Car," Anberlin
- 3. "Lanterns," Birds of Tokyo
- 4. "Stellar (Acoustic)," Incubus
- 5. "Spirit Cold," Tall Heights
- 6. "Destinations," Alesso
- 7. "Home feat. Eleni Drake," EMBRZ
- 8. "Gamble," Lucy Rose
- 9. "Coloring," Kevin Garrett
- 10. "Weathered," Jack Garratt

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

Sudoku

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

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

©2016 Satori Publishing

DIFFICULTY: ★★★☆

American Life in Poetry: Column 599

BY TED KOOSER, U.S. POET LAUREATE

Here's a poem by Debra Nystrom about what it feels like to be a schoolgirl in rural America. No loud laughter echoing in the shopping mall for these young women. The poet lives in Virginia and this is from her book, "Night Sky Frequencies."

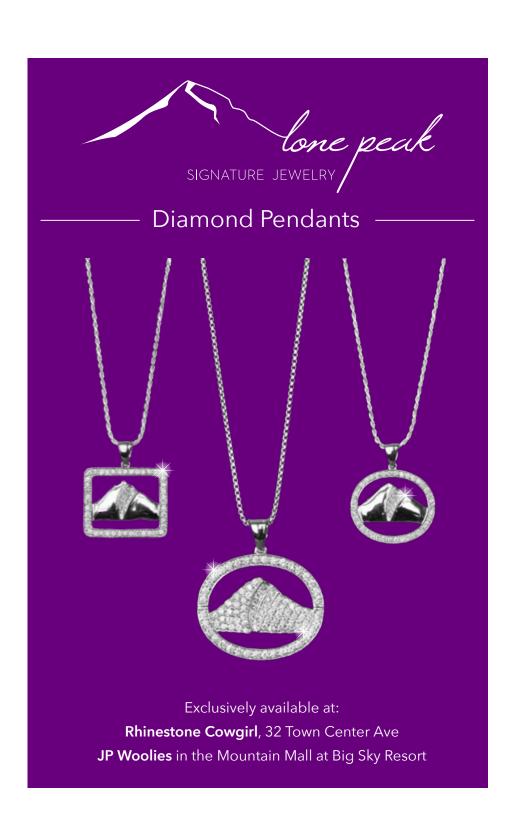
Restless After School

By Debra Nystrom

Nothing to do but scuff down the graveyard road behind the playground, past the name-stones lined up in rows beneath their guardian pines, on out into the long, low waves of plains that dissolved time. We'd angle off from fence and telephone line, through ribbon-grass that closed behind as though we'd never been, and drift toward the bluff above the river-bend where the junked pickup moored with its load of locust-skeletons.

Stretched across the blistered hood, we let our dresses catch the wind while clouds above dimmed their pink to purple, then shadow-blue—So slow, we listened to our own bones grow.

We do not accept unsolicited submissions. 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 © 2016 by Debra Nystrom, "Restless After School," in "Night Sky Frequencies and Selected Poems," (Sheep Meadow Press, 2016). Poem reprinted by permission of Debra Nystrom and the publisher. Introduction copyright © 2016 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.



Locals Fishing Report from Gallatin River Guides

Brought to you by Jimmy Armijo-Grover, General Manager



It's been a unique fall with Hoot Owl restrictions on some local rivers, fires burning in Yellowstone National Park and the closure of a large chunk of the Yellowstone River. Good news is most of that is returning to normal. Hoot Owl restrictions have been lifted on most of the rivers in our area, most of the Yellowstone has reopened and the fires in YNP are starting to amp down a little with recent moisture. Conditions are constantly changing, so call your local fly shop for the most up to date information.

Anglers who have taken advantage of the reopening on the Yellowstone River have found eager trout. Nymphing has been best, but good dry fly and streamer days have been reported as well. As I write this, the section that is still closed to fishing is Carbella to 89 as well as the Sheilds River and all of its tributaries. This is a good time to remind anglers that it is important to clean, wash and dry all of your gear when moving from one body of water to another.

The Madison River in Montana is completely open and free of any restrictions. Fishing has been good and should only get better. The lower Madison below Ennis Lake has been fishing like a champ as it often does this time of year. Fish from Ennis, Quake and Hebgen Lakes are starting to move up the Madison in preparation for fall spawning. Although this is a great time of year to have a chance at a larger brown we ask that you fish and wade responsibly when fish are actively spawning.

Tis the season for anglers to head into the Madison in YNP and for good reason. Access has been difficult near West Yellowstone due to a fire, but with cooler and wetter moving in it is our prediction that this will become less of an issue in the coming days.

Fishing pressure tends to be very light on the Gallatin this time of year and can fish well. The only real hatches to speak of are baetis and midges, but that doesn't mean you will not be able to get them interested in a streamer or larger nymph. For baetis and midges probably best to stick to small stuff like 18s and 20s.

Happy trouting!













Since '84. Fine Purveyors of Fly Fishing Awesome-ness.

GEAR. GUIDES. HONEST INFO.

Serving Big Sky, Yellowstone Park, and Southwest Montana

montanaflyfishing.com • 406-995-2290

Pat Straub; Montana licensed outfitter #7878

Visit our blog for good things: BigSkyFishBlog.com





Section 4: EVENTS & ENTERTAINMENT







Rainbow Ranch proves beer has place at the table with fine dining

BY SARAH GIANELLI EBS CONTRIBUTOR

BIG SKY – Following a casual cocktail hour in Rainbow Ranch's elegant, rustic lounge, 33 guests on Sept. 7 gathered family style in the dining room for the first of four microbrew dinners. This evening featured Grand Teton Brewing Company and a complementary menu conceived by the restaurant's executive chef Hunter Durgan.

The first course, a shrimp corndog, elicited surprised murmurings around the dining room. Other than the stick and its cylindrical shape, this was not your typical corndog. Durgan achieved the light and fluffy interior and thin crust by steaming a shrimp and egg white purée and dredging it in a cornmeal-tempura batter before flash frying.

Grand Teton brewmaster Rob Mullin stood to talk about his Berliner Weisse called the Snarling Badger, a north German wheat beer with a bright, lemony tartness that is a natural accompaniment to seafood, and which cut through the richness of the "corndog" without overpowering its delicacy.

Mullin's fascinating life story begins in Munich, Germany, and would entail a career as a campaign manager in Washington D.C. before moving to Victor, Idaho, to open a brewery. Throughout the evening, he regaled guests with the far-reaching historical implications of the beloved libation, including a dissertation on its entanglement with witch lore.



Executive Chef Hunter Durgan's novel take on the corndog paired perfectly with Grand Teton Brewing's Snarling Badger Berliner Weisse. PHOTO BY JAKE MARLINK



Grand Teton's



Guests of Rainbow Ranch Lodge's first beer pairing dinner on Sept. 7 share their table with Grand Teton Brewing brewmaster Rob Mullin, at right. PHOTO BY SARAH GIANELLI

malty flagship beer, Bitch Creek ESB; followed by their Cauldron Imperial Stout served with slices of espresso-rubbed venison drizzled in a huckleberry balsamic reduction.

"That one was a no brainer," Durgan said. "We took one sip of the Cauldron and I knew where we were going with that course."

Rather than the usual progression from lightest to heaviest beers, Durgan and his event cohorts—bar and restaurant managers Dale Roberts and Michael Duke—decided to turn the dessert pairing on its head, resulting in what was widely agreed to be the most memorable combination.

Both Durgan's rustic apple tart, which incorporated house cured bacon and smoked cheddar Mornay sauce; and Mullin's Farmhouse Ale, a traditional Belgian-style saison aged in red wine barrels, popped as a result of the pairing.

If you missed the second beer dinner featuring Big Sky's Beehive Basin Brewery on Sept. 14, there are still two more to go—Bozeman Brewing Company on Wednesday, Sept. 21; and MAP Brewing Company, also from Bozeman, on Wednesday, Sept. 28.

"I'm very excited to be working with both of these breweries," said Durgan, who knows the brewers personally from the five years he worked as a sous chef at Bozeman's Montana Ale Works. "Bozeman Brewing is really the original in the area and now that they're doing more barrel aging and sours, they're pushing everything forward a bit. As far as MAP goes, they're a hot new game. They've been open less than a year but everything [brewer] Doug Child makes is fantastic."

Visit rainbowranchbigsky.com or call (406) 995-4132 for more information about the upcoming beer pairing dinners.



Dale Roberts

Bringing craft cocktails to a higher elevation

BY SARAH GIANELLI EBS CONTRIBUTOR

It makes sense that Dale Roberts was born in Germany. A certain precision informs his demeanor, language, views—and the way he makes cocktails.

Roberts has been bartending at Rainbow Ranch for nearly five years—and 16 altogether—but to say he's merely a bartender is an



PHOTO BY SARAH GIANELLI

understatement. Tucked away behind Rainbow Ranch's warmly lit bar, downstairs in the glass-encased wine cellar and locked in a dark closet are bottles, jars and miniature barrels filled with his handmade concoctions.

A small sampling of his creations include fresh pressed ginger beer, homemade bitters in flavors that range from citrus to coffee pecan and cardamom. Also stashed around the lodge are brandied Flathead cherries, fruity gastriques, quinine tinctures extracted from cassia root and other medicinal barks and twigs, and cocktails soaking in the subtle notes of charred oak whisky barrels.

"I think it elevates the cocktail menu," Roberts said of his creations. "A chef doesn't serve soup out of a bag. If you make everything in-house you control the ingredients, the freshness, the flavors. It gives you a library of ingredients to pull from and put together."

Roberts considers himself a beer nerd with a rivaling passion for whiskey. This past spring he clocked more than 6,000 miles visiting 28 of the most highly rated breweries west of St. Louis, Missouri. The tour also included four distilleries and, begrudgingly, one winery.

Lately, Roberts has been able to stay within a shorter radius to find beers that suit his discriminating palate, a standout being Grand Teton Brewing in Victor, Idaho.

"In my opinion they're the best regional brewery at sour beers," said Roberts, who has been drinking the tart, Belgian-style beers for 20 years and is excited about their newfound popularity in the U.S. A summer visit to Grand Teton Brewery—and the five hours spent tasting there—led to the first of four beer-pairing events at Rainbow Ranch on Sept. 7. (Two more microbrew dinner pairings are slated for Sept. 21 and Sept. 28).

"I really like making cocktails, especially the back end, but when I go out I don't drink cocktails," Roberts said. "There's a lot of technique involved and if I go into a bar and they've got Rose's lime juice, I'm not going to go there. If there's a dusty old bottle of Martini and Rossi, I'm not ordering a martini.

"I'm not pretentious about cocktails," Roberts added. "I'm particular about them."

Big Sky Resort reports recordbreaking summer season

BY SARAH GIANELLI EBS CONTRIBUTOR

BIG SKY – The summer season at Big Sky Resort closes on Sunday, Sept. 25, following the Canyon Cup golf tournament on Sept. 24 and 25, and the resort saw record visitation for the third consecutive year.

"We had more conferences and larger groups than last year," said Chelsi Moy, Big Sky Resort's public relations manager. Moy added that summer food and beverage sales, as well the number of scenic lift tickets purchased, were up this year. This is partially attributed to the first summer that Swift Current, Explorer and Ramcharger were operating simultaneously.

Other firsts included Everett's 8800 and Andiamo Italian Grille open for dining service.

Adventure Mountain expanded to a new location at the top of the Ramcharger lift, with new family friendly offerings including a bungee trampoline,

gemstone mining, and the Challenger Kids Zipline.

Big Sky Resort has continued to invest in its downhill mountain biking program. For the first time, three chairlifts were running for bike haul, after \$250,000 was spent to improve Ramcharger's downloading capacity prior to the season, and a trail crew was dedicated to daily maintenance. New



Vine and Dine guests prepare to load the Lone Peak Tram this summer during the festival's "Pinot on the Peak" adventure tasting. PHOTO BY SARAH GIANELLI

mountain biking trails such as "Snake Charmer" and "Joker Lips" expanded the intermediate offerings of the existing 40 miles of bike trails.

The Lone Peak Expedition, which shuttles visitors to the top of 11,166-foot Lone Mountain, was up 11 percent in volume, according to Moy. "Nice weather and the urge to stand on top of Lone Peak contributed to the increase in the number of Lone Peak Expeditions this summer," Moy said. "Not to mention snow on the peak in July and Labor Day weekend."

Two brand new chairlift installation projects, at a cost of \$9 million, were ongoing throughout the summer and are on schedule to be fully operational for Thanksgiving's opening day on Thursday, Nov. 24.

The Challenger lift is being replaced with a brand new conveyor-load triple chair, and the new bowl chairlift will be a state of the art six-person lift replacing the Lone Peak Triple.

Mountain operations also created four new ski runs, adding 20.5 acres to the existing 5,800 acres of skiable terrain. A new gladed run on the Moonlight side of the resort has been named "White Witch," after naming rights were won in a Moonlight Foundation raffle.

Big Sky Resort also hosted a number of large scale social events including the 11th annual Big Sky Brewfest and the Vine and Dine Festival, which expanded its schedule to include additional seminars, mixers and activities, including a sold-out wine pairing dinner at Everett's 8800.

The Rut ultramarathon, the only North American race sanctioned by the International Skyrunner Federation's 2016 World Series, was held Sept. 2-4, and continues to attract increasing numbers of world-class athletes to the rugged slopes of Lone Mountain.

"Big Sky Resort enjoys hosting these public events because the summer is such a great time to visit the resort," Moy said.

Singer-songwriters Ikeman and Hosking return to Beth Shalom

CONGREGATION BETH SHALOM

Back by popular demand, local singer-songwriters Amber Ikeman and John Hosking provide an evening of acoustic guitar, rich vocals, and original work at 7 p.m. on Sunday, Sept. 18, at Congregation Beth Shalom in Bozeman. The musicians will once again perform a mix of their own work, tributes and duets.

Hosking is regionally known for the original music he wrote and performed while directing and acting in the Vigilante Theatre Company. Since 2005, Hosking has expanded his repertoire of original folk and Americana. Fans appreciate his new work and the freedom he's found in developing his own unique sound. His diverse lyrics call to mind familiar mountain ranges, nights by the campfire and plenty of adventures on the road.

Known for her soulful vocals and raw lyrics, Ikeman is a contemporary folk singer-songwriter with classical voice and musical theater training. Her latest album "Free" was co-produced with Chris Cunningham in 2015 and is rich with the storytelling songs she's known for. Her lyrics are both gritty and sweet, inspired by 30,000 miles of road tripping as a touring musician over the past two years.

While still frequently touring, Ikeman is putting down roots in Bozeman and offering classical voice training to local students. She will showcase one of her voice students, Kathryn Isley, in a short performance and free vocal master class demonstration prior to the concert.



John Hosking in a field west of Bozeman with Mount Ellis in the background. Many of Hosking's songs are inspired by the landscape and people of the Gallatin Valley. PHOTO COURTESY OF ANIKA HANISCH

Ikeman's master class demonstration begins at 6:15 p.m. Doors open for the main concert at 6:45 p.m. with music beginning at 7 p.m.

Congregation Beth Shalom is located at 2010 West Koch St. in Bozeman. For more information about the concert or the vocal master class demonstration, email amber@amberikeman.com.

Americana Art Night series showcases Claudia Williams

ANTENNA 4 MEDIA

Americana Art Nights continue with a performance by local musician Claudia Williams from 6-8 p.m. on Saturday, Sept. 24, at the Wendy Marquis Art Gallery and Studio, located at 9 E. Main St. in downtown Belgrade.

Williams, also the lead singer of the western music band Montana Rose, has been singing in Big Sky Country since she got her first guitar at age 12. Williams tells the stories of life and love in the West in a style that



Claudia Williams performs Sept. 24 at the Wendy Marquis Art Gallery and Studio in Belgrade. PHOTO BY MARK MCCLURE/ANTENNA 4 MEDIA

embodies the spirit of Americana.

Williams' sound is reminiscent of Patsy Cline, Joni Mitchell, Ella Fitzgerald and Emmy Lou Harris, all of whom she cites as early influences. She interprets standards by these legends with a sultry blend of folk, country and blues.

Having worked and recorded in Nashville for 25 years, Williams has eight recordings available worldwide, and songs playing on the radio in over 30 countries.

Tickets are available at Cactus Records and at the door. For more information, call (406) 599-7761.



Need help identifying and controlling noxious weeds on your property? We can help!

We offer **free** onsite assistance for landowners, plus:

- · Cost share program
- . Resources to connect landowners to services
- Various educational opportunities

406-209-0905 info@bigskyweeds.org www.biskyweeds.org



Canada thistle has creeping horizontal roots that sprout new plants and can reach more than 19 feet in one season! Fall is a great time to treat canada thistle (after the first frost). Learn more about noxious weed control on our "Weed ID & Control" page at www.bigskyweeds.org.

Trail users of all kinds are a main source and vehicle for noxious weed spread.

REMOVE plants & mud from boots, gear, pets, & vehicles. CLEAN your gear before entering & leaving the trails. STAY on designated roads & trails. USE certified or local firewood & hay.





Visit our booth at the Big Sky Farmers Market & bring your unidentified plants to the experts!



EVENTS CALENDAR

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

FRIDAY, SEPTEMBER 16-THURSDAY, SEPTEMBER 29

*If your event falls between Sept. 30 and October 13, please submit it by Sept. 23.

Big Sky

FRIDAY, SEPTEMBER 16

Book Signing with Daryn Kagan Big Sky Chamber of Commerce, 12 p.m.

3rd Annual Ice House Open Big Sky Resort Golf Course, 1 p.m.

Conserving Land and Protecting Water in Big Sky Lamar/Gibbon Room at Big Sky Resort, 1 p.m.

Trivia Night Lone Peak Cinema, 8 p.m.

SATURDAY, SEPTEMBER 17

The Sugar Daddies Gallatin Riverhouse Grill, 7 p.m.

TUESDAY, SEPTEMBER 20

Big Sky Job Fair Buck's T-4, 3 p.m.

WEDNESDAY, SEPTEMBER 21

Big Sky Farmers Market Fire Pit Park, 5 p.m.

Wine Dinner Andiamo Italian Grill, 7 p.m.

FRIDAY, SEPTEMBER 23

Way Station Gallatin Riverhouse Grill, 7:30 p.m.

Trivia Night Lone Peak Cinema, 8 p.m.

SATURDAY, SEPTEMBER 24

Free Community Fitness Class MVMT Fitness, 9 a.m.

Canyon Cup Big Sky Resort Golf Course, 10 a.m.

Telluride MountainFilm in Big Sky Lone Peak Cinema, 5 p.m.

Rocky Mountain Pearls Gallatin Riverhouse Grill, 7:30 p.m.

SUNDAY, SEPTEMBER 25

Closing Day Big Sky Resort, all day

Canyon Cup Big Sky Resort Golf Course, 10 a.m.

Wildly Free to Be Santosha Wellness Center, 2 p.m.

TUESDAY, SEPTEMBER 27

Annual Chamber Business Expo Buck's T-4, 8 a.m.

WEDNESDAY, SEPTEMBER 28

Bozeman Healthcare Connections: Free Health Screenings Corner of Route 191 and Lone Mountain Trail, 8 a.m.

Bozeman

FRIDAY, SEPTEMBER 16

Rockin' and Rollin' 1950's FUNdraiser Kaleidoscope Youth Theatre, 6:30 p.m.

Meet the Author: Gregory Zeigler Country Bookshelf, 7 p.m.

Samuel Isaac Norris Hot Springs, 7 p.m.

Murders, Madams, and Mediums: Bozeman's Dark Size Western Café, 7 p.m.

Play: The Clean House Verge Theater, 8 p.m.

Quenby & The West of Wayland Eagles Lodge, 9 p.m.

Bayern Brewing Oktoberfest Firkin Bozeman Taproom, 4 p.m.

SATURDAY, SEPTEMBER 17

1st Annual Bozeman Out of the Darkness Walk Gallatin County Regional Park, 9 a.m.

John Colter Run Missouri Headwaters State Park, 9 a.m.

2nd Annual Ovarian Cancer Zumba-thon Bozeman Ponds, 10 a.m.

MSU Football vs. Western Oregon Bobcat Stadium, 2:05 p.m.

2016 Metal Conference Faultline North, 4 p.m.

Squirrel Gravy Dry Hills Distillery, 5 p.m.

2016 AGR Testicle Festival featuring Bart Crow Gallatin County Fairgrounds, 6:30 p.m.

Joe Schwem Norris Hot Springs, 7 p.m.

Trio Nota Reynold's Recital Hall, 7:30 p.m.

Play: The Clean House Verge Theater, 8 p.m.

Quenby & The West of Wayland Eagles Lodge, 9 p.m.

Katie Carless & The Reckless Ambassadors The Filling Station, 9 p.m.

SUNDAY, SEPTEMBER 18

Tents to Town: Bozeman's Historic Main Street Soroptomist Park, 11 a.m.

Montana State University School of Music Concert Bobcat Stadium, 2 p.m. Pinky & the Floyd Bozeman Public Library, 4 p.m.

Intro to Aerial Arts Workshop-Teen/Adult The Emerson Center for the Arts & Culture, 5 p.m.

Drew McDowell MAP Brewing, 6 p.m.

Mathias Bozeman Hot Springs & Fitness, 7 p.m.

Bridger Mountain Big Band Eagles Lodge, 7 p.m.

Tom Catmull Norris Hot Springs, 7 p.m.

Royal Canoe with Sigmund The Filling Station, 8 p.m.

MONDAY, SEPTEMBER 19

Public Launch of Ivan Doig Archive MSU SUB Ballroom, 3 p.m.

Improv on The Verge Verge Theater, 7 p.m.

TUESDAY, SEPTEMBER 20

Healthcare Connections: Free Health Screenings Bozeman Public Library, 10 a.m.

Bogert Farmers Market Bogert Park, 5 p.m.

Dave Lansverk MAP Brewing, 6 p.m.

WEDNESDAY, SEPTEMBER 21

Karma Kids Mountain Yoga Bozeman, 5 p.m.

Dynamite Dads in September: A Scavenger Hunt Thrive, 6 p.m.

BFS Screening: Captain Fantastic The Ellen Theatre, 7:30 p.m.

Ballast Point Roof Top Deck Tap Takeover Bozeman Taproom, all day

THURSDAY, SEPTEMBER 22

Farm to School Summit MSU Child Development Center, noon

Thrive's 30th Anniversary Block Party Thrive, 4 p.m.

Jony Richter & the Hog Ranch Lockhorn Cider House, 7 p.m.

Play: Just add Water (version H30) The Ellen Theatre, 7:30 p.m.

World's Finest and Sol Seed The Filling Station, 9 p.m.

FRIDAY, SEPTEMBER 23

Farm to School Summit MSU Child Development Center, 9 a.m.

MSU Homecoming Pep Rally Downtown Bozeman, 5:30 p.m. Murders, Madams and Mediums: Bozeman's Dark Side Western Café, 7 p.m.

Play: Just add Water (version H30) The Ellen Theatre, 7:30 p.m.

Jaden Carlson Band The Filling Station, 9 p.m.

Bluebelly Junction Eagles Lodge, 9 p.m.

SATURDAY, SEPTEMBER 24

Smithsonian Museum Day Live Museum of the Rockies, 9 a.m.

Bozeman Winter Farmers Market Emerson Ballroom, 9 a.m.

MSU Homecoming Parade Downtown Bozeman, 10 a.m.

Chad Okrusch Norris Hot Springs, noon

MSU Football vs. North Dakota Bobcat Stadium, 2:05 p.m.

Doug Amick Lockhorn Cider House, 6 p.m.

Tim Fast Norris Hot Springs, 7 p.m.

Bridger and Alex Red Tractor Pizza

Symphonic Fireworks Willson Auditorium, 7:30 p.m.

Laney Lou & the Bird Dogs and Local Yokel The Filling Station, 8 p.m.

Play: The Clean House Verge Theater, 8 p.m.

Elephant Gun Riot Faultline North, 8 p.m.

Whetherman Live from the Divide, 9 p.m.

D12 The Molly Brown, 9 p.m.

Bluebelly Junction Eagles Lodge, 9 p.m.

SUNDAY, SEPTEMBER 25

Tents to Town: Bozeman's Historic Main Street Soroptomist Park, 11 a.m.

Symphonic Fireworks Willson Auditorium, 2:30 p.m.

Play: Just Add Water (version H30) The Ellen Theatre, 3 p.m.

Victoria Rose MAP Brewing, 6 p.m.

Thermal Grass Bozeman Hot Springs, 7 p.m.

Bridger Mountain Big Band Eagles Lodge, 7 p.m.

Wendy May & Bob Butts Norris Hot Springs, 7 p.m.

MONDAY, SEPTEMBER 26

Ballet Barre Bootcamp The MAC, 6:30 a.m.

The Right to Decide International Poster Exhibition Helen E. Copeland Gallery, 5:30 p.m.

Lang Termes Red Tractor Pizza, 6:30 p.m.

TUESDAY, SEPTEMBER 27

Ballet Barre Bootcamp The MAC, 6:30 a.m.

Merrick Carpenter MAP Brewing, 6 p.m.

Archaeological Institute of America Lecture MSU Procrastinator Theatre, 6 p.m.

Left on Tenth Red Tractor Pizza, 7 p.m.

WEDNESDAY, SEPTEMBER 28

Ballet Barre Bootcamp The MAC, 6:30 a.m.

Karma Kids Mountain Yoga, 5 p.m.

Yak Attack The Filling Station, 8 p.m.

THURSDAY, SEPTEMBER 29

Ballet Barre Bootcamp The MAC, 6:30 a.m.

The Vibe Quartet 406 Brewing, 6 p.m.

Prosperity Party: Celebrating Prosperity + Paying it Forward Rockin' TJ Ranch, 6 p.m.

Bobcat Student Event Bozeman Hot Springs, 7 p.m.

Zach & Bridget Lockhorn Cider House, 7 p.m.

RECURRING EVENTS:

Public Guided Tours Museum of the Rockies, Daily, 12:45 p.m.

Pints with Purpose Bridger Brewing, Mondays at 5 p.m.

Improv on the Verge Verge Theater, Mondays at 7 p.m.

Burgers & Bingo Eagles Lodge, Friday Nights at 5:30 p.m.

Open Mic Night The Haufbrau, Sundays, Mondays, and Wednesdays at 10:30 p.m.

Karaoke

American Legion, Mondays at 9 p.m.

Music Mondays w/ Aaron Williams Red Tractor Pizza, Mondays at 6:30 p.m. Music & Mussels Bridger Brewing, Wednesdays at 5 p.m.

Pickin' in the Parks The Story Mansion, Wednesdays at 6:30 p.m.

Bluegrass Thursdays with The Bridger Creek Boys Red Tractor Pizza, Thursdays at 7 p.m.

Karaoke

Eagles Lodge, Thursdays at 8:30 p.m.

Yoga for All Bozeman Public Library, Tuesdays at 11 a.m and 12 p.m.

Open Mic with Eric Bartz Lockhorn Cider House, Tuesdays at 7 p.m.

Bingo

American Legion, Wednesdays at 7 p.m.

Free Friday Nights: Children's Museum Children's Museum, Fridays at 5 p.m.

Food Truck Fridays Architects Wife, 11:30 a.m.

Roman Fridays Museum of the Rockies, Fridays at 10 a.m.

Livingston & Paradise Valley

FRIDAY, SEPTEMBER 16

Muir String Quartet The Shane Lalani Center for the Arts, 7 p.m.

Play: Lend Me a Tenor Blue Slipper Theatre, 8 p.m.

Lil' Smokies Pine Creek Lodge, 8 p.m.

Mike Rawles & The Ten Fours The Murray Bar, 9 p.m.

SATURDAY, SEPTEMBER 17

Pines Festival Pine Creek Lodge, noon

Mike McNulty Katabatic Brewing, 2 p.m.

Milton Menasco and the Big Fiasco Katabatic Brewing, 5:30 p.m.

2nd Annual Lip Sync Battle The Shane Lalani Center for the Arts, 6 p.m.

Play: Lend Me a Tenor Blue Slipper Theatre, 8 p.m.

Way Station The Murray Bar, 9 p.m.

SUNDAY, SEPTEMBER 18

Play: Lend Me a Tenor Blue Slipper Theatre, 3 p.m.

Sean Ashby The Murray Bar, 7 p.m.

MONDAY, SEPTEMBER 19

Wild Animal The Murray Bar, 5 p.m.

Bluegrass Jam Katabatic Brewing, 5:30 p.m.

TUESDAY, SEPTEMBER 20

Beer for a Cause: Montana Brewers Association Katabatic Brewing, all day

WEDNESDAY, SEPTEMBER 21

Livingston Farmers Market Sacagawea Park, 4:30 p.m.

THURSDAY, SEPTEMBER 22

Dorian Michael Katabatic Brewing, 5:30 p.m.

FRIDAY, SEPTEMBER 23

Local Yokel Pine Creek Lodge, 7:30 p.m.

Play: Lend Me a Tenor Blue Slipper Theatre, 8 p.m.

The Band of Drifters The Murray Bar, 9 p.m.

SATURDAY, SEPTEMBER 24

Virginia Warner Katabatic Brewing, 5:30 p.m.

Play: Lend Me a Tenor Blue Slipper Theatre, 8 p.m.

Erin & The Project The Murray Bar, 9 p.m.

SUNDAY, SEPTEMBER 25

Play: Lend Me a Tenor Blue Slipper Theatre, 3 p.m.

MONDAY, SEPTEMBER 26

Leif Christian The Murray Bar, 5 p.m.

Bluegrass Jam Katabatic Brewing, 5:30 p.m.

TUESDAY, SEPTEMBER 27

Beer for a Cause: Montana Wildlife Federation Katabatic Brewing, all day

WEDNESDAY, SEPTEMBER 28

Ashley Jane Katabatic Brewing, 5:30 p.m.

West Yellowstone

SATURDAY, SEPTEMBER 17

West Yellowstone Football West Yellowstone School, 1 p.m.

West Yellowstone Foundation's Happening Historic Union Pacific Dining Lodge, 5 p.m.

SUNDAY, SEPTEMBER 18

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

MONDAY, SEPTEMBER 19

Knit Night Send it Home, 6 p.m.

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

Martial Arts Classes Povah Center, 5:30 and 6:30 p.m.

Water Aerobics Holiday Inn, noon

TUESDAY, SEPTEMBER 20

Martial Arts Classes Povah Center, 5:30 and 6:30 p.m.

WEDNESDAY, SEPTEMBER 21

Martial Arts Classes Povah Center, 5:30 and 6:30 p.m.

THURSDAY, SEPTEMBER 22

Reading in Nature Yellowstone Nature Connection, 4:30 p.m.

FRIDAY, SEPTEMBER 23

West Yellowstone Volleyball West Yellowstone School, 4 p.m.

SATURDAY, SEPTEMBER 24

National Parks Fee Free Day Yellowstone National Park, all day

SUNDAY, SEPTEMBER 25

USFS Trails Work Day Rendezvous Trail Head, 9 a.m.

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

MONDAY, SEPTEMBER 26

Knit Night Send it Home, 6 p.m.

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

Martial Arts Classes Povah Center, 5:30 and 6:30 p.m.

Water Aerobics Holiday Inn, noon

TUESDAY, SEPTEMBER 27

Martial Arts Classes Povah Center, 5:30 and 6:30 p.m.

WEDNESDAY, SEPTEMBER 28

Martial Arts Classes Povah Center, 5:30 and 6:30 p.m.

THURSDAY, SEPTEMBER 29

Reading in Nature Yellowstone Nature Connection, 4:30 p.m.

RECURRING EVENTS:

West Yellowstone Historic Walking Tour West Yellowstone Historic District, daily

Experiencing Wildlife in Yellowstone West Yellowstone Visitor Center, daily, 9:30 a.m.

Junior Smokejumper Program Yellowstone Nature Connection, daily, 10 a.m. & 3 p.m.

Grand Targhee Resort Oktoberfest

September 16 & 17 12-5 p.m.

Come close out the summer season with a day of beer, brats, bands, and more at Grand Targhee's inaugural Oktoberfest! From noon to 5pm, enjoy an Classic Car Cruise In located in the main parking lot, then head to the plaza to get your polka on. Learn a traditional polka dance then show your skills while listening to The Hof Band, who will be playing from 2pm – 5pm.

Looking for brews? Sample award winning and topnotch drafts from Grand Teton Brewing, Wildlife Brewing, Snake River Brewing, Odell Brewing Co., and Sockeye Brewing. Nothing goes better with cold beer than brats, sausages, split chickens, and pretzels. Oktoberfest will be one summer blowout you won't want to miss!

Bring the entire family for face painting, potato sack races, and a pumpkin toss in the Kids Adventure Zone!

Mountainfilm on Tour could mark the start of something bigger for Big Sky

BY SARAH GIANELLI EBS CONTRIBUTOR

BIG SKY – An offshoot of Telluride Mountainfilm Festival, Mountainfilm on Tour, brings a selection of the best-loved short films from the annual festival to theaters around the world.

For the first time the tour will make a stop in Big Sky at Lone Peak Cinema at 7 p.m. on Saturday, Sept. 24. The showing will consist of nearly two hours of film, comprised of 12 documentary shorts, ranging from two to 26 minutes in length.

Accompanying the tour is Mountainfilm for Students, a k-12 educational program embraced by several classes in Big Sky School District, which utilizes film as a basis for learning.

A collaborative effort of the Arts Council of Big Sky and Gallatin River Task Force, the

nascent hope is that one day, Big Sky will have a film festival of its own, fashioned after those hosted in other mountain towns such as Telluride, Colorado; Banff, British Columbia; and Park City, Utah.

"Telluride Mountainfilm is kind of our model," said Rich Addicks, an arts council and task force board member, and lead organizer of the event. "It's going to be a litmus test to see if the Big Sky community is interested and willing to come out for a night of film in this forum. It's also a way to begin building a core group of people so that, were we to one day have a Big Sky film festival, we would all have some experience."

Addicks stresses that a major film festival in Big Sky would be years off, but is enthusiastic that steps are finally being taken in that direction.

The collection of films curated especially for the Big Sky audience is predominantly in the adrenaline adventure genre, but run the gamut in subject matter and tone. The program's cohesiveness lies in strong, human-driven narratives with underlying inspirational messages.



"The Accord," about surfing in Iceland's North Atlantic, was directed and co-written by Bozeman filmmaker R.C. Cone. PHOTOS COURTESY OF MOUNTAINFILM ON TOUR

These films provide entryway into the lives of a 90-year-old figure skater; a Vietnam veteran who runs the Los Angeles marathon every year as a form of healing; and an inner city youth who overcomes social struggles through the art of yo-yoing.

"When we were Knights" tells the story of climber and BASE jumper Matt Blank who, aware of the precariousness of his life, begins writing letters of appreciation to his family and friends. What he didn't expect was that his best friend and longtime climbing partner would go first. "The Accord," directed and co-written by Bozeman filmmaker R.C. Cone, explores the combination of hardiness, patience, passion and insanity required to be a surfer in Iceland's unforgiving North Atlantic.

Also in the mix is an exhilarating ski short in which Angel Collinson (winner of Best Female Freeride Performance at the 2015 International Freeskiing Film Festival) "annihilates Alaska"; and "Fledglings," an adventure comedy about veteran climbers who decide to take up paragliding.



"When we were Knights" tells the story of climber and BASE jumper Matt Blank, who loses his best friend and longtime climbing partner.

"There's really something for everyone," Addicks said. "One makes you laugh, one makes you cry. The program takes you on a roller coaster of adventure and emotion."

Addicks believes that people will leave the theater energized, inspired and full of life. And while he loves the idea that this event might eventually lead to Big Sky having its very own film festival, he said this one night should be a great addition to the community's fall calendar.

"Most of all, this is an effort to make a great place, with great people, even greater."

Showtime is at 7 p.m. preceded by a happy hour event starting at 6 p.m., and followed by an after-party with live music at 10 p.m. Tickets are available at Lone Peak Cinema in Big Sky or by calling (406) 995-4478.



Cowboy's Quill

The American West has produced some of the most thoughtful and moving literature in U.S. history. Read on and enjoy the Cowboy's Quill: insight into the best writers, books and poetry this side of the Mississippi.

Terry Tempest Williams: Landscape artist

BY DOUG HARE EBS STAFF

Terry Tempest Williams is best known as the author of the environmental classic, "Refuge: An Unnatural History of Time and Place" and "When Woman Were Birds," a Walt Whitman-esque memoir about the death of her mother and her Mormon upbringing.

Williams' most recent book, "The Hour of Land: A Personal Topography of America's National Parks," traces the contours of 12 of our country's most celebrated places. Williams is a writer and not a painter, but the dozen essays in this collection are each impassioned literary portraits of our sacred spaces.

"The Hour of Land" is not a guidebook or travelogue. The book pays homage to our nation's "best idea" while also channeling the rage of a lifelong activist who is all too aware of the continuing threats to our public lands.

The centennial of our National Park Service has passed, and even though Williams interweaves the unique history of each park she visits into her narrative, her outlook is forward-looking and asks hard questions about the fate of our sacred spaces in the next century.

Williams returns to her home turf—Grand Teton National Park in Wyoming and Canyonlands National Park in Utah—recounting the ways in which her family found spiritual and physical renewal in the wilderness hiking through these vast expanses.

She takes the reader on pilgrimages to Theodore Roosevelt's Elkhorn Ranch in North Dakota and the Civil War battlefields of Gettysburg, Pennsylvania, en route to San Francisco's Alcatraz Island, Big Bend National Park in Texas, and Alaska's Gates of the Arctic National Park.

Her writing style is as varied as the terrain she covers. Conversations with the people she meets along the way, poetry, letters, and photographs intersperse her essays and compliment her ode to the beauty and destruction of these "thresholds to wonder."

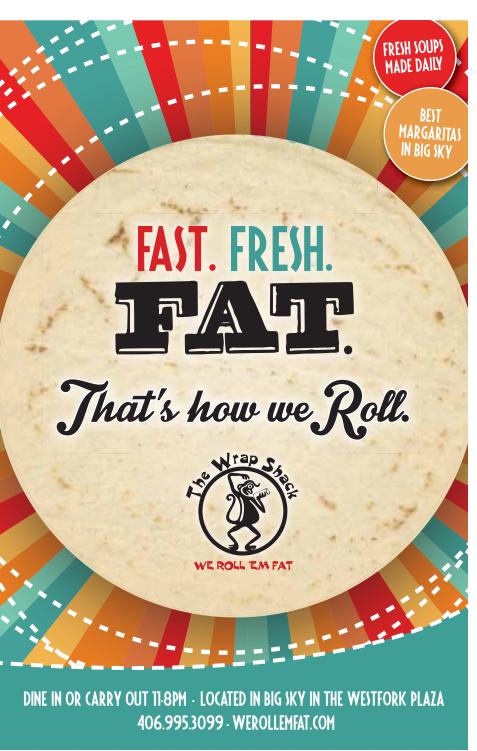
Williams takes aim at polluters, politicians, and profiteers who threaten to damage the integrity of the ecology of our wilderness areas. But despite dark chapters, such as her visit to the Gulf Islands National Park during the 100th day of the BP Deepwater Horizon oil spill, her tone always returns to notes of resiliency and optimism.

Perhaps the best chapter in "The Hour of Land" details her narrowly surviving a wildfire in Glacier National Park, which then pivots to discuss climate change and the mistreatment of the Blackfoot Nation by our federal government.

Williams is at her best when she moves from evocative descriptions of physical landscapes to sublime reflections about our relationship to nature. The parks she visits serve as microcosms of our collective relationship to time and place as well as our individual battles with our own psyches. Whether she is discussing rocks, trees, seashores, prisons, fire or ice, Williams has a unique talent for unveiling the spiritual dimension of our most treasured American vistas.

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





Don't just rejuvenate your senses, overwhelm them.

As if our breathtaking alpine scenery wasn't incredible enough, the Rainbow Ranch Lodge also offers an amazing fine dining experience nightly. Between our ranch-to-table menu and award-winning wine list, this is a taste of Big Sky country you won't find anywhere else!

Happy Hour: 4-6pm Daily

Dinner: 5-10pm Daily

Reservations Recommended

RAINBOW RANCH LODGE -

RESTAURANT • BAR • HOTEL • WEDDINGS • EVENTS

RainbowRanchBigSky.com 406.995.4132 | 42950 Gallatin Road, Big Sky MT









Your guide to a healthier mind, body and soul

Local Businesses

Opinions, advice and trends from health and wellness professionals

Beverage Supplements

Bulletproof Coffee & plant-based protein powder

Events Calendar

Discover upcoming health & wellness events

Upcoming Health & Wellness Events

Big Sky

Big Sky Farmers Market

Sept. 21 & 28 | 5 p.m. *Fire Pit Park*

Strength to Surrender

Sept. 23 | 6 p.m. Santosha Wellness Center

Wildly Free to Be

Sept. 25 | 2 p.m. Santosha Wellness Center

Fall Community Cleanse

Oct. 5 - 18 Santosha Wellness Center

Kid's Yoga Classes

Fridays at 3:15 for grades 3-5 Fridays at 4:15 for grades K-2 Santosha Wellness Center

Free Mobile Health Screenings

Sept. 28 | 8 a.m. Corner of Route 191 & Lone Mountain Tr.

Free Community Fitness Classes

Sept. 24, Oct. 8, Oct. 15 | 9 a.m. *MVMT Fitness*

The Healing Benefits of Teas & Tisanes

Sept. 26 | 6 p.m.

The Cauldron Botanicals

Lavender for Everyday Health

Oct. 17 | 6 p.m.

The Cauldron Botanicals

Bozeman

Bozeman Out of the Darkness Walk

Sept. 17 | 9 a.m. Gallatin County Regional Park

John Colter Run

Sept. 17 | 9 a.m. Missouri Headwaters State Park

Free Mobile Health Screenings

Sept. 20 | 10 a.m.

Bozeman Public Library

Inner Engineering Meditation Program

Sept. 22 – 25 Lindley Center

Ballet Barre Bootcamp

Sept. 26 – 30 | 6:30 a.m. Montana Movement Arts Center

6th Annual Opera Run

Oct. 1 | 9 a.m. Lindley Park

Family Circus Time

Oct. 16 | 4 p.m.

The Emerson Center for the Arts & Culture

Run for your Life 5k & 10k

Oct. 29 | 9 a.m. MSU Bobcat Stadium

Bozeman Winter Farmers Market

Saturdays at 9 a.m.

The Emerson Ballroom

Monday Metamorphasis

Mondays at 4 p.m. Mountain Yoga Bozeman

Yoga for all

Tuesdays at 11 a.m. & noon Bozeman Public Library

Learn to Skate Classes

Sundays at noon
Gallatin County Fairgrounds

Bowl for Kids' Sake

Fridays & Saturdays | 4 p.m. *Bozeman Bowl*

HEALTHY REVIEWS

Garden of Life Raw Protein & Greens formula

While I love spinach and vanilla on their own, rarely do I think of combining them into one meal. However, I recently discovered Garden of Life's Raw Protein and Greens protein powder that includes organic spinach, kale, broccoli, alfalfa grass, and real vanilla.

That list of ingredients may not sound very appetizing, but it's one of the best protein powders I've ever had. It tastes great, has 20 grams of protein per serving and less than 1 gram of sugar. Plus, this product doesn't have a chalky taste when blended.

Perhaps my favorite thing about Raw Protein and Greens is that it's gluten, dairy, and soy free, as well as vegan. I'm lactose intolerant and it's almost impossible for me to find a source of nondairy and flavorful protein to include in my diet.

Here's a recipe I use as a meal replacement for breakfast that boosts my energy in the morning and keeps me full until lunch:

- 1 scoop Raw Protein and Greens (vanilla flavor)
- 1 cup frozen strawberries (you can use fresh but I prefer frozen so I don't have to add ice to get a smoothie consistency)
- 1 banana
- 1 tablespoon almond butter
- 2 cups cold water

Blend to desired thickness and enjoy!

- Taylor-Ann Smith

\$44.95 (19.3 ounces) gardenoflife.com/shop

Octane for the brainBulletproof Coffee Starter Kit

EBS STAFF

Are you hip to the hype? Californians are putting butter in their coffee to make a rich brew, replace breakfast and keep hunger pangs at bay.

Here at the Outlaw Partners office we thought we'd take a closer look with a Bulletproof Coffee Starter Kit, which takes the buttery coffee brew up a notch with its "Brain Octane."

The Brain Octane is a medium-chain triglyceride, better known as coconut oil, which has many health benefits including energy metabolism, antifungal and anti-inflammatory properties. Bulletproof claims it's also a source of brain fuel that's significantly healthier than the sugar pervasive in our diets.

Brew 8 ounces of ground Bulletproof Coffee, add 1-2 tablespoons of your favorite unsalted butter and 1 teaspoon of Brain Octane, and blend it for 20-30 seconds until it reaches a frothy goodness. And be sure to leave the lid of your blender cracked slightly when dealing with hot liquids ... We learned the hard way.

Here are the results an hour after drinking Bulletproof Coffee, care of our Outlaw tasters: "[It has] a rich, creamy taste," said Editor Joseph T. O'Connor. "Who knew butter and caffeine went hand in hand? I drink coffee much of the day, but the savory flavor and energy boost of Bulletproof Coffee makes me feel 10 feet tall."



"The texture was nice and smooth," said Marketing Coordinator Amy Delgrande. "I could definitely include this into my daily morning routine. I feel alive!"

"I was anticipating a heavy, more viscous liquid because of the added fat, but it's actually pretty smooth," said Graphic Designer Carie Birkmeier.

"It tastes like flat whites, New Zealand's amazing version of lattes," said Media and Events Director Ersin Ozer. "The effects are similar to drinking Yerba Matte. It's like having a cerebral bodyguard keeping distractions out of my mind."

As the day wore on, the consensus was focus, focus, focus. We think Bulletproof might be on to something here.

\$33.96 bulletproof.com



SUMMIT

PHYSICAL THERAPY & WELLNESS



Lindsey Anderson, PT, DPT

Providing rehabilitation and physical therapy care, performance training, as well as health & wellness services

Call 406.993.2144 for a personalized plan

Suite 103A in the Big Horn Building | Big Sky, MT

Lone Peak Physical Therapy

Focus on strength and mobility to gear up for ski season





Overhead deep squat: Squat as deep as you can, keeping good form. Your mid/upper back should be flat and you shouldn't have an excessive curve in your lower back. PHOTOS COURTESY OF LONE PEAK PHYSICAL THERAPY

With summer winding down and the winter season right around the corner, now is the time to start thinking about preparing your body for the slopes and start addressing those injuries that may be lurking from last year. To get the most out of the upcoming winter, toss out those traditional exercises and start performing dynamic full body movements before the snow starts to fall. Your body will thank you.

Begin by assessing your baseline fitness level. We recommend four basic movements to get started: the overhead deep squat, the single leg squat, a deep anterior lunge, and a deep lateral lunge. If you feel asymmetrical, have difficulty, or have any pain or stiffness with these movements, it may suggest a mobility or stability deficit. Once you have identified your limitation, you can begin to address the issue at hand.

Another aspect that often gets overlooked with traditional winter season preparation is the type of exercise you are doing. Winter sports such as skiing and snowboarding require your body to perform continual eccentric muscle contractions—think shock absorption or loading your muscles. This is where many traditional exercises fail; they don't specifically mimic what you're body will be enduring on the mountain.

A tailored approach to what your body will be experiencing is more appropriate. Below is a routine that will improve your strength and mobility, and significantly reduce your risk of injury.

Start with your assessment: Perform 15 repetitions of each movement. Do you feel stiffness in your hips, knees, or back? Can't squat to, or below, parallel? Having troubles balancing with the single leg squat? All of these may be addressed with simple mobility and strength interventions.

Work-out Plan

Strength: Perform each exercise in succession for three rounds. Focus on controlling your movement. Rest as needed between rounds.

- 20 jump squats
- 20 jump lunges
- 20 split squats
- 20 alternating skater lunges
- 20 jump squats

If it's too easy add another round, decrease rest between exercises, or add weight.

Reduce the number or repetitions, take out a round, or change the jumping squats/lunges to the more traditional form if it's too difficult.

Mobility: Perform each movement for 20-25 repetitions.

- Hip mobilization 1 Elevate one foot in front of you, keep your back leg straight, and lean your hips forward until a stretch is felt in your back leg hip.
- Hip mobilization 2 Elevate one foot onto a stool that is adjacent to you. Make sure your legs are in a wide stance. Lean towards your up leg, creating a stretch/mobilization in the leg that is on the ground.
- Thoracic spine mobility Place one foot onto a stool with your feet in a long stance. Take both arms and reach/rotate over your up leg.
- Deep squat Get down into a deep squat position with your feet wide and your elbows inside your knees. Keep your heels on the ground and shift your weight from side to side.

Don't underestimate the importance of mobility! Efficient mobility is key to injury prevention.

Lone Peak Physical Therapy is located in the Big Sky Medical Center at 334 Town Center Ave. in Big Sky. Visit lonepeakpt.com or call (406) 995-7525 for more information.



Split squat: Elevate one leg behind you and place your front leg far enough ahead to create a 90-degree angle (or close to it). Perform a single-leg squat, pausing at the bottom. Return to the starting position and repeat.



Thoracic mobility: Place one foot on a stool with your feet in a long stance. Take both arms and reach/rotate over your up leg.

Santosha hosts fall community cleanse

BY RACHEL ANDERSON EBS CONTRIBUTOR

BIG SKY – As fall quickly approaches in the mountains, Big Sky begins to prepare for the winter season ahead. The off-season is a transitional time for Big Sky residents, and preparing together as a community may help some endure the cold months before skiing and snowboarding begin.

Callie Stolz, owner of Santosha Wellness Center, is putting on a fall community cleanse for those looking to prepare mentally and physically for the cooler weather ahead.

Beginning in spring 2013, the Big Sky community cleanse has taken place twice annually, and participation has nearly doubled in that time.

"A community cleanse can be so powerful because we have one another, to support one another," Stolz said.

Utilizing Ayurvedic principles, Stolz teaches a complete body, mind and spiritual approach to health and wellbeing throughout the cleanse. Ayurveda is one of the world's oldest methods of lifestyle medicine. Originating in India, it utilizes a holistic method to health and healing systems. Its meaning translates to the science and knowledge of life.

Stolz describes the lens of Ayurveda science as eating in harmony with the seasons. "It's more raw food like greens and berries in the spring and heartier foods in the fall," she said.

The main objectives of the cleanse are to reboot your digestive system; energize your lymphatic systems; change the way your body metabolize fats; become more aware about what you're eating; and increase energy levels while releasing old habits.

Eating three solid meals a day comprised of whole, unprocessed foods, without snacking, is the primary focus of the diet, blending in pre- and post-meal herbs as well.

It begins with a four day pre-cleanse period, which prepares your body and opens up the pathways for detoxification. Lasting seven days, the main portion reboots your body's ability to burn fat as fuel and to purify and renew your body's detoxification system. The final phase is the post-cleanse that lasts three days, rebuilding your body's ability to digest and process foods again.

Stolz provides an assessment for each participant, customizing it for the individual. "Committing to your own program is essential," she said.

The community cleanse also includes self-inquiry exercises, such as journaling to detoxify the mind.

"Asking introspective questions, creates a release on an emotional level," Stolz said. "It brings self-awareness."

The community cleanse will begin Wednesday, Oct. 5. An early bird special is available until Sept. 21, with a discounted rate for repeat participants. The package includes pre- and post-meal herbs, body oil, daily email support, weekly meetings and an informational booklet with meal ideas and more.

On Wednesday, Sept. 21, from 7-8 p.m., Stolz will host a free informational session at Santosha Wellness Center.

Bone brothThe 'new' ancient super food

BY TARA GALE EBS CONTRIBUTOR

Tradition is something I grew up with, but not something I've continued while raising my own children after moving across the country from New Jersey, far away from our "elders." I sometimes feel I'm missing many important components of healthy living, those practiced by our ancestors that have somehow become lost in this new and busy age we live in.

I remember being sick as a child and my grandmother making chicken noodle soup, using the whole fresh chicken, as well as bones we would save and freeze for the sole purpose of broth making. The comfort of this warm, steamy dish is something that's now being recognized not only for its calming benefits, but also for the healing properties that come with simmering bones.

Our forefathers used every part of an animal they killed. Those parts that were not so tasty or easy to eat were added to a cauldron, hanging over a fire and simmering for days, with more vegetables and water added as needed. The simmering down of these bones released some very important and complementary nutrients to the steak or burger meat that we now choose to consume almost exclusively.

Researchers from the nonprofit Weston A. Price Foundation have discovered that the magnesium, calcium, and other trace minerals that come from broth are much more easily absorbed than those found in pill form. They also discovered that glucosamine and chondroitin sulfate, sold for joint and arthritis pain, is more effective when received through real bone broth.

Bone broth is making an incredible comeback as many consumers are realizing the benefits of this super food. Most cultures around the world have kept up this tradition and in the U.S. we're catching on to the numerous benefits. Those suffering from allergies, depression, insomnia, fatigue, inflammation in the form of arthritis and joint pain, among many other ailments, are beginning to reap the benefits of this wonder food.

As Dr. Josh Axe, a doctor of natural medicine and syndicated radio host, explains on his website draxe.com that the gelatin from a good bone broth works directly with our joints to help keep them moving freely while also ensuring strength in our bones as we age. The collagen and gelatin received through drinking bone broth helps to restore our gut lining, aiding in digestive issues, as well as food allergies and intolerances.

Collagen, a necessary building block for healthy skin, hair and nails is another wonderful benefit of broth and its anti-aging, and wrinkle- and cellulite-reducing capabilities. A wonderful addition to a detox, broth helps the body eliminate harmful toxins as it promotes the liver in expelling toxins while also improving our absorption of essential nutrients, amino acids and antioxidants.

Many of us who live in southwest Montana enjoy the mountains for all they offer, such as skiing, hiking, fishing and hunting. Now that bow hunting season has begun, think about taking some time and using those parts of your animal, including bones and feet, that you may not normally use and make some of nature's ultimate healing drink.

Tara Gale is a Complementary Alternative Medicine Practitioner and the owner of The Cauldron Botanicals located at 245 Town Center Ave. in Big Sky, where she makes fresh bone broth daily. Cauldron offers grass fed and finished beef/bison broth, as well as organic pork, chicken, turkey and lamb broths, sourcing its animals locally.



OFFICIALLY, IT'S A <u>VERTICALLY INTEGRATED</u> <u>CONTINUUM-OF-CARE</u> REGIONAL NETWORK OF HEALTH-CARE FACILITIES.

WE PREFER TO CALL IT BOZEMAN HEALTH.



Bozeman Health is more than just hospitals. Not that Bozeman Health Deaconess Hospital and Bozeman Health Big Sky Medical Center aren't important.

But they're supported throughout southwest Montana by primary care clinics, urgent care, specialty clinics for treating cancer, heart disease and other serious conditions, physical therapy and rehabilitation centers and more.

And it's all linked together with MyChart electronic health records to coordinate care so you and your family get what you need, when you need it, and where you need it as conveniently as possible.

Better care for more people in more places. Bozeman Health.

Bozeman Health

Promoting big health in Big Sky Country



ADVERTISEMENT

Bozeman Health operates with the principle that continuous improvement of quality and safety is key to its success and that service excellence is critical to its mission. To that effect, Bozeman Health is focused on offering high-tech, specialized care provided by highly credentialed, qualified and experienced physicians and healthcare providers at all its locations.

At Bozeman Health Big Sky Medical Center (BSMC), one of Montana's newest hospitals, the team focuses on one goal: the health of residents and visitors in southern Gallatin County. From primary and inpatient care, emergency and pharmacy services, to diagnostic imaging and laboratory testing, the team of five physicians and support staff share their expertise in providing high-quality health care.

The facility is convenient for residents and visitors in Big Sky, West Yellowstone, Yellowstone National Park and eastern Idaho. BSMC



With more than 200 physicians and providers in our network, you can find the one that's right for you and your family.

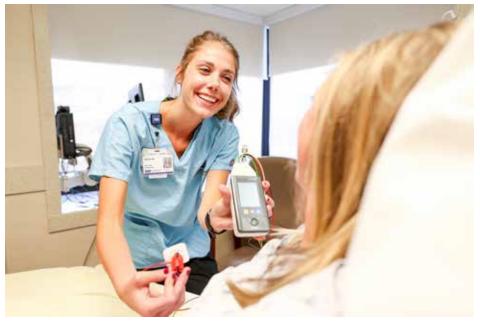
physicians also provide services one day a week on a rotating basis at Community Health Partners in West Yellowstone.

Big Sky Medical Center, along with all of Bozeman Health's clinics and locations, are part of an integrated electronic health record system. Known as MyChart, the system allows

all Bozeman Health providers to securely and conveniently communicate and share health information with their patients. It also allows providers to access a patient's full medical history so they can administer comprehensive treatment based on accurate information.

Bozeman Health Deaconess Hospital is an 86-bed facility, Joint Commission-accredited, licensed Level III trauma center in Bozeman. Nearly 200 staff physicians and health professionals represent 43 specialties at the hospital's clinics.

The Bozeman Health Cancer Center team includes medical oncologists/ hematologists and radiation oncologists who work with other specialists employing some of the latest technology. As a member of the Seattle Cancer Care Alliance, local patients have access to numerous clinical trials.



Our staff is among the best of the best and they believe that every patient who walks through our doors deserves a safe, healing environment. PHOTOS COURTESY OF BOZEMAN HEALTH

Bozeman Health Heart Center is staffed by four cardiologists providing specialized care for the prevention, diagnosis and treatment of heart conditions.

The emergency department, a 27-bed Level III verified trauma center, is staffed 24 hours a day to care for more than 25,000 patients a year. The trauma team—with members from the operating room, emergency department, anesthesiology, respiratory therapy, pharmacy, lab and radiology—can be assembled and ready even prior to an injured patient's arrival at the hospital.

Welcoming babies into the world is, without question, the happiest thing that happens at Bozeman Health. More than 1,200 babies were delivered last year in the six private, modern birth suites equipped with comfortable birthing beds and other technology to assist with delivery.

Bozeman Health Belgrade Clinic, opening Sept. 19, offers the best in total family care with providers in family medicine and pediatrics, physical therapy and sports medicine, outpatient laboratory, diagnostic imaging, as well as visiting urology and oncology specialists.

Bozeman Health has six other healthcare locations in Gallatin County offering laboratory services, physical therapy and sports medicine, hospice care, sameday surgery, clinical testing and urgent care. Finally, Bozeman Health's care network enhances access to specialty services across southwest Montana through outreach clinics in Butte, Dillon, Ennis, Livingston and Townsend.

Visit bozemanhealth.org to learn more about Bozeman Health and its services.



Bozeman Health Big Sky Medical Center is focused on providing reliable health services and critical care to residents in Big Sky, West Yellowstone and the surrounding region.

Medical Clinic of Big Sky Urgent Care!





2 Convenient Locations

MOUNTAIN VILLAGE - 406.995.2797

100 Beaverhead Trail, next to Big Sky Resort Ski Patrol OPEN 7 DAYS A WEEK: 9am - 5pm (ski season)

TOWN CENTER - 406.993.2797

11 Lone Peak Drive (across from movie theater) OPEN YEAR ROUND: M-F 9am - 5pm

contamos con personal califcado que habla espanol



Emergency On-Call 24 hours

- Walk-in, no appointment needed
- Medical care for locals & visitors
- X-Ray machines on premises
- Specializing in Urgent Care, Sports Medicine, Family Care, and Internal Medicine
- Certified DOT medical exams

Serving Big Sky since 1994 | Jeffrey A. Daniels, M.D & Cary B. Wilson, PA-C

Privately owned & operated

Most insurances, Medicare & Workman's Comp. accepted. Payment due at time of service. Cash, checks and credit cards accepted.

Medical Clinic of Big Sky

Consider urgent care for emergency medical needs



Over the years that I've run the Medical Clinic of Big Sky, starting in a space under Big Sky Resort's gondola building and evolving into two modern offices offering urgent and family care, I've always tried to make the cost of receiving medical help as fair as possible. That includes local employees without insurance, older people on Medicare, and everybody else living in or visiting Big Sky. I think we've done a pretty good job of keeping costs low.

We've been lucky here in Big Sky to get a hospital with an emergency room open 24/7, providing great service. But hospital care in general, and ER care in particular, is more expensive than that provided in a private office.

Across the country, costs for treatment at urgent care centers are less than a visit to the emergency room or hospital clinic.

A large facial laceration, which would cost between \$300 and \$400 in our clinic, can be three to four times that price in an ER. Most of the time, the treatment at an urgent care facility is no different than what one would receive at an ER. However, many of my patients with injuries at night say they don't want to disturb me at home.

Viral gastroenteritis, food poisoning, and fever-producing infections can all lead to dehydration. Treating dehydration with IV fluids at our clinic usually costs between \$200 and \$300, while a patient's bill at the ER can be much more. This can include services we can't easily provide in our office, like a complete set of blood tests with immediate results, but over the years we've done a pretty good job without the help of lab tests in the vast majority of cases like this.

During the ski season, an ambulance ride from the ski area to the ER can be expensive. Oftentimes these cases can be treated at our urgent care facility on the mountain, and save people the costs of an ambulance ride down the mountain or to Bozeman.

When tests are readily available and easy to order, a hospital or ER bill will quickly escalate. Many inexpensive items can be overpriced. As documented in Steven Brill's 2013 Time magazine article, "Why Medical Bills are Killing Us," excessive hospital bills bankrupt more people than any other reason.

During this past year, we've all been aware of how drug companies are vastly overpricing items (e.g. Epipens) that should cost a lot less, to the detriment of many Americans. Emergency room care is different. The staff, the machines, and the overhead all contribute to what seem like inflated prices when compared to what urgent care clinics charge.

If you have insurance, that's great. But what if you have a high deductible or no insurance at all? An urgent care clinic is less expensive than an emergency room. Keep that in mind!

The Medical Clinic of Big Sky is located in Town Center at 11 Lone Peak Drive, Suite 202, and has a location at Big Sky Resort during the ski season. Visit medicalclinicofbigsky.com or call (406) 993-2797 for more information.



A unique program at Medical Clinic of Big Sky trains medical students and residents at the clinic, helping to keep costs down. PHOTOS COURTESY OF MEDICAL CLINIC OF BIG SKY



We are Big Sky's full-time, year-round urgent care facility.



At Medical Clinic of Big Sky we won't bury you in medical costs so you can spend more time doing what you love.



Balanced Care for Your Pet



A fully integrative practice providing both alternative and traditional veterinary medicine.

- Surgery
- Dentistry
- Ultrasonography
- Oncology
- Internal Medicine

- Preventative Care
- Acupuncture & Cold Laser Therapy
- Herbal Consultation
- Physical Rehabilitation
- Hydrotherapy

Dr. Christine Kenyon

Dr. Loni Odenbeck

Dr. Ruth Stafford

Dr. Dawn McDonald

Montana ChiropracticAttitude is the conduit to effort



As I wrap up another busy season at my day job as owner of Montana Chiropractic and Sports Medicine and begin several weeks of offseason, I reflect on the time gone by. After nearly 22 years in business, and about 65,000 visits, it's clear to me why it's called practice. Unfortunately, in my business, practice never makes perfect.

I've made many connections with people from all over the world and all walks of life. Many have become lifelong patients, business partners and friends. It never ceases to amaze me how one person's attitude at the end of an exhausting day can change my attitude for the better almost instantly. As I become run down in the late stages of our busy seasons there seems to always be someone who perks me up.

I'm learning that we have very few things under our control in this life, and effort is the most important one. I always strive to give the best service I can from the beginning of the day to the end of the day regardless of my emotional, physical or spiritual moods.

Your attitude is the conduit to your effort, and effort can take you to great heights. You may think no one is watching, but they are. Teachers, parents, employers, friends and mentors are always judging what you say versus what you do. A great attitude cannot always guarantee a positive result, but the resulting effort cannot be discounted.

As human beings we're all experts at nonverbal communication. That is, we instinctively know how a person is feeling by their posture. Upon observation, we all know how someone feels when roundly slouched forward looking at the ground as opposed to upright looking forward with purpose. If your attitude is strained, most likely your posture is as well.

I practice chiropractic work, but this works handin-hand with one's overall outlook on life. Both need adjusting to achieve wellness.

I challenge everyone to dig deep by expecting more from themselves than anyone else could ever expect. Never stop going for it. No one is holding you back; not bosses, teachers, friends, relatives, politicians, or even your mother.

Leave nothing on the table, for life is too short. Do what you love to do—it's that simple. A quiet life of desperation is not a lifestyle. Stand tall. Thank you all that have lifted me when I needed it, and I hope I can return the favor for you.

Doctor of chiropractic Jeff Saad is the owner of Montana Chiropractic and Sports Medicine. Visit bigskychiro.com for more information.



Jeff Saad practices in his Big Sky office, but says chiropractic work is complementary to a patient's outlook on life. OUTLAW PARTNERS PHOTOS



Montana Chiropractic and Sports Medicine is located in Big Sky Town Center.

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.

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

Relax...Strategies for Successful Meditation

BY MEGAN MOOK EBS CONTRIBUTOR

Cultivating a successful meditation practice has less to do with actual meditation, and more to do with building a firm but kind-hearted foundation. Much like taking a test, if you stay up all night and skip breakfast, you're unlikely to do well even if you're a great test-taker.

Meditation is no different. And, like anything in life, a few simple pointers can reduce stress and make the process more enjoyable.

Although there are numerous meditation techniques, the guidelines are much the same. One of the most common is monitoring the breath. Other practices, such as Metta, include sending wishes of kindness and wellbeing to others. Both techniques reduce stress, increase focus, and create a sense of interconnection.

The techniques often build on themselves, but regardless of where you start, these age-old practices are designed to help move us in the direction of our best selves. The process can be daunting but these strategies can help.

HELPFUL HINTS

- 1) Rethink your definition of meditation. Meditation isn't about "not thinking;" it's about cultivating a healthy perspective on our thoughts. During meditation we're learning to tame and enhance our minds, not stifle and silence them.
- **2) Get physical.** Be as healthy as you can by considering what you eat and getting plenty of exercise with adequate recovery time. Research from the Division of Sleep Medicine at Harvard Medical School suggests that a consistent sleep schedule significantly increases overall energy, which means when your alarm goes off you're rested enough to get up and meditate.
- **3) Be Nice.** The bottom line is, if you behave in ways that hurt others by lying, stealing or manipulating, for example, it's unlikely that you'll want to sit quietly with yourself. Furthermore, you'll find it difficult to concentrate. If you're serious about meditating, be kind.





4) Stop being so busy. This is our biggest task in the 21st century; ironically, this advice comes from *The Stages of Meditation*, a text that dates back to 750 A.D. Modern life is busy, but we don't need to make ourselves even busier.

Here are some helpful guidelines:

-Get clear about your goals, and let your decisions reflect them. If your goal is being less busy, narrow your commitments down to the essentials.

-Stop multitasking. "Do one thing at a time – mindfully," is a classic meditation instruction, yet in this age of social media and email, it can seem like an impossible challenge. The solution? Stop fooling yourself; multitasking makes you feel like you're getting more done, but in truth you're being less productive. Try checking emails, social media and texts only during designated times of the day.

The above advice lays the foundation for a solid meditation practice. Still, there's one more piece dealing with the deeper aspects of our humanity: learning to be patient and kind with ourselves.

Tibetan Buddhist lama Dr. Lozang Jamspal underscores this importance by asking, "Without patience, how can one ever meditate well?" Be patient with yourself as you learn to meditate.

Treat yourself like a child who's trying to learn something exciting and unfamiliar. Expect to get off track – it's a part of learning, not a sign of failure. Imagine a child learning to ride a bike. You can get frustrated when she falls off or you can pick up her bike, dust off her knees, and give her a loving push. It will take practice for her to learn to be steady, but if she feels loved and supported, she won't avoid the challenge – and she might even enjoy it along the way.

For the past 16 years, Megan Mook has immersed herself in the study of Buddhist philosophy and meditation, living and studying in monastic communities in the Zen, Theravada, and Tibetan traditions. She holds a master's degree in Buddhist Studies and teaches meditation and yoga in New York City.

This story was adapted from one that first appeared in the summer 2015 edition of Mountain Outlaw magazine.