



**ON THE COVER:** Fall fishing is in full force on the Gallatin River right now, and it's high time to wet a line before the first snowflakes fly. OUTLAW PARTNERS PHOTO

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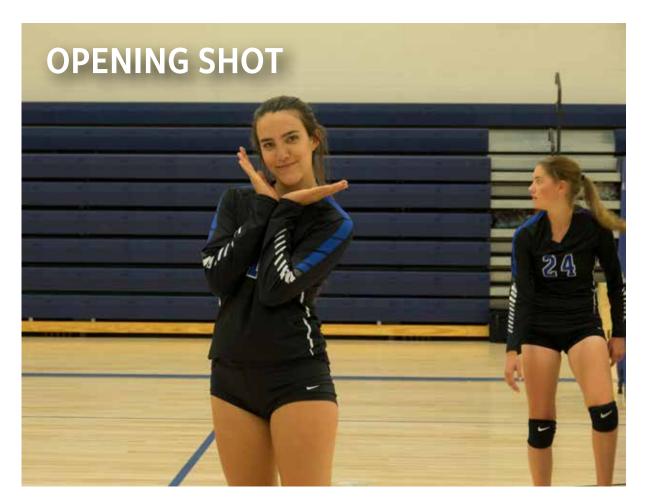
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In their Sept. 7 match against the West Yellowstone Wolverines, the Lone Peak High School volleyball team won in three sets. Coach Missy Botha awarded the game ball to Emma "The Dilemma" Flach for her steady passing and hitting. The Lady Big Horns are undefeated so far; Botha says it will be a season to remember. PHOTO COURTESY OF MISSY BOTHA

Do you want to see your photography in the pages of EBS? Submit a maximum of three images via email to carie@outlaw.partners or use #explorebigsky on social media to be eligible. One photo per issue will be chosen for the opening shot.



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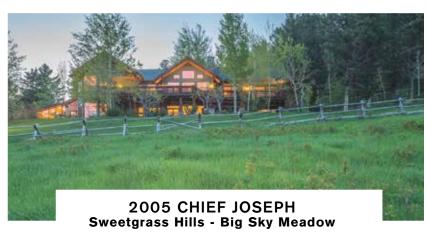
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**4** September 14 - 27, 2018 **Explore** Big Sky



## Madison County commissioners approve Moonlight development plan

EBS STAFF

BIG SKY - At a Sept. 11 meeting in Virginia City, the Madison County Commissioners voted unanimously to approve Lone Mountain Land Company's 10-year overall development plan with the recommended conditions laid out by the Madison County Planning Board during an Aug. 27 meeting.

The most contentious part of the proposal for conservation groups was altering the development plan for the Moonlight Territory Reserve, acreage west of Jack Creek Road and north of the golf course that, in the 2007 plan, was set aside as 19, 160-acre ranch parcels to offset increased development in other areas of club property.

The approval of Lone Mountain Land Company's revised plan allows the developer to repurpose three of those ranch lots for the development of 84 housing units.

During mediation between LMLC and conservationist groups, compromises were reached, including securing conservation easements, establishing a recreation plan, and designating an enforcement officer to educate and monitor property owners living in the wildland-urban interface.

Madison County Planning Director Charity Fechter explained that the conservation easements are required to be placed on the ranch lots within five years of ODP approval, and that they would be in perpetuity, prohibit further subdivision, include designated building/disturbance areas, and prohibit multi-unit rental developments.

Moonlight Territory has not yet been developed, though two 160-acre properties have been sold. Fechter told EBS that the ODP is a 10-year plan and the Moonlight Territory will likely be among the last land developed; and the numbers approved are the limit, not necessarily the exact number of units that will be constructed.

The plan also details the addition of 1,651 residential units, 270,000 square feet of commercial space, an 80-room five-star hotel, dorm-style employee housing, and two new chairlifts for residential access.

## School district looks to spearhead affordable housing for staff

EBS STAFF

BIG SKY – The Big Sky School District board's teacher housing committee is engaging in preliminary discussions to develop a plan and funding mechanism to provide housing for district staff. The committee is currently researching how other school districts have provided housing for their teachers.

"As a community, we all know that [housing] needs to be addressed, but we really feel like things have been moving ... not very quick with addressing this in the community," BSSD Superintendent Dustin Shipman said in a Sept. 11 school board meeting. "So, we're going to get together to try to really be aggressive, to have the school district take the lead on that, at least for school employees."

Shipman told EBS on Sept. 12 that the lack of housing contributes to a turnover rate slightly higher than that of other Montana school districts. He said that employees are willing to commute three to five years before the position is no longer desirable.

This spring, the district applied for the Housing for Rural School Districts Research Projects Grant, which would have allowed them to partner with the Montana State University School of Architecture to build a quality, low-cost dwelling between 400 and 1,000 square feet. The grant was awarded to the school district of Augusta, Montana, requiring BSSD to find another avenue for supporting its staff.

Once the committee has gathered enough information about housing option ideas from other school districts, they will bring a comprehensive plan and funding mechanism before the school board.

## **BSCO begins VIP Passport fundraising campaign**

Tickets on sale to win year-long prizes

EBS STAFF

The Big Sky Community Organization recently launched their VIP Passport fundraiser which will run through Nov. 15 and gives participants a chance to win thousands of dollars' worth of prizes.

The goal is to reach \$10,000 through the sale of raffle tickets, and at the end of the campaign, one lucky person will win a collection of prizes redeemable throughout the year. These include a winter parking pass, on-snow ski valet, a summer mountain bike haul pass at Big Sky Resort, a \$100 gift card to Buck's T-4 Lodge, one entry into the 2019 Big Sky Biggie mountain bike race, 10 free yoga classes at Santosha Wellness Center, and many more.

Funds from the VIP Passport campaign will be used by the BSCO to build the organizational capacity that is needed to carry out the community's 10-year Master Plan for Big Sky's parks and trails, which includes the construction of 5 miles of new trails by summer 2019; acquiring 3.5 additional acres of parkland, and further expanding recreational programming.

"Thank you to the community, because BSCO couldn't do any of it without their support and enthusiasm," said Sara Marino, BSCO's community development manager.

Visit bscomt.org/donate/community-vip-pass or call (406) 993-2112 to learn more.

### Lee Enterprises closes Missoula Independent alt-weekly paper

MISSOULA (AP) – Lee Enterprises has shut down the Missoula Independent nearly 1 1/2 years after buying the alternative weekly newspaper.

Lee Regional Human Relations Director Jim Gaasterland told Independent staff in a message Sept. 11 the company closed the newspaper that day and to schedule an appointment to retrieve any personal belongings.

Lee bought the Independent in April 2017 from Matt Gibson, who became the general manager for the Lee-owned Missoulian, Ravalli Republic and Independent.

Gibson said in a story posted by the Missoulian Sept. 11 that the Independent was losing money and was not financially sustainable.

The Independent's staff unionized in April. The Missoula Independent Union said it rejected an Aug. 30 Lee proposal to cut three-quarters of the alt-weekly's staff.

The Missoulian reports that the Independent began publishing in 1991 and was distributed across three western Montana counties.



EBS has a special health and wellness section in this issue. How do you maintain your physical and/or mental well-being in the off-seasons when weather can be inclement?



**Jake Page** *Big Sky, Montana* 

"Getting gear ready for the upcoming season. Tuning skis. beacon drills, and of course plenty of Green Bridge."



Robert "The Bobber" McDonough Big Sky, Montana

"I go to Mexico. I retired at 62. I used to guide in the offseason: New Zealand, Chile, Argentina. Now I just go on personal trips. Been living in the Gallatin Valley for 44 years now, and I've seen a lot of changes. For me, it helps not having an apartment or lease. The warm weather is a nice change for me."



Heather Rapp Big Sky, Montana

"I like to do yoga and get outside as much as I can, especially since the days are shorter. Vitamin D is superimportant, whether from the sun or from a supplement. A fair of amount of beer drinking at Beehive [Basin Brewery] keeps me smiling and my spirits up."



Jonathan Carter Big Sky, Montana

"For me, friends' dinners. Making sure we're all in a good state of mind, especially being away from family."



## Jamey Kabisch resigns from resort tax board

## Board inches toward creation of community-wide strategic plan

BY TYLER ALLEN AND SARAH GIANELLI EBS STAFF

BIG SKY – A meeting of the Big Sky Resort Area District tax board Sept. 7 opened with a surprising announcement from Chairperson Jamey Kabisch that he would be resigning, effective immediately.

"After quite a bit of consideration, thinking about the direction of the board and the session here today, I've decided that I'm going to step down from the resort tax board," Kabisch said.

"I've loved serving with all of you, this has been terrific," he continued. "But I think going forward, I was just reflecting on some of the candidates that we had in the last election, and I think that all of them would do a better job than what I would do, helping to drive this community forward."

In addition to Sarah Blechta and Steve Johnson, who were elected to the resort tax board in May's election, the other two candidates were Paul "Buz" Davis and Craig Smit. After the board recessed for lunch, Johnson suggested that they reach out to Davis to ask if he'd be willing to serve out Kabisch's term. The motion passed unanimously.

When reached for comment, Davis said he wasn't surprised when Kabisch stepped down, noting conversations the two of them had had over the past year. Davis said that he accepted the invitation to be appointed to the board when vice chairperson Kevin Germain contacted him later that evening.

The October resort tax board meeting has been moved from Oct. 10 to Oct. 3, when the board will take action and vote on Davis' appointment. However, the public will have the opportunity to comment on the board considering other potential appointees to Kabisch's seat.

If Davis' appointment is confirmed on Oct. 3, he will be sworn in at a later date—he isn't available to attend that meeting—and he would serve until May 2020, when he'd be up for reelection.

In 2012 and 2013, Davis led the Big Sky Resort Area District board through a strategic planning process to help articulate the board's vision to the community that resulted in the district's "Better Together" slogan. Davis is a consultant that specializes in executive coaching, and board training for corporations and nonprofits.

Kabisch had served on the board since 2011 and was elected to a second term in 2015.

"I'm not sure I necessarily agree, but I respect your personal decision," said board director Mike Scholz when Kabisch announced his decision.

"I felt super fortunate to have served with an exceptional group of people, I've learned a tremendous amount from each one of them," Kabisch said in a later phone interview. He also noted that the demands of his job have increased, and he wanted to give more of his time to his employees. Kabisch is the business manager for Big Sky-based Lone Peak Physical Therapy.

#### Board hears presentation by Future West

Public seating in the resort tax office was nearly full for a presentation by Future West, a Bozeman-based nonprofit consulting firm that helps communities in the Northern Rockies identify and achieve a shared vision for the future.

The presentation was an outcome of a study commissioned by the Big Sky Chamber of Commerce to explore self-governing options for Big Sky that would give the community a more cohesive, louder voice, and one more likely to be heard at the state and county levels.

While Montana State University Local Government Center Director Dan Clark's initial recommendation was for the resort tax board to expand its role and take on more governing responsibilities, the board has generally back-pedaled from the idea, deciding a conservative first step might be the formation of a community-driven strategic plan.

The main thrust of Future West Project Director Randy Carpenter's presentation was the importance of involving as much of the community as possible in order to ensure that a strategic plan reflects a widely shared vision.

Members of the board—especially Mike Scholz and Steve Johnson, who were tasked to spearhead the board's exploration of a strategic plan for Big Sky—reiterated numerous times that they did not want to be seen as the driving force behind this process, and that it should be community-guided.

The first phase would be to develop a steering committee comprised of a diverse group of local stakeholders. Next would be the creation of a community profile, and finally a multi-day community workshop.

Members of the public in attendance had a lot of questions—including how the steering committee would be formed.

Carpenter said, in his experience, it usually forms organically. "A group of people come together and anoint themselves as a steering committee," he said. "The people who want to be on the steering committee tend to rise to the top and then bring in other people they think need to be there."

That touched on the board's sensitivity to community perception.

"I think the feeling amongst the resort tax board is that we explicitly do not want to be the sole selectors of that group," said board secretary Steve Johnson.

When Big Sky resident Tallie Lancey asked board director Mike Scholz why he didn't want the resort tax board to be seen as the driver of this process, he said, "I just know that some members of the community ... feel that resort tax should take more lead in the community; some think [we should take] less—that your job is only allocations, which it is by law."

He also said that "quite frankly most of the board was elected not thinking we would be the city fathers."

In terms of the steering committee, Clark, who was in the audience, suggested that Future West collect nominations. "Certain names bubble to the top, or throw your hat in the ring and we'll sort it out—what you're paying Future West is for them to figure it out."

After Germain confirmed with those present at the meeting there was no public opposition to the board exploring the formation of a Big Sky strategic plan, it was agreed that Johnson and Scholz would present a scoping document at the Oct. 3 meeting outlining specifics as to how the steering committee would be formed and next steps in the process.

"I've seen [Big Sky] change a lot in the 45 years I've been here. It's worked its own way through and at times it's been guided; at times it hasn't," Scholz said. "I don't look at us as the drivers of this ... I just know that we can help facilitate it, especially when it takes money."

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## Katie Alvin joins Discovery Academy leadership

## High schoolers attend Discovery fulltime

#### EBS STAFF

On Oct. 1, Katie Alvin will join Head of School Nettie Breuner in leading the Big Sky Discovery Academy. Alvin, formerly the program outreach and education director for the Arts Council of Big Sky, will be responsible for fiduciary management, fundraising, hiring and management as Discovery's executive director.

Breuner will continue as head of school, focusing on the private school's educational operations.

Alvin earned a master's in education from Western Governors University in 2018, her research focusing on the use of multidisciplinary approaches—especially the arts—to promote critical literacy and global awareness, particularly in rural and remote communities. She also holds a bachelor's degree in soil science from Montana State University.

"Katie has a strong organizational management background, including fundraising, facility planning, program development and marketing," the school's founder and board president Karen Maybee said. "Additionally, she has a deep knowledge of Big Sky and a demonstrated history of working on educational initiatives."

Alvin, who has lived in Big Sky for more than 25 years, is excited to lead the school with Breuner.

"Nettie and I have dreamed of teaming up for years," Alvin said. "I feel like my entire personal and professional experience will be integrated in this position."

Alvin's skills in management will allow Breuner to focus on working with the teachers, students, families and curriculum of a growing school.

More than 50 students took classes at Discovery this summer, including 22 high school and middle school students. An unintended consequence of the school's summer programming has been a demand for similar opportunities year-round.

For the first time, a handful of high schoolers will take all of their classes at Discovery Academy this schoolyear, using University of Nebraska High School content with live teacher support from Discovery's math, English, science and language instructors.

If students stay with the program, they can graduate with a diploma from UNHS, an NCAA-certified, Montana Office of Public Instruction-registered, and Big Sky School District board-approved provider. This year, UNHS presented 150 students with diplomas and has a list of college acceptances that includes West Point, Columbia and Stanford universities.

"These courses aren't easy," Discovery math teacher Grace Ganoom said. "They are typical comprehensive high school courses, and because of the format, kids can't move on until they've truly mastered every concept."

"This blended approach to high school gives students not just control over their learning but also over their time," Breuner added. "They can learn at their own pace, can schedule around jobs, sports, family travel, and other interests, and learn how to manage their time—a key success skill for life and certainly college."



## Dino Drop-In childcare opens in Town Center

## Flexible scheduling and educational play give parents leeway

BY BAY STEPHENS EBS STAFF WRITER

BIG SKY – Toddlers and preschoolers have another place to go when parents need an hour or two—or more—to run errands, attend a meeting or have date nights. As of Aug. 27, Dino Drop-In childcare center, located on Lone Peak Drive next to The Hungry Moose, is open Monday through Friday from 7:30 a.m. to 5 p.m.

Dino Drop-In's business model focuses on flexibility for parents and fun education for little ones. The center offers hourly instead of only full- or half-day pricing, which can accommodate the varying needs of parents. The center also offers hourly packages at a discount rate. The goal is to maximize family time while having childcare options available when parents need it.

"I want to offer daycare that fits like a puzzle piece into a [family's schedule]," owner Jessica Dehn said. "Maybe [parents] just need a couple hours a day, and that should be something that's available to them, instead of being in a contract where you feel you have to drop off your child because you're already paying for a whole month of 8 to 5."

The Big Sky location is the fifth Dino Drop-In to open since Dehn opened the first center in Bozeman in March 2016, and a Belgrade center a year later. In October 2017, the U.S. Small Business Administration awarded Dehn \$20,000 after she placed second in the InnovateHER competition, a contest that aims to discover innovative products that empower women and families. Dehn subsequently opened three more centers: another in Bozeman, one in Kennewick, Washington, and now Big Sky.

Dehn said that educational play sets Dino Drop-In apart from other childcare programs. In lieu of TVs or jungle gyms, Dino Drop-In staff tap into children's interests to teach concepts that prepare them for kindergarten, such as counting.

Lead teacher Kira Oliver, a Big Sky local, heads up the Town Center location. Originally from Missoula, she moved to Bozeman for college before a love of winter drew her to Big Sky. She earned childcare licensing while working at Morningstar Learning Center.

Oliver said business at the Dino Drop-In center has been slow, but she expects things to pick up. She pointed out that the center fills a niche because they accept infants as young as six weeks old, as opposed to the six-month-old minimum of many daycare facilities.



Kira Oliver, holding her eight-month-old daughter, Kali North, is the lead teacher for Big Sky's new Dino Drop-In childcare center on Lone Peak Drive in Town Center. PHOTO BY BAY STEPHENS

"I sure wish I had this when she was younger," Oliver said, looking at her 8-month-old daughter, Kali North.

Dino Drop-In also provides parents with an added sense of security in the form of "Dino Cams," secure cameras that allow parents with children at the center to "make sure we're doing what we said we'd do," Dehn said. A special access code ensures that only parents with children at the center can view the classroom.

Currently, Dehn and Oliver are the only staff at the Big Sky center, but Dehn intends to expand the staff as her clientele grows. The only issue is the cost of doing so.

"It won't be terribly long before we have to adjust [our price] to make up for the difference I pay on staffing," Dehn said, adding that Dino Drop-In will still be cheaper than nanny services.

Along with intermittent "date nights," when Dino Drop-In stays open for an evening so parents can go out, Oliver said the center will offer Sunday childcare during ski season to allow parents to stay active on the slopes while their kids are small.

Visit dinodropin.com for more information.



## As Big Sky trail system expands so does BSCO staff

### BY JESSIANNE WRIGHT EBS CONTRIBUTOR

BIG SKY – As Big Sky continues to grow, the Big Sky Community Organization is offering additional programing and developing plans for future trails. To achieve this, the local nonprofit has added three new staff members to its operations in Big Sky Town Center.

Sara Marino, the new community development manager, joined the BSCO force in July after moving to Big Sky with her family in January, filling a vacant part-time position that was increased to fulltime. Prior to the move, Marino enjoyed visiting Big Sky to ski, hike and bike.

"My family has been using these trails for so many years, so joining the team that is responsible for them is really great," she said.

Marino comes with 17 years of experience working with the Montana Environmental Information Center in Helena and is now responsible for BSCO's community outreach programs such as Hike and Learn.

BSCO's new asset manager, Jeff MacPherson was hired in May, filling the vacant position and coming on to oversee trail and park maintenance. MacPherson first came to Montana when he was 18 to attend the University of Montana and moved to Big Sky five years later in 2008.

"I moved to Big Sky because of my skiing addiction," he said.

For the past five years, prior to his work with BSCO, MacPherson made the commute to Ennis in order to manage the Bureau of Land Management's recreation program in the Madison Valley, where he was responsible for maintaining various sites and facilities.

According to MacPherson, BSCO's recreation program is still in it's beginning stages, and he is excited to be a part of its growth. "Seeing how a recreation program is run on a large scale [for the BLM] will be super beneficial," he said.

Jelica Summerfield, the third new face at BSCO, was hired for the summer in order



From left, Sara Marino, Jelica Summerfield and Jeff MacPherson, the newest members of the Big Sky Community Organization staff. PHOTO BY JESSIANNE WRIGHT

to assist MacPherson in caring for BSCO's trails. She also worked as the outreach coordinator, helping Marino with community engagement and coordinating trail volunteers.

Summerfield is a Bozeman native who moved to Big Sky in 2016 in order to be even closer to the mountains. She recently competed in The Rut Mountain Runs and will work as a ski patroller at Big Sky Resort this winter.

In her seasonal position at BSCO, Summerfield will return to her work as assistant asset manager next spring.

"It helps me feel really connected to the community," Summerfield said about her position. "It helps me connect all of the sides of my life. I love knowing that when I see something on the trail, I can go to work and say, 'Hey, I saw this thing, let's fix it."

Currently BSCO is accepting applications for a year-round outreach coordinator. Visit bscomt.org/about/employment-opportunities to learn more.





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## Annual student camping trip offers chance to unplug

## Reflections on Lone Peak High School Outdoor Expedition

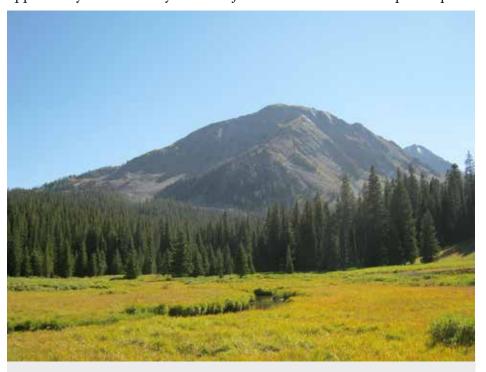
BY MYLES WILSON EBS VIDEO INTERN

BIG SKY - An issue for my generation in this day and age is the overuse of escapism. It is easier to play a video game or read a book than do something that requires more effort than clicking a button or turning a page.

Escapism is a basic human desire, yet there seems to be both good and bad types of this natural inclination, bad being the kind that is ultimately unimportant and unmemorable, and good being the complete opposite. As implied, a lot of my peers practice bad escapism (yes, including myself), even if they are not aware of it.

There always seems to be ways to combat the issue of bad escapism, like using the "Pomodoro Technique" to convince yourself that one of the bigger tasks at hand is more important. The most effective method I have found is prioritizing positive, real life escapism over virtual experiences. Another basic human need is interaction with the world, and being social off-screen is a concept that kids of my generation admittedly struggle with sometimes.

Lone Peak High School, where I am a senior, gives students an amazing opportunity each school year to do just that: a chance to escape escapism.



Starting at Beaver Creek Trailhead, Lone Peak seniors hiked into the Lee Metcalf Wilderness, to Lightning Lake, Sedge Meadows, and Alp Lakes, completing the trek at the trailhead of Lighting Creek, up Taylor Fork. PHOTO BY MYLES WILSON

Commonly referred to as "Expedition," each class, grades nine through 12, camps in the woods for four days during the first week of the new school year. Often in locations devoid of common distractions, like cell service, it allows us to reboot. It's also an amazing bonding experience for both new and old students; and it really does show maturity when a large group of teenagers can get along in the woods for multiple days in a row.

Each class goes on different trips. In my class's case, we backpacked in the Taylor-Hilgards, hiking up to Lightning Lake, Sedge Meadows, and Alp Lakes. We camped one night on the side of the trail, and then at Sedge Meadows for two days, which included a day hike up to Alp Lakes, and hiked out on the last day.

Having been on every single expedition an enrolled student can go on without being held back, the trip gets better every year. One of the most important tools of escaping distraction is practicing self-discipline, and collaborating with peers, both skills that take time. Each class trip challenges and builds those skills, making it all the more rewarding in the end.



Lone Peak High School seniors begin their four-day backpacking trip in the Taylor-Hilgards. PHOTO BY MYLES WILSON

Take the concept of backpacking for example. Setting up camp just so you and your classmates can actually eat and sleep requires a lot of effort. It may seem trivial to some, but for a bunch of borderline-lazy teenagers, it can be a challenge and require maturity. There is a reason why the ninth and 10th graders camp in the same place for the duration of their trip, while 11th graders backpack for two days; and seniors, for all four.

So in the end, do programs like Lone Peak High School's Outdoor Expedition help students combat unnecessary, unhealthy escapism through interaction with the great outdoors? I am no expert here, but for the most part, I feel like it does. Sure, high schoolers will be high schoolers and sneak some devices with them, but often times they just use them for taking photos. And now that we're home and back in the classroom, my fellow students and I seem to be a lot more extraverted, and a lot less distracted.

While everyone at some point is likely to share stories and photos on social media, and spend hours binge-watching movies; going on unforgettable adventures, like Expedition, is what we will remember in 20 years—not a funny Instagram post.



Big Sky School District's annual "Outdoor Expedition" provides a chance for Lone Peak High School students to bond and unplug from the ubiquitous distractions of modern day life before starting the school year. PHOTO BY PATTY HAMBLIN

## **Cancer survivors cast for recovery**

### BY SARAH GIANELLI EBS SENIOR EDITOR

BIG SKY – On Sunday, Sept. 9, with the smoke from area wildfires having dissipated to deliver one of the clearest, bluebird days in recent weeks, 14 women stood around the circumference of a pond at 320 Ranch. Each woman was geared up in waders and vests, and held identical fly rods, while receiving pointers from their own personal fishing guide.

It was the final day of a retreat held by Casting for Recovery, the Bozeman-based organization that provides women in any stage of breast cancer or recovery the opportunity to experience the therapeutic benefits of fly fishing, nature and the camaraderie of other survivors—completely free of charge.

With 1,800 volunteers worldwide, Casting for Recovery hosts retreats in 45 states, as well as Canada, the United Kingdom, Ireland, Australia, New Zealand, Chile and Italy.

The Spanish Peaks Community Foundation made a \$3,000 grant donation to this year's Big Sky retreat at 320 Ranch, two-and-a-half days of outfitted fly-fishing lessons, group sessions, gifts and, according to the participants, exceptional meals. Foundation president

and founder John Haas was on scene to present a check symbolic of the donation to the organization.

Retreat leader Fran McNeill, a volunteer with the nonprofit since 1998 and a 24-year cancer survivor, said her involvement with the nonprofit is her way of giving back.

"We work really hard to fundraise to keep this going," she said. "Many of our women don't necessarily get the support they need. They rarely get the opportunity to spend 48 hours with other women who truly understand. We create a safe space for women to share encouragement, support and have fun in the therapeutic environment of nature."

Participants are selected by a lottery process and capped at 14 women from the state or region of each particular retreat.

Gail Ellis, a 71 year old from Billings who's "been out 22 years,"—a way of saying how long you've been cancer-free—said she likes to listen to the other women on the retreat, who may be younger or at an earlier stage in the disease, and who appreciate her perspective, or just her ear.

This was Ellis' first time fly fishing and she said she's ready to go home and "beat her husband" at the sport.

"It's been so wonderful," she said about the retreat experience. "Everyone has been so helpful and they have spoiled us royally."

Most volunteers were once participants that were inspired by the retreat experience.

Teresa Wicks, 63, got involved with Casting for Recovery four years ago, and is part of the retreat staff focused on hospitality.

"The weekend touched me in a way that was surprising," Wicks said of her own experience as a participant. "It's kind of like a 'kid going to camp' sort of thing. Being with the other women you don't have to explain anything. This is really a weekend for the women—you don't have to cook, clean, think about anyone else ... it's a time to rejuvenate."

Visit casting for recovery.org to learn more about the organization. Visit spanishpeaks foundation.org to learn about grant opportunities available through Spanish Peaks Community Foundation.



John Haas of the Spanish Peaks Community Foundation presents a donation check to Casting for Recovery, a Bozeman-based nonprofit that provides breast cancer survivors the opportunity to experience the therapeutic benefits of fly fishing in a nurturing environment, completely free of charge. PHOTO BY SARAH GIANELLI





# The Rut rocks Big Sky Resort Alpine runners dominate Lone Mountain







## **RUT RESULTS**

50K MEN	
Jackson Brill	5:17:54
Jason Donald	5:33:02
Jason Delaney	5:33:38
<b>50K WOMEN</b>	
Sandra M Nypaver	6:13:35
Kristina Trygstad-Saari	6:27:39
Phoebe Novello	6:48:53
28K MEN	
Pascal Egli	3:06:52
Oscar Casal Mir	3:10:02
Pinsach Marc	3:12:39
28K WOMEN	
Holly Page	3:42:06
Dani Moreno	4:15:48
Emily Hawgood	4:21:30
VK MEN	
Jeff Rome	49:32
Mike Foote	50:28
Scott Patterson	50:48
<b>VK WOMEN</b>	
Emmiliese Von Clemm	1:01:43
Chelsee Pummel	1:02:41

1:03:42







Jennifer Kunzman



## Tribes: Trump illegally approved oil pipeline from Canada

BY MATTHEW BROWN ASSOCIATED PRESS

BILLINGS (AP) – Native American tribes in Montana and South Dakota sued the Trump administration on Sept. 10, claiming it approved an oil pipeline from Canada without considering potential damage to cultural sites from spills and construction.

Attorneys for the Rosebud Sioux tribe and Fort Belknap Indian Reservation asked U.S. District Judge Brian Morris in Great Falls, Montana, to rescind the permit for the Keystone XL pipeline, issued last year by the U.S. State Department.

The tribes argue President Donald Trump brushed aside their rights and put their members at risk when he reversed President Barack Obama's rejection of the \$8 billion TransCanada Corp. project.

The line would carry up to 830,000 barrels (35 million gallons) of crude daily along a 1,184-mile (1,900-kilometer) path from Canada to Nebraska. The route passes through the ancestral homelands of the Rosebud Sioux in central South Dakota and the Gros Ventre and Assiniboine Tribes in Montana.

"The tribes are talking about cultural sites, archaeological sites, burial grounds, graveyards—none of that has been surveyed and it's in the way of the pipeline," said Natalie Landreth, an attorney with the Native American Rights Fund, which is representing the tribes.

The tribes said a spill from the line could damage a South Dakota water supply system that serves more than 51,000 people including on the Rosebud, Pine Ridge and Lower Brule Indian Reservations.

An existing TransCanada pipeline, also called Keystone, suffered a spill last year that released almost 10,000 barrels (407,000 gallons) of oil near Amherst, South Dakota.

State Department spokeswoman Julia Mason said the agency had no public response to the lawsuit. The department has jurisdiction over the pipeline because it would cross the U.S.-Canadian border.

Calgary-based TransCanada does not comment on litigation and was not named as a party in the case.

In August, U.S. District Judge Brian Morris ordered the State Department to conduct a more thorough review of Keystone XL's path through Nebraska. The move came in response to litigation from environmentalists and after state regulators changed the route.

In yet another lawsuit involving the line, the American Civil Liberties Union and its Montana affiliate sued the U.S. government in early September for the release of details related to preparations for anticipated protests against the line.

The groups cited confrontations between law enforcement and protesters, including many Native Americans, which turned violent during construction of the Dakota Access Pipeline through South Dakota.





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## Montana lawmakers consider raising their own pay 69 percent

BY MATT VOLZ **ASSOCIATED PRESS** 

HELENA (AP) – Montana lawmakers will consider giving themselves a 69 percent pay raise by changing the way their salaries are calculated when they meet in January.

The Legislative Council last month voted to draft a bill to base legislative pay on the average salaries of lawmakers in Montana and four surrounding states starting in 2021. The Aug. 23 meeting in Lewistown was not broadcast live, but a recording shows legislative leaders from both parties saying they're underpaid, especially when compared to the executive and judicial branches of government.

"It is beyond ironic that we make less than a teenager working in a McDonald's in Helena," said House Minority Leader Jenny Eck, D-Helena.

Montana lawmakers are scheduled to make \$92.46 a day for the 90-day 2019 legislative session.

That could jump to \$156 a day if they vote to match the average of what lawmakers in Idaho, Wyoming, North Dakota, South Dakota and Montana currently earn. That salary does not include \$114 per day that lawmakers receive for expenses like lodging in Helena, a \$3,000 stipend for constituent services and information technology expenses or a secondary reimbursement of up to \$4,000 depending on the size of a legislator's district.

The salaries of Montana's governor, other statewide officeholders and Supreme Court justices are already based on the average salaries of the four neighboring states. It's only fair for lawmakers representing the third branch of government to be compensated the same way as the other two, said Senate President Scott Sales, R-Bozeman.

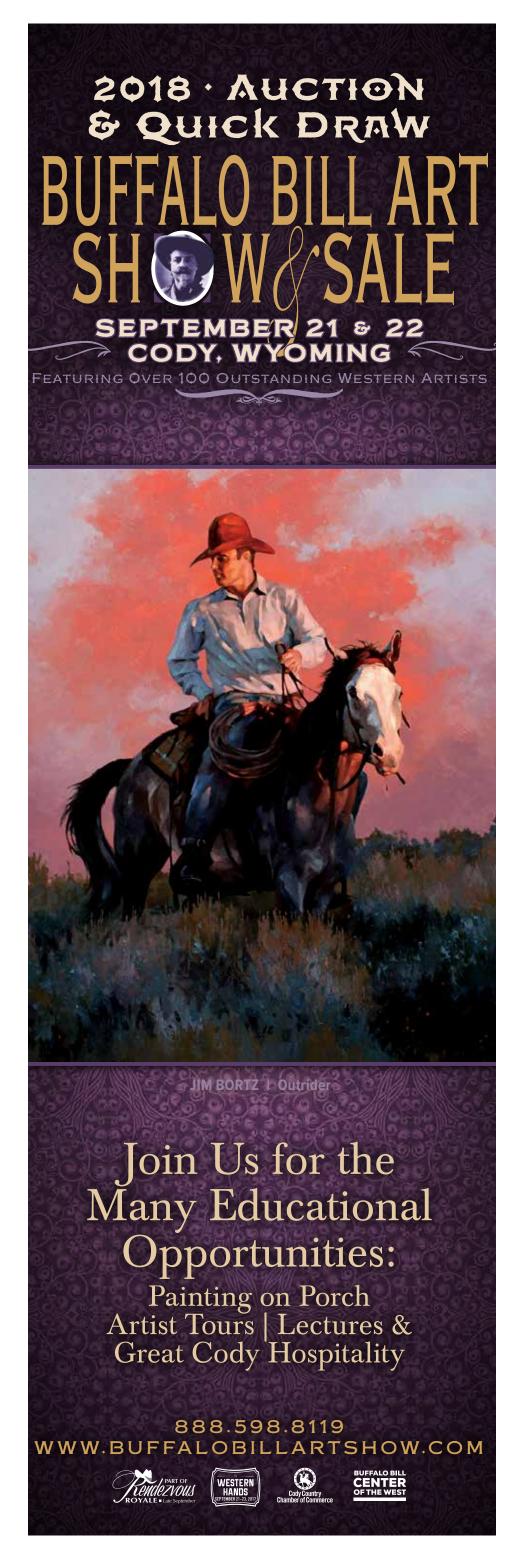
"I think it's beyond time the legislature is more adequately compensated," he said.

Montana has a part-time citizen's legislature that meets every other year. State law sets lawmakers' pay at \$11.33 per hour during the session, capped at eight hours a day, a rate that is adjusted when state workers receive a pay increase, as will happen in 2019.

But in reality, lawmakers work for hours each week on their legislative duties in between sessions and "don't see a dime for that time," Eck said.

"If we don't deal with this issue, we will get to the point where the only people who can afford to serve are independently wealthy or retired and that's not a good representation of the people in the state," she said.

Eck is not running for re-election and would not benefit from the pay raise. Sales would be termed out of office before it takes effect in 2021.



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SECTION 2: ENVIRONMENT, SPORTS, BUSINESS & DINING







### The New West:

## Bierstadt exhibition at Cody's Buffalo Bill Center is spellbinding



BY TODD WILKINSON EBS ENVIRONMENTAL COLUMNIST

What is the role of a visual artist?

Most painters, sculptors, photographers, filmmakers, dancers, musicians and architects don't create or perform only for themselves. By choosing to share their work with the larger world they are inviting public engagement.

One of the giants whose perspective helped to shatter America's myth of Manifest Destiny—of an infinite landscape there to be exploited in the name of God without regard given to limits—was Albert Bierstadt. In Cody, Wyoming, through the end of September, there is a remarkable exhibition of Bierstadt's work.

Bierstadt's paintings are regarded as nothing less than a national art treasure. Scenes from his corpus are displayed at the National Gallery of Art in Washington, D.C., in the White House, and at the Metropolitan Museum of Art in New York City, as well as numerous other galleries in the U.S. and abroad. That the exhibition, "Albert Bierstadt: Witness to a Changing West," premiered at the Buffalo Bill Center of the West's Whitney Western Art Museum in little Cody is testament to the unlikely global prominence of the venue.

Having seen the show twice, I will say this: the grouping of works is, in a way, both mind-bending and spellbinding, for it puts us into the mind frame of Bierstadt himself.

The German-American (1830-1902) came West in the 1860s and kept returning through what was considered the last gasps of "the frontier." While he observed almost ineffable wonder and natural beauty, Bierstadt also saw unspeakable acts—government-sponsored genocide committed against the indigenous people of this continent, wholesale slaughter of bison, and clearing lands of wildlife to eliminate predators and competitors for grass with cattle and sheep.

The Buffalo Bill Center of the West is to be commended for boldly using art as a platform for advancing a new discussion.

The federal government's deliberate war of extermination against native people and bison represents a long shadow—an unremovable stain—in our national psyche. And yet it is only by confronting the shadow and trying to make sense of it that illumination can be achieved.

Bierstadt's masterworks, assembled in "Witness to a Changing West," convey a visual narrative and reveal his own agonizing struggle to highlight the tragedies. At the same time, his romantic panoramas of the Greater Yellowstone region—especially the valleys around Wyoming's Wind River Range—as well as his epics like views of Yosemite Valley in California, are visions for the ages.

One of the most famous paintings in U.S. history is Bierstadt's 1888 work, "Last of the Buffalo." There were two companion versions rendered. One hangs at the National Gallery in Washington, D.C. As for the other? It's in the permanent collection at the Buffalo Bill Center of the West and is showcased in the exhibition.

The Buffalo Bill also has one of the original sketches that informed it; the epic was inspired by Bierstadt's visit to the Wind Rivers in Greater Yellowstone. "Last of the Buffalo," according to the National Gallery of Art, is considered Bierstadt's "last great western painting."

Thanks to the curators, the code Bierstadt was communicating is revealed and explained. Peter Hassrick, an eminent scholar on Western art, is also author of a companion book, "Albert Bierstadt: Witness to a Changing West," a signed copy of which can be purchased through the museum.

A description of the book reads: "This volume takes a major step in reappraising Bierstadt's contributions by reexamining the artist through a new lens. It shows how Bierstadt conveyed moral messages through his paintings, often to preserve the dignity of Native peoples and call attention to the tragic slaughter of the American bison. More broadly, the book reconsiders the artist's engagement with contemporary political and social debates surrounding wildlife conservation in America, the creation and perpetuation of national parks, and the prospects for the West's indigenous peoples."

So, what is the role of artist? Bierstadt set a high standard for what is possible as witness.

Autumn is the glorious season in Greater Yellowstone, the time when locals, having been bombarded with visiting guests and having abstained from venturing into the crowded national parks, claim the serene peace of the region back again. Often, it means setting out on daytrips. You could spend thousands of dollars flying cross country to see Bierstadts in the nation's capital or New York City. For the cost of a tank of gas and a little more, you can instead soak in a rare assemblage of Bierstadts as moving as any you'll experience in a lifetime.

Best of all, the exhibition is overlapping with the 37<sup>th</sup> Annual Buffalo Bill Art Show and Sale, Sept. 21-22. A note to readers in the Bozeman area: Hassrick is giving a lecture on the exhibition at the Museum of the Rockies on Tuesday, Sept. 18, at 7 p.m. at an event sponsored by the Bozeman Public Library. Don't miss it.

Todd Wilkinson is founder of Bozeman-based Mountain Journal (mountainjournal.org) and a correspondent for National Geographic. He also is author of "Grizzlies of Pilgrim Creek" about famous Jackson Hole grizzly bear 399 featuring 150 photographs by Tom Mangelsen, available only at mangelsen.com/grizzly.

## Cause of recent algae bloom still under investigation

### BY JESSIANNE WRIGHT EBS CONTRIBUTOR

BIG SKY – An unprecedented algae bloom appeared over large reaches of the Gallatin River and its tributaries in late July and continues to persist. While the bright green algae, which is filamentous and not a cyanobacterial species, is not harmful to humans, its presence has caused alarm in some conservation and recreation circles. The exact cause of the bloom is currently under investigation by area organizations.

Kristi Ponozzo, the public policy director for the Montana Department of Environmental Quality, told EBS in an email that the agency's resources are focused on other blooms that do pose a threat to humans and wildlife, and the agency is not able to comment on the cause of the Gallatin algae.

The bloom has been confirmed in new-growth and die-off phases in the Gallatin River from the West Fork confluence to Moose Creek, and in the South Fork of the West Fork, the West Fork, Taylor Fork and Wapiti Creek, all of which flow into the Gallatin. In early August, a bloom was also documented on the Gallatin River from Williams Bridge north of Gallatin Canyon to Axtell Bridge north of Gallatin Gateway.

"What's so unique about the 2018 Gallatin algal bloom is the intensity and breadth, as well as the location," said Guy Alsentzer, executive director of Upper Missouri Waterkeeper, a Bozeman nonprofit that is currently studying the Big Skyarea bloom through water samples and visual observation.

Alsentzer added that the algae itself is not a concern and it does occur naturally, but when it covers such large areas of a waterway, it can start to change the river habitat and impact insect and fish populations.

"It could be a whole slew of different causes," said Gallatin River Task Force Executive Director Kristin Gardner, whose organization is also collecting samples on the river. Gardner declined to elaborate prior to viewing the study results, which will be compared with historic data the Task Force has collected over the past 10 years.

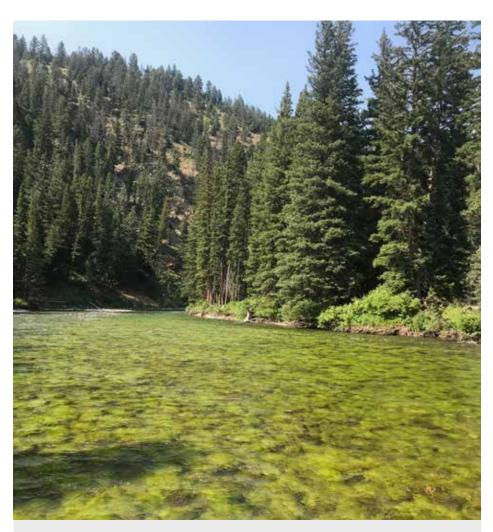
Gardner added that on the West Fork, some nitrogen samples have exceeded state standards, "but not by much." Historically, she said, no nitrogen samples from the mainstem have exceeded state standards.



Volunteers for the Gallatin River Task Force collect samples of algae on the Gallatin River as a part of annual monitoring efforts, with a special focus on the recent algae bloom. PHOTO COURTESY OF THE GALLATIN RIVER TASK FORCE

"Until we get the data, we can't really say what's going on. Data results will tell what is the cause and what it means," said Jack Murray, an intern for the Gallatin River Task Force who oversees the sampling field work. He added that stream flow, temperature and sunlight are factors that contribute to a bloom.

Algae samples for Gallatin River Task Force's study were taken throughout September at seven sites on the mainstem of the Gallatin, 11 in the West Fork, and three in Taylor Fork.



The algae bloom on the Gallatin River, taken in August a few miles south of the West Fork confluence, on one of the river bends near Deer Creek and the Green Bridge. PHOTO COURTESY OF UPPER MISSOURI WATERKEEPER

Upper Missouri Waterkeeper is testing water quality at six locations in the Big Sky area, including locations on the West Fork, as well as both upstream of the canyon area and downstream of the confluence with the West Fork on the Gallatin mainstem.

While this organization is also awaiting results, Alsentzer and his staff have been documenting visual observations with underwater cameras and drones. Alsentzer said this work indicates the algae is growing downstream of locations that likely contribute to high nutrient-loading, such as development sites, septic drain fields and effluent surface applications. Gallatin River Task Force agrees that these sites could be potential sources for the pollution.

"We find the distinct locations of algal blooms on the Gallatin and tributaries very compelling because each event speaks to likely potential sources of nutrient pollution."

Nutrient-loading refers to the process when too many nutrients—most commonly nitrogen and phosphorus from urban runoff or effluent—are added to bodies of water. Similar to the effects of fertilizer, this high level of nutrients can feed the excessive growth of algae.

"This algal bloom is a very vivid reminder that it's time to act and proact," Alsentzer said. "This is the tipping point to make decisions so it doesn't get worse."

In response to the algae bloom, Big Sky Water and Sewer District general manager Ron Edwards described this year's very high runoff after a snowpack that was 150 percent of average. "That could be a part of it," he said. "We're already looking at updates that will significantly improve our treatment plants, especially in the winter months."

Currently, the Big Sky Water and Sewer District is evaluating two different wastewater treatment upgrades as a result of increasing capacity and outdated technologies. Bozeman's Advanced Engineering and Environmental Services have been contracted to conduct this evaluation and a final report is scheduled for the end of September.

According to information provided by Advanced Engineering and Environmental Services on behalf of the district, the two upgrade systems under consideration are the AquaNereda aerobic granular sludge and membrane bioreactors systems, both of which would enable the treatment facility to achieve lower nutrient concentrations.

As of EBS press time on Sept. 12, Alsentzer said that despite cooling temperatures and increasing precipitation, the algae continues to develop through a life-cycle where decaying algae releases nutrients and oxygen that fuels the growth of new blooms. Both Upper Missouri Waterkeeper and Gallatin River Task Force anticipate test results from their studies later this fall, which might ultimately shed light on the initial cause of the bloom.

## FWP proposes conservation easement in the Bridgers

## Public comment closes Sept. 27

BY JESSIANNE WRIGHT EBS CONTRIBUTOR

BOZEMAN – A 400-acre stretch of private land located in the foothills of the Bridger Mountains is currently being considered for a conservation easement by Montana Fish, Wildlife and Parks.

Named White Deer Meadows by the land owners, this property is located south of North Cottonwood Trail and abuts U.S. Forest Service land and neighboring private property that is already preserved by easements. According to wildlife officials, this area of the Bridger Mountains is critical winter range for mule deer and also provides habitat for a host of other wildlife species.

"The Bridger Mountain mule deer population is pretty special," said Julie Cunningham, the Bozeman area wildlife biologist for FWP and author of the easement proposal.

"Female mule deer have been coming back to the area for hundreds of years," she added, describing the deer's intense site fidelity. "What's really neat is the land owners recognize the importance of this property. ... If we can lock this in with a conservation easement, that would be great. I get really excited about that."

Cunningham noted that all FWP conservation easements are secured through a partnership with landowners, and FWP was approached by the current property owner for this project.

The proposed easement would prevent subdivision of the land and would also allow for public hunting access during the general hunting season in the fall on approximately 160 acres.

The conservation easement has been valued at \$1,862,000, of which the landowners have agreed to donate \$100,000. If approved, these funds will be derived from Habitat Montana and possibly mule deer license dollars.

The former is a program that was established by the legislature in 1987 to protect and enhance wildlife habitat. Roughly \$3 million are set aside from hunting license revenue each year to be used primarily to secure conservation easements.

The White Deer Meadows proposal was released to the public on Aug. 29 with a 30-day comment period following. Commentary will be received through Sept. 27.

Comments can be sent directly to Cunningham by emailing juliecunningham@mt.gov. Physical comments can be sent to 1400 S. 19th Ave., Bozeman, MT 59718.

Visit fwp.mt.gov/news/publicNotices/environmentalAssessments/ acquisitionsTradesAndLeases/pn\_0219.html or call (406) 994-6341 to learn more.



# Golf Tips from a Pro: Junior golf tournament attracts national players

BY MARK WEHRMAN EBS CONTRIBUTOR

During Labor Day weekend, Big Sky Golf Course hosted the first ever American Junior Golf Association event in the state of Montana. To say the tournament was a success is a huge understatement.

Competitors came from all over for the Sept. 1-3 event, hailing from places like Canada, China, Korea, and the United States. Eighty of the best junior golfers in the world competed over three days in a 54-hole stroke play format.

In the end, Dillon Stewart from Ft. Collins, Colorado, who is an Oklahoma State University commit, took home the title with a 9-under-par score of 207. In the girls division, Montgomery Ferreira from University Place, Washington, hoisted the winner's trophy with a 3-round total of 3-over-par 219.

Highlights from the weekend include the excellent play of Arizona State University commit and Libby, Montana, native Ryggs Johnston. Johnston was in second place heading into the final round with a lot of locals rooting him on. He stumbled a bit on the final day with a score of 74, but was still good enough for a top-5 finish in his first ever AJGA tournament.

There were 10 kids in the field that have already committed to a Division 1 university golf scholarship. And after the level of play I watched over the weekend, I'm sure there are a few more scholarships being awarded as I write.

What was most impressive was how these kids conducted themselves. Whether they were at the golf course, at Big Sky Resort, or around the town at various businesses, these kids were always polite, respectful and gracious.

The one question that keeps coming up from those who attended is whether we are going to host this tournament again next year. While this is still under discussion, I can assure you that, on behalf of Big Sky Golf Course, we absolutely want AJGA back.

Currently, we are working to find a title sponsor for the tournament, which would allow the event to return on an annual basis. This would be a commitment of between



Participants of Montana's first American Junior Golf Association tournament competed in Big Sky on Sept. 1-3. PHOTO BY DAVE PECUNIES

\$30,000 and \$40,000, which would help AJGA cover the expenses for the staff and interns that come out to run the event.

If Big Sky Golf Course is able to secure a major sponsor or sponsors, we will not only be able to ensure this event returns, but will hopefully be able to grow the tournament to a point where we can also raise money for a local charity and allow the AJGA to give back to the community of Big Sky.

I'm confident that if we spread the word enough, we can secure the sponsorship needed and continue being the face of the AJGA for Montana.

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



## Bobcats split challenging opening schedule

## BY COLTER NUANEZ EBS CONTRIBUTOR

BOZEMAN – Montana State began its third season under head coach Jeff Choate by squaring off against two of the best teams from the top conference in the Football Championship Subdivision. An unorthodox, gritty effort in the opener on Aug. 30 helped the Bobcats emerge from the two-game stretch with a win and a loss.

In MSU's opener on a Thursday night under the Bobcat Stadium lights, running back-turned linebacker-turned Bobcat starting quarterback Troy Andersen looked skittish in the first half and physically dominant in the second, leading the hosts to a 26-23 victory over Western Illinois in front of a capacity crowd.

"We have to finish, and this is a good team," Choate said following his first head coaching win in a season opener. "This was an eight-win team with a lot of the core guys they had from a year ago. This was a big win for our program because we hadn't tasted that moment of success in some of these really tight contests. I think this can be a jumping off point for us. But one game doesn't a season make."

In Montana State's first game of September the Bobcats traveled to Brookings, South Dakota, to take on No. 3 South Dakota State. The second straight Missouri Valley Football Conference opponent for the Bobcats produced a lopsided result.



Montana State senior defensive end Tyrone Fa'anono gets around the edge against Western Illinois.

With Andersen on the shelf with a broken left hand, redshirt freshman Tucker Rovig made his first start at quarterback. The Bobcats managed just one first down in the first half and six overall, falling behind 24-0 at the break in what ended in a 45-14 loss.

The Missouri Valley produced five playoff teams a year ago, including Western Illinois and SDSU. The number of entrants into the 24-team bracket is a record since the field expanded, and the conference has produced six of the last seven national champions, with North Dakota State claiming every one of those crowns. But SDSU has defeated NDSU in consecutive years and is expected to contend for a final four bid for the third straight season.

Despite suffering the left-hand injury during action in the opener, Andersen led a brisk touchdown drive to open the second half, capped by the 6-foot-3-inch, 230-pounder's explosive 16-yard touchdown run. That scoring drive tied the score at 13 despite Western Illinois' domination of the first 30 minutes of action.

By the time the final whistle blew, Andersen had completed 12 of 17 passes in the second half after not completing a single pass in the first half. He connected on five straight passes during MSU's 81-yard march that took less than 3 minutes to begin the second half.

After he settled in, the former multi-sport state champion from Dillon used his raw speed and pure power to punish Leatherneck defenders in the quarterback run game. He finished the evening with 24 carries for 145 yards, including a 26-yard touchdown burst to tie the game at 20 late in the third quarter.



Montana State kicker Tristian Bailey (23) kicks a 35-yard field goal to give MSU its final lead against Western Illinois on Aug. 30. PHOTOS BY BROOKS NUANEZ

"He's a very talented, very talented young man," WIU first-year head coach Ryan Elliott said of Andersen. "He runs the ball with authority. You can tell he's a very gifted athlete, tough, physical. Guys like that are hard to contain."

With Andersen available only to play sparingly at running back and linebacker—the two positions he played in earning Big Sky Conference Freshman of the Year honors last fall—the MSU offense struggled to sustain drives as South Dakota State imposed its will.

The Jackrabbits kicked off their 2018 season with a stellar debut from senior quarterback Taryn Christion. The All-American surpassed 10,000 yards of total offense for his career by throwing for 317 yards and four touchdowns. Wide receiver Cade Johnson caught all four of the scores, tying an SDSU school record.

On the other side of the ball, Montana State's two touchdowns came in the third quarter as Rovig opened up the offense, completing a 42-yard pass to Willie Patterson and a 33-yard toss to Kevin Kassis to set up Maleek Barkley's short touchdown run. Rovig's 40-yard strike to Kassis on the next possession set up Rovig's first career touchdown pass, a 6-yard toss to Bozeman product Lance McCutcheon.

"It was going to take a very clean game for us to have a chance to win this game given some of the circumstances," Choate said. "That was probably the most disappointing thing. We played so clean in game one, and gave ourselves opportunities to win that game. Here, it was almost the exact opposite."

Montana State hosts Wagner of the Northeast Conference on Sept. 15 before opening Big Sky Conference play at Portland State on Sept. 22.

Colter Nuanez is the co-founder and senior writer at Skyline Sports, an online news gathering organization providing comprehensive coverage of Montana State and Big Sky Conference athletics at skylinesportsmt.com.



MSU quarterback Troy Andersen (15) eludes a Western Illinois defender at Bobcat Stadium.

## THE LONE PEAK PLAYBOOK



### BY BAY STEPHENS EBS STAFF WRITER

#### Volleyball

Lone Peak High School's varsity girls' volleyball team has kept the heat up, trumping Shields Valley at home, and West Yellowstone away, in matches on Sept. 1 and Sept. 7, respectively.

Despite being exhausted from a multi-day hiking and backpacking trip with the school, the Lady Big Horns took down Shields Valley 25-18 in the first game, and 25-14 in the second and third.

After every match head coach Missy Botha awards a game ball to an outstanding teammate. For the Shields Valley match, the ball went to junior Dounia "Solid" Metje for her consistent and reliable play.

"Dounia has the whole package," Botha wrote in an email to EBS. "She communicates well, has all the skills, and is a great teammate."

A week later, the Lady Big Horns loaded onto the Karst Stage bus for a jaunt to West Yellowstone where they took care of the Wolverines in three sets: 25-18, 25-13, 25-14.

"Our girls were so excited to play all day, I think they overplayed," Botha said. "I likened them to a fighter jet launching off an aircraft carrier."

Botha added that they played great—once they burned off the high-octane jet fuel.

To remind the team to be aggressive, but in a measured manner, senior captain Kodi Boersma came up with a new mantra: "Calm, collected, crush!"

The game ball for the West Yellowstone match went to Emma "The Dilemma" Flach for her steady passing and hitting.

The final scores for the Big Horns in West: 25-12, 25-11, 25-5.

Botha thanked the fans who drove to West Yellowstone to cheer on the Lady Big Horns. Fans can turn out to support the team at 5 p.m. on Friday, Sept. 14, for their home match against Gardiner. The junior varsity game starts at 5 p.m., and varsity at 6 p.m. Their homecoming match against Manhattan Christian School begins at 7 p.m. Thursday, Sept. 20.

#### Football

Bigger teams with deeper benches outgunned the Big Horn football team at Park City on Sept. 1, and at home against Joliet, Sept. 8.

After a two-and-a-half-hour drive, the Big Horns were dealt a 55-0 loss by the Park City Panthers.

"We got beat pretty soundly by one of the best teams in the state, definitely in our conference," head coach Adam Farr said, adding that his players nevertheless fought to the end.

Along with the game, they lost freshman starting receiver Bennet Miller, who, on a bad foot plant, tore most of the ligaments in his knee.

After shuffling players to fill Miller's void, the team, more than half of whom are freshman, faced off with the Joliet J-Hawks, the fifth-ranked Class C eight-man football team in the state, according to 406mtsports.com.

Due to a combination of missed tackles by the Big Horns defense, swarm tackles by the J-Hawks defense and too-brief blocks by the Big Horn offensive line, Lone Peak hadn't answered a single point of Joliet's 54 by the middle of the fourth quarter.

Until the game's last two minutes, that is. Junior Frankie Starz's blockers held just long enough for him to send a deep pass to junior receiver Austin Samuels's ready hands. He ran it in and put the Big Horns on the scoreboard for a final score of 54-6.

Park City, Joliet and Tri-Cities—who they play in Hobson on Saturday, Sept. 15—comprise some of the season's burliest competition, Farr explained. The team looks forward to their homecoming game against Harlowton on Friday, Sept. 21, at 7 p.m.

As of Sept. 11, the team ranked ninth in the nation for donations for Touchdowns Against Cancer, a program that raises funds for St. Jude Children's Research Hospital to fight childhood cancer.



The Big Sky Futbol Club, coached by Jaci Clack and Tony Coppola, is the only co-ed team in their league and have already punted the competition in two games. A young team, the oldest players are sophomores. PHOTO BY BAY STEPHENS

#### Soccer

The Big Sky Futbol Club started the season strong, kicking competition to the curb on Sept. 8 in Great Falls, scoring six unanswered goals against the home school team. At the Big Sky Community Park Sept. 10, they did it again against Mount Ellis Academy, 4-1.

Although Mount Ellis scored early, catching the Big Sky players off-guard, coach Jaci Clack said the co-ed Big Sky team persevered with aggressive, intelligent play. The new team's chemistry allowed them to maintain possession through repeated series of passes while the defense shutout the opposition after the first goal. Miles Hoover scored 3 goals, which earned him a coach-bought steak, Clack said. Evan Iskenderian scored on a penalty kick.

Two Saturday home games lie ahead on Sept. 15 at 1 p.m. against Billings Christian Academy, and Sept. 22 at 12:30 p.m. against Heritage Christian School. Both will be held at Big Sky Community Park.



Introducing the first Lone Peak High School cross-country team. From left to right, coach Lucas Westblade, Cody Clack, Tracen O'Connor, Nate McClain and coach David Brekke embark on the inaugural Big Horn cross-country season. Coach Brekke said they are looking to race on Sept. 22, once all the runners have 10 practices under their belts. PHOTO COURTESY OF LUCAS WESTBLADE



# HOMECOMING WEEK

## WEDNESDAY, SEPTEMBER 19 Homecoming Parade and Pep Rally

6:30pm Big Sky Town Center

#### THURSDAY, SEPTEMBER 20

LPHS Volleyball vs. Manhattan Christian

5:30pm JV, 7:00pm Varsity

#### FRIDAY, SEPTEMBER 21

**OMS/LPHS Football vs. Harlowton** 

4:00pm OMS, 7:00pm LPHS (under the lights!)

#### **SATURDAY, SEPTEMBER 22**

Big Sky Futbol Club vs. Heritage Christian

12:30pm Big Sky Community Park

#### **Homecoming Dance**

8:oopm LPHS Cafeteria



## DRESS UP DAYS: (WEEK OF SEPTEMBER 17TH)

Monday Pajamas
Tuesday Crazy Hair
Wednesday Twins
Thursday Wild Wast

Thursday Wild West Friday School Spirit

The Big Horn's homecoming football game against Harlowton kicks off at 7 p.m. Friday, Sept. 21, at the Lone Peak High School field. Hopefully the weather is better than last year. OUTLAW PARTNERS PHOTO



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#### LPHS GIRLS VOLLEYBALL SCHEDULE

4:00 / 5:30 p.m. 9/14 Home vs. Gardiner 5:00 / 6:30 p.m. Home vs. Twin Bridges 9/28 9/18 5:30 / 7:00 p.m. Away @ Belgrade Away @ Manhattan Christian Invitational **TBD** 9/29 Home vs. Manhattan Christian 5:00 / 6:30 p.m. 9/20 5:30 / 7:00 p.m. 10/2 Away @ Shields Valley 9/21 Away @ Sheridan 4:00 / 5:30 p.m. 10/9 Away @ Manhattan Christian 5:00 / 6:30 p.m. 5:30 / 7:00 p.m. Away @ Gardiner 9/25 Home vs. West Yellowstone 10/13 5:00 / 6:30 p.m. 9/27 Away @ White Sulphur Springs 4:00 / 5:30 p.m. 10/17 Home vs. White Sulphur Springs 5:00 / 6:30 p.m.



# The Moose loves the Big Horns!

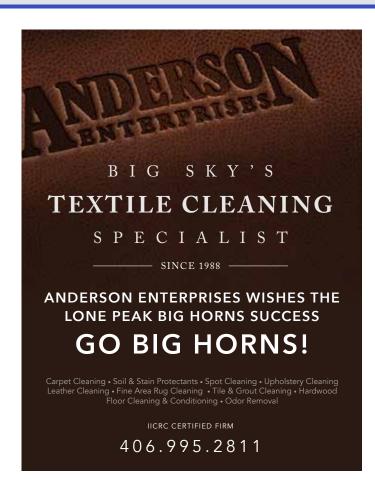


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# 



#### LPHS & OMS BOYS FOOTBALL SCHEDULE

9/15 LPHS Away @ Tri-Cities 4:00 / 7:00 p.m.

9/21 Home vs. Harlowton 4:00 / 7:00 p.m.

9/27 OMS Away @ Boulder 4:00 p.m.

9/28 LPHS Home vs. Twin Bridges 7:00 p.m.

10/5 Away @ Ennis 4:00 / 7:00 p.m.

10/9 OMS Away @ W. Yellowstone 4:00 p.m.

10/12 Home vs. Absarokee 4:00 / 7:00 p.m.



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## Making it in Big Sky

## **Big Sky Community Food Bank**

BY BAY STEPHENS EBS STAFF WRITER

BIG SKY – For years, Lynne Anderson, co-owner of The Country Market, extended credit to her customers for groceries during the off-seasons when it can be difficult for some Big Sky residents to make ends meet. Seeing a constant increase in the need for emergency food in Big Sky, Anderson approached the Human Resource Development Council in Bozeman with the idea of starting a food bank.

Initially, a staff member from the Gallatin Valley Food Bank would drive a van of food to a Big Sky parking lot so people could shop. Anderson and a group of volunteers worked with the HRDC and Big Sky community to secure funding to renovate and equip the food bank's current space in the Big Horn Shopping Center. The doors of the Big Sky Community Food Bank opened in the spring of 2012.

Sarah Gaither Bivins was hired as program coordinator in October of 2013. The only paid employee of the Big Sky food bank, she relies heavily on a band of dedicated volunteers and advisory council members to run the operation.

For this installment of this ongoing series, EBS shifted its focus to the nonprofit sector to inquire about the challenges and rewards of operating a nonprofit organization in Big Sky.

Explore Big Sky: What is the most satisfying aspect of running a nonprofit in Big Sky?

Sarah Gaither Bivins: To be able to connect people who have needs in our community with the abundant resources that we also have in our community. My clients are often amazed at the unique items we have on our shelves, from gluten free and allergy-specific food items, to processed wild game, to beautiful produce from the farmers market.

EBS: What advice would you give other nonprofits in the area?

**S.G.B.:** Nonprofits in Big Sky have the unique challenge of developing programs to meet the needs of a community with no centralized organizing body, like a city council. Therefore, we all have to work hard to cooperate and communicate with each other as organizations and groups for the betterment of Big Sky.

EBS: What about your organization would you like more Big Sky residents to know?

**S.G.B.:** That we exist! "Big Sky needs a food bank?" is one question I hear over and over from both visitors and some residents. Those of us who are lucky enough to live in this community year-round, as well as those in the seasonal workforce, know how financially difficult it is to make it through the off-seasons when work is scarce or nonexistent. We're open two days a week, year-round.

That anyone can use the food bank—you don't have to "qualify." If you feel like you're in a food emergency, please come see me. It's nothing to be embarrassed about—for most of my clients, moving to Big Sky is the first time they've ever had to use a food bank in their lives. Also, all of our services are confidential.

EBS: What are the biggest obstacles to operating a nonprofit in Big Sky?

**S.G.B.:** As with many Big Sky nonprofits, I find that securing sustainable and reliable funding is a big obstacle. Our community organizations are generous, however, adhering to an annual grant cycle makes future planning uncertain.

EBS: What is one of the most memorable moments you've had as head of operations?

**S.G.B.:** One of my happiest and most memorable moments was last month's pancake breakfast in Fire Pit Park. It was amazing to see our funders and our clients sitting together at the same table, eating homemade pancakes smothered in syrup and butter.



Sarah Gaither Bivins, the program coordinator of the Big Sky Community Food Bank, has witnessed the community's needs shift over the past five years. Her clients used to ask about job openings; today, clients have jobs but no housing. Clients used to be mainly young people struggling between paychecks; now the food bank draws older year-round locals who are seeing their monthly expenses increase but not their paychecks. PHOTO BY BAY STEPHENS

EBS: Where do you get your donations and your funding?

**S.G.B.:** We ask for grant funds from all of our community organizations: Resort Tax, Yellowstone Club Community Foundation, Spanish Peaks Community Foundation, Moonlight Community Foundation. Town Pump, The United Way and NorthWestern Energy also provide small grants each year. For the rest, we look to Big Sky residents and businesses to support us on an annual basis.

EBS: Do you think Big Sky will always need the services you provide?

**S.G.B.:** I imagine that as long as employees in Big Sky are paid less than a living wage, our community will need a food bank. I hope that new opportunities for appropriate housing will alleviate some financial difficulties for our clients, but I understand that no housing solution will be immediate.

EBS: How many families/individuals does the food bank benefit?

**S.G.B.:** As of March 2018, the food bank has served 1,653 unique households consisting of over 2,000 unique individuals. Each year, we serve about 400 unique households consisting of about 500 unique individuals.

EBS: How have Big Sky's needs changed since you started working with the food bank?

**S.G.B.:** When I first started, many people would ask about job openings in Big Sky. Today, my clients have jobs but no housing. Those with both still have trouble because their options tend to be either overpriced, overcrowded, or inadequate for their family. The housing problems have also affected my volunteers, several of whom have left town because of their inability to find appropriate housing.

EBS: What motivates you to continue doing what you do?

**S.G.B.:** I genuinely like the people who come in to our food bank and I think it's fun to hang out with them twice a week.

### BIG SKY COMMUNITY FOOD BANK- BY THE NUMBERS

YEARS IN BUSINESS:

NUMBER OF HOUSEHOLDS/ UNIQUE INDIVIDUALS SERVED 1,653/2,000

AVERAGE YEARLY HOUSEHOLD/ UNIQUE INDIVIDUALS SERVED







# DID YOU KNOW?

The Clark's nutcracker has a unique pouch under its tongue used to carry seeds long distances. The nutcracker collects seeds from pine trees and carries them away to hide for later use.

This bird hides thousands of seeds each year, and studies have shown that they can remember where they have hidden nearly all of their seeds.

The Clark's nutcracker is one of the only members of the crow family where the male incubates the eggs.

Local declines in Clark's nutcracker populations may be due to a pine beetle epidemic and the arrival of white pine blister rust, both of which kill the whitebark pines that many nutcrackers depend on.

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## **Barley & Vine: A feast for the senses**

## BY KATIE THOMAS EBS CONTRIBUTOR

BOZEMAN – One early September evening at Barley & Vine, tables filled up as patrons wandered in from the warm late summer evening. Just off of Main Street on South Willson Avenue, the small, cozy restaurant beckoned to passersby who may or may not have been planning an evening of tapas-style food paired with wine, beer, cider, or bubbles.

Barley & Vine, located in the space that used to be Over the Tapas, opened in August and offers small but hearty plates of gourmet dishes, a variety of cheese boards, an extensive wine list, happy hour, and weekend brunch. Brought to Bozeman by the owners of Dave's Sushi and Jam!, Barley & Vine seeks to expand on the art of food-and-wine pairing for the connoisseur, while making the experience more accessible for foodie neophytes.

Our table of self-proclaimed foodies, perhaps excited by the concept of small plates excusing over-ordering, selected enough dishes for the apocalypse: the foie toast (foamy and creamy), asparagus (crispy with perfect hollandaise), escargot (fragrant with marsala broth and shitake mushrooms), ravioli (fresh and light), gnocchi (rich with blistered tomatoes), and a six-variety cheese board. We may have ordered more, if our server, while delightful in demeanor, had not seemed to be in a hurry for us to eat and vacate our table.

No amount of feeling rushed, however, can interfere with the dining experience at Barley & Vine. Each of the dishes we sampled was exquisitely executed and well-balanced. The cheese board accompaniments were especially delectable: the apricot jam perfectly complemented the double Gloucester; the fig spread, the garlic rosemary sausage; the mustard, the lamb Merguez.

Paired with glasses of Garnacha from Spain and Italian prosecco, we enjoyed our fill of wine and bubbles, and decided we'd sample the beer and cider next time.

But we saved room for the sabayon, a creamy custard-like dessert with hints of honey and stone fruit, topped with slivered almonds—light, refreshing, heavenly.

You'll find the décor at Barley & Vine, like the food, is very intentional. Warm, dark tones blend with natural accents and splashes of bright color on the ceiling and walls



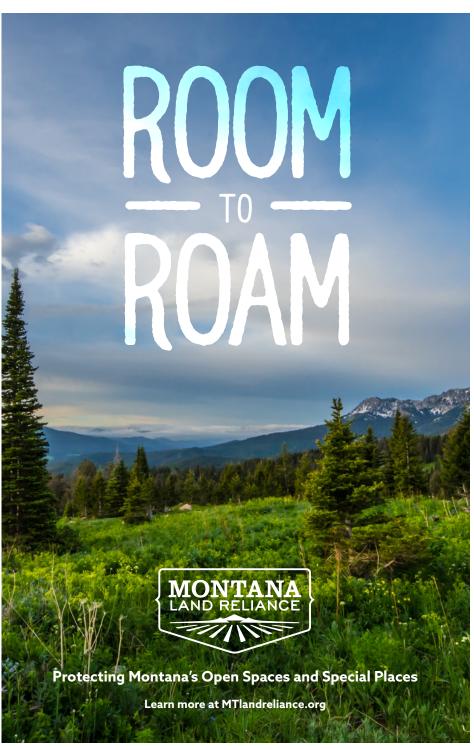
Barley & Vine offers a gourmet small plate experience, from unique cheeseboards and accompaniments to escargot and lamb mergeuz; and beer, wine and cider-tasting, all in a cozy, yet stylish environment. PHOTOS BY KATIE THOMAS

behind the cushy blue chairs and soft booths lining the room. With its long, thin table down the middle, corner booths encircled by curved walls, and relaxing music playing softly in the background, the atmosphere feels like a genuine snuggery—cozy with a dash of trendy comfort.

And yet, for those of us who remember not only Sweet Pea Bakery occupying the space, but also Wild Flour Bakery of the 1980s, some Bozeman history lingers inside. A sleek bar now sits where customers once lined up to purchase loaves of sourdough and baguettes. As Gallatin Valley continues to grow and change, more delicious and sophisticated options for eating, drinking, and being merry arise. Just off the beaten path enough to be local-friendly, Barley & Vine is certainly one of the most recent examples of this trend.

Barley & Vine is located at 19 S. Willson in Bozeman. Visit barleyvinemt.com for more information.





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.

## America's native spirit



BY SCOTT MECHURA **EBS FOOD COLUMNIST** 

In my last column, we learned a little bit of vanilla history. Part of that history involved some speculation on my part about the origins of the name "bourbon vanilla." Did it have a connection to Bourbon County, Kentucky? Did it allude to the flavor of American oak barrels that have a distinct vanilla flavor? In any case, it made me

think of bourbon rather than vanilla.

With their rich history, we tend to think of the great, single malt scotches of Scotland as being several hundred, if not thousands of years old. But this is not the case. Glenturret, Scotland's oldest distillery, established in 1775, is a youthful 243 years old. A mere eight years later in 1783, Evan Williams opened America's first commercial bourbon distillery in Kentucky. That bourbon still bears his name today.

As with any brown spirit such as scotch, bourbon, or whiskey, the initial preparation is fundamentally identical to beer. Single malt scotch, whiskey, and Canadian whiskey are all made with barley, and in the case of rye whiskey, some portion of the grains are rye. In the case of bourbon, at least 51 percent of the recipe must, by law, be corn; though most bourbons today contain no less than 70 percent.

A mash is created with hot water and malted grain or corn. Then it is rinsed, or sparged, to collect a sweet, malty flavored liquor, called wort. Next it's transferred to a kettle where it is boiled, chilled, and fermented, creating a malty beverage of, on average, nine percent alcohol.

Now comes the distillation. Simply put, distillation is the process of separating alcohol from water and impurities by heating the liquid to, depending on the distiller's recipe, somewhere in the high 170 degree range. The alcohol evaporates, turns to steam as it rises, collects on the interior sides of the still, turns back to liquid as it cools, and runs off to be collected independently of the impure liquid in the bottom of the tank.

In the case of bourbon, the clear liquid is transferred to new American oak barrels. The barrels are charred to impart flavor and contribute to its eventual brown color. By law, new barrels must be used with each fresh batch of bourbon. Though used bourbon barrels contribute virtually nothing to a second batch of bourbon, the barrels are sought after around the world for a plethora of uses: coffee beans, beer-making, maple syrup, tea, and reducing them to chips to smoke salmon.

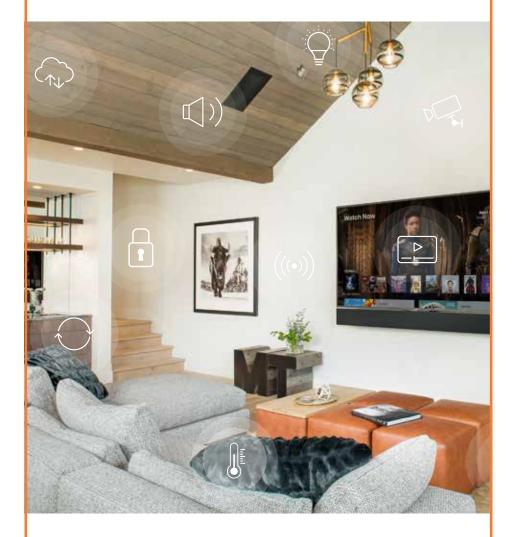
Today, bourbon has made every bit the comeback in America that whiskey and beer have enjoyed. It has taken a while to recover from prohibition, but bourbon, which is not a Kentucky appellation, is now distilled in all 50 states and Washington D.C.

But the corn-based elixir is still king in the Commonwealth of Kentucky, where 95 percent of all bourbon comes from. As I write this, there are no less than 5.3 million barrels comfortably aging throughout the state—almost one million more than there are residents.

As I've pointed out in the past, we can't claim apple pie, fireworks, hot dogs, or even barbecue as our own. But bourbon, America's native spirit, as declared by congress in 1964, is born and raised right here in the red white and blue.

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





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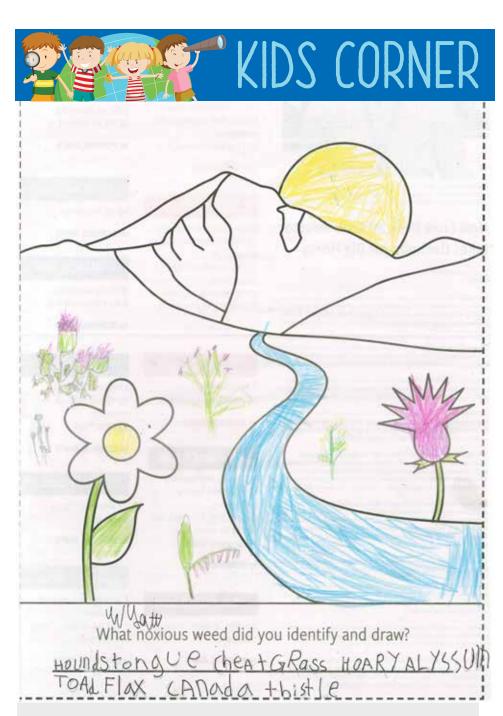




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# 7-year-old Wyatt Cohen knows his invasive plants

Wyatt Cohen lives on a ranch where combatting invasive plants is an everyday battle. Wyatt identified and drew pictures of houndstongue, cheatgrass, hoary alyssum, toadflax, and Canada thistle in this EBS coloring contest. Why are nonnative plants problematic? "Because they take over all the land so there aren't any other plants, just noxious weeds," he said.



## Sudoku

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

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

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DIFFICULTY: ★★★☆

# American Life in Poetry:

Column 702

BY TED KOOSER, U.S. POET LAUREATE

David Mason is the former poet laureate of Colorado and a professor of literature and writing at Colorado College. His most recent book is "The Sound: New and Selected Poems," from Red Hen press. I very much like the way in which the muddy boots both open and close this poem, in which not one but two biographies are offered to us in less than 100 words.

#### The Mud Room

By David Mason

His muddy rubber boots stood in the farmhouse mud room while he sat in the kitchen, unshaven, dealing solitaire.

His wife (we called her Auntie) rolled out dough in the kitchen for a pie, put up preserves and tidied, clearing her throat.

They listened to the TV at six, he with his fingers fumbling the hearing aids, she watching the kitchen clock.

Old age went on like that, a vegetable patch, a horse some neighbor kept in the barn, the miles of grass and fences.

After he died his boots stood muddy in the mud room as if he'd gone in socks, softly out to the meadow.

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 ©2017 by David Mason, «The Mud Room.» Poem reprinted by permission of David Mason. Introduction copyright ©2018 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.

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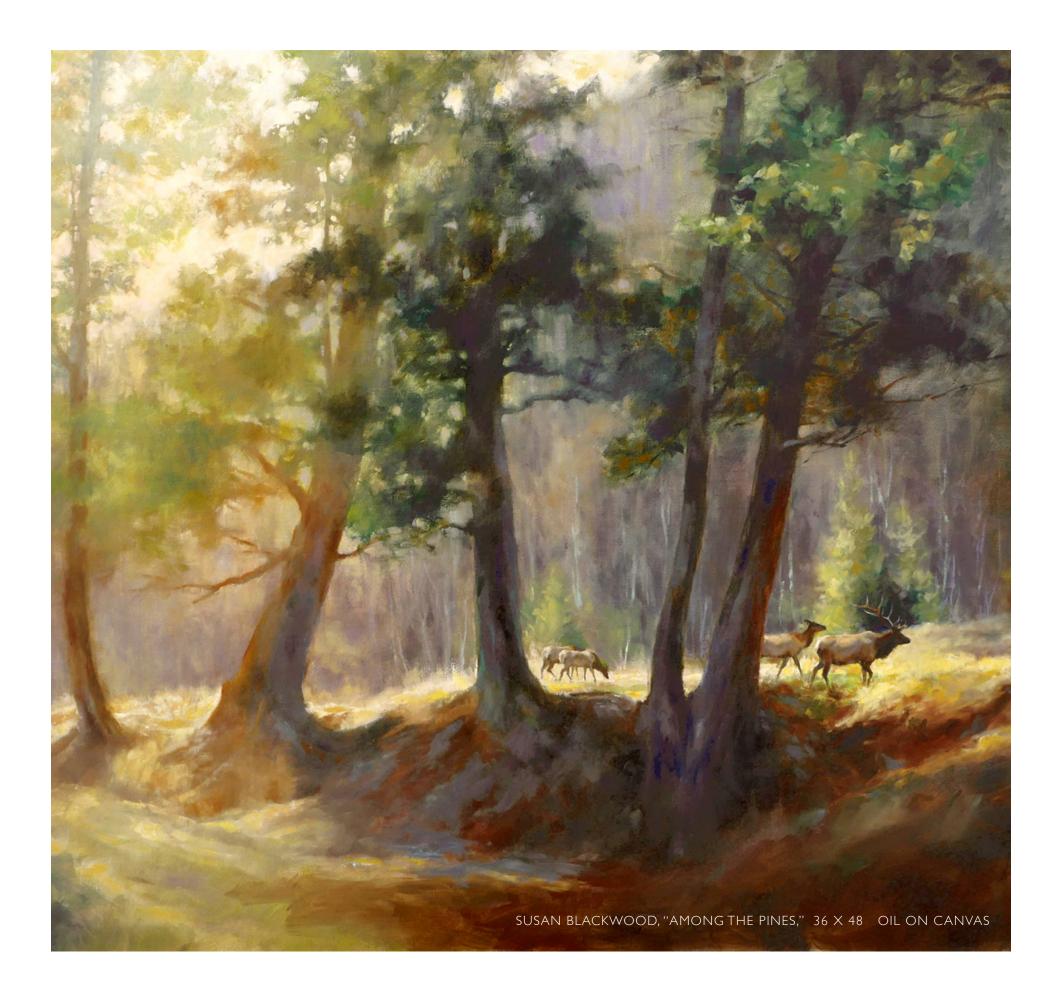
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SECTION 3:
OUTDOORS & BACK 40







# INSIDE YELLOWSTONE



### Outdoor festival celebrates art in Yellowstone

BY CHRISTINE GIANAS WEINHEIMER YELLOWSTONE FOREVER

Visitors to Yellowstone National Park from Sept. 26 to 30 just might see the next artistic masterpiece in the making. The first annual Yellowstone Plein Air Invitational, hosted by Yellowstone Forever, will celebrate the current and historical presence of art in Yellowstone by bringing 14 of the nation's best artists to paint "en plein air" throughout the park.

"Art and artists have played a pivotal role in the history of Yellowstone and its establishment as the world's first national park," said Heather White, president and CEO of Yellowstone Forever. "The Yellowstone Plein Air Invitational celebrates that legacy and carries on a great tradition of creative expression in this wonderland."

Artists were among the first to bring proof to the American public of the wildlife and visual wonders found within Yellowstone. Thomas Moran's paintings and drawings, in particular, are said to have helped convince Congress in 1872 that this landscape was exceptionally beautiful and valuable to the nation.

While Yellowstone's wonders are now known worldwide, art still plays a significant role in the park. Artists flock to Yellowstone to interpret its magic through paint, film, clay, and other media; and in turn their work sparks interest in Yellowstone among its viewers.

"Yellowstone is a national treasure," White said. "We hope this event will inspire artists and visitors from around the country to appreciate and care for this magnificent place."

The Yellowstone Plein Air Invitational activities are free and open to the public with park admission. During the event, visitors will have the opportunity to attend daily painting demonstrations at scenic landmarks throughout the park. Visitors can pick up a map of specific artist demonstration locations at any of Yellowstone Forever's Park Stores throughout the park.

On Saturday, Sept. 29, the Morning Paint-Out will take place at Madison Junction from 9-11 a.m. All participating artists will have only two hours to complete a painting of Yellowstone. Also that day, visitors can take part in family-friendly plein air painting session and an

afternoon artist-in-residence demonstration at the Yellowstone Art and Photography Center at Old Faithful.

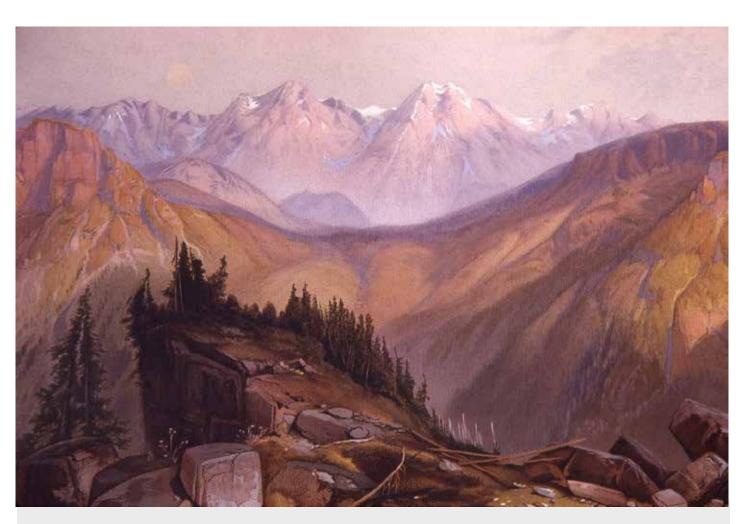
A selection of the artists' "wet paintings" produced during the week will be displayed alongside studio-produced pieces at the Old Faithful Lodge Recreation Hall. These pieces will be available for viewing and purchase on Sunday, Sept. 30.

Featured artists from across the United States, with a specialty in plein air painting, were invited to participate in the event. The renowned and award-winning artists include, among others, James McGrew, Jim McVicker, Jennifer Hoffman, and Kathryn Mapes Turner.

"I love engaging with people as I paint," explains Texas-based painter Suzie Baker, who will be one of the featured artists at the event. "Plein air painting holds the unique distinction of connecting the public to the artwork and artists in a way that few other forms of painting do. They feel part of the painting, they are part of the story."

Turn to page 45 to read about painter Greg Scheibel, a nationally-recognized Bozeman plein air painter also participating in the event.

Yellowstone Forever is the official education and fundraising nonprofit partner of Yellowstone National Park. Proceeds from the event will benefit priority projects and education initiatives in the park.



Art has a long history in Yellowstone National Park; some paintings, by artists like Thomas Moran whose work is pictured above, are credited with its establishment as a national park. NPS PHOTO

# Biennial Scientific Conference explores human footprint in Greater Yellowstone

## Big Sky hosts conference for the first time

BY JESSIANNE WRIGHT EBS CONTRIBUTOR

BIG SKY – Approximately 300 scientists, researchers, conservation groups and management partners met on Sept. 11-14 at Big Sky Resort during the 14th Biennial Scientific Conference on the Greater Yellowstone Ecosystem.

Hosted by Yellowstone Forever, the official nonprofit of Yellowstone National Park, the theme of this year's event was "Tracking the Human Footprint," and conversations explored the value of public lands, human impacts on the ecosystem, and joining science and public opinion to properly steward the Greater Yellowstone, among others.

This year's conference was held in Big Sky in order to highlight the visitor-use theme and the region-wide increase in growth. It was the first time the conference has been held outside of Yellowstone or Grand Teton national parks.

"It's wonderful to be in this recreation-based economy, talking about the importance of the human footprint as we think about people and animals moving across the landscape," said Yellowstone Forever President and CEO Heather White during opening remarks on Sept. 11.

White referenced a lecture she'd recently attended with science writer David Quammen.

"What his advice was to all of us when we're talking about conservation and science, was to keep it human," she said. "So much of my work and the work of people in this room has been to keep it wild, but in order to keep it wild, we need to keep it human. We need to understand human behavior, we need to understand the hearts and minds, how we get people to express and fully embrace conservation values, and how we can get ground breaking research to really resonate."

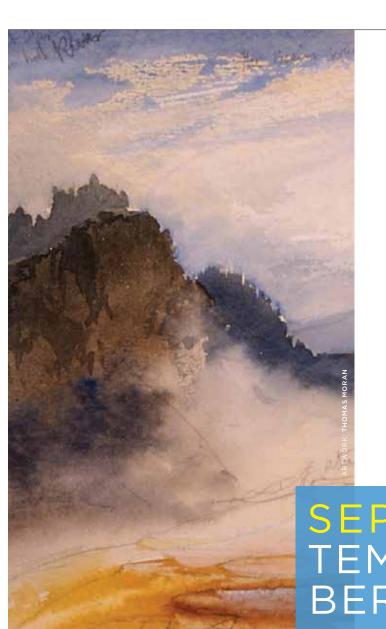
Ray Rasker, the executive director of Headwaters Economics in Bozeman, gave the keynote address that same evening, discussing the value of public lands from an economist's standpoint.

Recreation is 2 percent of gross domestic product in the U.S., he said. "That's twice the size of the sale of automobiles. It's bigger than the pharmaceutical industry. It's twice the size of mining. So, outdoor recreation is a massive industry. It's diffuse, it's spread all over the place."

But Rasker added that in addition to recreation and natural resource extraction, like mining or timber, public lands are of economic value for their ties to heritage and spirituality, ability to engage youth and diversity, provide for drinking water, increase business recruitment and improve quality of life.

"Federal public lands have always been an asset," he said. "It's a very complex mosaic of stories and every community has their own stories."

At EBS press time on Sept. 12, breakout workshop and panel discussions were under way. See the Sept. 28 edition of EBS for a full recap of the conference.



#### FIRST ANNUAL

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SEP 26 10AM - 12PM
Demonstration at Crystal Creek

**SEP 27 1PM - 3PM**Demonstration at Artist Point

SEP 28 2:30 - 4:30PM Demonstration at bike path near Old Faithful SEP 29 9AM-11AM

Paint Out – All artists complete a painting at Madison Junction within the two hours

**SEP 30 9AM-12PM** 

Public exhibition and sale at Old Faithful Lodge Recreation Hall. Proceeds benefit Yellowstone National Park.

26-30 | 2018

Yellowstone.org/plein-air



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## Inspiration Point reopens after rehabilitation

#### NATIONAL PARK SERVICE

People visiting the Grand Canyon of the Yellowstone River are now able to enjoy the view from Inspiration Point. The overlook has been closed for a two-year rehabilitation project, which created an expanded viewing area that is safer and more accessible.

"The design of the new overlook uses natural materials to protect the natural setting and integrate the infrastructure into the canyon's spires and cliffs," said Superintendent Dan Wenk. "I'm excited for our visitors to experience Inspiration Point in a new way."

There is a necklace of eight overlooks in the Canyon area connected by 5 miles of trails, all constructed between 1930 and 1950. For nearly 70 years, these vistas have hosted millions of people—and that visitation, in addition to natural erosion, has taken its toll.

To address maintenance needs and improve safety, the park undertook a major initiative to repair and improve overlooks, trails and parking lots along the rim of the Grand Canyon of the Yellowstone River. Lookout Point and Grand View were completed in 2005. Artist Point was completed in 2007. Inspiration Point is the fourth overlook to be rehabilitated. The fifth project, Uncle Tom's Point and parts of South Rim Trail, is expected to reopen later this fall.

Immediately following the opening of Uncle Tom's Point, the park will break ground at the Brink of Upper Falls, the next overlook in the long-term project. This area will be closed through 2019.

The rehabilitation work on Inspiration Point and Uncle Tom's will total \$12 million. It was funded in part by Yellowstone Forever, the parks nonprofit philanthropic partner.

The final two overlooks, Brink of the Lower Falls and Red Rock Point, will break ground as early as 2020 and the estimated cost is \$10 million.



A new viewing platform at Inspiration Point that was created as a rehabilitation project that made the area more safe and accessible. NPS PHOTO

With the opportunity to capitalize on \$4.5 million in federal matching funds, Yellowstone Forever is currently seeking corporate and private donations for the last stage of this rehabilitation project.

Visit go.nps.gov/canyonprojects to stay informed about current and future Yellowstone closures.

## Park Service releases Yellowstone Vital Signs Report

#### NATIONAL PARK SERVICE

Yellowstone National Park and the National Park Service's Greater Yellowstone Inventory and Monitoring Network have released "The State of Yellowstone Vital Signs and Select Park Resources, 2017" report. Vital signs highlighted in the 60-page report include the status of animal species like bison and grizzly bears, ecosystem-altering forces like climate and fire, and much more. Park and network staff compiled the report with input from park researchers.

"We are pleased to release this report to inform park staff and the public about the status and trends of our resources, and to provide updates on monitoring activities and management actions related to those resources," said Yellowstone Center for Resources Chief Jennifer Carpenter.

"This report integrates up-to-date information on park resources from many sources, including the National Park Service's Inventory and Monitoring program," added Greater Yellowstone Network Program Manager Kristin Legg. "Partnerships within the parks and with collaborators are critical to ensuring the long-term conservation of America's national treasures."

Yellowstone previously published Vital Signs reports in 2008, 2011 and 2013

Visit go.nps.gov/yellvitalsigns to download the report.

## Park entrance fees waived Sept. 22 for National Public Lands Day

EBS STAFF

National Public Lands Day, celebrated annually on the last Saturday of September, will be recognized in Yellowstone and other national parks on Sept. 22 and visitors will be admitted for free. This is one of four fee-free days to Yellowstone, the others occurring on the birthday of Martin Luther King, Jr. in January, the first day of National Park Week in April, and Veterans Day in November.

In addition to waiving entrance fees, the National Park Service is hosting a volunteer work day on a fuels reduction project in the northeast region of Yellowstone. While registration is full for this year's Yellowstone project, there are many more being held throughout the Greater Yellowstone region, which are listed on the National Public Lands Day website.

This year marks the 25th annual National Public Lands Day, which is recognized with organized work days on public lands throughout the U.S. Near Three Forks, volunteers and Bureau of Land Management staff will work on trail construction and maintenance on the new Copper City trail system. Additionally, BLM will host a trash clean-up at Revenue Flats near Norris.

Visit publiclandsday.org to learn more about National Public Lands Day.

## The lodgepole pine is poster child of Yellowstone's recovery

BY BRETT FRENCH THE BILLINGS GAZETTE

BILLINGS (AP) - If there's a plant-based poster child for wildland fire in the subalpine forests of Yellowstone National Park, it would be the cone of the lodgepole pine tree.

"All of these forests evolved with fire after the last glacial retreat," said Roy Renkin, a vegetation specialist for Yellowstone National Park. "Different species have evolved different mechanisms to deal with fire."

The Douglas fir has thick bark meant to resist low-intensity fires. Fireweed spends a lot of time spreading its roots out so it can sprout after fires remove competition. And the lodgepole pine's specially devised cones will open to release seeds only when heated to 104 to 122 degrees.

"This green forest over here looked like that black forest many times," he explained.

#### **Surprises**

Renkin is one of the few people still on staff at Yellowstone who was around when the 1988 fires swept across roughly one-third of the park, charring more than 793,000 acres. Since then, he's been witness to the rebirth of the park's vegetation following what many at the time thought would be a legacy of scorched earth and a slow rebound.

"You guys will be lucky to have a meadow there in 100 years," let alone a forest, he remembers one group of "ologists" concluding after visiting a heavily burn site. Thirty years later some of the trees that repopulated the area are 25 feet tall. Elk sedge that took root has grown "as big as basketballs."

"The most exciting thing about the '88 fires is the very broad range of tree density that has come back," Renkin said, which ranged from 50,000 trees an acre to 10. "That shows how much the geology and climate interact to create differences."

Some volcanic soils in Yellowstone have few nutrients, and so support only a few trees. Other soils are more productive, supporting dense stands of new tree growth.

#### New burns

Since the 1988 fires, Renkin has also been able to witness what has happened in areas that have burned again—what he called a "double disturbance."

The 2016 Maple fire on the west side of the park cooked through more than 45,000 acres. When Renkin and his colleagues visited the site the following spring they found lodgepole pine regeneration varying from 3,000 to 60,000 stems per acre. They also counted 11,000 to 26,000 seeds per acre, even though the fire had burned for five weeks.

"There is a sufficient source for the reforestation process to start again in these 30-year-old forests," he said.

As dead and downed trees break down on the forest floor, and the trees grow taller, the forests won't carry fire as easily, Renkin added.

"A 150-year-old forest is extremely hard to burn," he said. "There's no understory to get it up in the crown."

#### The losers

Although some trees and plant life can quickly rebound from fires, the same is not always true for animals.

Moose populations in Yellowstone were especially hard hit after the 1988 fires. According to research by biologist Dan Tyres, published in 2008, although moose had typically responded well to habitat alteration following fires elsewhere, that wasn't the case in Yellowstone.

"In areas where fire effects were severe, the reduction in numbers was greater than in areas where fire impacts were minimal," Tyres wrote.

"Although moose population estimates have been imprecise, it appears that with less willow and subalpine fir available for winter browse, and snow accumulating more deeply with many forest canopies gone, moose winter mortality increased," according to the park's website.

There was mortality following the fires for grazing species like bison and elk, but biologists couldn't ascertain whether that was because of a loss of food, the drought that preceded the fires, large herd sizes or the severe winter. The following spring, grasses and other vegetation were abundant, thereby attracting grizzly and black bears to patches of newly grown clover and fireweed. Few animals were killed in the fires and some grizzlies even stayed in fire areas while the forest was burning.

Small mammals like mice, voles, squirrels and chipmunks experienced the greatest fire kill as well as greater predation because of a loss of cover, Renkin said. Luckily, they are also animals that reproduce quickly and rebound.

"Post-fire habitat changes helped some birds," according to the YNP website. "Cavity-nesting birds, such as Barrow's goldeneye, flickers, and bluebirds, had many dead trees for their nests. Robins and flickers found ants and worms more easily. Boreal owls, however, lost some of the mature forests they need."

Given the continual changes on the landscape in Yellowstone sparked by fires, a warming climate, and an endless influx of invasive species, Renkin said his work has been a dream job and the 1988 fires a defining moment of his career.

"I wish I could stay around for another 100 years," he joked.





## Registration opens for West Yellowstone ski training camp

EBS STAFF

Get a jump-start on your 2018-2019 ski season during the West Yellowstone Ski Festival Nov. 20-24. Professional coaching staff will lead workshops on technique, and provide tools and drills to help you gain efficiency and strength.

The coaches are an elite group of cross-country ski professionals, including retired world-class skiers and professional instructors. Throughout the day, they will rotate between groups so that participants are exposed to different teaching styles and perspectives. Plan on logging some miles, as workshops are designed based on the idea that practice makes perfect.

While some skiers just need a new focus and mileage, others benefit from a more consistent stream of information about whether they're performing to the desired degree. The coaches at the West Yellowstone Ski Festival are experienced in how to pace the flow of information, and offer up a balance of new information, drills, and practice.

Single- and multi-day workshops are available, with registration typically beginning to fill in October.

#### The workshops include:

- Five- and three-day Skate and Classic Technique for Performance (all levels)
- Three-day Skate and Classic Camp for Master Racers
- Two-day Skate and Classic Tune-up
- Two-day Junior Clinic (ages 10-14)
- Two- and one-day Improve Your Skate Technique
- One-day Improve Your Classic Technique
- One-day Classic Touring
- One-day Learn to Skate-Ski
- One-day USSA Level 100 Coaching Certification Technique Clinic

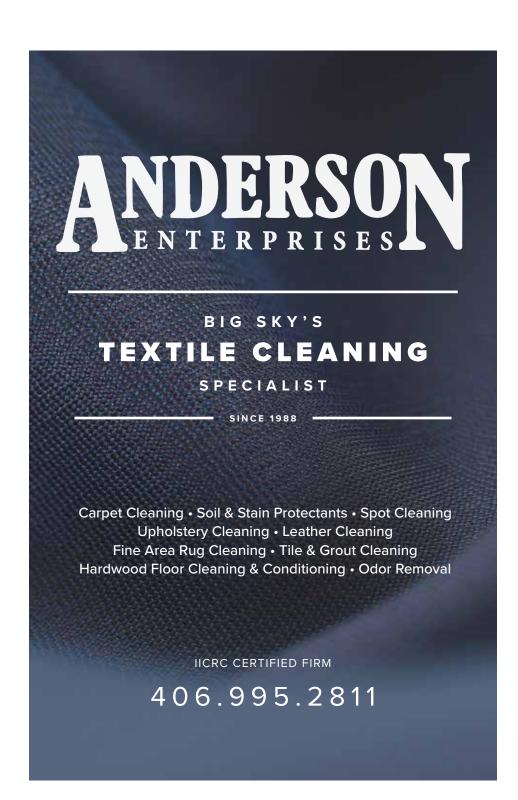


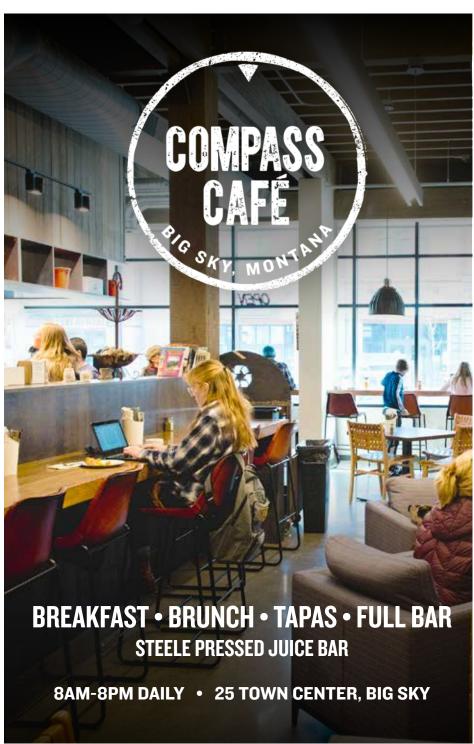
Registration is open for the annual West Yellowstone Ski Festival, which includes a host of cross-country ski clinics, an indoor expo, and special lectures. PHOTO COURTESY OF WEST YELLOWSTONE SKI FESTIVAL

In addition to the fall training camp, the West Yellowstone Ski Festival includes an indoor expo, on-snow demonstrations and lectures in the evening, with sessions like "Women, Wine and Wax" or "Whiskers Whiskey and Wax."

At the West Yellowstone Ski Festival, you'll be able to enjoy your first tracks of the winter, whether that means your first time on skis or your first time out this season.

Visit skirunbikemt.com/yellowstone-ski-festival to learn more.





#### **SPANISH PEAKS MOUNTAIN CLUB\***



Ski Tip Lot 10 1.02 Acres / \$975K



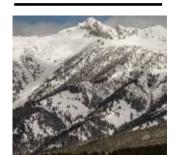
Lot 38 Bitterbrush Trail 1.27 ACRES / \$800K



Lot 64 Goshawk 1.04 ACRES / \$775K



Lot 119 Old Barn Rd. 3.13 Acres / \$490K



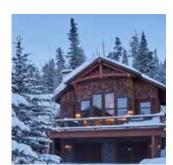
**MOONLIGHT BASIN\*** 

Lot 44 Diamond Hitch 1.25 ACRE / \$685K

#### **BIG SKY**



25 Lower Dudley Creek 4,076 SQ FT / \$1.65M



Black Eagle Lodge #30 2,549 SQ FT / \$1.35M



40 Crail Ranch 2,234 SQ FT / \$1.35M



2078 Little Coyote 2986 SQ FT / \$1.175M



2250 Curley Bear 2,952 SQ FT / \$925K

#### **BIG SKY**

#### **PRICE REDUCED**



21 Antler Drop 2,470 SQ FT / \$469K

## **UNDER CONTRACT**

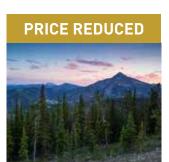


Hill Condo 1337 668 SQ FT / \$195K

Royal Coachman Ranch 160 Acres / \$4.8M

**GREATER MONTANA** 

Mountain Meadows Big Sky, MT 120 Acres / \$3.495M



Beehive Basin Lots 11A & 12A 40+/- ACRES / \$1.1M

#### **BIG SKY**



Lot 16 Andesite Ridge .756 ACRES / \$259K



Gallatin Rd. Tract 4 1.4 ACRES / \$254K

Rocking S7 Ranch Lot 4 Bozeman, MT 20.232 ACRES / \$650K



SxS Ranch Bozeman, MT 483.78 ACRES / \$7.5M



Homestead at the Beacon Butte, MT 640 Acres / \$1.65M

## Real Estate

#### **BIG SKY**



Lot 39 Diamond Hitch 1 ACRE / \$595K



64 Lodgepole 6,160 SQ FT / \$3.895M



Kandahar at Beehive Basin 5,409 SQ FT / \$3.45M



30 Beehive Basin Rd. 6,203 SQ FT / \$2.95M



Moose Ridge Lodge 3,900 SQ FT / \$2.45M

#### **BIG SKY**



70 Upper Whitefish 2,656 SQ FT / \$895K



Crail Ranch Unit 68 2,742 SQ FT / \$850K



Summit Hotel 911/912 1,303 SQ FT / \$595K



76 Anaconda 2,800 SQ FT / \$599K



Cottonwood Crossing 1,854 SQ FT / \$539K



Big EZ Lot 42: \$339K / 20 ACRES Lot 43: \$375K / 20 ACRES Combined: \$589K



Lot 4 Beaver Creek West 20 ACRES / \$539K



Lot 2 Big Buck Road 20 ACRES / \$485K



Lot 3 Joy Rd. 6.83 ACRES / \$395K



Lot 40 Half Moon Court .81 ACRES / \$325K

#### COMMERCIAL



1800 Skunk Creek Rd. 38.71 ACRES / \$393K



Marketplace Unit 104 Big Sky, MT 1,204 SQ FT / \$560,920



Marketplace Unit 202 Big Sky, MT 966 SQ FT / \$389K



BeaverPond Plaza Units 8A & 8B Bozeman, MT 3,400 SQ FT | \$390K



Iron Mountain Storage Big Sky, MT A Units: \$199K B Units: \$299K



Airport Garages Bozeman, MT \$24.9K per unit Taking reservations for building G

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## On the Trail: Hiking during hunting season

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

### BY CIARA WOLFE EBS CONTRIBUTOR

With fall upon us here in southwest Montana, hunting season has begun. It's important to keep in mind that many popular hiking trails also serve as access points for hunters. As hikers, bikers and hunters share our National Forests this fall, the following safety tips are important to know when recreating around Big Sky.

Know your area hunting seasons. In the Big Sky area, big game archery season opened on Sept. 1 and will run through Oct. 14, while rifle season runs Oct. 20 through Nov. 25. Visit fwp.mt.gov/hunting/seasons for additional season dates.

Wear brightly colored clothing. When you're out hiking, try to stand out with either blaze orange or red clothing. Wearing earth-

tone colors like brown, black and white could make you easily mistaken as an animal. Something as simple as a bandana or vest that you keep in your car during hunting season will give you and hunters peace of mind.

**Stay on the trails.** Staying on designated trails rather than adventuring off-trail through the brush will ensure that hikers and bikers are where they are expected to be.

**Make noise.** Human noises that is. Hunters are privy to animal calls and are



During hunting season, which runs from September to November in Montana, it's a great idea to put a brightly colored collar or bandana on your dog when you venture out for a hike. PHOTO BY CIARA WOLFE

listening for any signs of animals. By talking with fellow hikers or having a noise maker, you'll immediately alert a hunter that humans are in the area.

Mark your dogs. Your four-legged furry friends are easily mistaken as a game animal. Make sure that they have either a brightly colored dog vest or bandana/collar to avoid this.

**Avoid hiking at dawn and dusk.** The peak time for animal activity is during dawn and dusk and is when there is the highest density of active hunters.

With sunshine and cooler temperatures paired with foliage and changing colors, fall can be one of the most enjoyable times to be outdoors. So be prepared and enjoy everything the season has to offer on the trail.

Visit bscomt.org for more information about Big Sky's parks, trails and recreation programs.

The Big Sky Community Organization is a local nonprofit that connects people to recreational opportunities by acquiring, promoting and preserving sustainable places and programs for all.

Ciara Wolfe serves as the executive director for BSCO, pairing her passion for the outdoors and community development with her 15-year background and education within the nonprofit sector.

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## 'River X': The best trout stream within 100 miles of Big Sky

### BY PATRICK STRAUB EBS FISHING COLUMNIST

In this age of social media with its instant gratification—if a salmon fly hatches at 8 a.m. on the Upper Madison River, the news of its hatching is on Instagram at 8:05 a.m.—much of the mystery has been taken out of fly fishing. I recognize the desire to broadcast exciting things, I really do. I understand the satisfaction to share one's experiences. And I see the positive impact of social media, because I own a fly-fishing business that relies on providing up-to-date, accurate information.

Yet with all of the immediate access to knowledge, and the importance placed on sharing rather than actually going, what has become of fly-fishing secrets? I'm talking about the tidbits of knowledge that were gained by earning an old-timer's trust, eavesdropping at the local bar, or just plain trial-and-error of time spent on the water. So, here's a profile on the best river in the best fly-fishing corner of the entire world.

"River X" originates from the snow that falls in the mountains in and around Yellowstone National Park. Near its headwaters are pristine meadows teeming with wildlife and native grasses. In winter this is a cold and desolate place, but the deep snows of winter allow for abundant summer streamflows.

Beginning in March it's possible to fish dry flies to rising trout. Just after runoff some of the river's largest trout are caught on salmon flies. Caddis and PMDs hatch in summer and great terrestrial fishing begins in earnest by August. For anglers who like technical dry-fly fishing, come here in late fall and headhunt rising trout sipping late-season mayflies.

Did I mention the streamer fishing? The fall streamer fishing can be quite good, with plenty of large fish to be taken by stripping or dead-drifting streamers, while wade fishing or dragging flies from the boat. River X's lower reaches fish well early and late in the season, and some of the year's largest brown trout come from the lower river while float fishing.

Solitude can happen on River X as well, for those anglers willing to cover some ground on foot, especially in the upper sections of the river during certain times of the year. Prepare for tricky wading as steep banks, deep runs and large boulders create wading conditions not suited for all abilities—but the effort usually pays off with some exciting fishing on the area's greatest trout river.

River X has sections that are fast and others that are slow. In the fast water you'll need to mend quickly and get a good, but short drift. In the slower sections, your drifts will need to be long and drag-free. Learn a reach cast. Perfect your double-haul so you can cover more water with a dry fly or a streamer. And it's always a good idea to perfect your knot-tying so that you can spend more time fishing and less time tying.



One of Montana's best rivers, "River X" is home to beautiful brown trout. Finding your River X should be one of self-discovery, not from posts, likes or hashtags. PHOTO BY PATRICK STRAUB

The best flies for River X are Pat's Rubberlegs in coffee and black, sizes 8 and 10; Parachute Adams in size 12 and 18; Parachute Caddis in size 14 and 16; and your favorite streamer patterns. Be sure to have plenty of leaders in a wide range of sizes, but have ample 9-foot and 7.5-foot 3X and 4X leaders. For nymphing, use fluorocarbon tippet, and a strike indicator to ensure more hookups.

If you plan to use a boat to fish River X, being experienced on the oars is a must for success and safety. Some sections of River X are very dangerous to float at certain levels. Rafts and drift boats all work to float the various sections of River X, but in lower water conditions or on certain sections a raft might be more versatile, but less comfortable. Although River X's abundant trout can be caught on foot, using a boat allows you to cover more water.

So what is the true identity of River X? You won't find the answer in a tweet, or a post or a feed. You'll have to go and find out for yourself. And, in doing so, you'll find your own River X. What you choose to do from that point is up to you, and your followers, friends or likes.

Pat Straub is a 20-year veteran guide on Montana's waters and has fished the world-over. The co-founder of the Montana Fishing Guide School, he's the author of six books, including "The Frugal Fly Fisher," "Montana On The Fly," and "Everything You Always Wanted to Know About Fly Fishing." He and his wife own Gallatin River Guides in Big Sky.





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## RESORT ROUNDUP

Your guide to events, activities and news at Big Sky Resort



### New lift upgrades are beginning to take form

Crews from Doppelmayr and Big Sky Resort are busy working on the Ramcharger 8 and Shedhorn lift upgrade construction. This season, Ramcharger will debut as an 8-person, high-speed lift, the first in North America. Shedhorn lift will be upgraded to a high-speed quad. Both lifts will open to the public this December.

Helicopter work on Ramcharger and Shedhorn is slated to begin mid-September.

"About two-thirds of lift construction is concrete work. The last third is when steel starts going up—lift towers, haul ropes, wiring and chairs," said Mike Unruh, vice president of mountain operations at Big Sky Resort.

Pictured, a crew works at the top terminal of Shedhorn.

Visit bigskyresort.com/webcams to follow along with the construction.

PHOTO COURTESY OF BIG SKY RESORT



### MARK YOUR CALENDAR

**SEPT. 28** 

**Summer Closing Day** 

**OCT. 1** 

**Golf Course Closing Day** 

**OCT. 20** 

**Pray for Snow Party** 

**NOV. 22** 

**Winter Opening Day** 

The official opening day for the 2018-2019 ski season is just around the corner. Visit bigskyresort.com for special ticket deals and more. See page 38 for race day tips.



## SUMMER ACTIVITIES

**Golf:** Enjoy the game at the Big Sky Golf Course. You still have several weeks to schedule a tee time, or sign up for private or group lessons before closing day on Sept. 30. There will also be three more golf tournaments this year: the IceHouse Open on Sept. 22, the Canyon Cup on Sept. 22-23, and the Ironman Open Sept. 29. Visit bigskyresort.com/summer-activities/golf to learn more.this summer and participate in a variety of clinics or compete in one of many tournaments. Clinics are held weekly on Tuesdays and Saturdays. For a complete schedule of events at the Big Sky Resort Golf Course, visit bigskyresort.com/whileyoure-here/summer-activities/golf.

**Mountain biking:** Explore over 40 miles of bike trails. Enjoy the advanced and expert downhill trails off Thunder Wolf and Swift Current lifts and beginner and intermediate routes off Explorer lift.

**Lone Peak Expedition:** Enjoy a guided trip to the top of Lone Mountain, where you'll take chairlift, expedition vehicle and tram all the way to the summit. You'll be able to enjoy views from 11,166 feet!

**Zipline tours:** Ride up and down on one of Big Sky Resort's two ziplines. Enjoy the Adventure Zipline made for speed, or take the family-friendly Nature Zipline.

**Scenic lift ride:** Take Swift Current or Explorer chairlift to get a bird's-eye view of the mountains surrounding Big Sky.

**Adventure Mountain:** Find fun for the whole family at Adventure Mountain at Big Sky Resort. Hop on the bungee trampoline, mine for gemstones, try out the climbing wall, or get a rush on the giant swing.

**Hiking:** Take a scenic lift ride up the mountain, then enjoy a leisurely hike down to the base at Big Sky Resort. You can also participate in a number of guided hikes on Huckleberry Trail, around Lake Levinsky or along Moose Tracks Trail.

**Archery:** Try out Big Sky Resort's archery course, and learn to shoot a Genesis compound bow.

**Disc golf:** Enjoy disc golf at the base of Mountain Village. You can play on your own time and either hike or take a chairlift to access the intermediate/ advanced 9-hole Explorer course.



## Inside the Big Sky

## The backstory of Big Sky's 'Meadow'

**VISIT BIG SKY** 

"Maybe where there's clarity of air, there's clarity of thought." - Chet Huntley, Big Sky, 1973

Big Sky's Meadow is a dream fulfilled. In 1970, Chet Huntly, famous news broadcaster and Montana native, envisioned the area just west of the Gallatin River as an ideal recreational resort. He convinced the state's governor to build a state highway on the logging road along the West Fork valley to Lone Mountain and ... voilà! In 1972, Highway 64 (Lone Mountain Trail) became the entrance to what is now the second largest ski area in the United States.

Huntley's original vision included a premiere golf course in the Meadow. Designed by Arnold Palmer, the course was developed to be the hub of the community, surrounded by residential living.

Notably, the condominium complexes were named after Montana counties: Broadwater, Silverbow, Teton, Glacier, Yellowstone.

The roads around the meadow were named after Native Americans: Two Gun White Calf (the model for the Indianhead nickel), Black Otter,



A premiere golf course in the Meadow was part of Chet Huntley's original vision for Big Sky. Designed by Arnold Palmer, the course was developed to be the hub of the community, surrounded by residential living. PHOTO BY MICHEL TALLICHET

Chief Joseph, Crazy Horse, Crow King and Swift Bear, to mention just a few. Little Coyote, former president of the Northern Cheyenne Reservation may also be a namesake.

However, another story is that, when the golf course was new, a mother coyote had her pups under sagebrush by the third hole. Golfers were warned that if a coyote pup stole their golf balls, not to follow it into the scrub in case a protective mamma was there waiting.

Following Huntley's death in 1974, Big Sky Resort was sold to Boyne Resorts, owned by the Kircher family. Since then, the dream of making Big Sky a premiere recreational area and beautiful, healthful community continues to grow.

A special thanks to Anne Marie Mistretta for her historical contribution.

More content about Big Sky and southwest Montana can be found at Visit Big Sky's blog at visitbigsky.com/blog/.



## 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"

### Hand-cut and sewn in Bozeman

### How Simms waders are made

### BY JESSIANNE WRIGHT EBS CONTRIBUTOR

With dealers in places like Argentina, New Zealand and Australia, Simms Fishing Products sends waders all over the world. These waders, used by anglers to keep from getting wet, have humble beginnings, starting out as many pieces of fabric hand-cut in Bozeman.

From a modern industrial building at Four Corners, designers and lab managers test and identify the best materials and most cost-effective pattern designs; the three- and four-layer Gore-Tex fabrics are cut out by hand; and every stitch is made with a hand-fed sewing machine.

#### Made in USA

Founded in 1980, Simms was purchased from Life-Link International and moved from Jackson, Wyoming, to Bozeman in 1993 by owner K.C. Walsh. In 2012, the company moved from Evergreen Drive to their current location off of Jackrabbit Lane, where headquarters and production are housed in a three-story, 75,000-square-foot facility.

According to the company website, "There's a reason Simms is located in Bozeman. Actually, there are many—one of the biggest being the people, or, in our case, the anglers, attracted to this area's great rivers. Simms believes our waders reflect the heart and soul of those who make them. ... Not only do they know what an angler needs in their gear, they've experienced firsthand the power fishing has to bring us all together."

Simms is the only U.S. manufacturer of fishing waders and one of two Gore-Tex-certified wader manufacturers in the world. Because of this, a large portion of the facility is dedicated to raw materials, lab and production space. In an effort to create more space to allocate to wader-making, Simms moved its warehouse operations to a third-party company in Seattle earlier this year.

Employees working on the production floor will tell you it's something to do with pride. David Dexter, one of the production specialists, said during an Aug. 27 tour that every step in the process can be tracked to one of 65 individuals who make these waders for a living. "There's accountability and traceability," he said.

But more than that, this tracing allows for better communication and pride in workmanship. "When we win, we win together. If we fail, we fail together," he added.

Currently, Simms offers 16 different waders, available in men's, women's and kids' sizes, with stocking feet or boot-foot options. Recently, the company released a line of river camo patterns and they will launch an additional five models in spring 2019.

#### How it's done

**Concept.** Even before the wader is launched into production, materials are tested in the lab and in the field to identify which are best for a design. Simms' quality assurance technicians use high-end equipment, as well as machines they've built themselves, in order to test things like the durability of fabric, longevity of glue, and the neoprene's insulation value.

**Pieces.** Once the patterns have been developed for each wader size, the cutting team uses a design program to develop cutting patterns that achieve the highest fabric utilization. Once they've finalized the cut pattern, they will print it on a large format plotter and that paper is positioned over many layers of Gore-Tex fabric. These layers are then cut by hand using what looks to be the industrial version of a very sharp jigsaw.

**Pressing.** Belt loops, back labels, reinforcement panels and pockets are pressed onto the wader pieces before they are sewn together. The wader pieces are then



A wader maker glues and assembles pieces of neoprene that will later become the feet of a Simms stocking-foot wader. PHOTO COURTESY OF SIMMS FISHING PRODUCTS

grouped and bundled by style and size.

**Sewing.** Wader torsos and leg panels are sewn separately and then together to make up the wader body, which involves about 12 different sewers. At this point, the wader is beginning to take shape.

**Seam taping.** After thousands of holes are punched through the fabric to stitch together each piece, the seams are adhered with Gore-Tex seam tape, which is how Simms ensures that the sewn wader is waterproof. The taping machine, which involves a unique balance of time, temperature and pressure, as well as the ability to run the machine efficiently using three foot pedals and manipulating the wader with both hands, can take a skilled applier as long as six months to learn.

**Finish work.** Once the waders are fully seam-taped, they proceed to the final step in the wader-body production. The hem at the top of the wader is finished, suspenders are sewn in, and any other final sewing steps are completed.

**Feet.** While the body sewing and taping process is taking place, there is a separate team of builders that is cutting and piecing the neoprene foot pieces together and then seam-taping inside and out to ensure waterproofness and durability. Like the wader bundles, Simms has bins of finished stocking feet, in sizes ranging from men's four to 16, that are ready to be attached to the wader body. Waders destined for a stocking foot are fitted with neoprene feet through an attachment process that is unique to Simms, including a patented process for the built-in gravel guards. The boot-foot version follows a similar process, sans foot-building or gravel guard attachment.

**Tests**. Every wader that leaves the production floor is tested for quality. They are filled with water and positioned on a test bed at a specific angle to simulate the same pressure as a river. The waders must hold the water for 15 minutes without leaking in order to meet stringent quality standards.

All of this happens Monday through Friday, 5:30 a.m. to 8:30 p.m. There are 22 wader-makers that contribute to the manufacture of a Simms wader, with the company's most technical wader, the G4Z, incorporating over 120 steps. In a normal production cycle, it takes about five days to make a wader.

Visit simmsfishing.com/discover/stories/wader-makers to learn more.

## **SECTION 4:**ARTS & ENTERTAINMENT









## **Greg Scheibel: Art of the outdoors**

### BY SARAH GIANELLI EBS SENIOR EDITOR

BIG SKY – Greg Scheibel moved to Montana when he was 12 years old. It was 1973 and his father, who worked in construction, relocated the family from Minnesota to Bozeman to help build Big Sky Resort.

Although Scheibel was always drawing as a child and his interest in art never left him, he followed in his father's footsteps and went into the construction business, the two eventually partnering in a drywall contracting company.

During Scheibel's 28 years in the industry, the seed of his artistic ambitions lay dormant until it began to stir in 2000. It was a slow process of study and practice, but in 2007 he rolled up his construction business to pursue art full time.

"In letting myself take more time to paint and the more I did it, the more I wanted to do it," Scheibel said, recalling how, while on custom home-building projects in scenic locations, he'd sneak away to paint.

The only other pastime that rivaled Scheibel's love of painting, was spending time in the outdoors.

"When I made that connection between my love for the outdoors and my passion for art—when I realized the two could be combined—that was kind of a life changing period and I got really serious about my desire to paint," Scheibel said.

In the beginning he painted exclusively outdoors. Today, some of his favorite spots to paint are along the Gallatin River—which he said he's painted from Yellowstone National Park to Three Forks—the Spanish Peaks and the Crazy Mountains.

"You need to go out and paint from life," said Scheibel, who attributes the singular quality of his work—not a small achievement when painting subject matter common among Western artists—to his intimacy and familiarity with the natural world.

"For me each painting is more about my own personal attraction to an area that makes me want to paint it," he said. "Hopefully some of that comes through for the viewer, and it strikes a chord, whether [they've] been there, can relate to it, or it's the light."

Scheibel does not rely on a bold, flashy palette to grab hold of a viewer, but takes a subtler approach.

His ability to capture a scene's authentic light is a strength of Scheibel's, whether highlighting the ears of a deer, flickering aspen leaves or the ripples of a river, which can be especially challenging.

"Depending on the time of day and the lighting conditions, it's always different," Scheibel said. "And it can change dramatically while you're standing there." Snow



Scheibel paints the places that are special to him, as can be seen in this work, "Autumn on the Bitterroot."



Oil painter Greg Scheibel found a way to combine his love of the outdoors and his passion for art through painting en plein air. PHOTOS COURTESY OF GREG SCHEIBEL FINE ART

can also be tricky, he said, adding that while you may think of snow as white it can contain the whole spectrum of color.

Scheibel does do some studio work now, working from photographs, but says there's nothing like painting on site.

"You can pick up things from life that you really can't from a photograph," Scheibel said. "[In a photograph] shadows appear darker; when you're standing out there you can see into those shadows."

Scheibel paints with oils and, despite the intimidation factor they often hold for beginners, actually finds them quite forgiving, and has always liked the texture and "the juiciness" of the medium.

Scheibel is one of 14 nationally recognized artists invited to participate in the inaugural Yellowstone Plein Air Invitational from Sept. 26-29. Over four days, the artists will paint in various locations throughout Yellowstone National Park, offering daily demonstrations and, on the final day, all of the artists will gather to paint in one location.

Since starting out, Scheibel has broadened his scope of subject matter from solely landscapes to include the occasional still life, wildlife and figurative pieces; and is branching out of the region to paint coastal and European street scenes, which may have more appeal at national juried art shows.

Scheibel still shows his art in the first galleries that picked up his work, Montana Trails in Bozeman and Simpson Gallagher in Cody, Wyoming. His paintings can also be found in Jackson, Wyoming, at Astoria Fine Art; The Mission Gallery in St. George, Utah; and Legacy Gallery in Scottsdale, Arizona.

"It just sort of evolved and kind of got to the point where I was going to have to choose [between art and my construction business]," he said. "It had never been a question of what I wanted to do, just a question of whether I could make it or not."

He kept up his construction license for a few years just in case.

"I think it's played out pretty well," he said about taking the leap to pursue his art fulltime. "I haven't had to put my toolbelt back on."

Visit scheibelfineart.com to see more of the artist's work.

## Whitney Michelle Hall to lead 'Drawing for Painting' workshop

ARTS COUNCIL OF BIG SKY

The Arts Council of Big Sky will host its final weekend artist workshop of the year from Oct. 5-7, featuring painter Whitney Michelle Hall in a class titled "Drawing for Painting."

Hall, who splits her time between Bozeman and Scottsdale, Arizona, has been juried into many national shows including The Russell Auction, the Buffalo Bill Art Show, and the Coors Western Art Show Club Gallery. She was selected as one of Southwest Art Magazine's "21 Under 31" and is one of the youngest rising stars in the Western art scene.

Good preparation makes for a good painting, and drawing is a big part of that process. Rather than focusing on creating perfect drawings, Hall's workshop will focus on a practical approach that encompasses composition, making simple but beautiful shapes, accurate proportions, and values.

Students will learn about positive and negative spaces, contrast, and how to guide the viewer's eye, as well as a few tips and tricks to make drawing faster and easier.

Participants will work on larger drawings as well as smaller thumbnails and studies, while building the skills that will strengthen their paintings.



Artist Whitney Hall will lead a workshop focused on improving drawing skills for painting the weekend of Oct. 5 in Big Sky. PHOTO COURTESY OF WHITNEY HALL

The workshop will take place from 6 to 9 p.m. on Friday, Oct. 5, and from 9 a.m. to 4 p.m. on Saturday and Sunday in Big Sky. The exact location is yet to be determined.

Visit bigskyarts.org or call (406) 995-2742 for more information.

## Have your Big Sky story translated for the stage

## International 'Play-in-a-Day' workshop comes to WMPAC Oct. 2

EBS STAFF

The Warren Miller Performing Arts Center is launching another new creative project on Oct. 2, but needs the Big Sky community's involvement to make it a success.

The free Story Bridge workshop is called "Play-in-a-Day" and will weave the stories of locals into a full play, written, rehearsed and performed within 12 hours.

With the support of the Big Sky Community Theatre program and the Lone Peak High School Thespian Society, John Zirkle, WMPAC executive director, stresses that participating does not require acting or even getting on stage—unless you want to. The play will be about Big Sky and the project requires Big Sky stories; one way to contribute is to share yours.

"We just want people to come for the full day and commit to the process," Zirkle said, adding that food and refreshments will be provided.

Developed by Dr. Richard Geer with a team of artists, scholars and scientists at Community Performance International (CPI), Story Bridge uses true personal stories and theater to foster dialogue and relationship-building, and provide a transformative experience for individuals and communities.

An artist, philosopher and educator, Geer has directed more than 40 Story Bridge plays and other workshops around the world. His "Play-in-a-Day" project was recently featured on the Planet Money podcast.

Greer will be in Big Sky to facilitate the workshop. How he's going turn local stories into a cohesive eight-scene play in a single day, is "the rabbit Geer is going to pull out of his hat," Zirkle said.

Zirkle is as passionate about engaging the community with performing arts opportunities as he is about the professional productions he brings to the WMPAC stage during the winter season.



The Big Sky Community is invited to be part of "Play-in-a-Day" on Oct. 2. The project will weave the stories of locals into a full play, written, rehearsed and performed in 12 hours. PHOTO COURTESY OF STORY BRIDGE

"WMPAC has shown we can do a lot of things in Big Sky, but this is a way to tell our own story in a really beautiful way—it's a chance to make something in Big Sky about Big Sky. Locally grown stories told on stage have an immense capacity to change people's lives."

Zirkle is looking to have 25-35 participants in the workshop, which will run from 9 a.m. to 9 p.m. on Tuesday, Oct. 2 at the Warren Miller Performing Arts Center. The workshop performance of the play will begin at 7 p.m., in the hope to put on a more developed production of the play in November.

Email WMPAC Executive Director John Zirkle at john@warrenmillerpac.org to get involved. Visit warrenmillerpac.org for more information.



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## Lone Mountain Trio to perform at WMPAC

**EBS STAFF** 

If you live in Big Sky or ski the resort, chances are you've caught Lone Mountain Trio and their original brand of Americana at one of their standing après gigs at Chet's Bar & Grill, or elsewhere around Mountain Village. But beginning at 7:30 p.m. on Tuesday, Sept. 18, there's an opportunity to see them in a more ideal acoustical setting at the Warren Miller Performing Arts Center.

Lone Mountain Trio is comprised of southwestern Montana musicians John Lowell, Tom "Mando" Murphy, and Big Sky's Kevin Fabozzi. Having played together for over 10 years, in addition to their other musical projects, the trio has developed a tight, smooth three-part harmony style that compliments their virtuosity on their individual instruments.

Guitarist and front man John Lowell (of critically acclaimed Kane's River and Growling Old Men) is well-known to Montana music lovers for his flatpicking, singing and songwriting. He tours internationally as the John Lowell Band with Murphy, and is a member of the Two Bit Franks, a five-piece band that Murphy and Fabozzi are also a part of. Lowell is the primary songwriter in the Trio.

Murphy has also has musical ties to local bands Little Jane and the Pistol Whips, Stormy Creek, the Hooligans, and many more. He writes many of the band's instrumentals.

 ${\it Visit\ warrenmiller pac.org\ for\ more\ information.}$ 



Lone Mountain Trio, comprised of southwestern Montana musicians John Lowell, Tom "Mando" Murphy, and Big Sky's Kevin Fabozzi, will perform at WMPAC on Sept. 18. PHOTO COURTESY OF LONE MOUNTAIN TRIO



Santa Fe duo Max Hatt / Edda Glass perform their alternative brand of Jazz Americana and Brazilian Bossa Nova as part of a month of live music, film and theater at The Ellen. PHOTO COURTESY OF THE ELLEN THEATRE

## September brings live music, film and theater to The Ellen

THE ELLEN THEATRE

After a screening of the classic Gregory Peck and Audrey Hepburn film "Roman Holiday" at 7:30 p.m. on Friday, Sept. 14, the Ellen Theatre switches gears to present two nights of live music.

The following evening, on Saturday, Sept. 15, beginning at 8 p.m., Max Hatt / Edda Glass take the stage to perform their award-winning Jazz Americana and Brazilian Bossa Nova. The Santa Fe duo will be joined by Seattle bass virtuoso Clipper Anderson.

Friday, Sept. 21, is bluegrass night at The Ellen, featuring Carnegie Hall veterans Monroe Crossing alongside the Grammy-nominated group The Special Consensus for a unique concert that goes beyond a tribute to their bluegrass roots.

The month closes with a four-day run of the comedic play "Jimmie and Pete" by Bozeman playwright and director John Ludin. Following a successful run in Billings last month, "Jimmie and Pete" returns to The Ellen stage Sept. 27-30 with the first three performances at 7:30 p.m., and concludes with a Sunday matinee at 3 p.m. In the play, three generations of wildly diverse souls collide as they search for the answer to life's most basic question: Is it possible to find true love and still maintain one's sanity?

Visit theellentheatre.org or call The Ellen box office at (406) 585-5885 for more information.





## Bozeman Symphony season opens with Tchaikovsky

## Featuring special guest violinist Judith Ingolfsson

#### **BOZEMAN SYMPHONY**

The Bozeman Symphony's 51st concert season presents a repertoire that ranges from the Baroque to the contemporary.

The season begins on Saturday, Sept 22, at 7:30 p.m. with the forces of fate and sweeping melodies of Tchaikovsky's 4th Symphony. A second performance will be held Sunday, Sept. 23, at 2:30 p.m. Both events will be held at the Willson Auditorium, located at 404 W. Main Street in downtown Bozeman.

Also on the bill that evening is work by composer Eric Korngold, who fled Europe to come to America in the 1930s, where he built a portfolio of epic Hollywood film scores. The Bozeman Symphony will feature Korngold's swashbuckling "Overture to Captain Blood," and the spicy harmonies of his "Violin Concerto."

Guest violinist Judith Ingolfsson is recognized for her intense, commanding performances, uncompromising musical maturity, and charismatic performance style. Now based in

Berlin with a global career, she performs regularly as soloist, chamber musician and in recital as the Duo Ingolfsson-Stoupel, founded in 2006.

The New York Times has characterized her playing as producing "both fireworks and a singing tone" and Strings Magazine described her tone as "gorgeous, intense, and variable, flawlessly pure and beautiful in every register."



Berlin-based violinist Judith Ingolfsson joins the Bozeman Symphony for its season-opener on Sept. 22 and performance of Tchaikovsky's 4th Symphony. PHOTO COURTESY OF THE BOZEMAN SYMPHONY

Ingolfsson has concertized throughout North and South America, Asia, and Europe on many of the world's leading stages including New York's Carnegie Hall, the National Gallery of Art in Washington, D.C., Cleveland Museum of Art, La Jolla Chamber Music Society, Reyjavík Arts Festival, the Tokyo Metropolitan Art Center, and many more.

She has collaborated with the Avalon, Miami and Vogler String Quartets, the Broyhill Chamber Ensemble, and has appeared as a member of the Chamber Music Society of Lincoln Center Two on tour and at Lincoln Center for the Performing Arts.

At 8 years old, Ingolfsson recorded as soloist with the Iceland Symphony and a few weeks later performed her orchestral solo debut in Germany. Her family immigrated to the United States in 1980, and at the age of 14, she was admitted to The Curtis Institute of Music in Philadelphia, where she studied with Jascha Brodsky. She went on to earn her master's degree from the Cleveland Institute of Music as a student of David Cerone and Donald Weilerstein.

She is currently a professor at the State University of Music and Performing Arts, Stuttgart; and co-artistic director and founder of the Aigues-Vives en Musiques festival in France. She performs on a Lorenzo Guadagnini violin, crafted in 1750, and a viola by Yair Hod Fainas. She also uses a baroque bow made by the modern German maker Bastian Muthesius.

Visit bozemansymphony.org for more information.



## Bozeman Film Society celebrates 40 years

## Season opens with Gilda Radner documentary Sept. 19

#### **EBS STAFF**

The Bozeman Film Society, originally known as the Bozeman Film Festival, celebrates its 40th anniversary this fall, featuring a full line-up of independent film screenings at the historic Ellen Theatre in downtown Bozeman.

Special 40th anniversary events will take place throughout the year and will include ticket giveaways, BFS Sponsor promotions, and fun pre-film events. The new season officially kicks off on Wednesday, Sept. 19, at the Ellen with "Love, Gilda" and special giveaways from film society sponsors.

In "Love, Gilda," comedienne Gilda Radner reflects on her life and career through never-before-seen footage from her video diary, home movies, personal photos, journal, letters, and audio tapes that she recorded during her last two years of life.

Through interviews and audio featuring Chevy Chase, Lorne Michaels, Laraine Newman, Paul Shaffer and Martin Short; and diary passages read by modern-day comedians Bill Hader, Amy Poehler, Maya Rudolph and Cecily Strong that were inspired by Radner, "Love, Gilda" opens up a unique window into the honest and whimsical world of a beloved performer whose greatest role was sharing her own story.

Founded in 1978 and one of Gallatin Valley's longest running art non-profits, Bozeman Film Society maintains its long-standing mission to open a window from small-town Bozeman into the worldwide culture of ideas, conversations, art, and



John Belushi and Gilda Radner in "Love, Gilda," a documentary about the comedienne's life comprised of interviews, personal writings and home movies. PHOTO COURTESY OF MAGNOLIA PICTURES

perspectives through the power of independent film. From its humble beginnings, the organization now screens up to 35 first-run films in downtown Bozeman each season, focusing on those that are highly acclaimed, but not typically screened at the large multiplex in Bozeman.

The also augment many of the screenings with special guests in the film industry, and experts on film subject matter, among them actors Bill Pullman, Michael Keaton, and Lily Gladstone; directors Marni Zelnic, Jacob Young and Jared Moshe; celebrity chef Tom Collichio, paleontologist Jack Horner, science writer David Quammen, producer Patrick Markey; the Bozeman Jazz Collective, and others.

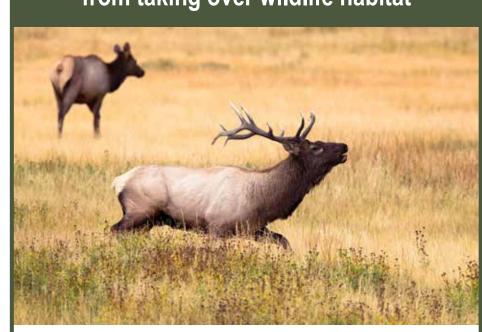
"As an independent film society, we are able to collaborate with individuals and area groups to add that extra 'wow' factor to our showings," says Bozeman Film Society Executive Director Lisa McGrory. "Unlike a multiplex movie theater, our audience develops personal connections with each other, sharing a passion for the kind of programming that the Bozeman Film Society offers. Our film screenings are a vibrant gathering of friends and acquaintances, as well as a way to share important ideas and causes with our community."

Most Bozeman Film Society screenings take place at the Ellen Theatre in downtown Bozeman, with some films also shown at the Rialto, and on occasion, at the Emerson's Crawford Theatre.

Visit bozemanfilmsociety.org for more information.

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"Grand Canyon of the Yellowstone," c. 1905 by Thomas Moran.

## Lecture examines impact of early Yellowstone artists

## Museum of the Rockies hosts art scholar Peter Hassrick

#### EBS STAFF

On Tuesday, Sept. 18 at 7 p.m., Our Yellowstone presents a lecture by writer and art scholar Peter Hassrick called "Bierstadt and Moran: The Battle for Yellowstone."

Hassrick will examine these seminal landscape artists' competing claims on the nation's first natural preserve and their vital contributions to the American conservation movement.

Hassrick lives in Cody, Wyoming; and serves a national and international constituency of museums as a guest curator. He is director emeritus and senior scholar at Buffalo Bill Center of the West, director emeritus of the Denver Art Museum's Petrie Institute of Western American Art; founding director emeritus of the Charles Russell Center at the University of Oklahoma; and founding director of the Georgia O'Keeffe Museum in Santa Fe.

Visit museumoftherockies.org for more information.

### **Locals Fishing Report from Gallatin River Guides**

Brought to you by Jimmy Armijo-Grover, General Manager



Can't help but feel that fall is setting in with fresh snow in the mountains and daytime highs averaging in the 60s. Angler pressure drops considerably this time of year and fishing will start to improve as water temperatures cool down and and fish start to recover from a long, busy summer.

Fall is a great time of year to be on the Madison. Fall spawners will start to make their annual migration upstream from the Missouri River, Ennis, Quake and Hebgen Lakes. Many anglers are attracted to the slow bends of the Madison within Yellowstone National Park in search of a brown of a lifetime. An area of the Madison that is relatively neglected this time of year is the walk wade section

between Quake Lake and Lyons Bridge. This can be a great stretch of river to get away from the crowds and still have a good shot at a great fish. And for the lower below Ennis Lake water temperatures drop and the tubers quickly dissipate with the start of the new school year at MSU and the end of swimsuit weather.

Fall baetis and midges are about all we have to work with as far as aquatic hatches go, but we can piggy back some on terrestrials like ants and hoppers for a few more weeks. Wherever you go, dry fly fishing will likely be sporadic, so the willingness to cover lots of water and/or fish subsurface will increase your odds of putting fish in the net. If you're having a slow day try twitching your hopper, fishing smaller flies or dead-drifting a smaller streamer above a small nymph. And if they aren't eating your flies on a dead-drift get your flies to move somehow and see if you can provoke a more aggressive reaction.

The Yellowstone is in great shape this time of year and should fish well into fall. Terrestrials and baetis will be the name of the game on the surface. Although you may still have a few good days on hoppers and bigger dries it is likely baetis patterns, small attractors and ant patterns will win the day on the surface.

The window to take advantage of small streams and high mountain lakes will start to close in the coming weeks, so if you've been putting off hiking to a favorite high mountain lake or fishing your favorite little stream this is the time to act.

Time to head outside and enjoy the cool, crisp air of September.















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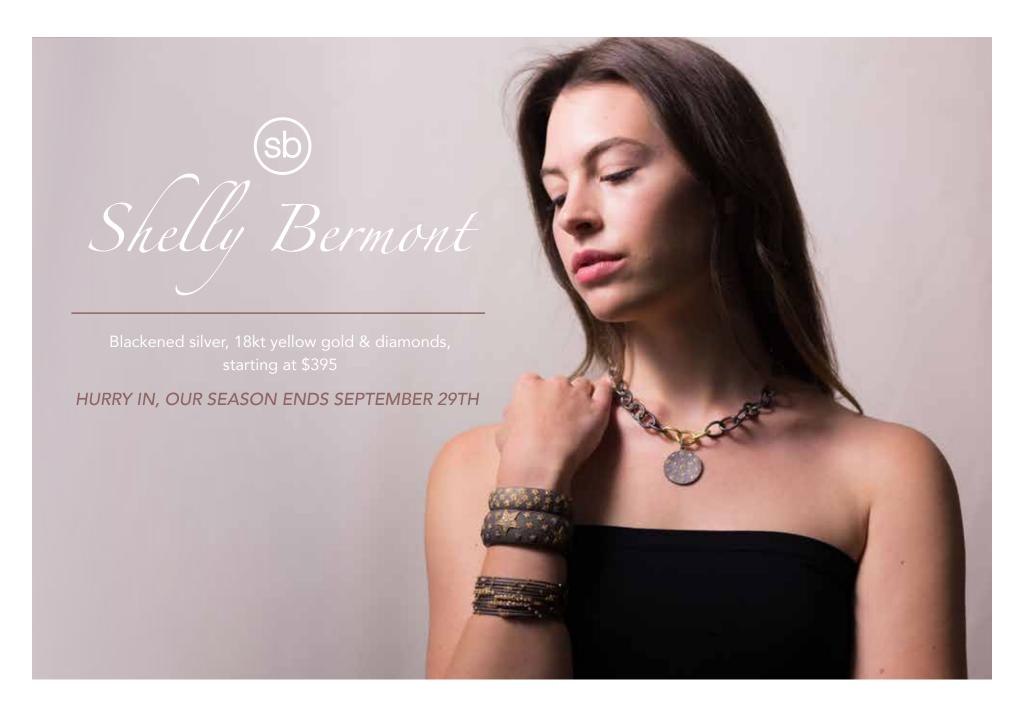
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#### **Riverstone Ranch**

Riverstone is a first class sporting property set up to host small conferences and retreats. There is a recreational building, four, three bedroom guest homes and stocked fishing ponds on this 337± acre ranch, sited on the banks of the East and Main Boulder Rivers near McLeod, MT.



#### **EVENTS • AUG - SEPT 2018**

**Every WED** 5 - 8 PM 10th Annual Big Sky Farmers Market (celebrating the best of Big Sky's mountain

**AUG 30** 

FREE Music in the Mtns Concert Series

6 - 10 PM

(Featuring: Pinky & The Floyd)

**AUG 30** 

4 - 7 PM

3rd Annual Spirits In The Sky (FREE MT Craft Distillery tastings, live music, local food and signature cocktails for purchase, win a Las Vegas trip for two)

**SEPT** 14 - 16th Mountainfilm On Tour (Documentary films, guest speakers, outdoor screenings and

more)

**SEPT 19** 4 PM

Homecoming Parade & Pep Rally

Find more of the Big Sky Life @BigSkyTownCenter







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## REEL REVIEW

## 'The Happytime Murders'

BY ANNA HUSTED **EBS FILM CRITIC** 

Brian Henson's "The Happytime Murders" is a funny, clever, R-rated film noir comedy starring Melissa McCarthy and a puppet, Phil Philips (voiced by Bill

"The Happytime Murders" follows private investigator Philips as he works a case for a Sharon Stone/Mary Astor-type puppet, Sandra. Sandra is being blackmailed by whoever is killing off members of the hit TV Show, "The Happytime Gang," which starred seven gregarious puppets and one human (Elizabeth Banks). Philips figures out that if one cast member of the show dies, their syndication royalties go to the rest of the cast. He teams up with his old police partner, Connie Edwards (McCarthy) to figure out which cast member is offing the rest of them for the money.

In a brilliant comedic choice, small domesticated dogs, such as a Boston terrier, are the weapon of choice to kill off these puppets. After all, puppets are just made of fluff, right?

"The Happytime Gang" is an important TV Show for many puppets because the show getting picked up was the sole time in history when humans accepted puppets. In the world of "The Happytime Murders" puppets are ostracized for being nothing but fluff. One member of The Happytime Gang goes so far as to bleach his blue skin to make it whiter and gets a nose job to have a more human nose. Puppets struggle to make ends meet and even turn to their form of drugs: maple syrup, pixie sticks, licorice—anything with that "high" fructose corn syrup so they can forget their problems.

With homages to many great film noir movies, such as "The Maltese Falcon," "Body Double," and "Basic Instinct," "The Happytime Murders" has many Easter eggs for lovers of the classic Hollywood P.I. genre.

While "The Happytime Murders" isn't a masterpiece by any means, it's hilarious and even ingenious at times. I was hoping it would push the boundaries of adultthemed puppetry even farther than it did, giving us more of the "Basic Instinct" femme fatale "money shot" sequences, but it still satisfies with its dark sense of

The film established its sense of humor before I even entered the theater due to the irony that director Brian Henson is not only the son of the famous Muppeteer Jim Henson, but also the director of "The Muppet Christmas Carol" and "Muppet Treasure Island." Henson is setting us up to laugh at this misdirection because "The Happytime Murders" couldn't be more different from his other Muppet movies. That said, I wouldn't recommend parents take their kids to see this latest

A Muppet fan since childhood, I enjoy any journey these crazy puppets take me on—even one as sadistically determined as "The Happytime Murders."

The film is now playing at Gallatin Valley Regal Cinema.

Anna Husted has a master's in film studies from New York University. In Big Sky she can be found at the movies at Lone Peak Cinema or hiking up a mountain. When not gazing at the silver screen or watching her new favorite TV show, she's running, fishing or roughhousing with her cat, Indiana Jones.



Far from your typical Muppet movie, "The Happytime Murders" is a dark, film noir comedy in which Muppet actors are being killed off one by one. PHOTO COURTESY OF STX FILMS



## **Between the Shelves**

### BY AMY HUNTER ASSISTANT COMMUNITY LIBRARIAN

HBO just made a movie based on the book "Fahrenheit 451" by Ray Bradbury. I remember reading the book in high school and thinking it had an interesting premise, a little scary, but rather unlikely. I was no idealist. My family moved to Venezuela when I was 14 years old and I had lived through two coup d'états attempts on the government by the military. My grandma and brother thought the first was an air show before we found out it was actually a coup in progress and should not go outside to watch. Even after that, I still thought the kind of censorship and complicit majority described in Bradbury's book was unlikely.

Consider how our world would be if we started to ban and destroy books. What impact would limiting access to new and different ideas and stories have on our society, especially our young people? September 23-29 is Banned Books Week. The American Library Association explains, "Banned Books Week offers an opportunity for readers to voice censorship concerns, celebrate free expression and show their communities the importance of intellectual freedom." You can further show your support by reading banned books such as "To Kill a Mockingbird" by Harper Lee, "The Kite Runner" by Khaled Hosseini, or "The Hate U Give" by Angie Thomas, all of which are available at the Big Sky Community Library.







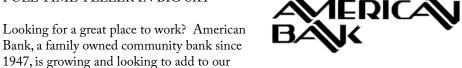
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## EVENTS CALENDAR

#### FRIDAY, SEPTEMBER 14 - THURSDAY, SEPTEMBER 27

If your event falls between Sept. 28 and Oct. 11, please submit it by Sept. 19 by emailing media@outlaw.partners.

#### **BIG SKY**

#### **FRIDAY, SEPTEMBER 14**

The Science of Forest Planning Symposium Big Sky Resort, 8 a.m.

Locals Lowdown: Live music Rainbow Ranch Lodge, 5 p.m.

Mountainfilm on Tour: "Dark Money" Warren Miller Performing Arts Center, 6 p.m.

Volleyball: LPHS v. Gardiner LPHS, 6:30 p.m.

Trivia Night Lone Peak Cinema, 8 p.m.

#### **SATURDAY, SEPTEMBER 15**

Community Fitness Class Headwaters Fitness, 8 a.m.

Mountainfilm on Tour: Coffee Talk Big Sky Real Estate Co. Discovery Center, 10 a.m.

Futbol Club: LPHS v. Billings Christian Academy Big Sky Community Park, 1 p.m.

Mountainfilm on Tour: "Kids Kino" Big Sky Resort, 1 p.m.

Mountainfilm on Tour: Shorts Program Lone Peak Cinema, 6 p.m.

#### **SUNDAY, SEPTEMBER 16**

Live Music Compass Café, 11 a.m.

"The Bikes of Wrath," film Big Sky Town Center Park, 6 p.m.

#### MONDAY, SEPTEMBER 17

Industry Night Lotus Pad, all evening

#### TUESDAY, SEPTEMBER 18

Top Shelf Toastmasters Town Center Sales Office, 12 p.m.

Business After Hours Big Sky Vacation Rentals, 5 p.m.

Lone Mountain Trio, music Warren Miller Performing Arts Center, 7:30 p.m.

#### **WEDNESDAY, SEPTEMBER 19**

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

Rotary Club of Big Sky Meeting Buck's T-4 Lodge, 5:30 p.m.

Caregivers Support Group Santosha Wellness Center, 7 p.m.

#### **THURSDAY, SEPTEMBER 20**

Visit Big Sky Board Meeting Big Sky Chamber of Commerce, 8:30 a.m.

Bridge Big Sky Water and Sewer District, 10:30 a.m.

Al-Anon Meeting Big Sky Chapel, 4 p.m.

BSCO Board Meeting BSCO, 1 p.m.

Homecoming Volleyball: LPHS v. Manhattan Christian LPHS, 7 p.m.

A.A. Meeting Big Sky Chapel, 8 p.m.

#### **FRIDAY, SEPTEMBER 21**

Locals Lowdown: Live music Rainbow Ranch Lodge, 5 p.m.

Homecoming Football: LPHS v. Harlowton LPHS, 7 p.m.

Trivia Night Lone Peak Cinema, 8 p.m.

#### **SATURDAY, SEPTEMBER 22**

Montana Wilderness Association Trail Work Day Lava Lake, all day

Community Fitness Class Headwaters Fitness, 8 a.m.

Futbol Club: LPHS v. Heritage Christian Big Sky Community Park, 12:30 p.m.

#### **SUNDAY, SEPTEMBER 23**

Live Music Compass Café, 11 a.m.

#### MONDAY, SEPTEMBER 24

Industry Night Lotus Pad, all evening

#### **TUESDAY, SEPTEMBER 25**

Town Center Open House Town Center Office, 9 a.m.

Top Shelf Toastmasters Town Center Sales Office, 12 p.m.

Futbol Club: LPHS v. Petra Academy Big Sky Community Park, 5 p.m.

Senior Night Volleyball: LPHS v. West Yellowstone LPHS, 7 p.m.

#### **WEDNESDAY, SEPTEMBER 26**

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

Rotary Club of Big Sky Meeting Buck's T-4 Lodge, 5:30 p.m.

#### **THURSDAY, SEPTEMBER 27**

Bridge
Big Sky Water and Sewer
District, 10:30 a.m.
Al-Anon Meeting
Big Sky Chapel, 4 p.m.

Parks Committee Meeting BSCO, 5:30 p.m.

A.A. Meeting Big Sky Chapel, 8 p.m.

#### **BOZEMAN**

#### FRIDAY, SEPTEMBER 14

Our Yellowstone: Acoustic Atlas Bozeman Public Library, 9:30 p.m.

Our Yellowstone: Wonderlust Friday Forum with Lee H. Whittlesey Bozeman Public Library, 12 p.m.

Art Walk Downtown, 6 p.m.

The Gong Show, benefit event for the Gallatin Ice Foundation and Bozeman Amateur Hockey Association Eagles Ballroom, 6 p.m.

"Roman Holiday," film Ellen Theatre, 7:30 p.m.

Gypsy Jazz with Montana Manouche, music Rialto Theater, 8:30 p.m.

#### **SATURDAY, SEPTEMBER 15**

Big Sky Outdoor Expo Gallatin County Fairgrounds, all day

Bozeman Winter Farmers' Market Emerson Center, all morning

Rodrigo y Gabriela, music Emerson Center, 8 p.m.

Max Hatt and Edda Glass, music Ellen Theatre, 8 p.m.

Body and Soul Dance Party Rialto Theater, 8:30 p.m.

#### **SUNDAY, SEPTEMBER 16**

Charles Ellsworth Band, music Bozeman Hot Springs, 7 p.m.

#### **TUESDAY, SEPTEMBER 18**

Bogert Farmers' Market Bogert Park, 5 p.m.

Fundamentals of Successful Investing MSU, 6:15 p.m.

Our Yellowstone: Peter Hassrick, lecture Museum of the Rockies, 7 p.m.

#### WEDNESDAY, SEPTEMBER 19

Resilience Debt and Resilience Plenty, workshop Riverside Country Club, 11:30 a.m. Put Your Garden to Bed Tour Broken Ground Gardens, 6 p.m.

"The True Cost," film Procrastinator Theater, 6 p.m.

Science Inquiry Lecture: Regenerative Medicine Museum of the Rockies, 6 p.m.

Rise Against, music Brick Breeden Fieldhouse, 7 p.m.

"Love, Gilda," film Ellen Theatre, 7:30 p.m.

#### **THURSDAY, SEPTEMBER 20**

MSU Innovation Road Show, lecture Ellen Theatre, 6 p.m.

Bozeman Untold: Our Yellowstone Story Slam Bozeman Public Library, 6:30 p.m.

Woodsmoke Jazz, music Bozeman Hot Springs, 7 p.m.

Welcoming Week with Gallatin Refugee Connections Wild Joe's Coffee Spot, 7 p.m.

The Travelin' McCourys, music Rialto Theater, 8:30 p.m.

Friday, September 21
"Into the Arctic II," film
Procrastinator Theater, 1:30 p.m.

Bluegrass night Ellen Theatre, 7:30 p.m.

Seafoam Green, music Live from the Divide, 9 p.m.

#### **SATURDAY, SEPTEMBER 22**

Smithsonian Museum Day, fee free day Museum of the Rockies, all day

"Dominion," film and discussion Ellen Theatre, 4:30 p.m.

Bozeman Symphony Willson Auditorium, 7:30 p.m.

Gregory Alan Isakov with Joshua James, music Emerson Center, 8 p.m.

#### SUNDAY, SEPTEMBER 23

Our Yellowstone: Children's Activity Day Bozeman Public Library, 1 p.m. Arterial Drive, music Bozeman Hot Springs, 7 p.m.

#### MONDAY, SEPTEMBER 24

Jeff Tweedy, music Rialto Theater, 7:30 p.m.

#### **TUESDAY, SEPTEMBER 25**

Bogert Farmers' Market Bogert Park, 5 p.m.

Brews and the Big Sky, beer and history event Museum of the Rockies, 5:30 p.m.

Fundamentals of Successful Investing MSU, 6:15 p.m.

Our Yellowstone: Doug Smith, lecture Bozeman Public Library, 7 p.m.

#### **WEDNESDAY, SEPTEMBER 26**

How It's Made – Montana Jim Dolan's Art Studio, 10 a.m.

Return of the Repressed: Today's European Populism in Historical Perspective, lecture Hilton Garden Inn, 6 p.m.

Ballot Initiatives Forum Bozeman Public Library, 6:30 p.m.

South Hills Guitars, music Reynolds Recital Hall, 7:30 p.m.

The Dustbowl Revival, music Rialto Theater, 8:30 p.m.

#### THURSDAY, SEPTEMBER 27

Café Scientifique: Crossing the Species Barrier Story Mansion, 6 p.m.

Extreme History Project: Alcohol, Corsets, and the Vote Museum of the Rockies, 6 p.m.

Our Yellowstone: Todd Wilkinson and Rick Reese, lecture Bozeman Pubic Library, 7 p.m.

"Zigzag," film Emerson Center, 7:30 p.m.

"Jimmie and Pete," play Ellen theatre, 7:30 p.m.

## ALCOHOLICS ANONYMOUS

can help if you think you might have a drinking problem. Call (888) 607-2000 to talk to a member of A.A., or go to aa-montana.org for meeting times and locations.

## WORTH THE DRIVE

West Yellowstone, MT

## **West Yellowstone Old Faithful Cycle Tour**

Sept. 29

The West Yellowstone Old Faithful Cycle Tour is a particularly unique way to experience Yellowstone National Park. This ride is 60 miles roundtrip, with options available for one-way travel. Registration is open to the first 300 riders. cycleyellowstone.com

Missoula, MT

## Montana Book Festival Sept. 27-30

The Montana Book Festival returns once again with readings, workshops, panel discussions, live performances, exhibits and much more. This annual event fosters interest in literature for people of all ages, perpetuates a sense of literary community, and provides a vibrant, compelling forum for the literary arts that celebrates diversity. montanabookfestival.org

Virginia City, MT

#### **Brewery Follies**

H.S. Gilbert Brewery
Through Sept. 22

The Brewery Follies wraps up another season of belly laughing in historic Virginia City this September. Almost daily until Sept. 22, enjoy some comic relief in the form of a cabaret-style musical revue. There are lots of musical numbers, comedy sketches, and just plain silliness. breweryfollies.net

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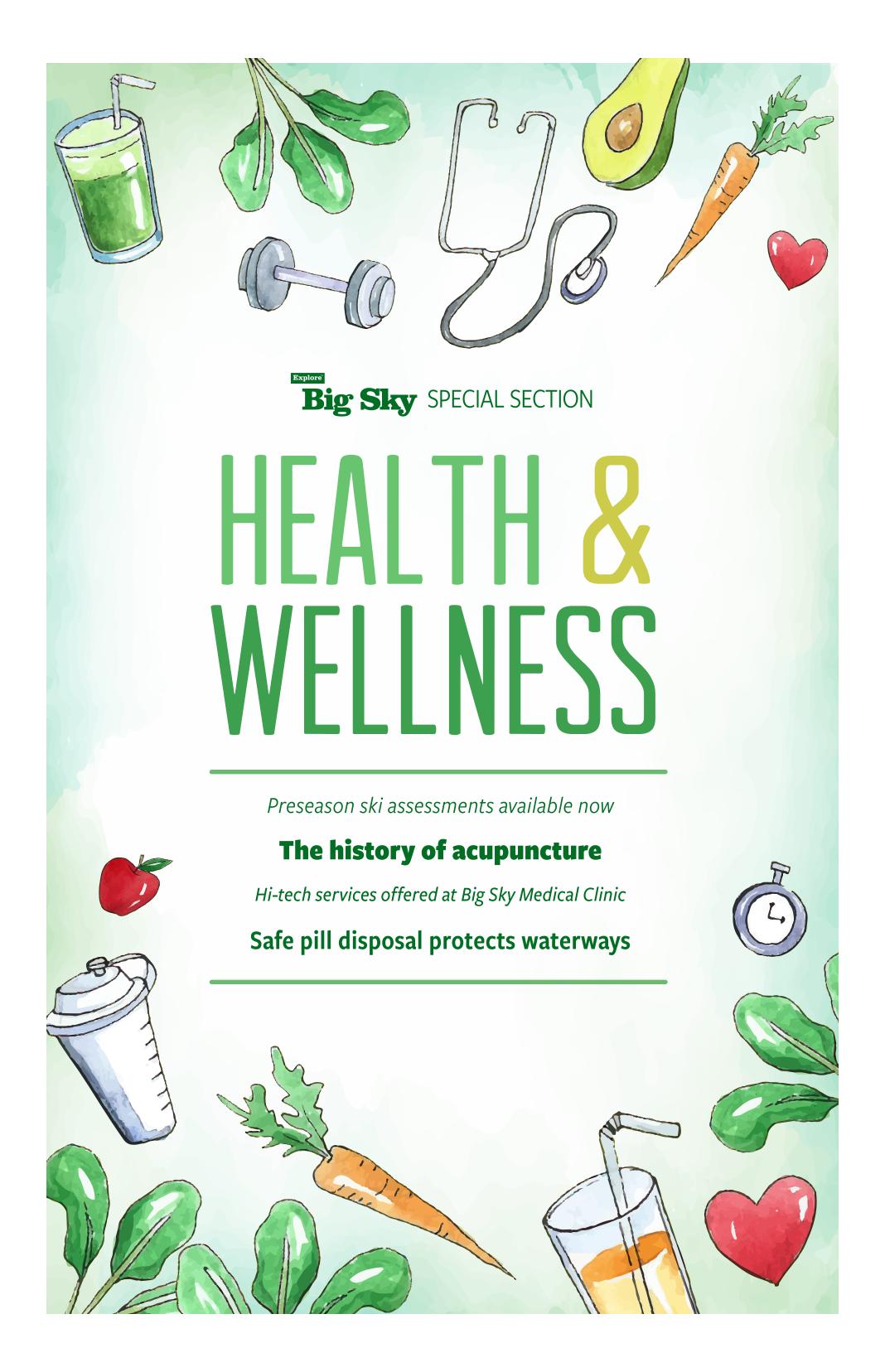
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### **CONTENTS**



## Proper pill disposal options protect Montana waterways

BY JESSIANNE WRIGHT EBS CONTRIBUTOR

BIG SKY – When medications are no longer needed, proper disposal is necessary in order to prevent pharmaceuticals from entering Montana's waterways.

After pills are flushed down the toilet, they eventually end up in a dissolved state at either a septic system or municipal wastewater treatment facility. And while these systems are equipped to remove human waste, chemicals and compounds from pharmaceuticals and personal care items could slip through, seeping into rivers or



Deterra disposal pouches are available at the Gallatin County Sheriff's Office in Big Sky. When water is added to activate the contents, these pouches are a safe way to dispose of old or unwanted medication at home. PHOTO COURTESY OF THE GALLATIN COUNTY SHERIFF'S OFFICE

groundwater, according to Torie Haraldson, a water quality technician specialist for the Gallatin Local Water Quality District.

In 2009, the Gallatin Local Water Quality District and Montana Bureau of Mines and Geology conducted a study in Gallatin County, assessing the presence of compounds from pharmaceuticals and personal care items in local waters.

The study revealed a host of these chemicals present in wastewater effluent, wells and streams, though in relatively low quantities.

As stated in the report, "There is ample evidence that many PPCPs, [pharmaceuticals and personal care products,] can and do interfere with the endocrine systems of both wildlife and humans, but there is less evidence that the concentrations of PPCPs observed in the wells of Gallatin County are a human health concern."

To avoid introducing additional chemicals into the water system, expired or unused medications can be taken to several take-back locations in Big Sky. In addition to the Gallatin County Sheriff's Office in Big Sky, Bozeman Health Big Sky Medical Center also offers a take-back program. In July, the medical center obtained a MedSafe medication disposal bin, which allows people to discreetly drop off unused pills.

Medications can also be dropped off in Bozeman at Bozeman Health, Bozeman Police Department's downtown substation on North Rouse Avenue, or in the lobby of the Law and Justice Center.

In Big Sky, Deterra Drug Deactivation System pouches are available at the sheriff's office. These pouches contain activated carbon in a water-soluble casing, allowing for safe pill disposal at home. The pouches can accommodate 45 pills, 6 ounces of liquid or six prescription patches, and once full, warm water is added to the pouch. This releases the carbon, which absorbs the pills. At this point, the pouch can be safely disposed of in the trash.

Made available in 2017 by the Montana Department of Health and Human Services, the Deterra pouches are free to the public.

Call (406) 995-4880 to learn more or to make an appointment to pick up a Deterra disposal bag.



## From Jackie with love

## Get high on your own air supply



BY JACKIE RAINFORD CORCORAN EBS HEALTH COLUMNIST

Would you like to have a free, always available, quick fix to feeling happier, more relaxed and rejuvenated? Try taking a few deep, conscious breathes.

Inhale deeply allowing your belly to expand. Pause. Slowly and calmly exhale to the count of five. Repeat four times.

Congratulations! You've just practiced the art of conscious breathing, and in doing so, you've calmed your nervous system and boosted your immune system.

Breath work is essentially an active meditation. It can act as a bridge between mind, body and spirit. It's a simple and effective way to open our hearts to inner peace and love. Conscious breathing can be practiced by all ages and in all places, including schools, workplaces and hospitals.

Breath, or "prana," is a life-force energy. "Pranayama" is a Sanskrit term that describes the intentional regulation of breathing to achieve health benefits. This ancient Indian practice involves the manipulation of breath with three phases: inhalation, retention and exhalation.

Our hearts beat because we breathe. But most of us breathe without even noticing how we're doing it. Because it's automatic, it's easy to believe it should just take care of itself and that it's not worth our attention. But this is not so.

Bringing awareness to our breathe can lead to incredible physical and mental health benefits. And unconscious or irregular breathing can lead to ailments like heart disease, muscle cramps, numbness, fogginess and anxiety.

A 2017 study published in Frontiers in Psychology reports that a diaphragmatic, or deep belly, breathing practice can reduce negative

emotions, enhance sustained attention and reduce levels of the stress response hormone cortisol. Ongoing studies are looking at how breath work can reduce symptoms of post-traumatic stress disorder in soldiers, improve metabolism and insulin secretion in diabetics, and lower blood pressure of patients with heart disease.

Dr. Andrew Weil, a famous holistic medicine advocate, is a proponent of the "4-7-8" method for relaxation. The numbers 4-7-8 refer to the breath counts. I find this method to be helpful when I'm having a hard time falling asleep. Practice it by placing the tip of your tongue on the ridge of your gums, just behind your upper front teeth. Inhale through your nose, allowing your belly to expand for a count of four; hold your breath for a count of seven; then open your mouth slightly, keeping your tongue in place, and exhale for a count of eight. Repeat this cycle four times.

Dutch extreme athlete, Wim Hof, aka the "Iceman," is also popularizing breathing as a way to health, happiness and strength. You can find him guiding his breathing technique on YouTube channels. It involves intense deep breaths followed by 2-minute breath holds. Many who practice it say they feel euphoric while doing it and more focused afterward. It makes me feel incredibly energized.

Indian author Amit Ray, famous for his teachings on compassion, non-violence, mindfulness, leadership and creativity, wrote in his book "Om and Chanting and Meditation": "If you want to conquer the anxiety of life, live in the moment, live in the breath."

Jackie Rainford Corcoran is an IIN Certified Holistic Health Coach. Her purpose is to support others in becoming their best and healthiest version of themselves. Email her at jackie@corcoranhealth.com to schedule a complimentary 30-minute health coaching session. Check out her website corcoranhealth.com to learn more.

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## in health

#### BY DR. ANDREA WICK EBS HEALTH COLUMNIST



School has started and with the change in seasons usually comes colds and flus. Here are some tips on what to do when your kids are sick, and how to prevent and shorten the span of their illness.

It is normal and healthy for one to get sick, and a natural reaction of the body's immune system. It is actually good to become sick every once in a while as

it allows for your body to develop immunity against antibodies.

A common myth is that a fever needs to be treated immediately. Fevers are actually a great response—it is the body's natural reaction to heat up and kick the immune system into gear. The body increases its temperature, creating an environment that activates white blood cells in order to defend itself. An increase in body temperature makes it more difficult for bacteria and viruses to survive.

Although it is best to let a fever run its course, it's important to not let the fever exceed 103 degrees. If your child spikes a fever after receiving a vaccination, it is best to not take Tylenol or a fever reducer and let your child naturally ride it out. Tylenol depletes glutathione stores according to the International Journal of Biochemical Cell Biology.

Glutathione is a powerful antioxidant produced in the liver, largely for its ability to remove free radicals. Free radicals cause damage to DNA, cells and proteins. When glutathione stores are depleted it can result in neurological and autoimmune disorders, and disease-causing cell death according to the Journal of Biological Chemistry.

## How to help your kids stay well naturally

After a vaccine the child's immune system is already working hard to address the stress of the antibodies artificially introduced.

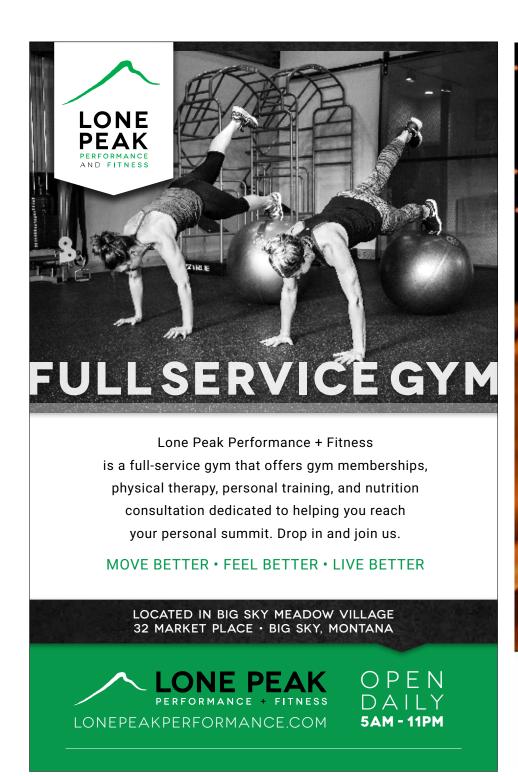
What is the best way to keep my child healthy this fall and winter? Diet is important and limiting sugar intake is a huge part of staying healthy. Sugar causes the body to become more acidic, and an acidic environment breeds bacteria, viruses, and disease in general.

Taking vitamin D with K2 and vitamin C is also important. According to American Family Physician, children can take 400 IU daily. I recommend increasing the dosage while they are sick.

Chiropractic care is the single most important thing you can do for your child. The best part is, it is safe, gentle and effective. Chiropractic treatments work to reduce nerve interference in the spine. The spine houses our nervous system and spinal cord, and misalignments cause impingement of nerves and overall dis-ease in the body.

Dr. Candace Perit, a leader in psychoneuroimmunology, states that chiropractic greatly maximizes the immune system via the nervous system. A pilot study analyzed the relationship between chiropractic care and the incidence of childhood disease. The results showed that kids who went to the chiropractor seven times a year had an increased resistance to common childhood disease. Chiropractic care is also very beneficial for bed-wetting, ear infections, and colic.

Dr. Andrea Wick is a chiropractor and applied kinesiologist. She graduated from Life University in Marietta, Georgia, and now practices in Big Sky. She has a passion for holistic health care and being active in the outdoors. Her practice, Healing Hands Chiropractic, is located in the Meadow Village Center. Visit drandreawick.com to learn more.





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## Museum hosts lecture on fight against degenerative diseases

#### **GALLATIN VALLEY FRIENDS OF THE SCIENCES**

How can a better understanding of human cellular processes inform the fight against neurodegenerative conditions like Alzheimer's and Parkinson's diseases? This question will be explored in the first presentation of the fall Science Inquiry lecture series.

Dr. Renee Reijo Pera, Montana State University's Vice President of Research and Economic Development and a professor in the Department of Cell Biology and Neuroscience, will share recent advances in strategies targeting these diseases.

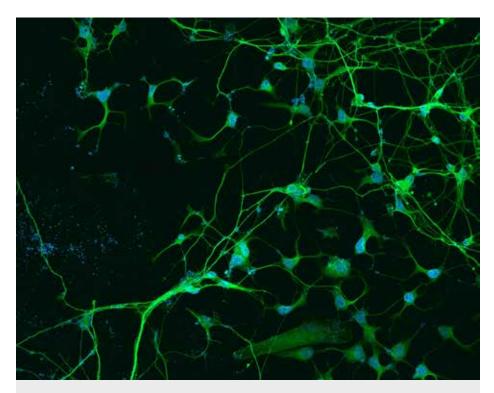
The talk will be presented at the Museum of the Rockies on Wednesday, Sept. 19, at 7 p.m. in the museum's Hager Auditorium.

The series, sponsored by the Gallatin Valley Friends of the Sciences, explores cutting-edge science topics, their latest developments, and their relevance to society, through speaker presentations followed by conversations between speaker and audience. The talks are free to the public.

In her presentation, "Regenerative Medicine in Human Development and Aging," Reijo Pera will discuss how molecular interactions in cells influence cell development and disease, and how research into personalized strategies and treatments may enhance cell survival in the face of neurotoxicity.

Reijo Pera holds a Ph.D. from Cornell University and was a Damon Runyon Fellow in Human Genetics at the Massachusetts Institute of Technology. She was the George D. Smith Professor of Stem Cell Biology and Regenerative Medicine at Stanford University, where she also directed the Center for Reproductive and Stem Cell Biology.

As Vice President of Research and Economic Development at MSU, she has overseen the expansion of research at the university to \$130 million in expenditures, and has focused on bringing research to communities across Montana through the 10x10 Innovation Road Show, which will present in Bozeman on Sept. 20 at the Ellen Theatre.



Molecular interactions within cells influence cell development and disease. PHOTO COURTESY OF RENEE REIJO PERA

Following the presentation, audience members will have an opportunity to engage in conversation with Reijo Pera in the museum lobby with light refreshments served.

The speaker presentation and audience participation segments together will last approximately an hour.

Visit gallatinscience.org to learn more about this lecture series.



## PUT YOUR MEDS HERE

Big Sky Medical Center has a new medication disposal bin that is available and free to the public. Bring your expired or unused medications and dispose of them safely and responsibly.



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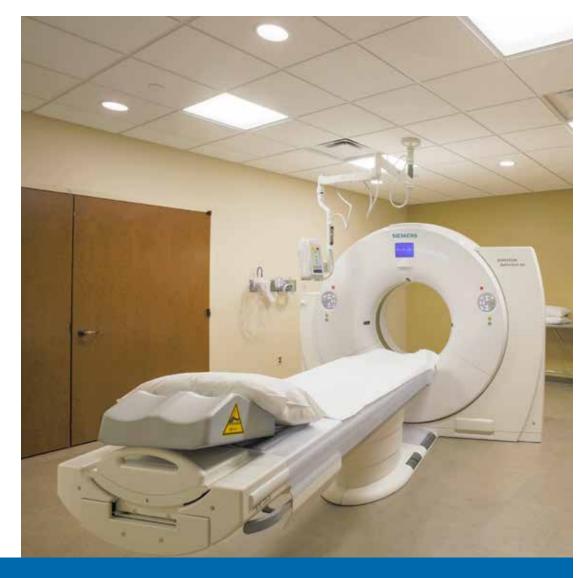
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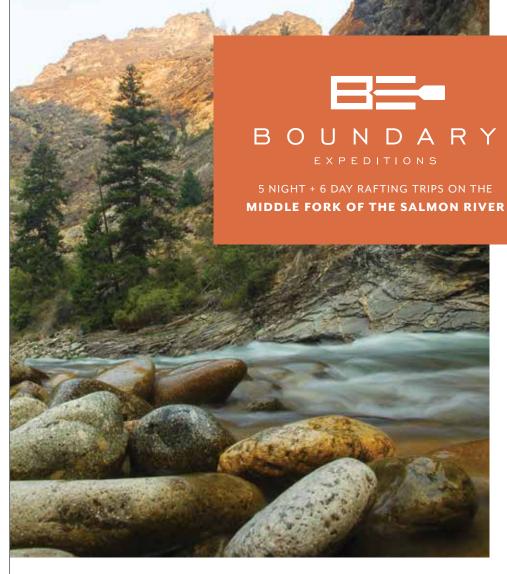
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SPECIAL ADVERTISING SECTION

## Lone Peak Performance and Physical Therapy now offering preseason ski assessments

LONE PEAK PERFORMANCE AND FITNESS

With the turn in the weather over the past couple of weeks, and The Rut Mountain Runs and the Big Sky Biggie mountain biking race behind us, we are beginning to remember what an epic ski season we had last year. If this upcoming season is anything like last winter, it isn't the lack of snow that forces you to take days off in Montana.

Countless pow days can lead to stubborn knee pain, an achy back, and complete exhaustion. If you experienced this last winter, you know that there's nothing worse than having to stay home while watching the snow stack up on the powder cams. If you want to maximize your enjoyment by feeling strong and skiing pain-free, the time to prepare for the 2018-2019 ski season is now.

Lone Peak Physical Therapy and Lone Peak Performance are excited to announce that they are offering affordable ski assessments that provide guidance in ensuring you are training effectively and efficiently for the upcoming season. Our personalized approach will help you understand where to focus so that you are ready to shred from first chair to last chair on those epic days.

What is a ski assessment? Our staff of exercise physiologists, personal trainers, and physical therapists will guide you through a series of ski-specific movements to evaluate potential imbalances that may predispose you to future pain or potential injuries. Sessions will include strength testing, motion and stability testing, and ski-specific performance testing. Assessments last

40 minutes, and cost \$75 per person before Nov. 30.

After leaving your appointment, you will know what exercises to add to your regimen so that you are prepared to ski your best this season. If you need additional help beyond the assessment, our team is here to help you get ready for the ski season. We will be offering this exciting service at our Big Sky Performance Center and in the Gallatin Valley at Lone Peak Physical Therapy's Belgrade clinic.

To schedule an appointment at Big Sky Performance, call (406) 995-4522. For Lone Peak Physical Therapy - Belgrade, call (406) 388-2235. Visit lonepeakperformance.com for more information.



(ABOVE) During a preseason ski assessment at Lone Peak Performance and Fitness in Big Sky, or at Lone Peak Physical Therapy in Belgrade, staff will ensure you are training effectively and efficiently for an enjoyable winter on the slopes. PHOTOS BY ALLIE EPSTEIN

(BELOW) Certified personal trainer Jeff Hendrickson demonstrates being tested on the 1080 Quantum, a sophisticated system for performance training, testing, rehabilitation and research that provides data for a personalized ski assessment.



## Moving the needle

## Acupuncture is fast emerging as a safer way to treat pain, depression and other ills

BY EMILY STIFLER WOLFE EBS CONTRIBUTOR

Jen Avery has had chronic pain in her neck, back and shoulders for 15 years.

She grew up with three older brothers in a family of athletes. She had whiplash multiple times and in 2007, she injured her neck in a climbing fall. When she developed fibromyalgia while finishing her master's in public administration at Montana State University in 2013, the pain was acute and unrelenting. After graduation, Avery moved to Big Sky, Montana, where she opened a yoga studio, waited tables and volunteered on ski patrol. A chiropractor helped relieve some pain, but always it simmered, worsening with stress.

In February 2016, her struggles came to a head. Avery and her husband went snowmobiling in Cooke City, Montana, and the first day, her neck felt stiff. That night she lost range of motion, and by the second day it radiated to her scapula. They drove home. The next day it was so intense she struggled to breathe, so she went to the emergency room.

The doctor who read the X-ray told Avery she had arthritis in her cervical spine, and prescribed anti-inflammatories and painkillers. But two days later, the pain became excruciating and her left thumb, index and middle fingers went numb. Her husband was working nights and she was too delirious to drive, so Avery walked a half-mile to the ER, crying.

This time, an MRI showed gliosis—scarring on the central nervous system often caused by multiple sclerosis. The doctor prescribed more hydrocodone and suggested Avery see an orthopedic surgeon. The pain pills made Avery nauseous and constipated, so she only took them to sleep. Holding a hand on top of her head relieved some of the nerve pressure.

After a month, she got into an orthopedist. He scheduled another MRI and prescribed pain meds targeting her central nervous system, which she didn't take. Two weeks later, the MRI results confirmed arthritis and ruled out MS. Inflammation combined with disc degeneration had pinched a nerve, Avery said, creating extreme pain. The orthopedist prescribed physical therapy, which helped, but not enough. So, her pain still too acute for massage, Avery tried acupuncture.

"Instantly, there was a huge relief," she said. That afternoon, the stabbing behind her shoulder subsided, and she could finally lower her hand from her head. Avery received acupuncture weekly for the next year, and she said it retrained her pain response, reduced anxiety and alleviated other aches.

Many studies, including several published in the prestigious Archives of Internal Medicine, have shown acupuncture as a safe, effective way to manage both chronic and acute pain. As the U.S. medical community seeks to reduce over-prescription of pharmaceuticals including opioids, the needle is moving toward acupuncture and other drug-free therapies. An endorsement by the American College of Physicians will likely encourage the trend. In February 2017, the ACP officially recommended acupuncture for back pain, alongside other non-drug treatments including heat, massage and spinal manipulation. The ACP gives acupuncture a "strong recommendation" and calls opioid painkillers a last resort.

An expanding body of data also shows acupuncture may be effective for treating numerous other ailments including nausea, seasonal allergies, infertility and neurological disorders.

Acupuncture is a practice in which thin needles are inserted into the skin and underlying tissues at specific points on the body to improve health and well-being.

A fundamental element of traditional Chinese medicine, it has been practiced for at least 2,500 years, according to the World Health Organization. Archaeological evidence in the form of polished stone needles and hieroglyphs indicate rudimentary forms may have developed thousands of years earlier, during the Neolithic Age. It is a standard of care in China today, used daily for many patients in large hospitals.

Acupuncture was introduced to mainstream America in the 1970s, when journalist James Reston had an emergency appendicitis while covering Secretary of State Henry Kissinger's 1971 visit to China, prior to President Nixon's historic 1972 visit that opened U.S. relations with China. Reston wrote about the acupuncture that eased his post-op pain, and The New York Times published his story alongside front-page news of the Apollo 15 liftoff.



Old Chinese medical chart of acupuncture meridians

But with acupuncture needles approved only as experimental devices by the FDA until 1996, the practice was slow to take off in the U.S., and many assumed it a placebo. However, in 1997, the National Institutes of Health concluded there was enough evidence to expand it to conventional medicine, and indeed, it has grown. The CDC's National Center for Health Statistics estimated 1.5 percent of American adults—or 4.7 million people—received acupuncture in 2012, up 1.6 million from 2002. There are more than 17,000 acupuncturists board certified with the National Certification Commission for Acupuncture and Oriental Medicine, and 27,000 licensed through individual states.

The Mayo Clinic, a renowned teaching hospital and research center in Rochester, Minnesota, has used acupuncture since 2001, primarily for pain, and now has more demand than it can meet.

"We have had tremendous success [with acupuncture]," said Dr. Brent Bauer, director of Mayo's Complementary and Integrative Medicine Program. "For intractable pain, patients with a chronic long history of pain, or chronic headaches, we might still see a 30 percent significant response where everything else absolutely failed." Results are typically best before pain pathways are completely developed, he added. "If you've had pain for 20 years, it's more difficult to get lasting great benefits."

Mayo also uses acupuncture to treat gastrointestinal disorders, fibromyalgia, chemotherapy symptoms and other conditions.

Acupuncture's use in reproductive health has soared since a 2002 study published in Fertility and Sterility showed women who received acupuncture after in vitro fertilization were significantly more likely to become pregnant: 42.5 percent of participants who received acupuncture following IVF became pregnant, as compared to 26 percent of the group that received only IVF. In the 16 total studies

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It is also used for addiction treatment. Approximately 500 medical centers in the U.S. use the National Acupuncture Detoxification Association protocol, according to NADA Executive Director Sara Bursac. She cited clinical experience and research showing it eases withdrawal symptoms, prevents craving, and increases participation rates in long-term drug treatment programs. The protocol, which uses five acupuncture points in each ear, is also used to treat behavioral and mental health issues, emotional trauma and post-disaster symptoms.

MRI scans show specific acupuncture points activate distinct parts of the brain. Needle "Si Guan," a set of points on the hands and feet traditionally used for pain relief, and it calms the regions of the brain that register pain, according to 2014 research published in the Journal of Complementary and Alternative Medicine. What's more, the painkilling effects often outlast the treatment session.

From a traditional Eastern perspective, the principles of acupuncture are based on the concept that life force, known as "qi" (pronounced "chee"), circulates the body on distinct pathways called meridians. Issues like injury, disease and stress can block or disrupt qi, leading to poor health. Hundreds of acupuncture points are located along the meridians, each corresponding to an organ or body system. By boosting the flow of qi, blood and other fluids, acupuncture restores balance to the person.

When viewed through a Western scientific framework, acupuncture's effects—reducing inflammation, increasing circulation and releasing natural painkillers, among others—have been well documented, but how it works on a physiological and biochemical level is not understood. There are many theories.

Zoe Strauss, owner of a community acupuncture clinic in Bozeman, People's Republic of Health, and the practitioner who treated Jen Avery's neck pain, has two ways of explaining it.

The first is easy to picture. "When you get a splinter on your finger, the body recognizes a foreign object and immediately sends white blood cells to the area to clean out debris and regenerate healthy cells," Strauss said. "Often with pain, whether back pain or surgery or a broken bone, we put a bunch of [needles] locally to do exactly that."

The second translates the concept of qi to nerve impulses jumping from spot to spot, which Strauss equates to acupuncture points. "When you have an injury, the nervous system ... flashes a 'crisis' pattern and short circuits the way it normally works. The brain holds that message, so the [body] has time to recover. Sometimes with pain, opiate addiction [and grief], the brain will hold onto that message for too long." By reconnecting the qi impulses, she said acupuncture can reset the nervous system.

Some theories suggest it releases opioids and other peptides in the central nervous system and alters neuroendocrine function, while others equate qi to potential energy in terms of quantum physics.

Like any medicine, acupuncture is both a science and an art. There are many schools of practice—Japanese acupuncture, for instance, uses thinner needles and shallower insertion as compared with Chinese, in which practitioners often manipulate needles to incite "de qi"—or the heavy, sore feeling of vital energy being activated.

"Very rarely is there ever a one-size-fits-all approach with acupuncture," said Carissa Hill, an acupuncturist practicing in both Big Sky and Bozeman. Because it focuses on personalized care, she added, acupuncture can address a patient's unique issues.

Today, nearly 50 years after the Times article, acupuncture still isn't part of our popular consciousness.

"It's hard for hospitals to create a mechanism to offer it, because it's devalued by the government," said Mayo's Dr. Bauer, referring to the fact that neither Medicare nor Medicaid cover it.

The Affordable Care Act requires private health insurance companies to cover acupuncture, but the number of treatments may be limited, and it's typically out of network, says Gena Gaub of Rocky Mountain Insurance in Bozeman. "It may as well not be covered, because [the] insured get little or no help when they go."

While some Army Medical Centers offer it for veterans suffering from chronic pain and PTSD, the Army's insurance company, Tricare, won't cover it outside those centers.

And it's a socio-economic issue. Acupuncture is time-consuming and often costs significantly more than a prescription painkiller.

Strauss wants it to be available to everyone and offers a sliding payment scale at her clinic. "Sometimes what we're doing is training the body to function in a different way, and that can take multiple treatments over time," she said.

With funding going into research—an average of \$17.9 million annually in NIH grants over the last decade—and new data emerging from conservative facilities like the Mayo Clinic and the American College of Physicians, there is a snowball effect.

And results talk.

"What gets people in the door is back pain that doctors and medication have not been able to resolve. That, and grief," Strauss said. "What gets them to stay, [are] the results of those things, and on top of that, amazing improvement in their digestion, sleep, mood and energy."

A version of this story first appeared in the winter 2018 edition of Mountain Outlaw magazine.



SPECIAL ADVERTISING SECTION

## Welcome to Bozeman Health Big Sky Medical Center

#### **BOZEMAN HEALTH**

Bozeman Health Big Sky Medical Center is centered on one thing: the health of residents and visitors to southern Gallatin County. From inpatient hospital care to emergency services, primary care to pharmacy services, and diagnostic imaging to laboratory testing, you'll find more services, more programs, more facilities dedicated to community health. Right in the middle of that commitment is our medical team. Our physicians and healthcare professionals will get to know you, and see that you receive the care you need, when you need it.

At Big Sky Medical Center, we maintain comprehensive electronic records that are connected through the Bozeman Health integrated health system to coordinate care, guide treatment and improve outcomes.

#### **Big Sky Medical Center services**

The Big Sky Medical Center is a not-for-profit acute care medical hospital and clinic housing a variety of conveniently located medical services under one roof.

#### Hospital care

The Big Sky Medical Center features a four-bed inpatient unit capable of handling medical admissions for conditions that require care for less than 96 hours.



Big Sky Medical Center provides the same advanced imaging technology as Bozeman Health Deaconess Hospital.

#### **Emergency services**

Big Sky Medical Center provides 24/7 emergency care. Our Emergency Department is dedicated to providing advanced and personalized emergency medical care possible to every patient who comes through our doors. The emergency department contains six treatment rooms with two rooms equipped specifically for trauma cases and one for patient observation.

The emergency services department treats injuries and illnesses, as well as stabilizes trauma. A helipad is located adjacent to the emergency department. The medical staff treats a variety of cases including the initial treatment of active heart attacks and stroke prior to transport. While orthopedic injuries make up the largest percentage of our emergency cases in our active resort town, we care for patients with a variety of illnesses and injuries all year long.

#### **Imaging center**

The diagnostic imaging center, staffed by registered radiology technologists, offers general radiology with digital radiography. It



Your nonstop healthcare team at Big Sky Medical Center. PHOTOS COURTESY OF BOZEMAN HEALTH

features a 64-slice CT scanner and an MRI suite with a 1.5 Tesla unit. A digital, portable x-ray unit on site supports the emergency department.

#### Laboratory

The laboratory, staffed by clinical laboratory scientists, conducts commonly ordered laboratory tests by your physician, with services to clinic practitioners, emergency testing for the emergency department, and any testing required for hospital patients.

#### Medical procedure suite

A medical procedure suite was constructed to perform certain outpatient procedures, such as gastrointestinal endoscopic procedures for upper and lower GI studies.

#### Retail pharmacy

Bozeman Health Big Sky pharmacy relocated from the Meadow Village Center and is conveniently located near the main lobby at the entrance of the medical center. The retail pharmacy carries prescription medication and over-the-counter items.

The inpatient pharmacy provides inpatient and clinic pharmacy services and is staffed by registered pharmacists and pharmacy technicians. The pharmacy is open Monday through Friday, from 9 a.m. to 6 p.m., and Saturday from 9 a.m. to 5 p.m.

Visit bigskymedicalcenter.org to learn more.

