Big Sky Resort launches 46th season

Bullock drops presidential campaign

Feral hogs: newest Montana residents?

LPHS basketball takes court

Student artists tackle social issues
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**On The Cover:**
Climber Craig Pope climbing The Matrix in Hyalite Canyon south of Bozeman. PHOTO BY NATE KENNEY

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**Advertising Deadline**
For the December 20, 2019 issue: December 11, 2019

**Corrections**
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80 Timber Ridge
MOONLIGHT BASIN
6 BED + 6 BATH | 6,148 +/- SQ. FT | $4,600,000

Gallatin Preserve
SPANISH PEAKS MOUNTAIN CLUB
160 +/- ACRES | $4,200,000 - $7,000,000

334 Nordic Lane
ASPEN GROVES
5 BED + 5 BATH | 5,100 +/- SQ. FT | $1,995,000

Moose Ridge Condos
BIG SKY TOWN CENTER
5 BED + 5.5 BATH | 2,895 +/- SQ. FT | $1,800,000

Mountain Lake Phase 3
BIG SKY MOUNTAIN VILLAGE
2 - 4 BED + 3 - 4 BATH | 1,919-2,465 +/- SQ. FT | $595,500 - $1,300,000
10% OFF LIST PRICE PRE SELLING DISCOUNT

Wildridge Lot 27
SPANISH PEAKS MOUNTAIN CLUB
1.23 +/- ACRES | $675,000

Highlands Neighborhood | Ski In/Out
SPANISH PEAKS MOUNTAIN CLUB
3 - 6 BED + 3.5 - 6.5 BATH | 2,319 - 4,620 +/- SQ. FT | $2,575,000 - $4,100,000

39 Homestead Cabin Fork
SPANISH PEAKS MOUNTAIN CLUB
3 BED + 3 BATH | 2,119 +/- SQ. FT | $2,195,000
Holiday tours bring art and design to Big Sky

**EBS STAFF**

BIG SKY – Big Sky community holiday festivities kick off on Saturday, Dec. 7, with the first annual Big Sky Open Studio Tour and the Big Sky Discovery Academy’s 2019 Holiday Home Tour.

The studio tour, hosted by the Arts Council of Big Sky, will commence at 11 a.m. and run until 6 p.m. Between locations in Town Center, Meadow Village, the canyon and Mountain Village, attendees will be treated to a free self-guided studio tour visiting 14 local artists. At each stop, artists will show off their work and walk through their unique creative processes while visitors enjoy light hors d’oeuvres. Custom stamps will be available at each studio for collection on a punch card, which will be used to enter participants in a drawing to win original artwork.

To cap off the day, the Big Sky Discovery Academy will host their fourth annual holiday home tour to raise funds for the private school. The tour, beginning at 3:15 p.m. and ending at 8 p.m., travels between three Big Sky homes, each offering architectural and holiday décor inspiration to visitors as well as drinks, hors d’oeuvres, an entrée and dessert in a progressive dinner format. Tour transportation is included in the $75 ticket but is only available on a first-come-first-serve basis. The tour will end at the Big Sky Discovery Academy, where a holiday bazaar will await gift shoppers.

Visit bigskyarts.com to download the studio tour guide. Visit bigskydiscoveryacademy.org for more information about the holiday home tour.

Stakeholders convene to discuss renewable energy, carbon footprints

**EBS STAFF**

BIG SKY – On Nov. 3 and 4, representatives from NorthWestern Energy met with representatives from various Big Sky organizations, the city of Missoula and Missoula County, Bozeman, and Helena at The Wilson Hotel Residence Inn Ballroom to begin talks on renewable energy, reducing community carbon footprints and the potential impacts of climate change on a ski town.

With the recent advent of Big Sky’s first-ever sustainability committee joining a global chorus for changes in thinking, technology and infrastructure, it’s only fitting the cohort met in Big Sky, and the representatives discussed ways to potentially work together in hitting select goals, such as making places in Montana net-zero energy by 2030.

Another hope is to facilitate a means, through tentative legislation similar to that enacted earlier this year in Utah, to allow utility providers like NorthWestern Energy to make leaps in renewable energy services without the consumer footing the bill for upgrades.

“Customers want increasingly renewable energy,” said Eric Austin, associate professor at Montana State University and the event facilitator. “We’re really excited by the possibility to make that happen here … We’re here thinking through what that looks like.”

Hunt for Best of Big Sky 2019 continues

**EBS STAFF**

BIG SKY – Just shy of two weeks into a 14-day-long voting period, the hunt for Best of Big Sky 2019 continues.

Since the launch of the voting period on Nov. 25, thousands of votes from members of the immediate and extended Big Sky community have poured in, with voters weighing in on categories such as “Best Business,” “Best Burger” and “Best Architect,” as well as 24 other category distinctions.

Each completed survey is entered for a chance to win a pair of 2020 Big Sky PBR General Admission tickets or a $50 gift card to The Corral Bar, Steakhouse and Motel.

The final day to vote is fast-approaching—Dec. 8—and winners will be announced by EBS on Dec. 20.

Head to explorebigsky.com/best-of-big-sky-2019 to cast your once-a-day vote.

Cinema screens TGR’s ‘Winterland’

**EBS STAFF**

BIG SKY -- Teton Gravity Research will bring another night of excitement to Lone Peak Cinema with the screening of “Winterland” on Dec. 13, with showings at 5:30 p.m. and 8 p.m. “Winterland,” one of the production company’s ski and snowboard films of 2019, celebrates influential skiers and riders of the past as well as the athletes of today seeking to join the ranks.

The Big Sky screening, one of many on the film’s tour, will give audience members a chance at winning the tour’s top giveaways, which include trips to Sierra Nevada’s beer camp in California and Jackson Hole Mountain Resort. Additional prizes will also be given away at the event.

Christmas Stroll brings holiday spirit

**EBS STAFF**

BIG SKY – The Big Sky Christmas Stroll is turning it up a notch for the 22nd annual event. The holiday festivities will be spread across two evenings, kicking off in the Meadow Village on Dec. 13 with sleigh rides, carolers, a fire and visits from Santa. The bulk of activity will take place throughout evening.

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Employee housing development makes headway

BY BRANDON WALKER

BIG SKY – The settlement of a 2017 lawsuit has breathed new life into a local housing development. On Nov. 26 the Gallatin County Commission received a check from developers of the Powder Light subdivision in Big Sky, which solidified the settlement agreed to earlier this year.

The development aims to bring local employees approximately 200 additional rooms and will be situated east of Ace Hardware and Big Sky Vacation Rentals along Highway 64, commonly known as Lone Mountain Trail.

In addition to funding from a $10 million federal TIGER grant issued in 2018, one of the largest components of the settlement was a nearly $200,000 check signed by A2LD Development Co. to the GCC to pay for two right-hand turn lanes off of Lone Mountain Trail to alleviate congestion and potential vehicle accidents.

Located at the turnoff to Ace Hardware and at the easternmost entrance of the development, the turning lanes were required by GCC in the settlement and were the reason for denying the initial application, according to A2LD developer Scott Altman.

Construction of the two left-hand turn lanes will be paid through the TIGER grant, but the two right-hand turn lanes will be funded by the money A2LD paid from the settlement. “In order to give a full turn lane, we settled with them and said we would pay for those two,” Altman said. He added that the lanes must be completed before development takes place.

The TIGER grant, short for Transportation Investment Generating Economic Recovery, is supplying Gallatin County with more than $10 million to make upgrades to Lone Mountain Trail, helping alleviate the anticipated increase in traffic from the housing development, among other projects. The county’s decision to apply for the TIGER grant stemmed from the results of a 2017 transportation study identifying the need for upgrades.

Altman said A2LD is on the verge of selling the lots to John Bauchman, a broker with Big Sky Real Estate Co. “We close on Dec. 17 on that parcel,” Altman said. “It just took so long we’re not going to build them ourselves. We … put it in the covenants that it has to be employee housing to make sure that happens.”

County officials anticipate Lone Mountain Trail turn-lane construction will begin in summer 2020. Once the two right-hand turning lanes are complete, Bauchman can begin development of the Powder Light subdivision. Altman said he is encouraged by the headway the project is making as well as what the housing will mean for Big Sky.

“Our whole goal in anything we do is to make more employee housing,” he said. “This one, I believe, by the time it’s completely done will have probably 200 bedrooms on the site. That’s what we’re after because that’s what Big Sky needs to kind of keep going and be successful.”

Lot one is where Ace and BSVR are located. The remaining three lots will welcome the Powder Lights. Each of the lot’s zoning regulations require that a commercial space be present on it, but the remaining space on each lot will be open to employee housing.
BY MICHAEL SOMERBY

BIG SKY – On the beloved holiday of friendship and togetherness, a steady flow of Big Sky locals and visitors clamored through Big Sky Resort’s Mountain Village. Skis and snowboards slung over shoulders, they talked among themselves, excited whispering on their tongues; that is until they arrived at the lines growing at the bottom of the Ramcharger 8 and Swift Current chair lifts.

There, shoulders dropped and smiles graced faces. They would soon be on the hill. “[It’s] really exciting, stoked to be here,” said Big Sky local Dan Whitaker. “Just happy to call this place home. The mood’s high, belly is still full from Friendsgiving last night and it’s beautiful. We’re blessed.”

Such is the ritual of opening day at Big Sky Resort, which annually coincides with the Thanksgiving holiday. Today, a robust amount of terrain greeted ticket- and pass-holders—some 600-plus acres shared between five lifts: Swift Current, Ramcharger 8, Explorer, Powder Seeker and Challenger.

“The snow is better than I thought,” said local Tobin Ide, 13. “I’m just really happy to be out here.”

Whitaker and Ide’s perspectives were shared by everyone on the hill, where crowds carved through the soft snow with sheer glee. Hoots and hollers, the trademark call of the alpinist, were in abundance.

The terrain that the resort made available was near perfect thanks to above-average snowfall beginning earlier in the fall.

“Since Oct. 1, we’ve received 69 inches of snow, and that is about 117 percent of the average,” said Big Sky Resort Public Relations Manager Stacie Mesuda. “Our base depth mid-mountain is 18 inches and our base depth on the upper mountain, in the high alpine, is 27 inches.”

While much of the opening day experience was familiar for many, the start to the resort’s 46th season ushered in new amenities and infrastructure, most notably Radio Frequency Identification (RFID) passes, which allow for seamless access to the lifts while also keeping guests from pulling off gloves to fish around in their pockets for ski passes.

As the season progresses, new amenities such as those that can be found at The Exchange, formerly the Mountain Mall, will become available. Regulars can expect The Exchange to open in stages beginning Dec. 5.

For Mesuda, now in her second season at Big Sky Resort, there is an honest joy in seeing the facilities come to life, a feeling she shares with her coworkers.

“We’re just looking forward to seeing our community get together, to seeing lots of smiles and high fives,” she said. “There is stoke and just general happiness that comes with another ski season. We’ve got about 100-plus days ahead … of good powder and good times.”

We all have much to be thankful for each Thanksgiving. In Big Sky, Montana, one such item stands tall at 11,167 feet.

A skier throws up her hand in joy, knowing there’s good snow to be had for an opening day. PHOTO BY JOSEPH T. O’CONNOR

Shrouded in fresh snowfall, Ramcharger 8 moved swift-as-ever up the mountain, delivering skiers and boarders to untouched lines and variable terrain. PHOTO BY MICHAEL SOMERBY

Bathed in blue light from the Ramcharger 8 lift’s dome, the passengers looked forward, hoping to find fresh snow previous skiers had missed. PHOTO BY MICHAEL SOMERBY

Despite relatively longer lines, there were no frustrations as Big Sky locals and area skiers readied themselves for a few Thanksgiving day laps. PHOTO BY JOSEPH T. O’CONNOR

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continued
New VBS sustainability committee puts plans into action

BY DOUG HARE

BIG SKY – On Nov. 21, numerous Big Sky community leaders comprising the newly formed Visit Big Sky Sustainability Committee sat down for a presentation from Matt Elsaesser, owner of 406 Recycling based out of Helena, Montana.

Elsaesser discussed his role in helping reduce the utilization of single-use plastics and maximizing the recycling rates at events like the Peak to Sky festival and the Big Sky PBR. The meeting of minds was the second time the committee had met together in person.

“Candace [Carr Strauss] had initially approached me about starting a sustainability-oriented group to get things moving along,” said Josh Treasure, general manager of Roxy’s Market and the chairman of the committee. “Eric Morrison, Jessie Wiese and myself had been a small group working on these things for the past few years. When Candace approached us it was perfect because we were able to use some of Visit Big Sky’s existing infrastructure to get more people on board.”

Sustainability is based on a simple principle. According to the Environmental Protection Agency, “most everything we need for our survival and well-being depends, either directly or indirectly, on our natural environment.” Pursuing sustainability entails creating and maintaining the conditions whereby humans and nature can exist in productive harmony to support both present and future generations. Potential solutions to sustainability problems, however, are often complex—especially in popular tourist destinations like ski towns.

“Ultimately, we’ll have a 1-year plan, 5-year plan, 10-year plan and a 25-year plan that we can put together, but right now we’re focusing on some small battles that we think we can win to get some momentum going,” Treasure said of the group’s progress.

Those initial battles include establishing viable, robust composting and recycling programs throughout Big Sky and maximizing participation.

Treasure hopes that eventually every Big Sky business will have a composting bin and recently added a recycling bin behind Roxy’s Market. Going forward, the committee will be working with Republic Services for their recycling efforts and YES Compost to handle compostable products.

Many of the committee members, which include representatives from the Yellowstone Club, the Hungry Moose Market and Deli, Big Sky Resort, the Gallatin River Task Force and Town Center, are also pursuing accreditation from the Global Sustainable Tourism Council.

The GSTC training program teaches baseline standards for sustainability in travel and tourism. As a basis for certification, GSTC courses also inform about awareness-raising, policy-making for businesses, government agencies and other organization types, as well as measurement and evaluation of the effectiveness of various sustainable strategies and their results.

Treasure is optimistic about what the future holds for Big Sky and wants our mountain town to set the standard for putting environmentally conscious policies into effect for mountain towns worldwide.

“The biggest obstacle for improving sustainability right now is communication amongst local business owners and community at large,” he said. “Education and communication will be key going forward.”

The next meeting of the VBS Sustainability Committee is scheduled for Dec. 19 at the Visit Big Sky office building.
University of Montana to offer psychology class on happiness

ASSOCIATED PRESS

MISSOULA – The University of Montana has announced a new course entitled “The Art and Science of Happiness” joining other universities in adding the emotion to the curriculum.

“The Missoulian” reported Nov. 27 that psychologists John and Rita Sommers-Flanagan are expected to teach this spring about the traits and habits that enable people to flourish.

University professors say the course aims to make the research applicable to students’ lives by using contemporary approaches from mindfulness to emotion-monitoring phone applications.

Professors say the students will be graded on knowledge-based assessments not on their state of being in the course.

Officials say 28 students have registered as of Nov. 25. A Harvard University course on the topic drew 900 students in 2006 and a similar course at Yale drew 1,200 students in 2018.

Democrat Steve Bullock ends struggling presidential campaign

BY MICHELLE L. PRICE AND MATT VOLZ
ASSOCIATED PRESS

HELENA – Montana Gov. Steve Bullock is ending his Democratic presidential campaign.

Bullock announced Dec. 2 he’s dropping out, saying in a statement it’s become clear he won’t be able to break into the top tier of a crowded primary.

The two-term governor and former state attorney general tried to make the case he’s the best bet to beat President Donald Trump because he’s the only Democratic candidate to win in a state Trump won in 2016.

But Bullock got a late start announcing his candidacy in May. Bullock struggled to raise money and rise in the polls, qualifying for only one Democratic debate.

Democrats have pushed Bullock to challenge Sen. Steve Daines in 2020. Bullock’s spokeswoman Galia Slayen says he will not run for Senate next year.

Montana court removes potential wilderness mine obstacle

BY AMY BETH HANSON
ASSOCIATED PRESS

HELENA – The Montana Supreme Court has removed a big obstacle for a mining company seeking to explore a silver and copper deposit potentially worth billions of dollars under the Cabinet Mountain Wilderness in northwestern Montana.

Exploration of that deposit has been delayed in part by a long-running dispute over whether Mines Management Inc. can access it by using a tunnel that goes under late Arnold Bakie’s nearby mining claims. Bakie and an investment group that included former Montana Gov. Brian Schweitzer had alleged Mines Management’s use of the tunnel through the claims was trespassing.

In a 5-0 decision Nov. 26, the justices ruled that Bakie’s mining claims weren’t valid because they contained no valuable minerals.

Now Mines Management is working with the U.S. Forest Service on an environmental analysis of its planned exploration to assess the project’s feasibility, which seeks to mine a multibillion-dollar silver and copper deposit. The analysis will assess the project’s potential effects on the environment and the plants and animals in the area.
Women in welding course provides workplace skills

University's Gallatin College recently wrapped up a unique nine-week welding course taught by women in the industry.

Offered through Gallatin College's welding technology program in partnership with MSU's Academic Technology and Outreach and was funded in part through a grant from the Red Ants Pants Foundation, a nonprofit that fosters strength and self-reliance in women in rural agricultural communities.

The noncredit welding course was offered through Gallatin College's welding technology program in part to diversify the workforce and expand local economies.

The goal of the course was to expand the skillsets of women in Gallatin, Park, Meagher, Madison, Jefferson and the skillsets of women in Gallatin, Park, Meagher, Madison, Jefferson and and Broadwater counties to include welding and metalworking in their work on farms and ranches. The course was designed for women and taught by women in the industry.

The hope is that students can use and respond to the high demand for traditional workers in the industry.

Red Ants Pants Foundation, a nonprofit that fosters strength and self-reliance in women in rural agricultural communities, partnered with MSU's Academic Technology and Outreach and was funded in part through a grant from the Red Ants Pants Foundation.

The hope is that students can use the skills they learn in the welding course to fill valuable roles within their communities, diversify workplaces and expand local economies.

The noncredit welding course was offered through Gallatin College's welding technology program in part to diversify the workforce and expand local economies.

Montana federal farm subsidies for trade wars grow to $114M

ASSOCIATED PRESS

BILLINGS — Data indicates federal subsidies distributed to Montana farmers to offset losses resulting from U.S. trade wars have increased to more than $114 million.

The “Billings Gazette” reports subsidies issued in October pushed the value of 2019 payments to about $92.4 million, while the state received about $22.1 million in 2018 subsidies.

The Market Facilitation Program payment data was compiled by advocacy organization Environmental Working Group.

The subsidies are intended to soften the financial impact on U.S. farmers due to trade conflicts with China, Europe, India and Japan.

The Environmental Working Group ranks Montana 23rd in the nation for federal farm subsidies received.

Officials say wheat subsidies of $25.5 million were Montana's largest category of federal relief.

The group says states receiving the most money are located in the Midwest.

Montana records first suspected case of CWD in wild elk

MONTANA FISH, WILDLIFE AND PARKS

RED LODGE — Montana recorded its first suspected case of chronic wasting disease in wild elk on Nov. 25. The cow elk was harvested by a landowner on private land northeast of Red Lodge.

CWD first was confirmed in the wild in Montana in a mule deer in Carbon County in 2017 as a result of scheduled searches on harvested game. Earlier in November, tests showed that a moose in northwest Montana was suspected to have CWD.

All other cases since the disease was discovered in Montana in 2017 have been in captive elk on farms.

CWD was found in a herd of captive game-farm elk near Philipsburg in 1999 and the herd was depopulated. Prior to Nov. 25, however, the disease had not been found in wild elk in Montana.

The always-fatal disease affects the nervous system of deer, elk and moose. Transmission can most commonly occur through direct contact between animals. Carcasses of infected animals may serve as a source of environmental contamination as well and can infect other animals that come into contact with that carcass.

There is no known transmission of CWD to humans. However, the Centers for Disease Control and Prevention recommends that if an animal tests positive, it should not be eaten.

Visit fwp.mt.gov/cwd for more information.
What is your fondest childhood holiday memory?

Charlie Gaillard
Big Sky, MT

“When you’re in that age range of 4 to 10 and you walk down the stairs and see that Christmas tree for the first time on Christmas morning and it’s filled with presents, and the cookies been eaten, and Santa’s been there, it’s amazing.”

Kelly Lyes
Belgrade, Montana

“I would say setting up Christmas lights at my grandma and grandpa’s house, and they did a whole nativity scene and everything. [It took] probably a couple days to set everything up. We’d set them up right after Thanksgiving and then have it out there until after New Years.”

Kennedy Coon
Green Bay, Wisconsin

“Going to my grandma’s house and opening presents on Christmas Eve and being around family and the atmosphere of that happening every year. She always had a huge Christmas tree and a million presents around the tree. She would even get presents for the dogs in the family and the dogs would always sniff out their presents.”

Tanya Johnson
Big Sky, Montana

“I always spent it with my family. We always had lots of presents and lots of food to eat and lots of love. I’m from Ukraine, so we had all kinds of borscht and meat and salad.”

'TIS THE SEASON

It’s a chance to capture the spirit and heart of a special time of year. Our showroom is full of new treasures to discover, either for yourself or someone else. Whether it’s furniture, books, or decor we’ll help you bring the joy of mountain living to your home.

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Reserve Your Quarter Today!
Montana students tackle science at MSU

BY RACHEL HERGETT
MSU NEWS SERVICE

BOZEMAN — The average age of students on the Montana State University campus declined noticeably on Tuesday, as around 1,400 middle and high school students competed in the annual Montana Science Olympiad.

One middle school competition called Mission Possible asked students to build a Rube Goldberg machine, which effectively moves a golf ball 20 centimeters. In between the initial dropped ball and its final resting point, the device could feature any or all of a dozen actions to increase the score and attempt to get the final running time between 61 and 90 seconds.

Lucy Waller, a 12-year-old seventh grader from Belgrade Middle School, chose to compete in the Mission Possible event because she saw it as a challenge. “It had a lot to do with engineering, which is really fun,” Waller said.

That challenge was compounded when she realized — only a couple days before the competition — that she had been building a machine based on outdated rules.

In the spirit of competition, fueled by coffee on late nights of building, Waller went right back to work. Her new machine featured a fishing rod, parts of a matchbox car track and a fan-powered sailboat with human figurines acting as counterweights. But with little time to troubleshoot, one of the mechanisms malfunctioned and Waller had to give the golf ball a little push to keep it moving. She still took sixth place overall.

A pair of sixth graders from Libby Middle School, Riley McNew and Haileigh Sarbaum, spent two months on their Mission Possible design for the challenge, which was based around a water pressure timer. Increase the pressure and a tube with water to raise the golf ball would fill faster; decrease the pressure and the device would take longer to fill. McNew said she learned about water pressure in school but was interested in diving deeper. Plus, the ability to adjust on the fly would allow the team to better fit the time constraints of the competition.

“It feels good to see it all come together,” McNew said.

The 35th annual Montana Science Olympiad is believed to be the largest state competition to date, said Suzi Taylor, director of the Science Math Resource Center in MSU’s College of Education, Health and Human Development, which organizes the event. Around 1,400 Montana students from 63 middle schools and 57 high schools competed.

“They’re practicing and competing like a sports team,” Taylor said. Students find time after school or on weekends to prepare for the competition, whether that means designing a vehicle for one of the building events, studying core knowledge in subjects such as astronomy or heredity, or practicing for laboratory events.

“These are kids who have self-selected to do really rigorous science and engineering work,” said Taylor, illustrating her point with a list of the astronomical objects high school students must be able to identify as printed in the event rules, including GW151226 (a gravitational wave signal), NGC 2623 (a galaxy) and SN UDS10Wil (a supernova).

In a lab on the third floor of Norm Asbjornson Hall, high schoolers competed in a building competition using gravity to propel a vehicle down a ramp and then to a specified spot on the floor. Sam Duerr’s car did a nice little turn at the end of the run, stopping within a foot of the target. The turn wasn’t planned, the Hamilton High School sophomore said. The vehicle design included wing nut brakes on the rear axle, one of the most common braking systems in the competition. For Duerr, the right side had been locking up first. The car didn’t stop as close to the target as it had in practice runs taken on the wood gym floors back home.

“I’m still pretty proud of how it did,” Duerr said.

Hamilton High went on to win the team competition.

In addition to the competitive aspect, Taylor sees the Montana Science Olympiad as a way to introduce students from smaller towns to the university experience. Students heard remarks from Jason Carter, MSU vice president for research, economic development and graduate education, and astrophysicist Angela Des Jardins, director of the Montana Space Grant Consortium, at the opening ceremony. Carter, himself, competed in meteorology, computer programming and quiz bowl events for Science Olympiad in Michigan from sixth grade to his senior year.

“It allowed me to understand and learn the scientific process from a very young age, and that has served me well throughout my career,” he told the audience.

After a morning of competitive events, students were invited to tour labs and studios across campus and spend time learning from faculty and staff. “Our university welcomes these young achievers in a top-level academic way,” Taylor said.
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This past September, members of the Mountain Outlaw magazine team bundled tight against the brisk September chills on Lake Aleknagik, roughly 20 miles inland from the town of Dillingham and not far from Bristol Bay, a massive saltwater expanse hugged by the remote Aleutian Islands and mainland Alaska.

There, thousands of miles from their homes in southwest Montana, they observed a magnificent area; a place that’s home to more than half the world’s sockeye salmon.

Similar to many animals, ecosystems and ways of life in the Greater Yellowstone Ecosystem, those salmon are delicate and battling a complex fight for existence—a mining project dubbed the Pebble Mine threatens to cripple the salmon fishery by excavating some 1.5 billion tons of gold, copper and molybdenum from beneath the crust.

But the fight is on, both here and in Alaska, and in this 10th anniversary edition of Mountain Outlaw magazine you’ll find evidence of a thread that connects us with the great wilds of North America.

Writer Todd Wilkinson details the 25 years since the controversial reintroduction of wolves to Yellowstone National Park, arguably restoring balance to a food chain on the precipice of running amok.

Readers get insight into Chef Eduardo Garcia’s quest to tie the natural, and sometimes painful, beauty of the northern Rockies together with food and family.

Turn the page, and we find a story by former EBS staffer Bay Stephens on a ski-maker’s mission to build skis sustainably.

And Alex Sakariassen’s feature on how two Montana groups are working to tackle the opioid crisis gripping the nation reminds us that we are but one people with shared principles, philosophies and a craving for the unexplored. We must rely on each other, despite distances and differences.

Between the covers you’ll find a universe of written word and imagery that seeks to explore, as the cover header reads, “life, land and culture from the heart of the Yellowstone region.”

“For 10 years, Mountain Outlaw has served as a celebration of this area,” said Editor-in-Chief Joseph T. O’Connor. “But it’s also an attempt to unpack our place in the country and world at large. This magazine is a way for us to help create dialog in the Greater Yellowstone and beyond.”

This holiday season, Outlaw Partners is proud to bring the latest Mountain Outlaw magazine to our dedicated readership. We wish you good reading for good tidings and a winter full of outdoor adventures.
Guess who turned 70?
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RESULTS PUBLISHED IN EXPLORE BIG SKY: DEC. 20
23rd annual Bozeman Ice Fest returns to Gallatin Valley

EBS STAFF

BOZEMAN – The annual Bozeman Ice Festival kicks off Monday, Dec. 9 for a week of nightly events and on-ice clinics. According to organizers, the ice conditions have benefitted from cold weather and snow this fall, transforming Hyalite’s waterfalls south of Bozeman into a place of ice-climbing wonder.

The festival features a number of clinics taught by world renown athletes Conrad Anker, Graham Zimmerman, Ines Papert and Anna Pfaff. The courses teach skills and techniques relevant to climbing technical ice as well as general mountain skills. This includes beginner and intermediate skills, as well as more advanced options: learning lead climbing, mixed climbing and self-rescue.

Visit bozemanicefest.com for more information.

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Select Schedule

Monday, Dec. 9
Jeff and Priti Wright
Lockhorn Cider House
Balancing climbing and full-time careers can be a challenge. Jeff and Priti Wright have been more successful than most in this pursuit, climbing big routes all over the world. After years of successful harmonizing they have decided to quit their jobs, put their stuff in storage and take a year-long climbing sabbatical.

Tuesday, Dec. 10
Live Your Dream Presentations
Lockhorn Cider House
The American Alpine Club offers the Live Your Dream Grant, a small grant meant to help bring adventure to more people. This year, two past winners will present on their projects. Lisa Verwys used the grant to attempt a winter traverse of Yellowstone National Park on skis. Nate Bender used the grant to connect 27 high peaks in the Beartooth Mountains in a single trip.

Wednesday, Dec. 11
Kickoff Party
Bozeman Event Space
Dec. 11 marks the true start to the festival, with a kickoff party filled with music and revelry. Bozeman’s own Walcrick will be playing Americana music to get this party on its feet.

Thursday, Dec. 12
Ice Fest Film Fest
Emerson Crawford Theater
This film celebration will bring out the spirit of climbing through three inspirational films. Mystery Ranch’s “Parallel Passions” looks at Hyalite Canyon through the eyes of its brand ambassadors and how this amazing place has inspired their entire business. Sterling’s “Adaptive” is an inspirational film about Mo Beck and Jim Ewing’s attempt at an all adaptive ascent of the Lotus Flower Tower in Canada’s Cirque of the Unclimbables. Lastly, La Sportiva’s “Himalayan Ice” follows Ari Novak and Karsten Delap on a trip to India’s Spiti Valley where they find connection with an amazing place and a group of locals eager to build a climbing community.

Friday, Dec. 13
Hilaree Nelson and Jim Morrison
Emerson Crawford Theater
Lhotse is the fourth highest mountain in the world, and mountaineers and big mountain skiers have referred to the couloir off its peak as the dream couloir. In the fall of 2018, Jim Morrison and Hilaree Nelson went to Nepal with one objective: to get the first descent of this amazing line. But the story goes back much farther than that. Listen to Nelson and Morrison speak about the years of work that went into this expedition, the conditions they needed to be just right and the difficulty of skiing at 8,000 meters.

Saturday, Dec. 14
“Alpinism on the Edge of Dreams” by Ines Papert
Emerson Crawford Theater
Ines Papert dedicates her time to first ascents and expeditions around the world. She and her partner, Luka, are at the forefront of alpine climbing and are motivated to discover these unclimbed lines. Join Papert as she shares stories from climbs all around the world, from Piz Badile and Grande Jorasses in the Alps, to “Lost in China” on Kyzyl Asker, an attempt of a new route on the south face of Shishapangma in the Himalaya and recent route development in the Canadian Rockies.

Sunday, Dec. 15
Local Legends Wrap Party with Lindsay Fixmer
Emerson Center for the Arts and Culture
The Sunday Night Local Legends Wrap Party is always a festival favorite, featuring dinner and climbing stories. This year hear from Lindsay Fixmer about climbing new routes in Newfoundland and Iceland. Lindsay is an AMGA guide who guides around the world and she is a long-time location guide for the Bozeman Ice Festival.
Not long ago, feral hogs were spotted a few miles north of Montana and many experts believe they’ve probably already taken up residence in the rural, remote high plains of the Treasure State. They also are approaching Wyoming and Idaho via Colorado, Utah, Oregon and Nevada.

These undesirable invaders are present in at least 38 states and several Canadian provinces.

Like incredibly smart noxious weeds with fleet hooves and tusks, pigs that get well established can wreak havoc. Their rooting behavior and voracious appetites have caused serious impacts to cropland, stream corridors, native plant communities and both ground-dwelling wildlife and nesting birds. They also carry diseases and viruses such as swine brucellosis, foot rot, intestinal maladies, salmonella and a form of Herpes that can be transmitted to livestock, wildlife and humans.

The U.S. Department of Agriculture estimates that feral hogs cause more than $2 billion in damages annually.

Once they take hold, their elusive nature and high reproductive rates make it difficult, if not impossible, to eradicate them. Biologists say that sows produce an average of six piglets in a litter and they breed year-round with a gestation period of less than four months.

You may have read a recent newspaper story about a 59-year-old woman in Texas who was attacked and killed by a rogue herd of feral hogs as she headed to work.

For the record, that’s one more person than was killed by grizzlies in the Greater Yellowstone Ecosystem this year and more than the total number of human fatalities caused by wild wolves in the Lower 48 going back a long, long time.

Montana doesn’t really have a strategy to engage the porcine menace, yet. Aerial flyovers of the U.S.-Canada border area have been conducted. Earlier this autumn the state wildlife and livestock departments, along with the Montana Invasive Species Council, announced a new program called “Squeal on Pigs” that encourages people to report any feral hog sightings.

In several states, there is open season on hogs, no license required. As the website Vice reports, in Texas there are even tourism operators who now ferry “thrill-seeking” clients around in helicopters and let them blast away at hogs for entertainment.

Some 43,000 hogs were shot from helicopters in the Lone Star State last year which represents only 1 to 2 percent of the estimated population there. Some have pegged feral hog numbers in the Lower 48 back a long time which represents only 1 to 2 percent of the estimated population there.

But let’s return to the question. In the big scheme of things, which animal—native bison or non-native pigs—actually poses the greatest threat to the ecological integrity, heritage and economy of the West? In addition to hogs, let’s add the threat of Chronic Wasting Disease.

Regarding bison, many millions of dollars have been spent killing more than 11,000 Yellowstone bison when they’ve naturally wandered into Montana.
Literary anthology celebrates preservation of Montana

BY JESSIANNE CASTLE

BOZEMAN – When snow falls in Montana the clouds draw in from the sky. They huddle close against mountain peaks and spread across the valleys, blanketing the sagey plains in snowflake wonder. Crystal-line white drops of snow sail to the ground and gather there, smoothing cracks and ravines. When snowfall stops in Montana, the sky smiles, clouds part and sunshine dances with the glistening snow.

The experience of place, the way a landscape immerses the senses, mind, body and spirit, is widely appreciated in Montana. It’s why people come here, why they stay, why they live as they do.

A new literary anthology celebrates this Montana sense of place, featuring 20 of the state’s contemporary writers, including Rick Bass, Maile Meloy and Carrie La Seur, as well as 28 bright color landscape photographs by Alexis Bonogofsky.

Titled “A Million Acres,” this new release is sponsored by the Montana Land Reliance and specifically commemorates the land trust’s protection of 1 million acres of Montana open spaces, which was achieved at the end of 2017.

As the largest state-based land trust in the U.S., Montana Land Reliance has worked with more than 800 landowners—many of whom are working farmers and ranchers—in a partnership that permanently protects private land from development while maintaining private ownership of the land. This keeps agricultural land in production and preserves fish and wildlife habitat in perpetuity.

“It requires a willing landowner who has a conservation ethos or who’s really interested in stewarding the land,” said MLR southwest manager and Big Sky resident Jessie Wiese. “It leads to really meaningful conservation.”

Wiese said that beyond serving in tribute to open land conservation, the book also honors those willing landowners who have been partners in conservation. “It’s been working with landowners of all walks of life,” she said. “I think the writers did well showcasing that.”

She added that she hopes “A Million Acres” inspires its readers, whether they live in Montana, visit Montana or have only heard of Montana from afar.

“Hopefully it does connect more people with Montana,” she said. “It’s an important place to preserve.”

Editor Keir Graff, a Chicago resident who was born and raised in Montana, echoed Wiese. In the national scene, he said, “Montana is like a magical word, an association with the mythic West. Montana will always fascinate people.”

Recognizing both his own and many a Montanan’s desire to keep the bounty of the Treasure State a closely kept secret, Graff offered one perspective.

“We really need to be less possessive of it and more encouraging of people to really know what it is,” he said. “Really this isn’t just about Montana. This is about land and open space everywhere.”

Ultimately, the book considers how the landscape touches those who set foot in Montana through the lens of multi-generational Montanans as well as out-of-state transplants. In essays, memoirs and short stories, the writers tell their tales of the rivers, mountains and plains from across the state.

“It’s such a Montana thing to do, to celebrate that,” Graff said. “We need everybody to visit Montana at least once in their life not only to experience the beauty, but to understand it and know why it’s worth preserving.”
Groundwater quality and quantity is threatened by the proliferation of septic systems and individual wells in the Upper Gallatin Canyon potentially leading to degradation of drinking water supplies and the health of the Gallatin River.

To better understand these impacts, the Montana Bureau of Mines and Geology is conducting an extensive study over the next three years.

“This study will answer many important questions about the underlying aquifer, including recharge sources, nutrient loads and connection to the Gallatin River,” said Mike Richter, a long-time Big Sky resident and research specialist for the MBMG. “The shallow aquifer is of most concern because it is utilized by residences, businesses and our local school system.”

MBMG Groundwater Investigation Program, which is funded through the Montana legislature, will oversee the Upper Gallatin Canyon study. This program supports science-based water management in Montana and “is important for the state because it provides stakeholders with answers to locally identified, site-specific questions,” said Ginette Adbo, the manager for the GWIP program.

To qualify for a GWIP study, a project must be nominated by a local entity. The Gallatin River Task Force in partnership with the Gallatin Local Water Quality District submitted a nomination for the Upper Gallatin Canyon project in spring 2018. The need was identified as a priority action item outlined in the Big Sky Sustainable Watershed Stewardship Plan, produced in 2018 through a collaborative local planning effort.

The Upper Gallatin project was one of three GWIP projects selected across the state to start in 2019.

Assessing groundwater flow and transport of contaminants is complex and there is a certain mysteriousness because you cannot see what is below the surface. Groundwater flow is slower than river flow but this movement ultimately affects how and where land uses impact the river.

The study will also assess when and where groundwater interacts with the Gallatin River.

This interaction may vary in location and across seasons. In some situations or locations, the river may gain water and pollutants from the groundwater system, while in other situations, the river may recharge groundwater and cause changes in groundwater quality.

To get at these questions, MBMG anticipates measuring groundwater levels and water quality in 35–40 wells and will test surface water quality and flow at 11 locations across the study area.

“We also anticipate drilling some wells in the area next summer, if necessary, to determine the thickness of the alluvial aquifer, the nature of the underlying bedrock and water chemistry,” said James Rose, associate hydrogeologist for MBMG.

“The knowledge gained will be integral to fully understand Big Sky’s water resources and make wise, informed decisions regarding land, water and wastewater management in the Upper Gallatin Canyon,” Richter said.

To learn more about the upcoming Gallatin Canyon GWIP study, attend the public kickoff meeting on Dec. 11 from 4–6 p.m. at the Big Sky Water and Sewer District.

A graph to accompany this column is available at explorebigsky.com and illustrates nitrate levels in a Gallatin Canyon public well.

Kristin Gardner is the executive director of the Gallatin River Task Force.
Intention

BY KATHY BOUCHARD
EBS CONTRIBUTOR

Winter approaches. The meat has been cured, the hay baled and stacked for the animals. The bounty of the land has been harvested and stored away to be doled out through the cold days and long nights with care. The wilderness stills, the wildlife endures in sleep or privation, clinging out survival as best they can. In the rhythm of the seasons, details may have changed or faded, but the feeling is still one of reflection and drawing in, becoming quiet as we contemplate the past year and how to apply ourselves to the next.

This past summer, while driving home late in Glen Ellyn, Illinois, with the 5-year-olds, after feasting on burgers and berry pie, I gasped in surprise. “Look at the fireflies!”

As we drove through the shady streets, the girls ooohed and ahhhed, until finally, out of the car, Daddy caught one of the flickering creatures. It took me back to childhood, playing ghost in the graveyard in the lingering twilight, and getting distracted by the fairy light glow of the insects. Fireflies are memories I have missed while spending the last 20 years living in Montana.

Today, as with much of the insect population of the United States, fireflies, butterflies and honeybees are disappearing at alarming rates. Because of their role as pollinators, this means food production is also endangered. The insects are not alone. The Audubon Society reports that two-thirds of North American birds are at risk because of habitat loss, and that many of them may go extinct in the next 100 years. Those memories I mentioned above are already half a century old. I wonder what memories the grandchildren of my grandchildren will have in the next half century.

Yet we in Montana live among creatures once at the brink of extinction. Bald eagles, grizzly bears and wolves have been restored to parts of their historic ranges thanks to the application of the Endangered Species Act and scientists and individuals dedicated to their survival. We value wilderness or we wouldn’t live in a rare place that supports all the megafauna that existed in the Greater Yellowstone area 12,000 years ago. From across the world, people throng to see the elk, bison and wolves, simple testimony to their inestimable value. Our truth is that nature is wealth.

As gratitude for this achievement fills us, the future abounds with challenges that we can read about every day. This space has briefly explored solar energy, dark sky preservation and plastic reduction. Other topics will soon be discussed. But now, as the long nights of contemplation approach, as we recount the past year and assess our lives, perhaps there is room to expand that commitment to nature.

There are more ways than can be stated, just choose something, and make no small plans. Dig up a part of your lawn and plant native species that will invite bees and butterflies, write your congressman about wilderness expansion, buy your first electric vehicle (I’m contemplating my second), research an organization that benefits nature and donate, try more plant-based recipes. The possibilities, mundane or imaginative, are endless. Act with intention.

“Never doubt that a small group of committed citizens can change the world; indeed, it’s the only thing that ever has.” The words of Margaret Mead, written in a time when vastly more wildlife and vastly fewer humans roamed the planet, are still inspiring, but the need is great, and more citizens are required. Yet, here in Montana, we already have a model to inspire us.

Kathy Bouchard is a member of the Rotary Club of Big Sky’s Sustainability Committee. She has been a Montana resident for 20 years and is inspired to work for sustainability on behalf of her grandchildren.

For those on a journey

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YELLOWSTONE NATIONAL PARK

MAMMOTH HOT SPRINGS, Wyo. – The annual removal of non-native lake trout from Yellowstone Lake recently concluded and the multiyear effort points to a declining population. Lake trout are removed in an effort to preserve the native cutthroat trout population, the largest remaining concentration of inland cutthroat trout in existence.

Native cutthroat trout are the park’s most ecologically important fish and the most highly regarded by visiting anglers. It is an important food source for grizzly bears, birds of prey and other wildlife. The cutthroat decline resulted in several of these species being displaced from Yellowstone Lake or having to use alternate food sources during certain times of the year.

“I want to personally thank the National Park Service team, our partners and the many people who have philanthropically supported this continuing conservation effort,” said Superintendent Cam Sholly. “There is a considerable amount of work yet to do to build on this progress. This will continue to be one of our conservation priorities.”

Yellowstone National Park and contract crews removed 282,960 fish between May and October of this year compared to 297,110 in 2018, and 396,950 in 2017. It is a 29 percent decline over three years.

Yellowstone’s lake trout suppression program is one of the largest non-native fish removal programs in the United States. Since lake trout were first discovered in 1994, more than 3.4 million have been removed from Yellowstone Lake through suppression gillnetting. The number of lake trout caught in nets continues to steadily decline, from 4.4 per net in 2017 and 3.1 per net in 2018, to just 2.9 per net in 2019.

In order to predict the success of the removal effort and set benchmarks for gillnetting in the future, Yellowstone National Park and Michigan State University collaborated to generate statistical models of the lake trout population. The models suggest there are 73 percent less lake trout ages six and older in Yellowstone Lake now than were present at the population’s peak in 2011. This is critical because older, larger lake trout have the highest reproductive potential and consume the most cutthroat trout.

The models also indicate that the invasive species has been in decline since 2012.

Concurrent with the lake trout decline, long-term monitoring indicates a substantial increase in the number of cutthroat trout in the Yellowstone Lake ecosystem. Cutthroat that inhabit the lake migrate more than 30 miles up into the Upper Yellowstone and Thorofare streams where they spawn and then return to the lake. This July, fisheries staff found large numbers and sizes of cutthroat in these backcountry streams. Ten years ago, few cutthroat were present. This long-distance migration highlights the spatial extent to which the recovery of the cutthroat impacts Yellowstone.

While models and monitoring point to positive trends, a panel of expert fishery scientists in May 2019, estimated that a minimum of five more years of effort is needed to reach the lake trout population goal of below 100,000. They also emphasized that lake trout cannot be completely eradicated with current techniques and will continue to require annual removal and monitoring into the future.

Yellowstone fishery biologists continue to explore alternatives to gillnetting that will augment lake trout suppression, increase efficacy and reduce costs. For example, over the last few years, biologists tested a method to suppress the population by killing lake trout eggs on spawning sites. One technique involved placing plant-based organic pellets on spawning sites to facilitate decomposition and loss of dissolved oxygen. This method killed eggs within two days. Since the results are promising, the park intends to expand the technique in the future.

Yellowstone has invested more than $20 million over the past two decades on this recovery effort. Much of that funding has come from the generosity of donations through Yellowstone Forever.

“The park will never completely eradicate lake trout but the return on investment is the ecological restoration of Yellowstone cutthroat trout, sustainable angling and a chance to glimpse a river otter, osprey or bear catching a cutthroat,” said Todd Koel, leader of Yellowstone’s Native Fish Conservation Program.

Visit nps.gov/yell/learn/management/native-fish-conservation-program.htm to learn more.
The findings confirm that wild bison shape vegetation cycles and enhance growth throughout the summer. Scientists discovered, with the help of NASA satellites, that areas grazed intensely by larger groups of bison greened-up earlier, more intensely and for longer durations each year.

The findings also indicate that bison migrate differently than other species because of how they graze, frequently returning to the same areas of the park, which keeps plants in a growth cycle, providing the most nutritious food for migrating animals. Evidence over the last decade supports that migrating ungulates—or hooved mammals—follow the wave of spring plant growth.

Bison begin their migrations by following spring green up but their intense grazing lets them fall behind the wave of spring.

“Whereas migratory mule deer closely choreograph their movements so they are in synchronization with the flush of fresh green grass as it moves up the mountain, bison movements are not so constrained. They make their own fresh grass by grazing intensely in large aggregations,” said Chris Geremia, lead author of the study and senior bison biologist at Yellowstone National Park. This behavior sets bison apart from other North American ungulates.

During the study, comparative plots among fenced and grazed areas showed grazing at high intensity delayed plant maturation by stimulating plants to produce new young shoots after being grazed. Bison then frequently returned to graze the same areas, keeping plants growing, although the plants never appear more than a few inches tall. Short, young plants provide the most nutritious foods for migrating animals.

“I commend Dr. Geremia and our partners for completing this incredibly in-depth study,” said Yellowstone National Park Superintendent Cam Sholly. “These unprecedented findings teach us about the complexities of wild bison and underscore the critical ecological role they play on the Yellowstone landscape.”

The bison population in Yellowstone is one of the only free-ranging populations in North America. Animals migrate more than 60 miles in the park.
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Department seeks public input on Madison River regulations

BY JESSIANNE CASTLE

BOZEMAN – On Nov. 26 Montana Fish, Wildlife and Parks launched a 40-day call for public input on a series of regulation proposals intended to reduce crowding on the world-famous river.

The move comes after the Fish and Wildlife Commission rejected three citizen petitions earlier in November that recommended specific regulation actions. At the time, the commissioners said the petitions and those who appeared to give public testimony only represented a small portion of those who recreate on the Madison River.

“It’s taken a long time and a lot of work to get to this point where we can officially collect input on our next steps,” said FWP director Martha Williams in a press release. “People are passionate about the Madison River, and we know it’s important for us to consider all interests in moving forward. We’re committed to doing just that.”

In order to gauge public opinions statewide, the department is requesting feedback through a process known as scoping. An electronic survey is available for this process which asks individuals their opinions on management goals and how to address four main issues: commercial fishing outfitter management, social conflict management on the upper river, lower river recreational management and angler use management on the upper river.

Once the scoping process is complete, MT FWP will collate the results and draft a regulation proposal to submit for consideration by the commission in February. The commission will then decide whether to reject the regulation proposal or submit it for another round of public comment.

Public input will be accepted through Jan. 6, 2020. In addition to taking the survey, people can submit written comments to madisonriver@mt.gov.

Visit surveymonkey.com/r/RDWKFXW to submit comments by way of the survey.

FWP looking to revise fee schedule, classification policy for state parks

Public input accepted through Dec. 22

MONTANA FISH, WILDLIFE AND PARKS

HELENA – Even though the summer season at Montana State Parks is over, plans for the management of those parks is really hitting its stride.

It’s been a busy 18 months for Montana Fish, Wildlife and Parks. Gov. Steve Bullock’s Parks In Focus commission issued its final report in 2018 making several recommendations about funding and management of state parks. A legislative audit was also completed with several recommendations for oversight and funding.

“We made a commitment to the public in 2017 that we would put parks on the right path to ensure their management and future,” said FWP director Martha Williams. “We’ve had a lot of help along the way in making these changes and now we’re beginning to see the pieces fall into place.”

Earlier this year, Bullock signed Senate Bill 24, a bipartisan effort to raise the voluntary light vehicle registration fee from $6 to $9. This optional fee supports properties in Nevada and Virginia cities.

This funding was critical for parks management and to make progress toward a backlog of maintenance needs.

This past summer, FWP finalized its revision of the parks classification policy, which will give the department clearer direction on how to manage parks based on the type of experience and level of services provided. The new Classification and Investment Strategy Policy will ideally make it easier for visitors to distinguish between the wide array of options that the park system offers.

“We recognize that visitors want a range of experiences and with this new system of designations, members of the public, current and prospective partners, and other important constituencies will be able to better understand what to expect and how we are managing each site, now and into the future,” said parks division administrator Beth Shumate. “This policy will also help guide our decisions around resource allocation and serve as a framework for better investing in parks across the state.”

FWP regularly reviews fees charged at parks. Approximately 25 percent of the overall state parks operations budget is derived from user fees. Park entrance fees which are paid by nonresidents, but waived for residents through their vehicle registration, are an important part of helping state parks keep pace with rising costs of pumping toilets, fuel, utilities and supplies to keep parks running smoothly. Modest increases for some of those fees are proposed to address rising operations costs and improve visitor experience.

Annually, Montana State Parks see more than 2.5 million visitors from all over the world. They come to visit developed parks, like Lewis and Clark Caverns State Park, or more remote experiences like Brush Lake State Park in the far northeastern part of the state.

The proposed fee increases will not impact camping fees, but rather are focused in other areas, including nonresident annual passes, RV dump fees and nonresident daily entrance fees. The proposed increases will bring in about $200,000 for parks operations.

“Our visitors have come to expect a great level of service at Montana State Parks,” Williams said. “Our commitment to them is to continue to provide amazing opportunities outside with exceptional facilities, infrastructure and service.”

Public comments on the proposal will be accepted through Dec. 22.

Visit stateparks.mt.gov/news/publicNotices/biennial-commission-rule/pn_0008.html for more information or to comment online. Comments can also be emailed to fwp-parkrules@mt.gov or sent by mail to Montana State Parks, 2020/2021 Fee Schedule, P.O. Box 200701, Helena, MT 59620.
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BY JESSIANNE CASTLE

Night still cloaked the snowy earth when my husband and I strode through the door, our two dogs eagerly following behind. Outside, they wiggled and pranced in the snow, tails whirling as they waited to be loaded in the truck. Rooster, our three-year-old male, bound from door to door, his energy and enthusiasm instinctively causing my fingers to grip harder around my coffee mug as I reminded myself it wasn’t yet 6 a.m.

When we reached the canyon, my husband, Ryan, slowed the truck and we began to scan the fluffy blanket of snow. Our truck made first tracks on the road so looking was easy. It was obvious when we spotted a swath of dimples cutting across the road who’d been in the canyon: a mother mountain lion and her cubs, probably closing in on two years old—nearly old enough to venture out on their own.

We dropped the dogs and watched their transformation from floppy-eared clowns to austere professionals begin. Without even directing them, the two dogs bee-lined for the tracks. Rooster glanced his nose over the snow, moving back and forth over the tracks before picking a direction and heading out. Bay followed swiftly behind.

Now there are a couple things you need to know: When I first heard of chasing mountain lions with dogs, it threw up a few barriers my head. Things like sportsmanship and animal harassment really bothered me. But I talked to houndsmen, I interviewed biologists, I read the studies. Like all things, there are good ways of doing things and bad ways of doing things, and sour apples ruin the barrel.

Also worth mentioning, while most houndsmen—the people who have dogs and pursue mountain lions—might go out and tree cats all season long, most only kill a couple cats in their entire lifetime. My husband, the original houndsman in our family, has only shot one. I haven’t killed any.

People call it many things—hunting mountain lions, running dogs, chasing cats, hound hunting—but at its simplest, the activity we were engaged in involved finding a mountain lion track, letting our dogs track it, locating the mountain lion, and praising the dogs. For the majority of the time, the cat is hours ahead of us, laid up on a cliff after a night on the hunt or perhaps prowling unsuspectingly in the still early hours of morn. When the dogs do catch up with it—as I’ve been lucky enough to observe twice—the lion quickly darts into a tree. After that, we usually take a photograph, pet the dogs and leave.


For me, hound hunting is a way to experience the wild world. We go places I wouldn’t otherwise have ever been; we see things in the winter-time I wouldn’t have ever imagined. These experiences define who I am, not only as a Montanan, but also as a conservationist and a very human being.

It’s all enabled through a deep bond I share with our dogs. We got Rooster at six weeks old and a day later Ryan left for four months of remote work. Rooster kept the house alive with energy as he explored our little world. I taught him how to sit, come, stay. We played fetch and tug. When he was six months old, about the time Ryan got home, we introduced him to tracking, following mountain lion or bobcat scent with his trusted best friend, and experienced tracker, Bay, whom Ryan had started as a puppy as well.

Three seasons later, he’s shaping up to be a good dog but the training isn’t over. Rooster knows that he only gets rewarded for tracking bobcat, mountain lion or raccoon scent. He knows that he’s only supposed to locate the animal—never engage with it. He’s learning how to track in an array of conditions. And practice, my friends, makes perfect.

Back on the track, for a time, we observed how the dogs alternated leading the track, moving quickly, deliberately and always further forward. When they ducked into the trees, we quieted our breaths and waited. Our dogs have always been quiet at the start of a mountain lion race. Where other houndsmen elate at their dog’s bark every stride, Ryan and I wait in silence until that moment when our dogs erupt into a chorus—it only happens when they reach really fresh tracks, the ones the cat leaves after knowing the dogs are close, just before it climbs into a tree.

Rooster and Bay pushed up a steep and rocky canyon wall, bolting over snow-covered shale slides. When Rooster called in his breathy moan, we knew what was about to happen and by a stroke of luck we could see him sidehill over shale toward the top of the canyon wall. Ever the speed demon, Rooster ate up the terrain, with Bay bringing up the rear, her choppy bark swallowed by Rooster’s long howls.

When their tones changed, we hurried our steps and climbed the mountain to the tree.
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Big Horns cultivating team chemistry

BY BRANDON WALKER

BIG SKY – Team sports are more than just a matter of fundamentals. As high school athletes mature, team chemistry plays a large role in a team’s collective ability on the field or court. When it comes to basketball, spectators witness the tangibles such as fast-break layups, bounce passes and free-throws, but what is not immediately visible may be what is most important. Team chemistry and continuity are a resounding theme for the 2019-2020 Lone Peak Big Horns varsity basketball team.

After graduating four seniors last season, maintaining team morale will be a priority, according to LPHS coach Frankie Starz. “I think we’re going to be closer together this year and we’re going to play better and communicate better with each other,” the senior guard said.

Going hand-in-hand with team chemistry is a sense of identity when it comes to a team’s performance. Senior forward Isaac Gilmore is optimistic that LPHS has found that identity with the continued presence of first-year head coach John Hannahs and newcomer, assistant coach Dave Magistrelli. “We’ve had a new coach all four years of high school, so it’s kind of a new change every year. We’ve had Hannahs as our assistant coach, so he’s been here for as long as I’ve been here. It’s a bit easier to adapt to a new coach when you’ve been with him for a while,” Gilmore said.

Getting back to the tangible aspects of the game, the Big Horns believe they have a speed-driven, sharp-shooting offense to accompany new defensive tactics this season. “It is easy yet, but the thing that sticks out to me so far is our speed. We are a fast team. That could be a huge strength for us,” Hannahs said. Senior guard Austin Samuels feels that that speed will bolster the offensive production for LPHS this season. “I think we’re going to run a lot this year and hopefully put up a lot of points,” he said.

Basketball is a game of runs and a team needs to string together a strong performance throughout the entire game to have the best chance of coming away with a victory. Hannahs and Samuels were in agreement that inconsistency crept up on their team from time to time last season. Gilmore, Samuels and Starz lead a quartet of seniors hoping to change that for the Big Horns this year. “Last year, we had flashes of brilliance when we were downright scary, but they weren’t consistent. I am looking to build on that so we can put together four quarters of great basketball and make it a game-to-game habit,” Hannahs said.

Every team would like to score as many points as possible, but Hannahs and Magistrelli are stressing defense in the early going, hoping that will be a staple of their game that the team can hang its hat on.

Collectively, the entire team is hopeful for what the season will have in store. “Just through our first few practices I think this is the best we’ve looked in the beginning of a season since I’ve been in high school. I’m pretty excited to say that because I do think we’re going to have a great season,” Gilmore said. “There’s a lot of new freshman,” Starz said. “But it’s going to be special and I hope it turns out well.”

The Big Horns will play their first game on Dec. 7 at the Hybrid Tip Off Jamboree taking on the Absarokee Huskies at home.

Youthful Lady Big Horns confident despite lack of experience

BY BRANDON WALKER

BIG SKY – No matter the level of play, veteran leadership is a valuable asset to athletic teams everywhere. Whether at the professional or high school level, teams typically lean on those who have ‘been there before’ to guide them throughout the year and especially into the postseason. Following a season in which the Lone Peak High School varsity girls basketball squad finished around .500 and graduated two seniors, first-year head coach Loren Bough is set to lead a very young Lady Big Horns team into the 2019-2020 campaign.

LPHS does not have any seniors on their roster. The Lady Big Horns will have to rely on the experience of two juniors and a sophomore, who are accompanied by a platoon of talented freshmen. Ivy Hicks, one of two juniors on the team, is looking forward to seeing how the group will cohere as a unit. “It’s a little intimidating going into the season, to be honest. But I think it’s going to be fun because our whole team is going to get to grow,” she said.

The freshmen on the team are accustomed to winning. As 8th graders, they won 27 consecutive games, going undefeated on the season, before arriving on the high school scene. One of those freshmen is point guard Jessie Bough. She described her excitement for the challenge that the next level of play will bring: “I think we all know it is going to be a totally different season and that obviously we will have to kind of restart. We can take what we did last year, but we have to move it up a few levels. I think that’s what we’re trying to do,” Bough said. “We’ve been talking a lot with the three older girls that we have about what we can do to combine everything that we’ve learned and put it together to use this year to improve. We don’t have any seniors so we’re not going to lose anyone next year.”

Coach Bough has been impressed with his team’s energy so far as they have been practicing twice daily, already completing more than the minimal requirement of practices in preparation for their first game. “I think you’ll see continual improvement. The leaders on the team will develop over the course of the season. We don’t necessarily know who that will be in the first couple games,” coach Bough said.

Defense has been, and will be, the focal point for Bough and his team this year. “Our goals for the season mention only defense and execution. We’re not going to be as much offensive-minded as we want to be the best defensive team on the court every night,” Bough said.

There is a consistent theme shared between both the boys and girls varsity basketball teams regarding what their strengths would be this season: “Team chemistry and hard work are going to be our big strengths,” coach Bough said. “We’ve got really good chemistry.” Hicks and Bough echoed their coach’s words, citing team chemistry as essential to their success this season.

“Our real end goal will be how we play at the end of the season, not how we play at the start of the season,” said coach Bough. The season begins Dec. 7 for the Lady Big Horns when they play host to the Absarokee Huskies. “It’s pretty pumped. I think it’s going to be amazing. All the girls, our chemistry is really good so far, so I’m pretty excited,” Hicks said.
Big Horn duo garners All-Conference football honors

BY BRANDON WALKER

BIG SKY – If you attended a Lone Peak High School football game this fall, chances are you heard the names of Frankie Starz and Austin Samuels. The senior captains were a potent combination all season long for head coach Adam Farr and the Big Horns. The duo was recently recognized for their efforts on the gridiron. “Frankie and Austin are both highly deserving of the All-Conference honors they received. Those guys easily had two of the most storied football careers in Lone Peak history, and while they won’t take another snap as a Big Horn, they have left an indelible mark on the program that will carry on into the future for years to come,” said Farr.

Defensively, lining up as an outside linebacker throughout the year, Samuels was unanimously selected first team All-Conference, as well as second team All-Conference on the other side of the ball as a wide receiver. Additionally, for the fourth consecutive year he garnered academic All-State honors. “Looking back at some of the great players that have played at this school, we haven’t been playing football for that long, but there’s been some great players here who have been selected All-Conference. I think it’s just really cool to be a part of that tier of players,” Samuels said. “I couldn’t have done it without my teammates, and we had a great season.”

On the year, Samuels racked up 68 tackles, four interceptions and led the Big Horns in tackles on four occasions. Offensively, he compiled 710 yards leading the conference with 68 receptions to go along with 11 touchdowns. Samuels has left his mark on the Lone Peak football program leaving as the career leader in both receptions and interceptions.

Starz was chosen second team All-Conference on both sides of the ball, as well as being selected to the academic All-State team. “I’ve worked very hard, especially with Austin, and he obviously got All-Conference too. Over the season we worked a lot together on our chemistry and just threw the ball a lot so that definitely helped. It just means a lot after working so hard all four years,” Starz said.

Playing middle linebacker for Lone Peak, Starz racked up five interceptions, 10 sacks and a defensive touchdown. Starting at quarterback for his third season, he passed for 1,291 yards and 13 touchdowns. “I’ve worked very hard, especially with Austin, and he obviously got All-Conference too. Over the season we worked a lot together on our chemistry and just threw the ball a lot so that definitely helped. It just means a lot after working so hard all four years,” Starz said.

The Rotary Club of Big Sky, with the help of the Big Sky Community, is once again sponsoring the Christmas Giving Tree.

The Giving Tree is an annual program that helps families during Christmas by providing gifts for the children and a Christmas dinner for the family. If you would like to participate in this project, please pick up a Santa Letter for each child from either one of the two banks, the Food Bank or the Country Market and help each child fill out their Santa Letter.

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Big Horn duo garners All-Conference football honors

BY BRANDON WALKER

BIG SKY – If you attended a Lone Peak High School football game this fall, chances are you heard the names of Frankie Starz and Austin Samuels. The senior captains were a potent combination all season long for head coach Adam Farr and the Big Horns. The duo was recently recognized for their efforts on the gridiron. “Frankie and Austin are both highly deserving of the All-Conference honors they received. Those guys easily had two of the most storied football careers in Lone Peak history, and while they won’t take another snap as a Big Horn, they have left an indelible mark on the program that will carry on into the future for years to come,” said Farr.

Defensively, lining up as an outside linebacker throughout the year, Samuels was unanimously selected first team All-Conference, as well as second team All-Conference on the other side of the ball as a wide receiver. Additionally, for the fourth consecutive year he garnered academic All-State honors. “Looking back at some of the great players that have played at this school, we haven’t been playing football for that long, but there’s been some great players here who have been selected All-Conference. I think it’s just really cool to be a part of that tier of players,” Samuels said. “I couldn’t have done it without my teammates, and we had a great season.”

On the year, Samuels racked up 68 tackles, four interceptions and led the Big Horns in tackles on four occasions. Offensively, he compiled 710 yards leading the conference with 68 receptions to go along with 11 touchdowns. Samuels has left his mark on the Lone Peak football program leaving as the career leader in both receptions and interceptions.

Starz was chosen second team All-Conference on both sides of the ball, as well as being selected to the academic All-State team. “I’ve worked very hard, especially with Austin, and he obviously got All-Conference too. Over the season we worked a lot together on our chemistry and just threw the ball a lot so that definitely helped. It just means a lot after working so hard all four years,” Starz said.

Playing middle linebacker for Lone Peak, Starz racked up five interceptions, 10 sacks and a defensive touchdown. Starting at quarterback for his third season, he passed for 1,291 yards and 13 touchdowns. Starz also ran the ball for an additional seven touchdowns and 406 yards. His name will also be etched in the LPHS record books as he will graduate with the most passing touchdowns and total touchdowns in the Big Horns football program’s nine-year history.
LONE PEAK HIGH SCHOOL
2019-2020 Basketball Schedule

Nov 21 WMPAC Parent Informational Meeting TBD
Nov 21 Home First Day of Practice/Equipment Check-Out 3:45

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Game &amp; Location</th>
<th>Match Time</th>
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<tr>
<td>Sat</td>
<td>Dec. 7</td>
<td>Hybrid Tip Off Jamboree vs. Absarokee</td>
<td>5:00 / 6:30</td>
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<tr>
<td>Sat.</td>
<td>Dec. 14</td>
<td>Hybrid Tip Off Jamboree @ Absarokee vs. Sheridan</td>
<td>11:00 / 12:30</td>
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<tr>
<td>Thurs.</td>
<td>Dec. 19</td>
<td>Home vs White Sulphur Springs</td>
<td>2:30 / 4:00 / 5:30 / 7:00</td>
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<tr>
<td>Fri.</td>
<td>Dec 20</td>
<td>Home vs. Manhattan Christian</td>
<td>2:30 / 4:00 / 5:30 / 7:00</td>
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<tr>
<td>Fri.</td>
<td>Jan. 3</td>
<td>Home vs. Harrison / Willow Creek</td>
<td>2:30 / 4:00 / 5:30 / 7:00</td>
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<tr>
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<td>Jan. 4</td>
<td>Away @ Shields Valley</td>
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<tr>
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<td>Jan. 10</td>
<td>Away @ Gardiner</td>
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<tr>
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<td>Jan 11</td>
<td>Away @ vs Twin Bridges</td>
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<tr>
<td>Fri.</td>
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<td>Home vs West Yellowstone</td>
<td>2:30 / 4:00 / 5:30 / 7:00</td>
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<tr>
<td>Sat.</td>
<td>Jan. 18</td>
<td>Away @ Sheridan</td>
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<tr>
<td>Fri.</td>
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<td>Home vs. Twin Bridges</td>
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<td>Jan. 25</td>
<td>Away vs Ennis</td>
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<td>Thurs.</td>
<td>Jan. 30</td>
<td>Home vs. Gardiner</td>
<td>2:30 / 4:00 / 5:30 / 7:00</td>
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<tr>
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<td>Jan. 31</td>
<td>Home vs. Shields Valley</td>
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<tr>
<td>Thurs.</td>
<td>Feb. 6</td>
<td>Away @ Manhattan Christian</td>
<td>2:30 / 4:00 / 5:30 / 7:00</td>
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<tr>
<td>Fri.</td>
<td>Feb 7</td>
<td>Away @ White Sulphur Springs</td>
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<tr>
<td>Fri.</td>
<td>Feb. 14</td>
<td>Away @ West Yellowstone</td>
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<tr>
<td>Sat.</td>
<td>Feb 15</td>
<td>Home vs. Sheridan (Senior Night)</td>
<td>2:30 / 4:00 / 5:30 / 7:00</td>
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Schedule as of May 2019, schedule is subject to change...

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Q&A with Big Sky Resort ski ambassador Jack Lovely

BY DOUG HARE

BIG SKY – Jack Lovely’s earliest memories of skiing are lapping the Derringer lift in Moonlight Basin with his parents and siblings. Now, at just 17, he has moved on to more difficult terrain and picked up some sponsors along the way, including Giro, The North Face and Faction Skis.

Born and raised in McLeod, Montana, Lovely is currently pursuing his High School Equivalency Degree and a private pilot’s license. EBS recently sat down with the precocious athlete to discuss his aspirations in the world of winter sports, his love of flying on the slopes and in the sky, and how to stomp landings on the steep stuff.

J.L.: As soon as my family moved to Big Sky, my sister and I were sent straight into the Buddy Werner race program. I raced for two seasons and then transferred to the freeride team for a season. After that, my father took over and started to coach my sister and me.

EBS: You have had some success in freeride tournaments in the past few seasons. But tell me about your progression as a winter athlete. Did you grow up racing? Did you train with the Big Sky Ski Education Foundation’s freeride team as a youngster?

J.L.: I pretty much owe the opportunity to my sister, Maria. She started shooting with local photographers and videographers including Ryan Turner, Colton Stiffler and Chris Kamman. She brought me along on some of her shoots and it took off from there.

J.L.: My father and I are into most of the same things, and if we aren’t then usually we get the other interested. He is one of the most talented and athletic people I know. He taught me how to ski, ride bicycles and so much more. When I was seven he taught my sister and I to [spin a] 360. In seventh grade, he picked me up after basketball and he showed me a three after not touching a ball since sixth grade practice. He used to lead me down the most technical bike trails, up steep climbs on dirt bikes, through tight trees on snowmobiles and so many other adventures. Possibly the most important thing he taught me was to work on and fix all of my outdoor toys because we are very good at breaking things. I wouldn’t be half the person I am today without my father.

EBS: Who have been the most influential people in your life with regards to developing a passion for winter sports and being in the mountains?

J.L.: By far the most influential person for developing a love of the mountains has been my father.

EBS: Can you tell me a little bit more about your dad?

J.L.: My father and I are into most of the same things, and if we aren’t then usually we get the other interested. He is one of the most talented and athletic people I know. He taught me how to ski, ride bicycles and so much more. When I was seven he taught my sister and I to [spin a] 360. In seventh grade, he picked me up after basketball and he showed me a three after not touching a ball since sixth grade practice. He used to lead me down the most technical bike trails, up steep climbs on dirt bikes, through tight trees on snowmobiles and so many other adventures. Possibly the most important thing he taught me was to work on and fix all of my outdoor toys because we are very good at breaking things. I wouldn’t be half the person I am today without him.

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EBS: You are currently an ambassador for Big Sky Resort. How did that opportunity arise?

J.L.: I pretty much owe the opportunity to my sister, Maria. She started shooting with local photographers and videographers including Ryan Turner, Colton Stiffler and Chris Kamman. She brought me along on some of her shoots and it took off from there.

EBS: What are your goals for this winter season as a winter athlete?

J.L.: As far as winter goals go, I am submitting an entry in a Quiksilver competition and hoping to place. I’m also working to reach more people through vlogging so that people can follow my Youtube channel to keep up to date with my winter adventures.

EBS: What’s the best piece of advice that you’ve received about improving your skiing ability or technique?

J.L.: Arguably the most important piece of advice I’ve been given was from Cooper Raasch. He told me to land using four-point landings. At the time I had been hitting cliffs and landing straight up and down using just my legs. The four-point landing technique is to land with your poles making contact as you come back to the snow, keeping your body further forward on the tongues of your boots.

EBS: How do you keep in shape during the warmer months?

J.L.: Before my family moved to Big Sky we were based a half hour south of Big Timber in McLeod, Montana. My father had started an outfitting business and bought a plane and learned to fly to spot game—elk, deer, etc. I was very young when he took me up in his tiny two-seater experimental and when he pulled back I won’t ever forget the feeling. It was unparalleled to anything I’d ever felt before. Between skiis, bicycles and everything else that I’ve jumped or been airborne in, flying an airplane is the best rush of them all.

EBS: How did you decide to pursue your pilot’s license?

J.L.: Arguably the most important piece of advice I’ve been given was from Cooper Raasch. He told me to land using four-point landings. At the time I had been hitting cliffs and landing straight up and down using just my legs. The four-point landing technique is to land with your poles making contact as you come back to the snow, keeping your body further forward on the tongues of your boots.

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EBS: How do you avoid impatience when things aren’t going as smoothly as you’d like?

J.L.: Arguably the most important piece of advice I’ve been given was from Cooper Raasch. He told me to land using four-point landings. At the time I had been hitting cliffs and landing straight up and down using just my legs. The four-point landing technique is to land with your poles making contact as you come back to the snow, keeping your body further forward on the tongues of your boots.

EBS: How do you keep up to date with your winter adventures?

J.L.: I spend most of my time during the warmer months on the clock. Throughout the summer I build bike trails and all the way until mid-December put in barbed wire fences. Both jobs are rigorous and physically demanding; I am heading into the winter feeling strong.

EBS: Do you intend on going to college? If not, what are your plans?

J.L.: Within the next few years I’d like to give professional skiing the best attempt I can. However, I also understand that skiing doesn’t last forever. So after skiing I would like to further my piloting and get a job flying air tankers to wildfires. Another one of my interests is in real estate. Investing in land and housing in markets that are on the rise is such an interesting way to make a living.
New healthcare professional opens shop in Town Center

BY DOUG HARE

BIG SKY – Dr. Kaley Burns has already started treating patients but the official Chamber of Commerce ribbon cutting ceremony for Big Sky Natural Health will take place on Thursday, Dec. 12 from 5–7 p.m. The office is located next to Engel & Volkers in the same building occupied by The Cave Spirits and Gifts.

Naturopathic medicine is part of the quickly growing natural health industry, as an increasing number of patients seek a more non-invasive approach to their healthcare than offered by traditional hospitals. "There is this trend of finding a more natural way to manage your health than just with pharmaceuticals. I take a more supportive, underlying-cause standpoint that offers patients a different perspective," Dr. Burns said. "Educated patients are empowered patients. I can make recommendations all day, but it’s really us working together that will best support their health."

Burns received her Doctor of Naturopathic Medicine from the National University of Health Sciences in Chicago, Illinois, one of only five naturopathic medical schools in the U.S. She specializes in regenerative injection therapies including Prolotherapy (Prolo), Platelet Rich Plasma (PRP), and Stem Cell Therapy as well as IV nutrient therapy.

The Minnesota-native previously practiced as a licensed Naturopathic Physician in an integrative family practice in Manchester, Connecticut. Having spent time working at Yellowstone Naturopathic Clinic in Billings, Montana she was eager to return to the Treasure State as an associate. While continuing to obtain advanced training and application of regenerative and intravenous injection therapy at NYC, Dr. Burns was drawn to the natural splendor of the Big Sky area, where she hopes to offer a unique clinical experience to the community.

After graduating from the University of Wisconsin-Madison intent on pursuing a career in physical therapy, Burns’ own battles with health issues would change the trajectory of her career path and later inform how she approaches life as a health professional. "I was in the process of training for Ironman and had gotten pretty sick and nobody could figure out why. I was seeing my primary care physician, a gastroenterologist, a neurologist and a bunch of different people," Burns said. "Everyone seemed to want to give me another medication, and medication for that medication. My mom suggested that I see a naturopath and I gave her this look like I had no idea what she was talking about."

Fortunately, Burns did see a naturopath doctor, and within a few weeks of various therapies and diet changes, her health returned. That experience is what she credits as having opened her eyes to the possibility of studying the burgeoning field of naturopathic medicine. In 2009, she opened the Treasure State Wellness Center in Helena. Burns has since been able to return to doing the things she enjoys most: endurance events, cross-country skiing, paddle boarding and exploring new hiking trails with her dog, Big Sky’s newest small business owner looks forward to testing herself in The Rut, an annual, grueling endurance race on Lone Mountain.

"I’m looking forward to joining the community here. People have been very welcoming and excited about what we’re going to be doing up here," Burns said. "It’s great to be in a place where people really value their health. There’s a lot of active people around here who enjoy being outside. They seem to not only care about existing conditions but also prevention and staying healthy and trying to perform at their peak level."

Burns knows a thing or two about performing at a high level and recovering from injury. Not only has she shaved over an hour off of her Ironman race times, she has also climbed a mountain—Mt Kilimanjaro to be exact. Almost 40 years to the day that her mom summited the highest peak in Africa, Burns also made it to the top of the iconic dormant volcano only a few weeks after breaking her ankle while hiking deep in the Beartooth Mountains.

Dr. Burns is a member of the American Association of Naturopathic Physicians, American Medical Women’s Association and the secretary of the Montana Association of Naturopathic Physicians.

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LONE PEAK CINEMA | 5:30 PM & 8 PM

DEC 13 // KICK OFF STROLL | MEADOW VILLAGE | 5:30 - 8:30 PM

DEC 14 // XC SKI WITH SANTA | LONE MOUNTAIN RANCH | 3 - 4 PM

DEC 14 // BIG SKY CHRISTMAS STROLL | TOWN CENTER | 5:30 - 9:30 PM

VISITBIGSKY.COM/EVENTS/HOLIDAYS-PROMO19
Lori Elliott was born in Fargo, North Dakota and grew up in a small farming community 30 miles south called Kindred. Both her great grandparents farmsteaded in the Red River Valley in the 1800s. Elliott remembers them as tough Norwegians who took chances: “I think that’s in my blood.” Her experience in the business world is as extensive as her path to Big Sky was meandering.

After graduating from the University of Minnesota, Minneapolis majoring in marketing and advertising, she went to work for Car michael-Lynch Advertising, in Minneapolis, where she managed media purchasing for Winnebago, Harley-Davidson, McDonalds and Rapala. After marrying and moving to Madison, Wisconsin, she became an advertising manager for the Flamborough Corporation, a plastics molding business with eight various entities throughout the United States. Realizing she wanted to have more flexibility in life in order to plan for a family, Elliott decided to get an interior design degree, eventually starting her own business in 1992.

While raising four children in Hudson, Wisconsin, and growing her interior design business, she also had the opportunity to work for ABC Television, FOX Television and WCCO Radio in sales. Elliott moved to Red Lodge, Montana in 2011 to manage a design firm and serendipitously met Kira Fercho, an artist whose work she adored. In 2013, after moving to Bozeman, she became an advertising manager for Explore Big Sky, where she managed media purchasing for Winnebago, Harley-Davidson, McDonalds and Rapala. After marrying and moving to Bozeman, she became an advertising manager for the Flamborough Corporation, a plastics molding business with eight various entities throughout the United States. Realizing she wanted to have more flexibility in life in order to plan for a family, Elliott decided to get an interior design degree, eventually starting her own business in 1992.

In 2016, she moved Elliott Design out of the gallery location and once again returned to a home-based interior design business. “I often wonder how a farm girl was put on this amazing life journey. I am humbled and so very thankful,” she said with a smile.

Explore Big Sky: Do you have any employees or co-workers currently?

Lori Elliott: I don’t. I love having a team of people though. I have found that it is more time and cost effective for my clients to not add more people to the mix. My clients, suppliers and contractors become my team.

EBS: What are your favorite activities when not working?

L.E.: I have an amazing family and amazing friends that I love to spend time with. I kayak, water ski/surf, downhill and cross-country ski, hike, travel and spend as much time as possible with my kids and grandson.

Making it in Big Sky: Elliott Design, Lori Elliott

BY DOUG HARE

EBS: What was the most difficult part of starting your own small business? What is something you wish you knew ahead of time?

L.E.: I am thankful for my advertising/marketing/sales background in advance of starting my own interior design business. I learned it isn’t about me and it is about listening and helping my clients achieve their dreams. As a Professional Certified Interior Designer, I enroll in continuing education to ensure that I am on top of my industry standards and can bring this knowledge to my clientele.

EBS: Who is the most memorable client that you’ve had in Big Sky? Why?

L.E.: I can’t possibly narrow this down. I have been blessed with amazing clients that are truly hard-working, wonderful people. I think that designing and helping clients in Big Sky has its unique challenges due to the lack of help here. Every contractor works so hard and is so conscientious, but there is only so much time in a day. The best way I can manage this situation is to set true expectations for each client and help them understand what their project involves.

EBS: What is the best business advice that you’ve received over the years?

L.E.: Constantly marketing myself has been the best way to gain business. It can be exhausting but it works! My client’s greatest compliments have been that I “listen” to what they want for their project, which allows us to tackle their goals more effectively and efficiently.

EBS: What are some common mistakes that people make when trying to lay-out and design their own living rooms and kitchens?

L.E.: I have been educated in space planning and have a strong sense of balance. I have been involved in a lot of projects, which have given me knowledge of what works and what doesn’t in floor plans and layouts. Having my design education really helps me explain why and how to make a design challenge work. It isn’t fair to call something a mistake if you don’t have the knowledge.

EBS: How has Big Sky’s rapid growth affected your business since moving here?

L.E.: It has slowed project completion dates down due to the heavy workload on our contractors. But due to wonderful client referrals, I can stay ahead of the ball most of the time.

EBS: You work on both residential and commercial properties. What current project are you most excited about?

L.E.: When I have the opportunity to make a customer happy that makes me the happiest. Each project is so unique—being given the opportunity to design continues to keep me happy.

Making it in Big Sky is brought to you by the Big Sky Chamber

As the voice of Business, the Big Sky Chamber champions a healthy economy and works collaboratively to convene community stakeholders as a catalyst to improve the overall quality of life in the region.
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Horse of a Different Color
Three reasons to try Chinese medicine this winter

BY VALERIE SCHWANKL, LAC. MAOM

Whether you are a seasoned patient of Chinese medicine or you are considering trying acupuncture for your first time, there are many benefits to be found in exploring this traditional system of medicine.

Immune Health

For over 2,500 years acupuncture and Chinese herbs have been used to strengthen immunity and overcome seasonal illnesses. In 2015, a study titled “Acupuncture and Immunity” revealed that numerous acupuncture points have immune modulating effects such as reducing inflammation and increasing circulation to the heart and lungs.

Regular acupuncture treatments before, during and after cold and flu season are a great way to keep your immune system strong. Therapies such as cupping and guasha are often included to help strengthen the lungs and assist with lymphatic and liver detoxification. These treatments are also very effective at relieving tight muscles and achy joints.

Many patients are surprised at how well Chinese herbs work to alleviate uncomfortable cold and flu symptoms such as fever, cough, congestion, and fatigue. There are over 500 commonly used Chinese herbs, many of which have antiviral and antibacterial properties.

The great thing about Chinese herbal formulas is that they are customizable to meet your body’s specific needs. This versatility helps to ensure a more complete and speedy recovery, while restoring a healthy immune system.

Exercise Performance and Recovery

The winter sports season is here. There has never been a better time for a tune up! Did you know that acupuncture increases circulation to muscles and organs? The result is an improvement in exercise performance and recovery time.

Whether you are a competitive athlete who trains regularly or you engage in mild recreational exercise, acupuncture can help you feel and perform your best. Patients often report a decrease in muscle tightness, improvement in range of motion and increased energy after their treatments.

Sports injuries are common this time of year, but they don’t have to keep you down all season. Acupuncture and Chinese herbal liniments improve blood flow to injured areas and relieve pain and stiffness. There are a variety of topical rubs and herbal trauma formulas which work well alongside treatments to decrease healing time and improve mobility. These therapies are also helpful for post-surgical recovery and chronic injuries that flare up.

Stress Relief

The holidays and end of the year can be a stressful time packed with seasonal activities and travel. Taking one hour out of your day to relax and reset with an acupuncture treatment is a great way to create balance within a busy schedule.

While many people aren’t fond of needles, the experience of receiving acupuncture can be very relaxing. According to “Acupuncture effect and central autonomic regulation,” a 2013 study, acupuncture regulates the autonomic nervous system, which helps the body to rest and repair.

I will often incorporate aromatherapy and acutonics into stress relief treatments. Acutonics uses calibrated tuning forks to transmit sound and vibration into acupuncture points and tight muscles. Sound therapy calms the nervous system and helps the body to release tension. It is not uncommon to fall asleep during a treatment, and many patients report a better night’s rest after these sessions.

If you’re looking for new ways to stay healthy, active and stress-free this winter season, there has never been a better time to explore the benefits of Chinese medicine. It’s a safe, non-addictive and non-invasive way to help you reach your health goals.

For more information or to schedule an appointment please visit vitalitymontana.com.

Bobcat // Lynx rufus

- Bobcats are elusive and nocturnal, so they are rarely spotted by humans. Although they are seldom seen, they roam throughout much of North America.
- Fierce hunters, bobcats can kill prey much bigger than themselves, but usually eat rabbits, birds, mice, squirrels and other smaller game.
- In some areas, bobcats are still trapped for their soft, spotted fur. North American populations are believed to be quite large, with perhaps as many as one million cats in the United States alone.

They face habitat destruction from agricultural and industrial development as well urban sprawl. The ever-expanding human population further limits their ranges.
Dec. 6 - 19, 2019
BY LINDA ARNOLD
EBS CONTRIBUTOR

Just on the off chance your holidays are not totally Norman Rockwell-esque, take a look at the following checklist.

Right now I’m feeling: Jolly, Frenzied, Sad, Lonely, Overwhelmed, All of the above.

As a result, I’ve been: Kicking into overdrive, Giving up sleep during December, Beating myself up for not getting everything done, Unleashing my stress on others, Hitting the eggnog more heavily.

Now that you have a reality check, consider a few of these tips, gleaned from my professional experience, as well as the Mayo Clinic and Psych Central mental health network.

Pushing Your Own Buttons
Write out a plan of action to cope with any negative triggers that may come up. Family systems tend to repeat behaviors. Rather than allowing someone to push your buttons, think of ways to defuse the situation. Change the subject; stick with your boundaries. And resist the urge to push the buttons of others.

Changing the Patterns
Sometimes we get so ingrained it’s hard to see any way out. Just the anticipation of coming events throws us into a tailspin. If you truly want to change patterns about holiday meal preparations and cleanup sessions, start now to make alternative suggestions. Rotate the cleanup crews, for example, to ease resentment.

Making Your Own Decisions
Sometimes it’s easier to go through the motions to keep the peace. If this is wearing thin on your sanity, though, consider opting out of certain activities. Just because “it’s always been done this way,” doesn’t mean it has to continue.

It may not be as hard as you think. Here are a few of my favorite phrases to try out:

“That just won’t work for me this year.” You’ll be amazed how powerful this one sentence can be. Often, we tend to over-explain.

“Here’s an option I’d like to try this year.”

“Let’s look at a different schedule.”

Practicing Random Acts of Kindness
There’s nothing like helping someone else to take your mind off your own troubles. Do a favor for an elderly neighbor. Call a friend you’ve been neglecting. At the tollbooth, pay for the car behind you. Or, when going through the fast food drive-thru, ask them to apply a dollar to the order of the car behind you. Pop some change into an expired parking meter.

You might be saying, “But they’ll never know who helped them out.” That’s precisely the point. It’s not about getting credit. It’s about the pure intention of giving.

Several years ago, I was purchasing a fuzzy white teddy bear right before the holidays. At the checkout counter, I overheard a clerk saying she wanted to get that same bear for her daughter, but didn’t feel like she could spend the money. Something deep inside urged me to turn around and go back into the store.

I ended up buying another teddy bear and asked the cashier to take it over to that employee and tell her it was from Santa. I hid behind some store dividers to see her expression, and left with such a warm feeling.

She never knew the gift was from me. And it didn’t matter. I just knew I was doing something to brighten her daughter’s holiday. To this day, I never pick up that fuzzy teddy bear in our spare bedroom without recalling that incident.

And that’s priceless!

Linda Arnold, M.A., M.B.A., is a syndicated columnist, psychological counselor and founder of a multistate marketing company. Reader comments are welcome at linda@lindaarnold.org or visit lindaarnold.org for information on her books.
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NOTICE

AUDIT PUBLICATION STATEMENT
An audit of the affairs of Big Sky Fire Department has been conducted by Rosie Barnet CPA, PC. The audit covered the fiscal year ending June 30, 2019.

Section 2-7-521, MCA, requires the publication concerning the audit report include a statement that the audit report is on file in its entirety and open to public inspection. This report is available to the public at 650 Rainbow Trout Run, Big Sky, MT 59716 or at www.bigskyfire.org (Home Page/About BSFD/Annual Reports/2019 Audited Annual Financial Report). Big Sky Fire Department will send a copy of the audit report to any interested person upon request.

Sincerely,
Big Sky Fire Department

Notice for Call of Applications of 1% for Infrastructure Projects
The Big Sky Resort Area District is considering applications for infrastructure projects pursuant to the passage of Montana Senate Bill no. 241 on May 2nd 2019. A qualifying project is one that provides “tangible facilities or assets related to water, sewer, wastewater treatment, storm water, solid waste and utilities systems, fire protection, ambulance and law enforcement, roads, bridges and other transportation needs.”

All applications must be physically delivered to the Big Sky Resort Area District office at 11 Lone Peak Drive, Suite #204, Big Sky, MT 59716, or mailed to P.O. Box 160661, Big Sky, MT 59716 and postmarked by December 23rd, 2019. An additional copy should also be sent via email to info@resorttax.org by December 23rd, 2019. Applications are available on the District’s website, or upon request to the District, or by visiting the District’s office.

A project application must contain the following information:
(a) Name and address of the project applicant;
(b) Designated contact person and contact information for project applicant;
(c) A description of the qualifying project;
(d) The total cost of the qualifying project; and
(e) Timeline for construction of the qualifying project including the projected date of commencement and date of completion.

The application must ensure the District does not “commit cumulative annual debt service payments that exceed 70% of the revenue raised from an additional resort tax levy for infrastructure.”
American Life in Poetry: Column 766

BY TED KOOSER
U.S. POET LAUREATE

A wise and loving father fishing with his two sons. Norman Maclean wrote about a time like that in his book A River Runs Through It, and here’s a poem by Todd Davis that catches much the same feeling in far fewer words. That’s not to denigrate Maclean but to point out that there are many ways for us to write about our lives. The poet lives in Pennsylvania and this poem is from his book Native Species, published by Michigan State University Press.

Thankful for Now

Walking the river back home at the end of May, locust in bloom, an oriole flitting through dusky crows, and the early night sky going peach, day’s late glow the color of that fruit’s flesh, drippling down over everything, christening my sons, the two of them walking before me after a day of fishing, one of them placing a hand on the other’s shoulder, pointing toward a planet that’s just appeared, or the swift movement of that yellow and black bird disappearing into the growing dark, and now the light, pink as a crabapple’s flower, and my legs tired from wading the higher water, and the rocks that keep turning over, nearly spilling me into the river, but still thankful for now when I have enough strength to stay a few yards behind them, loving this time of day that shows me the breadth of their backs, their lean, strong legs striding, how we all go on in this cold water, heading home to the sound of the last few trout splashing, as mayflies float through the shadowed riffles.


Corner Quote

“Because here’s something else that’s weird but true: in the day-to-day trenches of adult life, there is actually no such thing as atheism. There is no such thing as not worshipping. Everybody worships. The only choice we get is what to worship.”

~ David Foster Wallace, This Is Water: Some Thoughts, Delivered on a Significant Occasion, about Living a Compassionate Life (2009)
Thank You - We would like to thank you for your support and extend our very best wishes for a happy and healthy holiday season! Discover the 100’s of reasons why your neighbors choose First Security Bank.
BSSD art project highlights social justice issues
Hard topics tackled in pop art paintings

BY MICHAEL SOMERBY

BIG SKY – The youth have long been hailed—in some instances, scoured—for their role in society as the de facto social critics. Some might chock it up to youthful need for rebellion, or, in a reductive dismissal, hormones. More likely, it’s recognition of the immediate inheritance of the world and its affairs.

Whatever one’s position on the matter, the phenomenon is a fact of life. And 8th graders of the Big Sky School District have answered the call of outspoken advocacy through a series of pop art paintings highlighting some of the most pressing, sometimes contentious, problems of the era.

Touching upon a wide range of topics, from white tigers being inbred, to pill addiction, gun violence, political strife in Hong Kong and police brutality, among others, members of the 8th grade class put brush to canvas in hopes of illustrating what matters to them.

“They are incredible,” art teacher DJ Soikkeli told EBS. “[It’s] cool for them to see their work in the paper, because then they are validated that their voice does matter and is being heard.”

Soikkeli had each student write an artist statement to accompany the pieces, designed to underscore their creative vision and why they chose the topic they did.

Take Logan Barker’s commentary on rape culture.

“The big idea that my artwork illustrates is how as a whole our society encourages rape culture,” Barker wrote about her piece, “Encouragement at the Circus.” “I intend to single out how as a society as a whole we practice encouraging this idea that it is OK to rape.”

Or Mason Dickerson’s portrayal of gun violence in the U.S.

“A growing issue in the United States is gun violence and gun legislation,” Dickerson wrote. “The goal of my art piece is to spread awareness for the growing gun violence in the U.S. and to show all we need to do is put out a helping hand for everybody.”

Through this creative project, students were given a platform to voice their outrage and sadness for woes of today. Art and activism are staunch associates—through the BSSD curriculum and Soikkeli’s oversight, that relationship is now celebrated by the 8th graders of Big Sky.
FRIDAY, DEC. 6
Ophir Winter Sports Benefit
Blend Big Sky, 6 p.m.

Trivia Night
Lone Peak Cinema, 8 p.m.

Live Music: Cole & The Thornes
The Filling Station, Bozeman, 8 p.m.

SATURDAY, DEC. 7
Sweat and Serve Saturday
Moving Mountains, 8 a.m.

Big Sky Art Studio Tour
Various Locations, 11 a.m.
bigskyarts.org

Holiday Home Tour
Big Sky Discovery Academy, 3:15 p.m.
bigskydiscoveryacademy.org

WEDNESDAY, DEC. 11
Mountainfilm On Tour
The Ellen Theater, Bozeman, 7 p.m.

THURSDAY, DEC. 12
Ribbon Cutting
Big Sky Natural Health, 4:30 p.m.

Live Music: Mike Haring
Blend Big Sky, 8 p.m.

FRIDAY, DEC. 13
Big Sky Christmas Stroll
Meadow Village Center
visitbigsky.com

Military Appreciation Weekend
Big Sky Resort, All Day

Teton Gravity Research, “Winterland” Screening and Party
Lone Peak Cinema, 5 p.m.

SATURDAY, DEC. 14
Sweat and Serve Saturday
Moving Mountains, 8 a.m.

Big Sky Christmas Stroll
Big Sky Town Center
visitbigsky.com

Military Appreciation Weekend
Big Sky Resort, All Day

SUNDAY, DEC. 15
Military Appreciation Weekend
Big Sky Resort, All Day

Live Music: Double Barrel
Blend Big Sky, 8 p.m.

MONDAY, DEC. 16
Movie: “It’s a Wonderful Life”
The Ellen Theater, Bozeman, 7 p.m.

WEDNESDAY, DEC. 18
Live Music: Double Barrel
Rialto Bozeman, 7 p.m.
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Dec. 6 - 19, 2019
BY ANNA HUSTED
EBS FILM CRITIC

Film critics, myself included, are slowly catching on to the brilliance of the last 10 years of filmmaking in China, with Contemporary Chinese filmmakers are creating great films at a fast rate, subtly undermining the authoritarian Chinese government through their stories.

A few titles highlighted recently on the Filmspotting podcast include the fantastical realist film “The Midnight After,” historical action comedy “Let the Bullets Fly” and the World War II film “Our Time Will Come.” But the latest in this treasure trove of Chinese films is director Zhangke Jia’s “Ash is Purest White.”

“Ash is Purest White” is about a young woman, Qiao (Tao Zhao), who is arrested for shooting an illegal firearm that she stole from her boyfriend to save him from doing something worse with the gun. She serves five hard years in prison and upon her release scours China for the boyfriend she saved but who never visited her in prison.

Through her travels we see the best and the worst of the country: massive and mountainous countrysides, poor and filthy urban neighborhoods, and one community displaced and flooded by the Three Gorges Dam. The scene on the ferry crossing the lake created by Three Gorges Dam is powerful in its understanding of China and for the toll it takes on our newly freed protagonist: As she wakes from the sleeper section of the ferry, we are told by an announcer over the loudspeaker that this next town will be flooded by the following year due to the progress of the newly built dam. As the announcer finishes, Qiao turns her back on her belongings to look at the town and someone steals her money, capping a beautifully shot scene that acts as a metaphor for China stealing people’s livelihoods with reckless abandon.

Eric Gautier, who is famous for the road movies “Into the Wild,” “The Motorcycle Diaries” and On the Road,” haunts “Ash is Purest White” with his evocative cinematography, and while “Ash is Purest White” is a quiet, informative film without true catharsis or nostalgia for things lost, its breathtaking cinematography drives its politics. I highly recommend this film as an introduction to Chinese culture and contemporary Chinese cinema.

Director Jia portrays somewhat differing ideas about romanticism because there is no one and nothing left for Qiao upon her return from prison, yet the vast landscapes show that the true romance is with China herself. Qiao must figure out how to love the country that betrayed her for her loyalty to its people.

For those of you who shy away from films you must digest through subtitles, let me say that this film places more emphasis on vision than dialogue. Have patience with foreign films and you will be rewarded.

“Ash is Purest White” is available to stream on Kanopy. Contact the Big Sky Community Library to sign up for Kanopy, free of charge.

Anna Husted has a master’s in film studies from New York University. In Big Sky she can be found hiking or at the movies at Lone Peak Cinema. When not gazing at the silver screen or watching her new favorite TV show, she’s reading fishing or roughhousing with her cat, Indiana Jones.
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WMPAC brings magic, music and comedy in 2020

WARREN MILLER PERFORMING ARTS CENTER

Tickets for the Warren Miller Performing Arts Center’s 2020 Winter Season are on sale now. After selling bundled and discounted ticket packages for the first two weeks after announcing their lineup, WMPAC placed individual tickets on sale Dec. 1.

Magician Mike Super opens the season on Dec. 28 with back-to-back performances at 5 and 7:30 p.m. The performer was a finalist on TV-hit “America’s Got Talent,” and has performed his magic all over the world, including at WMPAC in 2016.

“It’s the perfect show to take a break from the craziness of the holidays,” says John Zirkle, WMPAC’s executive director. “People might think that magic shows are kid-oriented, but Mike’s work is one of these unbelievable must-sees. There’s a reason he’s massively popular, and we’re thrilled to bring him back for a repeat performance.”

Following Mike Super, The 5 Browns, a family of Juilliard-trained siblings who play five pianos simultaneously on stage and perform complex arrangements with no accompaniment. Their performance is perhaps the most logistically challenging show of the season; transporting five grand pianos to Big Sky and then setting them up is an enormous feat that requires a heated tractor trailer, multiple days of travel and an entire crew of dedicated piano movers. Yet, the effort is totally worth it—The 5 Browns have performed all over the world to glowing press, including from Oprah, who called them “extraordinary.” The group and their pianos come to Big Sky on Jan. 11.

The next show in the 2020 Winter Season is genre-breaking stand-up comic Mo Amer, who takes the stage on Jan. 18. Mo Amer is the longtime friend and protégé of comedian Dave Chappelle, and has performed over 600 shows with the legendary comic. In fact, Chappelle had a cameo in Amer’s 2018 Netflix special “The Vagabond” as the unseen announcer who welcomed him to the stage.

There’s a compelling story behind the comedy, too. Amer was born in Kuwait and fled to the U.S. with his family as refugees in 1990, eventually receiving his citizenship in 2009. He is the first and only Arab-American comic to perform for USO troops stationed overseas, and uses his own life experiences as fodder for his insightful, honest and empathetic comedy.

“Mo Amer is representative of the modern American experience,” says Zirkle. “He’s the new face of American comedy, and we’re so lucky to bring him to Big Sky.”

Tickets and more information are available at warrenmillerpac.org
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THANK YOU ALL FOR YOUR SUPPORT OVER THE YEARS.
FREE COOKIES AT 9:00AM DAILY DURING RENOVATION!
BY MICHAEL SOMERBY

BIG SKY—For the everyday citizen, it’s easy to understand when the significance of its presence slips the mind—but make no mistake: public art serves an essential function in any healthy community.

Simply, public art serves to inspire, to illustrate that creativity is alive and encouraged within the boundaries of a township.

So whether it’s a hulking metal statue or a utility box wrap, each piece adorns the town with a sense of culture that can have a rippling effect, building a populous not just hungry for access to quality art but expectant of it.

On the heels of its unveiling two new statues in Big Sky Town Center—Robert Winslow’s “Continuity,” the town’s first-ever public abstract piece, and Jim Dolan’s “Ram,” which has found a new home on the north side of Montana Supply—the Arts Council of Big Sky proudly presents a new offering, a detailed and robust public arts map.

Complete with 44 individual pieces laid on a map connecting every item between Ousel Falls Trailhead and Big Sky’s Meadow Village, Big Sky art junkies or fledgling aficionados can now navigate the town’s public art offerings with direction as never before.

According to ACBS Education and Outreach Director Megan Bucking, the inspiration for the map came from similar items offered in cities and towns around the country.

“A lot of places you go, like a city or culturally rich town, there will be a lot of public art and a really great way to find and understand it is through a map,” Bucking said. “One primary example we drew from was the Olympic Sculpture Park in Seattle. … We’ve also been inspired by Bozeman’s Gallatin Art Crossing.”

Don’t let this valuable and novel resource go to waste—get out there and get to know the visible art and artists that form the backbone of Big Sky’s public offerings.
ACBS hires intern with passion for public art

EBS STAFF

BIG SKY – In its ongoing mission to support and bring public art to Big Sky, the Arts Council of Big Sky has hired an intern from Lone Peak High School, Maddie Strauss, who was tapped due to her passion for public art.

An 11th grader, Strauss will bolster an already strong ACBS team, and will be assisting in the next round of Artist Utility Wraps seen covering many of Big Sky’s more prominent utility boxes.

Specifically, Strauss will help advertise the program and scour the greater Big Sky community for new artists, as well as determine new loci for the installations.

As part of her International Baccalaureate studies at LPHS, Strauss has focused her “creativity, activity, service” portion on public art.

Additionally, Strauss will serve as the student coordinator for the annual 11th grade ARTventure field trip to Seattle. In that role, she will plan a portion of the trip, "helping us identify things that are of interest to the students, and will be our go-to person to help communicate with the other students going on the trip," said ACBS Education and Outreach Director Megan Buecking.

Lone Peak High School student Maddie Strauss will bring a passion for public art to her new role with the ACBS. PHOTO COURTESY OF ACBS

Historical Crail Ranch Utility wraps can be found on the Big Sky Golf Course. Check it out when you go on your walking tour of Big Sky Public Art.
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ACBS to bring holiday performance to Big Sky Chapel

ARTS COUNCIL OF BIG SKY

BIG SKY – The Arts Council of Big Sky is presenting a free holiday performance featuring the vocal group Aoide on Friday, Dec. 20, at 7:30 p.m. at the Big Sky Chapel. The concert, titled “Aoide: Path of Miracles,” is underwritten by the ACBS’s Schwer-Toepffer Memorial Fund and is free and suitable for all ages.

With performances described as “the best choral singing we’ve ever heard in Bozeman (or almost anywhere),” the Aoide Chamber Singers have established themselves as one of Montana’s premier chamber choirs. Founded in the fall of 2012 at Montana State University by a small group of friends in the Honors College, their high level of artistry and commitment to living composers drew attention from others and membership quickly expanded. Aoide is a dedicated advocate of contemporary composers, with performances concentrating on music of the 21st century and its origins in earlier music.

“This is the third year we’ve brought Aoide to Big Sky for a holiday concert,” said ACBS Executive Director Brian Hurlbut. “It’s become a great tradition for many and the chapel is the perfect setting for this beautiful choral music.”

Sought-after for collaborations, Aoide has appeared with Grammy-Award winning choir The Crossing and with the Jitro Czech Children’s Choir, and has sung across Montana, from Kalispell to Red Lodge, including a performance at Big Sky’s Warren Miller Performing Arts Center.


Conductor Andrew Major is a Thomas R. Kasdorf scholar in choral music in the second year of his Master’s in Choral Conducting at Northwestern University’s Bienen School of Music studying under Grammy-Award winning conductor Donald Nally. At Northwestern, Andrew is the instructor and conductor of NU Camerata, the choral department’s treble choir, and sings with the Bienen Contemporary/Early Vocal Ensemble, University Chorale, and in the Recital Chorus. He has also served as the graduate assistant conductor of the University Singers and has conducted performances with the Renaissance Singers and the Undergraduate Company of Opera Singers.

The concert is free and open to the public, and is appropriate for all ages. Seating is on a first come, first serve basis.

Visit bigskyarts.org or call (406) 995-2742 for more information.
3 Rs of RESORT TAX

NEW!
RULES, REGULATIONS & BUSINESS REGISTRATIONS

The new Resort Tax Ordinance went into effect MONDAY, NOVEMBER 25
Are you compliant?

Please mark your calendars to save the following important dates to ensure your business' compliance with the 3 Rs - NEW Rules, Regulations, & Business Registrations required. To learn more about business registrations, schedule a One-On-One with Kristin Drain:

| DEC 10   | 1-ON-1 Q&A with Kristin Drain  
  Email Kristin@ResortTax.org to schedule | 9am - 5pm |
| DEC 11   | 1-ON-1 Q&A with Kristin Drain  
  Email Kristin@ResortTax.org to schedule | 9am - 5pm |
| DEC 31   | Deadline for Registering Your Business |

ONLINE TRAINING IS ALSO AVAILABLE!

If you have questions about any of these dates or the ordinance itself, please contact the Resort Tax Office

(406) 995-3234
ResortTax.Org  |  Info@ResortTax.Org
Dec. 6 - 19, 2019

BY MICHAEL SOMERBY

BIG SKY – On Nov. 21, under the warm lighting and cozy ambiance of Blend Big Sky, members of the Big Sky community learned to “be ballers.”

That is, hand roll from-scratch meat and cheese balls, among other holiday-inspired hors d’oeuvres.

“We joke in The Gourmet Gals kitchen that we’re always ballin’,” said Nancy Butler, founder and owner of The Gourmet Gals, a specialty food service business that has been operating in Big Sky for over 12 years.

With a wide range of offerings, including “take and bake meals,” catering, in-store food purchases and food consulting, Butler has also taken to sharing her knowledge and passion with fellow Big Sky residents through classes.

So at this second offering in a series of three for-the-public classes in 2019—the first preceding by a few weeks and focusing on soup making—lucky attendees learned to make simple yet appropriately gourmet appetizers, all while Blend owner and operator Josh Kone poured freshly uncorked bottles of wine to couple with the bites.

“We paired our cellar with what Nancy was making, based on the flavor profiles,” Kone said. “We started with a Mahu Cellars sauvignon blanc, then we moved into a Valo Cellars pinot noir, back to a chardonnay, and then we went into a syrah.”

Starting with a delicious mini meatball recipe, which is of course secret to those unwise enough to pass on the class, attendees donned rubber gloves and got to work “ballin’.”

“We paired our cellar with what Nancy was making, based on the flavor profiles,” Kone said. “We started with a Mahu Cellars sauvignon blanc, then we moved into a Valo Cellars pinot noir, back to a chardonnay, and then we went into a syrah.”

“Once these are cooked, you’ll want to put skewers in them,” Butler told the class. “Guests will devour these in minutes if you don’t. But with skewers, they’ll last much longer.”

A sour cream and pesto dipping sauce was then made to accompany the meatballs.

Next, the class prepped butternut squash cubes with Chinese five spice and turmeric powder for a vibrant yellow pop against a green bed of kale, a cranberry salsa with notes of ginger and garlic garnished with candied jalapeño, and finally chèvre and cream cheese balls with caramelized pecans and herbes de provence to be eaten with crackers.

If swapping jokes and stories over delicious food was not enough in building ample atmosphere, local big sky music duo The Benny and Zander Show backed the tail end of the event, picking and crooning covers of the Grateful Dead and J.J. Cale, among other tunes.

Mouth watering? Foot tapping? There is opportunity yet to get involved, with a to-be-determined menu.

“We set another date, on Dec. 12,” Butler said. “A lot of people really liked the soup one last time and are asking to do that again. So I’m trying to come up with a good concept people are going to like.”

Make the third class. Be a baller.
Explore Big Sky

BY MICHAEL SOMERBY

For the chef that detests cleaning a soapy mass of pots and pans once a meal is finished cooking, the humble cast iron skillet might just be the silver bullet.

It’s a curious thing, how few people actually use this kitchen tool, considering it was invented around 2,500 years ago. More curious still is that given its versatility you’d think it would form the cornerstone of every kitchen.

Imagine: whole meals can be made in a single go, such as roasted chicken and baked vegetables or seared salmon and garlic with broccoli. Then, in the morning, use the same pan to make shakshuka with feta, whip up a batch of pancakes or even bake a pie.

One of the many benefits, and perhaps its chief utility, is the cast iron skillet’s ability to seamlessly transition from stovetop to oven during the course of just one recipe, which allows for greater control, especially when cooking meat.

Not to mention, treat them well and they can last several lifetimes.

Cast iron-seared pork chops marinated in herbs and vinegar, paired with hot, sweet and bursting cherry tomatoes—the first recipe I ever used my cast iron for—might just make you a convert.

Recipe:
Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 3

Ingredients:
• 3 boneless pork chops
• 3 springs thyme, stripped and chopped
• 2 sprigs rosemary
• 4 tablespoons olive oil
• 1 large clove of garlic, minced
• 1/2 tablespoon apple cider vinegar
• 1 cup cherry tomatoes
• 1/2 teaspoon salt
• 1/4 teaspoon ground pepper

Instructions:
1. At least one hour before cooking, place the washed and patted-dry pork chops in a bag with salt, pepper, 2 tablespoons olive oil, thyme, garlic and apple cider vinegar
2. Preheat the oven to 375 F, placing an empty cast iron skillet inside on a rack aligned to the middle of the oven
3. Once the cast iron has reached oven temp, place immediately over a stove burner on medium heat and add 2 tablespoons of olive oil
4. Sear the chops 3 to 4 minutes on each side, until browned
5. Surround with cherry tomatoes and rosemary sprigs
6. Place in the oven and bake for 6 to 8 minutes, depending on thickness of the chop
7. Remove and transfer meat to a cutting board, allowing to “rest” for 5 minutes
8. Cook tomatoes for 5 more minutes
9. Remove
10. Enjoy

Tip: Add a spoon of fresh pesto to the top of each chop before eating.
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.

Keep reaching for the stars, just don’t pull them down

BY SCOTT MECHURA
EBS FOOD COLUMNIST

We see it all the time, restaurants and bars, somewhat reluctantly, get on what Americans seem to think is a must for everything under the sun: a list—from trivial websites created for no other reason than advertising to programs such as Diners, Drive-ins and Dives.

Once an establishment gets overnight notoriety, things are never the same. Then the inevitable: the atmosphere, uniqueness and quality begin to suffer.

While living in Texas, I patronized one such eatery. It was, of course, on a list for the best burger in the city. When the table next to me overheard me lamenting over what might have been, they said the place was never the same ever since the publicity.

On a more refined scale, the French have had the same challenge for decades. Although instead of the dreaded triple D of Guy Fieri, it’s the triple star from Le Guide de Michelin.

Michelin star chefs are giving up their stars throughout Europe. I would tell you that the rate at which chefs are returning stars is unprecedented. But the reality is that the very fact they are doing it at all is unprecedented. It wasn’t that many years ago that turning down or giving up a coveted Michelin star was considered business suicide. And fellow chefs would ask you, in the sincerest way, if you had lost your mind.

While other French chefs, such as the late Bernard Loiseau, have been quoted in books saying they wish they never would have received any Michelin stars, or at least the coveted third star, the prickly British chef Marco Pierre White may have been the first chef to renounce his stars when he did so for his flagship London restaurant. White went so far as to ask Michelin not to rank his Singapore restaurant or even patronize his restaurant, at least while wearing their guide hat.

And they’re nor stopping at three stars. Jerome Broschot received his very first star and returned it shortly after. Laguiole, France is home to the father and son team of Michel and Sebastian Bras. Their legendary eatery is set, somewhat inconspicuously, in the French countryside. They too have given back their stars, citing too much pressure, day in and day out, to the point of losing passion and diminishing the enjoyment of their craft. And it’s happening all over Europe—from Nice to Tuscany, from London to San Sebastian.

If you still don’t think that restaurants and restauranteurs feel a pressure most other businesses can’t imagine, or that we are compelled to besiege and ingest what someone deemed an exceptional restaurant, no matter what we leave in our wake, consider this: Do actors give back Oscars or Tonys? Do scientists say thanks but no thanks to the Nobel Prize? Has a Pulitzer ever been turned down? So, what are we to do?

Perhaps there is still something to be said about simply enjoying the experience and just taking in the moment. For me, there’s something about knowing that you may have your own little corner of the world—that place that makes the best Boulevardier, the silkiest foie gras torchon or even the best burger.

We may just be inadvertently be putting unnecessary pressure on these chefs by holding them in such high regard. In the end, it is, after all, only food.

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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Sprawling growth and the best buys of Big Sky

BY BELLA BUTLER

A new restaurant here, a neighborhood there. Big Sky is blowing up, and the real estate market is reflective.

With a downtown continually bolstered by new businesses and events, buyers are flocking to the increasingly suburban living environment. Such growth can have far reaching effects, though, and this mountain village is no exception.

Sprawl development occurs when a particular area experiences rapid growth and the expansion extends to the outer edges of a city or town. Bozeman is a model example of such a phenomenon.

According to the Bozeman Real Estate Group, between 2010 and 2018, Bozeman’s population grew four times faster than that of the entire state of Montana. Just eight miles down the road, Belgrade’s growth paralleled this impressive boom.

But in recent years, Belgrade’s growth has begun to surpass that of Bozeman’s, an occurrence many attribute to cheaper home buys.

Ryan Kulesza, co-owner and broker at L&K Real Estate, said it largely comes down to lifestyle choices. “People are considering lifestyle and price and gauging where [they] get that quality of life.” He suggested that in the sprawled market is where buyers will likely find more “bang for their buck.”

Based on statistics from the Gallatin Association of Realtors Local Market Update, the median sales price for a single-family home in 2019 through October is over 26 percent higher within Bozeman city limits than in Belgrade.

Traveling south down the Gallatin Canyon toward Big Sky, prices only rise.

The same report reveals that the median sales price in Big Sky for a single-family home is $1.76 million, nearing four times that of Bozeman’s, but more zeros doesn’t necessarily equate to a worse buy.

“In the affordability conversation, we don’t talk enough about the trade-offs,” said Tallie Lancy, broker with Big Sky Sotheby’s. Buying in Big Sky is about buying a certain quality of life, she said. For those that value low crime, minimal traffic, access to the outdoors and the experience of small community, Lancy believes Big Sky is worth consideration.

The expansion of Big Sky has a hand in the overall growth around Gallatin County, but Lancy also noted that due to Big Sky’s physical positioning, sprawl in the immediate area is not an option like in Belgrade, leaving infill as the only option. The local broker said that in spite of this, there are still locations in Big Sky that will serve buyers better in the long run.

“The greatest scarcity in Big Sky is going to be parking,” Lancy said. “Finding a home within walking distance to Town Center and Mountain Village will become really valuable.”

Still, the equation of sacrifices and trade-offs doesn’t add up for everyone, Lancy said, and that is when buyers may consider further-extended options.
Several shakes of our Big Sky snow globe summon up a positive local forecast: legendary powder days ahead along with plenty of choices and activity in the property markets.

As we transition into the winter season, we are encouraged by the continued sales activity of this year and last across the board in all price points. Strong demand and limited inventory continues to put upward pressure on pricing with some sales setting new benchmarks for their respective areas.

According to Multiple Listing Service (MLS) listings, 323 sales closed in Big Sky year to date, amassing a sales volume of nearly $332 million. By comparison, the number of sales in 2018 was 377, with a sales volume of around $323 million.

In the amenity-rich luxury market (listings over $3 million), 24 properties sold in the Big Sky area—22 residences and two land sales—with a combined sales volume of close to $103 million.

Properties under $1 million are a broader and larger market sampling, and while they are more affordable, there is more competition for the first-time buyer or the existing buyer looking to upgrade. So far in 2019, 237 properties—154 residences and 74 land sales—of this category have sold at a market volume of more than $114.5 million. In all, 72 percent of the market activity is at or below the $1 million price point.

In the high-end home and condo market (between $1 million and $3 million) 67 properties sold—59 residences and eight land sales—with a combined sales volume of over $114 million.

The median price for a single-family home in Big Sky in 2019 is $754,000, and the average price of a single-family home is $1,181,667. The median price for a lot in Big Sky is currently $425,000, and the average price is $602,414.

It’s easy to see why so many people are discovering the Big Sky advantage.

All indications are that we are successfully expanding and transitioning into a sought-after destination resort and mountain community; economic development has been positive and growing pains are recognized and being addressed; the direction of Big Sky growth is being moved along by thoughtful development and developers; our community is filled with active and smart volunteers addressing future growth challenges and needs; we have more residents, more sales and revenue, and we are implementing infrastructure enhancements needed to meet the burgeoning needs of the community and visitors.

We are in the best cycle seen in years.

The snow globe tells us that we are in a stable market that is trending up. Reoccurring and continued sales activity, coupled with solid absorption of properties, displays a confidence in the direction that the Big Sky area is going in and is reflected by steady market growth. It’s important to remember that while buyers are looking for value and sellers want to maximize their investment, armed with accurate information and helpful guidance both parties can achieve their goals.

So this Christmas, review your list and check it twice to make sure that you have found a property that’s nice.

Stacy Ossorio is a broker with Engel & Völkers and she can be reached at stacyossorio@gmail.com, 406-539-8553 or visit her at stacyossorio.evrealestate.com
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Evaluating Big Sky
Appraising ‘nuanced real estate’

BY BELLA BUTLER

Big Sky: The secret is out.

Each year, more and more people are flocking to the pocket-like intermountain paradise, propelled by dreams of summit views, wide open spaces and fresh turns through the famous Montana cold smoke—and they are paying a lot to do so.

According to the Gallatin Association of Realtors’ October 2019 report, the median sales price for a single-family home in greater Big Sky is up over 26 percent from last year, and the average sales price has risen over 26 percent. But Big Sky is not just a hot market—it’s a remarkably unique one. When homes boast features such as pristine views of Lone Peak and ski-in-ski-out access, one may wonder how monetary value finds these residential anomalies, and with any measurable accuracy.

“Big Sky is certainly an interesting animal…it’s nuanced real estate,” said Doug Vignano, a certified general appraiser from Sidders Appraisal Inc. in Bozeman.

Considering the myriad of aspects that make each home one-of-a-kind, Vignano researches what features are currently selling best in the area and then folds that value into his evaluation of the entire property. According to Vignano, his appraisals are chiefly based on the whole picture rather than the sum of the minutiae.

In-house ski tuning benches and boot warmers aren’t the only challenges that complicate appraising in Big Sky. According to Vignano, the diversity in communities within the Big Sky area require a broader understanding of many markets. With a collection of private communities just minutes away from the Meadow Village and Town Center neighborhoods, the market stretches extensively within the greater Big Sky area. Common features found in Yellowstone Club homes are not likely to be the same as those found in the firelight chalets.

“You have to make a concerted effort to cover [the Big Sky area] to become competent,” Vignano said.

The number of appraisers in Big Sky varies, but based on figures produced by the Appraisal Institute in 2017, the number of working appraisers across the country has been trending down for years. This is due in part to the fact that the process requisite of becoming a licensed appraiser is a costly and tedious. Those seeking the position are required to undergo committed apprenticeships that are hard to come by, as most acting appraisers aren’t willing to take on the risk, according to Vignano.

As data from the top end of the market is finding its way more frequently to the Multiple Listings Service (MLS), appraisers are finding it more feasible to accommodate the special demands of evaluating in Big Sky, but the growing market ensures the need for appraisals is not dwindling.

Reclaimed lumber industry thrives in Gallatin Valley

BY DOUG HARE

The reclaimed lumber industry has been around since the 1980s. The industry started to gain steam in the early ’90s, when deconstructing wooden industrial, commercial and agricultural buildings that were no longer in use became a more lucrative option than simply demolishing the old structures. Reclaimed lumber from old telephone poles, float logs, timbers sawn from standing dead trees (buckskeins), snags, character logs, and hand-hewn barn timbers all became hot commodities.

Today, reclaimed wood is highly sought after for its beauty, durability and often fascinating history. It can be used both as a decorative element and as a sturdy surface for flooring, walls, rafters, tables and much more—and demand shows no signs of slowing down.

It would not be an exaggeration to say that Gallatin Valley is the epicenter of Montana’s reclaimed lumber industry. Boasting three significant lumberyards, much of the inventory from these businesses dates back to 1910–1950 when wartime steel shortages drove an increase in wooden structures.

“I would stay the Gallatin Valley-Bozeman area is the state leader if not the leader of the North America. I have clients fly in from all over the U.S. and Canada with their interior designers,” said Pat Iwanski, partner and operations manager for Montana Timbers.”I don’t know of any other region that has such a strong market, both in terms of supply and demand, for reclaimed lumber.”

Montana Timbers has an inventory spanning over five acres with species including Douglas Fir, Southern Yellow Pine, Heart Pine, Hemlock, Cedar, White Oak, Red Oak, Sycamore, Redwood, Elm, Walnut, Gum, Poplar, Maple and Beach woods. Iwanski says that most of his clientele is split between customers working on custom lodges and mountain modern, contemporary homes. Iwanski has worked with pieces that date back to the 1700s, albeit those structures are becoming increasingly rare.

Most of the wood at Montana lumberyards is sourced from slow-growing species that have rich, unique color patterns that will eventually give a space in a new home an understated authenticity and rustic yet sophisticated feel. Many reclaimed wood suppliers ensure buyers that the timber is far denser and more durable than newly harvested wood. Older timber has withstood decades of exposure to fluctuations in humidity making it less prone to warping and offers years of weathering and strength that quick-growth wood simply cannot match.

Reclaimed lumber not only offers superior qualities and aesthetic value, but buyers also are importing history into their homes as well. The narrative behind the wood’s history is often a major selling-point and a primary reason why clients are willing to pay a premium price. Whether the pieces are sourced from historic barns and stables, factories and warehouses, retired watercraft, train stations and box cars, wine casts, mills, coal mines, the grains and hues of the refurbished product seem to tell a story that connects us to a simpler time through one of the oldest and most natural building materials.

In order for a given board to make it from its original context to a new home, it will go through a complex process before being reintroduced to market. The source material needs to be discovered, disassembled, transported, denailed, cleaned, resawn as necessary, stacked, graded and sorted. The amount of work and care that goes into curating a single board is exhaustive and meticulous, but the end product provides a warmth and timeless beauty than your typical Ikea table can’t deliver.
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Big Sky, nestled in the heart of the Rockies and bracing season after season for the extreme weather fluctuations found in the Intermountain West, is ample ground for the synthesis of two concepts in interior design—one from the Far East and one from Scandinavia.

The latter, “hygge,” pronounced “hoo-guh,” is a Norwegian and Danish word denoting a “quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being,” with roots in the Old Norse word “hug,” meaning soul and consciousness. Further, and with no surprise, hygge is a cousin to the English word “hug.”

For the Danes in particular, in their coastal, rugged and often-cold nation ten degrees in latitude north of Montana, establishing hygge is essential to surviving the conditions and short days with cheer.

Well, that and a healthy appetite for beer.

In Montana, we can appreciate the Danes’ quest for coziness with greater enthusiasm than those living in say a Boca Raton, Florida bungalow, or an adobe stucco-walled home in Phoenix. There’s something to lighting of a wood-fired stove, spreading wool blankets across leather couches and pulling a roast from a piping-hot oven that evokes a warmth deep inside, inspiring happiness and a yearning for time spent in close quarters with family and friends.

Hygge can also be achieved during the warmer months, of course, but in our timber-dense setting blanketed with snow, where we shield ourselves from the elements in log- and stone-coated houses, winter seems all the more appropriate of a time to try and achieve it.

Light candles and fires, nestle under your warmest blankets, pour glasses of whiskey and put that oven to work and you’ll be well on your way.

As for houseplants, a practice extending back in time for many cultures but most famously touted by the Chinese school of feng shui, the introduction into your home will yield far more scientifically quantifiable results.

According to NASA, houseplants can remove up to 87 percent of air toxins within 24 hours of their introduction to a room. A Washington State University study revealed they can clear 20 percent of the dust swirling through a home’s air, along with boosting the overall humidity of a room to healthier levels. Healthline, an online health source powerhouse based in San Francisco, reports houseplants can potentially drop one’s risk for stroke, heart disease, COPD, respiratory infections and lung cancer by astonishing figures, while also reducing stress, anxiety and depression.

The reason behind that latter phenomenon is simple: humans are—drumroll please—animals. We evolved in environments abundant with vegetation, and surrounding ourselves in their healing and aesthetic qualities instills a natural sense of peace and belonging.

A recent surge in popularity for houseplants, inspired in part by social media, is encouraging. Most people start with cacti and succulents, easy-to-care-for plants that can be neglected for long periods of time.

With a growing confidence and green thumb, one can venture into more complex arrangements—think hanging, tendrilled plants—or even trees of varying size and shape. We might live in a sub-tundra environment for many months of the year, but with a little practice, you can bring a veritable jungle into your home—and with marked effects on the body and psyche.

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