

Seeley Swan

30¢

PATHFINDER

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Vol. II, No. 34

677-2022

"VOICE OF THE VALLEY"

754-2365

January 7, 1988



Winter has finally arrived in the Clearwater Valley where about a foot of snow was measured last week in the valley bottom. Temperatures dipped to 20 degrees below zero earlier in the week. See page 5 for an updated Snow Report.

S. Vernon photo

Snowmobilers: you're being watched

UM study to focus on
economic impact of
snowmobiling in Montana

by Suzanne Vernon

Researchers from the University of Montana will be collecting data on snowmobilers this winter, thanks to a \$15,000 study being sponsored by the Department of Fish, Wildlife and Parks, Institute on Tourism and Recreation and the Montana Snowmobile Association.

Bob Bushnell, president of the Montana Snowmobile Association (MSA) from Helena says he believes that snowmobilers have a large economic impact in Montana. But he, and many other Montanans, feel that they need some "dollars and cents" statistics to back up their beliefs.

Seeley Lake officially kicks off the snowmobile season this weekend as the Driftriders snowmobile club hosts the MSA State Ride Convention. Local businessmen know that events like this convention and YAMAFEST (scheduled for next weekend) boost the local economy during the winter months. However, there have never been any studies conducted that show how many people travel here from out of state to go snowmobiling, or how much money those people spend during their "winter vacations."

Susan Selig Wallwork, director of survey research at the Bureau of Business and Economic Research (BBER) at the UM, will be working on the snowmobile study. She recently pointed out that more than 70% of the snowmobiling activity in Montana takes place in or near the communities of Seeley Lake, Lincoln, West Yellowstone, Cooke City, and King's Hill (south of Great Falls).

Collecting data for the snowmobile study will be no small task, Wallwork explained. However, she expects the survey to provide accurate information about the number of snowmobilers using Montana's popular recreation areas.

Guests at various motels, hotels and lodges will be asked to fill out a brief survey card which will be returned to the University. Other data will be collected through on-site observations, FWP files and contacts with a sampling of registered snowmobile owners.

OPINION

Natty Bumpo



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Business of the Week

THE CREATIVE CIRCLE

The Creative Circle is celebrating ten years in business. Robin Williams of Seeley Lake has been representing the company in the Valley for the past year. She considers her sales position as more of a hobby than a job. Needlecraft kits have been the mainstay of The Creative Circle's catalog sales; gifts and decorative accessories have been introduced more recently.

As a part of the sales program, Robin will offer classes in an individual's home to teach various types of needlecraft stitches: soft sculpture (stitch and stuff), crewel, cross-stitch, needlepoint, candlewicking and lace net darning.

Robin says she's impressed with the quality of the merchandise. "Each kit comes complete with step-by-step illustrated instructions and materials, and the instructions are easy to follow. There's a full money-back guarantee. If, for any reason, the customer is not satisfied with the product." Additionally, The Creative Circle carries a full line of mats and frames for the perfect finishing touch to stitchery creations.

The Creative Circle's newest catalog is now available; call Robin and ask for a copy.



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Ice Skating...

...is thought to have had its origins about 1000 B.C. or so. Three thousand years later, there's still no place to go skating in Seeley Lake. What kind of a winter paradise is this, anyway? This town needs a good skating rink.

This isn't exactly a new idea...it's been around just exactly as long as we haven't had a local skating facility. New life is now being breathed into the idea by local resident Ed Coyle. (Thanks, Ed, for another super idea.)

True, we cobbled something together last year for winter carnival on Barney's Green. The result, to be charitable, was imperfect. (Gravity being what it is, the water had a tendency to travel in unwanted directions prior to freezing.) As Ed correctly points out, a berm for the rink should be constructed in the fall. Planning and construction need to take place prior to the onset of winter.

The beauty of an outdoor rink is that big bucks are not involved—and a community can rely largely on self-help to get the job done. In light of topographical considerations, Barney's Green may not be the best location. Ideally, though, a rink would be situated close to the highway and downtown. Perhaps some local landowner could be persuaded

to donate the use of an appropriate parcel for a few months each winter.

Yep, there are problems—such as liability insurance. The good news is that the insurance crisis is subsiding and rates are rapidly dropping to reasonable levels. Maintenance of the skating surface is another problem. But, given the resourcefulness of our citizenry, there is an excellent prospect for a low-cost solution. There are lots of other questions and problems, all of which can probably be overcome if we start planning now.

There are plenty of candidates for coordinating a project like this: Community Council, Chamber of Commerce, Lions Club, Wilderness Sportsman's Club, or perhaps a combination of groups. Or, instead of a "municipal" rink, perhaps some entrepreneur will step forth and see this as a private-sector opportunity. Whatever occurs, the community would stand to gain an important and enjoyable recreational asset. Some additional tourist traffic might even be generated—which would be a nice plus.

So, let's give this some thought, Sports Fans. More importantly, let's do something—before next winter.

—Dick Potter

Save the Elk

To the Editor:

In response to the December 17th article titled "Valley of the Elk," the article points out that the elk don't hang out near the big sign along Highway 83. This is because the increasing number of people stopping along the highway to view and photograph the elk in the years past has forced the elk herds to move farther off the highway to the sunny slopes behind Stoney's at Clearwater Junction to feed.

Mr. Coyle points out that the average person wishing to see the Boyd Mountain herd never sees any elk. Well, the reason for this is because, when the elk are feeding on the slopes, it is usually during early morning hours before daylight until one or two hours after sunrise—but once traffic starts moving more, the elk head for the timber. I feel very fortunate to be able to view the herd nearly every morning during late

December through February. For the past week, I have observed anywhere from 200 to 300 head feeding in the mornings.

I also feel that Mr. Coyle's suggestion to plant feedlots to keep elk within viewing distance for tourists would be like putting the elk on the firing line once elk season opens up, because they will become dependent on this "easy" food and will be easy prey to hunters who draw special permits for elk. This is why we can't really compare our game preserve with Jackson Hole, because the area where they feed the Jackson herd is not open to hunting. So, if the Fish & Game would ever turn Boyd Mountain into a tourist attraction, I believe we would push our elk herd elsewhere.

I strongly agree we need to enhance tourism in our Valley, but definitely not at the expense of our magnificent Clearwater elk herds.

Rick L. Stone
Clearwater Junction

CORRECTION

In last week's *Pathfinder*, a story about Pam Styler's fundraising events for her trip to the Hula Bowl contained a couple of errors. The \$500 contribution toward her expenses came from the Seeley Swan Youth Fund, NOT from the Seeley Lake PTA. The Youth Fund is supported by the Blackhawk Booster Club and donations from the community. Also—a typographical error incorrectly indicated that the Benefit Dance and Auction would be held on January 8. Those events were held on January 2. Ms. Styler will leave for Hawaii on January 8. *Pathfinder* regrets any inconvenience this may have caused.

NNA
NATIONAL NEWS PAPER ASSOCIATION

MONTANA PRESS
187

PUBLISHER'S NOTICE
Seeley Swan *Pathfinder* (USPS 000-919) is published every Thursday by Pathfinder Press, Inc., Timberline Building, Hwy 83, Seeley Lake, MT 59868 (telephone 406/677-2022 or 754-2365). Area served is Seeley Lake and neighboring communities. Distribution is by mail subscription (\$10.50 per year in Missoula, Lake, or Powell County; \$13.00 per year elsewhere in U.S.) and by newsstand sales. Ad deadline is 4:00 p.m. on Friday prior to publication. News deadline is noon Monday prior to publication.

Second-class postage paid at Seeley Lake, MT. POSTMASTER: Send address changes to: Seeley Swan *Pathfinder*, P.O. Box 702, Seeley Lake, MT 59868-0702.

Phantom Roads

To the Editor:

In their latest travelway inventory, the Swan Lake Ranger District said they had about thirty miles of "temporary" roads in the entire Swan Valley. A recent study of these "temporary" roads conducted for the Swan View Coalition, Friends of the Wild Swan and Resources Ltd. found 660 travelways that were previously unaccounted for, totaling nearly 300 miles. Adding these travelways to the current Forest Service inventory almost doubles the total road miles in the Swan Valley and is ten times the number of "temporary" roads reported in the FS's latest inventory. How can the FS be so far off?

How surprised do you think Flathead National Forest Supervisor, Ed Brannon, and Swan Lake District Ranger, Bill Pederson, were to find out they've forgotten or neglected to account for approximately a half of the travelways in the Swan? I say, not very!

Rather than accept responsibility for the inventory errors, the FS responded with their usual evasive, squirming response, trying to discredit the findings of the study and the conservation groups who have done the job for them free of charge. The travelway study was based solely on FS maps, data and memos.

Nationwide, the public is growing increasingly weary of the FS's "double-speak." No amount of rationalization or rhetoric can shield them from the facts. They got "caught in the cookie jar," again.

OPINION

The Washington and Regional offices of the FS both clearly directed the Flathead National Forest to inventory all travelways and "schedule for obliteration" all travelways not needed for long-term use. The two emergency directives also state: "closure to all traffic is essential to avoid damage to installed waterbars or drainage devices and to avoid perpetuating the facility as a travelway." The directives leave no wiggle-room for local "interpretation."

The Washington and Regional offices of the FS are in agreement with federal statutes requiring that all non-system travelways must be closed permanently and obliterated within ten years of their construction. What will it take to convince Supervisor Brannon and Ranger Pederson of their duty to close and revegetate "temporary" roads?

The problem, as I see it, is that the Forest Service lives to build roads with our taxpayer dollars, but has some voodoo-like phobia of returning a road or skid trail back to its natural state after its usefulness has expired. Isn't part of the "wood is good" dogma taking care to maximize land productivity and benefit wildlife? The FS seems to be desperately lost in its own creative form of pretzel-logic where all roads lead back to a centerpoint.

There is a real need for citizens to speak to the Chief of the Forest Service and the Montana Congressional delegation in support of a comprehensive road management program and better protection of amenity values on the Flathead Forest, especially in the Swan Valley. Because politics is driving the management processes locally, these "heavyweights" can move local managers toward a solution to the problem of excessive, uninventoried "temporary" roads.

Supervisor Brannon and Ranger Pederson, left alone, will emphatically resist any cutting away of their autonomy or other attempts by the public to diminish their discretionary powers of administrative judgment. Forest Service management cannot continue to simply follow the personal beliefs of career bureaucrats. The agency must begin to respond to scientific facts, legal requirements and the public's expectations. An active public can prevent continuing incremental losses to wildlife habitat and further chipping away at the very character of the public's forests.

1988 is an important election year and offers a great opportunity to begin the new year campaigning to keep the Swan Valley and the Northern Continental Divide Ecosystem biologically whole. We truly live and share this land with an obligation to pass on what we have today to future generations. We are the protectors of one of America's greatest treasures.

Steve Kelly
Bozeman, MT

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Geography Lesson II

(Editor's Note: The following responds to a letter by Ken Wolff which appeared in last week's issue.)

An Open Letter to Ken Wolff:

Thank you for the opportunity to comment on the individual community identities that exist on opposite sides of the Summit. I first became aware of these identities eight years ago when the Chamber was trying to encourage cooperation, communication and coordination between people on both sides of the Summit. Following a meeting in which there was discussion about whether to call it the Seeley-Swan or the Seeley-Condon Chamber, Evelyn Jette informed me that Swan Valley and Condon were different communities.

Being sometimes a slow learner, when the community survey was being prepared two years ago, I suggested we call it the Seeley-Swan Community Survey. Bud Moore quickly reminded me that neither Swan Valley nor Condon considered themselves part of the Seeley Lake community. I have since learned from Bud that, when I am talking to people north of the Summit, I should refer to that area as Swan Valley-Condon.

As a Seeley Lake resident who is also a member of the Swan Valley Community Club, I would enjoy working with you, Ken, to encourage better communication and cooperation—while, at the same time, recognizing the pride we all have in the uniqueness of our individual communities.

Let's have lunch at the Wilderness to discuss this further.

Jeff Macon
Seeley Lake

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COMMUNITY CALENDAR

Community members are invited to submit dates, times and locations of events, meetings and other happenings. Submission deadline: Friday, 6 pm; call 677-2022 or 754-2365.

Events

Jan 8, Wizard of Oz Missoula Children's Theatre Production, 7pm, Swan Valley Elementary School, Condon
Jan 8-10, MSA Snowmobile Ride Convention, Seeley Lake

Public Meetings

Jan 11, SOS Hospital District trustees, 7pm, SOS Health Center, Seeley Lake
Jan 12, Missoula County High School trustees meet, 7:30pm, Missoula County school administration building, Missoula.
Jan 12, Swan Valley Elementary trustees meet, 7:30pm, school library

Clubs & Organizations

Jan 8, American Legion, Swan Valley Post, 8pm, Swan Valley Community Hall
Jan 11, Writers' Club, 1pm, Seeley Lake Community Hall

Other

Alcoholics Anonymous
•Condon: Every Thursday night, Swan Valley Elementary school, 7:30pm
•Seeley Lake: Every Monday night, mill basement, Seeley Lake, 7pm
AI Anon & AA
•Seeley Lake: Every Wednesday night, REA building, Seeley Lake, 7pm

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Ice Safety: Proceed with caution

With the advent of colder weather and the ice cover growing on many of the state's waterways, now is the time for outdoor recreationists in Montana to begin thinking about ice safety, according to Tim Pool, safety education program coordinator for the Department of Fish, Wildlife and Parks in Helena.

"Most hunting activities are over with," he said, "and sportsmen are turning to winter activities. The temptation to get on the ice for fishing, snowmobiling and other pursuits is strong. But

this is also the time when the need for taking safety precautions is critical."

From early December through mid-January, Pool continued, ice is just becoming firm and may melt for short periods of time when temperatures fluctuate. Because of this, he said, ice that may have been safe yesterday may be a death-trap tomorrow.

Pool said that in all cases, it's best to test the condition of the ice before venturing onto it. "Don't trust your eyes or the color of the ice when it comes to determining whether it's safe," he warned. Because the thickness of the ice

on a body of water depends on a number of factors, including currents, inflows from streams, the depth of the body of water, the presence of nearby springs and the presence of stumps and other features protruding through the ice, slight changes in any of these factors can lead to rapid changes in ice conditions.

Pool recommends that recreationists carry a spud bar or other device at all times to test the thickness and condition of the ice and that they always test the ice before calling it safe.



Jesse Pierce from Missoula chuckled as he took this kokanee salmon off his hook and checked his bait last week while ice fishing on Seeley Lake. Ice fishermen are advised to use caution on area lakes, even though below-zero temperatures have increased the thickness of the ice in recent days.

S. Vernon Photo

Snow Report

The Seeley Lake Ranger District reported 9 inches of snow on the ground on Monday, with temperatures plummeting to minus 20 Fahrenheit early in the week. In the Swan Valley, Lindbergh Lake residents report about 12 inches of snow—quite a bit below average for this time of year. Temperatures in the Swan have also sent the mercury below zero.

Cross-country skiers are enjoying the Seeley Creek trails north of the Elkhorn Cafe near Seeley Lake this week. Many of the trails in that system are being groomed by Forest Service personnel and volunteers. We have received just enough dry, powdery snow this past week to make skiing excellent. The Rice Ridge area north of Seeley Lake is popular now, as are the trails in the Holland Lake area. Try a green glider and kick wax in the mornings, keeping a blue kick wax handy as temperatures rise in the afternoon.

Parents may like to know that George Gearhart, experienced Nordic ski instructor, will be teaching cross-country skiing to children every Tuesday and Thursday afternoon in the Community Park near Seeley Lake Elementary. Drop by the park area after 3 p.m. on a Tuesday or Thursday for more information about the program.

This weekend marks the beginning of the "official" snowmobile season as Seeley Lake residents host the Montana Snowmobile Association's Annual Snowmobile Ride Convention. Most of the popular trails in the Seeley Lake area are now groomed and excellent for snowmobiling. Some of the trail rides which are planned include trips to Holland Lake in the Swan Valley, and Trixi's near Ovando. Registration for the convention begins at 10 a.m. Friday morning at the Seeley Lake Community Hall. For more information call 677-2880 or 677-2481.

Ice fishermen will be glad to know that the Department of Fish, Wildlife and Parks has been planting trout in Seeley Lake this past week. Not just once, but twice, with a third "drop" planned this week. The hatchery rainbows average about five pounds each and are pretty feisty on the hook. The ice on Seeley Lake was nearly eight inches thick at Big Larch Campground, where the fish were planted. Water temperature in the lake was about 34 degrees Fahrenheit last week. The below-zero temperatures this week have probably added a few inches to the ice. As always, use caution on any of the lakes. Many of them are spring-fed (to some degree) and ice thickness will vary. (See related article.)

Don't forget ice skating now that the lakes are frozen. Howard and Loris Uhl at Holland Lake Lodge maintain an ice skating rink all winter, and resorts on Seeley Lake (Tamaracks and Leisure Lodge Resort) often do the same.



Hundreds of rainbow trout have been planted in Seeley Lake this winter. Here, Dan Cainan lifts a nice five-pounder toward a hole cut in the lake ice. The ice measured between six and eight inches thick before the recent below-zero weather.

S. Vernon Photos

Seeley Lake

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January 8, 9 & 10, 1988 — Seeley Lake Community Hall

Host: Seeley Lake Driftriders Snowmobile Club

CONVENTION SCHEDULE

Friday, January 8

10:00 am - 9:00 pm Registration, Club Displays, Rides
6:30 pm Wine & Cheese Reception
8:00 pm Poker Run

Saturday, January 9

8:00 am Rides from Community Hall, all day
(check schedules for departures)
No-host cocktails — B.Y.O.B.
6:00 pm Banquet, Door Prizes, Night Rides,
7:00 pm Speaker: Montana Senator Mike Halligan,
Live music and dancing at local bars

Sunday, January 10

8:00 am - 9:00 am Continental Breakfast at Community Hall
9:00 am Business Meeting at Community Hall
11:30 am 15 mile ride to Kozy Korner for lunch;
return early afternoon
Door Prizes

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☐ Registration Fee: \$15.00 single person (includes all scheduled meals and activities).

Total Amount Enclosed \$ _____

Mail Completed Registration Form and Fees to:
SEELEY LAKE DRIFTRIDERS SNOWMOBILE CLUB
P.O. BOX 174, SEELEY LAKE, MONTANA 59868

For more information, call:

Seeley Lake Area Chamber of Commerce, 677-2880 or Vera Schmidt, 677-2481

OUTDOORS



(406) 677-2010

SMA

Country Journal

by Suzanne Vernon

The fresh snow and crystal-clear skies have created some mighty fine cross-country skiing this past week. Talked to several people who even enjoyed "moonlight" ski trips in the Swan Valley last weekend. Sounds like a great way to usher in the new year.

A wide variety of birds have stopped here in recent days, maybe because of the below-zero temperatures. Other people are seeing more than just chickadees now, too. Lennart B. Anderson of Holland Lake writes: "Just wanted you to know that yesterday and again this morning, four grosbeaks were in my yard and stripped the bushes bearing the white berries. There were two males and two females, and on a wintery day like it was, they brought cheer with them."

Lennart wrote a poem about the birds in December of 1982, and kindly granted permission for me to include it here.

"Put some feed out for the birds,
The reward will be a show for free.
First announced, a Chickadee,
Then a Woodpecker hopping down a tree,
While a Stellar Jay calls raucously
As they challenge one another.
The show goes on with a squirrel off a pace,
Scares all the birds, takes over the place.
When feeding is over they seem to say
"Thanks"
As they take off to their favorite rest.
But it's the Chickadee who says it best
With whistling song, a cheerful
"Chick-a-dee-dee".

Tourism Conference agenda set

Plans are now in the works for the Sixth Annual Holland Lake Summit—Conference on Tourism to be held April 19 at Holland Lake Lodge.

Guests speakers will include John Wilson from the Montana Travel Promotion Bureau; Dave Moody, National Sales Director for the International Sportsmen's Expositions, Vancouver, Washington; Debbie Kennedy, Travel Director, Oregon Tourism Division; and Mike Cronin, Business Development Specialist with the Small Business Administration.

For more informations about the 1988 conference, contact Montana Info, 754-2538.



Wayne Lowe donned some pretty fancy winter "duds" last week to help with the fish plant at Seeley Lake. Actually, the garbage-sack "rain coats" reportedly worked well and kept Lowe dry as he handed nets full of fish to Dan Cainan, who dropped the rainbow trout through a hole in the ice into Seeley Lake.

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Snowmobile Safety

by Tim Pool
Montana Department of Fish, Wildlife and Parks

With snow now accumulating in the mountains, many of Montana's snowmobilers are antsy to get out for their first winter's ride. Yet before they do, the Department of Fish, Wildlife and Parks recommends they take some simple precautions to ensure that their first ride is a safe and enjoyable one.

All snowmobilers who operate their machines on public land should obtain new 1988 registration decals from their county treasurer, if they haven't done so already, and permanently affix the decals to each side to their snowmobiles before they place the sleds on the snow. Snowmobile registration decals expire June 30 of each year.

Snowmobiles should be thoroughly inspected and maintained to ensure proper operation and a safe riding condition. Nuts, bolts, ski alignment and track tension should be checked on all snowmobiles.

All riders should also become familiar with their snowmobile owner's

manual, and the manual should be kept with the snowmobile at all times. Snowmobile operators should be familiar with the changing drive belts, installing new spark plugs and making other simple repairs before they take to the trail. A trailside drift ten miles from the nearest road is no place to learn how to repair your machine.

Snowmobilers should always be aware of certain hazards associated with the sport of snowmobiling. These hazards range from those which are natural—rocks, stumps, ice, open water on lakes, streams or rivers, the glare of the sun, blowing and drifting snow, fog or low-lying clouds and the risk of hypothermia ever present when recreating in cold temperatures—to man-made hazards, such as bridges, cattle guards, fences, telephone pole guy wires, gates and sharp turns in trails.

Snowmobiles should always be operated in a safe and responsible manner. Excessive speed and operating sleds while under the influence of alcohol are the main causes of snowmobile accidents. Yes, it's fun to "make fast tracks" with a snowmobile, but no one should ever exceed safe-handling speeds.

Just as there are certain precautions that snowmobilers must take before taking off on a ride, there are also cer-

tain responsibilities and courtesies that snowmobilers should take with them on their journeys. Always stay to the right side of the trail, especially when traveling around blind curves. Learn snowmobiling's "rules of the road" and allow those on the trail whose progress you may be impeding to safely pass. Also, study maps and other resources to become familiar with landmarks and trail systems so that you can reach the area in which you want to ride and get safely home again. Don't count on someone else telling you how to get back.

With the limited amount of snow that has fallen in Montana to date, snowmobilers are encouraged to stay on designated trails and roads to reduce the opportunity for accidents. Currently, in some areas there isn't enough snow to cover rocks, stumps and other hazards presented to the off-trail rider. Likewise, there isn't enough snow in many areas to protect vegetation from the weight of snowmobiles. So be a conscientious snowmobiler and stick to the trail.

For more information concerning snowmobile etiquette and safety, contact your local snowmobile club or write to: Recreation Safety Education Programs, Department of Fish, Wildlife and Parks, 1420 East Sixth Avenue, Helena, MT 59620; telephone: 444-4046.



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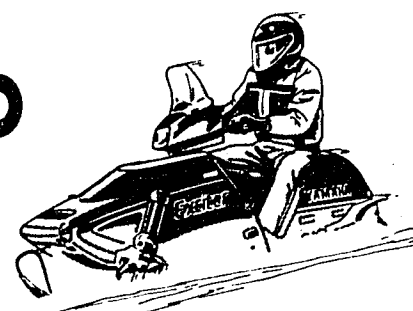
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COMMUNITY

Holiday emergencies put several local residents in hospitals

by Suzanne Vernon

Several unrelated medical emergencies put local residents in hospitals during the holiday season this year. Beginning the week before Christmas, Ellie Greenough from Swan Valley and Carmel Cahoon from Seeley Lake were injured in separate accidents on the same day.

Ellie Greenough was kicked in the face by a horse and was taken to a Missoula hospital by the Life Flight Helicopter. She is at home now, recovering from a broken jaw and lacerations which required numerous stitches.

Carmel, six-year-old daughter of John and Julie Cahoon, Seeley Lake, was seriously injured in an accident near Seeley Lake that involved a four wheeler. The ATV reportedly rolled on top of her, breaking her thigh bone.

Carmel was hospitalized for about two weeks, but was able to come home on New Year's Eve. She will be in a body cast for about a month, but her mother says she is in good spirits.

Life Flight emergency helicopter and the Quick Response Units from Seeley Lake and Swan Valley responded to three medical emergencies after Christmas. Janet Moore, Condon, suffered a severe back injury when she fell while cross-country skiing. She remains hospitalized and is listed in stable condition according to hospital personnel. Another Swan Valley woman was listed in good condition at a Missoula hospital Tuesday after being treated for complications following heart surgery. A third Swan Valley woman was taken to a Kalispell hospital by emergency helicopter last week but family members could not be reached for comment Tuesday night.

SWAN SONG

Thor Jerome Wick

Memorial services for Thor Jerome Wick will be held at 1 p.m. on January 16 in Missoula at the Livingston and Maletta Funeral Home. Thor passed away December 25, 1987 in Riviera, Arizona, where he and his wife had just arrived on vacation.

Thor was born March 21, 1928 to Theodore and Minnie Wick of Pinecreek, Minnesota. He attended school at Pinecreek and was baptized and confirmed at Pinecreek Lutheran Church. He served two years in the U.S. Navy, and upon receiving an honorable discharge, took up residence in Montana.

On December 5, 1959 he married Ruth Halvorsen in Havre, Montana.

They made their home in Missoula, Montana where Thor was employed as the District Road Supervisor for the Seeley Lake area up until the time of his death.

Thor was a member of Sons of Norway, Veterans of Foreign Wars and the Lions Club. He is survived by his wife, Ruth, two sisters: Mrs. Mertrice (Norman) Carlson, Warroad, Minnesota, and Mrs. Wilma (Ted) Bell, Laurens, South Carolina; one brother, Maynard Wick, Embarrass, Minn.; four step grandchildren, nine step great-grandchildren and sixteen nieces and nephews. He was preceded in death by his parents and two brothers.

Funeral services were held December 30, 1987, at Pinecreek Lutheran Church at Pinecreek, Minn.

Stork Report

Congratulations to Mark and Ginger Williams, proud parents of a new baby girl. Katy Ann was born on December 23 in Durango, Colorado and weighed 7 pounds, 2 ounces. Mark and Ginger live near Seeley Lake most of the year.

A late congratulations to Linda and Marty Evans, Seeley Lake, on the birth of a baby boy born in November. "Christopher" weighed in at 8 pounds 11 ounces and measured 21 inches long. Maternal grandparents are LeRoy and Jane Vick of Seeley Lake.

January 14 is filing deadline for Seeley Council

Seeley Lake residents interested in running for positions on the Seeley Lake Community Council need to file with the Missoula County Clerk and Recorder's office by January 14, 1988.

Candidates need to file the "Oath of Office" and the "Petition for Nomination" which includes five signatures of registered voters in the District. For more information contact Bud Johnson at Timberline in Seeley Lake or call the Clerk & Recorder's office at 1-721-5700, Missoula.



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Cornucopia by Michele Potter



Risotto, a northern Italian specialty that is fast becoming a favorite among Americans, is a flavorful and easy-to-prepare idea that helps warm the coldest times of the year.

This version of the dish combines rice, red potatoes, peas and beans with clear chicken broth. Main Dish Risotto is ready to warm up six hungry appetites in about 30 minutes.

Main Dish Risotto

1/4 cup butter or margarine	1 medium clove garlic, crushed
1 pound small red potatoes, sliced	1 cup cooked or canned chick peas
1 medium carrot, chopped	1 cup cooked or canned kidney beans
1 can (14-1/2 ozs) clear, ready-to-serve chicken broth	1 cup frozen peas, thawed
1 cup water	1/4 cup sliced green onions
1 cup regular long-grain rice	1/2 cup shredded mozzarella cheese
	Pepper

1. In 4-quart saucepan over medium heat, in hot butter, cook potatoes and carrot 5 minutes, stirring often. Stir in broth, water, rice and garlic. Heat to boiling. Cover; simmer 20 minutes.

2. Stir in chick peas, kidney beans, peas and onions. Heat through. Gently stir cheese into rice mixture until melted. Serve with pepper. Makes about 10 cups or 6 servings. Calories per serving: 368; Mg. Sodium per serving: 457. Recipe from the makers of Swanson Clear Ready-to-Serve Chicken Broth.

VALLEY MARKET
677-2121 or 677-2122

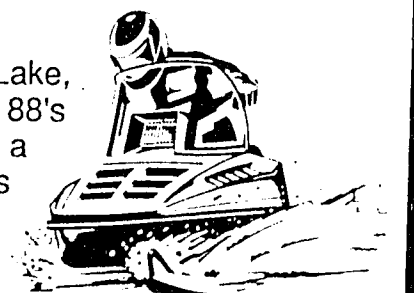


FOOD FARM

1988 Montana Snowmobile Convention Rides
Welcome to Seeley Lake Conventioneers

WELCOME MSA CONVENTIONEERS!

Seeley-Swan Sports, Seeley Lake, is a Polaris ATV dealer — our 88's will be arriving soon! We have a full line of Polaris snowmobiles and Polaris jackets, boots, helmets—or the latest sled accessories to put more fun in your trail riding!



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Mens Quilted Flannel Shirts
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Closeout Price **\$11.99**

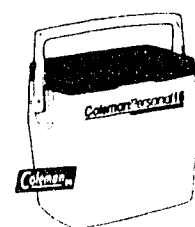
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Kids Felt Lined Boots and Snow Joggers
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Childrens Clothing
\$2.99 and up





By
Laura
Bogar

FOOD FOR THOUGHT

... If you don't peel potatoes, cook them any way you choose. But don't boil peeled potatoes — much of the nutrients will be washed away.

... For super salad crunches toss a handful of toasted walnuts over salad greens.

... Oven-baked pork chops get their flavor from horseradish mustard mixed with a little plain yogurt or mayonnaise and a pinch of thyme. Slather this cream over the chops, roll them in bread or cornflake crumbs and bake on a rack for about 40 minutes in a 375 degree oven.

... The easier way to soften cabbage leaves for stuffed cabbage: freeze as many leaves as you need for several hours, then let them thaw at room temperature.

... The easier way to feed the family: take them out to dinner at HUNGRY BEAR CHALET (Milepost 38-39, Condon, 754-2240).

**Hungry
Bear
Chalet**



Swan Valley veterans and friends raised a Memorial Flag over the Swan Valley Community Hall last week in honor of "Tuffy" Anderson. Families who wish to have special, memorial flags flown in honor of deceased veterans may contact members of the Swan Valley American Legion.

**Singletree
Saddlery**
(406) 677-2189

*A sincere thanks
to those people who assisted in any
way when I was injured recently*
Ellie Greenough

Critter Chatter

by Ken Wolff

As we enter a new year, I want to sincerely thank those who took the time to care for injured birds and wildlife. Nice to report that Baby Jane Doe made it through hunting season. We especially appreciate the people who have brought up food, offered help and money. There will soon be a proper facility and foundation to care for our wounded friends around here.

What value in wildlife rehabilitation? What value in an ornery old blind bald eagle with one wing? Or a beat-up owl that cannot fly? Or a herring gull in the bathtub? Why bother with trying to save these birds? Why not let Ma Nature run its course?

"Rechabbers" would like to see Ma Nature left alone; however, most of the birds coming into a rehabilitation center have man-caused wounds. Of the raptors that come by here, the most common wounds are vehicle caused, followed by gunshot wounds, followed by collisions with power lines. Now, none of these are effected by Ma, but rather humankind. Humans have a duty and moral obligation to clean up our messes and help the critters.

Many of the grounded birds (wing damage is very common and permanent) are put successfully into breeding programs. Some are given homes with rehabs who, in turn, take them around to local schools as part of the educational responsibilities that rehabs accept. In the case of some falcons, survival of even grounded members of the species is important for the continuity of the species. Historic areas are being

repopulated with captivity-bred offspring. The peregrine is a classic example; it now survives even in big cities. Many raptors are subject to poaching for a lucrative black market, mostly in the Midwest. Captive breeding replaces some birds that are stolen and also serves to lower black market values by supplying birds for the legitimate market.

Seats open on SOS Hospital board

People wishing to file for election to the SOS Hospital District board of trustees must do so before January 8. Two three-year positions are up for election: those held by Jan Nemmers and Marje Smith, both of Seeley Lake. For more information contact the SOS Health Center at 677-2277.

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**If your neighbor's house caught fire,
wouldn't you want to do more than watch?**

Of course you would. And we'd like to offer a suggestion: become a volunteer fire fighter. It's a great way to do something important for your community, and for yourself.

But to be a volunteer fire fighter, you'll need more than just a desire to help people. You'll also need courage and dedication, enthusiasm, and a willingness to learn new skills and face new challenges.

If you think you qualify for this kind of job, come to a training meeting or call 677-2892.

Watching can be a helpless feeling. We don't have to tell you what kind of a feeling you'll get from helping.

SEELEY LAKE VOLUNTEER FIRE DEPARTMENT

SWAN VALLEY

Students, Missoula Children's Theatre present Wizard of Oz

Audiences will be taken down the Yellow Brick Road to adventure, enchantment and sheer magic as students from Swan Valley Elementary school perform in the Missoula Children's Theatre production of *The Wizard of Oz* this Friday, Jan. 8, in the Swan Valley Elementary gymnasium.

The role of Dorothy in the production will be played by Rosie Terrillon, with Toto played by Sarah Cox. Dorothy's companions, the Cowardly Lion and the Tinman, are played by Robert Ekstedt and Charlie Reum. The Wicked Witch of the West will be played by Tracy Kearney and Tracy Thompson appears as Glinda, the Good Witch of the North. The Scarecrow is played by Julie Dunlap, one of the MCT tour actors. The role of the Wizard himself will be played by Michael Shiller, also an MCT actor. The magicians, munchkins, flowers, and winkies will be played by dozens of Swan

Valley Elementary students. A cast of about 60 students will participate in the production.

The Wizard of Oz is one of seven Missoula Children's Theatre productions on tour throughout the region. The MCT staff members with this production will travel throughout the western United States and Alberta, Canada with the complete production, presenting it in more than thirty communities this season. Each show is complete with set, props, costumes, make-up and any other necessary equipment. The show culminates a week of intensive rehearsals and workshops with the children from the community.

The Missoula Children's Theatre in residency is sponsored by the Swan Valley PTA with funding provided by The Theatre in Schools/Communities program supported by funds from the National Endowment for the Arts, The Montana Arts Council and the State of Montana.



An actor with the Missoula Children's Theatre production company poses as "the Scarecrow" in the *Wizard of Oz*.

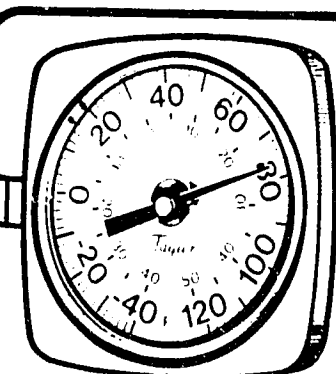
Advanced First Aid classes begin

Advanced First Aid classes will begin at the Swan Valley Elementary school on January 18 from 6:30 to 10:30 p.m. For more information contact Joyce Himes, 754-2427 or Ellie Greenough, 754-2386.

Legion to discuss calendar, policies

Members of the Swan Valley American Legion Post #63 will set calendar dates, discuss post policies, procedures and ceremonies at their January 8 meeting, to begin at 8 p.m. in the Swan Valley Community Hall. For more information contact Ken Wolff, post commander, Swan Valley.

BARGAIN OF THE MONTH



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Friday, Jan. 8
7 p.m.
Admission: \$1.00
for H.S. students
& adults
Children free.
**The
Wizard
of Oz**
Sponsored by Swan Valley PTA
A Missoula Children's Theatre production

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SCHOOLS

Seeley Lake trustees take action to comply with asbestos laws

by Suzanne Vernon

Many school districts in Montana and elsewhere in the United States will soon be required to submit reports about the asbestos materials present in school facilities.

Trustees at Seeley Lake Elementary school last month approved a motion to hire Matney-Frantz Engineering to complete the required inspection and maintenance report which must be submitted to health officials by October 12, 1988, with necessary programs implemented by July, 1989. The price quoted to trustees for the service is approximately \$2500.

John Hebnes, principal at Seeley Lake Elementary, explained recently that asbestos was often used in the construction industry before about 1978. Many schools were built with products containing asbestos, which can cause lung disease if the asbestos particles become released into the air.

Floor tiles in many schools, for example, probably contain asbestos. But they may not pose an immediate health hazard because the tiles are normally sealed, Hebnes said.

"These are the kinds of things that Matney will be looking for," Hebnes explained. Hebnes is already aware that the insulation in the boiler room may contain asbestos and will have to be removed.

The engineering firm will likely take samples from throughout the school buildings to determine what, if any, asbestos may be present.

Les Meyer chosen for All-Star Game

Les Meyer, son of Neil and Dixie Meyer, Swan Lake, has been chosen to play in the Fifth annual Treasure State Class C All-Star Football Game, June 18. This year's game will be held at Washington-Grizzly Stadium in Missoula.

Sixty-four outstanding players from around Montana, nominated by Class C coaches within their districts, are all graduating seniors. The All-Star game is intended as a showcase of their skills in eight-man football, according to a recent news release.

Coaches for the game are selected from the coaches of the top eight finishers in the Class C season playoffs. Coach's must belong to the Montana Coaches' Association to be considered.

Proceeds from the game are donated to the Montana Special Olympics.

High school open for intramural sports

Seeley-Swan High School gymnasium will be open to the public for intramural sports Wednesday through Sunday nights from 6:30 to 8:30 p.m. beginning January 6. Call 677-2224 for more information.

CPR classes scheduled

CPR instructors from Seeley Lake are tentatively scheduling classes for the last week of January, possibly on Monday and Wednesday evenings. The classes will last four hours each evening and cover both adult and infant CPR (cardiopulmonary resuscitation). For more information about enrollment call Chris Anders at 677-2630.

UM announces Dean's List

Several Seeley Lake area students made the honor roll during fall quarter at the University of Montana. They are: Matt Cooper, Seeley Lake; Susan Prazak, Seeley Lake; Joseph Flood, Condon; Cosie Johnson, Greenough; and Patricia Levelle, Greenough.

Veterans' rep here next week

Len Leibinger, Service Officer, Montana Veterans Affairs Division, Missoula, Montana, announces he will be available to veterans and their dependents on the following schedule:

Wednesday, January 13th.
Lincoln—Senior Citizens Center from 10:00 to 12:00 p.m.; Ovando—Post Office from 1:30 to 2:00 p.m.; Seeley Lake—First Valley Bank from 2:45 to 4:00 p.m.

Local residents are encouraged to contact Leibinger at 542-2501, Missoula, to discuss specific problems or arrange appointments.

Senior Nutrition Program

The following noon meals, which are open to the public, will be served next week promptly at noon on Monday, Tuesday and Wednesday at the Seeley Lake Community Hall:

Monday, January 11
Stew & biscuits
Tuesday, January 12
Oven chicken
Wednesday, January 13
Meatloaf
Reservations are appreciated for these meals. Call 677-2008.

CHURCHES

American Christian Education Conference set for January 29-30

Panel to addresses concerns of homeschoolers

by Suzanne Vernon

Roxie Sporleder, noted homeschooler, will speak on home education during the American Christian Education Conference set for January 29-30 in Lewistown, Montana. Sporleder joins former Seeley Lake residents Jack and Helene Hane as speakers for the event. Jack Hane, who is the teaching principal of the Central Montana Christian School, is organizing the conference in cooperation with Central Montana Christian School.

The Liberty Tree Foundation in Lewistown is a co-sponsor for this year's event. The Foundation supports the promotion of Christian education in the home, church, and school.

Topics to be covered during the Lewistown conference include "Rudiments of Christian Education",

"Teaching the Classics", and a discussion by Sporleder about education from the book of Genesis.

A panel of Montana homeschoolers will be the highlight of a special strategy session following the conference on Saturday afternoon. State issues affecting homeschoolers will be addressed. Panel members include Tom Hannah, state representative and present Majority Leader of the House of Representatives, Montana State Legislature; Rev. Charlie Hanson, pastor for the Chester Community Alliance Church and Board Member of the Rutherford Institute of Montana; Chuck McCracken, chairman of Home Schools of Montana, Billings; Roger Burk, president of NOAH (Neighborhood of American Homes) a professional organization committed to the advancement of family restoration; and Roxie Sporleder, a veteran in homeschooling.

PASSAGES

Pastor Jeff Crippen
Condon Community Church

Making 1988 Count

Vanity. The most common use of that word in contemporary vocabulary concerns "having excessive pride in oneself." And so, when we call someone vain, we mean that they are egotistical, overly wrapped up in themselves. And we picture them standing in front of a sink and mirror in the bathroom admiring themselves for hours. This connection has resulted in us referring to that sink and mirror as a "vanity."

The root words from which "vanity" is derived do not mean "egotism." Rather, they carried the meaning of "emptiness and worthlessness." Calling something a vanity meant it was void of real value, empty of lasting meaning.

And so, somewhere along the line of time, someone has made a connection between having excessive pride in oneself, and worthlessness—that a life centered upon ourselves is an empty, meaningless life. Why is that the case?

Aren't we pretty important? Isn't man the top rung on the ladder?

Not really. While it is true that humans are a special creation of God, created in His image and vastly superior to ordinary beasts, the Bible tells us not to think more highly of ourselves than we ought to. Listen to one reason why:

"Lord, make me to know my end,
And what is the extent of my days,
Let me know how transient I am.
Behold, Thou hast made my days as handbreadths,

And my lifetime as nothing in Thy sight,

Surely every man at his best is a mere breath." (Ps 39:4-5)

When we are tempted this new year to think of ourselves more highly than we ought to, let's just recall that, compared to God and eternity, we are but passing vapors. As a result, focusing our few days upon ourselves is "vanity," and such a life is a useless life. Resolve this new year's season to begin focusing your life on Someone who is eternal, the Lord Jesus Christ.

"All these days will soon be past,
Only what's done for Christ will last."

Directory lists recreation facilities for handicapped visitors

The Montana University Affiliated Program Satellite (MUAPS) in Missoula, Montana has recently produced The Montana Directory of Recreation/Leisure Resources for Persons With Disabilities.

The approximately 200 entries come from throughout the state and include a variety of resources ranging from camps, outfitters, and nationally known recreation areas, to local community programs. Each entry

includes information on types of disabilities served, activities provided, and persons to contact.

The directory has been designed to be easily used by consumers and to encourage networking by service providers.

The directories are \$8.00 each (including shipping and handling). To order, or for more information, contact the:

MUAPS--Rec. Directory
University of Montana,
Corbin Hall
Missoula, MT 59812
(406) 243-5467

Wilderness Sportsman's Club

Sportsman's Notebook

Notes from the Wilderness Sportsman's Club

Beginning January 7, 1988, the Wilderness Sportsman's Club will be meeting on the first Thursday of each month. The new meeting schedule includes a change in format. The board of directors will hold open meetings at 7:00 p.m., with the general membership meeting starting at 7:30 p.m. This general meeting will begin with a summary of the board's meeting, immediately followed by a program, guest speaker, or other activity. A door prize will be purchased by the Club and given away at each meeting. If you have any suggestions for programs please contact one of the directors.

At the December 17 meeting, a decision was made to draft a letter to Region I Fish, Wildlife & Parks officials stating displeasure with the "green dot" road closure system and requesting the matter be looked into and a change in policy formulated. Region II biologist Mike Thompson attended this meeting as an interested guest. Mike recently replaced Kurt Alt and will be responsible for studies of game populations on and around the Blackfoot-Clearwater Game Range.

Committee Reports

Range — Yes, we are still working on securing land for a gun range. At present, negotiations with the state have fallen through, but it appears that a suitable location may be available from a private individual. The following survey is to gather information on interests of members and the community. This survey will help finalize plans for range construction. If you are interested in a shooting range, please complete the survey and return it to the WSC. If you need a copy of the survey, check with local businesses, as they will have some available. We hope to open a range this spring!!!

Seeley Lake 200 Sled Dog Race — The trails have been selected for the race and everything is in readiness for the dogs. The bronze musher and team are cast and waiting for some lucky winner. Musher bibs, sled banners, and raffle tickets are available. Contact Jim Knowles or Elinor Williamson for more information and/or purchase.

Governor's Cup 500 — Double Arrow Outfitters have again agreed to supply the tents for our Seeley Lake Checkpoint camp. The organizers have picked up some good prize money and are waiting for snow. We do need volunteers to help man the camp.

Membership and Election of Officers — Club memberships expire soon. Election of officers will be coming up. Renew your memberships (NRA memberships, also, to allow us an affiliated club and range) and begin thinking about holding an office or nominating a qualified person.

Spring Sports Show — We need volunteers to help in organizing and running the show. No date has been set. If you are interested, please contact a member of the board.

Coming Events — Public meeting with the Department of Fish, Wildlife & Parks on big game regulations for the 1989 season.

Possible joint meeting with the Big Blackfoot Chapter of Trout Unlimited.

Range Survey

The Wilderness Sportsman's Club is considering two sites for a Rifle/Trap range. Before continuing, we would like to receive input from the public. Answers to the following questions will help the decision as to location and facilities for the range.

- Please rank the following in order of importance to you:
Big-Bore Rifle Small-Bore Rifle Handgun Trap Archery
- What types of shooting events would you like to participate in at a local range?
☐ Big-Bore Sight-in ☐ Big-Bore Competition
☐ Small-Bore Practice ☐ Small-Bore Competition
☐ Handgun Practice ☐ Handgun Competition
☐ Rifle Silhouette ☐ Handgun Silhouette
☐ Unorganized Trap Shooting ☐ League Trap
- How much per year would you be willing to pay for club membership & range facility?
☐ Nothing; ☐ Less than \$10; ☐ \$10 to \$20; ☐ \$20 to \$30; ☐ Over \$30
- How much time would you be willing to spend to develop and maintain a range?
☐ None; ☐ Less than 5 days; ☐ 5 to 10 days; ☐ Any amount of time needed
- What distance would you be willing to drive to access a range?
☐ Less than 5 miles; ☐ 5 to 10 miles; ☐ 10 to 15 miles; ☐ Over 15 miles

Name _____

Address _____

NRA Member: ☐ Yes ☐ No (for insurance purposes)

If you have any questions, please call one of the WSC Board of Directors
Ron Ogden, 677-2618; Roger Selner, 677-2359; Randy Teague, 677-2500;
Art Sikkink, 677-2848; Frank Wolfram, 677-2805; Bart Peterson, 677-2839;
Jack Rich, 677-2317; Merle Gunsch, 677-2424

PLEASE RETURN THIS FORM AS SOON AS POSSIBLE TO:
WILDERNESS SPORTSMAN'S CLUB
P. O. BOX 98, SEELEY LAKE, MT 59868

PIZZA!!

Hungry Bear

SCHOOL SPORTS

BOYS BASKETBALL

Seeley-Swan High School
January 8, 6:15 pm
Two Eagle at Seeley

January 9, 6:15 pm
Seeley at Phillipsburg

January 15, 6:15 pm
Seeley at Lincoln

January 16, 6:15 pm
Victor at Seeley

BASKETBALL

Swan Valley Elementary School

January 9, 2:00 pm
("A" Team Only)
Swan Valley at Avon

January 12, 4:15 pm
Seeley #2 at Swan Valley

January 16, 2:00 pm
Swan Valley at Helmsville

GIRLS VOLLEYBALL

Seeley-Swan High School

January 8, 6:00 pm
Cancelled
At Seeley

January 9, 2:30 pm
Seeley at Hot Springs

January 15, 6:30 pm
Var. Only
Victor at Seeley

January 16, 5:00 pm
Seeley at St. Regis



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SEELEY LAKE ELEMENTARY SCHOOL	
MENU - WEEK OF JANUARY 11	
Monday, January 11	Hamburger Patties
Tuesday, January 12	Bears & Weiners
Wednesday, January 13	Hot Turkey Sandwich
Thursday, January 14	Ham & Cheese Sandwich with Tomato Rice Soup
Friday, January 15	Taco Pie
721-4417	Thursday, January 21, 7:30 p.m.
1112 North Russell, Missoula, Montana	School Board Meeting Seeley Lake Elementary School

Finest in the Valley	
Hungry Bear	
Chalet	
WINTER HOURS Open 5 pm - 10 pm Closed Monday & Tuesday	
Complete Steak & Seafood Menu	
Prime Rib Friday, Saturday, Sunday (We serve USDA Choice only)	
Sunday Special English Cut Prime Rib, \$8.95	
Try a Taco Pizza	
Jack & Laura Bogar • MM 38-39, Condon, 754-2240	

Seeley Swan
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THE FINDER

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1949 DODGE 1-TON, good running condition. Great "wooder." \$400. 677-2080

12 ACRES, Kraft Creek Area, Swan Valley. Beautiful homesites. 754-2565

NEW CATALOGS HERE NOW! Coordinate your home with Creative Circle's exclusive stitchery kits, designer mats and frames, needlecraft accessories, decorative accessories and collector pieces. Call Robin Williams to book a class or to place your catalog phone order. 677-2649

1973 YAMAHA SNOWMOBILE, 396SS, \$350, plus parts machine. 754-2729.

ELECTRO TRAINER (shock collar), like new, \$150. 754-2273.

FOUND

HELMET & SMALL BACKPACK on snowmobile trail. Call to identify, 677-2547.

FOR RENT

LARGE CABIN ON LAKE, \$195. Small cabin, wood heat, \$99/mo (\$75 deposit). 677-2433

TWO SMALL COMMERCIAL RETAIL spaces. May be rented as one. First month free. Call 677-2080.

TRAILER LOTS, Seeley Lake (Rich Trailer Court). 677-2467 or P.O. Box 505, Seeley Lake 59868.

DELUXE, 3-bedroom mobile home. Available Jan. 15. Water, garbage paid. Fenced yard. Must have steady job, good references. 677-2174 or leave message.

LARGE CABIN ON LAKE, wood heat, \$200, \$75 deposit. 677-2433.

SMALL CABIN, wood heat, \$99, \$75 deposit. 677-2433.

HELP WANTED

RESORT ASSISTANT MANAGER, part-time, housing provided. 677-2433.

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Double Front

Winter Recreation guides available

MISSOULA, MT-- National Forests of the Northern Region (northern Idaho, Montana, North Dakota, and northwestern South Dakota) offer winter recreationists about 900 kilometers of marked ski touring trails and about 3,200 miles of snowmobile trails.


Directories for these trails (showing trail names, location, difficulty ratings, information offices, and additional trail information) are available from the Northern Regional Office (Federal Building, P.O. Box 7669, Missoula,

MT 59807). National Forest headquarters and Ranger Stations also have the directories, maps of trails, and information on current trail conditions. A six-page "Winter Recreation Guide," with information about cross-country skiing, snowmobiling, snow avalanches, back country travel, hypothermia, windchill, and frostbite, is available from Forest Service offices, including the Seeley Lake Ranger District office.

About half of the ski touring trails are groomed intermittently, while more than three-fourths of the snowmobile trails are groomed by the local volunteers.

Winter recreation courtesy requires that snow-country parking lots be shared by skiers, snowmobilers, and other visitors to the National Forests. A few winter recreation areas have been designated for both ski and snowmobile use, as at Lolo Pass on the Montana-Idaho line (U.S. Highway No. 12).

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Nordic skiers switch to skating

By using the upper body as well as the legs in a diagonal stride, a cross-country skier burns more calories and uses more oxygen than he would if he were bicycling or running. But what if the average skier uses a new technique—cross-country skating—that enables him to go faster for longer periods?

This winter the University of Montana's Human Performance Laboratory will test and compare how many calories the average skier burns while using the traditional cross-country skiing style and the skating technique at the same speed.

"We'll look at the new technique of skating and see how efficient it is," says Michael F. Zupan, exercise physiologist in UM's Health and Physical Education Department.

Cross-country ski racers kept with the traditional or diagonal stride until a few years ago when top cross-country ski racers revolutionized nordic skiing with skating.

Although skiers have long since used skating steps to negotiate corners, they're now using it almost exclusively in freestyle races. Classical races allow for the traditional style only. Skating has also changed the skating skier's equipment, now with shorter skis, longer ski poles and different ski waxes.

When elite skiers skate, they use about 10 percent less oxygen, or burn 10 percent fewer calories, than they would skiing at the same pace using the single-pole or diagonal stride, Zupan says.

"They're able to skate at the same speed and not use as much oxygen, so

they can skate at higher speeds during the races," Zupan said. However, he says, the top skiers train three hours a day and have mastered the skating technique.

"Recreation skiers and occasional racers may not have mastered skating," he says. "They're able to go faster, but we're not sure what their oxygen costs are for the two techniques."

Zupan is recruiting 10 to 15 men, 35 years and younger, who have taken up skating on nordic skis in the last year to two, to be tested this January.

As part of the lab tests, each participant's percentage of body fat will be determined by underwater weighing and his maximum ability to use oxygen will be measured while running on a treadmill.

On snow, each one will ski alongside a moving snowmobile while hooked up to its attached lab apparatus. A mouthpiece with its one-way valve going into a long tube will be fastened to his head.

Using both methods for one minute each, the skier will exhale into a tube emptying into a bag attached to a pole on the snowmobile. His expired gases—oxygen, carbon dioxide and nitrogen—will collect in the bag and will be analyzed later in the lab.

The skiers' heart rates will be measured by a watch-like microcomputer, a new device that stores the heart rate every five seconds. Back at the lab, the stored heart rates will be transferred from the watch into the main computer for analysis with the other data.

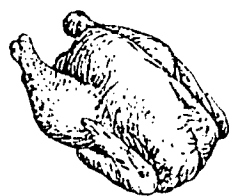
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