

BOZEMAN PASSAGE

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SPRING EDITION



Your Guide To
EVERYTHING
BOZEMAN!

In this issue:
Info On Trail Maps
Plus:
Trout Tips
Start Your Day Better
Natural Allergy Remedies

The Best Part of Bozeman By: CJ Adams



What brought you to the world-renowned Gallatin Valley? Maybe the expanding campus of Montana State University and its increasingly respected scholastic discoveries? Or maybe the one-of-a-kind exhibits down the road at the Museum of the Rockies? Or did you find employment in the growing tech industry, integrating yourself into the quaint Bozeman community? Whatever brought you, what makes our home unique is the mountains that surround us and the vast forests within these mountains.

But with the limited print resources providing information on where access points can be found, most of us end up not taking advantage of the

great outdoors or we are herded into the handful of trails to which we can find directions. To fill this void, Bozeman Passage, with the support of North 7th Avenue businesses, has begun to develop the much-needed free online resource to the activities that surround us.

Spring 2009 brought a complete trail guide to BozemanPassage.com, featuring nearly 1,000 trails from Livingston to Three Forks and Bozeman to Yellowstone National Park. With thousands of miles of trails available, you can truly get away and find a secluded area all your own.

...because even your physical and mental health relies on appeasing the animal within us all.

And in summer 2009 the complete Outdoor Recreation Guide will debut, providing you with vast information on the outdoor activities most appealing to you. The best locations around for kayaking, rock-climbing, river floating, bird and wildlife watching, camping and fishing will be found in one easy-to-use interactive resource to help you plan your summer adventures.

So hit the trails to let your dog be the animal it is, or let your kids release the animal you see around the house. Or make this a solo mission, because even your physical and mental health relies on appeasing the animal within us all.

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Breakfast Just Got Better *By: Michele Thompson, MS of SheKnows.com*

With fruit making its spring debut and brunch season beginning, making your own fresh fruit syrups is another culinary rite of this time of year. Fruit syrups are easy to simmer up and can turn any ordinary breakfast or brunch dish into something scintillatingly special. Pick your favorite ripe fruit, grab a few mason jars and your sensationally sweet drizzle of spring is a mere 15 minutes away.

Mixed Berry Syrup

Makes about 3 cups

Eating fresh berries at the peak of ripeness are akin to popping little pieces of candy into your mouth. To extend the life of the spring sweets, turn them into a delectable fruit syrup to liven up pancakes and waffles or swirl into plain yogurt or whipped ricotta cheese. Try a generous drizzle on your next piece of cheesecake. You can also make this a single berry syrup if an abundance of other berries are unavailable.

Ingredients:

2 cups mixed berries (blueberries, raspberries, lignonberries or other)

Juice of a small lemon

1/4 cup sugar (or more if berries are tart)

1 1/2 light corn syrup

1/4 cup cornstarch mixed with 2 tablespoons cold water

Directions:

In a large saucepan over medium heat, combine berries, lemon juice, sugar and corn syrup. Bring mixture to a simmer, stirring to dissolve the sugar. Stir in cornstarch mixture and continue to stir until mixture comes back to a simmer. Simmer, stirring occasionally, for 5 minutes. Remove from heat and serve warm. If making ahead, store syrup in a mason jar (or other airtight container) in the refrigerator.

Strawberry Rhubarb Syrup

Makes about 3 1/2 cups

When most people think of rhubarb, they think of toothsome chunks of this stalk partnered with ripe strawberries nestled in a tender piecrust. This quintessential strawberry rhubarb combination can be deliciously simmered into a syrup to stir into cottage cheese, top French toast or spoon onto pound cake and vanilla ice cream.

Ingredients:

1 cup diced rhubarb

1 cup sugar

Juice of a small lemon

1 cinnamon stick

1 cup light corn syrup

1 cup trimmed, sliced strawberries

1/4 cup cornstarch mixed with 2 tablespoons cold water

Directions:

In a large saucepan over medium heat, combine the rhubarb, sugar, lemon juice, cinnamon and corn syrup. Bring mixture to a simmer, stirring to dissolve the sugar, and cook until rhubarb is tender, about 5 minutes. Stir in the strawberries and bring mixture back to a simmer. Stir in the cornstarch mixture and continue to stir until syrup comes back to a simmer, cornstarch has dissolved and mixture thickens slightly. Remove from heat and serve warm. If making ahead, store syrup in a mason jar (or other airtight container) in the refrigerator.



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DO AWAY WITH ALLERGIES

More Americans than ever before are suffering from nasal allergies. The Foundation of America estimates there are approximately 40 million and recent studies indicate as many as one out of every four people suffer from nasal allergies. Experts say nasal allergies are easily the most common causes of this irritating, even debilitating, condition? Read on to learn about indoor and outdoor allergens and the steps you can take to do away with

Symptoms of nasal allergies

aka allergic rhinitis

Allergic rhinitis is a condition characterized by your body's immune system mistaking substances in the air - that you breathe - as intruders and then attacking them. Your immune system's reaction releases substances, such as histamines and leukotrienes that cause inflammation in the nasal lining and the following symptoms:

- * Sneezing
- * Runny nose
- * Stuffy nose or congestion
- * Itching in the nose, mouth, throat and ears

Seasonal allergic rhinitis - or seasonal allergies - are caused by common outdoor allergens and is often referred to as hay fever, while indoor allergic rhinitis - or perennial allergies - is often triggered by allergens such as animal dander, dust mites or cockroaches. Think about it: The average American spends more than 20 hours indoors every day, which can result in nonstop year-round allergies. Sound like you?

Allergies are different than colds

According to Dr Michael Blaiss, clinical pro-

fessor of pediatrics and medicine at the University of Tennessee Health Sciences Center in Memphis, Tennessee, and voted "Best Doctor in America" for 10 years, allergic rhinitis is one of the country's most common, yet overlooked, conditions, with many people mistaking their allergies for the common cold.

The leading pediatric and adult allergist says, "As many as 40 million people in the United States are affected by nasal allergies, and often people are not properly managing their symptoms. With spring allergy season approaching, people with outdoor allergies should take steps to prepare in advance of their first seasonal outbreak."

He warns, "Don't assume it's a cold" and suggests getting in to see your physician if you are dealing with chronic cold-like symptoms that don't accompany fever, sore throat, colored nasal discharge, and/or aches and pains.

Impact of nasal allergies

Though nasal allergies are not considered life threatening, they can severely impact the quality of your life. In a survey in 2007 that polled over 680 allergy sufferers, 74 percent of those diagnosed with allergic rhinitis don't feel like themselves when they are suffering from allergy symptoms, and 53 percent indicated that they avoid various activities like being outside, traveling and being social because of their allergies. Nasal allergies can severely limit your life, if not treated properly.

Nasal allergies also take a toll on work productivity. An Ohio State University study conducted in 2007 suggests that allergy sufferers can miss up to 32 hours of work in a week when allergens



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By: Michele Thompson MS of SheKnows.com

lergies – the Asthma & Allergy allergy sufferers in the US alone have seasonal and year-round n-chronic respiratory illness. What about the most common indoor your nasal allergies.

are at their peak. That's bad news for you if you suffer from allergies as well as if your workers are calling in sick with allergic rhinitis.

Additionally, a new study from Ohio State, indicates that psychological stress and anxiety can worsen seasonal nasal allergy attacks and also prolong their occurrence.

Allergies are expensive, too. Researchers estimate that Americans spend \$1.1 billion for doctor visits to treat allergy attacks plus \$2.3 for nasal allergy medications.

Luckily, you don't have to let your seasonal or year-round nasal allergies detract from your enjoyment of life. Learning as much as you can about the allergens that trigger your allergy symptoms, taking steps to limit your exposure your allergens and managing your symptoms can greatly improve the quality of your every day.

Most common causes of seasonal allergies

Do your allergy symptoms happen to occur only when the winter weather wears off and warm days are on the horizon? If so, you may have seasonal allergies – caused by substances in the air that get released in spring.

Liesa Elliot, a professional air quality specialist and environmental expert in Nashville, Tennessee, says "The most common outdoor allergens are air-born tree, grass and weed pollens or mold spores." And even if you don't spend a lot of time outdoors, these seasonal allergens can get tracked into your house, too.

Jeff May, MA, certified indoor air quality professional (CIAQP) in Tyngsborough, Massachusetts, who specializes in allergens in the home and workplace, adds "During warmer weather when windows are open, it is common for pollen



and mold spores to enter the home. [In addition], pollen often clings to shoes when people walk around outside."

Tips to do away with seasonal allergies

Though you can't eliminate all the allergens that trigger your allergies, there are steps you can take to manage your symptoms and reduce your exposure to the offending allergens.

1. Watch the weather

Elliot, who has worked with the EPA and has 16 years experience monitoring the health impact of the air, says "Pollen levels are typically lower on rainy, cloudy and windless days. Hot, dry and windy weather can increase air-born pollen and your allergy symptoms. So limit your time outside on those days and keep windows closed."

2. Know your pollen count

Elliot also suggests monitoring your local pollen count – visit Pollen.com – and limit your time outdoors on high pollen count days.

3. Keep a well-maintained yard

"Keeping the grass on your lawn at about two inches will help," suggests Elliot. "As for your garden, bright and colorful flowers are best because they produce pollen that's unlikely to cause an allergic reaction."

4. Visit your doc

In addition to limiting your exposure to allergens, all three experts, suggest a visit to your doctor to learn how to

(Continued Pg. 6)

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Tasty Trout Recipes

By: Michele Thompson, MS



Growing up near freshwater fishing meccas introduced me to the sport of catching trout as well as the flavorful ease of cooking these hard-fighting fish – over a campfire and at home. Read on for some quick to fix trout recipes.

Trout are nutritious

In addition to being inexpensive, trout has nutritional benefits to offer, particularly for a low-carb diet. A three-ounce cooked portion provides around 130 calories, 22 grams of protein, 5 grams of healthy fats and no carbohydrates. Whether you bring it home from the lake after a day of line-fishing or from the fish counter at the supermarket, including trout in your diet can help you meet the heart-health recommendation of dining on fish twice per week.

10-minute rule

Trout can be prepared in many mouthwatering ways. You can poach or steam it, broil or bake it, grill, saute or fry it and even microwave it. The 10-minute rule is an effective way to gauge how much time you need for your trout to be safely, thoroughly cooked. Fillets are easiest to cook, so if you haven't had much experience filleting a trout, leaving it to an expert fisher or the fish monger.

Measure the thickness of the fillet – and if you are placing ingredients on the fillet and rolling it, measure the final thickness. For every one-inch of thickness, cook your trout for 10 minutes. This works for all methods except frying. And the 10-minute rule applies to other types of fish as well.

Asian Grilled Trout Fillets

Serves 4

Delicious for the coming of spring and fitting for the hot summer months, grilled trout is a natural for warmer, longer days.

Ingredients:

- 4 (6 ounces each) trout fillets
- 2 tablespoons sesame oil
- Sea salt
- Freshly ground black pepper
- 1/2 cup sesame seeds
- 2 to 3 drops hot pepper sauce
- Juice and minced zest of a lemon
- Fresh cilantro leaves

Directions:

1. Preheat grill to medium-hot. Rub trout with some of the sesame oil, making sure you don't touch the oil after you've touched the fish. Season with salt and pepper. Place trout in a fish grill basket.
2. In a small bowl, whisk together remaining oil, sesame seeds, pepper sauce, lemon juice and zest. Grill trout for 5 minutes. Turn and baste cooked side. Grill for 3 to 5 minutes more. Baste again and serve garnished with cilantro.

Trout Salad

Serves 4

Trout is a delectable contrast to mixed salad greens and tangy vinaigrette. Use your favorite method to cook trout and then toss this salad together for a light meal.

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon balsamic vinegar
- 1 teaspoon minced fresh parsley
- Pinch of fresh thyme leaves
- Sea salt and freshly ground black pepper to taste
- 6 cups mixed salad greens
- 4 (3 to 4 ounces each) cooked trout fillets, warm or at room temperature
- Handful of toasted walnut halves
- Crumbled feta

Directions:

In a large bowl, whisk together olive oil, mustard, vinegar, parsley, thyme, salt and pepper. Add salad greens and gently toss to coat. Divide greens among four plates and top each with a trout fillet. Garnish with walnut and feta and serve immediately to keep greens from wilting.

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(Allergy continued) properly manage and treat your nasal allergy symptoms. Dr Blaiss explains, “For many patients, allergists will likely prescribe medication to decrease nasal allergy symptoms, among them are oral antihistamines, nasal corticosteroids, nasal antihistamines, leukotriene receptor antagonists, and oral decongestants or in some cases allergy shots.” Ask your doctor about your options and the best treatment plan for your particular type of allergy.

Most common causes of indoor allergies

Regardless of the season, if you suffer from allergies year-round, your home or office may be to blame.

May, who has written five books on indoor allergens and air quality, says “The most common allergens in the indoor air are animal dander (pet skin flakes), mold spores (from outdoor or indoor mold growth), droppings from dust mites and particles from cockroach and rodent activity.”

If you are like the average American and spend 20 hours indoors everyday, your best solution for reducing your allergy symptoms is cleaning up your home and office.

Tips for reducing indoor allergies

Weekly vacuuming and dusting is a good start, but for allergy sufferers is probably not enough. “What many people don’t realize is that a clean space may not be clean of allergens,” warns May. “To make a home a haven for nasal allergy sufferers, extra steps need to be taken.”

1. Watch out for carpets and upholstered furniture

May says don’t worry if you feel like you can’t give up your carpets and furniture. He suggests a steam vapor treatment, which can work to kill dust mites.

2. Switch to allergen-proof bedding

Allergen-proof mattresses and pillowcases are also helpful for lessening exposure to dust mites. May adds, “I would even recom-



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mend taping over the length of the zipper.”

3. Wash your bedding weekly

To rid your sheets and pillowcases of allergens, May recommends washing them in hot water (130 degrees F) and drying them in a hot dryer. If you have satin sheets, May says freezing them overnight will kill dust mites, too.

4. Wipe your feet


Since pollen can stick to your shoes, if you go outside, wipe your feet – or, even better, leave pollen-covered shoes outdoors.

5. Leave pollen outside


May says, “It’s better to not let the allergen in your home than to try to remove it once it’s there.” He suggests keeping your windows and doors closed, especially on high pollen count days, and he warns to not rely too much on air purifiers.

6. Learn more

With proper cleaning, your home will not only be an allergen-reduced haven for you, it will be a welcome place for your loved ones with allergies, too. You can get more tips to reduce indoor and outdoor allergies by visiting Xyzal.com and registering for the My Xperts Program.



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