



WINTER

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2008

Your Guide To  
**Everything**  
**Bozeman!**

In this issue:

**FREE FAMILY FUN**

**NEW BOXING TRENDS**

**DEFENDING SUPER BOWL LIBATIONS**



## Extra Cheesy Macaroni and Cheese

by: Michele Thompson MS of SheKnows.com

Serves 8

*Warm, cheesy, and filling, macaroni and cheese is easily one of the most savored of comfort foods. Kids love it, adults crave it, restaurants serve it, and few people can resist it. The next time the need for mac and cheese arises, instead of reaching for that box, make the following extra cheesy macaroni and cheese recipe – and then give the following mac and cheese variations a tasty try.*

### Ingredients:

1 pound macaroni  
3 tablespoons unsalted butter  
1 tablespoon olive oil  
1/2 cup finely onion  
1 tablespoon all purpose flour  
1-1/2 cups whole milk  
1-1/2 cups shredded sharp cheddar cheese  
1 cup shredded Muenster cheese  
1/4 cup freshly grated Parmesan cheese  
A few turns freshly ground black pepper  
1 cup shredded provolone cheese  
1/2 cup unseasoned breadcrumbs

### Directions:

1. Preheat oven to 375 degrees F. and butter a 9-inch square baking dish. Cook macaroni or other pasta in a large pot of boiling salted water according to package directions. When cooked al dente, pour into a colander.
2. While macaroni is cooking, heat butter and oil in a large, deep saucepan over medium heat. When butter is melted, add onions and cook, stirring, 3 to 5 minutes or until soft.
3. Sprinkle flour over onion and cook, stirring, for an additional minute. Stir in milk and reduce heat to low. Cook, stirring, until milk is heated through – but not boiling.

4. Add cheddar, Muenster and Parmesan cheeses one at a time, stirring well after each addition, until cheeses have melted. Season with black pepper.

5. Turn off heat and add cooked pasta to cheese sauce, stir well. Transfer to prepared baking dish and sprinkle with provolone cheese and breadcrumbs.

6. Bake for 20 to 25 minutes or until top is golden and crisp. Remove from oven and let sit for 10 minutes before serving. Macaroni and cheese can be covered and refrigerated for up to 3 days.

### Variations:

- Add bacon crumbles
- Stir in finely chopped fresh parsley or basil
- Add dried Italian seasoning
- Stir in coarsely chopped olives and top with sliced tomatoes before sprinkling with cheese
- Add finely diced cooked sweet potato, carrot or winter squash
- Season with paprika or chili powder
- Stir in peas and finely diced ham
- Add finely diced roasted red pepper and prosciutto
- Stir in sautéed wild mushrooms and drizzle with truffle oil

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# Get lean & mean with boxing

Michele Thompson, MS

Since the mid 90's, boxing classes have been a mainstay phenomena in women's fitness. With the success of female fighters Laila Ali and Christy Martin along with the popularity of films such as the Oscar Award-winning Million Dollar Baby, boxing has visibly become more popular amongst the female audience. And for good reason: Boxing shreds calories, delivers ultra-fast results compared to low intensity workouts, and is a superior stress buster.

## Looking for a fun fitness challenge?

No matter how much you love that 8am spin class or zoning out on the elliptical after a particularly brain smashing day, any workout done repeatedly gets stale.

Worse, by sticking with the same routine for weeks on end, you are destined to hit a fitness plateau – you're bored, your body is simply going through the motions, you are working out but have reached the point of (yawn) maintenance.

*“..though workouts are only an hour, they are intense enough to get 10 times the results of conventional aerobics”*

If you are less than enthused with your workouts or your bod, boxing may be just what you need to up your motivation and get far more fit than your current workout monotony. Not only does boxing burn fat and up to 800 to 1,000 calories an hour, it makes you fast on your feet, gives you a full-body workout and doubles as a way to

learn the art of self-defense.

## Boxing doesn't get boring

If you dread the mere thought of repetitively beating a bag or the air for an hour, don't despair. Boxing is much more dynamic than that.

Benji Radach, professional MMA fighter and director of instructor training at LA Boxing, says “We aren't just throwing punches. We add lunges, push ups, and sit ups in the middle of our workouts, so we actually hit every muscle in the body. [And because] our boxing workout changes throughout the hour, it doesn't get monotonous.”



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Radach adds that though workouts are only an hour, they are intense enough to get 10 times the results of conventional aerobics. And results speak for themselves. LA Boxing, a boxing and  
*(Continued on page 6)*

# Don't Get The Winter Blues!

By: CJ Adams

Everyone knows of the world-renowned downhill skiing in our area, as shown by visitors from all over the globe. But this year brings exciting new changes for people who don't utilize sick days at word of fresh powder on the slopes.

For those of you not downhill ski fanatics, on December 3, 2008 Gallatin County Commissioners approved a temporary plan to plow Hyalite Canyon to Blackmore Lake continuously this winter, as well as intermittent plowing through to Grotto Falls. That's right, the grandeur of the various Hyalite waterfalls are now accessible all winter. Not only that, but the miles and miles of trails will be open to anyone with a

vehicle, so enjoy the Hyalite Canyon strictly for the drive or get out on foot. However we do ask that you support the continuation of this program by driving carefully and helping out anyone having trouble along the road.

*...don't sit around this winter, watching TV, yearning for some kind of activity. Visit **Bozeman-Passage.com** and get outside to enjoy our Winter Wonderland!*

"But CJ, I'm a student at MSU and don't have a car!" No worries. Now thanks to Streamline's new Bridger Canyon Route you can grab your snowshoes or skis, or rent a pair from

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## Bridger Canyon Route

SATURDAY & SUNDAY SERVICE

### Northbound

TIMED STOPS	TRIP 1	TRIP 2	TRIP 3	TRIP 4
K-Mart	8:00 a	8:45 a	12:00 p	1:25 p
Fairgrounds	8:15 a	9:00 a	11:55 a	-----
Bridger Bowl	8:45 a	9:45 a	12:30 p	1:55 p
Bohart Ranch - Arrive	-----	9:30 a	12:45 p	2:10 p

Transfer from MSU Campus - BLUELINE - Arrives at Fairgrounds at 8:50 am  
 Transfer from MSU Campus - BLUELINE - Arrives at Fairgrounds at 11:50 am  
 TRANSFERS AVAILABLE WHEN STREAMLINE SATURDAY SERVICE IS RUNNING

HIGHLIGHTED GREEN BARS INDICATE TRANSFER POINTS

### Southbound

TIMED STOPS	TRIP 1	TRIP 2	TRIP 3	TRIP 4
Bohart Ranch - Depart	11:05 a	12:45 p	3:25 p	-----
Bridger Bowl	11:20 a	-----	3:40 p	4:15 p
Fairgrounds	11:55 a	1:15 p	4:10 p	4:45 p
K-Mart	12:00 p	1:25 p	4:20 p	4:55 p

Transfer at Fairgrounds to MSU Campus - BLUELINE - Departs at 1:20 pm  
 Transfer at Fairgrounds to MSU Campus - BLUELINE - Departs at 4:20 pm  
 TRANSFERS AVAILABLE WHEN STREAMLINE SATURDAY SERVICE IS RUNNING

HIGHLIGHTED YELLOW BARS INDICATE TRANSFER POINTS



the SOB Barn, and head up the mountain. The free Streamline Bus System is an increasingly efficient transportation program that will now pick you up at either of two locations exclusive to the Bozeman Passage, and whisk you up Bridger Canyon to enjoy numerous winter activities.

Visit [BozemanPassage.com](http://BozemanPassage.com) and click the Trailmap link to view groomed trails for x-country skiing, snowshoeing, and snowmobiling. And, while you're there, be sure to view the "Coming Soon" link for a sneak peak of what Bozeman Passage has in store for 2009.

So don't sit around this winter, watching TV, yearning for some kind of activity. Visit [BozemanPassage.com](http://BozemanPassage.com) and get outside to enjoy our Winter Wonderland!

# COMING SPRING '09

The areas only fully interactive online resource for outdoor recreation opportunities brings you nearly 1000 area trails. So be sure to return to [BozemanPassage.com](http://BozemanPassage.com) after Spring Solstice 2009 and **GET OUTSIDE!**

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-Friday at 10:15



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# Don't Worry, Beer Hoppy

*A True American Health Plan*

by: CJ Adams

The “French Paradox”, that phenomena of the French eating high amounts of saturated fats yet enjoying low rates of heart disease, recently led the British Medical Journal (BMJ) to conduct a study in Denmark on the health habits of wine drinkers vs. beer drinkers. While it is true Frenchy grabs a Big Mac less frequently than the typical American, the American may now be able to revel in the fact that a cold sudsy brew may trump the health benefits of Frenchy’s warm red vino.



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The BMJ’s study found that in their studies of supermarket buying habits in beer-oriented Denmark supermarkets that the typical wine drinker eats much healthier than a typical beer drinker. So, logically, one can deduce that wine plus eating healthy plays a part in general health. But what about those flavanoids found in wine – aren’t they the pinnacle ingredient lauded for heart-health? Perhaps not! Numerous studies, including a recent study at the Institute of Epidemiology and Social Medicine

at the University of Muenster, have shown that “It cannot be proved that there is any health advantage to drinking red wine, for example, rather than beer” and “Studies indicate that light to moderate alcohol consumption from beer, wine or spirits is associated with a reduction in all-cause mortality, owing primarily to a decreased risk of coronary heart disease.” Aha! Finally a beer-friendly answer to the age old Vino vs. Beer: Heart Health Debacle.

What makes beer a heady boon to health? Recently UC Davis Professor Charles Bamforth found that beer contains antioxidants that fight against heart disease and cancer as well as several B vitamins, an array of minerals, and even fiber. Health benefits stem from beer being brewed from barley, wheat, rice or corn. Another of beer’s main ingredients, which provides health benefits in much the same way as natural grains, is hops. These beer-essential grains have an abundance of health-promoting polyphenols - the cancer-stopping, cholesterol-lowering, virus-killing counterpart to flavanoids.

And Bozeman’s local brew-houses (*aka. Cancer and Heart Disease Prevention Center*) provide numerous extremely “hopped up” (Continued on page 6)



(“Get lean and mean with boxing” Cont.)

kickboxing franchise, was listed in July 2008 as one of 25 fastest-growing fitness companies by the International Health, Racquet and Sportsclub Association (IHRSA), and the company reports that in 2006 and 2007 it expanded its number of locations by a whopping 80 percent.

### *You can also get fit with boxing at home*

With the current economy, whether you are bored with your workouts or not, you may be faced with having to forgo your current gym membership. Boxing at home can be a financially-savvy choice.

Andy Slate, director of marketing for Everlast, a leader in boxing equipment, says “Boxing is a great way for anyone, no matter their level of experience, to get fit on a budget. For those who are questioning their pricey gym membership in a tough economy, you can spend \$200 or less on Everlast equipment such as a free standing heavy bag, pro style training gloves or weighted gloves and get an intense full body workout right in the privacy of your own home.”

Most gym memberships cost \$30 to \$60 per month, plus initiation fee and possibly more if members have to pay for popular specialty classes. Once you buy boxing equipment for home use, it’s yours for no additional monthly fees and no class time constraints. However, if you have never boxed or taken a class, consider purchasing boxing fitness DVDs or make an appointment with a trainer who specializes in boxing to get the basic techniques so you can safely and effectively box yourself fit.

(“Don’t Worry, Beer Hoppy” Cont.)

IPA’s (India Pale Ale). An article in Men’s Health cites the Avery Maharaja Imperial India Pale Ale as using 8 lbs. of hops per barrel and notes the recently discovered health benefits of hops. But the IPA and Hopfest beers from Lone Peak Brewery use over two lbs. of hops per barrel, unquestionably a healthy local alternative.

So, whether you ski, snowboard, snowshoe, or just recreacize by taking a leisurely stroll this winter, when you’re done, kick back with your friends, a local brew, and...

### **DRINK TO YOUR HEALTH.**



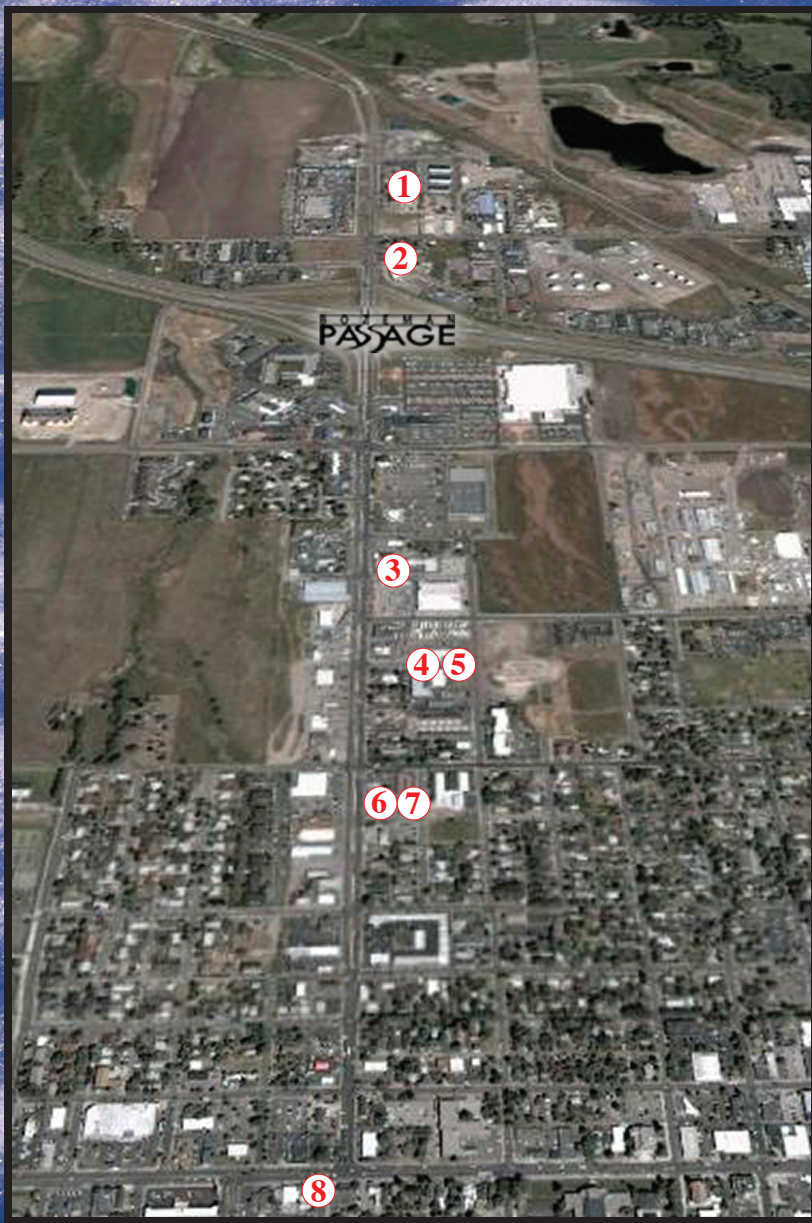
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