

## Friends of SCOTCHMAN PEAKS WILDERNESS

**W**hen explorer David Thompson paddled along the northeast shoreline of Lake Pend Oreille on Sept. 8, 1809, he gazed upon an enormous mountain rising above the Clark Fork River delta. He did not know the name, “Scotchman Peak,” but who is to say he, like so many people since him, did not wish to be on that lofty summit for the spectacular view from its craggy heights?

A remnant of what this region looked like two centuries ago, not much has changed for 88,000 acres comprising the Scotchman Peaks roadless area in the Cabinet Mountains, from the grove of 1,000-year-old giant cedars at Ross Creek to the alpine meadows above Little Spar Lake. A source of clean water, secure wildlife habitat and unparalleled beauty, it is now the object of a campaign for permanent protection. Scotchman Peak is 25 miles east of Sandpoint and forms the scenic backdrop to Clark Fork.

Renowned mountaineer John Roskelley, who has been all over the world climbing the most rugged peaks on earth, said: “Not even on Mount Everest can I find the solitude I enjoy in the Scotchmans. Every time I go there it’s like walking into heaven. There are no words to express that feeling. I love it.” Roskelley, from Spokane, has spent more than 20 years hunting and exploring in the Scotchmans.

A lifetime resident of the Heron and Noxon area in Montana, Randy Sharp, added: “We see the backbone of the Rockies when we look at the Scotchmans. They’re the soul of the Rockies. There’s nothing like the Scotchmans.” He grew up in the shadow of Star Peak and Billiard Table Mountain and cherishes the memories of hunting up Blue Creek as a boy with his dad.

A fledgling organization called Friends of Scotchman Peaks Wilderness has organized around the goal of adding the Scotchman Peaks area to the nation’s wilderness preservation sys-



A mountain goat looks happy atop Scotchman Peak with Goat Mountain in the background.

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tem. Spearheaded in the Sandpoint area by Phil Hough and Jan Griffiths, the group has teamed up with the Montana Wilderness Association, Cabinet Resource Group (Montana), Idaho Conservation League and numerous individuals like Randy Sharp and John Roskelley to preserve this exquisite landscape.

Sandy Compton, who has lived at the base of the Scotchmans practically all his life, wrote in an informational pamphlet for the Friends: “If there are no wild places left in the world, where will we go to find the peace of silence? Where will we go to hear our own heart quicken and our own labored breath as we strain up some uncivilized ramp of rock that couldn’t care less if we were there or not? Where will we go to hear ourselves think?”

To find out more about Friends of Scotchman Peaks Wilderness, write to P.O. Box 2061, Sandpoint, Idaho 83864 or check [scotchmanpeaks.org](http://scotchmanpeaks.org).

## Rolfer turns GRAVITY INTO ALLY

**W**hile many enthusiasts enjoy the benefits of gravity via downhill skiing, mountain biking or running, they tend to take this force for granted until they suffer an injury or decide to go for that extra edge. A Sandpoint man, Owen Marcus, makes his living helping people learn to make gravity their ally.

Marcus practices a form of holistic bodywork called Rolwing<sup>®</sup>, named after its developer, Dr. Ida Rolf. He describes it as “a form of bodywork that focuses on restoring order to the body’s structure so that it is structurally integrated and aligned with gravity.” A Rolfer slowly and firmly manipulates the body’s soft tissue – muscles, tendons and fascia. As pressure is applied, the body relaxes, releasing its tension. Basic Rolwing usually consists of a series of 10 one-hour sessions. Reported benefits include increased flexibility, more energy, better athletic performance and even weight loss.

“The human body has a memory, and it stores the effects of injuries, repetitive motion and accumulated stress,” says Marcus, an Advanced Certified Rolfer. “Rolwing is especially effective at treating chronic tension and patterns. When correctly performed, it addresses the causes of problems – not just the symptoms.”

William Hellar of Sagle, a local client, said: “I had a chronic hip problem that caused pain for years, but ever since I went through the Rolwing sequence, I haven’t a problem and I have much greater mobility. The physical benefit was almost immediate.”

Marcus used to Rolf some players for the San Francisco Giants and worked with Olympic and professional athletes. This led him to develop Sports Rolwing in 1985 and to conduct research.

To learn more, look up [rolf.org](http://rolf.org).

–Kevin Watson

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