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Comments: As a Montana native, I see the impact that outdoor recreation has on lives. Montana has ranked in the top five for suicide rates in the nation for the past thirty years (Rosston, 2018). I truly believe that having a mental escape especially an outdoor activity can improve one's mood and mindset. Vitamin D deficiency is correlated with increased risk of depression. It is so important for people that live in our state to get outside and do whatever sport they choose to do. This is just one reason why I DISAGREE with alternative C and D. Both alternatives restrict trail use for motorized and mechanized users. These alternatives would make it harder for Montanans who enjoy motorized or mechanized recreation to get outside. Montanans are already restricted with wilderness boundaries and seasonal trails restrictions.

If more wilderness is added, the current OHV and snowmobile areas are going to become overcrowded.

In conclusion, I do not support more wilderness as stated in alternative B, C, or D. Montana has a large diversity when it comes to outdoor recreation, and all outdoor activities should be valued. Improving access should be our goal, not restricting it. Keep the forest accessible to everyone. I support alternative A because trails are not restricted.

Rosston, K. (2018, August). Retrieved from Montana Department of Public Health and Human Services:
<https://dphhs.mt.gov/Portals/85/suicideprevention/SuicideinMontana.pdf>