

TETON FAMILY MAGAZINE

Cultivating a Healthy Sustainable Community

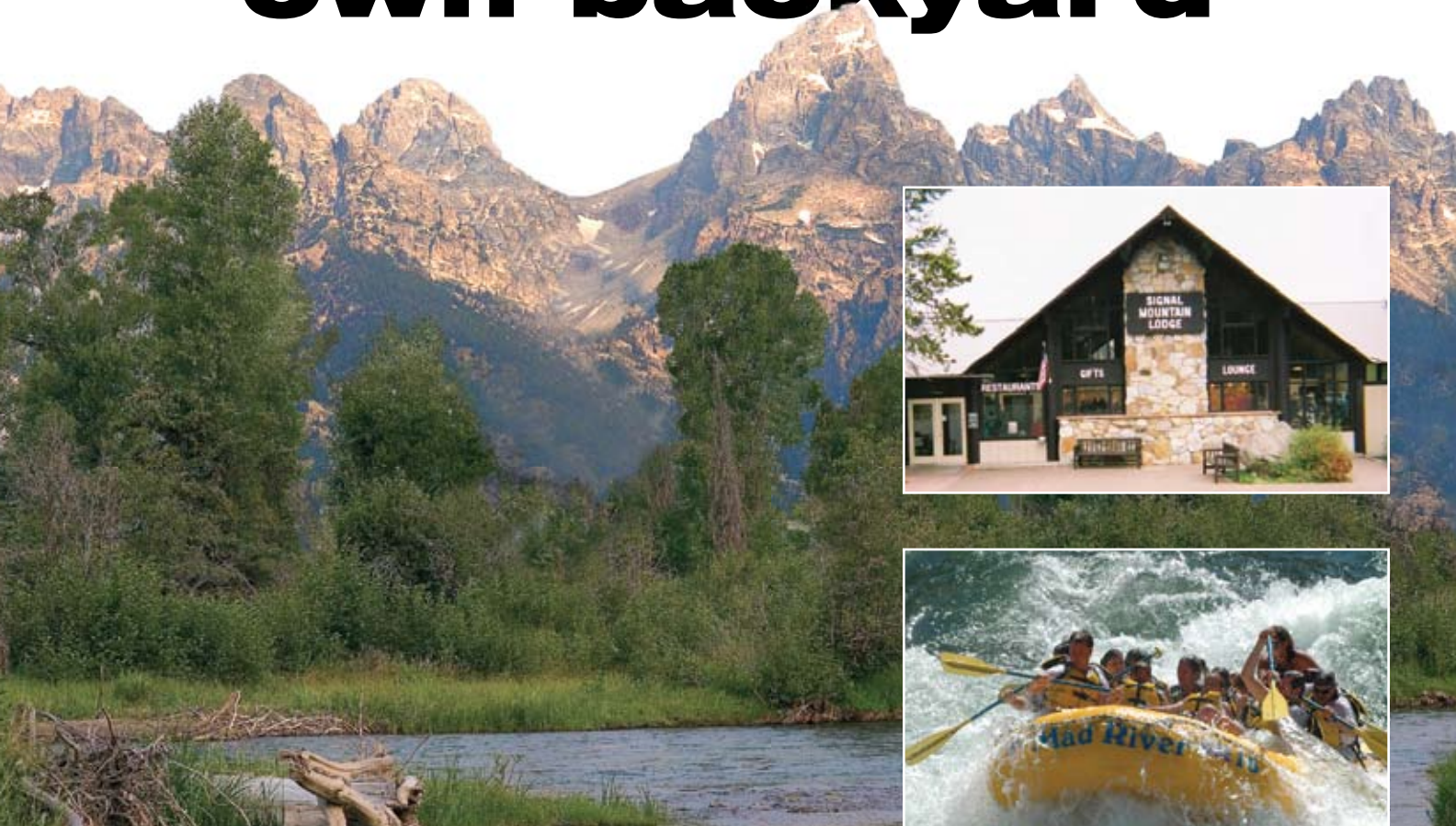
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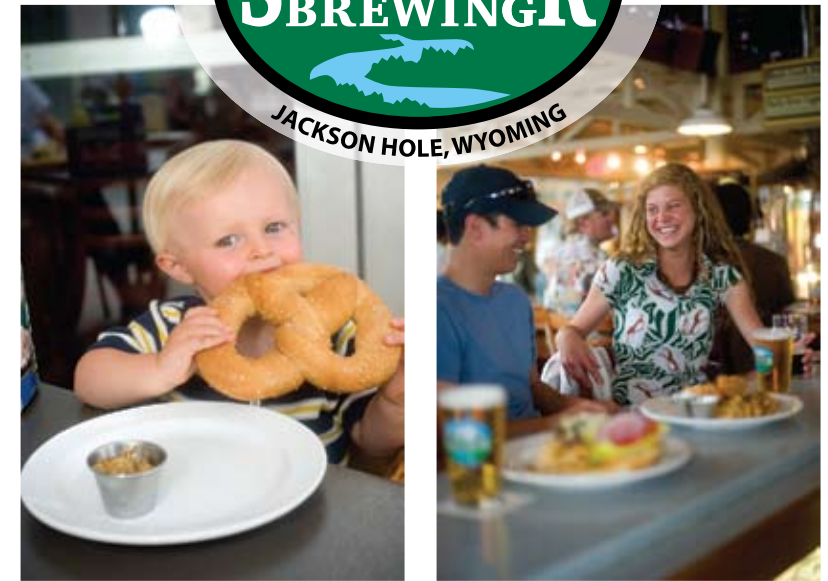


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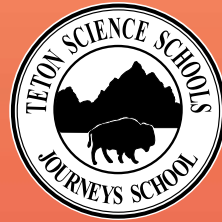
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PAULETTE PHLIPOT

PHOTOS: PAULETTE PHLIPOT; TOP RIGHT: CHRISTIAN SANTELICES

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A FEW MONTHS AGO I stumbled into the house with my baby in his car seat, cloth bags filled with groceries draped over my shoulders, and mail clamped between my teeth. As I searched for a place to put down my load, I was annoyed to see a ratty pair of checkered underpants dotted with fairies sitting on the dining room table. “Mariela, what are your underwear doing here?” I snapped at my six-year old.

“Mom, I left them there for you to sew,” she replied. I picked them up and saw that the pink bric-a-brac had started to disintegrate and pull off the faded fabric on the hand-me-down panties. I rolled my eyes, “I’m not sewing this; you have plenty of other underwear,” I said.

“But Mooooommm,” she whined, “I thought you could sew them and bring them to *See and Save* for some other little girl to enjoy.” Oh, jeez, I thought. I was both mortified and thrilled as I snuck them into the trash; my kid is too conscientious. But what, exactly, does conscientious mean?

Although I have been a freelance writer for many years, it wasn’t until I took on the editorial duties here at *Teton Family Magazine* that I truly grasped the importance of every word: words in titles, words in stories and captions, the number of words and how much space they take up in a publication with a small budget, and the words we use to represent our mission.

The words that have been giving me the most difficulty are sustainability, conscientious, community, and green. Here’s what I think:

SUSTAINABILITY describes a system of practices that are healthy for our bodies and the environment, economically viable, have a positive influence on communities, and can be maintained indefinitely.

BEING CONSCIENTIOUS refers to thinking carefully before acting, and acting according to the dictates of one’s principles (as opposed to conscious—which is simply being awake and aware).

COMMUNITY is especially tricky—it can refer to almost anything: you, your roommates, your hometown, your bioregion, your religion, your nation, or all of humanity.

GREEN is often used interchangeably with sustainability. Technically it can refer to either money or a healthy environment, but I’ve decided you can’t talk about one without the other.

Still pretty vague, eh? Perhaps that’s because, as a friend suggested, these words are all really just value terms, not unlike justice, health, happiness ... even God. Precise meanings are difficult to pin down because they mean something different to all of us.

While we can probably all agree that the core ideal of sustainability is that we preserve something for future generations—and the way we do that is a personal decision. If it doesn’t taste good, if you can’t afford it, if it’s a chore, then it’s not sustainable. For example, I made a gallant effort with my second baby to use cloth diapers, but a soggy baby and endless laundry brought me to tears, so I pawned them on eBay.

The mission of *Teton Family Magazine* is to provide readers with tools to make conscientious, sustainable choices that benefit you and your community while considering both kinds of green. It’s easy to get overwhelmed with all the things you *could* be doing—but give yourself a break. Slow down, revel in your successes, and leave time to enjoy what makes life in the Tetons sustainable for YOU.

Have fun!

Sue Muncaster

EDITOR’S NOTE: Businesses and community members are encouraged to submit editorial ideas, products, and services for review, as well as photos and expert advice on how to cultivate a healthy, sustainable community. Inquiries can be directed to editor@tetonfamilymagazine.com.



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PAMELA



MOLLY



ELIZABETH

MOLLY LOOMIS lives in Teton Valley, where she splits her time between freelance writing, working as a mountain guide, and trying to keep voles out of the vegetable garden. Her work has appeared in a number of local and national publications, including *Natural Home*, *Home Power*, and *Backpacker* magazines.

PAMELA SINCLAIR is a freelance writer, culinarian, and the author of *A Taste of Wyoming: Favorite Recipes from the Cowboy State*. She holds a Master of Arts degree in communications and lives in the Big Horn Basin of Wyoming. Pam blogs about Wyoming food and lifestyle at pam-sinclair.com, and you can find more of her recipes at sensationalrecipes.blogspot.com.

ELIZABETH FLURY moved to Jackson from Brevard, North Carolina, in 2004 “just for the ski season.” After meeting her future husband, Jake, she decided to stay a little longer. Five years and two children later, the family is moving on to pursue medical school for Jake. For now they will have to be content to visit the Tetons and the family and friends they leave behind.

Jackson Hole gardening expert **MARILYN QUINN** has 30 years of professional gardening experience coaxing asters and roses out of the ground, landscaping around mountain features of rock and streambeds, and babying along vegetable gardens. She is the author of *High Altitude Western Gardening*.

DAVID R. SHLIM, M.D. practices travel medicine in Wilson. He and his wife have traveled extensively with their two children, both of whom were born while they were living in Nepal. Dr. Shlim is the medical editor of the Center for Disease Control’s Health Information for International Travel, the main resource for travel medicine practitioners in the United States.

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Letters to the editor, submissions, photos, and products for review should be sent to editor@tetonfamilymagazine.com or to the address or fax number listed above. Letters to the editor should be marked as such, and will be considered for publication upon verification of their source. Please include your name, complete address, and daytime phone number for that purpose. Products for the Mountain Style department should be submitted with a phone number or website where readers can get more information, along with a high-resolution digital photo, if available. Both letters to the editor and Mountain Style items should be submitted at least eight weeks prior to the publication date of the issue for which they are intended. We will consider all submissions, but we make no guarantee of publication.

Advertise in *Teton Family Magazine* to reach the region’s most engaged and enthusiastic families. For more information, call (208) 354-3466 or email info@powdermountainpress.com.

Contribute. We’re always on the lookout for talented writers and photographers who share our passions for living and raising their families in the Tetons. To learn more about our editorial needs, contact editor Sue Muncaster at editor@tetonfamilymagazine.com.



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- Jackson Whole Health
- Cisco Services



..... COOL THREADS

ORGANIC'S COOL

Kudos to locally grown **Teton Gravity Research (TGR)** for helping make sustainability 'cool' by choosing organic and eco-friendly materials in the production of all of their T-shirts and hoodies. As part of a company-wide policy to protect the environment in which they work and play, TGR is also a proud member of **1% for the Tetons** (onepercentforthetons.org). Check out their latest threads at Wilderest Sports, Teton Village Sports, Hoback Sports, and the JH Tram Store.



"Politicians and diapers have one thing in common. They should both be changed regularly and for the same reason."
- Anonymous

LOOK MA—NO LEAKS!

No matter how you look at it, disposable diapers are not environmentally friendly. However, choosing a greener alternative used to mean soggy shorts, diaper rash, and paying a high price. Not any more. Today's **Seventh Generation** chlorine-free diapers are soft and comfortable and perform as well as any of the top brand names. So what's the big deal? Most diapers are made with absorbent materials that have been bleached with chlorine-containing substances that create dangerous toxins like dioxin (a pollutant that has been linked to cancer, birth defects, and environmental and reproductive disorders). We checked out all the local grocery and health food stores and were surprised to find that prices varied widely (\$13.50 to \$21 for a package of size 3, 35

count). The best buy? **Jackson Whole Grocer.**

..... MADE IN THE TETONS

GOT MILK? PARADISE SPRINGS RAW ORGANIC MILK

We'll save the debate over the health benefits and politics surrounding raw milk for another issue of the magazine, but we wanted to share the good news that we now have a choice. **Paradise Springs Organic Raw Milk**, bottled by Mike Reid at the base of Henderson Canyon in Victor, has been flying off the shelves at **Jackson Whole Grocer** and **Barrels and Bins** in Driggs since June 3, the day after his final inspection. To meet the State of Idaho raw milk requirements, the milk must have a bacterial count of less than 15,000/ml and a somatic cell count of less than 250,000/ml. To meet this quality standard, raw milk falls into the top 10 percent of all milk in Idaho (or any state). Paradise Springs' milk tested fewer than 10 colonies/ml of bacteria and 65,900/ml of somatic cells (the bacterial count is an indication of how clean the equipment is and how clean the cow is at milking; the somatic cell count tests the white blood cells and is an indication of how healthy the cows are). With both test results coming out so well, it's not exaggerating to say that this may be some of the cleanest, safest, healthiest milk available in the Tetons.



PHOTOS: PAULETTE PHUJOT; TOP PHOTO: COURTESY OF TGR

So Sexy So Soon: The New Sexualized Childhood and What Parents Can Do to Protect Their Kids

By Diane E. Levin and Jean Kilbourne, Ed.D
(Ballentine Books/Random House, 2008)

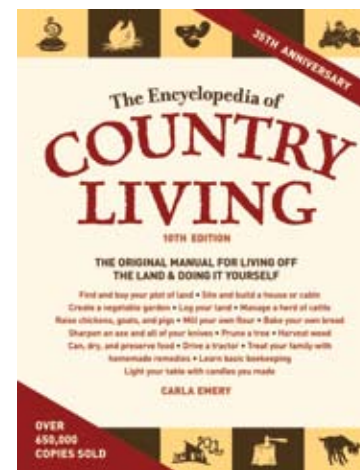


Popular culture transmitted at the speed of light by modern technology inundates our children with disturbing sexual and violent messages at an earlier age than ever before. Add to this corporations that aggressively market their products to children as young as two years old, and before you know it your seven-year-old daughter wants a pair of thong panties to go with her risqué Disney princess outfit, and your ten-year-old son's friends have shown him porn on the Internet. Terrified? This book is for you. It's for all of us.

Internationally renowned experts on childhood development and the impact of media on culture, the authors show us how to manage commercial culture, TV, the Internet, toys, and video games. Sample dialogues, true stories, and practical advice offer parents and teachers realistic strategies to build trust, stay connected, set limits, and help transform our world into a safer place for children.

The Encyclopedia of Country Living, 10th Edition

By Carla Emery
(Sasquatch Books, 2008)



Environmental concerns and economic hard times are inspiring people living in the city, the country, and everywhere in between to learn new skills for sustainable living. Whether you want to live off the grid or just learn to bake bread, this do-it-yourself guide is a valuable reference to help you simplify, save money, and enjoy the satisfaction of becoming more self-sufficient. Nine hundred pages compiled and updated over thirty years cover everything from making homemade yogurt (without special equipment) to pruning rose bushes,

foraging for wild food, housing chickens, and making organic bug spray. This book covers it all.

Zone 4

zone4magazine.com



Tired of getting inspired by *Sunset Magazine* articles, just to find that their gardening tips work best where it only snows every few years? *Zone 4* is a quarterly magazine from our friends in

Bozeman dedicated to gardening, landscaping, food, and outdoor living in Montana, Colorado, Wyoming, Idaho, and northeastern Utah. Available at MD Nursery in Driggs.

I Was a Really Good Mom Before I Had Kids: Reinventing Modern Motherhood

By Trisha Ashworth and Amy Nobile
(Chronicle Books, 2007)

This all-time favorite parenting book has little to do with how to raise kids and a lot to do with how parents can take better care of themselves. The authors interviewed mothers around the



country and unveil some surprising common threads: While all mothers love their kids, the combination of pressure to be perfect, our loss of identity, and the chaos of parenting in the modern world is making us batty. The book is filled with an-

ecdotes, inspiration, and 'dirty little secrets' like one from a woman who admits, "We've decided not to have a TV in the house. The moment my husband goes out of town I pull out the hidden thirteen-inch screen and rent some videos for the kids." Through humor and honesty the authors offer real solutions to help parents let go of expectations, make peace with their choices, and let go of guilt. Just learning that other parents share the same thoughts is therapy in itself.

Other books by the same authors published by Chronicle Books include *Dirty Little Secrets from Otherwise Perfect Moms* and *I'd Trade My Husband for a Housekeeper: Loving Your Marriage After the Baby Carriage*.



THE POOP ON DOG TREATS

Antioxidants. Healthy fats. Whole grains. What's good for you is good for your dog, too! It takes only a few minutes to make these tasty treats submitted by our friend at the **Animal Adoption Center** in Jackson, Steph Spackman.

Pumpkin Poppers

Pumpkin is loaded with beta-carotene and antioxidants, especially vitamins C and E. These vitamins help to lower the risk of cancer, cataracts, and heart disease.

- 1 15 oz. can mashed PURE pumpkin
- 3/4 cup dry Cream of Wheat (or rice cereal if wheat-sensitive)
- 1/2 cup dry powdered milk

Preheat oven to 300 degrees.

Mix all ingredients together. Drop small spoonfuls (I use about half a tablespoon) onto a lightly greased cookie sheet and bake for 15-20 minutes.

Wheat Free Burt's Biscuits

This is a good base recipe. You can add dried parsley for "doggie breath," grated cheese, peanut butter, chicken, cranberries, etc. Depending on what you add, you may need to increase the liquid. Our furry friends love the taste!

- 2 cups oat flour (you can use whole wheat flour if your dog is not sensitive to wheat)
- 1/2 cup oatmeal
- 1/2 cup oat bran
- 2/3 cup vegetable, meat or chicken broth
- 6 tablespoons vegetable or olive oil
- 1 egg
- 3 tablespoons honey

Preheat oven to 350 degrees.

In a large bowl, beat the egg. Pour in the oil and honey; mix well. Next add the broth and dry ingredients, mixing everything together. Roll out dough onto a floured board to about 1/2 inch thick. Use cookie cutters or cut the dough into squares or diamonds, or make circles using a glass.

Bake 20 minutes. Take cookies out; let cool on tray for 10 minutes. Carefully turn over, and return to oven. Bake an additional 10 minutes. Turn off oven. Leave biscuits in the oven to cool and dry overnight.

These biscuits should be kept in the refrigerator or a tight container.

For more recipes and a good chuckle check out The Poop Pantry at thepoop.com.

GADGETS: HAND BLENDERS

Looking for a tool that does it all (well, almost), saves money, and takes up minimal space? Hand-held immersion blenders are essential for any eco-kitchen. In a snap they blend smoothies, puree soups, emulsify salad dressing, chop herbs, fluff eggs, whip cream, and puree dinner for the baby. Like the coffee maker, it's guaranteed to become one of your most oft-used tools. Cleanup is easy and, because the blender can be immersed in any pot or cup, it eliminates the need for extra dishes. Our favorites come from **Braun** and **Cuisinart** and range in price from \$25 to \$100 (depending on the number of attachments). **Find them at local cooking shops and hardware stores.**



ON THE GO: PODCASTS

During these exciting but unstable times, information and opinions are as abundant as weeds. Here are a few of our favorite podcasts that can help you make sense of it all, while helping you to steer clear of egotistical blather.

DECONSTRUCTING DINNER

cjly.org/deconstructingdinner

This award-winning weekly radio podcast about local and international food issues is produced and recorded across the Canadian border in the studios of Kootenay Co-op Radio in Nelson, British Columbia. Gutsy reporters tackle bold topics, and programs help listeners make more educated choices when purchasing food for the kitchen or when dining out. Highly recommended episodes include "Pigshit," a three-part documentary about the social, economic, and environmental impacts of factory hog farming, and "A Primer on Pesticide Propaganda."

NPR'S PLANET MONEY

npr.org/blogs/money

Planet Money is for people who feel overwhelmed by the global economy and know that it's affecting their lives, but find traditional media either confusing or too dumbed down to help. The show calls on leading economic thinkers and asks them to explain things. Slowly. They claim to have two rules: 1) Everything has to be interesting (and, preferably, fun or funny, poignant, or somehow grabby), and, 2) Everything should be economically smart, but not economically dull.

THE SPLENDID TABLE

splendidtable.publicradio.org

A must for foodies, American Public Media's award-winning host Lynne Rossetto Kasper leads listeners on a culinary, cultural, and lifestyle journey that celebrates food and its ability to touch the lives of everyone.

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Fresh Dirt:

A Guide to Preparing Your Soil for Winter

BY MARILYN QUINN
PHOTO BY PAULETTE PHILIPOT



THE CRAZY DAYS of summer are winding down. It's time for flannel shirts, changing leaves, bugling elk, and road trips. It's time to kick back. But wait a minute! There are still plenty of chores to be done before the first snow falls. The chilly mornings and bright afternoons of autumn are some of my favorite times to work in my garden and finish up tasks I'll be glad I completed when springtime rolls around again.

As the calendar page turns to the month of September, it's time to start putting my gardens to bed. My "get out of the lawn chair and get things done" list goes something like this:

MOW THE GRASS short one last time—to two inches maximum. I usually just set the mower down a notch from the usual height of summer mowing.

FERTILIZE LAWNS. Grass roots send down reserves in the fall. Well-fed grass is more capable of responding to spring weather.

PRUNE THE RASPBERRY BED. The canes that bore fruit this season should be clipped to the ground, leaving the new, vigorous shoots to produce berries next summer.

CLEAN OUT AND RE-DIG the annual flowerbeds. For newbie gardeners, annuals are single season plants such as petunias, marigolds, and alyssum. Annuals are often referred to as 'bedding' plants in nurseries.

CLEAN UP AND TURN OVER the vegetable garden. Gather up the old cabbage and broccoli stumps and the lettuce and spinach that have gone to seed. Pull out those woody radishes that should have been harvested weeks ago. Untangle the pea vines and add them to the compost heap. A friend of mine with a huge vegetable garden saves time by running a power lawn mower over any and all summer leftovers to shred them so that they can easily be tilled under.

CUT BACK PERENNIAL FLOWERS (plants that return year after year without replanting) after the first hard freeze. Cut to a few inches above the ground; leaving a little bit of stem will help catch some protective snow.

ROGUE OUT PERENNIALS that just didn't work in flowerbeds and borders, or ones that have been taking over too much space. In the fall, I can still remember which plants I'd hoped

would grow tall but turned out short, and vice versa. It is also a good time to chuck out the non-performers.

PLANT BULBS like tulips and daffodils for early spring color—one of my favorite autumn rituals.

ADD SUPPLEMENTAL ORGANIC MATTER to all of your gardens. This one of the most important chores for September and October. Lots of compost, natural minerals, manure, or anything organic should be worked into the ground to replace what has been lost over the summer. Whether you're digging by hand or using a gas tiller, the repeated stirring of the soil mixes in extra air. Tilling is a lot like blowing air on the glowing coals of a campfire. Over time, organic matter just burns up. Each year I add more to replenish the soil.

Revitalizing the soil with enriching organic amendments won't add a big dose of nutrients the way chemical fertilizers do, but organic matter has other virtues: it hosts a huge community of essential micro-organisms, holds nutrients, binds soil particles, and absorbs water. Without it, the fertility of a garden declines; it will make the difference between dying soil that feels like cement and rich, loamy soil packed with nutrients.

Soil amendments can be purchased at hardware shops, local plant nurseries, and discount stores. With a little more effort most can be obtained for free. Gardeners can start their own compost heap for a supply of this black gold or find a source of aged manure just for the asking at local farms. Manure is stuff, as one rancher put it, that is "easy to come by, but hard to get rid of."

Purchased peat moss is an excellent addition to worn out soil because of its magic ability to loosen heavy soils, bind light ones, increase aeration, stop nutrients from leaching away, and absorb and hold a lot of water. It's hard not to want some, but its use is controversial. Peat moss is slow to renew itself in nature and is often harvested in an unsustainable way.

True, it may be hard to let go of summer. But—ah, fall! What a beautiful time to work in the garden.

Fall Forward for Spring Color

BY MOLLY LOOMIS
PHOTOGRAPHY BY PAULETTE PHILIPOT

IN THE EARLY, unsettled days of May, when perennials are not yet awake and it's too cold for hanging baskets, Laura Brattain's yard in Victor is awash with red, yellow, and purple. Her secret? Bulbs—hundreds of them.

Late snowfalls, high winds, long periods of grey weather, and hungry wildlife make early season gardening in the Tetons very challenging. Geophytes—an overarching botanical term that includes bulbs, corms, and rhizomes—are the simplest and most effective way to bring spring color and fragrance to local gardens. Many varieties of geophytes grow well in our cold climate, and there are a few that even the most ravenous animals won't feast on. Here's a look at some of the Tetons' star performers and tricks to help them thrive in any garden.

Al Young, greenhouse manager of Victor's Trail Creek Nursery and co-founder of the High Mountain Garden Club, recommends corms like hyacinths and bulbs like daffodils, tulips, and alliums. Gardening author Marilyn Quinn (see "Fresh Dirt," page 14) of Jackson adds snowdrops and glory of the snow to the list. "Bulbs are the way to go if you want color before you can plant anything from the greenhouse outside," Young says. "The array of colors you can get out of bulbs, like tulips, is just awesome. Then, when the bulbs die, you can plant other things around them, using the space very intensively." She also reminds us to check that varieties are hearty to zones 2-3.

Geophytes are the perfect landscaping tool for low-maintenance gardeners. Sucking up moisture from the snowmelt, they typically get by without additional watering, and, like perennials, they

come back year after year. Better yet, many geophytes multiply and spread on their own. Over the course of twenty-five years, Brattain says, her initial dozen bulbs have multiplied into hundreds.

To get the most out of your geophytes, Young recommends the following simple steps:

- 1) Plant in fall before the ground freezes. Toss a bit of bone meal into the hole before planting.
- 2) Cut the flowering stalks back to the ground after they bloom.
- 3) Cut the leaves back once they die.
- 4) Sprinkle the area with compost in the spring. Repeat this step in the fall.

Depending on the frequency of four-footed visitors to your garden, tulips can require a bit more work. "Tulips are some of the most yummy, delectable bulbs for wildlife; deer love the leaves, moles and voles love the bulbs," Young says. She suggests spraying the area in fall and spring with a natural castor oil derivative, and interspersing daffodils amongst tulips, which wildlife don't eat. Once the bulbs come up, a product like Invisible Fence provides another line of defense.

A number of popular corms and rhizomes like iris and crocus also thrive in the Tetons with a similarly light course of care. And like daffodils, tulips, and alliums, rhizomes will send up additional stalks. Every few years, once the center plants are no longer flourishing, rhizomes and sometime corms need to be dug up, divided, and replanted.

So, what's Young's favorite kind of geophyte? "Garlic!" she says with a big smile. "It gets this really cool curlycue on it and then you get to eat it!"

Geophytes are plants with underground storage organs. They include:

Bulbs: Constructed like an onion, a bulb stores food in stacked layers of leaves. Examples: tulips and daffodils.

Corms: Composed of a single body of plant tissue. Example: crocus.

Rhizomes: A horizontal plant stem that can create roots and shoots for a new plant. Example: iris.



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\$ and Sense:

ENERGY INCENTIVES FOR THE TETONS

BY MOLLY LOOMIS

KAT AND BRUCE SMITHHAMMER'S tidy house doesn't differ much from the other homes in their Victor neighborhood—except for the roof, where eleven solar panels soak up sunshine. Installed in spring 2008, the system is on track to provide the Smithhammers with 80 percent of their energy needs. The upfront cost of their system was obviously greater than their monthly savings from the local power company—but when it came time to do their taxes, numerous incentives helped offset the cost. “Federal and state incentives covered about 47 percent of the actual cost,” says Kat. “Of that 47 percent, 28 percent was from federal credits and the remainder was from [Idaho] state deductions.”

Andy Tyson, co-owner of Creative Energies (cesolar.com), a company that specializes in the design and installation of renewable energy systems, provides this rough example to show how a family can take advantage of combining different credits for a decent payback:

A family in Teton County, Wyoming, installs a 2-kilowatt solar system that would produce approximately 30 percent of their energy for the upfront cost of **\$20,000**.

- Subtract **\$3,000** (Wyoming Business Council Solar Grant)
 - Subtract **\$800** (Lower Valley Energy Electric Rebate)
 - At the end of the year, subtract 30 percent of **\$16,200 = \$4,860 off your taxes.** (Federal Personal Energy Tax Credit)
- Total installed cost of the system = \$11,340**

THE HIDDEN COSTS OF CHEAP ELECTRICITY

When making a decision on how to power your home or

business, the truth is that even with incentives and net metering, renewable energy in our region is still more expensive than relying on the local power company. That's because Idaho has the lowest average electricity rate in the nation, and Wyoming's is not much higher. But are basic cost comparisons between renewable energy systems and traditional systems accurate?

Tyson explains why not: “We compare the cost of traditional energy with renewable energies but don't factor in future environmental costs or savings. It's hard to financially compare them.” He compares the issue to buying organic foods—an organic apple costs more, but theoretically it pays you back when you don't get cancer or when fish don't die in polluted water.

In addition, many American consumers have come to expect cheap energy as a given, applying a strict payback criteria to the comparative cost of a renewable energy system. Such a payback mentality typically doesn't extend to the purchase of a car, the latest pair of skis, or, as environmentalist James Udall pointed out in *Home Power* magazine, having children: “‘What's the payback' has become a mindless chant. In no other realm does this mentality prevail. Your wife pregnant!? Jeez, I'm sorry, kids aren't cost effective.”

Like Udall, Tyson emphasizes that the energy market is one of the only places where concept of payback is applied. He says return on investment [ROI] is the more universal and meaningful way to look at investments, and should be applied to renewable energy systems. “ROI is the reciprocal of simple payback,” Tyson says. “So, for example, a system that takes 20 years of energy savings to pay back the investment has a 5 percent ROI. A 5 percent ROI is significant.”

THE BOTTOM LINE

Incentives and financial terms aside, renewable energy systems still cost more than plugging into the traditional grid. But combine this significant investment in the health of the environment with state and federal aid programs, and suddenly both renewable energy and efficiency improvements make a lot more sense.

Definitions:

Here are some basic definitions helpful for navigating the financial terminology associated with different renewable energy incentive programs.

Tax credit: A tax credit is an amount subtracted from the overall income tax owed. Tax credits are typically more valuable than tax deductions.

Tax deduction: Tax deductions reduce taxable income.

Grant: Financial aid that is not expected to be repaid.

Loan: Financial aid that is expected to be repaid. Typically some amount of interest is associated with the repayment.

Rebate: Financial aid provided after the purchase has been made.

Still not convinced?

Lower Valley Energy Audits

Would you like to know if there are improvements that you can make for a more energy-efficient home? LVE offers customers an energy audit that consists of measuring the energy efficiency in their home and recommending cost-saving enhancements for more effective use of energy. The cost of an energy audit is \$100 to \$200, depending on the size of the building. This amount will be refunded if you choose to implement any of the recommended changes or if they find that no improvements are needed. (Fall River does not offer the service at this time).

The Database for State Incentives for Renewables and Efficiency (DSIRE) is a comprehensive resource for details on the 2009 Stimulus Bill and the following incentives. Website: dsireusa.org.

RENEWABLE ENERGY INCENTIVES

* Indicates incentives for businesses

Federal Incentives	Wyoming Incentives	Idaho Incentives
Federal Personal Energy Tax Credit: A 30 percent tax credit on solar electric, solar hot water, wind, and geothermal systems for residential systems. dsireusa.org	Wyoming Business Council Solar Grant: A \$3,000 grant for residential solar electric systems. wyomingbusiness.org/business/energy_rephoto.aspx	Alternative Energy Tax Deduction: A state income tax deduction of 40 percent of the total cost of a system in the year it is installed; 20 percent of the cost is deductible for each of the next three years. The maximum is \$5000 per year, \$20,000 total. Applicable to all residential solar electric, solar hot water, geothermal, and wind systems. dsireusa.org/incentives
*Federal Business Energy Tax Credit: A 30 percent tax credit on solar electric, solar hot water, wind, and geothermal systems for businesses. dsireusa.org	Lower Valley Energy Geothermal Heat Pump Rebate: A \$3,000 rebate on the installation of geothermal heat pumps for customers. lvenergy.com/conservation.php	Low Interest Energy Loan Program: Loans of \$1,000 to \$15,000 for residential renewable energy projects with an interest rate of 4 percent for a five-year period. idwr.idaho.gov/energy/loans/default.htm
*USDA's Rural Development Grants and Loans: Grants for solar electric, solar hot water, wind, and geothermal are available to small businesses for a minimum of \$2,500 and up to 25 percent of the project's eligible costs. rurdev.usda.gov/rbs/farmbill	Lower Valley Energy Solar Rebate: A \$400 rebate per kW on solar electric and solar hot water systems for LVE customers. lvenergy.com/conservation.php	*Low Interest Energy Loan Program: Loans of \$1,000 to \$10,000 for commercial renewable energy projects with an interest rate of 4 percent for a five-year period. idwr.idaho.gov/energy/loans/default.htm
*Modified Accelerated Cost-Recovery System: Businesses can recover the costs of installing solar electric, solar hot water, wind, or geothermal, at an accelerated depreciation rate. dsireusa.org	Wyoming Sales Tax Exemption: Equipment used to generate electricity from renewable resources is exempt from Wyoming sales tax.	Fall River Rural Electric Cooperative Heat Pump Rebate: A rebate of up to \$3,000 for residential geothermal heat pump systems for customers. frrec.com



PHOTO: KISA KOENIG; PHOTO OPPOSITE FROM LEFT TO RIGHT: STAFF; PAULETTE PHILIPOT; KISA KOENIG

INCENTIVES FOR ENERGY EFFICIENCY IMPROVEMENTS

Lower Valley Energy

Lower Valley Energy offers a number efficiency programs, such as: a \$100 rebate for replacing an old refrigerator with an Energy Star appliance; financial help with insulation, windows, and thermostats; a light bulb audit that, for \$25, replaces all traditional bulbs with compact fluorescent light bulbs; and energy audits. “We've given a handful of checks over \$10,000 to local businesses to retro-fit their lighting systems,” said a company spokesperson. lvenergy.com/conservation.php

Fall River Rural Electric Cooperative

Fall River Rural Electric Cooperative offers financial help with replacing appliances, windows, and improving insulation. Just this past spring FRREC sent eight free compact fluorescent light bulbs to all of their customers. frrec.com



TENZING

BEYOND BORDERS

AS A YOUNG BOY President Barack Obama lived in Indonesia, where he developed a background in both Christianity and Islam—he prayed to a Catholic saint at the local primary school and then later bowed to Allah when he switched to a predominantly Muslim school. Mr. Obama, in his biography *The Audacity of Hope*, wrote “In our household, the Bible, the Koran, and the Bhagavad Gita sat on the shelf.” This tactile experience of foreign living has, by his own admittance, influenced his worldview.

Likewise, experiencing foreign cultures will broaden anyone’s perspective of the world. This goes for children as well as adults. If international travel was part of your life before having kids, there’s no reason it can’t work—and work wonders at that—after kids. There’s no book, website, movie, or video game that can teach young people the life lessons learned when immersed in a culture different from their own. While it’s not for everyone, travel beyond borders is instrumental in developing confident, compassionate individuals who grasp the interconnection between themselves and the rest of the world—an understanding that is becoming increasingly important in this age of globalization. In the following pages you’ll meet a handful of local families who don’t feel that travel and fun need to end once children enter the picture. Read on, as they share their trials, triumphs, and tips for getting the most out of any adventure.

SHARING THEIR PASSION

Before having children, Wilson residents **Didi Thunder** and **Broughton Coburn** lived and worked in Nepal for nearly two

decades—Didi as an exporter of carpets and traditional furniture, and Broughton as the field director for the American Himalayan Foundation. They return there often for work and pleasure, and their daughter **Phoebe** (now a sixteen-year-old sophomore at Jackson Hole High School) lived there for two and a half years between the ages of five and seven. In 1998 the couple adopted their son **Tenzing**. He was born in the upper reaches of the Buri Gandaki River Valley of Nepal, and is now in sixth grade at Jackson Hole Middle School.

As a young doctor and an avid mountaineer, **Dr. David Shlim** went to Nepal in 1979 to work as a volunteer at the Himalayan Rescue Association aid post in Pheriche, near Mt. Everest. After three seasons in Pheriche, he moved to Kathmandu, where for fifteen years he ran the world’s busiest travel medicine clinic. During that time he met his wife, **Jane Gallie**, who was splitting her time between working as a teacher in Canada and leading trekking trips in Nepal. They married in 1990 and spent the next eight years in Kathmandu. In 1991, in a hospital in Bangkok, Thailand, Jane gave birth to their son, **Matthew**, who is a recent graduate of the Journeys School. In 1996 they adopted their daughter **Anna Tara** in Nepal, and today she is an eighth grader at the Journeys School. The family moved to Kelly in 1998, but have returned to Nepal numerous times to trek into their favorite high mountain haunts, study Buddhism, and check on the clinic.

Michael and Nola Bredal of Victor have just returned home from a year in long underwear living in Michael’s hometown of Asker, forty kilometers southwest of Oslo, Norway, with their three kids: **Jon** (four years old), **Paal** (nine), and **Mariah**



MARIELA

A WIDER VIEW

(eleven). Michael’s job—Vice President of Business Development for the U.S.-based medical products company Action Products, Inc—allowed him to travel abroad to develop new markets. Michael and Nola’s goal was to see the children connect with relatives and learn about their father’s culture. They immediately enrolled the kids in the local school and encouraged them to participate in the customary sports (cross-country skiing and soccer) and music activities. While most of their time was spent simply experiencing daily life, the family enjoyed gathering with relatives to celebrate special events, and the nearby ocean and ski trails provided plenty of adventure.

Before we met, my husband, **Christian Santelices**, and I had spent the bulk of our younger years wandering the world leading adventure travel trips; I worked primarily as a whitewater rafting and kayaking guide, Christian as a trekking, climbing, and sea kayaking guide. Our paths crossed in Southern Patagonia where we were assigned to guide trekking trips together for Mountain Travel-Sobek. We worked together for two years before getting married and settling down just long enough to have our first child, **Mariela**. By the time she was five, Mariela had traveled extensively in South America, Switzerland, and Mexico. Our longest stint abroad was six months, spent at the Estancia Rio Verde, a remote sheep ranch in Chile on the shores of the Straits of Magellan owned by Christian’s father, Sergio. There we learned the art of Chilean cuisine, how to plumb a toilet, how to fix a flat tire (take it off the rim and all) with a crowbar, how to grow cabbage the size of a basketball—and more than we ever wanted to know about our quirky extended family!



PHOEBE

OF THE WORLD

MISSING OUT?

Many people hesitate to take their kids out of school for fear that they might miss something. But for all of the families described above, structured “home schooling” was never necessary. Anyone who spends more than three months in one location should be able to enroll in a local school or, as in the case of Phoebe Coburn and Matthew Shlim, a French School for diplomats.

The most obvious benefit of school abroad is learning another language. Broughton Coburn remembers the day they sent Phoebe off to her first day of kindergarten, but forgot to mention to her it was a French school. When she got home, she said she’d had a great time; when pressed to tell them if anything was strange, she said, “Not really, although they do speak another language.”

As far as language goes, “the younger the child the better,” Nola Bredal says. “The most striking development was with four-year-old Jon. Since he is so young, he switched languages within two weeks of attending daycare. After two months he had no accent and had taken on the Asker dialect. Our challenge with him will be to [have him] re-learn English.”

While math is math wherever you learn it, topics learned in a foreign land are bound to have an interesting local take. Recounts Nola: “Mariah studied the Scandinavian countries and was exposed to Icelandic, Swedish, Danish, and Finnish languages; Paal learned what Donald Duck’s name is in each of the different European countries. European geography was a hot topic, as were the functions of the United Nations and UNICEF. Measurements for math were in metrics and Cel

PHOTOS FROM LEFT TO RIGHT: BROUGHTON COBURN; CHRISTIAN SANTELICES; BROUGHTON COBURN



At age twelve, **Tenzing Coburn** is all about sports, especially ice hockey (he hopes to be the first player of Tibetan ethnic origin to be recruited by the NHL). He recently returned to his birth country of Nepal to trek to a remote, high region of the Himalaya, and enjoys picking up new words in his native language—appearing comfortable as a “bi-continental.”



Along with Emmy Award-winning filmmaker Liesl Clark, sixteen-year-old **Phoebe Coburn** has worked on establishing Magic Yeti Libraries throughout the Himalaya, including one branch in the village of Khumjung en route to Mt. Everest base camp. She'll be studying in Africa this fall with The Traveling School (based in Bozeman), but will return to Jackson Hole in time to help organize a trip for Jackson Hole High School students to Nepal in the spring of 2010 to set up another library, with partial sponsorship from Rotary Interact. During the summers, Phoebe writes the “Teen to Teen” column for the *Jackson Hole News & Guide*.



A recent graduate of the Journeys School, eighteen-year-old **Matthew Shlim** plans to follow in his father's footsteps and enroll in the pre-med program at the University of Puget Sound. There's no doubt travel is in his bones: in the past eighteen months, Matthew has traveled with friends, family, and the Jackson-based Global Community Project to Patagonia, Nepal, Thailand, the Galapagos, Norway, and France.



Anna Tara Shlim, pictured here in Nepal, will be an eighth grader at the Journeys School this fall. She is a member of the Jackson Hole Youth Competitive soccer team, loves to climb, ski, and snowboard, and is a voracious reader.



Mariela Santelices (right) pictured here with her best friend, **Carolina**, in Chile.

sius—very important to know for waxing skis!” Which leads us into why travel?

Travel *is* school. “Kids by nature pay close attention to things that interest them; traveling, they find plenty of things that greatly interest them,” says Broughton Coburn.

“One of the biggest things that impresses me is how much Mariela notices about so many things,” adds Christian Santelices, “from the tiny bones in the regurgitated hairballs at the base of a raptor’s nest we found on a hike to how to hail a taxi. She was tired of walking through Punta Arenas one day when she was four years old and suddenly just threw out her hand and hailed one without asking.”

In addition to teaching geography, history, science, language, reading, and math, travel teaches kids how to get along with people and how to interact with the world in a non-structured setting. When asked to recount a favorite travel experience, Phoebe recalls this occasion: “Last year I was playing in the streets with a group of about seven Nepali children. They were teaching me Nepali games and I was teaching them American games. After a while, we got tired and we were sitting on some steps playing hand-clapping games. There was a little girl about three years old who climbed up into my lap as I was playing and talking with the other kids. Before I knew it, she had fallen asleep. After about thirty minutes my dad called me for dinner and I had to leave. The little girl was still asleep in my lap. I didn’t want to wake her up or just leave her on the side of the street, so I carried her into the nearest teahouse to see if they could take her. Her mother owned the tea house

and took her from me, but for days after we were best friends and she followed me everywhere.”

For Broughton and David, both devout Buddhists, life in Nepal has strengthened their spirituality. During his time there David studied with a large Tibetan Buddhist community in Kathmandu. He has been instrumental in sharing authentic Tibetan teachings here in the U.S., not only with his kids, but with other Westerners, by sponsoring visiting lamas, through a book he wrote with lama Chogyi Nyima Rinpoche titled *Medicine and Compassion*, and as a mentor for other aspiring Buddhists here in the Tetons. Neither father drills their beliefs into his kids, but by being exposed through travel, children’s books, and a connection to visiting lamas, there is a good chance the children’s view of reality coincides with the Buddhist philosophy.

Kids are not always willing participants, but they grow and flourish with the challenge. On our last trip to Chile, Mariela (then five years old) and I attended an elaborate wedding that we finally escaped at 3:30 a.m. The next day we further exhausted ourselves by touring Santiago in the heat of summer. Finally, after picking up some groceries at a market for an early dinner before we crashed, we returned to the apartment where we were staying and found someone else had locked a deadbolt that our key didn’t fit. Mariela immediately panicked and went into a tizzy about what we were going to do. With tears in my eyes and only 2,000 pesos—about two dollars—in my pocket, we returned to the hot streets in search of a pay phone (I had lost my cell phone the day before). We found

a phone booth a few blocks away, but it was occupied by a young man chatting sweet nothings in Spanish to his lover. By this time Mariela was wailing for me to do something, and I snapped and shouted in English, “As soon as this dude gets off the phone I’ll try to get ahold of someone to help!” The guy on the phone quickly hung up, turned around, and, in perfect English, said, “I’m sorry. Do you need some help?”

It’s not all fun and games and beautiful things that we learn about other cultures. While Chile is modern by many standards—including a common affinity for junk food and television—aristocracy in the upper classes, intolerance, and oppression of women is still very prevalent. Mariela’s best friend Carolina, the daughter of the family maid, was programmed to never speak out or stand up for herself, especially not to the granddaughter of “Don Sergio.” Imagine how a five year old can take advantage of a situation like that!

Says Nola: “[Our] kids learned through personal living experiences that there are different world viewpoints, different approaches to solving and discussing issues, and different methods to learning at school. We hope this exposure has opened them up to a worldview so that they can view themselves as world citizens. They now know that they can learn to cope in a foreign culture, learn a foreign language fluently, and better relate to their Norwegian relatives. Additionally, the children better understand their father’s culture and why he doesn’t always act like, and have the same viewpoints as, some Americans—it is purely and simply because he is a Norwegian.”

Learning to adapt to new environments, sometimes hos-

tile ones, has certainly helped all of these children be more compassionate toward others, both at home and abroad. Nola hopes that this fall when they return to Teton Valley schools her children “may not be so judgmental when foreign kids come to their school and have difficulties making friends and making themselves understood.” Indeed, our Mariela came off the bus the first day of school last year and said she’d made friends “with a girl who spoke Spanish and was afraid of dogs.” In a nutshell, travel teaches children not only how to take care of themselves, but how to care for others.

BUT IS IT SAFE?

No one would willingly expose their child to danger, and for all of these families travel has been no more risky than staying at home. (For a discussion on the medical implications of travel abroad, check out Dr. David Shlim’s “Ask the Expert” column on page 26.)

Broughton feels that people are overly protective of kids. “I think it’s essential to give kids the tools and self-confidence to judge when something is too dangerous, rather than instill in them fear of the unknown,” he says. A key trick, he adds, is to instill in kids a sense of wonder, adventure, and curiosity about the places you visit, tempered by a reasonable degree of caution. “With the tools and self-confidence to recognize danger, kids learn to be more competent. And developing competent travelers is the ultimate goal. A person’s experience is directly proportional to their openness. People are so concerned about the mental or physical discomfort they might face—i.e.

PHOTOS FROM LEFT TO RIGHT: BROUGHTON COBURN (2); DAVID R. SHLIM, M.D. (2); SUE MUNCASTER

began having febrile seizures. After a stressful Friday night searching for a physician in Kathmandu, Tenzing was evacuated to Bangkok, where they eventually discovered that the seizures were benign. The interesting thing is, though, that Tenzing was in his country of origin and would have had the seizures anyway. Dr. David Shlim reminds us that the temporary risks one while faces traveling are full-time realities for the people who live there and may have no hope of rescue.

David feels that one of most important safety considerations is the competence of the parents to deal with a medical emergency in a remote area or less developed country. Certainly access to medical care will determine the destination most appropriate for individual families. If traveling in the third world, parents need to know how to administer medications and have solid first-aid skills to be able to deal with a variety of situations. But going to the third world is not a prerequisite for a great travel experience with kids.

DREAMS INTO REALITY

Traveling isn't as cheap as it used to be—and with kids in tow, it's even tougher to live on a shoestring. All of these families made it happen by mixing work with pleasure. Many places you visit—once you get there—are cheaper than living day to day in the Tetons. With careful planning, it doesn't take a trust fund to pull it off, especially if employment is a possibility while abroad.

For all of these families the payoff has been spending quality time with their kids while they are still at an impressionable age. "Travel becomes a shared family experience and forges a strong relationship," says Broughton. "Travel with kids results in a tremendous amount of bonding."

To get the most out of travel with the least amount of stress, Broughton suggests that parents "offer initial structure for the adventure—like a trek to base camp—but build in flexibility to take side trips, have down days, read and relax, and espe-

cially to visit with people and extract yourself from the tour bus window and immerse yourself in the environment." More specifically, he stresses that itineraries should maximize time in the outdoors and keep long drives to a minimum. It also helps to travel as independently as possible (with a rental car, private guides, etc.), and allow flexibility to do some cooking along the way.

Most importantly, be patient. Don't press children to go for some endurance record—it will only backfire and they won't enjoy the experience. "Let go of expectations and make changes as necessary," Broughton advises. David reminds us to be careful in setting goals; that if the goal is for the child to be the youngest to conquer a mountain, for instance, or to visit the most countries, it's a recipe for disaster.

Technology can certainly enhance your freedom and flexibility—but it comes at the cost of simplicity. It's important to think about the tradeoff between staying connected with family and friends, via email or Skype, with the importance of immersion in a new place. Blogging and sharing photos on the Internet has certainly changed the way we experience travel, but don't overlook the age-old art of writing letters or postcards and keeping a journal.

Whether they choose to be schoolteachers or world leaders, these adventurous children will thrive with a wider view of the world. Cultural awareness and respect for differences shaped by travel will prove invaluable to their future. "Traveling with my family has affected me so much," says Phoebe. "I wouldn't be the same person at all without it. I plan to travel for the rest of my life, and I hope that I can even base my job around travel one day. I hate being in one place for too long, and I am so thankful that my parents traveled with me when I was little and helped me develop my love for travel."

Indeed, Broughton says, the most challenging moment of their last trip was getting on the plane: "Phoebe was crying because she really didn't want to come home."



Four-year-old Jon Bredal (far left) celebrating the 17th of May, Norway's Independence Day.

Nine-year-old Paal Bredal's (center) favorite activity in Norway was soccer. He's pictured here bottom-middle with buddies after a match.

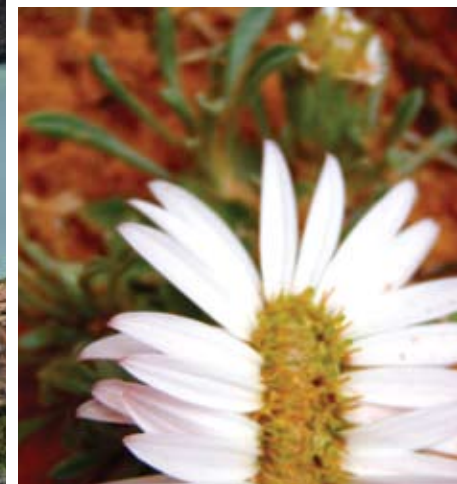
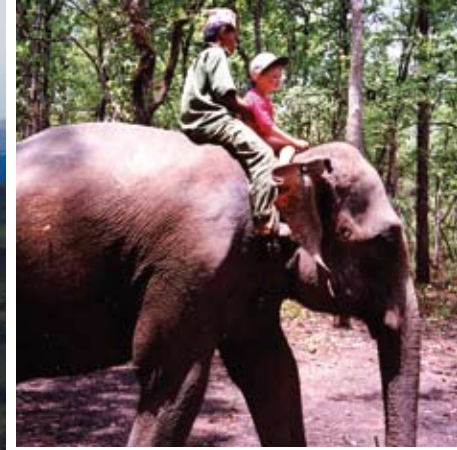
While in Norway, eleven-year-old Mariah Bredal (right) immersed herself in the country's most popular sport, cross-country skiing. She's pictured here training on a high mountain ski tour. Last winter she competed with 2,000 other 12 to 16-year-olds in the Youth Birkebeiner—the final 15 kilometers of the annual 56-kilometer Birkebeiner ski race. Mariah also received the "Innsattspris," the prize for the best effort and attitude in the local ski club.

PHOTOS FROM LEFT TO RIGHT: NOLA BREDAL (2); KRISTIN BERGE-BREDAL OPPOSITE; CLOCKWISE FROM TOP LEFT: CHRISTIAN SANTELICES; DAVID R. SHLIM, M.D.; CHRISTIAN SANTELICES

ASK THE EXPERT

ACCEPTABLE RISK: ADVENTUROUS TRAVEL WITH KIDS

BY DAVID R. SHLIM, M.D.



IT COULD HAPPEN to you. After 10 or 20 years of pursuing thrills and adventure, you meet someone you really like and settle down. Next thing you know there's a kid—or two. Suddenly the journeys that were on your horizon become distant dreams. The hazards of travel you barely gave a second thought to before may now seem too risky when children are involved.

The question as to whether it is justified to bring children on adventurous trips had never been addressed in the travel medicine profession until May of this year, when I was invited to address the topic at the International Society of Travel Medicine conference in Budapest, Hungary. It turns out that despite all the potential risks that one can imagine—diarrhea, malaria, and typhoid fever—there are very few deaths among traveling children. The few deaths that do occur result from the same hazards as at home: first and foremost, car accidents and drowning. We worry about our kids going to foreign destinations but we rarely give thought to a much more serious risk at home; five thousand teenage drivers die every year in the U.S. This number is seven times higher than the total number of accidental deaths among Americans of *all ages* traveling abroad each year. Our perception of risk tends to minimize the risk of the familiar, and inflate the risk of the unfamiliar, such as foreign travel.

While travel is never without risk, the appropriate response to risk is to learn to manage it. One of the best predictors of successful travel with children is the previous travel experience of the parents. If the parents have spent a lot of time traveling

in adventurous places, they will have more confidence when they take their children along. When we become skilled at managing risk, we are called "competent." Competence is the ability to handle a shifting array of challenges without losing one's cool. Cultivating competence is essential when traveling with children, and it teaches children to become competent individuals when they head off by themselves in the future.

Parents also need to be aware of the concept of "commitment," a mountaineering term that means that you must to fully appreciate the limitations and hazards of the environment you are entering, accept them, and have a plan to deal with problems as they arise. If you are going into a remote area, you need to know whether rescue is available and how it can be organized. If it is not available, as on the Tibetan Plateau, you may or may not (depending on your level of competence) be comfortable taking your children there. Addressing the commitment that a given trip requires will help you avoid the reaction, "I never would have taken my kids there if I had known it was going to be like this."


Like mountain climbing, it is not wise to start with the hardest, most committing challenges first. You and your children should develop confidence by starting with safer and easier destinations. Try going to Mexico, Central America, or Europe. You can get used to the plane flights, and dealing with a foreign language and new foods, and still have great experiences. If that trip goes well, think about going to Asia. Thailand is the ideal exotic travel destination with children. The ocean is warm, the beaches are lovely, and the medical care is good. And the Thais love kids—it's one of the few countries in the

TIME for LUNCH **NATIONAL DAY OF ACTION**
to get REAL FOOD in schools - Labor Day, Sept. 7, 2009

Join local students, parents, educators and community members in sending a message to Congress that **better food for school lunches** is a necessity to make our children healthy. **Slow Food in the Tetons** is planning public potlucks to draw attention to the need for Congress to pass a better **Child Nutrition Act**. Our **Eat-In** is part of a National Day of Action when thousands of people across the country will **share a meal** to demonstrate our commitment to **improving school lunches, sourcing local food, finding alternatives to vending machines and funding school gardens**.

For Jackson and Teton Valley Events: www.ecogastronomy.org
For events elsewhere around the country and to sign our petition to the legislature: www.slowfoodusa.org

September 7, 2009
Teton Valley
New Kindergarten
(Old Middle School) 5-8 pm
Jackson
Miller Park 4-7 pm



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Preparing for a trip involves making sure that you have the appropriate immunizations, malaria prophylaxis (if indicated), and medications to take if you or the child should become ill. You need to make sure that your children's pediatric immunizations are up to date for their ages. These days some parents choose to under-immunize their children, relying on the low risk of disease in the U.S. for protection. You would not want to take an unimmunized child into developing countries where even fewer children are immunized. There may also be a few travel-related shots that your child needs, such as hepatitis A, typhoid fever, or yellow fever, depending on the destination. The Centers for Disease Control (cdc.gov) offers an extensive website with travel advice for nearly every destination.

When traveling with children, make sure you have the usual medications you would reach for if they had a fever or were in pain. Children from ages six to ten years old vary in their ability to swallow pills, so you may need to obtain suspensions and learn how to mix them up yourself. In addition, you should carry prescriptions for antibiotics that can treat traveler's diarrhea, a prolonged respiratory infection, and a bad skin infection. Rabies is a constant threat in many developing countries, mainly from the street dog population. Make sure that you have a plan to deal with a bite from a possibly rabid animal. Since motor vehicle accidents and drowning are the two biggest hazards for your child, make sure you bring a car seat along for younger children, and life jackets if there are going to be boat rides.

Strongly consider obtaining evacuation insurance. Evacuation insurance companies can both organize and pay for your rescue. Health insurance companies are not able to organize your rescue, or pay for it in advance. For a few hundred dollars you can guarantee access to a 24-hour hotline, and to an air ambulance if you or your children need to be evacuated to a higher level of medical care. The cost of an air ambulance can be \$50,000 to \$100,000 if you don't have insurance. I have had good experience working with International SOS (international.sos.com). Eighteen other evacuation insurance plans can be compared online at insuremytrip.com.

The most important thing to remember while planning your trip is to completely orient the trip around the children. Don't add children to someone else's adult trip. The other adults may not want to compromise their schedule to accommodate your kids.

Parenthood should not spell the end of adventurous travel. If you plan wisely, and gain experience as you go, the memories of traveling with your children will rank among the best times you ever had as a family.

David R. Shlim, M.D., practices travel medicine in Wilson (307-733-5676).



SCRATCH



FORAGE LOUNGE



CASCADE GRILL

IN THE KITCHEN

LOCAL FLAVOR Teton Burgers

Meat politics aside, there is no doubt that red meat is the Tetons' most abundant, year-round, regional food. Check out what our favorite chefs are doing to keep it local.

PHOTOGRAPHY BY PAULETTE PHILIPOT

SCRATCH

185 West Center Street, Victor
1/3 lb. HD Dunn and Son's (Driggs) or Teton Mountain Ranch (Victor) elk burger served with a wide choice of cheeses, including Gruyère and bleu. Bacon from Jones Meat (Rigby, Idaho) and caramelized onions n' 'shrooms are optional. Try it with their hand-cut sweet potato fries. \$8-\$10

FORAGE LOUNGE

285 East Little Avenue, Driggs
1/3 lb. HD Dunn and Son's beef cheeseburger with Sage Derby cheese accompanied by ancho chili aioli and potato wedges. \$10

KNOTTY PINE SUPPER CLUB

58 South Main Street, Victor
1/2 lb. ground elk burger from Teton Mountain Ranch served with choice of cheeses on a homemade bun from the Fresh Cut Deli (Victor). Served with a pile of hand cut Idaho fries. \$15

CASCADE GRILL

Teton Mountain Lodge and Spa, Teton Village
6 ounces of organic grass-fed beef from Rocky Mountain Custom Cuts (Powell, Wyoming) topped with Applewood bacon, Red Dragon cheese, and pickled onions. Served with pomme frites. \$14

SWEETWATER RESTAURANT

85 King Street, Jackson
1/3 lb. fresh ground elk burger form Black Canyon Elk Ranch (Emmet, Idaho) served with pepperoncini chow-chow (a mustard relish) on a ciabatta roll. Served with the choice of soup or a side salad. \$11

How do you know if your favorite restaurant serves fresh and seasonal food? Appetizers, entrees, desserts, and daily specials from a good chef-driven menu will change throughout the year to reflect what is in season.

In every issue, **Local Flavor** highlights what some of our favorite restaurants are creating with regional or artisan foods. For next issue, we're searching for the **best cheese plate**. Please send your nomination to editor@tetonfamilymagazine.com, or send a message on Twitter ([tetonfamilymag](https://twitter.com/tetonfamilymag)) or Facebook (Teton Family Magazine).

BY SUE MUNCASTER
PHOTOGRAPHY BY PAULETTE PHILIPOT

ECO-PANTRY 101: 10 Steps to a Healthy, Economical, and Environmentally Friendly Kitchen

What's the best way to address the economic downturn, environmental anxiety, and the obesity epidemic? Strap on an apron and get back into the kitchen. Savvy cooks are finding that a well-stocked pantry, supplemented by a weekly trip to the grocery for fresh fruits, veggies, and meats, can make their lives easier, healthier, and a whole lot more satisfying.

1 • DOUBLE UP

Whenever you make a meal, make a double batch and freeze the leftovers. Not only do you save time, you'll cut costs associated with shopping, cooking, and cleaning (such as utility usage and transportation). By making more you can take advantage of grocery items on sale. Suggestion: Try making extra waffles next Sunday, freeze the leftovers, and pop them as needed into the toaster oven.

2 • FREEZE

As with leftovers, freezing is the most efficient way to preserve inexpensive seasonal fruits and veggies at their height of flavor. Veggies can be parboiled in salted water then frozen in Tupperware or freezer bags. Try cutting up fresh apples, sprinkling them with cinnamon and sugar, and packing them in one-gallon Ziploc bags for a pie's worth of fruit on demand. Keep your eyes open for the Oregon Berry Company sale at Broulim's in Driggs in September. You can pre-order 14-pound boxes of everything from tart cherries to blackberries that are flash-frozen the day they were picked; repack and store them in bags for use in recipes and smoothies year-round.

3 • SHARPEN YOUR KNIFE

Buying pre-cut produce may save time in the short run, but you'll pay two to three times as much for the convenience. Choose whole fruits and veggies and learn to use the entire thing. Broccoli stems can be peeled, thinly sliced, and cooked with the florets; radish and carrot tops can be wilted into soups or stir fries; leafy greens from beets and turnips can be braised in olive oil, garlic, or ginger; and veggie scraps can be simmered in salted water to make stock that's better than anything you can buy.

4 • EMULSIFY

Salad dressings top the list of simple things you can make yourself with minimal time and ingredients. Start by mixing a good oil (olive and nut oils are the tastiest), vinegar or lemon juice, salt, pepper, and a touch of Dijon in the proportion of three parts oil to one of vinegar. Any old Mason jar will work; shake well. Experiment with different vinegars or try adding a little shallot, honey, garlic, fresh herbs, soy sauce ...

5 • BUY WHOLE FOODS

Most typical highly processed "food products" contain little natural food and are high in fat, salt, and/or sugar. We end up paying for these cheaper foods with our health. A package of blueberry bagels recently purchased at a convenience store listed 36 ingredients (19 of which were scientifically combined to form the blueberry bits!). Sixty percent of processed foods contain genetically engineered soy- or corn-based additives such as corn syrup and soy lecithin. Food activ-

ist and best-selling author Michael Pollan offers a few simple rules: 1) stay out of the middle of the supermarket and shop instead on the perimeter where real, whole foods tend to be located; 2) don't eat anything your great-grandmother wouldn't have eaten; 3) don't buy anything with more than five ingredients, or with ingredients you can't pronounce.

6 • BAG YOUR OWN

The food industry has us fooled into thinking it has a special formula for, say, cereal or a rice mix. Virtually any convenience food can be made at home at a fraction of the cost. The website budget101.com (with a tagline "Digging Yourself Out of Debt When All You Have is a Spoon") is an amazing resource for thousands of recipes for everything from Italian Herb and Dried Tomato Risotto to Lemon Pudding. One of my pet peeves is buying expensive granola, only to find that \$7.50 got me four bowls of dried chalk that skimps on the goodies. Instead, I make my own with a basic recipe that can be customized to include my favorite ingredients (*please visit tetonfamilymagazine.com for the recipe*). Stock up on Mason jars, bulk spices, and decorative ribbon and you can put together easy homemade gifts in a flash.

7 • EAT LESS MEAT

You have probably gathered that we at *Teton Family Magazine* believe that meat is a valuable part of our local diet. You can't escape the fact, though, that the production cycle of meat consumes a lot of energy and generates a considerable amount of pollution (experts believe industrial livestock pollution is responsible for 18 percent of all greenhouse gas emissions). Turning to non-animal sources of protein, for at least some of your meals, is an earth-friendly and thrifty habit to develop. When you do buy meat, buy less of it, and favor local farmers that raise the animals humanely and feed them a diet of natural products.

8 • DRIED BEANS AND LEGUMES

Bulk beans taste better than canned, come in many varieties, save space, and are very economical. While they do take time to prepare, you can speed things up with a pressure cooker. If you forget to soak the beans overnight, it works just as well to pour boiling water over them and let them sit for one hour. You can freeze small quantities of beans in their cooking liquid or water indefinitely. And paired with a grain, they make a complete protein. Beluga lentils anyone?

9 • GENUINE GRAINS

Try to buy a new one every time you shop. Interesting varieties are essential for meals in which meat is the side dish and grain the main event. Try short grain rice for risotto. Barley, pearled or not, is a delicious rice alternative and can be flavored with gravy, reduction sauce, or pan drippings. Ground corn is used for polenta, grits, cornbread, or thickener (whisk some—not much—into a soup and see what happens). Quinoa is an ultra-healthy addition to salads and soups. While some grains take some effort, others, like bulgur and couscous (technically a pasta), take only a few minutes to seep. Not sure how to cook a new grain? Just combine it with abundant salted water and cook as you would pasta, then drain when tender.

10 • WINTER SQUASH AND SWEET POTATOES

These store as well as Idaho spuds and are more nutritious. Buy them now when they are cheap and in season. Kids adore sweet potatoes roasted until the exterior is nearly blackened and the interior is mush. Winter squash with thin, edible skins like delicata are tasty just chunked and roasted with a little oil, ginger, and/or garlic. For thicker butternut or acorn-type squashes, poke holes through to the center with a skewer in a few places and roast in a 400-degree oven until soft. Let cool, then peel and seed.

FRESH HERB VINAIGRETTE

- ¾ cup olive oil
- 1 shallot or green onion
- 1 garlic clove, peeled
- ¼ cup red wine or other vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons of Dijon or other mustard
- ¼ cup of fresh chopped herbs of your choice (or fresh pesto is delicious): Italian parsley, chives, tarragon, basil, and cilantro are my favorites.

> Combine all ingredients in a small jar. Shake well until creamy. You can add up to ¼ cup of water if the dressing tastes too strong. Store for up to a week.





Savor The Summer: Can-do Canning

BY PAMELA SINCLAIR
PHOTOGRAPHY BY PAULETTE PHLIPOT

Life's simple pleasures are often the best, and this age-old adage is especially true when it comes to the flavor of seasonal fruits, vegetables, and herbs. The French, in the early years of the Napoleonic Wars, discovered that food heated in airtight containers created a vacuum seal that could be used to preserve army provisions. Although the science of food preservation has changed little in nearly 200 years, modern equipment and efficient techniques help turn this time-honored

task into a nostalgic, fun activity that can be enjoyed by the entire family. Become familiar with some fundamentals and a few can-do recipes and you're on your way to savoring the fresh, fragrant flavors of summer's harvest without spending days in the kitchen.

Can-do Basics

For the best success follow this easy formula: Use the freshest produce available, and make sure

the jars are properly sterilized and sealed. Begin by browsing canning recipes that appeal to your senses and then fill your basket with colorful produce at its peak of ripeness. Avoid using produce that is overly ripe, bruised, or spoiling since it loses its flavor and could promote dangerous bacterial growth. Rather than attempting to preserve large quantities all at once, keep canning projects manageable by using only enough produce for packing about eight jars of food per session.

Can-do Fruits, Herbs, and Vegetables

There are a variety of choices to make when deciding what to preserve. A few of my favorites are fruit jams, chutneys, pickled vegetables, relishes, canned tomatoes, dried herbs, and herb-infused oils and vinegars. Experimenting with your favorite foods is part of the playful, creative process you will enjoy while learning about the art and science of preserving.

If your palate prefers the sweeter flavors of summer, then you will delight in making your own fruit jams. Jams are a whole-fruit preserve in which the fruit is cooked until it breaks down, but the pulp is not strained out. Thinned with water or unsweetened fruit juice, and sweetened with sugar, honey, or syrup, jams are delicious spread on breads and muffins, or used as a glaze on chicken breasts or pork loin.

Chutney is another option for preserving fruits. Chutney is a fruit-based condiment that includes a mélange of aromatics and spices like onion and ginger combined with vinegar; some are sweet while others have a hint of fiery heat. Chutney is a jazzy complement to roasted or grilled meats.

For taste buds that prefer sour and salty flavors, pickling vegetables with salt, vinegar, and spices is a good choice. Sturdy vegetables work best—cabbage, cucumbers, radishes, carrots, green beans, onions, and asparagus. Pickled vegetables may be preserved whole and served as a piquant appetizer, a salad, or a side dish. Pickling is also an ideal method for creating a zesty relish to serve as a condiment.

Fresh herbs are in abundance and inexpensive during the summer, but they do not last long. An effortless way to preserve your favorites is to tie

them by the stems into little bundles and hang them upside down in the pantry to dry. When the herb bundles are fully dried, they can be stored in a number of ways. I use small canning jars and keep them in my spice cabinet. I remove the stems and crumble or grind the herbs when ready to use. Another option for preserving fresh herbs is to use them for flavoring oils and vinegars. My favorites for infusing oil or vinegar are basil, oregano, rosemary, tarragon, and thyme.

Can-do Methods and Equipment

Choosing the right equipment for canning and preserving food is essential, and will depend on which method you use—the boiling-water-bath canning technique, pressure cooking, or freezing. I recommend that beginners start with the freezing and water-bath canning methods. The water bath, detailed below, is used for processing foods high in acid, such as tomatoes, pickles, apples, berries, peaches, and pears. A pressure canner must be used when processing low-acid foods such as beets, carrots, corn, green beans, peas, spinach, and turnips. Freezing is the easiest method and may be used for preserving a variety of fruits and vegetables in heavy freezer storage bags or airtight containers. The choice will depend on the foods you select, so keep this in mind when browsing for recipes.

Can-do Water Bath

Water-bath canning sets are available in most hardware stores at a relatively low cost, or you may have the basic equipment to get started. You will need the following:

- A large (three-gallon) pot with a tight-fitting lid that is deep enough to hold the size of jars being processed with enough space to cover each jar with two inches of water, and an additional two inches of air space.
- A metal rack to hold jars off the bottom of the pot, and to stabilize jars during processing.
- Canning jars with two-piece metal screw-band lids are essential. The size will depend on the recipes you choose. Do not use old-style canning jars or recycled, commercial jars that have been used for other products.
- A wide mouth plastic funnel for filling the jars.
- A rubber spatula or long metal skewer to remove excess air from the jars.
- A jar lifter or stainless steel tongs (with heat



merged, and bring the water to a boil. Boil for 15 minutes (altitude 6,000–8,000 feet); then turn off the heat and leave jars in the hot water until ready to use.

- Caps with screw bands do not need to be sterilized, but they need to be heated over low heat in a small pan. Allow lids to simmer for ten minutes (do not boil). Remove lids with tongs and dry with a towel as you use them.
- Using tongs or jar lifter, lift the jars from the pot, and place them upright on a padded layer of towels or a rack; fill hot jars with prepared food product. (Note: jars should be filled with food product immediately upon removal from hot water).

Can-do Preparation

- Prepare fruits and vegetables according to the recipes selected. For safety, food must be processed immediately after filling and capping the jars.
- Pour mixture into sterilized jars and wipe rims carefully with a clean, lint-free towel. Fill each jar to within a quarter or half inch of the top (or according to recipe instructions for headspace).
- Eliminate air bubbles by poking through the mixture with a spatula or skewer.

- Place lid onto the jar and use one finger to hold lid securely while you twist the screw band until tight.
- Place wire rack on the bottom of the pot, and fill with hot water. Use tongs or a jar lifter to place each filled jar on the rack. Add enough water to cover the jars with two inches, allowing two additional inches of air space. Bring the water to boil over high heat.
- Boil jars according to recipe instructions; carefully remove jars from the water with a jar lifter or tongs, and allow the jars to cool for 24 hours. When the jars are cool, test lids to ensure a tight seal by pressing on the center of the lid, which should have a slight indentation. If not adequately sealed, store jar in the refrigerator and use contents within three days.

With some basic planning, canning and preserving your favorite foods is a richly rewarding and enjoyable endeavor. From marvelous marmalades to sassy salsas, canning and preserving your favorite fruits, herbs, and vegetables is truly one of life's simple pleasures.

Pickled Tomato Salad

Garden vegetables combine to create a harmonious medley in this pretty pickled salad. Serve alone or toss with ribbons of fresh pasta and grated Parmesan cheese for a light entrée.

Yield: 5 one-quart jars

- | | |
|----------------------|--|
| 6 cups cider vinegar | 5 pounds small red cherry tomatoes |
| 3 cups water | 3 pounds yellow pear tomatoes |
| 1 cup sugar | 2½ pounds green tomatoes, coarsely chopped |
| ½ cup kosher salt | 2 green bell peppers, seeded and cut into rings |
| | 1 bunch green onion, cut into 1-inch pieces |
| | 1 pound small yellow onions, peeled and cut into rings |
| | ¼ cup mustard seed |
| | 5 sprigs tarragon |
| | 5 whole cloves |

- 1- Combine vinegar, water, sugar, and salt in a large stockpot. Bring to a boil over high heat, reduce heat to medium; keep hot.
- 2- Sterilize five one-quart jars and heat lids; keep hot.
- 3- Combine vegetables in a large bowl; fill each jar with vegetables, leaving one inch of headspace.
- 4- Pour hot vinegar mixture into each jar, leaving a quarter inch of headspace. Remove any air bubbles, securely cap each jar, and process using the boiling water canning method for 35 minutes.
- 5- Remove jars from water and cool. Check for proper seals, and store in a cool, dark place for up to one year.

Pam's Pickles

For a change of taste, I like the subtle, mellow flavor of tarragon to dress my pickles rather than dill, which is a more common pickling herb. This quick and easy method for preserving pickling cucumbers does not require processing. These refined pickles are ready to serve after refrigerating overnight, and keep for six weeks. Simply double the recipe for more servings.

Yield: 1 (24-ounce) jar/16 pickles

- 4 pickling cucumbers, washed, dried, and cut lengthwise into quarters
- 2-3 sprigs fresh tarragon
- 1¾ cups distilled white vinegar
- ⅓ cup sugar
- ¼ teaspoon red-pepper flakes
- 1½ teaspoons kosher salt

- 1- Place cucumbers and tarragon in a sterilized 24-ounce jar.
- 2- Combine vinegar, sugar, red-pepper flakes, and salt in a saucepan; cook over medium heat until sugar and salt have dissolved, stirring frequently.
- 3- Pour over cucumbers and tarragon.
- 4- Cool completely, uncovered.
- 5- Securely cap jar and store in refrigerator for up to six weeks.

Tangy Peach Barbecue Sauce

Yield: About 8 half-pint jars

- 3 pounds ripe peaches, pitted, peeled, and finely chopped (about 6 cups)
- 1 red bell pepper, seeded and finely chopped (about 1 cup)
- 1 sweet yellow onion, peeled and finely chopped (about 1 cup)
- 3 tablespoons finely chopped garlic cloves
- 1¼ cups light honey
- ¾ cup cider vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons hot pepper flakes
- 2 teaspoons dry mustard
- 2 teaspoons salt

- 1- Combine all ingredients in a large saucepan and bring to boil over high heat; reduce heat and simmer, stirring frequently, until mixture thickens to the consistency of a thin commercial barbecue sauce (about 25 minutes).
- 2- Sterilize eight half-pint jars and heat lids; keep hot.
- 3- Ladle hot sauce into jars, leaving a half inch of headspace.
- 4- Remove any air bubbles, securely cap each jar, and process using the boiling water canning method for 30 minutes.
- 5- Remove jars from water and cool. Check for proper seals, and store in a cool, dark place for up to one year.

For more information and recipes, numerous books available on canning and preserving are a pleasure to explore. Two of my favorites are the *Ball Complete Book of Home Preserving* by Judi Kingry and Lauren Devine, and *The Joy of Jams, Jellies, and other Sweet Preserves* by Linda Ziedrich. Other informative resources include Internet sites and your local university extension office.

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Tomato-Cranberry Chutney

The sweet flavors of vine-ripened tomatoes paired with tart cranberries create a vibrant, versatile condiment for late summer and early autumn barbecues. Enjoy this spiced chutney on burgers and grilled chicken, or mix it with mayonnaise to make a dip for your favorite raw vegetables. As the weather turns cooler and the leaves begin to fall, toss a little chutney with roasted vegetables like parsnips, turnips, or sweet potatoes. Note: This recipe does not require processing.

Yield: 5 one-quart jars

- 3 cups finely chopped peeled tomato (about 4 large tomatoes)
- 1 cup finely chopped red bell pepper
- 1 cup finely chopped red onion
- 1/2 cup dried cranberries
- 1/2 cup cider vinegar
- 1/4 cup granulated sugar
- 1/4 cup packed brown sugar
- 2 tablespoons minced fresh ginger
- 1/2 teaspoon salt
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground red pepper

- 1- Combine all ingredients in a large saucepan; bring to boil over high heat.
- 2- Reduce heat and simmer, uncovered, 45 minutes or until thickened to desired consistency, stirring frequently.
- 3- Cool and pour into airtight containers.
- 4- Store in refrigerator for up to two months.

Honey Packed Peaches

Approximately 300 varieties of honey are produced in the United States, with flavors ranging from delicately sweet to richly bold. Check the label—many honeys come from Idaho and Wyoming, and inexpensive delicious ones are available at all grocery stores in the area. In general, the lighter the honey color, the milder the flavor. I prefer using a light variety in this recipe, such as clover or orange blossom. For variation, substitute fresh apricots or nectarines.

Yield: 6 one-pint jars

- 2 3/4 cups water, divided
- 1/4 cup fresh lemon juice
- 5 pounds peaches, peeled, pitted, and cut into wedges
- 1 cup light honey
- 2 tablespoons pure vanilla extract
- 6 small strips lemon zest

- 1- In a large bowl, mix 1/4 cup water and lemon juice.
- 2- Slowly add fruit, gently stirring to coat all pieces; set aside.
- 3- Combine honey and remaining water in a small saucepan and bring to a boil over high heat, stirring frequently.
- 4- Remove from heat and stir in vanilla extract; cover pan to keep contents hot.
- 5- Sterilize six one-pint jars and heat lids; keep hot.
- 6- Gently pack fruit into jars, leaving a quarter inch of headspace; place a piece of lemon zest in each jar.
- 7- Pour hot honey mixture over packed peaches, leaving a quarter inch of headspace. Remove any air bubbles, securely cap each jar, and process using the boiling water canning method for 35 minutes.
- 8- Remove jars from water and cool. Check for proper seals, and store in a cool, dark place for up to one year.

For Pam's recipes for Spiced Apricot Pickles, Summer Fruit Cocktail, Pickled Green Beans, Grandma's Bread-and-Butter Pickles, Antipasto Relish, Crushed Tomatoes, Red Raspberry Preserves, and Pickled Chanterelle Mushrooms, visit tetonfamilymagazine.com

Merry Berry Jam

This festive jam makes a sweet gift during the holidays. Save some for yourself to serve with breads, muffins, waffles, or pancakes. For variation, substitute blackberries with huckleberries or cranberries.

Yield: 6 half-pint jars

- 2 cups crushed strawberries
- 1 cup sweet cherries, pitted and finely chopped
- 1 cup crushed blackberries
- 1 cup unsweetened white grape juice
- 1 1.75-ounce package of No Sugar Needed Fruit Pectin

- 1- Combine strawberries, cherries, berries, and juice in a saucepan. Gradually stir in pectin and bring mixture to a full rolling boil over high heat, stirring constantly. Remove from heat and skim off foam.
- 2- Sterilize six half-pint jars and heat lids; keep hot.
- 3- Fill jars, leaving a quarter inch of headspace. Remove any air bubbles, securely cap each jar, and process using the boiling water canning method for 25 minutes.
- 4- Remove jars from water and cool. Check for proper seals, and store in a cool, dark place for up to one year.

Herb-Infused Oil

Infusing olive oil with your favorite fresh herbs is an ideal way to preserve their natural flavors. Herbs vary in intensity depending on the season and the type of herb you are using, so you will need to experiment with this recipe until you achieve a desired level of flavor. Avoid using extra virgin olive oil if you want the herbal flavor to dominate.

Make several batches for gifts.

For soft herbs, such as basil, parsley, cilantro, or tarragon, use 4 cups packed leaves to 2 cups pure olive oil.

For woody herbs, such as rosemary, sage, thyme, oregano, or lemon verbena, use 1 cup packed leaves to 2 cups pure olive oil.

- 1- Puree desired herb and oil in a blender until completely smooth.
- 2- Transfer mixture to a saucepan and bring to a simmer over medium heat for 45 seconds, and pour through a fine-mesh strainer into a bowl (lightly tap strainer against your hand to get the oil to drip through faster, but do not press herbs through strainer).
- 3- Using a flat-bottomed paper coffee filter, immediately strain the oil again through the filter, over the bowl (if the filter clogs, you may need to change the filter ... you may squeeze the filter gently to release the oil, but be careful not to tear it).
- 4- Let the filtered oil settle for a few hours, and then pour it off the dark liquid.
- 5- Store in clean, airtight bottles or jars in a cool, dark place for up to three months.


Raspberry Vinegar

Dazzling ruby red raspberries and red wine vinegar make the perfect pair. Mix this slightly sweet and mildly tart vinegar with olive oil to drizzle over mixed salad greens.

Yield: About 1 quart

- 1 quart red wine vinegar
- 2 cups fresh raspberries, washed and drained
- Rind of 1/2 lemon, sliced into large pieces
- Juice of 1 lemon

- 1- Pour vinegar into a 2-quart jar or bottle with tight-fitting lid.
- 2- Add raspberries, lemon rind, and lemon juice to vinegar. Place lid on container and shake slightly. Refrigerate for two weeks.
- 3- Pour vinegar through a strainer, pressing raspberries with a rubber spatula during the process.
- 4- Remove lemon rind and return vinegar to jar or bottle and store in refrigerator for up to three months.



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FOR THOSE OF US lucky enough to live so close to the Tetons, back-to-school clothes shopping has the potential to be quite an expensive chore, and usually involves a trip to Idaho Falls or Salt Lake City. Although getting out of town for a while can be refreshing, spending half of your clothing budget just to drive to the store is no fun. Most of us would rather look around our own communities, but the options are few. Unless, perhaps, you are willing to spend a little extra time looking for that perfect pair of jeans and you don't mind that they might have been someone else's perfect pair before you. That's right—secondhand stores.

Jackson, Driggs, and Victor are brimming with first-rate thrift and consignment stores, and treasure hunting through their bargain buys is a wonderful way to support local businesses while saving money. The difference between a "thrift" and "consignment" stores is that thrift stores tend to accept anything, prices are low, and turnover is high; consignment stores tend to be pickier about what they put on the racks, and it comes at a higher price.

For parents looking to outfit children, many options exist. The most popular thrift stores are **Browse & Buy** on North Cache in Jackson and **See N Save**, across from the hospital on Howard Street in Driggs. Both stores carry children's clothing for all ages, and most items sell for somewhere between \$2 and \$5. They also stock up on Halloween costumes year-round and bring them out as the holiday nears. Prices are closer to \$1 per item at two other Jackson haunts—**Orville's Thrift Shop** on North Cache and **Don't Pass Me By** on Pearl Street—but that means more digging to find what you need.

To shop at a choosier venue, try Jackson's **Round 2** children's store at its new location in the

Kmart Plaza. Though the prices are much higher than at the thrift shops, the layout is organized, the clothes and toys are in pristine condition, and there's even an enclosed play area for little ones, allowing parents to shop hands-free.

On Highway 31, just off of Main Street in Victor, **Jack and Jill's** offers affordable clothing, carrying new and used children's wear in sizes 0 through 14, as well as some used designer clothes for women. Jack and Jill's is one of young Sara Dery's favorite spots because, she says, "It is such a friendly place to shop." Already a veteran shopper and consigner at age thirteen, Sara understands one of the best reasons for shopping at secondhand stores: "It's kind of like recycling for clothes," she says.

While you are in Victor, also stop in at **Victor Outdoor Seconds**. While their specialty is hard goods, they have buckets of coats, shoes, and cold weather wear, as well as a good selection of fashionable fleece for all ages.

For Jackson teens interested in finding school clothes closer to home, **Queenie and Co.** has a discount branch in their main store on South Glenwood. The prices fall in the \$5 to \$14 range, with lots of sizes for junior high and high school ages. Sixteen-year-old Phoebe Coburn prefers **Second Helpings**, a small consignment store just off the Town Square on Pearl Street. "Last year I got my winter ball dress at Second Helpings," she says. "A lot of people spent hundreds of dollars on theirs, and I got mine at a thrift store! I love going to secondhand stores because you can find all sorts of crazy, quirky things that you would never find anywhere else."

Phoebe is right. It's amazing what you can find in your own small town when you are willing to really look for it.

THE THRIFTY SCENE

Back-to-School Shopping in the Tetons

BY ELIZABETH FLURY
PHOTOGRAPHY BY
PAULETTE PHLIPOT



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QUEENIE AND CO.

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TRAM BAR KATE

WHEN I WAS in my early twenties and if it was winter, you could usually find me, Kate Schade, waiting in the tram line at 7:00 a.m at the Jackson Hole Mountain Resort. I'd catch the first box, ski all day, then run home to shower before slinging pasta all night at Anthony's. Rent was cheap, dinner was free, and my homemade energy bars kept me going during the day. Ah, the ski-bum lifestyle ...

On days off I made the bars and stuck them in the "lunch" pocket of my ski jacket. They were my primary source of fuel, and I shared them with friends in the tram line. So what else could they be called, other than "Tram Bars?" My friends would ask me to make them a batch—again, and again, and again. A business concept was not yet forming in my head. I just wanted to play.

Everyone advised me to make the bars for sale, but that just seemed like too much work. Hoping to encourage me, my good friend Julie Dean designed a label for me. And Tye Tilt and Scotty Button of Mountain Valley Mushrooms were there to give me a harder push. Scotty and I partnered up for a short time: the **Tram Bar** was born.

While it was, and still is, a lot of work, I'm able to live and love the mountain lifestyle that Tram Bars were conceived for. Originally created from items I found in the cupboard, the recipe has evolved to include more nutritious and organic ingredients. Working at the Cosmic Apple Gardens opened my eyes to the importance of organic foods, not only for our bodies, but also for the environment.

For me, it is essential to enjoy the food you eat. Tram Bars are designed to make your mouth sing, with all the different textures and flavors. The recognizable ingredients provide real food for real energy. The good combo of fats, proteins, and carbohydrates will keep you skiing, biking, hiking, working, motor biking, snowmobiling, fishing, smiling, rafting, flying, diving, running, kayaking, hunting, and playing for hours.

Tram Bars are also sold under the **Grizzly Bar** label, and Kate Schade has recently released the sultry, spicy **Cas.Bar**. Tram Bar products can be found at most local grocery stores and sporting goods shops, or may be ordered in bulk online at trambars.com.

Each issue of *Teton Family Magazine* will bring you stories about the people behind our favorite local foods and beverages.

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PARTING SHOT

Images of Sustainability: What are your thoughts on social, economic, or environmental sustainability as it relates to your community?



MATT VANDERPOEL
JACKSON, WY

"I think we need to work on it. We need more affordable housing to keep the workforce sustained, local, and living here."



KIERAN GALLAGHER
MORAN, WY

"It is understanding that everything you do does make a difference. Sustainability is the fabric that allows humanity to exist, and without it our society would degrade to the point of extinction. The sooner we recognize that the threads in the fabric link us all to the same fate, the faster we can start mending the holes that we have created."



ALLISON PARKER
VICTOR, ID

"When you are buying local you are investing in the community."



BROOK REDWINE
JACKSON, WY

"It would help the community for builders to hire locally instead of going outside the community and looking for cheaper bids."



ROBERT BACANI
JACKSON, WY

"Affordable housing needs some work. There needs to be a tracking system or better accountability and a system of follow up. If we can provide better housing for the working class, it provides ... balance for the whole community."



CHRIS O'BLENNESS
JACKSON, WY

"There is a long way to go. We are making good strides, though."

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