

TETON FAMILY MAGAZINE

Cultivating a Healthy Sustainable Community

Winter 2009/2010 | Complimentary



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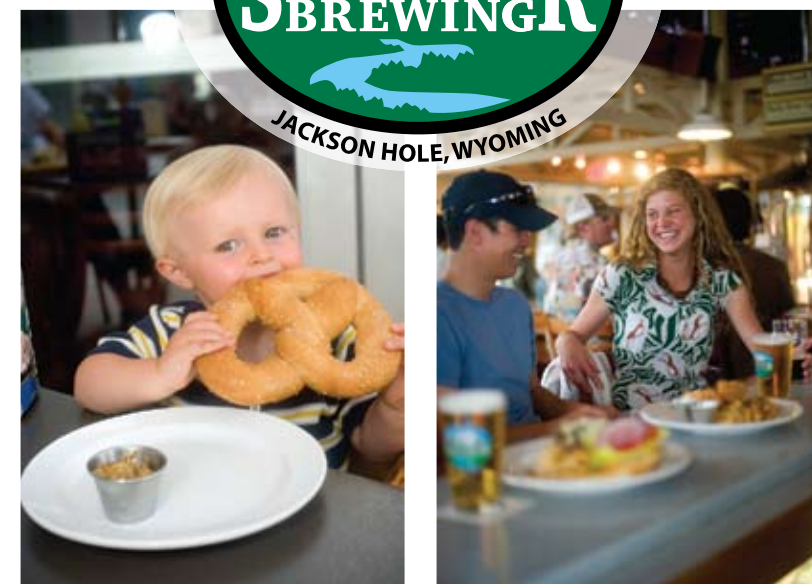
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PAULETTE PHLIPOT

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"Growth for the sake of growth is the ideology of the cancer cell." - Edward Abbey



AFTER NARROWLY DODGING economic anarchy, Americans are hopefully moving into the 2009 holiday season with a new look on life and prosperity. While we (thankfully) aren't surrounded by "big box stores," the media continues to bombard us with advertising intended to convince our three-year-olds that life won't be complete without the latest gadget, plastic action figure, or bag of chemically processed snacks. I went to a fine university and grew up with an ultra-conservative father. I get it: the health of our economy is based on growth. But excessive growth has proven to be like cancer to the environment, to our physical and mental health, and, in the end, to our pocketbooks.

I believe we went wrong when the true cost of things became all but invisible to the consumer. We bought a lot of cheap stuff, including food, without regard to the future damage we were causing to our communities, workers, our bodies, and our planet. *Conscientious consumers* evaluate the social and environmental costs of a purchase, not just the price tag.

This issue of *Teton Family Magazine* is chock-full of ideas for making the holidays special while keeping it local, yummy, and simple. Inside you'll find regional and homemade gift ideas, a review of Idaho wines, and favorite family traditions. Most importantly, though, winter adventure is what makes most of us happy around here, and that's the focus of our second issue. To me, spending time in the mountains, safe and warm, is the finest gift of all.

Happy Holidays! *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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COMMUNITY COMMENTS

HOLD YOUR FIRE. I know I'm the outsider here. But I have a few bones to pick with the local 'Green Movement.' Not with the way the region does green, but with the way it thinks about it.

Last April I attended the 2nd annual Green = Green conference, which focused on the Green business transformation underway in the Jackson Hole outdoor industry. As a recent graduate from the Wharton School of Business, I was disappointed. The meeting consisted of a trio of representatives giving before-and-after presentations outlining their Green efforts. Then the room disbanded. Short, but not so sweet. As I was leaving, contemplating how this meeting could have been more effective, three tacky clichés came to mind:

Preaching to the choir. One presenter, when pressed to tell attendees what inspired him to 'buy-in' to go Green, acknowledged, "It didn't take much convincing. If you live, work, and play in the mountains, how could you oppose it?" Heads nod; no surprise. With a room full of outdoor enthusiasts and entrepreneurs who depend on the ecological vitality of the region for their livelihood, going Green offers the opportunity to "do well by doing good." But what about a room full of oil tycoons, CFOs, or housing developers—how would they answer that question?

I'm guessing they would answer with a question of their own—where is my return? Despite the underlying business rationale for Jackson companies to go Green, the most commonly stated rationale is a moral one: "It was the right thing to do." Invoking a moral imperative as the catalyst for going Green is dangerous and divisive. Just think of the most violent and persistent debates in the world today—Iraq, religion, abortion, stem cell research—they all involve moral judgments. Right is irrelevant. If we hope to export Green on a national or global scale, then I suggest talking facts.

Here's one: all else being equal, more money is better than less. Let's translate the language of Green into a language we all speak—dollars and cents. Let's view Green as an investment, not a donation. By leading the charge to demonstrate tangibly the financial benefits of Green, Jackson can stop preaching to the choir and start preaching to the crowds.

Treat the cause, not the symptoms. The secret is out. There are myriad ways to go Green: recyclable materials, reusable mugs, biodiesel ... These actions are easily replicated, so from a business standpoint they are not viable long-term competitive advantages. Moreover, they have inherent limits—what is left to do once the entire business is biodegradable?

Much, I say. An organization's behaviors are symptoms of its culture, which is shaped by its perspective on how to maximize profits. So, rather than focus on symptoms alone, we

need to address the causes—the greed, individualism, and short-term orientation typical of American business. As firms start to view their fates as linked to each other and to the environment, the importance of sustainability will become obvious. If we can make the debate a strategic one (how we think) instead of a tactical one (what we do), the efforts of sustainability campaigns will be more lasting.

Think positively. We all make mistakes. We all have thrown out a recyclable bottle, driven when we could have biked, or asked for plastic instead of paper. Many people grow up with an appreciation for nature, but live in an environment where the ecological impact of their actions is not as apparent as it is in the Tetons. For most, the transition to Green has not lagged due to opposition, but rather due to effort. Being Green is more work for most. Rather than focus on what we aren't doing, let's focus on what we are doing and on what else we can do. Positive reinforcement for small steps in the Green direction can create a virtuous feedback loop; chastising people for not being 'Green enough' risks creating a loop in the opposite direction.

One presenter mentioned that before moving to reusable brochures (with no year printed on them) they threw away 10,000 each summer. Around the room people were shaking their heads and uttering a collective gasp. Why? A wasteful practice was identified and change was implemented. Shouldn't we be applauding? If we look to the past, surely we will be disappointed—that is, after all, why we need change. Let's welcome change, even if it comes at the expense of revealing past wrongdoing. Let's drop our Green egos and realize that the only way to create the national ethic required for sustainability is to embrace one notion of Green, not shades of it.

So, if your finger is still on the trigger, I hope you won't shoot. My feedback is that of an outsider, a city-dweller, hoping to see the passion and vigor with which sustainability is embraced in Jackson one day embraced globally. Once this occurs, we will finally have sustainability that is sustainable.

Ethan Senturia, *San Diego, CA*

Ethan is a recent graduate of the Wharton Business School who fled the Wall Street circus shortly after surviving the Lehman Brothers bankruptcy. Currently, he is living in his hometown of San Diego and using his circus experience to juggle work, family, triathlon, and fun.



TETON FAMILY MAGAZINE

Cultivating a Healthy Sustainable Community

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Teton Family Magazine
is published three times a year.

POWDER MOUNTAIN PRESS

60 E. Ashley, P.O. Box 1167
Driggs, Idaho 83422
(208) 354-3466 tel • (208) 354-3468 fax
tetonfamilymagazine.com

Printed by Falls Printing, Idaho Falls, Idaho

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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. Submissions 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, 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.

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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.

Our commitment to sustainability is represented by a recently finished LEED Project Davey Jackson Elementary School in Jackson, WY (see photo below)

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The End of Overeating: Taking Control of the Insatiable American Appetite

By David A. Kessler, MD
(Rodale, 2009)

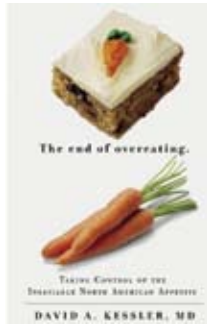
The title is bold—and should probably be more along the lines of the “Beginning of the End of Overeating”—but Dr. David Kessler, a pediatrician and self-described food addict, has compiled a compelling treatise on the power of modern foods over human behavior.

Kessler argues that “Chronic exposure to highly processed foods has changed our brains.” He explains how the biology of human arousal makes us seek foods that are highly rewarding, and how the modern food industry capitalizes on this phenomenon by “spiking” food with added fat, sugar and salt. Highly palatable foods combined with constant availability and has rendered many of us powerless “hyper eaters.”

If you are at all skeptical about the malevolence of the corporations that process food, the author will convince you that they, like tobacco companies, know exactly what they are doing.

Dr. Kessler focuses primarily on the belief that we as consumers ultimately have the power to resist. By recognizing the power of food cues, we can begin to retrain our brains and “recognize food’s value to sustain and protect us from hunger and deny it the authority to govern our lives.”

I say the “Beginning of the End” would be a more accurate book title because, in my opinion, it misses the fact that whole, nutritious foods prepared with skill and love have the power to satiate our quest for pleasure without leaving us empty and constantly wanting more. - SM

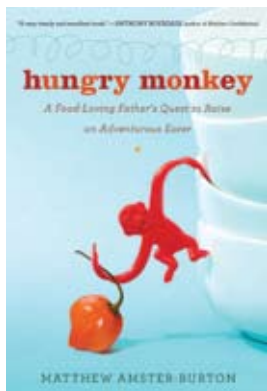


Hungry Monkey: A Food Loving Father's Quest to Raise an Adventurous Eater

By Matthew Amster-Burton
(Houghton Mifflin Harcourt Publishing, 2009)

Matthew Amster-Burton is a Seattle restaurant food critic turned stay-at-home dad. In this book, he takes food enthusiasts on a culinary ride as he journals his quest to introduce his daughter, Iris, to the pleasures of food.

A patient, inventive parent, the author brings balance and humor to a task many of us take too seriously (or not seriously enough). With high hopes he watches two-year-old Iris scarf down hot chilies and a variety of veggies only to dis-



cover she hates them at three. In the beginning, Amster-Burton comes off as a bit of a food snob—which he is—but you’ll warm to him as he comes to some refreshing realizations: The solution to picky eating? Realize that this is not a problem; If you enjoy good food, your kids will too—or there will be more for you. There’s not a three year old alive that’s adventurous; Sugar? It’s downright mean to withhold it.

While some of *Hungry Monkey's* recipes require more preparation time than many of us have, it is also full of easy-to-make, quick suggestions. So, put away the jar of off-the-shelf baby food and try Iris’ favorite Sticky Chinese-Style Spareribs for your teething nine-month-old, or Homemade Baked Pasta with Cauliflower for your macaroni-and-cheese addict. - SM

Lessons From a Caregiver: Caring for an Elder with Love and Compassion

By Laurel A. Wicks
(Gibbs Smith, 2009)

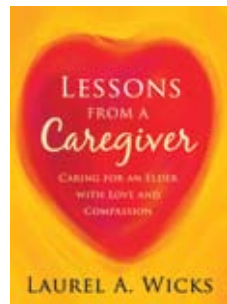
Written with insight and tenderness by Jackson’s own Laurel “Bru” Wicks, this handbook is a guide for anyone with an aging loved one in their life.

Wicks began her journey in elder care a decade ago when she was hired by a family member to deliver meals to an elderly woman.

The meals sat untouched in the freezer for almost two weeks before Wicks decided to set a beautiful table, plate the food with care, and make a pot of tea to share. As her client came around and began to enjoy the food, Wicks realized that little things like brushing the cat, keeping the counters tidy, and reading to her made a huge difference in the client’s happiness.

Wick’s personal experiences help illustrate the importance not only of safety and security but also of fun and stimulation. Equally important, the book helps caregivers manage their own stress.

Whether you are looking for insight into how to deal with your aging mother-in-law, or you are a professional caregiver, this short, sweet compilation of helpful tips, checklists, and touching stories will help make a challenging task more rewarding for everyone. - SM



..... SAFETY



The snow in the Tetons is some of the best in the country, or the worst—depending on whether you are skiing or driving. So, how do winter-hardy residents get around? What kind of tires do they put on their vehicles to ensure a safe return from the grocery store? How about commuting over Teton Pass?

Doug Petersen sees his share of gnarly road conditions while patrolling as a game warden for Idaho Fish and Game. He favors a four-wheel drive pickup with soft-rubber snow tires that have been siped. “People who don’t have [tires] siped are crazy,” Peterson says.

Lyle Newcomb, a 29-year-old snowboarder from Driggs, cruises up to Grand Targhee five days a week in his four-wheel drive Ford Ranger outfitted with all-terrain siped tires. If he had a car instead of a truck, he says, he’d go with siped snow tires.

New mom **Geneva Chong** of Jackson says, “We are huge fans of studded snow tires. We used to have an all-wheel drive Subaru, but now we have a front-wheel drive Jetta. It does great with four studded snow tires, even going over Teton Pass at night in a snowstorm.”

Rod Newcomb, longtime Wilson resident and owner of Exum Mountain Guides, lives on top of Heck of a Hill Road, one of the worst in the Tetons. He and his wife, Annie, drive a Subaru Outback and a Honda CRV respectively, with plain old snow tires, unstudded and unsiped, and think they do just fine. Guess that goes to show you that experience does count!

STUDED TIRES are winter tires with anywhere from 60 to 120 small metal studs inserted around the outside to increase traction.

SIPED TIRES have many small slits cut into the tread blocks that allow them to flex and conform more effectively to the ground. In wet, icy conditions the siping cuts act like “squeezes” to allow contact with the surface of the road. While you can buy tires with some siping from the factory, the word on the street is that it’s not nearly as effective as what a siping machine can do. Need more convincing? Check out sipers.com.

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Painted Holiday Cookies

BY SUE MUNCASTER
PHOTOS BY PAULETTE PHILIPOT



Mariela Santelices and Kate Bleffert put on finishing touches.

DECORATING HOLIDAY COOKIES tops my daughter Mariela's list of favorite childhood activities, and as a parent I remember doing the same with my grandmother. Mariela loves to peruse kids' cookbooks and was intrigued by a recipe for a painted cookie bowl (made from dough) she found in *Southern Home and Living's Cooking for Kids Collection* (Publications International, Ltd., 2000).

Our bowls weren't keepers, but we made a few changes and now think this is the perfect sugar cookie recipe because it's easy to handle, buttery, slightly chewy, and fast. Sugar-conscious parents will love it because there's no extra frosting or piles of sprinkles—and the cutting and decorating are all done at the same time, before young ones are bored and you're left with fifty cookies to decorate yourself.

WHAT YOU WILL NEED:

COOKIE DOUGH

- 1 cup butter, softened
- 1½ cups white sugar
- 2 whole eggs
- 2 teaspoons of fresh lemon or orange peel
- 2 teaspoons of vanilla
- 5 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup sour cream

PAINT

- 3-6 egg yolks (1 for each color)
- 3-6 teaspoons water (1 for each color)
- food coloring

SUPPLIES

- 3-6 small craft paint brushes (1 for each color)



FOR THE DOUGH

- 1- Beat the butter and sugar in a large bowl until light and fluffy.
- 2- Add the whole eggs, orange peel, and vanilla and beat well.
- 3- Sift the flour, baking powder, and salt into another large bowl.
- 4- Add half of the flour mixture to the butter mixture and mix at low speed until blended.
- 5- Add the sour cream to the butter mixture and mix well.
- 6- Add the remaining flour mixture; mix until very well blended and pulling away from the sides of the bowl.
- 7- Divide dough into three equal sections.
- 8- Refrigerate at least two hours.

FOR THE PAINT

- 1- For each desired color, place 1 egg yolk in a small bowl.
- 2- Blend well with 1 teaspoon of water and food coloring of your choice.

FOR THE COOKIES

- 1- Preheat the oven to 375 degrees.
- 2- Roll out one section of dough on a well-floured surface to 1/8 to 1/4 inch thickness.
- 3- Cut out with cookie cutters and place one inch apart on an un-greased cookie sheet (we like to use parchment paper when we have it on hand).
- 4- Paint as desired with the various colors of egg yolk paint.
- 5- Bake 10-12 minutes or until edges are lightly browned.
- 6- Remove to wire racks and cool completely.

Makes about five dozen medium sized cookies. These cookies freeze beautifully. Keep the paint brushes with your cookie-cutters to use with future batches.



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Memory lapses: Normal aging or something more?

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Scott Gentry splitting wood for winter.

Burn, Baby, Burn:

Woodstove Safety and Efficiency

BY LISA NYREN

GROWING UP, my sisters and brother and I would spend hours outside in the snow, building snowmen and forts and taking turns being pulled around on a sled by our dog, Lady. By sundown, we'd be rosy-cheeked and ready for a nice cup of hot cocoa. We'd trample inside, shed our snow gear, and settle into the warmth of our house, which was heated exclusively by a woodstove in our basement. The main vent, where the heat gushed upstairs, was a coveted spot in the house. The sound of crackling of wood and sight of gently falling snow made life seem simple, perfect.

Woodstoves are a tradition in cold climates and an efficient and sustainable way to heat your home—but if they aren't up to snuff, they can be wasteful and polluting.

OUT WITH THE OLD, IN WITH THE NEW

The Environmental Protection Agency (EPA) certifies modern woodstoves, guaranteeing that they are up to 50 percent more efficient than their older counterparts. In addition, newer (post-1992) woodstoves also emit less smoke and pollutants than older models, start easier, and use

two-thirds less wood.

Looking to save a little more cash? In some states, the EPA offers tax incentives for those who purchase EPA-certified units to replace non-certified ones (see box). Additionally, as part of the Reinvestment and Recovery Act of 2009, the Internal Revenue Service is offering an energy tax credit for homeowners who make energy-efficient improvements to existing homes, on 30 percent of the cost of qualifying improvements, up to \$1,500.

WHICH WOOD?

Your choice of wood, how you've prepared it, and the cleanliness of your stove can have a huge impact on heat efficiency. Hard, dense wood burns the longest. Pine, readily available here, dries fast and splits easily, but burns more rapidly than a denser wood like fir. Cottonwood and aspen burn hot, but are prone to rotting sooner than other varieties.

Residents on both sides of the Tetons are lucky to be surrounded by Forest Service land. Firewood cutting is generally permitted from June through November. You must buy a permit to cut

the wood in cords (one cord of firewood is 128 cubic feet, measuring 4 ft. x 4 ft. x 8 ft.), with a four-cord maximum. The cost for a permit for four cords is \$20 in the Bridger-Teton National Forest and \$25 in the Caribou-Targhee National Forest. Alternatively, you can find individuals selling wood but expect to pay \$200 to \$300 for a pre-cut cord. Don't forget to ask if it's dry, split into usable-sized pieces, and will be delivered.

Individual stoves, based on their size, are designed to handle certain amounts of wood at a time. Make sure to carefully read the manual for yours and follow the starting and operating instructions. Your local chimney sweep is another excellent resource for advice on your particular model.

DON'T GET BURNED

The EPA offers several tips for maximizing efficiency and safety of woodstoves:

Make sure to properly cut and season your wood; firewood split and stored for at least six months will burn hotter and emit less smoke.

When starting a fire, use clean newspaper or kindling; never use lighting fluid or gasoline.

Keep your stove clean by emptying the ash regularly.

Make sure your chimney is free of debris; have your chimney swept and inspected annually.

WOODSTOVE RETAILERS AND CHIMNEY CLEANERS

Jackson

Advantage Fire and Safety	307.732.0937
Chimney Sweeps of Jackson Hole	307.733.4384
Fireplaces of Jackson Hole	307.733.4938
Peak Chimney Sweeps	307.733.0567
Rocky Mountain Supply, Inc.	307.733.6930

Teton Valley

Comes a Time Chimney	208.456.4500
The Driggs Stovehouse	208.354.8027

TAX INCENTIVE FOR UPGRADING

The state of Idaho offers taxpayers who buy new EPA-approved woodstoves, pellet stoves, and natural gas or propane heating units for their residences a tax deduction to replace old, uncertified woodstoves. In Idaho, 40 percent of the cost of purchase and professional installation can be deducted in the year the stove is replaced. Thereafter, 20 percent of the cost of purchase and professional installation is deductible per year for the next three years. The total annual deduction cannot exceed \$5,000. For details, see the Idaho Department of Air Quality website: deq.idaho.gov.

Information about EPA and IRS tax incentives and credits can be found at epa.gov and irs.gov. For information on Forest Service firewood permits visit fs.fed.us.

PHOTO: PAULETTE PHILIPOT

It's that time of the year again Jackson, and unless you have a snow-blower, you're stuck using a shovel to move the heaps of snow that fall every year. For some, this may mean aggravating an old back injury, for others this means putting yourself at risk for a new injury. But it doesn't have to be this way if you can remember a few simple tips about shoveling snow:

1. **Have your legs spread apart and knees bent** to provide a wide base of support to keep you stable.
2. **Squat down keeping your back straight** and use your legs to lift the load.
3. **Lift small amounts of snow** with the shovel rather than large, unsteady loads and keep the shovel and the snow loads close to you. Try not to reach out, especially under a load.
4. **Shovel snow in slow even movements** in the same direction as where it will be deposited. This will prevent twisting of the back while bent over.
5. **Rest when tired.** If you bend too much and get tired you are at a far greater risk for back injury.

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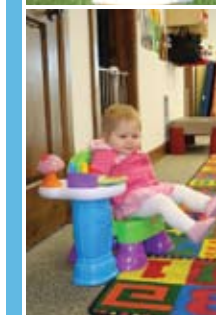
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THE GREEN REPORT CARD:

Sustainability in Our Schools

BY DINA MISHEV
PHOTOS BY PAULETTE PHLIPOT



JHHS Key Club students recycle.

In the world of education, sustainability has gone beyond buzz and grown into a full-on movement. Google “sustainability in schools” and you’ll find more than seven million results from around the world.

For example, the Vermont-based Sustainable Schools Project is a model for school improvement and civic engagement. Arizona State University offers degrees from the nation’s first School of Sustainability. You can even learn how your favorite college ranks by checking out the Sustainability Endowment Institute’s annual Green Report Card for 300 of the country’s largest colleges and universities.

Taking the Institute’s cue, we polled local schools offering middle- and high-school programs to see how they are addressing the many faces of sustainability. (The area’s elementary schools are also doing their part, but we didn’t have enough room to include them all.) Some schools excel in obvious elements of sustainability like recycling, while others are thinking more outside the box. Anyone want to go on a field trip to a wind farm? How about putting a class in charge of a flock of laying hens? Read on to learn more about the different ways Teton Valley and Jackson Hole administrators, teachers, and students are making sustainability part of the educational scene.

JACKSON HOLE HIGH SCHOOL • JACKSON

First Steps: Three years ago, Key Club members launched a school-wide recycling program. Today, club members are excused from class once a week so that they can make sure all plastic bottles and paper products throughout the school make it into recycling bins.

Making the Grade: Since the average soda contains about eight teaspoons of sugar, the administration opted to nix them. The soda machines in the school’s hallways now dispense only water and Gatorade.

Extra Credit: Physical education classes utilize heart-rate monitors to teach about the importance of physical fitness.

For the Future: This year, to lessen the trash load, JHHS students can bring their own (non-disposable) plates and utensils in exchange for a discount on lunch items in the cafeteria. Another change in the works is priority parking spaces for students choosing to carpool.

JACKSON HOLE MIDDLE SCHOOL • JACKSON

First Steps: There’s no dishwasher at the school. Only “paper” plates and “plastic” silverware, biodegradable and compostable, are used.

Making the Grade: More teachers are starting to use Google Docs and MSW-Track Changes to edit papers. With these pro-

grams, students drop their documents electronically into a folder where teachers can read them and make corrections. Students can then retrieve them to make revisions. Only a final draft is printed, if it’s necessary.

Extra Credit: In 2007, a group of seventh graders founded the *Global Warming Hero League* to educate fellow students and the community about the dangers of global warming. The group worked on service projects like a recycling program and hosted *Step It Up* informational meetings for the general public. The group challenged the school district to replace all light bulbs with energy-efficient compact fluorescent bulbs.

For the Future: Rather than selling bottled water in the lunch line, the school plans to install a water dispenser so students can refill their own water bottles.

JOURNEYS SCHOOL • JACKSON

First Steps: An architecture class incorporating sustainable design practices is offered at the high-school level. Students have learned that the fly ash replaces some of the cement in concrete, building materials left untreated reduce off-gassing, low-flow sinks and toilets conserve water, a solar array reduces carbon emissions, and natural ventilation improves air quality.



Clockwise from top: Students of The Learning Academy are also taught outside the classroom; teacher Danielle Wilson helps her students understand the responsibilities of caring and feeding for the school’s goats. Teton Valley Community School students show off their award-winning classroom design recognized for sustainability, flexibility, and innovation in education by Architecture for Humanity. The Journeys School uses solar power to supplement their energy uses.

Making the Grade: All students at Journeys School participate in a Service Learning Program. Younger students do small projects within the school; by the time a student reaches twelfth grade, 50 hours of service are required.

Extra Credit: Students are required to write capstone papers culminating in their senior thesis and many opt to investigate sustainability issues. One fifth-grade student recently presented a paper that included plans for creating energy-efficient staff housing.

For the Future: With a strong academic program related to sustainability already in place, Journeys School hopes to create a specific sustainability curriculum that extends from pre-kindergarten through twelfth grade. In addition, they have plans for a small-scale wind project to complement their solar array.

THE LEARNING ACADEMY • DRIGGS

First Steps: Field trips visit places like a local wind-powered home and a wind farm near Idaho Falls. At an assembly, students learned all about xeriscaping from the education director of Friends of the Teton River.

Making the Grade: Parents make homemade school lunches on-site three days a week, and summer-camp students reap the benefit of the school’s year-old garden. A greenhouse is in the works.

Extra Credit: In addition to nurturing the garden, students are responsible for caring for goats, bunnies, and other small animals.

For the Future: Currently renting their facility, The Learning Academy dreams of building its own LEED-certified campus.

SUMMIT HIGH SCHOOL • JACKSON

First Steps: On Bike to School Day, students who have biked or walked are rewarded with movie tickets.

Making the Grade: Last year a school-wide art project had students decorating canvas grocery bags that were later distributed free to the public.

Extra Credit: Though volunteerism is not a requirement to graduate, about 90 percent of students give some time to community organizations.

For the Future: Summit is introducing a year-long elective class with a curriculum devoted to sustainability issues called Global Lab. Students will examine topics both in and out of the classroom, including the real cost of cars, new energy technologies, and biological systems. Global Lab students will also build a composting system to provide organic matter for the greenhouse they are building.

“It is encouraging that some students are motivated towards sustainability and have created fellow student “buy-ins” that makes their efforts not only possible to implement, but also able to work in the long run.”
-Gary Elliott, former JHHS Principal

“Mastering core academic skills combined with an understanding of sustainability in communities – whether local or global – gives students skills and knowledge to make the world more sustainable.”
-Nate McClennen, Head of School, Journeys School.



Above: The late Willie Neal was working on a project to clean up Jackson. His brother Eliot has continued his "No Idling" campaign. Left: Taylor Smith starts seeds at Teton Valley Community school.

TETON HIGH SCHOOL • DRIGGS

First Steps: The school's Latino Club accepts discarded cell phones throughout the school year to either sell to raise money for club events or to recycle.

Making the Grade: Computers are re-purposed. Just because one department is done with its computers doesn't mean they won't be an improvement for another department or class. Teton High staff and teachers also work hard to go paperless for as much intra-school correspondence and ordering as possible.

Extra Credit: Students must earn "citizenship credits" to graduate from Teton High School. One way they do this is to volunteer.

For the Future: Teton High School would love to recycle as much of its garbage as possible.

TETON VALLEY COMMUNITY SCHOOL • VICTOR

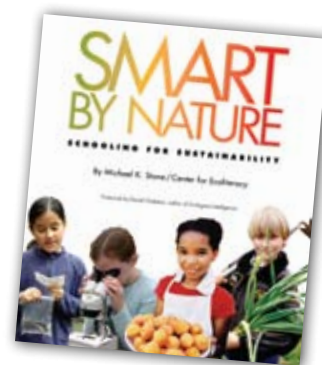
First Steps: Each month, parents participate at the school for four hours doing maintenance, helping in classrooms, running the recycling program (started at the school's inception in 2000 and the only recycling program in the valley that includes polypropylene plastics), or working on farm or garden projects.

Making the Grade: An organic farm and garden program allows each class to have its own plot on which students get to 1) decide what to plant; 2) start seeds in the classroom; 3) transfer plants to the garden; 4) maintain the garden; 5) harvest and, best of all; 6) prepare a meal using what they've grown.

Extra Credit: Students take care of the school's chickens and sell the eggs to the public. Goats and goat-milk cheese might be next.

For the Future: Victor-based Section 8 Design collaborated with students, teachers, and parents to draw up plans for an innovative series of new classrooms. Their design topped 1,000 other entries to win the 2009 Open Architecture Challenge sponsored by Architecture for Humanity. The school has received \$50,000 toward its capital campaign and plans to break ground this summer. All new classrooms are designed with sustainability, creativity, and flexibility in mind.

Note: Teton Middle School and Basin Jr/Sr High were asked to participate in our survey but did not respond.



Whether you are an administrator, educator or concerned parent, this 216-page resource recently released by the Center for Eco-literacy (ecoliteracy.org) provides strategies for greening the campus and the curriculum, conducting environmental audits, rethinking school food, and transforming schools into models of a sustainable community.

PHOTO: LEFT: PAULETTE PHILPOT, RIGHT: PRICE CHAMBERS

Making a Difference:

A Tribute to Willie Neal

The late Willie Neal was the JH Community School student who started the "No Idling" campaign. Like all seniors at the school, in order to graduate, Willie had to take on an issue of his choice. This was his senior project. He convinced eight locations around the valley to post "No-Idling" signs, founded "Cookies 4 Climate Change," and won a grant to help further fund the initiative from the local non-profit Pursue Balance.

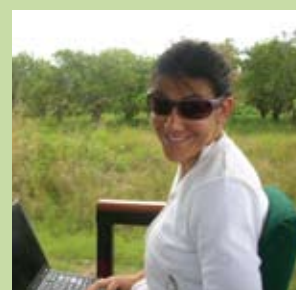
Willie was fatally struck by a car in Maine while out training for the Junior World Nordic Skiing Championships last June. The Neal family has carried on with his No Idling campaign. As younger brother Eliot says, "There was never any question [but] that we would keep going with this. It's a great way to honor and remember him."

Eliot has stepped into Willie's environmental-activist shoes. "I just hope I can do as good of a job as he did," he says.

Within weeks of Willie's death, the Neal family founded the blanket organization Willie Neal Environmental Awareness Fund, and renamed the campaign (it's now the Willie Neal Initiative to Stop Idling in Jackson Hole). While making engine idling illegal in Jackson is its top priority, they hope to grow the organization into one that promotes responsible environmental choices in numerous areas through education and legislation. You can make donations to the fund through the Community Foundation of Jackson Hole.

For more information about the Willie Neal Initiative to Stop Idling in Jackson Hole or to get a "No Idling" sign for your business, go to idle-free.org. Eliot also asks that those who believe in the cause write letters of support to the town of Jackson's elected officials.

At least fifteen states and dozens of counties and towns around the country have anti-idling regulations.



Dina Mishev has been living and writing in Jackson for over a decade. Her articles have appeared in *Sunset*, *AAA Via*, *Outside*, and *National Geographic Traveler*. She is currently working on two books, and blogs at fleecefashionista.wordpress.com.

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The Backcountry Primer



A LOCAL'S GUIDE TO WINTER PREPAREDNESS & SAFETY

BY KIRSTEN CORBETT

AS THE LAST LEAVES drop off the trees and the snow begins to pile up, the first backcountry trip of the season quickly sneaks up on you. Did you remember to put new batteries in your transceiver? Maybe you last saw your shovel in the garden? Hmm, where did you stash your probe pole, anyway?

To help ease the transition into powder season, we spoke with some of the Tetons' most experienced guides, avalanche forecasters, and backcountry veterans who were happy to share their strategies for winter preparedness and safety.

OUR PANEL OF EXPERTS

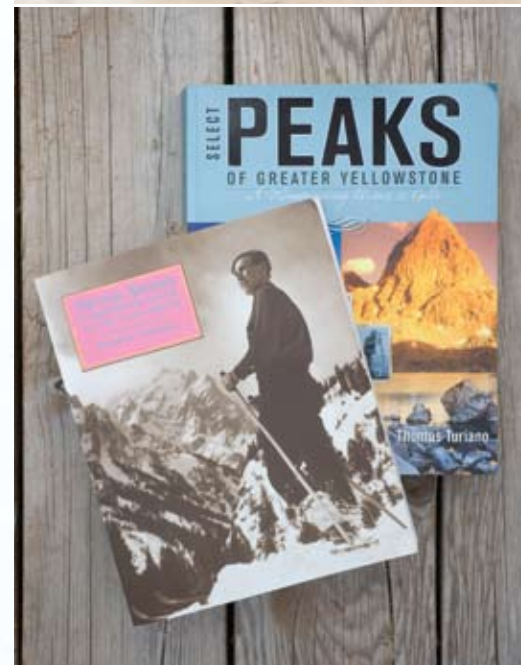
Chris McCollister grew up skiing in the Tetons, and today he's one of the avalanche forecasters behind the Bridger-Teton National Forest Avalanche Center and Jackson Hole Mountain Resort. When it's not snowing, Chris works as a Geographic Information Systems (GIS) Specialist for fire incident management teams.

Thomas Turiano has spent more days skiing in the remote Teton backcountry than anyone we know while researching

his two local guidebooks—*Teton Skiing: A History and Guide* and *Select Peaks of Greater Yellowstone: A Mountaineering History and Guide*. Tom works as a ski guide for Jackson Hole Mountain Resort Alpine Guides and as a ski, mountaineering, and climbing guide for Exum Mountain Guides.

Sarah Carpenter has spent most of her life on skis and has worked in the snow-science field since 1998. She recently became a co-owner of the American Avalanche Institute, and serves as a co-chair for the American Avalanche Association's Education Committee. You can hire her to take you on a tour through the Jackson Hole Mountain Resort Alpine Guide program or Exum Mountain Guides. In the summer, she guides mountaineering trips for Alpine Ascents International.

John Griber, an expedition ski and snowboard mountaineer, cinematographer, and sponsored North Face athlete, started skiing Snow King Resort when he was seven years old. He is the only person from North America to snowboard from above 8,000 meters on Cho Oyu in Tibet and has reached the summit of Mount Everest twice.



Don't leave home without checking javalanche.org or calling 307-733-2664 for the backcountry avalanche conditions and current weather forecast—or sign up for daily email forecasts.

PHOTOS: PAULETTE PHUPOT

THEIR OPINIONS

What beacon do you use or recommend?

Chris: "The best beacon is the one you practice with and know how to use." He recommends the two-antenna Backcountry Access Tracker beacon for single burials because they are user friendly, especially for beginners. For multiple burials (a consideration for guides, patrollers, and film crews) Chris prefers a three-antenna unit like those manufactured by Pieps, Ortovox, and Barryvox. If you don't have a new unit, he suggests checking with your beacon manufacturer for software upgrades at the beginning of each season.

Tom: Uses a Backcountry Access Tracker and says he's one of these people whose gear is always at least five years old. "If you're changing your gear every year, you may never get skilled at using it. The Tracker has proven itself to me. It is simple, intuitive, and fast."

Sarah: Like Tom, uses the Backcountry Access Tracker. "I like that beacon based on its ease of use. For beginners and guides alike, it's one of the best beacons on the market."

John: Also uses a Backcountry Access Tracker, but it's a few years old now and he recommends checking into the newest models. That makes it (almost) unanimous!

Other than a probe, shovel, and beacon, what do you always carry in your pack?

Chris: A lightweight pair of puffy expedition mittens, a small Petzl Zipca headlamp, and a space-blanket bivy sack. He also thinks that plastic shovels "are nearly useless," and that lightweight carbon-fiber probes are prone to breaking in real-life searches. He recommends a 10-foot (3-meter) metal probe and a metal shovel with a long shaft and large blade. "The bigger the better," Chris stresses. "While you may sacrifice a little in weight, it is well worth it in a burial situation."

Tom: Never leaves home without a first aid kit, and when guiding he carries a repair kit with tools for fixing various types of bindings. His favorite piece of clothing is a neck gator, "worth its weight in gold. It's the warmest and lightest piece of equipment that I bring." He also packs a puffy down jacket for rest breaks and emergencies. Finally, he tosses in a small stuff sack with sunscreen, lip balm, a tube of fire-starter gel, a few lighters, a Swiss army knife, water purification tablets, and a headlamp with extra batteries.

Sarah: Her essentials are a first aid kit, an extra layer of clothing, and a headlamp. Last winter, her husband Don

Josh Baker skinning to the top of Mount Jefferson, Centennial Range, Montana.

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YOUTH PROGRAMS

JACKSON HOLE SKI & SNOWBOARD CLUB 307-733-6433

Alpine, free-ride, and Nordic programs for skiers as young as seven, and local, regional, and nationally competitive teams for junior and senior skiers. jhsclub.org

TETON NORDIC TEAM 307-353-0373

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DID WE MISS ONE?

Let us know online at tetonfamilymagazine.com.

broke his leg in the backcountry and was fortunate and smart enough to be carrying a lightweight bivy sack, a lighter, and a candle. Sarah says that 99 percent of the time you'll never need those last three items, "but when you do, it makes a huge difference."

John: "Clothing is the biggest thing that can make or break your day. I always put a dry base layer in my pack, especially if I'm going hard, and a light shell for the descent." He also stashes an extra ski hat, which he changes out for a dry one on the descent. John says he changes moist clothing about ten minutes before peaking out. "Even if it's the gnarliest conditions, put on a dry base layer, mid-layer, and even a down jacket for the last part of the skin up, and you'll be happy at the top."

What are your favorite local maps, resources, and/or guidebooks?

Chris: As a GIS Specialist, he usually makes his own maps and can take an area like Mail Cabin—where four separate USGS quadrant maps converge—and create one printout.

Tom: "I've recently gotten into using National Geographic TOPO! as a journaling tool. I can see my day in visual format and record my memories and observations." He uses this software to draw his route on the map, attach notes and photos to specific spots, and keep all his tours in one file. When planning a trip, Tom uses Google Earth and Terraserver-USA (terraserver-usa.com). "Terraserver-usa is a great resource. You can find lesser known slopes and lines in the trees. I like it a little bit better than Google Earth, because you can toggle the screen between a topo map and an aerial satellite view."

Sarah: Likes to spread topo maps out on her table, look around, and decide where to explore. She also enjoys Tom's *Teton Skiing* for route descriptions and the *Jackson Hole Ski Atlas*, by Angus Thuermer, for aerial photos.

John: Uses Google Earth (to scope out big traverses) and traditional topographic maps—and always calls the BTNF avalanche hotline.

Is there any gear that you're coveting this season?

Chris: "If I can afford it, I'll definitely get a reverse-camber powder ski—but mostly for skiing at the area."

Tom: "I'm completely sold on my super-lightweight carbon skis, but everyone else thinks I'm from another planet. When I'm going up a mountain, I want something that's light." Tom says that Goode Skis makes several models of pure carbon skis that weigh half as much as a conventional wood core/fiberglass ski and offer more torsional rigidity. He also uses Dy-

nafit TLT Race randonnée boots and is intrigued by in the next wave of ultra-light race boots. "Unless you're skiing fast or taking lots of big air, big boots with many buckles are overkill for backcountry skiing and ski mountaineering. Really think about the weight when you buy something. It's hard to sustain a big backcountry day with eight or ten pounds on each foot—especially if you want to keep touring well into your fifties and sixties."

Sarah: Got a pair of lightweight touring skis last year, so this year she's eyeing the K2 Coomback as a great all-around ski (and a percentage of K2's profit goes to the Coombs family).

Do you have any other advice for preparing for the backcountry ski season?

Chris: "Practice, practice, practice with your beacon. To get a feel for clearing real avalanche debris, practice shoveling on hard snow, not just powder. Bring a cell phone skiing, but to limit possible electromagnetic interference, turn it off and store it away from your transceiver."

Tom: Likes Pilates for improving core strength and uses a foam roller to stretch and massage the muscles in his legs, especially his IT band (outside of the thigh), quadriceps, calves, and shins.

Sarah: "I replace the batteries in my transceiver, then go out with no intention of skiing and practice my rescue skills. I track the weather, history of the snowpack, and check the forecast every day." She also recommends tetonsnowinfo.com, a website launched last spring as a public forum for sharing snow observations.

John: "Use your senses to know what's going on around you and how it might be affecting the snowpack. Even seeing a small slide on a road cut can be a clue. It's important to have mountain savvy and know your descent options and how to go from safe zone to safe zone. Listen to your intuition!"

Kirsten Corbett grew up in Lander and Jackson. She is grateful to her mom for taking her on many road trips in their Volkswagen van, which inspired a lifelong love of travel. In her spare time she studies energy reflexology, but her best teacher is her three-year-old daughter Marisa. Whenever possible, she gets outside with her family. And she's definitely buying a new transceiver for this ski season.



PHOTO: DAN SHARAF



BY LYNNE WOLFE

ALP TRUTH: A DECISION-MAKING CHECKLIST

THE WIND IS PICKING UP as we come around the corner and out of the trees. We've been out of town and have had too much to do since arriving home. We haven't paid much attention to the snowpack, but we finally have time to get out for a run.

We stop in the lee of a big Douglas fir to assess the conditions. "Let's run through **ALP TRUTH** to help us decide where to ski," I suggest. "It's a good reminder checklist—I feel a little rusty."

My partner agrees: "Sure, but you'll have to help me out, I have a hard time with those acronyms."

"This one is pretty reasonable. It's an easy way to keep track of red light conditions. We start with **A**."

A is for recent avalanches, natural or human-triggered. We did check the avalanche report—none was mentioned in the last 24 to 48 hours and we haven't seen any signs of recent activity. Ok, no "A" in our list.

L is for loading. Looks like it snowed six inches last night and it blew pretty hard at higher elevations from the south-west. I'd say we do have an "L."

P is for path. Hmm, we could ski the steep open bowl to our right or through the gladed trees to the west. The first is an obvious avalanche path, the second isn't. Let's see how many other factors show up before we make this choice.

T is for terrain trap. The open bowl has a forest of tiny trees at the bottom that I would hate to get flushed through—that's certainly a check in the terrain trap box. There might be a few terrain traps exiting the canyon at the end of the gladed run, but we can watch one another in there.

R is for rating. We checked this morning before leaving the house; the avalanche danger level was considerable at high elevations; moderate at mid and low elevations. Right now we are below 9,000 feet—so that's mid-elevation and a moderate

rating. If we were at one of the higher bowls, with a considerable rating, we would have another red light factor.

U is for unstable snow—collapsing and cracking, or difficult trail breaking through an upside-down snowpack (slabby or punchy snow where there is dense snow on top of light snow). We are not sure on this one, so we carefully go poke around on top of the wind loaded section. There were no signs of instability on the way up in the trees, but now we're considering a different aspect and elevation. After some investigation we're able to initiate some shooting cracks at the top of the rollover, but we didn't feel any collapsing. We'll give ourselves another red light factor here.

Th is for thaw instability. This one sure doesn't apply on this frigid December day. But on a day when the weather changes rapidly and the temperature rises 12 to 15 degrees Fahrenheit in twelve hours or less, the snow is less likely to stay in place, especially in steep terrain.

"Let's review what we have: four red light factors if we ski the steep open bowl—path, loading, terrain trap, and unstable snow. We know that 92 percent of avalanche accidents occur when at least three red light factors are present.

"Let's not ski the obvious avalanche path today, and that will keep us out of the terrain trap, too," I say. "Let's stick to the gladed trees; we should be fine." Now we are down to two factors, loading and unstable snow.

My partner agrees: "Sounds good to me—the trees are less wind-hammered anyway. I see a good spot to watch you. Have fun and see you at the next safe zone!"

The **ALP TRUTH** method is a great double-check of your decision-making processes; it comes to us through research from Ian McCammon and is also known as the "Obvious Clues Method."

PHOTOS FROM LEFT TO RIGHT: DON SHARAF (2); CHRISTIAN SANTELICES; DON SHARAF (2)



ALP TRUTH

Avalanches

(natural and human-triggered) in the last 48 hours

Loading by snow, wind, or rain in the last 48 hours

Paths: avalanche paths recognizable by a novice

Terrain Traps

Rating considerable or higher on the current avalanche bulletin

Unstable snow

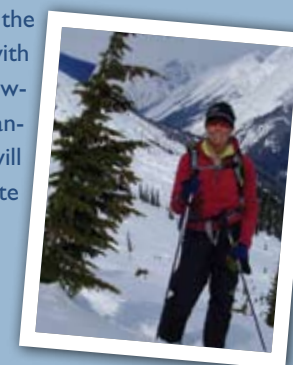
collapsing or cracking

Thaw instability

recent warming of the snow surface

92% of all avalanche accidents happen when 3 or more of these elements are present.

Lynne Wolfe is a longtime Teton backcountry skier, avalanche instructor, and guide. She is also the editor of *The Avalanche Review*, a publication of the American Avalanche Association. She can often be found in the snowy backcountry with her husband Dan Powers and black dogs Pancho and Chili. She will accept dark chocolate from anyone.



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Mastering the Backcountry Kick Turn

BY RICH RINALDI
ILLUSTRATIONS BY MIKE CLELLAND

IT'S EARLY WINTER and there is a foot of new powder on a solid base. A friend calls to invite you to do a quick run on Mt. Oliver. You're ready—you biked all summer and paid your dues in Ski Fitness Boot Camp. You start to skin up Oliver's steep ascent and your friend, who was drinking Bitch Creek at Music on Main all summer while you were huffing up Mill Creek, starts to pull away. What gives? Ahhh...the illustrious kick turn.

Executing efficient kick turns on steep terrain, crusty downhills, and tight spaces between rocks and trees can make the difference between a safe, enjoyable experience and a sweaty nightmare. The most common use of the kick turn is uphill skinning with switch-backs, and proper technique is something that everyone should have in their bag of tricks.

UPHILL KICK TURN BASICS

Establish a platform level enough to prevent you from sliding backwards. If you're breaking trail, take a few steps beyond your turn location to give you enough space. When you stop to make the turn, try to set up with your skis perpendicular to the fall line and stomp out a little pad.



SHIFT YOUR WEIGHT to your downhill ski, using your downhill pole for balance. Place your uphill pole above you and off to the side so when you swing your uphill ski around you don't get stopped by the pole being placed too closely.

SWING YOUR UPHILL FOOT forward and rotate it out, drawing an arc in the air with your ski tip. At this point the tip of your uphill ski will be near the tail of your downhill ski, and you're facing uphill (which is safer than facing downhill). Place both poles uphill. Check to make sure your feet are close together—the closer and the more perpendicular to the fall line, the easier. Shift your weight from the downhill ski to the uphill ski.

NOW FOR THE SNAP! Lift your downhill ski off the snow and straighten your leg. Your downhill boot will be below your standing (uphill) boot. In one consecutive motion, give a quick kick or snap through your heel, like you are trying to kick someone hard behind you. The snap will force your tip up and your tail to drop and allow you to easily clear the snowy slope as you swing your downhill ski around to match the uphill ski.

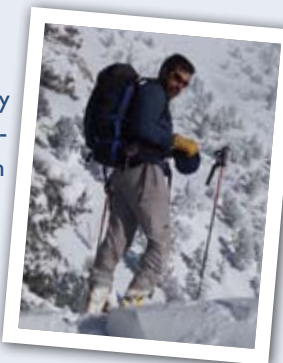
The kick turn takes practice. Fortunately for us, the soft, deep snow of the Tetons is a great place to practice an efficient kick turn because of its forgiveness. If you fall, it not only provides a soft cushion but also prevents you from sliding down the slope. Establishing an efficient kick turn will enable you to ski steeper spring alpine conditions where the snow is firm and slope angle high.

ABOUT YOUR EQUIPMENT

The effectiveness of the "snap" stage of the kick turn will depend slightly on your bindings—particularly whether you're on bindings with springs (original Diamir Fritschi) or without (Fritschi Freeride or Dynafit). For telemark skiers, doing an efficient kick turn is now easier with the new backcountry bindings that have a low-friction pivot point (Black Diamond O1, 22 Designs Axl, and the G3 Targa Ascent).

Source: M. Volken, S. Schell, and M. Wheeler, *Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering* (Seattle, Mountaineers Books, 2007).

Rich Rinaldi is the owner of Yostmark Backcountry Tours and co-owner of Yostmark Mountain Equipment in Driggs. He has been a professional mountain guide since 1992 and has led ski and mountaineering ascents in Alaska, California, and Canada. Rich is also a certified Professional Ski Instructor with a specialty in Nordic and telemark instruction.



BY V NORENE CHRISTENSEN PT, DSC, OCS

Prevention of Winter Sports Injuries

AS OFTEN AS YOU HEAR STORIES of epic Teton powder and amazing ski mountaineering feats, you are bound to also hear, “I snapped my ACL and tore my meniscus in the trees off Glory,” or “I broke my ankle in the terrain park,” or “I hurt my back snowmobiling,” or “I tore my thumb ligaments landing on my ski pole.” While no one is immune to the potential of injury while participating in winter sports, there is a lot you can do to reduce your chances of having a sad tale to tell. So how do you protect yourself? Three words: flexibility, strength, and plyometrics.

Anterior cruciate ligament (ACL) injuries of the knee are the most common alpine ski injuries. This injury can occur with a twisting fall, a hyperextension of the knee during a landing, or when falling onto your backside while trying to “save it.” Tibial plateau fractures have been on the rise due to the excessive forces that shaped skis impact on the lower leg. Finally, tearing important thumb ligaments or fracturing the long bone below the thumb occurs from a blow to the lower thumb joint or hand when the thumb is caught in the pole strap.

While there are relatively few ACL tears with telemark skiing, telemark skiers are prone to injuries to the meniscus, medial collateral ligament of the knee, and ankle.

Snowboarders often fracture their front ankle when there is a sudden deceleration from a collision with sub-terrain obstacles like a log or a rock. Their ACLs tear when they catch air and land with a straight leg. Upper extremity injuries are quite common and include injuries to the wrist, elbow, and shoulder from falling with outstretched arms.

In any sporting endeavor, flexibility will allow you to absorb more forces into greater ranges of motion without tearing a muscle or ligament or injuring your

back. Flexibility prevents tears in the quadriceps in telemarkers when they absorb the terrain. Flexibility in the lower extremities will help prevent tendonitis (Achilles, patella, and rotator cuff) from long, vertical backcountry climbs or from the repeated motions of skiing and telemarking. Flexibility in the upper extremities will help prevent shoulder injuries during a fall.

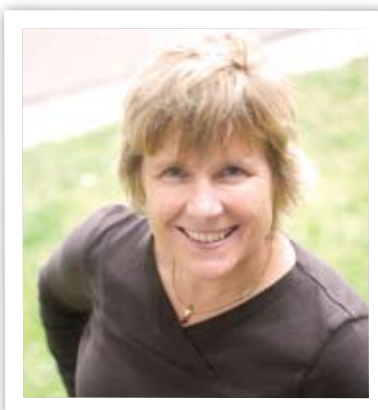
Strength, especially in the core and lower extremities, is as important as flexibility. Staying generally active each summer with aerobic conditioning like hiking and cycling will help prepare you for the slopes, but you need more. There are many options for pre-season boot-camp ski fitness classes or you can work out on your own at home in or in the gym.

Core strength is especially important for lower extremity stability. If you are weak in the core, you will not be stable in your hips, knees, and ankles, increasing your chances of injury over time. Core weakness and lack of stability in the spine also contribute to back injury. Having exceptional lower extremity strength is important for absorbing the forces through your musculature rather than through your joints and back.

Strength combined with endurance will allow for strong backcountry climbing and leave you with enough vigor for a safe descent.

It has been noted in the literature that as a muscle fatigues, there is more joint compression. Strength, power, and endurance are all important factors in protecting our joints.

Finally, plyometrics are often overlooked. Plyometric activities condition the body through dynamic resistance exercises, and help develop explosive power, speed, and reaction time. The goal of plyometric training is to train the nervous system to react quickly



Dr. Norene Christensen is a **Doctor of Science in Orthopedic Physical Therapy, a Board Certified Orthopedic Clinical Specialist in Physical Therapy, and owner of Four Pines Physical Therapy in Jackson.**

to the lengthening of a muscle by rapidly shortening the same muscle with maximum force. This can be achieved through the use of weighted objects like a medicine ball to train the lower extremities, core, and upper extremities. Jump rope, box jumps, and agility-ladder activities are other ways to train the plyometric ability of the muscles. Plyometric strength allows

a timely muscular reaction to minimize the ground reaction forces being transmitted through your body during skiing and snowboarding. Good plyometric strength will decrease joint forces in your legs and spine and allow you to react quickly to a sticky situation.

START WITH THE BASICS **Stretch**—Stretch your lower extremity muscles, spinal muscles, and shoulders. If you don't know where to begin, check out the classes at local yoga studios or see yogatoday.com for free online yoga sessions. **Strengthen**—Do dynamic lunges, air squats, toe raises, and hamcurls on a chair or exercise ball. Core activities include plank, side plank, and exercise ball activities. **Plyometrics**—Try jumping rope, side to side double leg hopping, single leg hopping forward and side to side, box jumping, and high skipping while running. **For a complete description of the exercises with photos please check out tetonfamilymagazine.com.**

WARM UP — JUMP ROPE, BIKE TRAINER, RUNNING, STRETCH

SUPER SET #1

Do each exercise one after the other to keep aerobic:



air squats
(30 seconds)



dynamic lunges
(2 bouts of 10
on each leg)



exercise ball or
chair hamcurls
(12 if using
both legs, 8 if
using 1 leg;
3 bouts)

SUPER SET #2

Do each exercise in sequence and repeat the series 3 times



plank
(60 second
holds)



side plank
(30 second hold
each side)



exercise ball
back extensor
endurance
training
(30 second
holds)

PLYOMETRICS (2-3 times per week)

high skipping
(30 seconds x 2)

fast side to side jumping
(double leg; 30 seconds x 2)

fast forward and backward jumping
(double leg; 30 seconds x 2)

quick side to side bounding
(left leg to right leg to left leg, etc.
30 seconds x 2)

Need more motivation? Work out with world-class athletes at these gyms where the focus is on flexibility, strength, and plyometrics year-round:

Elite ultra-runner Lisa Smith-Batchen's Cardio Core Class at Dream-chaser's Studio in Driggs (dreamchaserevents.com) and Rob Shaul's **Mountain Athlete's Hybrid Training** sessions in Jackson.

EXERCISE BALL CORE WORK

BACK EXTENSOR ENDURANCE TRAINING

Lie over ball with most of your weight on your hands. Lift both legs up to bring your body into alignment and hold for 30 seconds for 3 bouts. Progress to 3 minutes. Do not over-extend your back; you only want to lift to a neutral spine.



WALKOUTS WITH LEG LIFTING

Lie over ball and walk your hands forward until the ball rests under your toes. Raise one leg from the ball, maintaining your core stability and balance. Repeat with other leg. Repeat for 15 seconds and progress to 30 seconds for 2 bouts. Do not let your core sag; otherwise you will irritate your back.



CORE PIVOTS

Lie on your stomach over the ball and walk your hands forward until the ball rests under your toes. Keeping your body in good alignment, pivot your legs side to side from your pelvis. Start with 15 seconds for 2 bouts and progress to 30-second bouts. Do not let your pelvis drop and rotate.



LUNGES

Place one foot behind you on top of the ball. Lower yourself into a lunge position while maintaining balance through your pelvis and the ball. Perform 12 lunges, then switch legs. Keep your body upright and your spine in a neutral position during the lunge. Progress by increasing the number of lunges.



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Winter Blessings: Festive Food Gifts

BY PAMELA SINCLAIR
PHOTOGRAPHY BY PAULETTE PHILIPOT

IN THE KITCHEN

'TIS THE SEASON for preparing the holiday gift list and shopping for family and friends. The cherished tradition of giving is a joyful experience of caring and sharing, but it is often a challenge to find the perfect gift.

Handmade culinary gifts that appeal to the tastes of the recipients offer something for everyone. Mixes for hearty soups, dips, hot beverages, and baked goods are a few clever ideas for crafting a variety of delicious homemade gifts. The following recipes use ingredients that are easily packaged in decorative jars, baskets, and gift bags.

MATERIALS

Use wide-mouth canning jars and glass containers with lids, food storage bags, gift bags, baskets, ribbon, raffia, card stock, recipe cards, tissue paper, colored cellophane wrap, adhesive labels, and fabric.

PRESENTATION

Use colored card stock or recipe cards for recipe instructions and attach with ribbon or raffia. Line baskets with tissue paper, wrap in cellophane, and adorn with ribbon; wrap jars in tissue paper and present in festive gift bags; cut fabrics into 8-inch rounds to decorate jar lids.

Additional treats to accompany mixes in a basket or gift bag include freshly baked bread, cheese, fruit, salad ingredients, wine, coffee, tea, jams, or gourmet chocolate. Supplement gifts by including a cookbook, colorful cloth napkins, a dish towel, an apron, oven mitts, cookie cutters, a wooden spoon, mugs, or another cook's tool.

HOLIDAY SCONES

- 1 3/4 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup oats (quick or old fashioned)
- 1/2 cup chopped pecans
- 1/2 cup dried cherries or cranberries
- 1 teaspoon dried orange peel (optional)

In a large bowl, combine flour, baking powder, and salt. Add oats, pecans, and fruit; mix well. Transfer to a 1-quart jar and seal.

Attach instructions: Preheat oven to 375 degrees. Lightly coat a cookie sheet with cooking spray. Place mix in a large bowl and cut in 8 tablespoons (1 stick) cold butter until mixture resembles coarse crumbs. In a small bowl, whisk 1/3 cup honey, 1/4 cup milk, and 1 large egg. Add to dry ingredients and blend with fork just until dough forms. Transfer dough to floured surface; knead gently 8 to 10 times. Pat dough into an 8-inch circle and cut into 8 wedges. Place wedges 1 inch apart on baking sheet. Bake 10 to 12 minutes, or until light golden brown. Serve warm. Yield: 8 scones.

FRIENDSHIP SOUP

- 1 cup long grain rice
- 1/2 cup dry split peas
- 1/3 cup dry lentils
- 1/3 cup beef bouillon granules
- 1/4 cup pearl barley
- 1/4 cup dried minced onion
- 2 teaspoons Italian seasoning

Layer ingredients in a 1 1/2 - pint jar and seal.

Attach instructions: Brown 1 pound lean ground beef in a large saucepan and drain. Add 3 quarts water, 1 (14.5-ounce) can diced tomatoes with juice, soup mix, salt and pepper to taste. Bring to boil, reduce heat, cover, and simmer for 45 minutes. Yield: 4 quarts.

CHOCOLATE AND PEANUT BUTTER BROWNIES

- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 1/2 cups sugar
- 1/3 cup Hershey's dark cocoa
- 1 cup Reese's peanut butter chips
- 1/2 cup Hershey's mini semisweet chocolate chips

Combine flour, baking powder, and salt in a small bowl. Layer ingredients in a 1-quart glass jar from bottom to top in this order: sugar, cocoa, flour mixture, peanut butter chips, and mini chocolate chips. Tap jar gently to settle each layer before adding the next one and seal.

Attach instructions: Preheat oven to 350 degrees. Lightly oil and flour an 8x8x2-inch baking pan. Combine 1/2 cup (1 stick) melted and cooled butter with 2 slightly beaten eggs in a large bowl. Gently stir in brownie mix. Spread in prepared pan and bake 35 minutes. Remove from oven and cool in pan. Cut into bars. Yield: 16 bars.

PEPPERMINT HOT CHOCOLATE

- 1 2/3 cups mint chocolate chips
- 1 1/3 cups nonfat dry milk powder
- 1/3 cup unsweetened cocoa powder
- 1/2 cup sugar
- 1/3 cup quality dark chocolate, coarsely chopped
- 8 peppermint sticks

Layer the chocolate chips, milk powder, cocoa powder, sugar, and chopped dark chocolate in 2 (1-pint) jars and seal. Place 4 peppermint sticks into two small cellophane or food storage bags and attach one to each jar.

Attach instructions: Bring 1 2/3 cups water to boil, add the whole jar of hot chocolate mixture, lower heat, and stir until chocolate is melted. Divide into four cups and garnish with peppermint sticks. Yield: 4 servings.

OATMEAL FRUIT COOKIES

- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup packed brown sugar
- 1/4 cup sugar
- 3/4 cup wheat germ
- 1 cup quick cooking oats
- 1/2 cup dried cherries
- 1/2 cup golden raisins
- 2/3 cup flaked coconut

Mix flour, baking soda, and salt together; set aside. Layer the remaining ingredients in a 1-quart jar in the order listed, pressing firmly as each layer is added.

Attach instructions:

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Empty mix into a large bowl and stir. Work in 1/2 cup softened butter until the mixture resembles coarse crumbs. In a small bowl, whisk 1 egg, 1 teaspoon vanilla extract, and 1/4 cup milk. Add egg mixture to dough and mix until combined. Drop teaspoon-sized mounds 2 inches apart onto baking sheet. Bake until edges are lightly browned, about 10 to 14 minutes. Yield: 24 cookies.

FIESTA DIP MIX

Use dried herbs from your garden.

- 1/2 cup dried parsley
- 1/3 cup dried minced onion
- 1/4 cup dried chives
- 1/3 cup chili powder
- 1/4 cup ground cumin
- 2 tablespoons seasoning salt

Combine spices in a bowl. Pour into a half-pint jar or food storage bag and seal.

Attach instructions:

Combine 3 tablespoons of dip mix with 1 cup mayonnaise and 1 cup sour cream (or low-fat mayonnaise and low-fat plain yogurt) and stir until smooth. Refrigerate for 2 to 4 hours. Serve with tortilla chips or fresh vegetables. Yield: 2 cups.

CHILI WITH BEANS

- 1 (16-ounce) package dried kidney beans
- 1 tablespoon dried minced onion
- 2 teaspoons beef-flavored bouillon granules
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 3 tablespoons mild chili powder
- 1 teaspoon dried oregano
- 1/4 teaspoon ground red pepper
- 1 bay leaf
- 1 (8-ounce) can of tomato sauce
- 1 (6-ounce) can of tomato paste

Place beans in a food storage bag; set aside. Combine minced onion, bouillon, and salt; place in a small food storage bag and label Flavoring Packet. Combine chili powder, oregano, ground red pepper, and bay leaf; place in another small food storage bag and label Seasoning Packet. Place the bag of beans, flavoring packet, seasoning packet, tomato sauce, and tomato paste in a basket or gift bag.

Attach instructions:

Wash beans and place in large pan. Cover with water and soak 8 hours. Drain and combine with flavoring packet and 7 cups water in large pan. Bring to boil, cover, reduce heat, and simmer 1 hour, stirring occasionally. Stir in tomato sauce, tomato paste, and seasoning packet. Bring to a boil; reduce heat and simmer, uncovered, 30 minutes, stirring occasionally. Remove bay leaf and discard. Yield: 11 cups.

For more of Pam's recipes, including Confetti Bean Soup, Streusel Coffee Cake, Merry Berry Muffins, and Spiced Fruit Cider, please visit tetonfamilymagazine.com and click on EXTRAS.

Pamela Sinclair is the author of *A Taste of Wyoming: Recipes from the Cowboy State* (FarCountry Press, 2008).





FORAGE



IL VILLAGGIO OSTERIA



NANI'S

CHEESE: AN AFFORDABLE LUXURY

"Cheese has always been a food that both sophisticated and simple humans love."

- M.F.K. Fisher

LIKE FINE WINE, GREAT CHEESES may seem pricey, but oh, the pleasure per bite... While gourmet cheese is not produced (yet!) here in the Tetons, when you enjoy it, you are supporting small-scale artisan cheese makers from around the world whose lifestyle and traditions are threatened by the homogenization of our food supply. These local dining establishments provide welcome opportunities to share a plateful.

FORAGE BISTRO AND LOUNGE

285 East Little Avenue, Driggs

A meal in itself, the Forage Bistro and Lounge cheese plate always features a couple of regional cheeses and charcuterie. Served on a large cutting board are Danish Brie, Creminelli Salami (handmade in the Italian style in Utah), Spanish Mahon, Parmesan shavings, Elderberry-wine Derby, Rosemary Cheddar (from Beehive Cheese Company, Utah), Blueberry Wensleydale, Smokey Blue (from Rogue Creamery Oregon), and Peppered Chevre (from Cypress Grove, California). Served with a quartet of pistachios, mixed olives, fresh basil pesto, chutney, and a thinly sliced baguette. \$18

IL VILLAGGIO OSTERIA, HOTEL TERRA

3335 West Village Drive, Teton Village

Transport yourself to the Italian Alps après ski with a glass of vino and a selection of artisanal cheeses at Il Villaggio Osteria. Graham Lovelace, the Chef de Cuisine, and Paul O'Connor, Executive Chef, plate your choice of cheeses in the order they should be tasted.

Choices include Parmigiano Reggiano, Provalone Piccante, Fontina Fontal, Ricotta Salata, Pecorino Toscano, Pecorino Perfetto, Gorgonzola, and Cacio di Bosco. Served with Mostaida di Uva, Mojave Gold raisins, and flat bread. \$8 for 3 cheeses, \$13 for 5, \$22 for 8

NANI'S GENUINE PASTA HOUSE

242 North Glenwood, Jackson

Executive Chef Camille A. Parker always has on hand a variety of interesting Italian imports at Nani's. Her selections pictured above are Boschetto al Tartufo (sheep milk cheese with truffles), Gorgonzola Piccante (a blue-veined cows milk cheese), and Fontina Valle d'Aosta (a strong, creamy cow's milk cheese). Accompaniments include fruite mostarda, dates, almonds roasted in the shell, fresh fruit, artisan honey, and fresh bread made in-house daily. \$7 per cheese

THE GARDEN CAFÉ, MD NURSERY

243 South Highway 33, Driggs

Chef Mitchell Price adores good cheese and makes his own cured meats. Stop by The Garden Café any day to find out what's on hand for a lovely light lunch or snack. On this plate for two, he offers warm double-cream brie with brandied apples, Full Moon Cheddar (Beehive Cheese Company, Utah), extra-sharp cheddar, Weincase (cheese soaked and pressed in wine), feta dressed in sunflower honey, Pecorino croutons, and fresh mozzarella "mini-towers." Served with his wife Jen's freshly made bread, spicy paprika Marcona almonds, and apricot jam. \$10 per person



THE GARDEN CAFÉ

Editor's Note: My favorite Christmas gift last year? A three-month subscription to iGourmet.com's **Cheese of the Month Club** sent by a far-away cousin. Cabin fever melted away when the UPS man dropped off a selection of pungent cheeses with special themes like Italy's Valle d'Aosta or English Cheddars.

The following area businesses passionately support the efforts of *Teton Family Magazine* as well as all environmentally focused "locals."

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Idaho Wine

3 vineyards to visit

STORY AND PHOTOGRAPHY PAULETTE PHLIPOT

I LOVE ROAD TRIPS, and heading out on a scenic autumn drive to visit Idaho vineyards seemed like the perfect way to gain a better understanding and appreciation for local wine. The unique soil of the Snake River Valley combined with long growing days and moderate climate have earned it an American Viticultural Area (AVA) designation and brought credibility and attention to the growing number of well structured wines. I found that the attitude, thoughts, and ideas of the wine maker and vineyard owner are as important as the terroir in determining a wine's unique taste. While I've got a long list yet to explore, of the wineries I have visited these are my favorites. Also included are recommendations for crisp, bright wines to complement rich winter dishes. [A full list of Idaho wineries can be found at idahowines.org.](http://idahowines.org)

THOUSAND SPRINGS WINERY thousandsspringswinery.com

Thousand Springs Winery, nestled along the Snake River in Hagerman, is a small vineyard and winery owned by husband-and-wife team Paul Monahan and Susan Parslow. Inspired by their love of travel, food, and wine, they purchased this beautiful parcel of land for their boutique winery in 1990. They greet visitors with open arms, and while you're tasting they will gladly elaborate on their wine-making process and show you how their wine is hand-bottled. They're open for tasting and tours by appointment, so please call ahead. **Favorite: 2006 Merlot**



COLD SPRINGS WINERY coldspringswinery.com

Cold Springs Winery & Vineyards covers 33 acres on a hill overlooking the rugged Snake River Canyon in Hammett. Idaho native Bill Ringert and his wife Bing, along with winemaker Jamie Martin, apply many years of experience and knowledge to their winemaking process—but don't let their expertise intimidate you. Shortly after setting foot into their tasting room you, too, will realize just how much fun they have while making their award winning wine. Cold Springs Winery's tasting room is open on weekends, and by appointment during the week. **Favorite: 2004 Cabernet Sauvignon**



INDIAN CREEK WINERY indiancreekwinery.com

Established in 1982, family-owned and -operated Indian Creek Winery is located just outside of Boise in Kuna. Numerous ribbons, awards, and recognitions fill the walls of their tasting room, including the award for being named the "2008 Idaho Winery of the Year" by *Wine Press Northwest Magazine*. Be sure to ask about their delicious cheese and chocolate plates to enjoy while tasting. A great time to meet the crew and taste their wines is during their annual Harvest Festival Party. The winery also hosts special events like weddings on site. Indian Creek's tasting room is open on weekends from noon to 5pm. **Favorite: 2007 Pinot Noir**

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MULLIGAN STEW: A Wholesome Option for Your Pooch (and Kitty Too!)



Mulligan's best friends, Kevin Meehan and Winslow

I HAVE A ZEST FOR FOOD. To the extent that I can, I buy local, organic ingredients and I like knowing where my food comes from. But most importantly, I feel healthier and happier when I eat whole foods. When purchasing breakfast and dinner for my furry friends, I follow these same guidelines. It is not just about pampering my pets—it is about providing a diet ensuring that each of them will have a long and blissful existence.

Jackson biochemist Kevin Meehan considered these same things when he formulated a revolutionary new pet food a decade ago. Called Mulligan Stew and developed from sound scientific principles, its mission is simple: to improve and maintain the health, lifespan, and well-being of four-legged best friends (both dogs and cats) everywhere.

Meehan comes with strong credentials. He holds a Masters of Science in Oriental Medicine and a Diplomate Degree in Oriental Medicine, and is a Nationally Certified Licensed Acupuncturist. He has also developed formulas for skin health and a line of vitamin supplements.

The story behind the stew begins with Meehan's love for his black Labrador retriever, Mulligan. At the age of five, Mulligan began slowing down and turning grey. Unsettled by these changes, Meehan took his extensive training and research experience and applied it to developing an anti-aging pet food to promote optimal cellular health.

Meehan and the Mulligan Stew crew are currently taking their business to the next level. This fall, they released a new product line—a premium baked kibble that utilizes all-natural ingredients and a low-temperature cooking process, which maintains a better nutritional quality by not overcooking the food. And they are committed to green practice—producing their new product in a plant powered by wind and “right-sizing” their packaging to utilize as few materials as possible.

Meehan has seen amazing success with his product and his muse. Always a pup at heart, Mulligan spent his days exploring Jackson with his younger dog pal, Winslow, until a few weeks shy of his 15th birthday. Sadly, Mulligan passed in mid-August after sneaking into a dumpster and consuming some peach pits.

As the company states, “The proof of Mulligan Stew’s effectiveness is, simply, Mulligan.” Mulligan Stew is sold at independent pet stores around the country. Visit mulliganstewpetfood.com for a complete listing of local retailers and to learn about special deals available through The Online Stew Store.

Jenna Ringelheim is an environmentalist by profession with a keen interest in exploring the bonds between people and their pets. While writing her first book, *Best Hikes with Dogs: Boston and Beyond* (Mountaineers Books, 2008), she hiked over 300 miles with her curious canine. An avid outdoorswoman, Jenna spends her spare time navigating the natural environs of Idaho with her two Portuguese water dogs, Tasman and Millie.

BY JENNA
RINGELHEIM

PHOTOS: PAULETTE PHILIPOT

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On Powder & Presence

BY SUE MUNCASTER

MY MUSCLES WHIMPER as I attempt to straighten my legs in my first downward dog of the day. My yoga instructor reminds us our goal is “to be totally present—not just physically, but mentally and spiritually.” I inwardly roll my eyes as my arms start to burn. As a sporadic but eager student of Eastern philosophies, I am well aware of this noble objective, but it eludes me more often than not. My thoughts start to wander to the late November powder that has blanketed the Tetons this year. Whoops—there I go—I’ve blown it already.

I force my thoughts back to the angle of my wrists and my fingers clawing the floor. I silently chastise myself and wonder, “When am I ever really totally present?”

“Wait a minute!” scream my tight glutes and inner thighs. “What about yesterday?” Suddenly I’m back on the top of Edelweiss, floating through 20 inches of cold crystalline snow. Through warm goggles, my eyes scan the slope for early season backcountry obstacles that conspire to deter me from the fall line. I hear only a shushing sound like pouring sand. My lips and cheeks savor the downy snowflakes that spew up from my knees and down from the sky. I smell frost and warm poly-pro. My skis snap through the turns. I focus on my toes, knees, and abs. My thighs sear as I near the bottom. “The best way to be present is to breathe,” my yoga instructor interrupts. Yes, breathe...



Yesterday, from the moment we parked the car at the top of Teton Pass until we took off our skis in the early evening dusk, I was, indeed, totally present. The process of gearing up in a blizzard—dancing around the Previa van buckling boots, organizing packs, checking beacons, and fixing climbing skins—required sharp focus. I had to concentrate on perfect technique to negotiate the ridiculously steep Teton Macho Man skin track we followed. My eyes constantly scanned the slope for avalanche terrain. I was distracted only once by a dog in an orange vest chasing his hoo-hollering owner down a foggy ridge. There was little room for extraneous thoughts of how my baby boy was doing at daycare or worrying about the weird sound the van was making. Once we reached the windy summit and donned our parkas, my husband gave me the nod to go first, and I experienced nothing less than pure joy.

What is this I thrive on? Being present? The zone? An addiction? Nirvana? Is this what I am seeking in whitewater? On a technical downhill on my mountain bike? On the volleyball court? Certain things invite you to be present; others offer such a struggle.

I trust there is a way, as the Yogis claim, to find inner freedom while washing the dishes. Until I figure it out, though, I’ll be skiing powder.

This is your page. What does life in the Tetons mean to you? For information on how to submit a personal essay, poetry, photography, or artwork please log on to tetonfamily.com and click on **CONTRIBUTE**.

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