

What to do this week?

Going to the Movies...
\$9⁹⁹

Dining Out...
\$19⁹⁹

A Night on the Town...
\$49⁹⁹





Reading The Weekly Sun...
PRICELESS

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Steve
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BORDER TO BORDER, from page 1

in sauce and mushy vegetables were augmented by a 9 p.m. buffet of fruit, yogurt and sandwich fixings.

Oh, and of course, there was Karhu Bear and Lapu beers, which Keller described as being the equivalent of Budweiser and Coors but with more flavor.

"We easily doubled what we normally eat the first two days. Then we got tired of the food—I lost seven pounds by the end of the week," said Keller.

Accommodations ranged from hotels to hostels with bunk beds to community centers where they slept on the floor and used four-hole outhouses. What they thought was a refrigerator in one hotel was actually a place to dry their boots and clothes. Always, there was a sauna.

Nightly briefings were always given in Finnish, German and English.

And when they were over,

Keller and his friends hobnobbed with a Russian chemical engineer who had learned English from downloading Bruce Willis' "Die Hard" movies and Clint Eastwood's Westerns.

There was a couple from the Canary Islands who were triathletes marking only their second time on skis. And there were Russians who were space engineers, computer programmers and doctors.

"They were very well educated—we talked about Russian composers, literature. They were curious about what we thought of them. And one told us: 'It drives us crazy you guys being able to buy AK47s, which we designed and can't buy,'" Keller related.

Everyone in Keller's group could barely walk by the time they stumbled into Sweden.

Keller was skiing on a sprained ankle, the result of missing a step, nursing tendon-

itis in both elbows and finding a new use for duct tape, which he used to bandage the four toenails he lost. Staun was having back problems and Klein was ailing from sciatica he had developed during a two-month canoe trip across Canada.

"It was never as scenic as skiing the Harriman Trail," Keller said. "However, the physical challenge it presented, as well as the multi-nationality camaraderie it offers with the other participants, made it well worth doing."

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DID YOU KNOW?

The Border to Border Ski Trek, which has been going about 30 years, recently lost its designation as the world's longest ski event. That's because the Finnish created a new event—a six-week tour that traverses the length of the country.

Idaho Gives Raises Record Haul Online

STORY & PHOTOS BY BALI SZABO

It was a nice day—sunny, in the high 50s—and the nonprofit display booths and tables were a little late in setting up. One participant told me "we're on Ketchum time," which is a little slower and relaxed than the rest of the world. The affair was lightly attended. Two of the early arrivals were the Senior Connection and Croy Canyon Ranch; the great gals of Nurture were there and agreed to set up between them.

Nurture is an organization that educates lower-income-bracket families about how to eat and be healthy. These are the folks who, with a family of four, have to get by on about \$160/month. They provide cooking classes and equipment, exercise programs, and also have a school education program to teach children about alternatives to chips, candy, soda and other junk foods. They also work with the American Culinary Federation's Chefs in Schools program in Boise. This is important work. It dispels the myth that lower-income Americans can't afford nutritious foods. (www.nurture-ourfamily.com)

Now I know where Albertsons vegetable waste goes. Winn's Compost, on Ohio Gulch Road, right before the Transfer Station turn, has an assortment of topsoils and composts. It's been so popular, especially with landscapers, that they've run out by late May, but they are gearing up for greater production. They brought the ever-popular Dolly the Sheep which, like all animals, was popular with kids.

Another group that brought animals was Swiftsure Ranch. Little kids kept dragging their parents back to their chestnut horse and a white pony. The ranch does the remarkable and specialized work of 'therapeutic riding.' They provide equine-assisted activities and therapies, which encourage the physical, mental and emotional well-being of children, adults and vets with a wide variety of disabilities. They even have a lift to get you out of a wheelchair and onto the horse. To sit in the saddle and be in control of a 1500-pound animal helps strength, balance, coordination and builds confidence and self-esteem. The range of disabilities they can handle is amazing, as is the wonderful bonding between horse and human. Because of the generosity of donors, they don't charge for services that usually cost \$120/hr. (www.swiftsureranch.org)

In the same spirit is Higher Ground, re-branded from Sun Valley Adaptive Sports. The mission is the same—helping injured servicemembers and Special Olympians to improve their quality of life through inclusive,



The Nurture gals had a booth set up and were offering great food to passers-by.



Attendees stopped to see 'Dolly' and Mary Austin Crofts of Trailing of the Sheep.



There were several people at the Higher Ground booth.

therapeutic outdoor recreation. The high number of homeless vets and suicide rates just from the Iraq/Afghanistan wars is appalling. We can hate the war, but can't blame those who served. Politics should be put aside, and we all need to stand together to help our returning Vets—and I speak as an ultra-liberal.

Wild Gift came early and stayed late. They build business leadership skills, entrepreneurial spirit through wilderness involvement, similar to Outward Bound. They encourage (mentor) people to think outside the box

and develop innovative solutions to today's global challenges, everything from farming to high-tech. (www.wildgift.org)

Also in attendance was The Papoose Club, the Crisis Hotline and Girls On The Run. The connecting thread between these organizations was 'Up With People' empowerment. Though the Ketchum event wasn't well attended, Thursday's online statewide fundraising effort netted them a record haul of \$550,000.

Congratulations, Idaho.

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