

the weekly
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Celebrating Thanksgiving in the Valley

BY KAREN BOSSICK

Thanksgiving kicks off a day early this year, thanks to a Thanks-Ski-Giving party to give thanks for the start of the ski season and an Interfaith Thanksgiv-



giving Service to give thanks for everything else. The **Thanks-Ski-Giving party** will feature music from Old Death Whisper from 5:30 to 7:30 tonight inside the Ketchum-Sun Valley Heritage and Ski Museum at First and Washington streets in Ketchum.

Outside, powder hounds can watch "Hot Dog the Movie" around bonfires in the park.

The public is invited to bring cans of food for The Hunger Coalition in exchange for free cocoa or beer. Donations of winter coats, hats and gloves will be given to The Advocates.

"Nobody was doing anything to celebrate the opening of the ski season. We thought, with all the people in town, why not have a party?" said Megan Murphy Lengyel, the museum's director. "Then, since the holiday's about food, why not have a food drive? Then, if we're doing a food drive, why not have coats? If nothing else, it should be a blast."

Those who prefer to give thanks in the more traditional manner can do so at the Interfaith Thanksgiving Service at 6 p.m. at Our Lady of the Snows Catholic Church, 206 Sun Valley Road in Sun Valley.

The service will feature participants from Emmanuel Episcopal Church, St. Thomas Episcopal Church, Light on the Mountains Spiritual Center, Our Lady of the Snows Catholic Church, Presbyterian Church of the Big Wood, Wood River Jewish Community and Church of Jesus Christ of Latter-Day Saints.

A cash offering will benefit the Ketchum/Sun Valley Minister's Fund. A canned food offering will benefit The Hunger Coalition.

On Thursday, Valley residents are invited to take part in the Third Annual Hailey Community Thanksgiving Dinner from 1 to 4 p.m. at St. Charles Church Hall, 311 S. 1st Ave. in Hailey.

Jennifer Corrao said her Colortyme employees and Tammy Eaton's Bead Shop employees put the first free Thanksgiving Dinner together.

The Hailey and Ketchum Rotary clubs provide financial support and McClain Balmer of McClain's Pizzeria and Shaun Mahoney of Mahoney's Bar and Grill are donating food.

Meanwhile, Sun Valley Resort will roll out a lavish Thanksgiving buffet from 4 to 8 p.m. in the Sun Valley Inn.

The buffet includes prime rib, salmon, roast duckling and turkey accompanied by a selection of lavish desserts for \$45 for adults and \$25 for children. (Reservations: 622-2135).

CK's Real Food, The Roosevelt Grille, Sun Valley's Lodge Dining Room, The Ram Restaurant, Gretchen's Restaurant and Sun Valley Club are among the other restaurants open for Thanksgiving.

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Food & Fun

...with
Kathryn Guylay



Above: Kathryn Guylay addresses a slow-cooker workshop hosted by The Hunger Coalition while Hallie Reikowsky serves up samples.

PHOTOS & STORY BY KAREN BOSSICK

Kathryn Guylay is teaching third- and fifth-graders at The Community School a new language:

"Go foods," such as turkey and whole-grain breads, that help them run faster and longer.

"Slow (down) foods," such as doughnuts and candy bars that provide a jolt followed by sluggishness.

And "sensational snacks," such as a whole-grain cracker, topped with a slice of cheese and apple, that provides a good pick-me-up in between meals.

Guylay hopes the kids internalize this language in the process of learning how to make healthy food choices.

"The parents have told me they're already noticing changes in the choices their kids are making," said Guylay.

Guylay, a nutritionist, started teaching her monthly "Food and Fun" classes in Chicago as part of a non-profit program called Nurture that she helped found. The program teaches low-income families time-saving and money-saving tips for preparing healthy meals using whole grains, beans, lentils, split peas, fruits and vegetables.

Guylay's family is spending a year in Sun Valley to see whether they want to make this their full-time home and she offered to present her Food and Fun lessons for The Community School.

"This is a wellness-oriented community—it doesn't have the huge diabetes problem we saw in Chicago. But there are some basic lessons everyone can benefit from," she said.

Guylay has touted the importance of snacks that include at least three food groups to make sure kids get their

five-a-day of fruits and vegetables. And she showed the kids how to put on their detective's hats as they examined clues to determine whether breads or crackers contain whole grains or processed grains.

"The word 'enriched' on a label means the food is processed," she told them. "In the early 1900s, when they turned whole grains into white flour, people started dying from black tongue disease because they weren't getting enough B vitamins. So the government mandated that processed grains must be enriched."

Last week Guylay wrapped her food lesson around a Thanksgiving theme, showing kids the movie "What's On Your Plate," which was made by a niece of Hunger Coalition board member Sheila Gunn. And she had a representative of Idaho's Bounty talk about the benefits of eating locally grown foods as she served up an apple crisp made in a slow cooker.

"The whole point is never to say any food is bad but to empower kids so they can be thoughtful consumers," Guylay said. "Kids cannot believe how much sugar is in most commercial cereals, sodas or even Gatorade—there's eight teaspoons of sugar in the average cereal bowl. I tell them that even a banana has a lot of natural sugar—that you should eat it with a protein like peanut butter so your blood sugar doesn't spike."

In the coming weeks, Guylay plans to talk about the new USDA pyramid, the idea of eating a rainbow of fruits and vegetables, and food additives.

She also plans to encourage students to "rethink their drink," encouraging them to drink more water. And she'll show them how to make their own home-made sports drinks by adding a tidbit of juice and a pinch of salt to water and



Elena Guylay made a pumpkin tart using the family's Halloween pumpkin cooked up in a slow cooker to show her fifth-grade classmates that pumpkins are not just for decoration and that they don't just come in a can. She made it with a gingersnap crust.

*"The whole point
is never to say
any food is bad,
but to empower
kids so they
can be thoughtful
consumers."*

—KATHRYN GUYLAY

supplementing the drink with a banana to replace the potassium they lose during exercise.

"I show kids how to make a Shrek Shake with spinach yogurt, honey and orange juice—they love it."

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Ask the kids and they'll give Fun and Foods a thumbs up.

"I liked learning about the 'Go' foods and what I have to know about fast-food restaurants," said fifth-grader Elana Smith. "I like learning what's good to eat and what foods aren't so good for me to eat, even if they taste good."

For more information, go to www.nurtureyourfamily.org or www.healthykidsideas.com

SLOW COOKER COOKING

Kathryn Guylay took her expertise to The Hunger Coalition last week, teaching a Slow Cooker Cooking 101 class to a couple dozen men and women.

In the space of an hour, she showed them how to make a crockpot casserole, soup and overnight oatmeal that could be just as easily comprised of quinoa, buckwheat, millet, rice or barley.

As she talked, she easily switched back and forth between English and Spanish, utilizing a fluency she gained while studying at a university in Mexico.

Guylay told the class that there are two cooking gadgets she can't live without—a rice cooker, which can be used for grains, lentils and vegetables, and a slow cooker.

Her slow cooker enables her to prepare healthy meals for her family when she has no time, she says. When she's not using it to cook a meal, she's using it to cook squash and other foods that she then purees and freezes for soups.

"I'm a busy mom and I don't have a lot of time to spend in the kitchen, so this is a life-saver," she said. "I can wake up in the morning and say, 'What vegetables do I have? What seasonings do I have? What liquids do I have?' Don't be afraid to try something. As long as you have enough liquid, it's not going to be a disaster."

The slow cooker comes in handy even for breakfast, Guylay said.

"It's extremely important to eat breakfast, as it regulates your blood sugar after you've fasted all night. But one of the biggest reasons people don't eat breakfast is because they don't have time. That's where a slow cooker comes in."

Anything goes with oatmeal or other grains, she added: "My son likes oatmeal with peanut butter and apple."

While she taught the adults, her husband Jeff, children Elena and Alexander and five Community School eighth-graders taught children how to make a breakfast pizza out of whole grain tortillas, sunbutter made of sunflower seeds, bananas and raisins.

"What kids love about it is they can make their own breakfast," Guylay said. "If kids make it, they'll eat it."

At the end, Guylay gave each of the participants a slow cooker, courtesy of Hamilton Beach. Hamilton Beach has been donating slow cookers to her Nurture project in Chicago.

Guylay said she was stoked by how engaged the workshop participants were: "I love interacting with the people and helping them to make small changes in the direction of better health that really add up over time."

RECIPE

Here's a Veggie and Brown Rice Burrito Bowl recipe that Kathryn Guylay and her daughter Elena concocted. The dish's secret ingredient is cream cheese, Guylay said. And it's a good way to get kids to eat squash.

Veggie and Brown Rice Burrito Bowl

1 cup frozen corn
1 15-oz. can of no-salt-added black beans, rinsed

1 15- or 16-oz. jar of salsa
1 red or yellow bell pepper, seeded and diced

1 zucchini, cut into quarters
1 summer squash, cut into quarters

4 oz. cream cheese cut into ½-inch cubes
4 cups brown rice, cooked

Place all ingredients except the brown rice in a slow cooker and cook on low for several hours. Serve cooked veggies over brown rice and sprinkle with cheddar or jack cheese, if desired. To change it up, use quinoa instead of brown rice. Or, make a fiesta salad by serving the veggies over a bed of mixed greens with sliced avocado and cheddar cheese.

Makes 8 servings.

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Get Your Tickets for Festival of Trees

The 14th Annual Festival of Trees—a benefit for Hailey's Senior Connection—will be held Dec. 2 and 3 at the Senior Connection, 721 S. 3rd Ave. in Hailey.

The event includes a Fashion Show by Panache from 11:30 a.m. to 1 p.m. Dec. 2 that includes a champagne luncheon for \$25.

The Gala Auction Event at which benefactors can view and bid on trees will take place at 6 p.m. Dec. 3. The entry fee of \$75 includes cocktails and appetizers, raffle drawings for two \$1,000 gift certificates and one \$500 gift certificate from Atkinsons' Market.

Tickets: 788-3468.

Save the Date for Casino Royale

It's crazy fun, but most of all it supports the work of Company of Fools—onstage, in the classroom and beyond!

Casino Royale co-chairs Priscilla Pittiglio and R.L. Rowsey and Company of Fools' Board of Directors present

the fourth annual CASINO ROYALE, an evening of gambling, cocktailing and fundraising on Saturday, March 10, 2012. Brush up your gaming strategies and order your tickets today at 208-578-9122 or online at companyof-fools.org

Volunteers Needed: Lights in the Garden

Lights in the Garden is a new event and holiday tradition. A walking tour will be set up throughout the Sawtooth Botanical Garden, complete with music, warm fires and holiday cheer. Patrons will experience themed light displays and enjoy the holiday snow. Community members will enjoy hot drinks, homemade cookies and be able to make an ornament to decorate the Garden's Christmas tree.

The Sawtooth Botanical Garden

needs volunteers to help serve hot cocoa and cookies, greet visitors and take money at the end of the driveway.

Date and times needed: Thursdays, Fridays and Saturdays from 5-8 p.m., from December 3-22. Two to three volunteers are needed per night.

If you are interested in helping us out with this new event, contact: Stephanie McCord stephaniemccord@msn.com or call 720-2867.

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& Martini Soiree
Festival of Trees Gala
MC by Kris and Rob Cronin
on Dec. 3

The Connection

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Lori Nurge
First Vice President - Investments
Ketchum Courtyard Bldg, East Avenue
Ketchum, ID 83340-5585
208-725-2146 • 800-687-0198
lori.nurge@wellsfargo.com

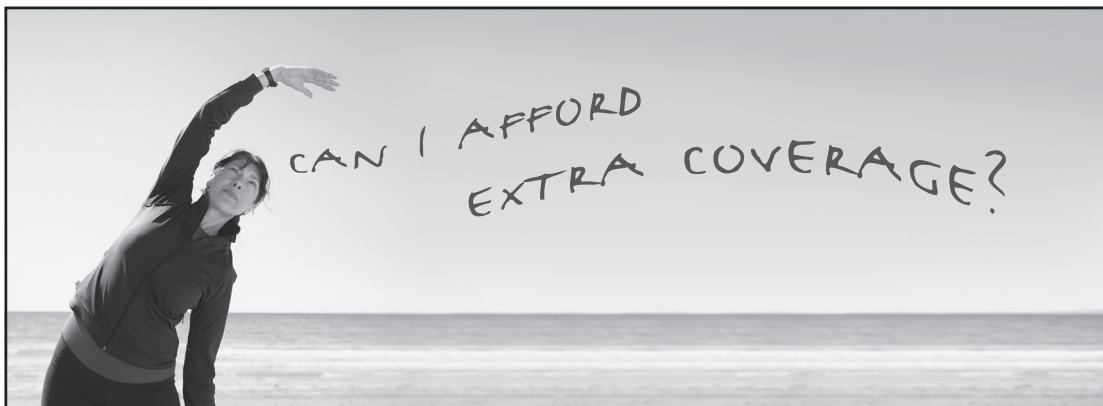


Matthew Colesworthy
Associate Vice President - Investments
Ketchum Courtyard Bldg, East Avenue
Ketchum, ID 83340-5585
208-726-6021 • 800-727-6020
matthew.colesworthy@wellsfargo.com

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Attend one of our free seminars to learn about Medicare Advantage Plans starting as low as \$0.

**Hailey Wednesday, November 30, 10:30am at
Senior Connection of Blaine County, 721 Third Ave. S.**

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Send it to Leslie Thompson at editor@theweeklysun.com or call 928-7186.