

Casper Star Tribune | \$2.95

January & February 2017

Live Well

wyoming



Winter adventure

For a workout with both physical and mental benefits, grab snowshoes and head outdoors.



CASPER

Surgical Center

**You Have A Choice.
Know Your Options.**



Comfortable. Convenient. Casper Surgical Center.

Casper Surgical Center offers you a choice in affordable, quality outpatient surgeries. Come see us today to discover how convenient and comfortable your surgery can be under our care. We always accept Medicare and Medicaid.

1201 East 3rd St. Casper, Wyoming 82601 • Phone 307-577-2950 • Fax 307-577-2954

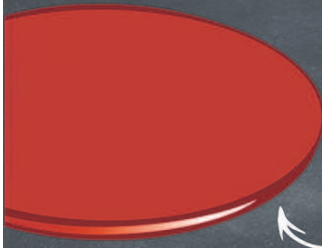


from MEMORIAL HOSPITAL
of Converse County
Advanced Medicine. Hometown Care.

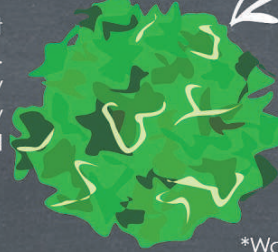
HOLIDAY *Your Guide To A* PROPERLY PORTIONED PLATE

With the plethora of casseroles, salads, savory sides and of course the main course sizing up your plate during the Holidays can seem like a gargantuan chore.

But not to worry! We have listed some helpful tips to keep in mind as you survey the buffet this Holiday Season!



Most Dinner Plates Available At Holiday Parties Are Large Or Oversized. Keep In Mind You Don't Have To Obey The Human Instinct To Fill Every Available Square Inch To Be Satisfied And Get Enough.



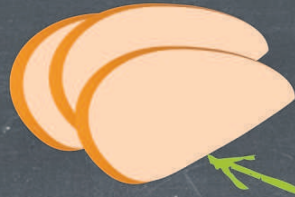
If Salads Are Available, Pile Them On. Leafy Greens Should Take Up At Least 50% Of Your Plate (Or Even Have Their Own Side Dish). Packed With Vitamins & Good Stuff All Around, These Will Fill You Up Give You The Energy You Need To Power Through The Holiday.

*Watch Out For Dressings & Try To Limit It To 2 Tbsp.



Keep An Eye On Your Sides. Your Overall Carbs, Which Is What Most Of Those Savory Sides Fall Under Shouldn't Be More Than 25% Of Your Plate. When In Doubt Take An Even Spoonful And Keep To That Rule.

The Number One Rule Bender? Stuffing. Take Just A Reasonable Amount (Tablespoon Or So) And You Will Get The Craving Satisfied But Hold To Your Rule.



Your Lean Protein Should Be Roughly 25-35% of Your Plate.

Watching Calories? Stick To The White Breast Meat As Much As Possible For Turkey As It Is A Very Lean Meat and it Has A Great Amount Of Protein. Also Dark Meat has a higher amount of Saturated Fats. One item to avoid on the Bird? The skin.



Your Fats Shouldn't Be More Than A Tbsp. At Most. This Includes Butter For Rolls, Gravy, etc. So Be Careful How And What You Choose To Use For Your Fats



The Dessert Table Should Be Handled In Moderation If At All possible. Stick With A Small Slice of Pie, And Stay Away Or Possibly have a 1/2 Cup of Ice Cream in place of a slice of pie. But again, moderation!

ASK THE EXPERTS

Is it strep throat or a sore throat?

One of the most common symptoms I see in children and adults is a sore throat. Allergies, viruses and bacteria can all cause sore throat, but the most common cause in the winter months is GAS – Group A streptococcal pharyngitis, better known as strep throat.

GAS is the most common cause of sore throat in school-aged children between 5 and 15 years. It is seen most frequently during the winter and early spring months. Symptoms include an abrupt onset fever, sore throat and swollen lymph nodes. Often, it presents with a cough. A child with strep throat can also have abdominal pain, headaches, nausea and vomiting. All of these symptoms together form the constellation providers are looking for to identify strep throat.

GAS is important to identify and treat early as it is linked to Acute Rheumatic Fever. Besides, it makes our kids miserable. If we suspect GAS, providers can order a throat culture to test for the bacteria and, if confirmed, the standard treatment is a penicillin antibiotic. Conservative treatments include drinking a lot of cool water, taking Tylenol or Ibuprofen to help with fever and pain, and getting plenty of rest. All of these treatments together should have your child feeling much better in just a few days.

To prevent strep throat and other infections, teach your child how to wash their hands frequently and effectively. Also teach them not to share drink cups and to cover their coughs with the inside of the elbow.

Suspect strep throat?

Try Sage Primary Care's walk-in clinic. Open 8 a.m. to 4:30 p.m. weekdays at 1020 S. Conwell St. (307) 265-8300



Matt Strand, P.A.-C.
Sage Primary Care

WyomingMedicalCenter.org/Sage



Sage Primary Care
Wyoming Medical Center

WINTER GETAWAYS

Ready for a change of scenery? Warm up to one of these four cold-weather escapes. **Page 4**

FRESH OPPORTUNITIES

BURDEN OF PROOF Raise a glass to being a force for good in the new year. **Page 9**

DARKEST DAYS

Many people struggle with the health effects of winter's short days and long nights. Try these tips to keep you feeling bright. **Page 18**

TREASURED JUNK

With a little work, you can transform cast-offs into something beautiful. **Page 20**

FINDING RESOLVE

HEALTH BITES Set small goals to achieve your resolutions for 2017. **Page 22**

ULTIMATE COMFORT

CHEF'S CORNER Crumpets vs. English muffins — a rivalry where everyone wins. **Page 24**

BEAUTIFULLY BRAISED

LAST BITE: Transform a tough cut of meat into a tender, delicious meal. **Page 25**

ON THE COVER

Snowshoes nestle in fresh powder in November on Casper Mountain. The activity is a good way to exercise and enjoy winter's beauty without expensive equipment. Read about reporter Arno Rosenfeld's first trek on the mountain on **Page 14.**

Photo by Jenna VonHofe, Star-Tribune



4

COURTESY GRAND TARGHEE RESORT



9

DAN CEPEDA, STAR-TRIBUNE



18

DAN CEPEDA, STAR-TRIBUNE

ABOUT LIVE WELL WYOMING

Live Well Wyoming is published six times a year by the Casper Star-Tribune in Casper.

A one-year subscription — six issues — costs \$12.95. To subscribe to Live Well Wyoming magazine, call or email Mozelle DeFry at the Casper Star-Tribune: 307-266-0537 or mozelle.defry@trib.com. Copyright 2015 Live Well Wyoming magazine. All rights reserved. Reproduction in whole or in part without express written consent is prohibited.

Publisher: Tom Biermann, 307-266-0606
Executive editor: Dale Bohren, 307-266-0516

Write a letter: dale.bohren@trib.com
Find us online at www.trib.com/livewell.



A snowboarder turns deep into fresh powder in December 2014 at Jackson Hole Mountain Resort. Whether you prefer sipping cocoa by a fire or shredding the snow, Jackson offers something for every traveler.

JACKSON HOLE MOUNTAIN RESORT

GET OUTTA TOWN

4 Live Well Wyoming January/February 2017

Four Wyoming getaways to help us through a long winter

MEGAN SHEEHAN

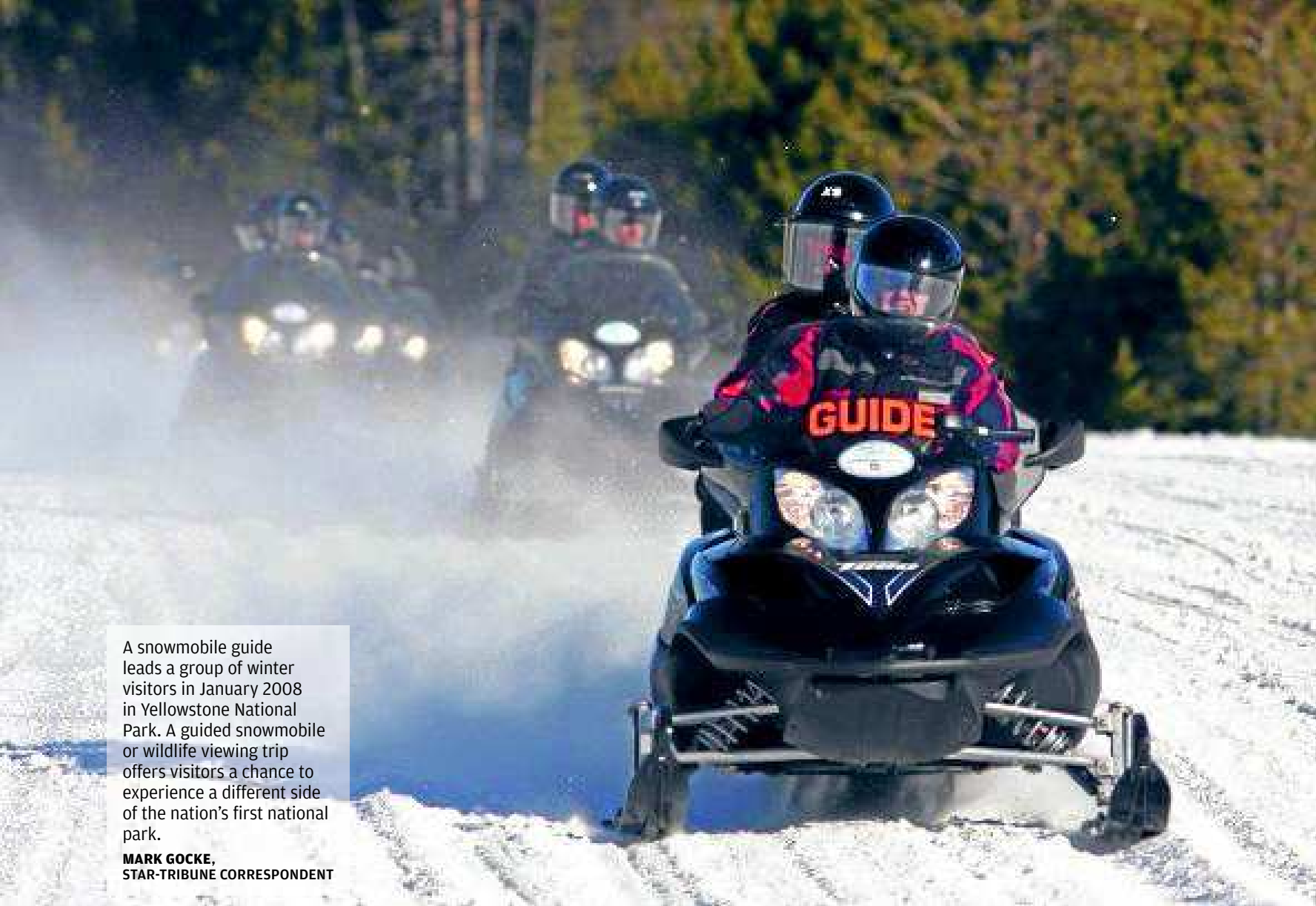
Star-Tribune staff writer

The anticipation of the season has occupied our time and thoughts for the last couple of months, allowing us to shrug off the cold without much effort. But with the bustle of the holidays winding down, we're about to face winter's harshest months.

In January and February, it's easy to fall into a pattern of going to and from work or school and running errands on the weekends. It's cold. It's dark. And, as if we could forget, it's windy enough to make even the most ardent outdoors enthusiast throw in the towel.

Travel becomes more difficult as the snow blankets the prairie and the wind sweeps it across barren stretches of interstate. Trepidation of high speeds turning our ordinary vehicles into highway Zambonis often keeps us isolated.

But a seasonal getaway can be just the thing to pull us out of a monotonous routine and offer something new and exciting to look forward to. Visit the Wyoming Department of Transportation's website or download its free app to your smartphone for road conditions throughout the state — and just take it slow. If you thought Wyoming was beautiful in the summer, wait until you see it in winter's icy embrace on one of these road trips.



A snowmobile guide leads a group of winter visitors in January 2008 in Yellowstone National Park. A guided snowmobile or wildlife viewing trip offers visitors a chance to experience a different side of the nation's first national park.

MARK GOCKE,
STAR-TRIBUNE CORRESPONDENT

Catch Yellowstone on the flip side

Winter puts on a show in the nation's first national park unlike any other. Snow softens the landscape. Steam from the park's many thermal features coats the branches of nearby trees and plants with delicate crystals. Cross-country skiing and snowshoeing are the favored modes of transportation for a unique backcountry experience.

Mammoth Hot Springs Hotel is undergoing renovations for the next two winter seasons, which means Old Faithful Snow Lodge & Cabins offers the park's only winter accommodations this year and next, so make sure to plan your Yellowstone getaway early to secure a spot.

Cost

Cabins and rooms at Old Faithful Snow Lodge range from around \$150 per night to around \$350 per night. Park entrance fees and a snowcoach shuttle to and from the lodge will add to that expense, but the lodge offers packages that can save guests money. Check with park rangers on backcountry and snowmobile-use permits.

.....

Other things to do

Guided snowcoach and snowmobile tours, wildlife viewing, ranger-led programs

.....

Info

www.nps.gov/yell/index.htm

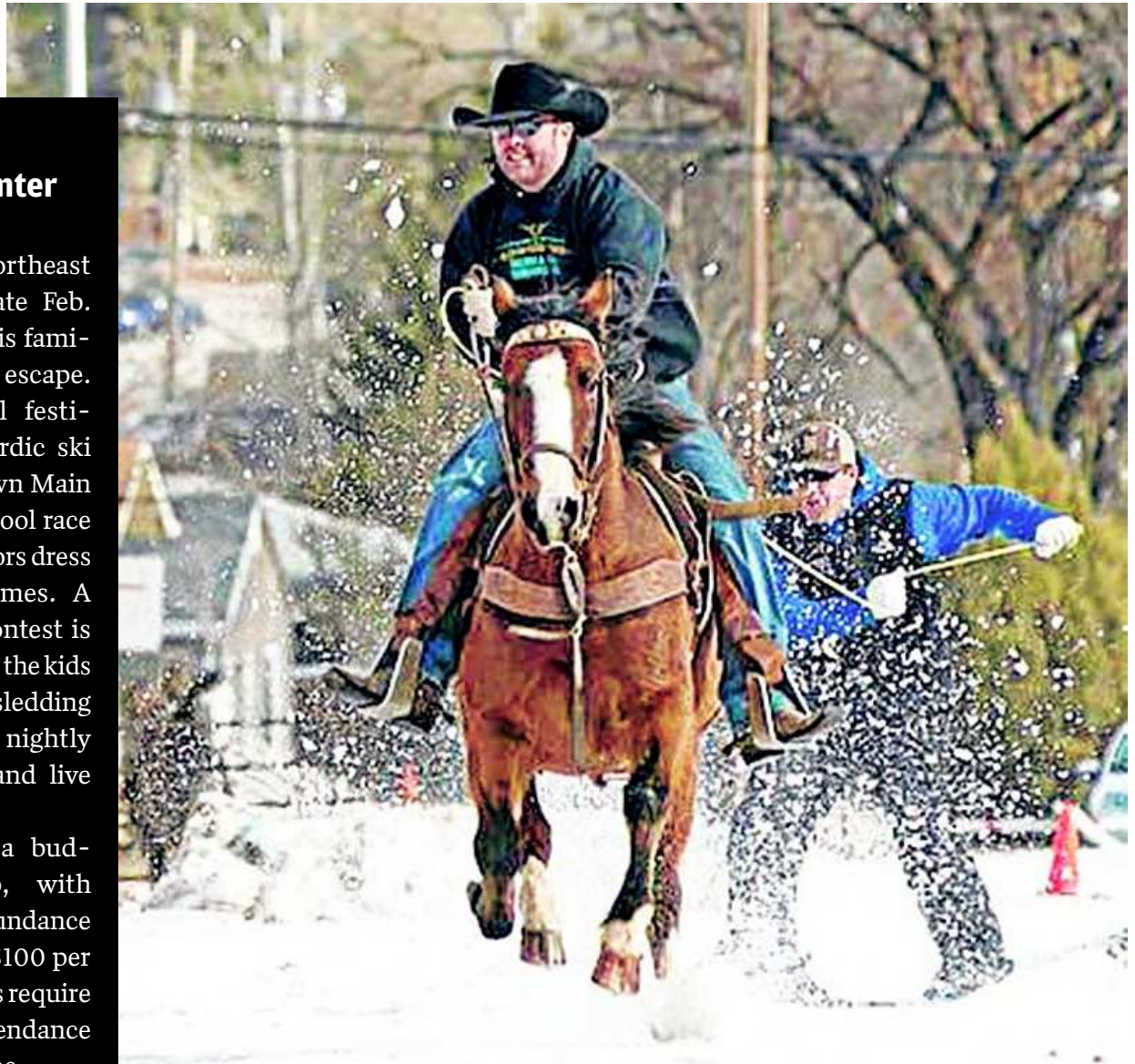
Family fun at Sundance's Winter Festival

Head to the northeast corner of the state Feb. 18-19, 2017, for this family-friendly winter escape. The third annual festival features a Nordic ski race, skijoring down Main Street and a bar stool race in which competitors dress in creative costumes. A snow sculpting contest is sure to impress and the kids can participate in sledding and skating, with nightly outdoor movies and live entertainment.

Cost: This is a budget-friendly trip, with several hotels in Sundance starting at under \$100 per night. Some events require entry fees, but attendance to the festival is free.

RIGHT: A man is pulled behind a horse during a skijoring event at the Sundance Winter Festival. The festival offers family fun at a price that will go easy on your budget.

COURTESY



Other things to do

Shopping, Crook County Museum, 1875 Gallery, trips to nearby Devils Tower and Mount Rushmore, skiing and snowmobiling in the Black Hills

.....

Info

sundancewinterfestival.com/



Soak in the Saratoga Hot Springs

Looking for some winter rest and relaxation? Wyoming has you covered. While the state boasts several hot springs, the hot pools in Saratoga feature a low-sulfur odor, which means you won't carry the scent of rotten eggs with you after you soak. The Hobo Hot Pool and the Not So Hot Pool are open year-round to the public 24 hours a day, seven days a week. If you're after a more luxurious feel, the Saratoga Hot Springs Resort offers its guests a mineral hot springs pool as well as several smaller tepee-covered hot pools.

COURTESY WYOMING TOURISM

Hobo Pool hot spring in Saratoga. If winter sports aren't your thing, take a weekend trip to soak in one of Saratoga's low-sulfur hot springs.

Cost

The Hobo Hot Pool and Not So Hot Pool are free, while the resort's hot springs are available to guests of the hotel or with any spa treatment.

.....

Other things to do

Spa at Saratoga Hot Springs Resort, skiing and snowboarding in the nearby Snowy Range and Sierra Madre Mountains, ice fishing tournament starting Jan. 21, 2017, at Saratoga Lake

.....

Info

saratogachamber.info/play-here/things-to-do/mineral-hot-springs/, saratogahotspingsresort.com

Rent a Forest Service cabin

Looking for a more private winter retreat? The Forest Service has about a dozen buildings around Wyoming available for the public to rent during the winter.

Information and reservations can be made by calling 877-444-6777 or via the Forest Service's reservation website: www.recreation.gov.



PHOTOS BY DAN CEPEDA,
STAR-TRIBUNE

Jeremy Hugus pours
out a Champagne
Celebration.

BURDEN OF PROOF

NEW DAY, NEW OPPORTUNITIES

January/February 2017 **Live Well Wyoming** 9



Cup of Kindness Yet for Auld Lapsang, which can be served as a hot toddy or a refreshing punch, incorporates two traditional winter aromas: the Christmas tree and the wood fireplace.

"It's a new dawn, it's a new day, it's a new life for me, and I'm feeling good. And this old world is a new world and a bold world for me."

– Anthony Newly, "Feeling Good" (1964)



JEREMY HUGUS
Live Well contributor

Before our recent election, I got a bit political. Specifically, I encouraged all of us to pursue a much more charitable intercourse — to transform the destructive reactions of fear and anger that are all too common in our thoughts, words and actions into their creative equivalents of love and compassion, especially for

those who are most different from us. In the wake of this historical election, many feel

disheartened, angry and even scared. Others feel validated, happy and emboldened. Amid this great paradox where a single result can create such strong disparate responses, the need for a more charitable intercourse is as crucial as ever.

But perhaps equally important is the need to press on and harness the many opportunities that lie ahead for each of us. By this, I do not mean to undermine the emotional responses to this election or to minimize our interconnectedness. Rather, it is because of our interconnectedness that our own personal action, leadership and advocacy are so important. As we each take personal responsibility, we directly change the opportunities and realities available for ourselves and those around us; our individual action shapes our interconnectedness.

Secondly, individual action is one of the

few things we can at least partially control. There are countless negative circumstances outside of our control and plenty of people to blame for their poor choices or bad behavior. But as we turn the page to a new year and a new national leader, we also have a new day with countless opportunities to love others better, tackle big dreams, improve life in our local community, pursue disciplined work on our businesses, grow and become better versions of ourselves, and with everything we touch, create beautiful things out of the dust. No one can rob us of these profound opportunities, not our next door neighbors and certainly not our next president.

My burden of proof is that we owe it to ourselves and to each other to pursue these opportunities as we seek to create a new dawn in a bold new world. I bet Mr. Newly himself would raise a toast to that.



Champagne Celebration

Truly, this drink is as visually stunning as it is tasty and makes a super easy yet elegant champagne toast. Oaky vanilla notes from the Cognac combine with spice, sweet orange and orange peel bitterness to complement the Champagne.

The garnet-colored sugar cube creates a fading red gradient throughout the drink and introduces a stream of giddy bubbles.

Thanks to the well-decorated modern mixologist Tony Abou-Ganim for this simple, stunning delight.

Ingredients

Brut Champagne

½ oz cognac

½ oz Cointreau

Psychaud's bitters

1 sugar cube

Directions

Thoroughly soak a sugar cube in a Champagne flute with Psychaud's Bitters. Add the cognac and Cointreau (it is best to freeze these ingredients beforehand so the finished drink is icy cold) and top with chilled Champagne. Garnish with an orange spiral.



Dead Man's Wallet

Ingredients

1.5 oz rye
¾ oz ruby port
½ oz fresh lemon juice
½ oz cinnamon simple syrup
1 dash Angostura bitters

Directions

Boil 1.5 cups of water, then reduce to a simmer and steep half a dozen broken cinnamon sticks for 20-30 minutes. Strain out the cinnamon sticks and thoroughly dissolve 2 cups of sugar in the hot cinnamon water. Allow the syrup to cool completely before using. Then combine all ingredients and shake vigorously with ice for 15 seconds; strain over clear ice into an old fashioned glass.

Lemon and sweet cinnamon make friends with port's complex berry, plum and subtle anise flavors as well as rye's spicy oak, honey and vanilla as they go walking in this winter wonderdram. Darrin Ylisto, head barman at New Orleans' Sylvain Restaurant, dreamed up this delicious elixir a few years back; thanks to one of my kindred spirit readers for introducing it to me. When no one is looking, you should definitely rifle through this valuable find – it is flush with rich flavor currency.

I created this last round to star equally well as a hot toddy or a brisk, refreshing punch. For this reason, I chose tea as the main ingredient, not water. And because I was creating a drink that paid homage to winter holidays, I wanted to incorporate two of my favorite winter scents as flavors – the Christmas tree and the wood fireplace. So, although toddies are most usually whiskey drinks, I chose a juniper-forward spruce gin to create something reminiscent of a pine forest. The addition of barrel-aged Old Tom gin lends evergreen support without the typical competing botanicals and provides some rich oaky complexity that drinks more like a whisky. The citrus and honey are usual suspects in a toddy, while the ginger and maraschino festoon the drink with a splash of seasonal spiciness. Lastly, we come full circle back to pine, but this time in its smoky form. The backbone of this drink is my favorite black tea – Lapsang Souchong, a rich, smoky black Chinese tea that is cured over pinewood fires. Alas, the allusion to Christmastime is complete! Take this treat to the birthday party at the home of Farmer Grey; it will be the perfect ending to a perfect day. Or use it as a cozy down-to-earth toast to 2017 or to ring in the Chinese New Year in late January. Or enjoy it for all three!



Ingredients

1 oz spruce or juniper forward gin
1 oz Old Tom gin
½ oz fresh lemon juice
½ oz ginger liqueur
¼ oz Cointreau
¼ oz honey
1 barspoon maraschino liqueur
4-6 oz Lapsang Souchong tea

Directions

Combine all ingredients in a preheated Irish coffee glass or tea mug.

Cup of Kindness Yet for Auld Lapsang

If you take the punch route, adjust this single-serving recipe accordingly and steep your tea in advance in cool water for six hours. This cold-brew method will minimize the astringency that plagues tea that is heated, then cooled or waits too long between brewing and consumption.

The burden of proof is now yours. Be a force for good and an active participant in your own life and in creating a bold new better world for those around you. And before you do, go brew up a good auld cup of kindness yet for a good auld friend.

A Wyoming native, Jeremy Hugus is owner and managing attorney at Platte River Law Firm by day, a gourmand by night and a humorist in his dreams. He is passionate about good food and drink and good people and treasures the robust community that blossoms around the table blessed with both. If you have questions or comments, or would like to see a particular spirit or topic featured, please email Jeremy at tribcocktails@gmail.com. A very spirited thanks to Liquor Shed for helping to make this column possible.

A person wearing a red and black plaid jacket, a red hat, and black pants is seen from behind, skiing through a snowy forest. They are using two ski poles and are leaving tracks in the deep snow. The forest consists of tall, thin evergreen trees. The overall scene is bright and wintry.

Leaving prints in powder

For a straightforward
workout, head outdoors
and stomp in the snow



John Giantonio walks through powder on Casper Mountain recently.

DAN CEPEDA, STAR-TRIBUNE

ARNO ROSENFELD
307-266-0634, arno.rosenfeld@trib.com

The temperature was pushing 20 degrees as I left home. But as I ascended Casper Mountain Road — one of those drives where you see ice glisten on the asphalt and start to question why there aren't more guardrails — the thermometer steadily dropped until it hovered just over 10 degrees.

I got out of my car to meet John Giantonio, my snowshoeing guide for the morning. Standing in the parking lot trying to pull a wool coat over my down jacket, I felt my soft Californian underbelly starting to show.

I arrived in July no stranger to snow, but Casper is still the first place I have lived where I can be on top of a snow-covered mountain after a 20-minute drive from home. I'm still not entirely equipped for this new reality.

John, who heads the Casper Sports Alliance, noticed my bare hands and offered me a pair of gloves from his truck.

"One of the things you'll learn about winter in Casper is to always keep an extra set of gloves around," he said as feeling returned to my fingertips.

The other thing John emphasized about winter here is that you need something to look forward to.

"If you don't have anything to do, you're just inside all day. Winter will suck," he said.

Skiing, snowmobiling and fat tire biking are all popular winter pastimes. But those activities can require expensive equipment, special skills and often a willingness to plunge downhill at high speed.

Enter snowshoeing and the powder stomper's mantra: If you can walk, you can snowshoe.

That's true — to a point.

Bundled in three coats, I struggled to fasten a pair of borrowed snowshoes to my winter boots. Then John and I set out from the Skunk Hollow trailhead, following diamond-shaped trail markers nailed to tree trunks along the path.

I had done some cursory research before setting out and



DAN CEPEDA, STAR-TRIBUNE

John Giantonio of the Casper Sports Alliance poses with his snowshoes on Casper Mountain recently.



DAN CEPEDA, STAR-TRIBUNE

John Giantonio of the Casper Sports Alliance, right, gives Casper Star-Tribune reporter Arno Rosenfeld advice on snowshoe techniques recently on Casper Mountain.

had read about how it was important to move one snowshoe over the other while walking — rather than walking with an exaggerated bowlegged gait — to prevent fatigue and avoid tripping.

But as I followed John down — or rather up — the trail, the motion seemed natural and effortless. I could walk, and now, apparently, I could snowshoe.

Thirty minutes in I was starting to sweat. The trail had become less packed, and even following the footsteps in front of me I was sinking a foot into fresh powder with each step. More relevant to the sweating, I had to lift each leg high enough to clear the depressions made by each footstep.

My guide, meanwhile, was charging ahead. While I paused to remove my hat and unzip my jackets, John tromped forward without issue. He mentioned in passing that he once had to turn around after marching the length of two football fields in four feet of powder, sinking down several feet with each step.

Otherwise, though, John thought anytime was a good time to snowshoe and said that while snowmobiles will come through to compact the snowshoeing trails, he actually enjoyed making fresh tracks.

“When you get up here in the snow, with the blue sky, nothing beats that,” he said.

Though I might have appreciated a slower pace, I was quickly sold on snowshoeing. Each step lands with a satisfying crunch, and the powder muffles the sound of nature.

The sky opened up as the trail led out of our piece of the mountain. Some snow bounced off the snow, and the sun bounced off the snow, not shaded by trees.

John was right. If your main concern is dirt in the gutters, the slick snow you skidding through an interesting snowshoe won't be much fun.

Snowshoeing returned the walk to the snow as a child in northern California. I got out of the car and jump around in it. I am who has tried to walk, or jump, or run, and quickly sink. Aside from perhaps the snow clothes, each step can be a mini



DAN CEPEDA, STAR-TRIBUNE

John Giantonio stands with his snowshoes recently on Casper Mountain.



DAN CEPEDA, STAR-TRIBUNE

Markers on trees give snowshoers direction on the trails on Casper Mountain.

started to reach the crest of the small shrubs poked above and off the patches of ground. The interaction with snow is as novel, to observe as it gathers covering to ice that sends a shiver — a Wyoming winter wonderland.

Wonder I felt when I first saw California. I wanted to bolt out of it. And I did. But as anyone in fresh snow knows, you'll be thoroughly soaking your pants or ordeal.

While Casper Mountain has the advantage of dedicated snowshoeing trails and lies just a short drive from one of Wyoming's largest cities, mountains all over the state are ripe for winter hiking. From Laramie to Buffalo and as far west as Jackson, beautiful summer hiking trails can be transformed to wintertime paths with the right equipment.

A new pair of snowshoes can be found for under \$100 — rented or purchased used for much less — and provides much easier access to Wyoming's winter wonderlands.

I was slightly embarrassed by the ache in my legs driving back down the mountain, but my first experience with snowshoeing wasn't just a reminder that I needed to stay active despite the winter weather: It was a perfect example of how to do just that.

What you'll need

Snowshoeing requires far less equipment than many winter activities, but you should still head out prepared. Here are the basics you'll want:

- **Snowshoes:** You can rent these for \$10-15 per day from outdoor retailers, including several in Casper. Pretty much any snowshoe will do for a day of light hiking. Wider and longer snowshoes are best for larger people or if you're planning to carry a heavy backpack. Smaller snowshoes are available for children.
- **Winter boots:** You attach the snowshoes to your footwear, and while the snowshoes will keep you from completely sinking into the snow, you still want boots that are sturdy and won't let your feet get wet.
- **Warm clothes:** You'll almost certainly be snowshoeing in cold temperatures, so bundle up. But flexibility is important, too, since once you get moving you'll heat up. Wear layers that you can take off and put back on as needed.
- **Water:** Snowshoeing can be a workout, and you don't want to get dehydrated halfway through a hike.
- **A map and/or trail pass:** While it's not always necessary to carry a map or secure a permit, you should make sure you know where you're going and that you're allowed to be on your chosen trail.
- **A good attitude:** Snowshoeing is an adventure. It's hard to know until you hit the trail whether you'll be walking in others' tracks or blazing a trail through fresh drifts. While snowshoeing is easier than hiking through snow in regular footwear, it is generally more difficult than hiking on regular dirt. Keeping that in mind will help ensure an enjoyable experience.

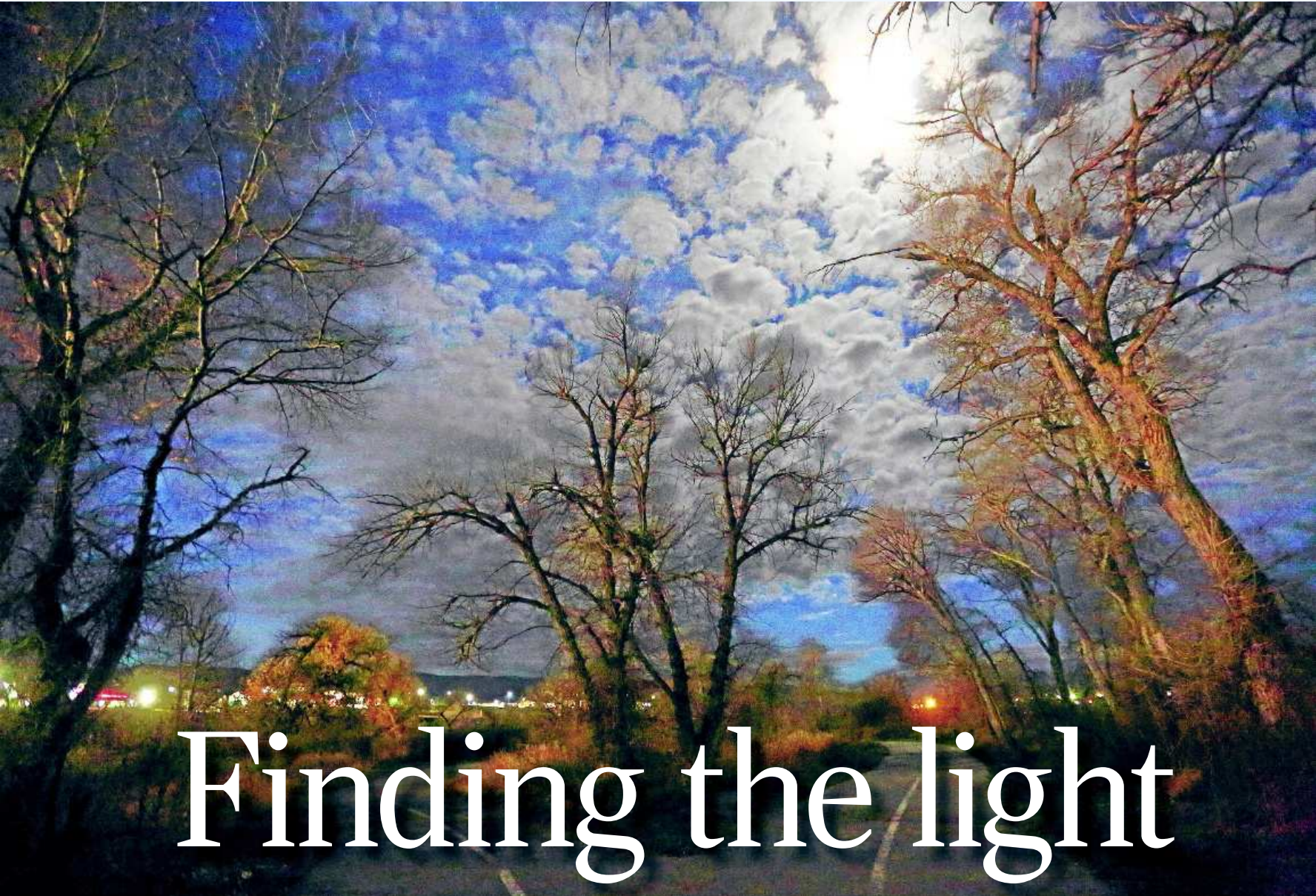
Hit the trails

John Giantonio of the Casper Sports Alliance said the group asks snowshoers to walk straight across the Nordic tracks to avoid disturbing the groomed trails. For those who want to snowshoe on the Nordic trails themselves, he asked that they walk to one side or the other to leave the bulk of the tracks undisturbed.

Giantonio also emphasized that hikers without snowshoes should avoid walking on snowshoeing trails because their boots and hiking poles can sink below the packed snow of the trail and create holes, making for a more difficult — and potentially dangerous — experience for snowshoers.

Individual trail passes are available for \$35 per year and family passes are available for \$100. The passes are issued by Natrona County Road and Bridge and can be purchased from its office in Mills, at Mountain Sports, Zeelo's, 42 Degrees North and at the Nordic Trails Center on Casper Mountain.

About 450 passes had been sold as of early December, and Road and Bridge expected that number to increase as the first real snowstorms of the year began rolling in.



Finding the light

DAN CEPEDA, STAR-TRIBUNE

A hunter's moon lights up the pre-dawn sky in late October over Casper's Morad Park. Winter's limited light can lead to seasonal affective disorder in some people.

MANDY BURTON
Star-Tribune staff writer

Winter in Wyoming means short bursts of daylight and long, dark nights.

For some people, that's welcome news. They're eager for a break from the Cowboy State's hot, dry summers. They love the coziness that can arrive as the sun sets.

For many other people, though, these short days are a struggle. The lack of sunlight during winter doesn't just make our world dimmer — it also has real health effects, some of which can be difficult to combat.

That's because winter's limited light affects how our brains produce chemicals that have an impact on our mood and immunity, according to Erin Ford, intensive services manager at the Central Wyoming

Counseling Center.

Short days can leave us more likely to be irritable or lethargic. Cold temperatures might also keep us indoors when we'd rather be outside, disrupting our daily schedules and limiting our exercise opportunities.

How to stay mentally healthy in the dark days of winter

Some people have full-fledged seasonal affective disorder, while others might experience a handful of symptoms. Signs include weight gain (often from overeating), substance abuse, difficulty sleeping, difficulty regulating mood and

weakened immunity, Ford says.

Anyone can experience these symptoms, but some people are more susceptible than others. For instance, SAD occurs in women four times as often as it does in men, and people who live far from the



A light glows inside a backcountry yurt in April 2014 in the Wasatch National Forest. Adopting healthy eating habits and exercise are a couple of ways to stay mentally healthy in winter.

FILE, STAR-TRIBUNE

equator are at increased risk, according to the National Institute for Mental Health.

The days are lengthening now, but there are still plenty of long nights ahead. Fortunately, there are steps you can take to try to lift yourself out of the darkness. Changing habits and diet can make a difference for many people. “There’s a lot to be gained from looking at that,” Ford says.

But, Ford cautions, if these suggestions don’t help, or if you still find yourself struggling, the best thing you can do is talk to a mental health professional about what you’re going through. It may be that you have another condition that might respond better to medicine or a different treatment approach that only

an expert could provide.

She also encourages people to think twice about turning exclusively to a family member or friend for support. A counselor — an outside observer — can offer impartial advice and wouldn’t become overwhelmed the way someone who knows you well might.

“My advice is not to try to tough it out,” Ford says.

Light exposure

Your mood can depend largely on how well your brain produces chemicals such as serotonin. To do that successfully, it needs light. Ford says some experts suggest rearranging the space where you live or work to maximize your exposure to natural light. Even spending

more time than usual near a window can help.

Nutrition

Eating patterns: People looking for a spike of energy — Ford used the term “serotonin bump” — often turn to foods high in simple carbohydrates, such as cookies and chips. But Ford cautions against that approach for a couple of reasons. The insulin drop that follows can leave your mood lower than it was in the first place, she says. Those foods can also lead to weight gain. She suggests trying nutritional foods that will help sustain your mood, such as brown rice and potatoes.

Vitamin D: Replenishing our supply of Vitamin D can help with mood, Ford says. Try incorporating salmon, tuna, trout, milk and

egg yolks into your diet.

Omega-3 fatty acids: These can also boost the brain’s ability. Ford suggests adding salmon and sardines to your plate.

Sleep

Seasonal affective disorder can make restful sleep a challenge, Ford says, so regulate your rest as much as possible. Don’t stay up unusually late, and don’t sleep in. The quality of sleep you get at night can set the tone for the following day.

Exercise

When it’s cold and dark outside, it’s easy to retreat to the warm confines of home. But regular exercise plays a big role in regulating mood and physical health. If you can bundle up and stay warm enough, it’s worth heading outdoors to catch the few rays of sunlight that are available. But working out indoors still brings plenty of health benefits. No matter how tempting it might be to create a cozy cocoon of blankets and books, get your exercise in first — then feel free to hunker down.



FREEBIE TREASURES

GLENN ADAMS
Associated Press

AUGUSTA, Maine — OK, I admit it. I pick up castoff gloves I find along the side of the road.

You never know: These gloves that have blown out of the backs of pickup trucks can, if you're patient, be useful. You just need to hold onto that lonely left until you can match it up with a nearly matching right. Sometimes you get lucky and find a pair straight off, which makes for a very satisfying day.

My freebie treasures are not limited to gloves. It's amazing what's out there free for the picking. I've taken junk skis and made them into a coat rack. Once I made a doll house for my daughter out of old chair seats and kindling wood. The shingles on the doll-house roof were carefully cut from old plastic milk bottles (before they were widely collected for recycling).

I've grown very fond of wood from collapsed barns, a visual blight to many people but pure beauty to me. Cut into the right lengths and corners properly angled, the barn board can be transformed into perfect picture frames. Some now surround old newspaper front pages that I socked away through the years (a super-bold "BUSH WINS" from December 2000 gobbles up the front page of the Bangor Daily News). Barn board forms the perimeter of a big mosaic of Maine's State House that I made from business cards amassed over three decades. (It now hangs in the State House itself.)

While workers were renovating parts of the State House in the 1980s, they tossed an old, light-shaded snack-bar counter (I think maple or birch) out into the parking lot to be hauled

20 **Live Well Wyoming** January/February 2017

These junked skis and poles were converted into a coat rack by Glenn Adams in Augusta, Maine.

AP



Finding
beauty
and value in
repurposing



Glenn Adams salvaged wood from a barn and used it to frame a collection of historic front pages at his home in Augusta, Maine. AP

off to the landfill. But I got there first, and into the back of my van it went. The bulky thing flew out of the rear hatch, into the street, on a hill, but I scrambled out and shoved it back in. With some moderate remodeling, it has served as a solid and some might say handsome bookcase in my home for years.

I guess my masterpiece would be the bar I fashioned out of a sunken fishing boat. I eyed the 18-foot, hand-made wooden boat lasciviously as it lay in the watery muck for a couple of summers. Finally assured that it was abandoned, I floated it temporarily and towed it home with hopes of refurbishing and permanently floating it. Given its age, that wasn't going to happen.

Armed with an all-purpose saw, I transformed the boat into three pieces, fashioning two of them into a bar and the bow into a back bar with shelves for glasses, mugs and so on. The hemlock bar top (repurposed scrap from another household project) served well

for a few years. Then, just a couple of years ago, the state had the old, worn copper removed from the Maine State House dome and decided to sell the scrap to artisans and schmoes like me. Newly buffed copper from the dome now graces the top of our bar. Fill your steins to dear old Maine!

The propensity to save and reuse old or castoff stuff is well ingrained in the Maine psyche, where Yankee thrift is more or less a given. I once did a story on a Mainer who set a new standard by re-repurposing the huge wooden crate that housed Charles Lindbergh's Spirit of St. Louis on its return trip to the United States after his historic flight to France. For a while, the 290-square-foot crate served as a bungalow in Hopkinton, New Hampshire. Then Larry Ross of Canaan, Maine, bought it and turned it into a museum to house Lindbergh memorabilia.

Lobster traps that have been repurposed into coffee tables are everywhere (including my den). But the urge to coax new lives out of

our worn, tired and rejected stuff is not limited to Mainers.

The Junk Gypsies have made a career of it. From their Texas-based design studio, sisters Amy and Jolie Sikes search out useful junk and transform it into attractive pieces for the homes of their clients, who include country music stars and Hollywood actors. You can see it on their TV show or in their new book, "Junk Gypsy: Designing a Life at the Crossroads of Wonder and Wander" (Touchstone).

My fixation with the used but not useless started a long time ago. As a kid in New Jersey in the early 1960s, I was helping my father as he remodeled what had been a dilapidated carriage stable into a proper garage to house our Corvair and Chevy Nomad. To say I helped is a bit of a stretch because I mostly stood, watched and waited for a command to hold a piece of wood or, if I was lucky, hammer in a few nails. At one point, I noticed he was running old pieces of wood through his table saw to be used

for the sheathing. I asked why he wasn't using new wood. Peering at me over his glasses, he said in a most serious tone, "Why, son, this is perfectly good wood."

Then he directed me to take the hammer and straighten out some of the old, slightly bent nails he had been pulling from the lumber as he dismantled the building. By then, I understood what he was talking about. I got pretty good at straightening out old rescued nails.

Years later, in my own house, he would chide me if he saw me using "bent nails." But I still use them whenever I can. And I use his same old table saw to cut planks — usually used ones.

The saw neatly chewed its way through 7/8-inch oak planks from a tree on our lot that we had to have cut down. I had the trunk milled and planed, and dried it for a couple of years, producing beautiful, solid planks. They are now the cabinets in our cottage's kitchen, and a porch swing that hangs from our backyard rock maple tree.



ERIN NITSCHKE
Live Well contributor

HEALTH BITES

JOURNEY OF CHANGE

ERIN NITSCHKE
Live Well contributor

The New Year symbolizes a chance to let go, move forward and pursue new passions.

This time is also synonymous with setting new (or revisiting abandoned) resolutions and goals. Health clubs experience a surge of new members, weight loss classes are in high demand and the proverbial “new leaf” is turned.

But fewer than 10 percent of individuals actually continue with their resolutions. Why is this?

The challenge doesn't come in the setting of goals and resolutions. The struggle is in the keeping, which negatively impacts the achieving. If you've experienced this, don't focus on what you perceive as failure.

Instead, turn your attention to understanding the why you weren't able to keep

and achieve the intended outcome and how to change that experience for this and future years.

First, we need to understand the distinct difference between a goal and a resolution. A goal is something to be achieved and checked off. A resolution is a statement of personal change in behavior; it's something to be kept. In other words, the resolution precedes and sets the stage for the goal or goals necessary to keep what you resolved to do.

For example, a New Year's resolution may look like this: I resolve to build healthier habits into my daily life.

This type of statement speaks directly to the behavior a person wishes to modify. To keep that (and any) resolution, guiding goals are required. For example, goals related to the above resolution may include objectives such as these:

■ I will add two more servings of fruit each day by including a serving at lunch and for an afternoon snack. I will do this for three weeks and then revisit my progress.

■ I will wear my fitness tracker at least six days a week to hold myself accountable for daily activity. I will walk 10,000 steps each day. I will do this for two weeks and then revisit my progress.

■ I will set aside 15 minutes each evening before bed to meditate and refocus. After two weeks, I will increase the time to 20 minutes.

The above list is a sample; the goals you set to support a resolution will look different. The biggest reason resolutions are short-lived is because we overlook one important step – to set smart goals to guide us on the journey of change.

In neglecting to identify the “how will



FILE | STAR-TRIBUNE

Sharayah Lewis pushes herself on the elliptical while working out at the Flex Complex in Casper in 2011.

I get there” question, we set out with a desire to change something in our lives but lack a map or compass to direct efforts to change. Shortly into the pursuit of the resolution, we become distracted by the lack of progress, the frustration and the boredom. To change the pattern, we need an actual plan to progress. Use the following steps to guide you toward progress.

1. Learn the differences between resolutions and goals

A resolution is a statement of desired change. A goal is a measurable objective to meet.

A resolution is something kept. A goal is something achieved.

A resolution is general. A goal is specific.

A resolution is permanent. A goal is both short- and long-term, with identified end dates.

A resolution is like a roof on a house. A goal is the foundation and walls to support the resolution.

2. Prioritize what you wish to change, but identify sparingly

Another reason resolutions slip away is because we have a tendency to overwhelm ourselves with all the things we want to change instead of making priorities. Fill in the blank: If I could change one or two things about my health, it would be _____.

3. Set SMART goals to support the resolution

Effective goals include the following elements:

- Specificity
- Measurability
- Achievability (is it realistic?)
- Rewards
- Timeline (both short- and long-term goals are useful)

Let’s revisit an earlier example: “I will add two more servings of fruit each day by including a serving at lunch and for an afternoon snack. I will do this for three weeks and will revisit my progress.”

The above goal is specific in that it outlines what changes will be made and what actions the individual will take to make that change. It is also measurable because the goal states how many added servings of fruits will be consumed (two). The goal is achievable and realistic because it is a manageable number of servings to add to a daily diet (unlike stating “10 servings”). Finally, it is time-defined because the

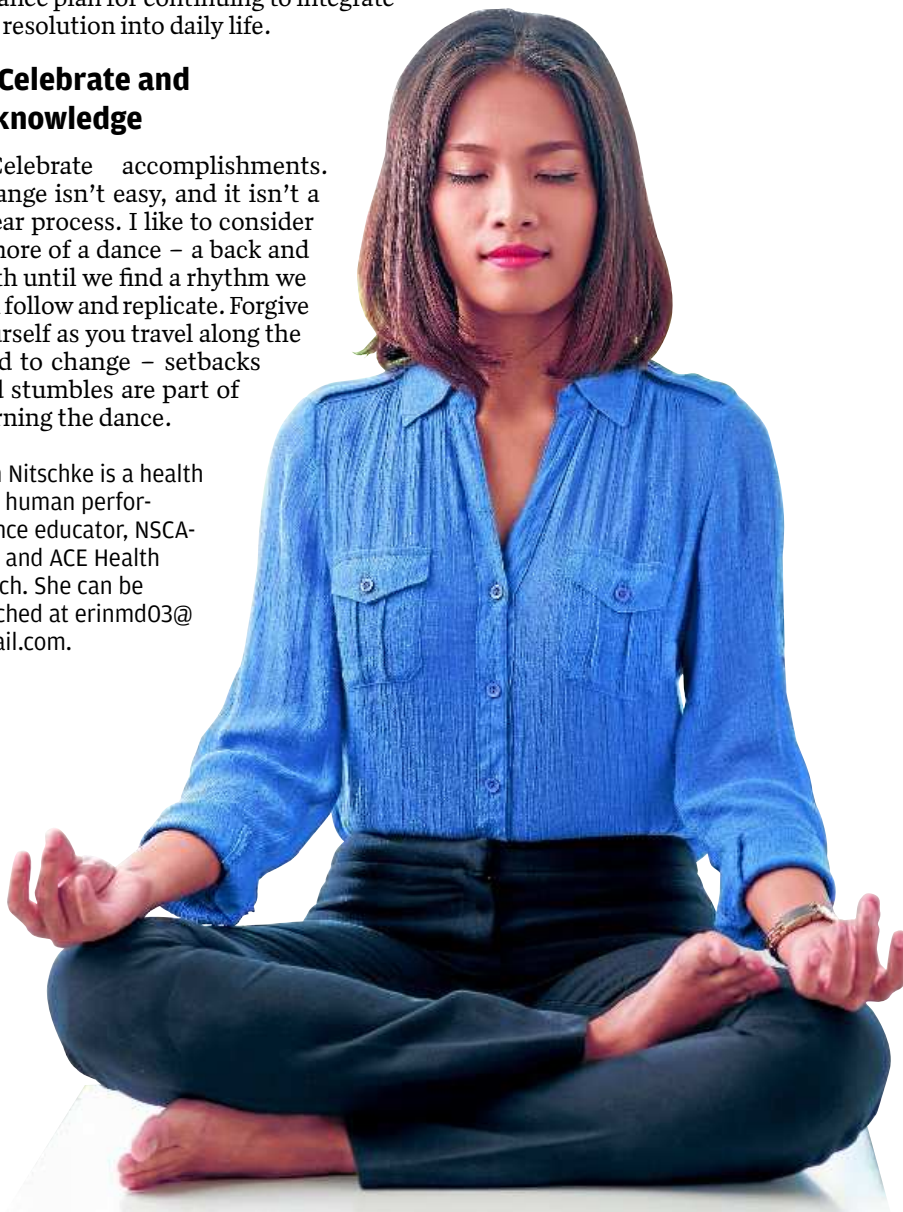
goal statement includes a three-week timeline.

The only other element to address is the reward. Rewards often include new clothes, a massage, a new book, etc. The reward should be meaningful and not something you would purchase or do on a regular basis (avoid food-based rewards). Set two or three goals for a resolution (include a combination of short- and long-term goals). Once the goals are achieved, revisit them and create a maintenance plan for continuing to integrate the resolution into daily life.

4. Celebrate and acknowledge

Celebrate accomplishments. Change isn’t easy, and it isn’t a linear process. I like to consider it more of a dance – a back and forth until we find a rhythm we can follow and replicate. Forgive yourself as you travel along the road to change – setbacks and stumbles are part of learning the dance.

Erin Nitschke is a health and human performance educator, NSCA-CPT and ACE Health Coach. She can be reached at erinmd03@gmail.com.





**SUSAN
PRESCOTT-HAVERS**
Live Well contributor

CHEF'S CORNER

ULTIMATE COMFORT FOOD

As an Englishwoman, I am particularly partial to crumpets, which are related somewhat to English muffins but oh, so superior!

Until recently they were for sale only during the winter months, and to me they were the ultimate comfort food — a hot cup of tea and hot buttered crumpet with or without preserves.

Recipes for the two are largely similar today, though not so in the past. They are both designed to be cooked on a hot griddle; the crumpet is generally cooked only on one side and pale on the top with distinct holes. They are not split before toasting and eating.

Before we get into the recipe, I would like to recap some history with the help of a blogger: The Foodies Companion.

Crumpets are an Anglo-Saxon invention that were initially hard pancakes baked on a griddle. The term has Celtic origins. The earliest reference comes from a 12th-century text mentioning a “crompid cake” and it is related to the Breton “kranpoez” or the Welsh “crempog.”

The 1649 Oxford dictionary described the crumpet as a mixture of buckwheat flour, beaten egg, milk and baking powder. These were different from the more familiar soft, spongy crumpets of the Victorian era, when yeast was added to the dough and the crumpet was baked in a ring mold to hold the batter while it cooked.

Commercial British makers developed the holes that appear on the top of the crumpet when it is cooked by adding extra baking powder to the dough. These are the crumpets of my youth and those that I make outside of Britain, since they do not seem to be exported to wherever I have lived.

The British “muffin” was originally made from leftover bread and

biscuit dough scraps and mashed potatoes, which the cook fried on a hot griddle to produce a light, crusty muffin. These were eaten by the “downstairs” servants in England’s Victorian society before they eventually moved “upstairs.” These muffins could be split and toasted over an open fire and served with various toppings. They became so popular that hawkers sold them on the streets of London and the song, “Do You Know the Muffin Man?” became a big hit.

The modern English muffin is, in fact, an American invention created by Samuel Bath Thomas, an 1874 immigrant to New York City from Plymouth, England. He opened his own bakery in 1880 and there he created a “toaster crumpet,” a flatter version of the English crumpet that did not contain baking powder used to create holes as in the traditional crumpet.

His secret process did retain the “holes” that crumpets have on their outside to trap butter and other toppings, but the muffin “holes” are on the inside of the muffin. “Fork splitting” the muffins before toasting retained the holes. These Thomas English muffins became very popular in the U.S. and have even been re-introduced to the British.

As a consumer, things you need to know are: Crumpets are always made with milk and are made with a loose batter rather than muffins, which are made from a firmer dough and not always with milk. Crumpets are generally cooked on only one side, so the bottom is flat and toasted while the top is speckled with holes for the butter, etc. English muffins are more bread-like and are toasted on both sides.

Susan Havers is chef at and owner of the historic Elk Mountain Hotel.

English crumpets

These are best enjoyed toasted and spread with butter, jam and/or cream cheese.

Since their holes reach to the outside crust, there’s no need to split them before toasting. You can make them without muffin rings (or cleaned tuna cans), but they’ll be perfectly round and much nicer-looking if you use rings.

Ingredients:

1-½ cups lukewarm water
2 cups lukewarm milk, divided
2 tablespoons melted butter
3-½ cups unbleached All-Purpose Flour
2-½ teaspoons instant yeast
1 teaspoon baking powder
1-¼ teaspoon salt

Directions:

1. Combine all ingredients except second cup of milk in a bowl and beat vigorously for 2 minutes.
2. Cover the bowl, and let the batter rest at room temperature for an hour. It will expand and become bubbly. Near the end of that hour, preheat a griddle to medium-low, about 325 degrees. If you do not have a griddle, preheat a frying pan but not as hot as you would for pancakes.
3. Add enough of the second cup of milk to make a loose batter. You want enough moisture to make a loose batter that will allow the holes to develop but not enough that the batter runs out under the rings.
4. Lightly grease the griddle or frying pan, and place well-greased 3-¾” English muffin rings in the pan, as many as will fit. Pour sticky batter by the scant ¼-cupful into each ring.
5. After about 4 minutes, use a pair of tongs to slip the rings off. Cook the crumpets for a total of about 10 minutes on the first side, until their tops are riddled with small bubbles/holes. They should be starting to look a bit dry around the edges. Their bottoms will be a mottled, light-golden brown.
6. Turn the crumpets and cook for an additional 5 minutes, to finish cooking the insides and to brown the tops gently. This is not traditional, but it ensures the dough is cooked all the way through, and it does not affect the flavor.
7. Remove the crumpets from the pan and repeat with the remaining batter until all the crumpets are cooked. Serve warm. Or you can cool completely, store in an airtight container at room temperature.

To enjoy, warm in the toaster and serve with butter, or butter and jam. Honey and peanut butter works, too.

Makes about 20 crumpets.

Learn to love a long, slow braise

SARA MOULTON
Associated Press

How do you transform a tough, less expensive cut of meat into something tender and delicious? You braise it!

Braising is a wonderful and basic cooking technique that uses a slow, wet heat in a covered pot. It's great for cuts such as chuck, flank, brisket, rump and round. In fact, cooked properly, these cuts can be more delicious than more tender cuts. I'm using short ribs in this recipe, but the method can be used to wonderful effect on any other tough cut of meat.

Short ribs can be butchered three ways: English, flanken or boneless. In English style, the ribs are cut parallel to the bone, with one bone per cut. In flanken style — which originated with the Jews of Eastern Europe — the ribs are cut across the bone. With English style, you get relatively uniform chunks of beef. With flanken style, you get a sauce with more body and flavor because the cut bones enrich it.

You also can get boneless, which we used in this recipe. They cook a little faster than ribs with bones, and you get more meat for your money (you're not paying for the bone weight).

We start by browning the ribs in a pan. During browning, the meat will give off juices that form tasty little brown bits on the bottom of the pan. Reconstituted with wine once the meat has finished browning, these bits end up enriching the sauce. I also brown the vegetables, which amps up their natural sweetness.

This recipe requires two bottles of beer, though you also could use a full bottle of red wine. But whether beer or wine, please choose bottles for which you feel some real affection. It doesn't have to be expensive, but it also shouldn't be the dollar special. You won't end up tasting the beer or wine, but you will be astonished by and grateful for the soulful taste of the ribs, which will boast an acidity and depth they'd otherwise lack.

Combine the browned meat, vegetables, beer and chicken broth in a Dutch oven, covered tightly. I place a piece of kitchen parchment right on top of the meat to make sure no liquid escapes. Then it is cooked low and slow. You'll know you're done when the tip of a knife slides into the meat with no resistance. If you become antsy and try to speed up the process by boiling the meat, you'll end up with hockey pucks for dinner.

Assuming you have the time, try to prepare this dish a day ahead, then allow it to cool off and chill overnight. It also freezes beautifully. Not only will the ribs taste better the next day, but by then the fat will have solidified at the top of the pan, allowing you to scoop it off with ease. Then you can warm up the contents and proceed with the recipe.



Braising is great for tough cuts of meat. Try using red wine or beer to make these braised short ribs.

Beer-braised beef short ribs

If you use bone-in short ribs, check the meat after 3 hours of braising. They likely will need an extra hour of braising.

Start to finish: 4 hours (1 hour active)

Servings: 8

Ingredients

2 tablespoons extra-virgin olive oil, divided
5 pounds boneless beef short ribs
Kosher salt and ground black pepper
2 cups thinly sliced yellow onions
2 medium carrots, coarsely chopped
1-½ tablespoons minced garlic
2 tablespoons tomato paste
1 sprig fresh thyme (or 1 teaspoon dried thyme)
1 bay leaf
Two 12-ounce bottles beer
4 cups low-sodium chicken broth
¼ cup plus 1 tablespoon all-purpose flour
1-½ tablespoons Dijon mustard
½ cup water
2 teaspoons lemon juice

Directions

Heat the oven to 325 F.

In a large Dutch oven over medium-high, heat 1 tablespoon of the oil. Use paper towels to pat the ribs dry, then season them on all sides with salt and pepper. Reduce the heat to medium, add a quarter of the ribs to the pot and brown on all sides, about 10 minutes. Transfer them to a large platter or bowl. Repeat with the remaining oil and short ribs, transferring them to the platter or bowl when finished.

Return the pot to the heat and add the onions and the carrots. Cook, stirring occasionally, until golden brown, 10 to 15 minutes.

Add the garlic and cook for 1 minute. Add the tomato paste, thyme and bay leaf, then saute for 2 minutes. Transfer the vegetable mixture to the bowl with the ribs. Return the pot to the heat and add the beer. Bring to a boil and simmer until the beer is reduced by about three-quarters.

When the beer is reduced, add the chicken broth and bring to a boil. Return the meat and vegetables to the pot and cover with a piece of kitchen parchment. Put the lid on the pot and set in the oven on the lower shelf and cook until the meat is very tender, 4 to 5 hours.

Use tongs to transfer the ribs to a platter. Let them stand until cool enough to be handled.

Meanwhile, strain liquid in the pan into a bowl. Discard the solids and return the liquid to the pot. Let stand for several minutes, then skim off any fat that floats to the surface (or use a fat separator).

In a small bowl, whisk together the flour and water. Set the pot over medium-high heat and bring the cooking liquid to a boil. Add half of the flour mixture in a steady stream, whisking. Bring the sauce to a boil, check the consistency and if you would like it thicker, whisk in more of the flour-water mixture. Simmer for 8 minutes. Whisk in the mustard and lemon juice, then season with salt and pepper.

Add the meat to the pot along with any juices from the platter. Cook gently, just until heated through. To serve, arrange some rib meat on each plate and spoon some of the sauce over each portion.

Nutrition information per serving: 620 calories; 290 calories from fat (47 percent of total calories); 32 g fat (13 g saturated; 0 g trans fats); 170 mg cholesterol; 15 g carbohydrate; 2 g fiber; 3 g sugar; 57 g protein; 820 mg sodium.

Braising is a basic technique that involves using a slow, wet heat in a covered pot.

AP