

habitat

2009

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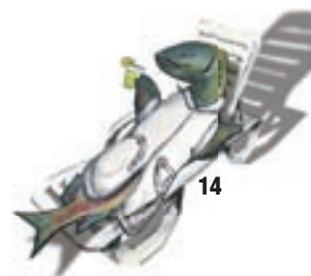
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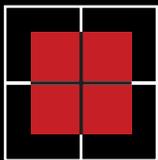


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Constructed in 1977, before there was green



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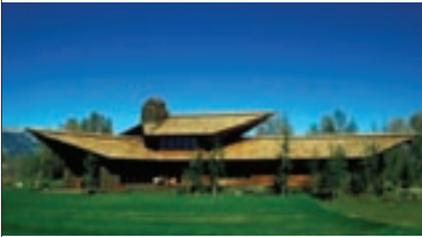
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FROM THE editor

PHOTO BY PAULETTE PHILIPOT



One year ago, we launched our first green issue of *Habitat*. Covering how to live sustainably in the Wood River Valley; the magazine aimed to be a comprehensive resource. Twelve months on, our world has changed significantly and this country is moving closer to accepting the importance of looking after this planet. With that in mind, the direction of this issue of *Habitat* continues along the path of promoting sustainable lifestyles. And we are making a commitment to infuse all future issues with stories that help our readers along that path.

On a personal note, my own life has changed fundamentally since I posed for the editor's photo last year. Eight months pregnant then, I am about to celebrate my son Owen's first birthday. During the roller coaster ride that is a new parent's first year, the importance of protecting our habitat has taken on an even greater significance. I have come to understand how much the little changes we make really do count. In my own home, I have taken to heart the tips from Hailey's green families featured in the story, *Rising to the Challenge* (Page 16). From turning the thermostat down, to replacing energy-sapping lights with earth-friendly CFL bulbs, small efforts help conserve natural resources and go a long way to sustaining our way of life for Owen's children's children.

Going green is not all so scarily serious, however. In these uncertain economic times, there are many ways to help ourselves as well our planet. Plan a green wedding (Page 30). Redecorate on a budget (Page 38). Contain your composting (Page 42). *Habitat* covers the best and the brightest of home, garden and life in our spectacular valley.

So, please, enjoy the stories and glimpses into the lives of your neighbors. But above all, take from them this thought: In the words of that great arbiter of change, Mahatma Ghandi, whose own son I was fortunate to meet, "You must be the change you want to see in the world."

Jennifer Tuohy, Editor
editor@sunvalleyguide.com



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Michelle Carter in *Violet* summer 2008
photo by Kirsten Shultz

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contributors

Dana DuGan has written on the Wood River Valley's arts and community for more than 15 years. As a gardener, she is a committed composer and seeks out fresh organic food wherever and whenever possible.



Gregory Foley has been a professional writer and editor since 1997, the year he started his novel, *The Clarity of Light*. His work includes tenures as the news editor of a Pulitzer Prize-winning newspaper in California and editor-in-chief of the *Idaho Mountain Express*. He moved to the Wood River Valley in 2002 via France, Hawaii, Colorado and the West Coast. "Since I was a kid, this is the longest I've stayed in one place. I guess that says something." A second novel is in the works.



Pat Murphy is the former editorial page editor and publisher of *The Arizona Republic*. Prior to that, he was a news executive with *The Miami Herald*. Murphy is "retired" in Ketchum and working as a freelance writer and columnist for the *Idaho Mountain Express*.



Rosa Maricich was living green before she knew the difference. Growing up in Taos, New Mexico, amidst the back-to-the-land movement of the 1970s, her lifestyle was defined by a close relationship with the earth and the elements. Now a green design and lifestyle consultant, she welcomes the time when living green will once again be the rule rather than the exception.



Matt Furber is whittling down to the basics and a little new media. A freelance writer packing the American Dream in a suitcase, Furber is going light with travel-writing, global news and a pen poised for fiction. He thinks it all might just fit.



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rapturous rugs



1. Tattoo runner: 3'x12' wool & silk, hand-woven in Nepal, \$3,780, Tribes Interiors. **2. Camouflage Leaves:** 24"x36" wool, hooked rug, \$95, The Picket Fence. **3. Samples from Company C's** custom-made area rugs: 2'x2'-10'x14', wool, \$68-\$3,200, Vintage Gypsy. **4. Three handmade Refugee Weaving Project rugs** from Central Asia: 4'x6', hand-spun wool, \$2,400, Davies Reid. **5. Patchwork kilim rug:** 4'9"x6'3", wool and cotton, hand-woven in Turkey, \$795, Lone Star. **6. Montana Loomworks custom area rug:** 8'x10', post-consumer recycled textiles, purchased at Sun Valley Arts & Crafts Festival. **7. Mesa New Moon collection:** 9'x12', wool, hand-woven, \$880, Tribes Interiors. **8. Tees Miel:** 5'x8', wool, hand-woven by Zapotec Indians, \$1,850, Topnotch. **9. Mut kilim rug:** 3' x 4'2", \$385, Lone Star. **10. Cowhide rug:** \$350, The Picket Fence. **11. Fourteen Rug:** 9' diameter, wool, \$3,144, The Open Room. **12. Felted wool stones:** 20" diameter, \$495, Bellissimo. **13. Sample of custom-made area rugs:** hand-tufted, wool, price varies, Charles Stuhlberg Interiors.



From caves to castles rugs are a timeless way to revitalize a room. They come in all kinds of natural materials: wool, cotton, jute, bamboo and sisal. They can be hand-knotted, flat-woven, hooked or machine-made. They are culturally diverse: Persian, Oriental, Turkish, Tibetan or Native American. Rugs are also kinder on the environment. Easy cleaning means healthier homes, and artisan rug makers put less strain on natural resources. Be style savvy and earth-friendlier—choose rugs.

By Dana DuGan
Photo by Kevin Syms

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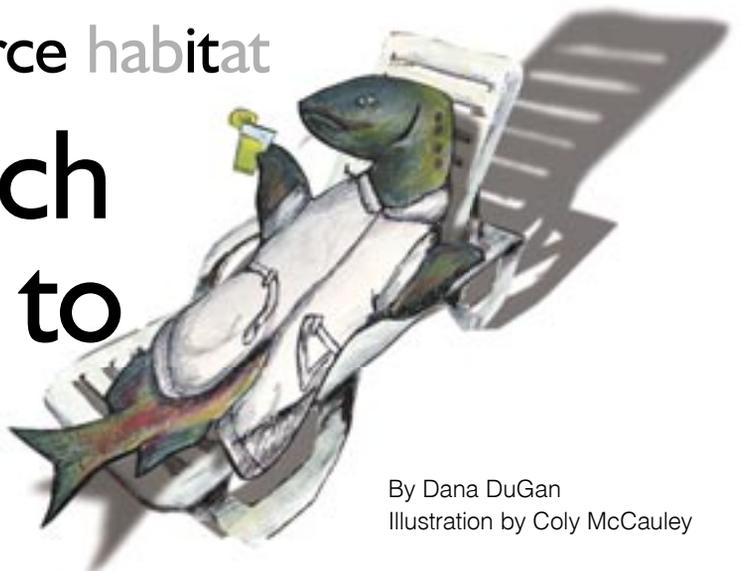
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__source habitat

which fish to fry?



By Dana DuGan
Illustration by Coly McCauley

The dilemma is this: We love to eat wild fish, but thoughtless gorging may ultimately decimate the very thing we love. What's the alternative?

A third of the fish consumed globally comes from fish farms, and as ocean and lake catches continue to decline, farm-to-table numbers will only rise. But fish-farming has its costs. Salmon are dosed with antibiotics to fight the contagious diseases that race through crowded pens. And that meaty pink hue we insist on? A diet of synthetic dyes would turn you pink, too.

Fish taste only as good as what they eat, so when flavor is key, wild has long been the gourmet's choice. But while seafoodies snub the feedlot variety as inferior, fish farms continue to grow. And some farms are changing their methods to produce healthy, five-star fish. Tim O'Shea, founder of the San Francisco-based seafood distributor CleanFish, travels the world to find thoughtfully farmed, sustainable seafood. He believes a small, well-run fish farm can out-produce a commercial fishery in quality and quantity. He values artisanal husbandry that addresses the range of concerns: environmental, culinary and moral.

Among his favorite fishes, O'Shea touts Scottish Loch Duart salmon. These fish are fed sustainable resources that mimic a natural ocean diet and are given plenty of room to swim and grow. Such details ensure a product guided by the needs of the fish, not the investors.

O'Shea called food production a "cultural battle," and said he is campaigning to educate people. "We need real change," he said. When fish farming's negatives came to light, O'Shea thinks many conservationists over-reacted and swam in the wrong direction. "They all said, 'Farm bad, wild better.'" But this

ignores the dangers of over-fishing, the possibility, he said, that in 30 years the wild fish may all be gone.

Last fall, O'Shea came to the Wood River Valley to sell his fishy notions. He hosted a dinner for local chefs featuring Loch Duart salmon and Fisherman's Daughter shrimp from Mexico. The feast was a success; CleanFish products have been added to Ketchum menus at Rasperrys, Michel's Christiania, Ketchum Grill, Knob Hill and Globus, as well as CK's Real Food in Hailey. Mountain Pride, a local fresh meat and seafood provider, is also onboard. "Some locals would never eat farm-raised salmon specifically because we're in the Northwest," said Stuart Sideman, Mountain Pride owner. "But last year, California and Oregon had no wild salmon season. It's a diminishing product."

Meanwhile, Idaho farms on the nearby Snake River raise sustainable catfish, trout and tilapia. Due to its cool, clean water and naturally replenishing springs, the Snake River Canyon is ideal fish-farm country; about 75 percent of American trout is grown there.

One of the area's largest trout operations is Clear Springs Foods. The employee-owned company is an active participant in groundwater protection efforts and has a resourceful eye. "The fish are raised in a clean environment. And we use the whole fish," said Cally Parrott, director of corporate relations. "We freeze the heads for pet food," and other waste is used in organic fertilizer.

As with all agriculture, modern fish farming requires care and sensitivity. Many species are abundant and fast growing. Others have a school of problems. But once we learn which fish are clean fish, the catch *du jour* can be a guilt-free pleasure. 🐟

revive your recycling

Recycling is more than just a hobby. It's an important civic contribution. "There are hundreds of millions of dollars wrapped up in this industry," said Craig Barry of Ketchum's Environmental Resource Center. "This community spent \$1.6 million for Ohio Gulch, and we want to make it run at capacity." Here are a few simple solutions for organizing your recyclables.

By Sabina Dana Plasse
Photos by Paulette Phlipot



get smart indoors

The Smart Bin is a convenient, attractive, all-in-one recycling center. This stainless steel sorter is pedal-operated and includes pull-out inner bins and comes in a variety of sizes and models. \$99.99-\$139.99, at home-improvement stores or online at esmartproducts.ca.

invent a system

Jolyon Sawrey is constantly inventing new methods to simplify his household recycling. The environmental architect built his home in Bellevue's Griffin Ranch to incorporate sustainable living, recycling included. He installed a pullout two-bin drawer for plastic and aluminum recycling and moved another bin under the kitchen sink for co-mingled paper. He then built a dolly with three tiers of containers that he rolls curbside on pick-up day. "This is its third incarnation," Sawrey said. It still has some kinks to be worked out. "It's not wind resistant and it has slip-page problems." He also bought a can crusher at the Building Materials Thrift Store in Hailey to create extra room.



stack it outside



Clear Creek Disposal, the valley's largest garbage contractor, now offers a stackable bin system for curbside pickup. The bins are available for \$10 each and come with handy labels in English and Spanish to make sure you put your magazines, paper, glass, plastic and aluminum in all the right places. Call (208) 726-9600 or ccd disposal.com.



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number habitat

Compiled by Pat Murphy

Tons of waste recycled in Blaine County
between October 2007 and September 2008: **2,453**
Percentage increase from the previous year: **19**

Pounds of plastic bottles, cans and glass recycled by the
Environmental Resource Center at community events in 2008: **16,300**

Gallons of water saved in the city of Hailey since the
installation of water meters in September 2007: **152,000,000**

Average number of vehicles making roundtrips each weekday on Highway 75
between Hailey and Ketchum: **22,000**

Average number of weekday roundtrips on U.S. Highway 20,
between Fairfield and the Timmerman Hill intersection: **1,600**

Approximate number of members in Idaho's Bounty, the two-year-old
nonprofit cooperative that delivers locally produced foods
throughout southern Idaho: **650**

Total in dollars collected from 10-cent donations made by Atkinsons' Markets
to the Environmental Resource Center for each reusable grocery bag
carried by its customers in 2008: **6,700**

Number of Blaine County children living in poverty: **450**
Pounds of food distributed by the Blaine County Hunger Coalition
to needy families in the last two years: **24,000**

Total land acres in Blaine County: **1,692,736**
Percentage of Blaine County acres owned by the federal, state and
local governments, respectively: **77.7** & **3.6** & **0.3**
Percentage of acres that are privately owned: **18.5**

Number of homes and small structures donated to the
Building Materials Thrift Store since 2001: **32**
Acres of land permanently protected by the Wood River Land Trust
using proceeds from the Building Materials Thrift Store: **10,000**

Number of Blaine County acres owned by The Nature Conservancy: **978**
Number of Blaine County acres managed by The Nature Conservancy
through easements on rangeland: **9,000**

Acres of farmland in Blaine County: **191,949**
Percentage of farmland in Blaine County devoted to crops
and pasture, respectively: **28.2** & **68.5**

Number of Leadership in Energy and Environmental Design-certified (LEED)
residential structures in Blaine County: **3**
Number of LEED-certified commercial structures: **1**

Number of small dog waste bags distributed in 2008 by the Environmental
Resource Center and its partners on Blaine County trails: **24,000**



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FAMILIES RISE TO THE CHALLENGE

BY GREGORY FOLEY
PHOTOS BY DAVID N. SEELIG



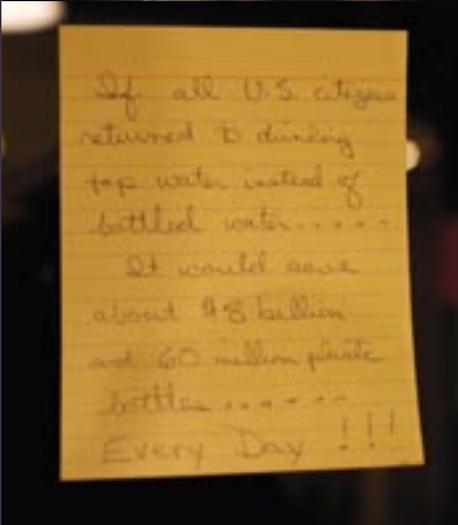


Saving the Earth is a bit like ending world hunger or war. The challenges seem so enormous, so difficult, we question whether any small action will make a difference. Then inertia sets in and excuses for our inaction start to mount. "I can't recycle. I can't carpool," we say. "I just don't have time." In many cases, the rationalizations win out. But not always.

Today, four Hailey families are living proof that a succession of small changes can effect meaningful change for the environment and the household budget. Their journey started in early 2008. Elizabeth Jeffrey, a volunteer for the city of Hailey's HELP initiative (Hailey Environmental Leadership Program), established the HELP Hailey 2008 Energy Challenge. The yearlong competition would test how residents could reduce their environmental impacts.

The families competed in five categories: household energy; transportation; water consumption; electricity use; and the reduce, reuse, recycle trifecta. Each category was studied in a two-month segment and participants were coached along the way by professionals and conservation experts.

The changes, the families say, were generally easier than they imagined. And all are promising to continue their reformed ways.





AMY BOYER & DEAN HERNANDEZ

Occupations: Boyer is an independent property manager. Hernandez is an independent landscape designer.

Success: Three R's challenge (reduce, reuse, recycle) and the transportation challenge.

"We didn't make changes to win a competition. We made changes to alter the way we live, forever."

Dean Hernandez

When Amy Boyer and Dean Hernandez moved from the East Coast to the Wood River Valley in 2001, they had a vision. They wanted to live their lives in a way that was comfortable, but would leave a lighter environmental footprint.

When they bought a simple one-story house in Old Hailey, remodeling presented an opportunity in green living. But Boyer wanted more. She wanted to engage with conservation in all areas of her life. The HELP challenge delivered. "The idea of being accountable, a competition for ourselves... it helped spur us into action," Boyer said.

They replaced most of the old-fashioned light bulbs in the house with energy-saving compact-fluorescent (CFL) bulbs. And they bought low-wattage night-lights for their young daughter, Audrey, who doesn't like to be alone in the dark. Despite the changes, their electricity use increased. But so did their motivation. "If we didn't do well, it was more of a challenge to do better," Boyer said.

Indeed, the lack of early success inspired them in the reduce, reuse and recycle contest. They were already avid recyclers, but learned they could do more. They increased their mixed paper recycling by a factor of five—nothing was too small to target. They started composting in a bin in their backyard and followed with a small compost bin in the kitchen. Looking at more creative ways to reuse, Boyer came up with some personal touches. She cut up old greeting cards to use as gift tags and transformed paper Audrey had painted or colored into gift wrap. They made sure Audrey's unused toys ended up with other parents or at a thrift store. And during the holidays, they opted to buy less, focusing instead on fewer, high-quality gifts and charity donations. When they did buy new things, they looked for items with minimal packaging. The changes allowed them to switch to a smaller, 32-gallon city trash can, a savings of \$130 per year. "We still are consumers," Boyer said. "But we're much more conscious about what we buy."

Although the challenge is over, the efforts to maintain a green household will continue, Hernandez said. He has plans to landscape with water-conserving drip irrigation. And he's looking into solar panels for the roof. "We didn't make changes to win a competition," he said. "We made changes to alter the way we live, forever."

MARI WANIA & BILL LEAVELL

Occupations:

Wania owns Simple Kneads, an organic wholesale bakery. Leavell is the ranch manager of the Idaho Rocky Mountain Ranch.

Success: Water conservation challenge.

"I pledged to bike or walk everywhere I went within two miles of my house..."

Mari Wania

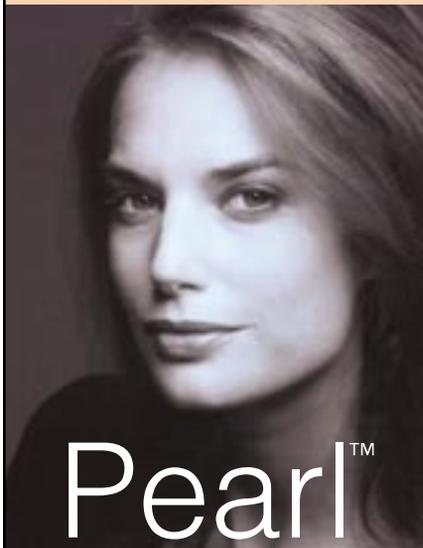
For Mari Wania, taking measures to protect the environment was nothing new. Running the Simple Kneads bakery out of her single-story home in Sherwood Forest, this 30-year valley resident routinely thought about the connections between lifestyles and the environment. In her business, she used locally grown ingredients whenever possible, minimized waste and planned her deliveries for maximum energy efficiency. In essence, she tried to live the low environmental impact that she preached.

Prior to the HELP contest, her conservation had plateaued. The initiative jumpstarted her imagination. Wania and her partner Bill Leavell, along with his son, John, upped their efforts. They bought energy-saving CFL light bulbs, insulated their hot water heater, dialed down their thermostat (65 by day, 62 at night) and installed heat-conserving window blinds. They bought a new Energy Star dishwasher and began hanging their clothes to dry.

Wania promised to drive less. "I pledged to bike or walk everywhere within two miles of my house, except for my deliveries," she said. "Even when it was pouring down rain, I'd say, 'I made that pledge, so I'm just going to do it.'" As a result, she cut her gasoline consumption in half. One spring day, she borrowed a toddler bicycle trailer to test if she could deliver some 200 pounds of baked goods to Ketchum without using her car. "It didn't work. Well, it did, but it took forever."

Prior to the challenge, Wania and Leavell lived greener than most. Once involved, they excelled particularly well in the water-use competition. By deep watering their grass for longer, less frequent cycles (30 minutes and only at night), they saved water without sacrificing a green lawn. "My grass stayed green and I had to mow it less often."

She went further by collecting gray water from the drains beneath her sinks and using it to quench her assortment of fruit trees and house plants. She installed a water bottle inside her toilet tank to reduce its capacity and all three members of the household took shorter showers. In the end, they cut their water use by 5,000 gallons during the peak-use months of July and August—about 17 percent. "It made me feel like I could really make a difference."



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WHAT CAN I DO?

Follow these tips from Hailey's green families to transform your household.

1. Turn down the heat

Install a programmable thermostat or simply lower the heat for substantial winter savings.

2. Install CFL bulbs

Their efficiency and long life-span makes up for their higher initial cost.

3. Save water

Take shorter showers, turn off the faucet when brushing your teeth, and run dishwashers and washing machines only when full.

4. Lights out

Light equals energy. Use only what you need.

5. Plan trips to town

Take fewer, more efficient trips or ride your bicycle or carpool instead. You'll get exercise or time with friends and save energy.

6. Deep water the lawn

Longer, less frequent sprinkler cycles save water without killing the grass.

7. The three R's

Start a recycling system (see Page 13). Reuse plastic bags and paper. Buy products in bulk or in minimal packaging.

8. Use power strips

Plug computer systems and electronics into a single set of receptors that can be switched off.

9. Harness solar energy

Open the blinds on south- and west-facing windows during the day to absorb heat and close them at night to keep it in.

10. Compost

Sink disposals use lots of electricity and water. Organic food waste and even paper decay into quality fertilizer for gardens or trees.

MOLLY GOODYEAR & MIKE WOLTER

"We've done our part." That's how Mike Wolter describes his family's efforts over the years to conserve fossil fuels. Before the HELP challenge, Wolter and Goodyear saw to it that their two children—Peter, 10, and Ella, 7—traveled to and from their Northridge home in a car-pool or on bikes. They recycled, and all tried to conserve electricity and water.

During the challenge, things changed. The family discovered how small changes could go a long way toward saving utilities and—to their delight—money. "We've reduced our bills significantly. It really makes you want to keep going," Goodyear said.

Instead of going for the home run that might come from costly upgrades—like installing solar panels or buying a hybrid car—this family made incremental lifestyle adjustments. They closed blinds at night to capture heat. They wrote names on the kids' drinking glasses so they could use the same one throughout the day. They used gray water for the plants and Wolter stopped shaving in the shower. They reused grocery bags and paper and bought food from Idaho's Bounty, a local sustainable food cooperative.

Going green also worked with this family's inclination to exercise. In the summer, Wolter rode his bicycle to work in Ketchum at least twice a week. And he regularly took Peter and Ella out on their bikes to help with errands. Sometimes they covered four or five miles. "The best part was seeing the kids want to ride their bikes with us," said Wolter. The efforts produced tangible results. Wolter calculated that he saved \$5 every day he commuted to work on his bicycle.

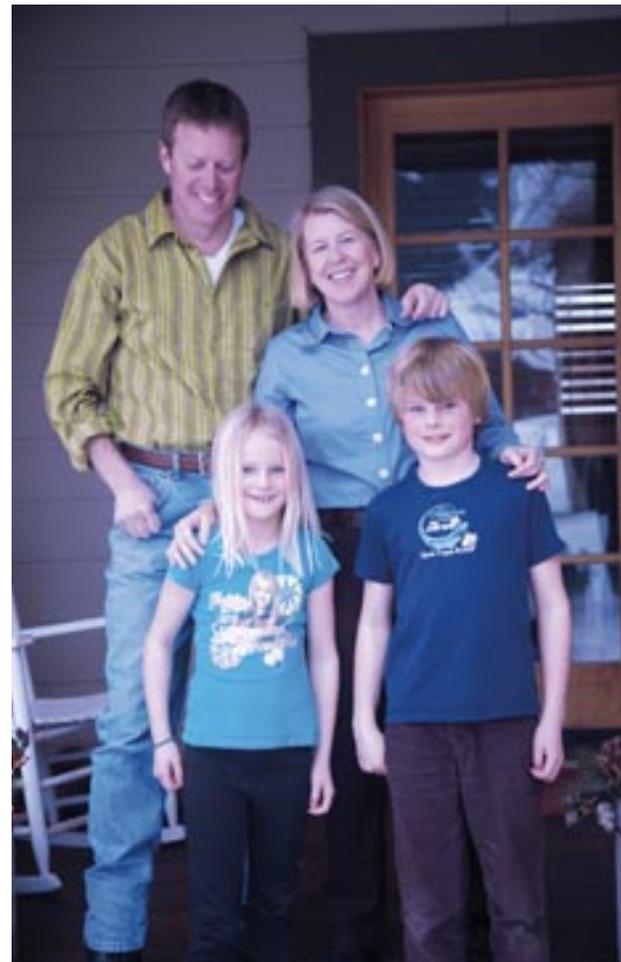
The electricity challenge produced the family's best results. They installed CFL bulbs in all but a couple of sockets. They were vigilant against excess electrical light. They switched off energy-saving power strips when items weren't in use. During a two-month span last fall, the family cut their electricity consumption by 31 percent. The savings on their bills, Wolter said, will quickly pay off all of the CFL bulbs he bought. "It's gratifying," he said. "I don't think I knew how significant a change it would make. It was an immediate difference." Goodyear sees the family's efforts starting to sink in with the kids, and she hopes it endures. "It's about a lot of little things that I think are easy to do."

Occupations:

Goodyear is membership and volunteer coordinator for the Sawtooth Botanical Garden, a nonprofit public garden and educational center. Wolter is the membership director of the Wood River Community YMCA.

Success:

Electricity conservation challenge.





ELOINA & JAVIER ZAMORA

Deerfield residents Eloina and Javier Zamora are seeing life in a whole new light. After winning HELP's overall prize, they envision a world where everyone pitches in to save the environment. "What if all the families in Deerfield did what we have done?" Javier asked. "And then the neighborhood next to it? And then the next one?"

Eloina thinks her two daughters, Karina, 14, and Josie, 9, are now equipped to be the ambassadors the world needs. "I told the girls, 'We're not doing this for one month, or two. You have to do it every day for the rest of your lives.'" They listened. The Zamoras have established a long list of simple rules to live by. They take shorter showers and are judicious about flushing the toilet. They recycle everything they can. They don't wash clothes that have only been worn once. Appliances are used sparingly, and a set of eyes is always on the thermostat and the lights.

Occupations:

Eloina operates a daycare business. Javier is a roofing specialist.

Success:

Heating challenge and the contest's overall prize for most successful participants.

At times, energy saving is a game. If one girl is spending too much time in the shower, Eloina might turn on hot water so the shower runs cold. Some efforts have a dual purpose: They save resources and money. The family shops locally, planning trips in advance so more errands can be completed in fewer miles. Javier is dismantling two stone planters that once blossomed with water-hungry roses. The lawn is giving way to pavers and several sprinkler heads have been eliminated. The Zamoras have saved dollars on gasoline and utilities and Javier expects the energy-saving dishwasher to pay for itself in a year.

The family excelled best in saving heat energy. They cut consumption and costs by 23 percent. The thermostat that had been above 70 now hovers at 65. Window shades stay open during the day to maximize solar heat and Javier added insulation everywhere he could, even under the floorboards.

Conserving resources takes effort and maybe even some sacrifice—fewer roses and shorter showers. But inaction has its costs: climate change and the threat of price spikes for scarce resources. The alternative? Learning about conservation by necessity after there's nothing left to conserve. Then it will be too late to achieve that vision where everyone does their part and the Earth, and its people, thrive. 🌱



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BUILDING FOR THE FUTURE

FROM MANSIONS TO WORKING COMMUNITIES, THE FACE OF HOME BUILDING HAS BEEN FOREVER CHANGED BY THE GREEN MOVEMENT. WE EXAMINE TWO ENDS OF THE SPECTRUM.



PHOTO BY TORY TAGLIO

A RIVER RUNS BY IT

IN 2007, CALIFORNIA BUILDER MARK BENJAMIN CREATED HIS DREAM HOME AS A TRIBUTE TO THE HISTORY, VALUES AND LORE OF THE WOOD RIVER VALLEY.

BY ROSA MARICICH
PHOTOS BY TORY TAGLIO

Mark Benjamin first came to Sun Valley as a young child. The train still ran from Los Angeles to Ketchum and Benjamin's parents would hire future local legend Gretchen Fraser for babysitting. Now a Southern California contractor, Benjamin has been responsible for several green projects in Los Angeles, including the Santa Monica Library.

When the time came to build his Idaho dream home, Benjamin built green. Situated on a bend of the Big Wood River beneath the rocky hillsides that hem in the narrow valley, his River's Edge home is reminiscent of a rustic mining compound or a rambling ranch.

"Many of the large houses here seemed aesthetically out of place," Benjamin said. He sees his home as a tribute to the history, values and lore of Sun Valley.

And in keeping with his fondness and respect for the land, River's Edge was built with a focus on the environment.

The home's exposed steel beams and high-peaked ceilings incorporate 25-foot-tall windows, which frame the rocky rise beyond. A rusted roof and weathered cedar siding reflect some of the valley's historic structures, and in a clever juxtaposition of past and present, an observatory silo houses a giant stargazing telescope.

River's Edge was built using mostly environmentally sensitive and non-toxic materials. In conventional building, many materials continue to emit toxic volatile organic compounds (VOCs) years beyond installation. Formaldehyde, a prime example, is found in plywood, particleboard, insulation and even furniture. Due largely to "off-gassing" from such chemicals, the federal Environmental Protection Agency reports that indoor air quality in new homes can be 10 times more polluted than outdoor air.

River's Edge avoided indoor air pollution by paying special attention to wood products as well as paints, stains, sealers and adhesives. Simple switches—swapping interior-grade plywood for lower formaldehyde exterior grade—significantly decreases off-gassing. The cabinets are constructed from formaldehyde-free particleboard, which is also laid as a unique and economical flooring material in the attic game room. Plant-based wood stains and clay paints not only ensure safe indoor air quality, but provide an earthy palette that brings the warm tones and textures of the hillside indoors.

Soy seems to lurk in all things green. In River's Edge, soy-based concrete stain replaced conventional and highly caustic acid stain. Carpet, and its bevy of health and environmental red flags, was avoided altogether in favor of rugs made from plant-dyed natural fibers. All-natural linoleum, made of linseed oil and plant fibers (rather than plastic vinyl), created flooring and countertops so natural you could literally eat them. If this seems extreme, at least you can safely compost them rather than adding to the landfill.

■

Because it often challenges the status quo, building green requires resolve and persistence. Some of the green techniques used at River's Edge were met with resistance from skeptical contractors. "These guys had been spraying lacquer all their lives," project superintendent Matt Burbank said. "It was hard to get them to give something else a chance." Yet the crew that initially fought the use of a wood stain made entirely of wax and natural

Continued on page 40



Local artisans crafted stunning pieces of custom furniture, including this expansive dining room table created by Tribes Interiors in Ketchum. Photo by Tory Taglio

BUILD GREEN LIVE GREEN

Local green architect Dale Bates defines a green home as an extension of a green lifestyle. How does a home support its inhabitants to live more sustainably in their daily lives? In his view, "A green home functions to support a lifestyle that looks toward living in balance with nature."

Living green is guided by a consciousness of natural systems and resources. Consider these key questions when choosing any product, from building materials to day-to-day needs:

- Is it made from renewable or finite resources?
- Does it contain recycled content and/or is it recyclable?
- Does it pose a serious threat to people or the planet at any point in its life cycle, be it production, transport or disposal?
- Is it biodegradable, or will it languish in a landfill at the end of its useful life?



The Kettleband family, Angela, Paul, Weylin and Emmet, are making strides toward building a family-friendly, eco-conscious community on the Camas Prairie. Southwestern-style homes, like the one pictured in this digital rendering, will eventually be joined by a complete green community, featuring its own amenities, such as a fire station and grocery store. Digital rendering by CAD Drafting

GREEN HOUSE ON THE PRAIRIE

A NEW DEVELOPMENT ON
CAMAS PRAIRIE MARRIES
SUSTAINABILITY AND
AFFORDABILITY JUST 40
MILES FROM KETCHUM.

BY TONY EVANS

PHOTOS BY DAVID N. SEELIG

South of our valley’s mountains and west of our river, the Camas Prairie stretches vast and flat. This is where Bannock Indians gathered the roots of the blue-flowering Camas plant and hunted wild game. Bordered by the Smoky Mountains, rolling sage-covered hills, a river gorge and Magic Reservoir, the prairie has become the next frontier for local land developers. Prompted in part by escalating prices in Blaine County, that frontier may soon provide an opportunity for environmentally conscious living.

Many homebuyers shrink from the perceived high costs of energy-efficient building. They doubt the long-term cost benefits of carbon conservation. Hailey’s Paul and Angela Kettleband are testing such theories with Camas Creek Homes, a planned, environmentally friendly community on the Camas Prairie. Within commuting distance of Ketchum, this green community is priced within financial reach of southern Idaho’s middle-income families.

Paul Kettleband, a welder and steel fabricator, hopes to attract homebuyers with a desire to live in a community of durable, energy-efficient homes. “This development is about conservation,” he said. “It’s also about being responsible. There is a growing understanding of the need for environmental soundness. We are eager to attract the kind of people who want to make a difference.”



Teaming with developer David Anderson, the Kettlebands are building 57 Southwest-style, solar-heated, energy-efficient homes on 70 acres of unproductive farmland surrounded by sage steppe, lava rock and wide-open sky. “The prairie is peaceful,” said Angela. “There is something about leaving the Wood River Valley and going out there, especially on a warm summer’s night when you can hear the sandhill cranes.”

But it’s the cold Idaho winters that cost homeowners and raise fears of heating bills in the high-country basin surrounding Fairfield, Camas County’s biggest town. Paul plans to use the latest in solar heating technology, including solar panel tubes filled with a special liquid that, when superheated by the sun, generates 70 percent of each home’s domestic hot water supply. Excess hot water is used to back up the radiant heat in the floors (heated primarily by an electric boiler). The system is quiet and requires no fans or drafty ducts, meaning less circulation of airborne allergens and a healthier indoor environment.

Walls built of insulated concrete form (ICF) block provide a high insulation rating, keep the home cool in summer and keep utility costs low. Paul estimates Camas Creek homeowners will spend about two-thirds less on utilities than do the owners of conventional wood-framed homes. Camas Creek Homes uses no wood at all. Instead, the buildings are made of recycled, pre-fabricated steel studs and beams, pre-cut to size so no material is wasted. The homes’ flat rooftops are designed to retain snowfall behind parapet walls and take advantage of snow’s insulating qualities.

As with many of the materials in Camas Creek Homes, the ICF blocks are manufactured nearby, in Jerome. Such careful considerations have earned the homes a Leadership in Energy and Environmental Design (LEED) rating from the United States Green Building Council. LEED ratings are based on criteria in five areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality. “We are shooting for a Silver LEED rating or better,” said Jolyon Sawrey, an Energy Star home performance specialist who is inspecting the development. Durability and accountability are key criteria, Sawrey said. “These buildings are built to a higher standard than the International Building Code for energy efficiency, environmentalism and sustainability.” A completed model for the first Camas Creek home will be finished in the spring. The rest will be built as needed, so as not to overproduce houses in an uncertain real-estate market.

It could take several years for the Camas Creek community to take shape, especially with the current state of the housing market. But when the economy turns around, the Kettlebands may be offering just what an environmentally conscious generation is looking for. ☞

“THIS DEVELOPMENT IS ABOUT CONSERVATION. IT’S ALSO ABOUT BEING RESPONSIBLE. WE ARE EAGER TO ATTRACT THE KIND OF PEOPLE WHO WANT TO MAKE A DIFFERENCE.”

PAUL KETTLEBAND,
DEVELOPER

BUILDING GREEN HOMES

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BUILDING A COMMUNITY

- A central community center will house a greenhouse, garden, daycare/pre-school facility, library and theater. A convenience store will carry produce from nearby farms.
- Native, fire-wise landscaping, including drought-tolerant species, will conserve water and reduce the risk of wildfire.
- A walking-path system (groomed in the winter) will link to nearby public lands.
- A carpool program will help minimize the impact of commuting.
- Building restrictions will encourage low-energy-use homes within the development.
- Other planned features include a fire department and gas station.



BLOOMING *in* BELLEVUE

A gracious garden glows from
April through October.

By *Jennifer Tuohy*

Photos by *Nick Stelma*

One block from Highway 75, a peaceful oasis lies in the heart of town. A lush, opulent sanctuary, Evan Stelma and Bart Lassman's garden is filled with a bevy of beautiful blooms. Reminiscent of a secret English garden, this Bellevue haven illustrates how to create lasting color in the cold mountains of central Idaho.

When the couple purchased their first home together, 11 years ago, they tasked themselves to create Evan's dream garden from half an acre of lawn, a handful of blue spruce and aspen, and a soil bed of river rock. More than a decade later, hours of passionate hard work have produced a paradise. The once plain, rectangular yard now sings with a symphony of vibrant flowers, exotic leafy trees and seductive stone curves.

In this garden, a discovery waits around every carefully crafted corner. A blue hammock lounges under native chokecherries—Bart's favorite resting place. A white, wrought-iron gazebo—built for a son's wedding—is almost obscured by six exuberant *Fragarioides* that provide a cool green siding and an inconsequential white flower. And tucked into a hidden corner, a small arbor guards its treasure: a stone-and-steel, circular Mark Stasz sculpture. The serenity and surprises of this space welcome you in and ask you to lose yourself.

"A riot of colors," is how Evan, a Wood River Valley native, describes it. "Not as peaceful as some," she explained drily. "There are pinks and blues and yellows, and a smattering of red, plus the occasional titch of orange that slipped through the cracks."

The garden, with its informal design, has become another living area for the couple. A simple patio just off the backdoor provides a serene setting for quiet summer dinners surrounded by the fruits of their labor. Spreading into the small lawn, stone pavers weave through flowerbeds stuffed to bursting with English roses. Evan's roses are her biggest joy. Sitting, sipping wine, enveloped by these English gems, she is in her personal paradise—"I love the fragrance of a garden, so that has guided many of my choices. All my roses must smell wonderful first; color and form are secondary."

The pavers continue on, finally ending at a large, cedar pergola. Perfect for entertaining, the pergola's picnic table places diners under the succulent, sweet-smelling white flowers of two *Shiro Noda*, a Japanese wisteria, that eagerly consumes the pergola's sturdy shape.



*The serenity and
surprises of this space
welcome you in and
ask you to lose yourself.*



A few samples from Evan Stelma's botanical haven include, foxglove blossom (previous page), moon-shine yarrow (left), red yellow throated daylilies and pink monarda (top), and dianthus (sweet Williams) (right).

Bottom right: Blue campanulas, echinacea, shasta daisies, goldsturm rudbeckia, blue butterflies larkspur, pale blue phlox and dark burgundy knautia fill out the back beds. Evan's Bichon frise, Lilly, hovers under new dawn climbing white roses that envelope the arbor.

Evan's tips for constant color



Evan and Loki sit in front of ferns and under jackmanii clematis.

- For an endless summer garden, plant late-season perennials such as rudebeckia, butterfly bush, echinacea, stargazer and Casablanca lilies, reblooming daylilies, endless summer hydrangeas, pee gee hydrangeas, honeysuckle vine, garden phlox, autumn joy sedum, new dawn climbing roses, foxglove, reblooming iris and goldenrod.
- Vines, trees and shrubs provide their own wash of color in a garden. Evan uses Virginia creeper ("A living wall between our house and the neighbors"); honeysuckle; clematis (jackmanii, huldine, alba luxurians); Kiwi vine; silver lace vine ("Grew vigorously, to the point that it grew under the siding and trim of the house and started to grow up the roof"); hybrid lilacs; flowering crabapple trees; Santa Rosa plum trees; sweet cherry trees ("Bing, Stella and Royal Anne. All do well here. The only problem is beating the robins to the cherries").
- Visit local nurseries throughout the year to see what's blooming and when.
- Watch your water. People kill plants by over-watering as often as by under-watering.
- Ask for advice. Local garden centers have knowledge to share. Listen to their advice.



The garden sits sheltered in a northwestern corner of Bellevue. Facing east, it enjoys a southern exposure. Evan attributes much of her success to the location, shielded as it is from the valley's harsh winds. "We have

a month more of growing season down here. I can grow more, and I can push zones." Specified by the USDA, planting zones guide gardeners in particular climates. Bellevue is Zone 4. Experienced gardeners like Evan enjoy pushing these zones and nurturing unusual plants in unexpected places. "I have a Japanese forest grass that shouldn't be perennial here that's made it through two years," she said with obvious pride. A Sieboldiana maple and the vase-shaped Amur maackia tree, both from China, also thrive in this traditionally frosty zone (they favor zones 5 and 6), alongside a ballerina loebner magnolia that blooms healthily each spring. Evan's favorite oddity is the slow-growing, pink-flowering dogwood. "This is a real stretch for here." She has to dig it out each winter so the snow doesn't break its delicate, layered branch structure.

Beyond this versatility, the garden is remarkable for its longevity. It blooms for seven months each year. The first signs of color emerge from the bleak, white landscape in April. "It starts with the bulbs, mainly daffodils, narcissus and tulips," said Evan. Next are the bleeding hearts and a huge variety of brunnera, hostas, columbines, leopard's-bane, bachelor's button, dianthus,

violas, rockcress and Jacob's ladder. "Every year there is enough of a shift in the weather that different things bloom together so the garden always looks new," said Evan. The last week of June through early July is the heyday. Delphiniums, sweet Williams, poppies, lupines, lamb's ears and a slew of daylilies explode in a cacophony of color.

By late October, the blooms are spent. But fall brings its own wash. Crabapple trees, maples, bur oak, red mountain ash berries, and a Virginia creeper vine on the fence bestow their classic autumnal hues. A row of burning bush is a beautiful line of hot pink along the garage.

The smorgasbord of color, fragrance and texture emanating from hundreds of varieties of trees, plants and flowers (almost exclusively perennials) come from hard work and a willing husband. Bart, fire chief of Wood River Fire & Rescue, spends most of his free time maintaining and building the space for Evan's grand plans. "She says where it goes and what it is, and I say, 'How deep?'"

The couple, together for 17 years, claim they never leave the valley while there is color in their garden. "We live in paradise, why do you need to leave?" said Bart. "We enjoy coming home every day. How many people can say that?" Devoting an estimated 24 hours a week to their desert oasis is worth every second, said Evan. "I love the peace. If I'm having a really crummy day, I can go out and start deadheading and picking weeds, and I feel happy in about 15 minutes." ❧



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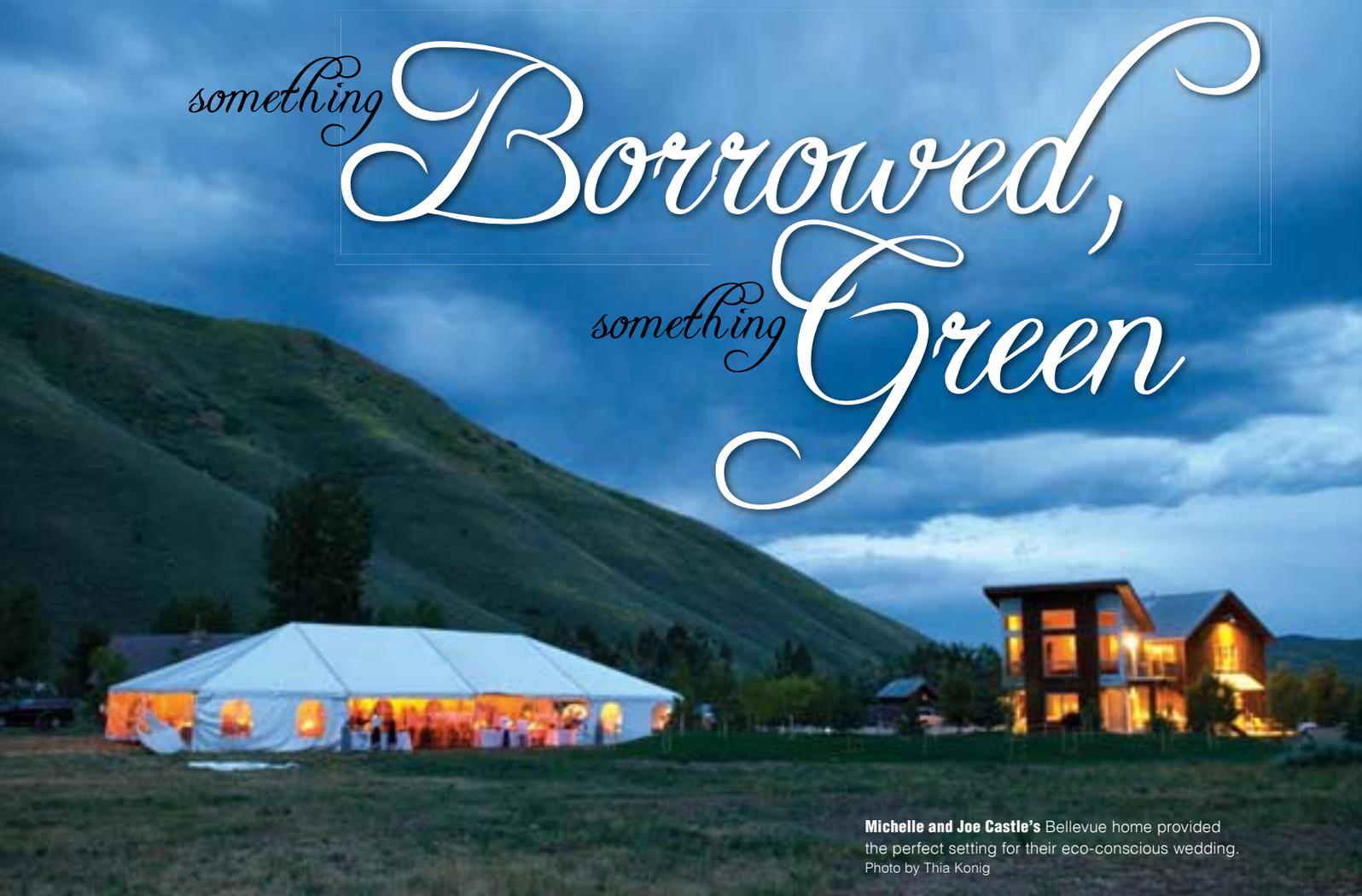
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something Borrowed,
something Green

Michelle and Joe Castle's Bellevue home provided the perfect setting for their eco-conscious wedding. Photo by Thia Konig

The biggest day of your life is also likely to have the largest impact on the environment. The average annual carbon footprint of a U.S. household is 12 tons. A weekend wedding in the Wood River Valley can easily set the Earth back 17 tons.

How to throw a green wedding in the Wood River Valley.

By Jennifer Tuohy
Photos by Thia Konig and Dev Khalsa

As with all green endeavors, it's the little things that count. Attention to detail and careful planning can cut your wedding's carbon and dollar costs. The wedding industry is slowly walking down the aisle of eco-consciousness but, as with many industries, going green is a grassroots movement. It's the vendors who are helping brides to think globally. "There aren't a lot of brides asking for a green wedding,

yet. But I try to push them that way," said Taylor Sturges, of Taylor'd Events in Ketchum. Sturges finds plenty of areas to conserve. "Everything is rented, recycled or reused," she said.

But the biggest obstacle is the perceived cost. When even a budget affair sets you back \$20,000, it's hard to fork up the extra dough for locally grown lamb. But if you have the time and energy to be creative and if you can sacrifice a few extravagances to help benefit the environment, a green wedding is within reach. We talked to local brides and vendors and gathered these terra-friendly tips for throwing a green Wood River Valley wedding.

Prepare your paper

Cut down on unnecessary paper products or opt for recycled varieties. “The quality is comparable now, and there are a lot more options than there used to be,” said Michelle Castle, a recent bride and owner of Butterfly Designs stationery. Castle printed her own Bellevue wedding invitations on recycled paper and did so locally, saving on shipping and packaging.

Bear in mind, greener often means smaller. “The average invite is super thick, with lots of paper and envelopes, and usually not printed on recycled paper,” said Molly Fox, of Ketchum’s Environmental Resource Center. Fox used the internet for her Hailey wedding. “There are numerous sites, such as theknot.com, where you can publish all the information your guests need. You can also collect RSVP’s online.” That saves not only trees but dollars too.

Reducing your paper consumption works in all areas of your event. “Start with what you ultimately want, not even thinking about if it’s green or not, and then find a way to make it happen,” said Castle. Instead of a traditional guest book, Sarah and Zach Latham chose a pair of antique wooden skis for guests to sign at their Galena Lodge nuptials. “We hung them over our mantel at home.” Castle substituted wine bottles for table numbers for her June affair. “Once the party got started, the guests opened up the bottle, drank the wine and then we recycled the bottles.”



PHOTO BY THIA KONIG

Love your location



PHOTO BY DEV KHALSA

A major way to cut back on your wedding’s carbon footprint is in the way guests travel. “We asked guests to use buses that we arranged or carpool to Galena Lodge,” said Sarah Latham, whose company, White Canvas Designs, specializes in finding environmentally friendly materials for its clients. The bride traveled the last mile to the meadow ceremony by horse and cart. Molly Fox encouraged guests who lived nearby to ride their bikes to their nuptials. “We have pictures of all the bikes parked in front of our house.”

Flying to Idaho is a hard carbon cost to avoid, but you can offset that impact. “We made a donation at carbonfund.org,” said Latham. Visit nativeenergy.com to calculate your wedding’s footprint, and then choose from a variety of ways to offset (a means of taking responsibility for your impact and channeling funds into some positive projects). If you can’t afford offsets, ask guests to contribute in lieu of gifts.

Consider hosting your wedding in a LEED-certified building or in the space of an organization you support, such as the Sun Valley Center for the Arts or the Sawtooth Botanical Garden. The greenest option is outdoors, and a meadow setting equals natural light, so no wasted electricity. Wherever you choose, take care of it. Be sure to set up recycling locations for all disposable items, and remember—if you pack it in, pack it out.

Enjoy eco-conscious edibles



PHOTO BY THIA KONIG

Many green choices are affordable choices. But when it comes to organic artisan food, going green can be costly. “Everything costs more because it costs the growers and producers more to do it,” said Ketchum caterer Judith McQueen. But if conscientiously grown food truly moves you, the extra expense is justified. The obvious place to start saving is by trimming the guest list: Less food equals less expense.

Castle chose local, organically grown food with not just the Earth in mind but her guests’ experience, too. She wanted them to taste the fruits of her new home. “We used Lava Lake lamb and produce from local growers. The menu said where each item had come from, which helped our guests feel connected with the location.”

McQueen feels passionately that choosing local food results in a higher quality. “Lettuce fresh out of the ground won’t wilt very fast and tastes fantastic. You pay more, but the product is superior.” Choosing local also cuts on waste. “I know when a wedding is coming, so I can get in touch with my growers in Fairfield and Hagerman and say, ‘I’d really like to do baby carrots,’ and they can plant for me.”

If organic catering is out of your budget, consider a potluck wedding. Ask guests to bring locavore dishes; they will feel connected to the event and you may be surprised at the quality of your spread. Latham enlisted her friends’ help. Instead of a traditional frosted, three-tiered cake, they whipped up scrumptious apple pies.

Favor fruitful favors

Does anyone really need a plastic magnet displaying the happy couple’s entwined initials? When planning gifts for your guests, think useful, not cute. From trees to charities, there are countless ways to remind your loved ones of your day and help the planet. “Make a donation in their honor to a charitable organization,” said Molly Fox. Take it one step further and consider a local charity such as the ERC to provide guests with a lasting connection to your locale.

Something homemade says personal and responsible. Latham poured Idaho honey into glass jars and left her guests with a taste of the state and a homespun touch. Castle gave out handmade note cards displaying different Sun Valley scenes she had designed herself. “I used recycled paper, plus it’s something that can be put to use, not just an object that sits on a mantelpiece.”

Castle also skipped the traditional welcome baskets and chose handy cotton totes. She popped plastic water bottles into each one with a “Please Refill Me” note attached.

One of Taylor Sturges’ brides gave donations to The Nature Conservancy in her guests’ names and another distributed packets of seeds to grow a little garden.



PHOTO BY DEV KHALSA

Design your décor

Conscientious choices for flowers and favors can save money and resources. Many cut flowers are imported from developing countries, where pesticide use is high and labor conditions and wages are low. Choose a florist who specializes in organically grown, in-season, local flowers. Then recycle them. Sturges takes leftover bouquets to Hailey's Blaine Manor nursing home or St. Luke's hospital where they can be enjoyed afresh.

Sturges also advises clients to grow their own centerpieces; a pretty, planted pot will last longer and guests can take them home. For her August 2006 wedding at Redfish Lake, Alysia Heyer incorporated the surroundings into her decor. "We went to Stanley and cut down dead lodgepole pine." After hollowing out the centers, she placed tea lights in each one and arranged them in a container growing with succulents and thyme. At the end of the evening, she passed her centerpieces on to another bride.

"Be aware of the environment you are having your wedding in," said Castle. "Think what's out there that you could use." During a stroll along the Big Wood, Castle was struck by the beauty of the riverbed. So for her centerpieces she purchased local river rock in bulk and placed them in water-filled vases with a candle floating on top. A simple bouquet of organic white roses completed the elegant display. As an added bonus, she reused the rock. "It's throughout my home. Every time I look at it, it brings a smile to my face."

Continued on page 41



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THE OLD LADY



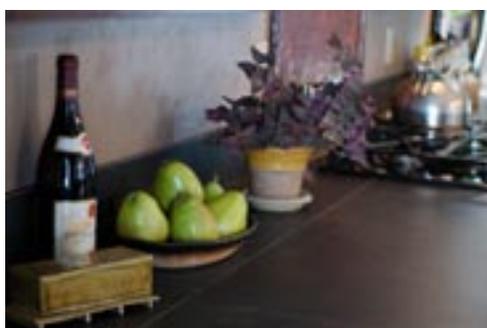
AN ARTISTIC
HAILEY COUPLE
TRANSFORMS
A TARNISHED
VICTORIAN
TREASURE.

By Matt Furber
Photos by Dev Khalsa



Few houses support colorful touches like a classic Victorian. These so-called “Old Ladies” take kindly to ornamentation. In Hailey, Eric Boyer and Laura Higdon painted their eggplant-purple. It was an organic fit.

The home has anchored the corner of Second Avenue and Galena Street since the 1880s, and its artist owners have just finished a three-dimensional, four-year-long makeover. The Victorian era united homebuilders across the nation, but this refurbishment caused more than the floorboards to spring loose. Boyer’s exploration often created new problems rather than finding solutions. But he and Higdon persevered with their vision: to create a comfortable, efficient, modern space for a family of four and their pets.



Previous page: The open-plan living room is where Eric, Laura, Kyra and Everett spend most of their time. A re-upholstered window seat is the perfect spot for morning coffee, if they don't mind sharing the perch with Labradors Crosby and Barrett.

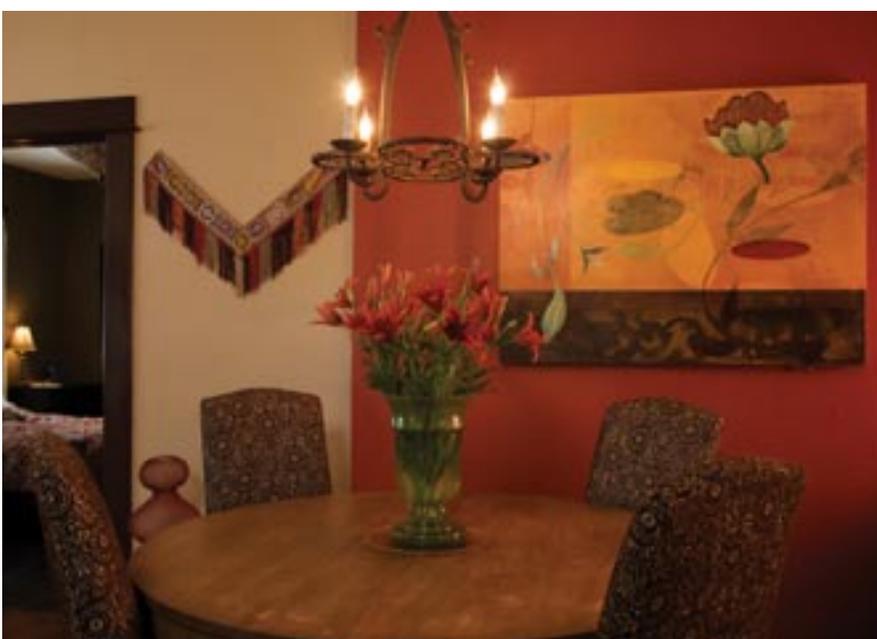
This page from top: Replacing a pantry with a rounded island opened up the kitchen area to the living and dining rooms, bringing copious amounts of natural light into the once awkward space.



Graying cabinets were removed and replaced with bright, open shelving, and the beige Formica counter top was ditched in favor of cool, crisp ceramic.

Higdon's antique silk-and-cotton bedspread from Greece is a favorite resting place for feline twins Bonzai and Edward.

A vibrant red wall complements a variety of artwork, including a sculpture by Boyer, all illuminated by an antique chandelier from New Orleans.



Without altering the original 19th-century footprint, Boyer and Higdon made a comprehensive critique of their antique home. Considering the age and dubious renovations over the years, it was a daunting task.

Heating methods had evolved from firewood and two chimneys to forced air blasted from a basement furnace. Boyer eventually modernized these by installing quiet and soothing under-floor radiant heat. With hours of military-style crawling beneath the floorboards, the task was not for the faint-hearted. Some might have chosen to simply scrap the building, but these romantics brought an ambitious idealism. "I don't know if I would have tackled it if I hadn't been artistically inclined," Boyer said.

During the latest alterations, nearly every surface in the house was overhauled and much of the interior reconfigured. Bumping and shifting walls and doors created new spaces, both indoors and out, such as the snug fire ring where the couple now sits with friends and family on cool summer nights.

Before fully committing to the house, Boyer and Higdon rented for four months. The owner gave consent even as the work descended from the fun of paint and carpet colors to the murk of wall removal. Their laissez-faire landlord told them, "I trust you guys. Do what you want."

Boyer continued with a new floor slab for the garage. He replaced crumbling doors and windows with reclaimed wood. The old concrete driveway was hammered out and replaced with a perennial flowerbed. The open yard where horses once swooshed their tails, is now often littered with bicycles.

Higdon focused on interior spaces and did the majority of the painting. She found a bamboo countertop from a local contractor, scavenged recycled glass tile for a backsplash mosaic, and hung vintage lighting found while antique shopping in Portland, Oregon.

With each project, the couple uncovered demanding layers of work. Aged wallpaper revealed here, charred wood from a one-time fire there. All of the projects seemed connected; each piece played part to the whole puzzle.

Blaine County native and resident historian Ralph Harris remembers when only horses were parked at the Hailey house built in 1887 by his great-grandfather, Charles Edward Harris. Today, the former stable has been whipped into shape as a joint studio where Higdon, a furniture designer, and Boyer, a sculptor, practice their crafts.

As the couple was working on finishing touches, Harris brought his father by to visit the house. For father and son, it was a chance to reminisce, but for Higdon and Boyer such meetings deepen their connection to the home, its historical value adding value to their lives. "It is a good feeling to know that you have helped to preserve a part of history," Higdon said over tea as a low winter sun streamed through the glass kitchen door.

When the upheaval of renovation remained far from over, living in the rough-edged job site wasn't the project's biggest challenge. "People have resale value on the brain," Boyer said of what others expected him to do with the makeover. "We didn't really approach it that way." His challenge was also his belief: to respect the historical character of the home while still making it livable for a contemporary family. "We're not trying to live like silver mining pioneers, but we do respect the integrity of the house."

The home continues as a hub in the wheel of this community. Visitors, including a passel of dogs and cats, arrive on foot. It is an unusual day if no one springs on the trampoline. One of Hailey's oldest, the house is contemporary with grand neighborhoods like the Old West End in Toledo, Ohio, and Boise's North End. Threatened through the years—whether by interstates or development booms—Victorian enclaves have survived. And as ambitious aesthetes like Boyer and Higdon take the homes under protective wings, they help keep these Old Ladies spry in their old age. 🏡

"IT IS A GOOD FEELING TO KNOW THAT YOU HAVE HELPED TO PRESERVE A PART OF HISTORY."

Laura Higdon



Antique and salvaged accents contribute to Higdon's "natural contemporary" design aesthetic. Kitchen hardware from a Challis blacksmith and reclaimed cast iron radiators (restored and installed by Boyer) give the old lady a vintage touch. Removing the narrow, boxed-in staircase and replacing it with spacious, reclaimed fir steps provide simple lines and a modern, yet earthy touch.

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Freshen up a bedroom without spending a fortune.
By Sabina Dana Plasse. Photos by Mark Oliver.

“I am a constant shopper, which is good and bad,” Casey Kelly said with a laugh. But when Kelly, a teacher at Wood River High School, and her husband, Shaun, decided to make over their Ketchum bedroom, she tempered her consumption habits with a dose of resourcefulness.

Kelly is no stranger to rehabilitating dusty old things. In college, she and her sister retrofitted picture frames and repainted dressers. “But I had never redone a bedroom before. I wanted to redo it because I get bored and want a change of space.”

A fresh coat of paint was first. The couple chose a warm, sweet red—call it tamarind-chutney—for coziness. Kelly repainted end tables found in her parent’s garage and picked up matching lamps at a consignment store for \$50.



She negotiated a deal on a bookshelf at a Burnsie's Boca garage sale in Warm Springs, and while jogging in West Ketchum, spotted a bench with a sign: "Please take." It was a perfect fit for their loft-style bedroom.

Kelly's aesthetic could be called bohemian chic. A weathered dresser and funky bench are distinctly downtown, but the combination of Shaun's modernism (he is an architectural draftsman by day) adds an uptown edge. Since she grew up in the valley, Kelly made shopping locally a priority. She perused the nooks and crannies of Hailey stores such as Bungalow, Vintage Gypsy and The Body Buff and found picture frames at the Ketchum Flower Company. Upgrading their sleep space also meant new digs for Bender, their over-indulged russet retriever; Kelly found a dog bed at Bellissimo in Ketchum. Thrift stores were next. "The Gold Mine in Ketchum is the best place to go," Kelly said. "The things people bring in there are phenomenal." For a final, sunny touch, Kelly added plants, including a Christmas cactus.

Without a designer, Kelly still followed the same simple rules the pros use. "The least expensive item for redecorating is paint," said Fox Creek Interiors owner Susan Seder. "A color scheme, like serene blues, greens and violets, sets a tone and is the most affordable thing to do." Starting with color and then mixing and matching materials and textures defines a room. Simple additions such as bed throws are an easy, but well-appreciated finishing touch.

"The bed is a big deal," said Pat McGinnis, a design consultant with Fox Creek. Kelly picked a new duvet to complete her ruffled-elegance look. The bed is "a great way to redo a room without spending a fortune," McGinnis said. Headboards can be upholstered at home with fabric, foam and a staple gun. Seder suggests making custom duvets and pillow cases with a simple sheet, some favorite fabric and a sewing machine.

From the pros to an ambitious amateur like Kelly, the lesson here lies in creative re-use. "You don't have to buy new," McGinnis said. As furniture gets bigger and blander, smaller personality pieces are more important than ever. "So many people are reupholstering their grandmother's chairs for bedrooms. It's more personal." 

[Frugal Fixes]

Break out the sewing machine for custom pillowcases and duvets.

Use plants to change the mood of a room.

Raid local antique fairs and yard sales for color and kitsch.

Swap out a lampshade for a whole new look on old lamps.

Needlepoint a pillow for more personal décor.

Peruse the *Idaho Mountain Express* classifieds—there's always a deal to be found.



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A River Runs By It
from page 23

plant oils was quickly converted when they discovered that it not only offered a superior finish, but was pleasantly fume-free as well.

Dispelling the myth that green always costs more, Burbank noted that the natural wood finishes went on so quickly and easily that they offset labor costs and actually proved cheaper than conventional stains. The true savings of green construction are often apparent in the long run, when the superior methods and products out-perform and out-last the alternatives. According to Burbank, the results spoke for themselves, and “created a nice ripple effect,” because the contractors then wanted to incorporate these materials into all their projects.

In addition to green finishes, River’s Edge incorporates design elements to boost energy efficiency, a primary concern in building a lower-impact home. Concrete slab floors with radiant heating are the most effective for regulating winter chills, and plenty of cross-ventilation and deep roof overhangs keep the home cool during summer. The centralized floor plan, with the master bedroom and common areas at its core, allows the outlying wings to be completely powered down when not in use. In a hopeful nod to the future, Benjamin also plans a solar installation to meet a significant portion of the home’s energy demands.

In keeping with the maxim that local materials are preferable to those shipped long distances, nearby resources were used wherever possible. Reclaimed Picabo barn wood became the office floor, and the powder room sink was sculpted from a hunk of Idaho stone.

At 5,000 square feet, River’s Edge falls into the category of large homes that, by definition, are not particularly eco-conscious. But until green options become more mainstream, building an environmentally sensitive home cannot be an all-or-nothing proposition. There is a definite social and environmental value in opting for greener elements now, wherever and whenever possible. 

Architect: McMillen Pynn **Contractor:** Engelman Inc. **Interior Design:** Rosa Maricich of Sanctuary Design **Project Superintendent:** Matt Burbank **Clay Paint:** European Old World Painting by Jean-Pierre Chesnel

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Choose carefully

From dresses to registries, every facet of a wedding can be planned with the Earth in mind. While a green wedding dress is not an easy proposition, if you are determined and creative, there are some good solutions. "There are a few Web sites where you can order hemp dresses, but in general, unless you want to look like a woodland fairy, it's not a very helpful option," said Molly Fox. A hand-me-down gown is both sentimental and responsible. But if it has to be new, opt for something you will wear again, or store it well to pass it on to a future generation. Also, consider opting for environmentally friendly materials.

Sarah Latham was determined to use her grandmother's dress, "but it was too fragile and would not hold up if worn." So she purchased a simple dress and added elements such as lace from her grandmother's dress. She also ordered the bridal party's clothes in silk, linen and cotton, all green materials if sourced correctly. Instead of a pair of teetering, expensive heels she would likely never wear again, this Idaho bride bought a colorful pair of cowboy boots.

An often-overlooked arena to be green in is the wedding registry. With more couples getting married later in life, the traditional mile-long list of tea-cups and silverware is becoming obsolete. Latham asked people for recycled, re-purposed gifts and registered locally at Ketchum Kitchens. Fox suggests that if you can't live without that china set, fine, but also include donations to a charity. She chose to set up a registry with Heifer International, a nonprofit organization whose goal is to help end world hunger and poverty through self-reliance and sustainability.

While it is the little things that add up, bear these three things in mind when making your choices and you should fare well: Think small, make it personal, go local. All will help cut down on energy, waste and expense. ☘

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pick habitat

Composters: Composting illustrates the cycle of life and death's decay in our own backyards. Think ashes to ashes, but for kitchen scraps. Yet according to the EPA, food waste is America's least recycled material. For novice composters, choose from one of these tidy options that make it clean and simple. For further tips on turning melon rinds and coffee grounds into rich garden fertilizer, visit the compost demonstration area at the Sawtooth Botanical Garden, south of Ketchum.

—Dana DuGan



Feelgood 90 Gallon Backyard Composter: Made from 100 percent recycled plastic resin, this composter has four access doors and air slots to encourage optimal composting conditions.

\$97.95, Sun Valley Garden Center



NatureMill Plus:

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\$299, naturemill.com



RSVP International Endurance Countertop Composter Pail:

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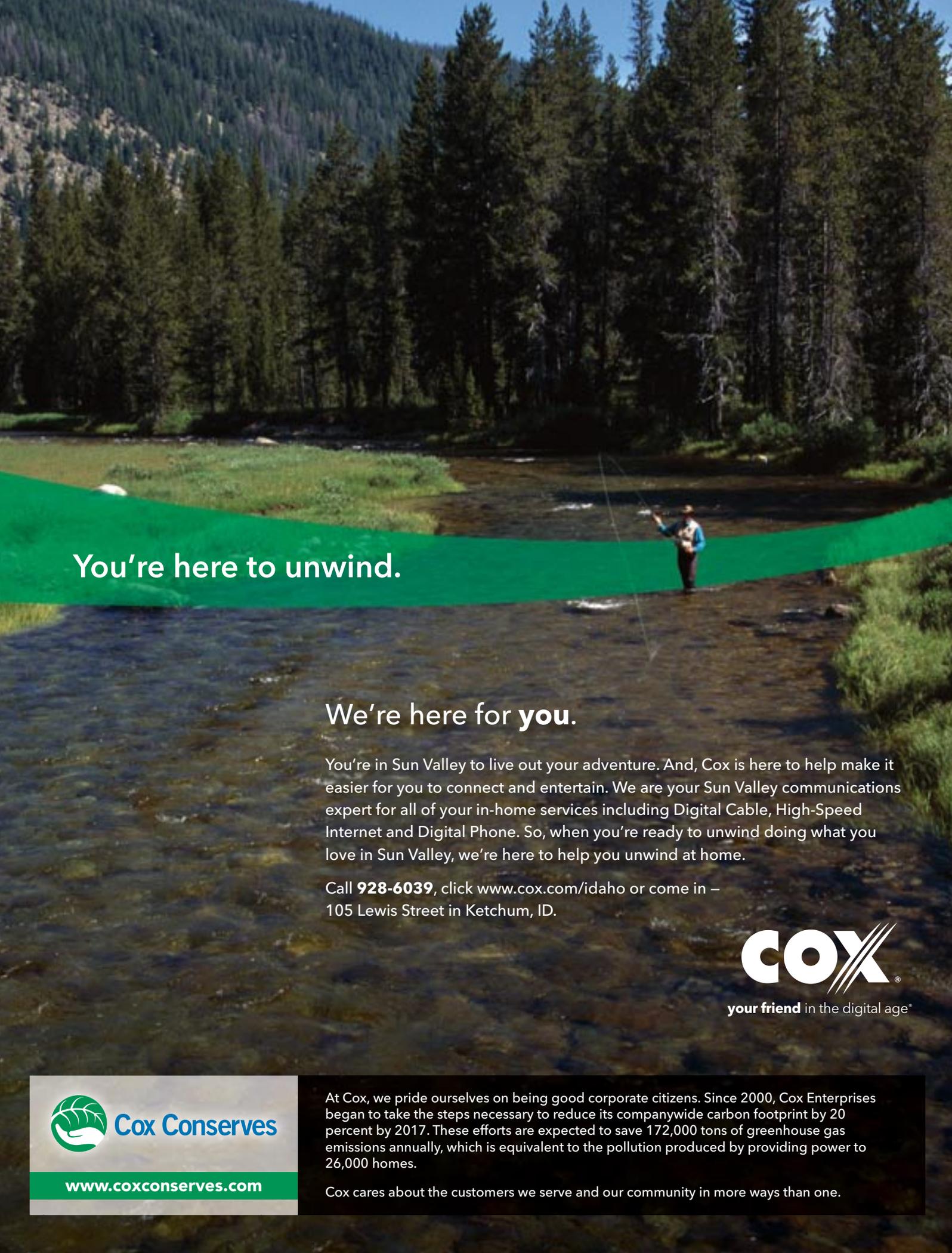
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