



TRISTAN GRESZKO/JHMR

# JACKSON HOLE

WRITER JENNIFER CHANDLER

GENERATIONS OF NATIVE AMERICANS CAN'T BE WRONG. FOR HUNDREDS OF YEARS, THE JACKSON HOLE, WYOMING, AREA SERVED AS A SUMMER RETREAT FOR NATIVE AMERICANS WHO TOOK ADVANTAGE OF THE TETON VALLEY'S UNIQUE COMBINATION OF TEMPERATE WEATHER, ABUNDANT WILDLIFE AND PLANT LIFE, AND FRESH STREAMS JUMPING WITH FISH.

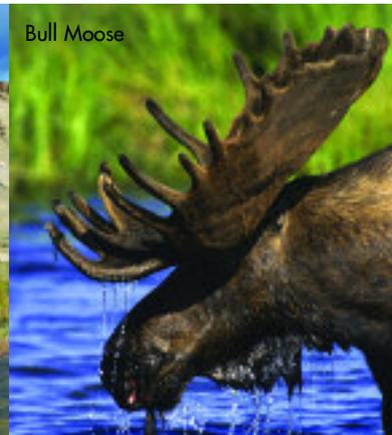
WHILE MANY ASSOCIATE THE JACKSON HOLE NAME WITH SKIING, SUMMER REMAINS JACKSON'S BUSIEST SEASON.



Black Bear



TRISTAN GRESZKO/JHMR



Bull Moose

COURTESY OF RUSTY PARROT LODGE AND SPA.

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Sport fishing still serves as a major draw; multiple varieties of wily trout in pure mountain lakes and streams create a fly-fishing paradise with numerous expert guides and excursions available. But the local waterways provide more than fishing potential: The Snake River in particular, rushing with runoff from the winter's snow pack, offers river adventure for all, from the expert kayaker to the first-time floater, with various raft trips available. Or rent a kayak or canoe for a serene paddle around a glassy mountain lake.

Jackson Hole's abundant wildlife continues to attract visitors as well, with tours and photo safaris—many of them venturing into nearby Grand Teton and Yellowstone National Parks—sighting a variety of animals, including such rare large predators as grizzlies and wolves. A bird-watcher's dream, the area boasts many bald eagles and even the nearly extinct trumpeter swan among its feathered sights. Perched on a bluff above the National Elk Refuge and featuring more than 2,300 pieces of art, The National Museum of Wildlife Art offers a less-rugged wildlife-watching venue.

Those with an urge to stretch their legs will find world-class hiking, camping and bicycling opportunities. From serious mountain and rock climbing and white-knuckle single-track mountain bike trails to easy walks right out of town and smooth roads for the more casual rider, Jackson Hole offers fun and challenges for all abilities. Golf, tennis and a variety of fitness clubs and day spas are also available, as well as renowned boutique shopping and fine dining in the charming Old West town of Jackson with its antler-bedecked Town Square and wooden sidewalks.

And be sure to save one day at least for Yellowstone National Park. America's first national park and its largest outside Alaska, Yellowstone boasts plentiful geysers such as the famed Old Faithful and Yellowstone Lake, the largest mountain lake in the United States.

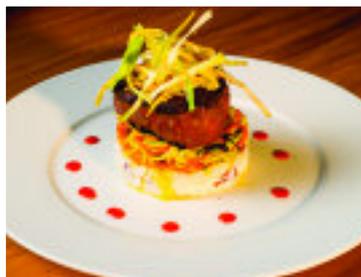


Rusty Parrot Lodge and Spa

PHOTOS THIS PAGE COURTESY OF  
RUSTY PARROT LODGE AND SPA.

## SLEEP

**Rusty Parrot Lodge and Spa** Located just three blocks from the unique shops, restaurants and night life of Jackson's Town Square, the luxurious Rusty Parrot Lodge and Spa (800.458.2004, [www.rustyparrotskivacation.com](http://www.rustyparrotskivacation.com)) offers well-appointed rooms in a peaceful, mountain atmosphere. If you want to indulge your inner cowboy, consider one of the lodge's Wild West packages that includes horseback riding and a half-day wildlife expedition. Be sure to save time for one of the soothing indigenous Native American treatments at the lodge's The Body Sage Day Spa. (\$385+)



*St. Martin's  
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**Amangani** Perched atop East Gros Ventre Butte, Amangani's (877.734.7333, [www.amangani.com](http://www.amangani.com)) unique location offers panoramic views of the snow-capped peaks around Grand Teton National Park. With its name translating to "peaceful home," this 40-suite resort embraces the spirit of the West with all the luxury one expects from a top hotel. (\$775+)

**Jenny Lake Lodge** A uniquely rustic yet luxurious vacation in the relaxing solitude of Grand Teton National Park awaits you at Jenny Lake Lodge (800.628.9988, [www.gtlc.com](http://www.gtlc.com)). Surrounding the main lodge, 37 adjoining log cabins nestle in the seclusion of quiet forest glades in the shadow of the towering Tetons. Reminiscent of the Old West in appearance, the cabins are comfortably furnished. At Jenny, you'll find Western hospitality, tempting food in the award-

winning dining room, superb service and relaxing solitude. And since this is the Wild West, Jenny cabins have telephones on request, no radios, no TVs and no air-conditioning. (\$525+)

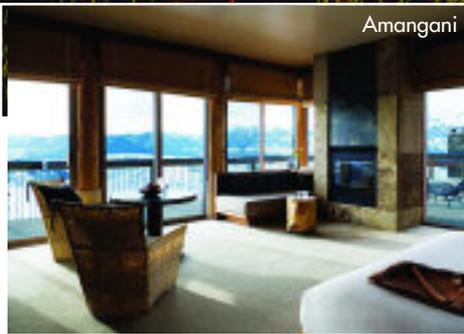
## EAT

**The Mural Dining Room** Located in the Jackson Lake Lodge in Grand Teton National Park, the Mural Room (307.543.2811 x1911, [Grand Teton National Park, www.gtlc.com](http://www.gtlc.com)) treats its guests to both spectacular visual and culinary feasts. From the restaurant's 100 feet of panoramic pictures windows, views of the Grand Tetons are breathtaking. Behind the windows, covering nearly 80 feet of the



interior walls, are the magnificent Rendezvous Murals painted by the late-20th-century master Carl Roters. Open daily for breakfast, lunch and dinner. Dinner reservations are recommended.

**Nora's Fish Creek Inn** Have a true Wyoming dining experience at the popular Nora's Fish Creek Inn (370.733.8288, 5600 West Wyoming) located just a few miles outside of Jackson Hole in downtown Wilson. Set in a rustic log building, Nora's Fish Creek Inn features broiled steaks and fresh seafood such as Southwestern Filet of Red Trout coated in Blue Cornmeal and topped with Avocado Butter (\$12.50) and Charbroiled Salmon With Lemon Herb Butter (\$13.50).



Amangani



Michelle Julene's

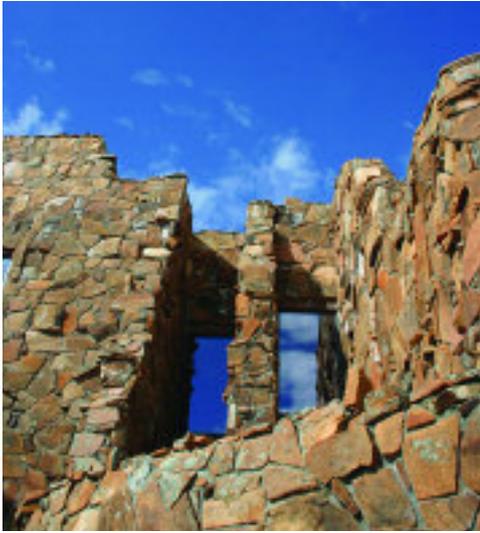
**Stiegler's** There are not many Austrian restaurants in the United States, but Jackson Hole has one worth visiting. Featuring Austrian specialties such as bratwurst and schnitzel, Stiegler's (307.733.1071, *The Aspens, Teton Village Rd.*, [www.stieglersjacksonhole.com](http://www.stieglersjacksonhole.com)) has been a Jackson Hole favorite for more than 20 years. Conveniently located near the resort on Teton Village Road, chef and owner Peter Stiegler offers guests excellent service in the cozy European ambiance of an Alpine Home.

## EXPERIENCE THE GREAT OUTDOORS

**On the River** Jackson Hole is in the heart of America's most famous fly-fishing region. With waterways such as the Snake River, Green River and the numerous smaller rivers in Yellowstone National Park, there is an endless amount of water to cover and, lucky for us, most of it is public property. Call West Bank Anglers (800.922.3474, [www.westbank.com](http://www.westbank.com)) to put you on the area rivers at the right time and place for success.

**On Two Wheels** With tours for every level of rider, a guided mountain bike tour with Teton Mountain Bike Tours (800.733.0788, [www.teton-mtbike.com](http://www.teton-mtbike.com)) will offer you breathtaking views of the Grand Tetons and Yellowstone National Park. Consider renting a Burley Child Trailer or Adams Trail-a-bike to make the outing a family affair.

**By Foot** Jackson Hole Mountain Guides (800.239.7642, [www.jhmg.com](http://www.jhmg.com)) has been offering climbing adventures in Grand Teton National Park since 1968. Offering excellent instruction for the beginning climber, JHMG guides are also qualified to take you on any level of climb. Whether you join them for a day of rock-climbing instruction, a guided rock climb or a longer wilderness journey, they'll help you build new skills and find a new appreciation for the backcountry.



COURTESY OF NATIONAL MUSEUM OF WILDLIFE ART.

## TO DO

**National Museum of Wildlife Art** The National Museum of Wildlife Art (800.313.9553, 2820 Rungius Rd., Jackson Hole, [www.wildlifeart.com](http://www.wildlifeart.com)) is unique among American art museums, distinguished by its mission and location. With collections of nearly 4,000 works of art, the museum strives to enrich and inspire public appreciation of fine art and humanity's relationship with nature by focusing its exhibitions and programs on wildlife. Situated on a butte in Jackson Hole, the museum overlooks the 20,000-acre National Elk Refuge and is on route to Grand Teton and Yellowstone National Parks. Open daily. \$10 for adults, and children 18 and under are free.

**The Grand Teton Music Festival** Since its inception in 1962, the Grand Teton Music Festival (307.733.3050, [www.gtmf.org](http://www.gtmf.org)) has earned the reputation as one of the most vibrant summer music festivals in the country. Each summer, more than 250 of the finest orchestra musicians across the nation come to Jackson Hole to make the Grand Teton Music Festival their summer home. Many of these musicians hold principal positions in their home orchestras and come from such esteemed ensembles as the San Francisco Symphony and the New York Philharmonic. For the months of July and August, Festival musicians can be heard in more than five concerts per week in performances of orchestral, chamber and specially themed concerts. Try to make the free Fourth of July outdoor concert.

## SHOP

Shopping in Jackson Hole is an experience like no other. Not only will you find unique, one-of-a-kind furnishings, Western crafts, clothing boutiques and accessories, galleries, artwork and souvenir shops; you will also find that down-to-earth Western hospitality. For some one-of-a-kind cowboy couture, check out award-winning designer Michelle Julene's boutique (185 W. Broadway; [www.michelle-juleneboutique.com](http://www.michelle-juleneboutique.com)). ●

## Healthy Sleep is Vital for every Season of Life!

### Common Signs of Poor Sleep:

- Excessive sleepiness and fatigue • Difficulty initiating or maintaining sleep
- Non-refreshing sleep (difficulty "getting going" in the morning)
- Abnormal movements or behaviors in sleep



### INFANTS:

- Breathing problems in sleep (sleep apnea)
- Night awakenings
- Scheduling problems

### CHILDREN:

- Snoring and sleep apnea
- Attention deficits and behavior problems
- Sleep walking and night terrors
- Bedtime struggles
- Bedwetting (enuresis)
- Restless legs syndrome



### ADOLESCENTS:

- Snoring and sleep apnea
- Insomnia; inadequate sleep
- Daytime sleepiness and fatigue
- Restless legs syndrome
- Narcolepsy



### ADULTS:

- Snoring and sleep apnea
- Insomnia; inadequate sleep
- Daytime sleepiness and fatigue
- Restless legs syndrome
- Narcolepsy



### SENIORS:

- Snoring and sleep apnea
- Restless legs syndrome
- Medication-related sleep problems

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