

The INDEPENDENT News

Free

Delivering Community News to Eagle, Star & W. Ada County

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Musical Line Up, Cancer Families Rock Baldapalooza

By Philip A. Janquart

The 2014 Baldapalooza Music Festival, held Sept. 6 at Merrill Park in Eagle, attracted more than 1000 music lovers, far exceeding last year's mark of about 750.

Now in its second year, the event is the product of a lot of brainstorming by a handful of people in Eagle who wanted to find a way to help families affected by cancer. The result was Baldapalooza, which aims to raise money for cancer charities through a grand musical festival.

Part of the event's success this year can be attributed to the volunteers and organizing members of Baldapalooza, who managed to book some big-name artists, such as country/western singer and songwriter Ashley Monroe.

Monroe served as the event's main attraction, dazzling the crowd with her professionalism, talent, and heart-felt presence.

"We were thrilled with the music," said Baldapalooza Media Coordinator Lonnie Leavitt-Barker. "It went way beyond our expectations. Ashley was unbelievable. She pulled a friend up on stage with her. She and McKenna Randis met at Camp Rainbow Gold a couple years ago and have been friends ever since. Ashley pulled her up on stage and sang a beautiful song. I think it was called 'Have I



From left, rodeo volunteer Mandy Allison, 2015 Miss Caldwell Night Rodeo Queen Heather Skygaard and 2015 Miss Ram PRCA Rodeo Hollie Carlson sell tickets for a guitar signed by country music stars during Baldapalooza.

Told You How Much.' During the song, the crowd released dozens of lighted colored, paper lanterns. They floated up into the sky and it was a very powerful moment."

Randis and Monroe met two years ago at Camp Rainbow Gold, where Ashley volunteered to help children with cancer and their families enjoy time in the natural beauty of the Sawtooth Mountains in northeast Idaho.

Camp Rainbow Gold is an independent, non-profit organization dedicated to providing families affected by cancer with summer camps designed, in part, to give them a break from the routine and stress of hospital visits and therapy treatments.

Randis, who was diagnosed with a brain tumor in 2003, met Monroe at the organization's oncology camp.

"Ashley was writing songs in our cabin and we ended up following up with each other," Randis said. "I really wasn't expecting her to bring me up there (on stage) so I was kind of surprised. I was happy."

Randis, now 14, underwent her last radiation therapy last summer in Boston.

"We are hoping that was her last treatment," said Kristy, McKenna's mother. "It should be the last one. We just had an MRI last month and she is looking good. The tumor is still there, but it's smaller."

Also on hand at the event was Bree MacGillivray, who operated the Be The Match tent, and son Beckham, 9, who underwent a bone marrow transplant last year and is now in full remission.

"My son was diagnosed in June 2012 and had the transplant in March 2013," she said. "We had about 30 people come and swab the inside of their cheeks so we can send their DNA to BeTheMatch.org, a bone marrow registry that matches donors with recipients. I guess you could say it's a bone marrow match-making organization. We feel very fortunate because there isn't always a happy ending."

Other musical guests that performed at the festival included Fictionist, We Are The Strike, Waking Jordan, the "boy band" Beyond 5 (as seen on ABC's "Rising Star") and artists Mimi Knowles, Desirae Bronson, and Brook Faulk.

In addition, Mossi Watene, winner of the Baldapalooza Sing-Off, performed on the big stage singing two original songs and one cover. The Sing Off was held in late August to give one area artist the chance to perform alongside some big names at the event.

Continued on page 9



Jason Hosick and Elizabeth Lizberg of Camp Rainbow Gold having some fun at Baldapalooza.



Left, McKenna Randis and Ashley Monroe.

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Passing the Torch

The Independent News has been bringing quality news to the communities of Eagle and Star for almost 10 years and I have been grateful to be a part of that for the last 3 ½ years. Taking the reins from Denice VanDoren in February 2011, it has been my pleasure to interview hundreds of local residents and bring their stories to you each month. From human interest articles to highlighting local businesses, I have enjoyed meeting and writing about you and your unique talents and interests.

As a small monthly direct mail publication, we are dependent upon local advertisers to facilitate the production of the newspaper each month and we have been blessed to have some great businesses put their trust in us and support this community effort. When you support our advertisers, you also support the ability for us to continue to bring you the newspaper each month.

Throughout my years with the newspaper, I have had many people approach me and express their appreciation of the newspaper and the positive outlook we focus on each month. Our desire is to show the great things that are happening on a regular basis throughout the community. There is enough negative press generated through mainstream media that we feel it is our responsibility to promote the opposite. Eagle and Star are both communities that reach out to their neighbors, get involved in their schools, support local charities, and find ways to quietly serve. These are the community qualities we like to showcase.

So why after my years with the newspaper am I giving it up? Simple, I believe the newspaper is best served by someone who lives locally. Last year my husband had a change in his career path that required us to move to Idaho Falls. Since March, I have been publishing the newspaper remotely and, while it has worked, it has not been the ideal situa-

tion. I began searching for my replacement and after receiving offers of interest from several interested parties out of town and out of state, I finally found the perfect fit – Melissa Upton of Star. I will let Melissa tell you about herself and her background, but I just want to say how excited I am for her to take over and am excited to see the positive changes and fresh perspective a new owner can bring.

Thank you for your faithful reading of the newspaper each month, your insightful input, and your interest in your community. While my time with the newspaper was a constant learning and growing process for me, offering me plenty of opportunities to correct mistakes and find solutions, I enjoyed it immensely and found many new ways to expound my talents and hone my skills.

I have appreciated the opportunity to write, edit, and publish The Independent News and hope you will show Melissa the same courtesy you showed me when I took over in continuing to read and support the newspaper through your feedback and ideas.

Thank you to our monthly column writers who give us a solid foundation for the newspaper and those others who work so hard to put the newspaper together each month. It is a highly collaborative effort and impossible to do alone.

I will miss my interaction with the citizens of Star and Eagle, but I know you will continue to be represented well. I look forward to continuing to read The Independent News online at www.theindnews.com.

Warmly, Jennifer Anderson

Hello Star and Eagle communities! As the new owner of The Independent News, I am getting better acquainted with you and our fantastic community so, to be fair, I wanted to share a little bit about myself so that you could get to know me.

I am a re-transplant to the Treasure Valley; I graduated from Meridian High School in 1985. After graduation, I traversed the country living in Virginia, Oregon, and then California. I was blessed with two sons, which I raised as a single mom in the Santa Cruz,

California area. They have both grown to be amazingly kind and thoughtful men; I am so proud to be their mom. My oldest, Zach, now 23, still lives in California. My younger son, Philip, is 18 and just started his first semester at Boise State. Go Broncos!

While working to support my boys and myself, I completed my Bachelor's degree in Social and Behavioral Sciences from California State University Monterey Bay and then continued my education, recently earning a Master's degree in Library and Information Sciences from San Jose State University.

Two years ago, I met the kindest man I've ever known. We married last year, found a beautiful home in Star, and moved here earlier this year. In some ways I'm new to the area, but in some ways I'm not. There is so much that is familiar to me and, frankly, that's why I moved back. This area feels like



Melissa Upton and Jennifer Anderson

home to me in a way that no other place I've lived has. I hope to provide a fresh pair of eyes on the beauty of our community's people and surroundings.

Owning The Independent News and having this opportunity to provide you with information (and hopefully some entertainment!) is a dream come true for me. I am a curious person with a thirst for knowledge and information. I love meeting people and hearing their unique stories. I'm a librarian at heart and have a passion for providing valuable, accurate information about current issues, events, and other community happenings. I know I have big shoes to fill, but I hope I will do my predecessors, Denice VanDoren and Jennifer Anderson, proud.

Going forward, I hope to revitalize some past Independent News features and possibly add some new regular columns. I have some ideas I'm working on, so stay tuned for that. I am also an avid reader and love talking about books. As a result, we've added a book review column this month called Lost in Literature. I hope you enjoy it. I encourage you to contribute your own book reviews as well! Submit book reviews, story ideas, and/or comments by emailing us at theindnews.story@gmail.com. Just be sure to submit by the 15th of the month to be considered for the following month's issue. Submission guidelines are listed on page 6.

I'll be checking in with you each month, but for now I'm excited about getting to know you and getting more involved in the community. I look forward to providing you with your community news.

Cheers, Melissa Upton

Eagle's Push2Play Looking for Gigs

By Philip A. Janquart

Like most budding bands, Push2Play is all over the board when it comes to the music they play. Their last gig was at a local rodeo and the six-man group, which mostly hails from the suburbs, was more than convincing as a bunch of country good 'ol boys.

Just days before the gig, the band was rehearsing Brooks & Dunn's "Boot Scootin' Boogie," like they've played it a hundred times.

"The great thing is, we all own cowboy hats," said band founder Randy Pinder.

In the beginning, the band mostly performed at weddings, but things are beginning to evolve as the band surfaces from a short hiatus.

"We do a little bit of original stuff, but mostly we take covers and put our own spin on it," Randy said. "We went through a phase where we were seeking out wedding receptions and did popular cover songs for weddings, but I think over time, all of us decided this was just a hobby for us and we played mostly because we just liked to play for ourselves. We've become good friends and really like the camaraderie."

The band started back in 2006 after Randy and Gentry Myler, the band's drummer, moved to Eagle from Sacramento, Calif. where they worked for Hewlett-Packard. Both were transferred to HP's Boise facility and even ended up living in the same Eagle neighborhood.

Bass player Jeff Crouch lives in the same neighborhood and began talking to Randy while doing yard work.

"Jeff and I are neighbors and we were both out mowing the lawn one day and started talking," Randy explained. "I told him I play guitar and he said, 'Well, I play bass.' And then I told him, 'you know, my friend is a drummer.'"

The three started getting together and "jamming" at Jeff's house. Eventually guitarist and mandolin player Ted Mason joined, followed by lead singer Cory Mecham and the group's latest addition, keyboardist Rob Low.

The group has evolved over the years and at one point decided they were playing too many gigs and needed to "ratchet" things back a little.

Push2Play, however, is back on the market and looking for gigs. One of their most recent performances was at the Baldapalooza Music Festival held in early September. Among the songs the group played was a cover of the Lumineers' "Ho Hey," which the crowd immediately responded to with dancing, clapping, and singing.

The Lumineers is described as an American folk/indie rock band. "Ho Hey" is from the band's self-titled album and was reviewed by Anne Erickson of Audio Ink Radio, who said that, "It's darn refreshing to sit back and take in some genuine, straight forward music that comes from the heart."

Push2Play seems to have that same vibe. One of the key additions to the group has been Cory, who was once with Vocal Point, Brigham Young University's premier nine-man cappella ensemble.

"Cory has been with the band for about a year," Randy said. "We really just needed a singer, someone to take over lead vocals. He was down at BYU and was part of group Vocal Point. You have to be a great singer to be part of that. My wife found out about him because she does a lot of choral music and more of a religious bent, but she had heard him sing somewhere and came to me, and I looked him up and just called him one day and he was like, 'Ok, I could do that.'"

Push2Play is looking for more gigs, and has even performed pro bono for charities, like Baldapalooza.

"I was diagnosed with leukemia about a year ago," Randy said. "And Cory is a cancer survivor currently in remission, so we said we were going to do this one for free."

For more information on the band, log on to www.facebook.com/push2playband, or email the band at push2playband@gmail.com.



Push2Play, from left, Ted Mason, Jeff Crouch, Cory Mecham, Rob Low, Gentry Myler and Randy Pinder.



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Eagle High School Choir Program Annual Community BBQ and Fundraiser

By Melissa Upton

The award winning choral program at Eagle High School (EHS) will present its annual fund raising dinner and concert on Tuesday, October 7, 2014 starting at 5:30PM at Eagle High School. The dinner will feature a BBQ dinner from one of the valley's top BBQ restaurants and live entertainment from EHS's jazz choir, "Premium Blend." Following the dinner, the choir program will present its Fall Concert at 8PM in the EHS Auditorium. The concert will feature over 200 singers including "Bel Canto," "Bella Voce," "Sonous," and "A Capella Choir."

This annual fundraising event will feature music from Premium Blend, the high school's vocal jazz ensemble; an auction; a BBQ from one of our local restaurants; and a delicious Dessert Dash. All of the funds raised will support the choir's activities including their western United States tour to San Francisco in November.

One of Eagle High's choral ensembles, Sonous, will travel to San Francisco in Novem-

ber. Students will be performing at various venues in Reno, Sacramento, and the San Francisco/Bay area, participating in exchange visits with the local high schools, and working with college choral conductors in various workshop events where they learn valuable vocal techniques. The trip provides an opportunity for choir members not only to travel, but to strengthen their team and work together more cohesively as a group. Savannah Stephan, Choir President of the Eagle High School choral union program, sums up the choir trip experience perfectly by saying, "from a music perspective, after choir tour, our sound is better. We trust each other more and when trust is overly present, a choir will be unstoppable."

Tickets for the event are \$25/couple or \$15/single in advance or \$30/couple or \$20/single if purchased at the door. Advance tickets are available in the EHS main office and at www.myschoolfees.com. For more information about the dinner or concert call 208-869-1690.



Eagle High School Choir

Baldapalooza Sing-Off Winner Amos "Mossi" Watene Knows About Cancer

By Philip A. Janquart

His cousin's son has been battling cancer for a year, which is not all too surprising considering the disease has seemed to run rampant in his family.

Mossi Watene, who won the right to sing on stage at this year's Baldapalooza Music Festival, has many family members, including grandparents, aunts, and uncles who have all passed away due to one of the most prominent and deadliest diseases in the world.

So, when it was suggested he participate in the Baldapalooza Sing-Off, he was more than willing.

"I was really happy to hear about the Sing-Off, and not just because I wanted to be able to sing, but because I've been involved in causes for cancer research in the past and I knew it was something I wanted to do," said Watene, 33, who moved to Nampa from California just six short months ago. "I also became the event advocate for the Be The Match organization. I worked with Bree MacGillivray whose son had a bone marrow transplant last year and is recovering really well."

Be The Match is a national non-profit organization dedicated to matching bone marrow donors with possible recipients.

Watene was selected among three other finalists to sing at Baldapalooza 2014. He chose to sing two original songs he wrote, plus the Johnny Cash cover "Ring of Fire."

"One of the songs is called 'Pass the Jones' and the other is 'Lovely Love,'" he explained. "Everyone always asks what 'Jones' is, and I have to explain that it's a soft drink that

me and my friends always used to drink in high school. The Johnny Cash cover, well, I definitely put my own swing on it."

Watene describes his singing style as upbeat and positive.

"I think my style is happy," he said. "I like to call it just happy, organic singer-songwriter style with a mix of blues and neo-soul. I'm influenced by Mongo Jerry and Harry Nilsson, who is my favorite songwriter ever!"

Mongo Jerry is a British band most known for the early '70's hit "In the Summertime," and Nilsson is an American singer-songwriter most commonly known for the songs "Everybody's Talkin'" (1969), "Without You" (1971) and "Coconut" (1972).

Watene, however, is no stranger to the arts and entertainment industry. He has written music for Nickelodeon and HBO, and is the voice of "Brobee," the green monster character in the children's television series "Yo Gabba Gabba!" as well as the robot "Plex" in the same series.

"I've been involved in music my entire life; I took guitar when I was 12," Watene said. "I was able to write some music for Weird Al (Yankovic) and some others, but I never pursued music, you might say, as an artist would, because the timing had never been right."

Now that he has his first live gig under his belt, Watene said he is inspired to move forward.

"You know, I run a little media company, I do websites and online media," he explained. "But since moving to Idaho, I have felt this push to start doing music more prominently. I mean, it feels really awesome to be on stage; it's pretty amazing and, at Baldapalooza there were just enough people to where I didn't feel overwhelmed."

In fact, Watene has already booked his next gig, this time for the Treasure Valley Down Syndrome Association's "Buddy Walk." Watene's band, "Mossi," will be playing in the park bandshell. The event is to raise money for research and to help awareness.

"I think from here, I'm just going to continue getting connected, getting more gigs," he said. "Like I said, ever since moving here, I've just had this push to do it, so I guess I'm moving forward."



Amos 'Mossi' Watene, center, with Bree MacGillivray and son Beckham at Baldapalooza 2014.



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ACHD Candidates Connect with Residents at Election Forum

By Philip A. Janquart

There are six candidates running for the District 3 seat left vacant by Ada County Commissioner John Franden, an Eagle resident who has decided to step down. The candidates fielded questions from the public at a forum held Sept. 9 at the Eagle Library.

They include Stephanie Blake, Bob Bruce, Brock Frazier, and Paul Woods. J.J. Howard and John D. Seidl were not present at the forum.

Several questions were asked, the candidates providing insightful responses. One of those questions concerned the possible widening of Beacon Light Road to five lanes. Here are their responses to a question asked by Anne Ritter, a West Ada School District Zone 4 trustee and Beacon Light resident who is concerned about the dangers additional traffic poses for kids boarding school buses on the road.

Question by Anne Ritter:

"There are currently 70 bus stops between Highway 16 and Highway 55 during the day. Right now, we let kids cross because it's a two-lane road. If you want to make a five-lane road, it becomes what we call an impenetrable barrier. Unless there is a traffic light, we cannot let the kids cross that road, which means you are effectively doubling the number of bus stops. You have to run them both ways. How much to do those factors weigh in your decision other than just the numbers, because if you run buses that are required to stop at all of these added stops, your are impeding the traffic and you also have a huge impact on the kids that live there because we have no schools, and there are no plans for schools, with walk zones."

Paul:

"As an engineer who deals in numbers all the time, problems are never as simple as

just numbers and when it comes to transportation infrastructure, it's not just a numbers game. And I think the factors like the ones you just mentioned are very important. It's not just getting people through areas that this community was built on, we have a character to neighborhoods and we know that we need growth, but we haven't figured out how to accommodate growth, and there have to be factors to mitigate facts like that. I'm not going to say how I would rule on an important decision that comes before the commission, but the facts you are talking about seem not just germane, but extremely relevant to the decision on how to accommodate that. I think you see that everywhere, older neighborhoods, I mean. Boise has had these issues for longer than Eagle has. When Eagle started creating traffic through Boise, people struggled with this. We have struggled as a community on how we were going to deal with that, and so there isn't a silver bullet, there isn't a magical solution that I can tell you today, but I can tell you that those facts are relevant."

Bob:

"The decision by the land use agency caused the consideration for eventually increasing capacity on Beacon Light Road; however, the need for any increase in capacity is quite a number of years off. I think that the more important thing to look at in terms of Beacon Light Road or any other arterial that may eventually be expanded because of growth that may or may not come, but more than likely will come, is preservation of the corridor so that you eventually have the ability to do something there. Thirty years from now, will we need to do it? Maybe not, but everything has changed from a transportation perspective, but if you don't preserve the corridor, you will have even more problems in

trying to move people, goods, and services around the area. And, certainly, the situation with the school bus is a big consideration that needs to be looked at, but I don't think that is going to happen for a long time.

"The second part of that is that the possibility exists, if you preserve the corridor and right of way, if you are familiar with Floating Feather between Eagle Road and State Highway 55, that's a three-lane section through there and it's a beautiful road. It has separated sidewalks for most of it with grass in between. That sort of solution for Beacon Light in the future, if you preserve the corridor, will provide the ability to do something, like, make a beautiful road. Whether you will need five lanes in the future, heck I don't know, but possibly not for a long time or maybe never, but at least you've done something because it does have a lot of traffic on it for a two-lane road with no sidewalks. With the traffic that is there, and with the cross-over traffic from (Highway) 16 to (Highway) 55, and if and when Spring Valley starts to build, there is going to be more (traffic) and so we have to be prepared for the future, but in the meantime I think you can do some very nice things with Beacon Light that will enhance it dramatically."

Brock:

"I don't know how I would weigh in on a decision like that, but you are going to have tradeoffs, tradeoffs with points, having people going two directions in and kids crossing and all kinds of elements within a system, because it is inherently a system. It's good to have as much data as possible and make a decision on that, as opposed to making a decision right off the cuff, during a meeting. So, I can't tell you what decision would be made because I would need more data and more time. One of the things that will happen

a lot of times, and this comes from working at corporate levels and working at start-up levels, is that reports get too wordy. You can't just spend money on research. You have to look at fundamentals and look at them reasonably. There is always a fine line between spending money and spending money foolishly."

Stephanie:

"I'll answer your question pretty succinctly: Safety is a paramount concern when considering the engineering behind any road. Beacon Light Road may or may not be expanded to five lanes in the future, but with the current development and entitlements that have already been committed, it's looking like, unless something drastically changes, it may go that way. I don't like that, but it may go that way. If it does, then the school crossings there must be given very close attention and careful consideration. You may recall that it was a five-lane road where Olivia Schnacker, who crossed on Jullion Street and Ustick, was killed on her bicycle. Children crossing five-lane roads, especially elementary-age children, is a very, very dangerous situation. If we can avoid that, if we can provide additional stops, we can do what we need to do to mitigate that as much as possible to the benefit of the community and the children walking. That will bottleneck the traffic, I'd imagine, if there are that many stops, but that's an inevitability that we will have to deal with when we get there."

The candidate elected to represent District 3 on the ACHD commission will serve a four-year term and be paid a monthly stipend of \$1,771, according to the ACHD website. The election takes place Nov. 4 in conjunction with general elections.

For more election details, log on to www.achdidaho.org, or call Stacey Workman, secretary of the Commission, at (208) 387-6110.



Paul Woods



Brock Frazier



Bob Bruce



Stephanie Blake

*"Safety is a paramount concern when considering the engineering behind any road."
Stephanie Blake, candidate for ACHD District 3*

Star Halloween Festival and Parade Makes Debut

For Halloween this year, a group of folks in Star have organized a fun evening for the kids in our community. The evening starts with a Halloween Parade at 5:30 p.m. that will let those ghosts and goblins have a chance to show off their costumes. It will begin at the water tower (Water View Subdivision entrance) on Star Road and end at The Barn on Star Road. Line-up is at 5:15 p.m..

Beginning at 6 p.m., there will be an amazing Trunk or Treat around the barn with rib-

bons given for the best entries. Fun activities and games, geared for the elementary aged and younger crowd, will take place inside the barn until 9 p.m. This is a festive event; it won't be too scary for the little ones!

Several of the area churches are involved in planning this event for the community. Businesses in Star are also invited to participate by providing a



fun activity for the kids or parking in the Trunk or Treat. There are some nominal costs involved, so if there are any businesses (or individuals) that would be inclined to help offset some of those costs – it would really be appreciated!

As with any community event, volunteers are always welcome.

We are also in need of straw bales (can be returned) and miniature pumpkins.

Plan on bringing the little ones over to Star Road on the 31st for a fun Halloween evening of activities and candy!

For more information, please call Theresa at 286-0734 or Terri at 890-4550. You can also visit a new Facebook page that has been created to keep the community informed about events in the city like this one and the Hometown Celebration. Look up Star Community Events on Facebook.

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Around Eagle By Mayor Jim Reynolds

The Boise Philharmonic and the Master Chorale finished their third successful Picnic at the Pops concert series with another rousing Salute to Americana. Music Director Robert Franz as always was animated, energetic, and humorous. This year, Executive Director Sandi Culhane, Amy House, and the team found a great spot at Eagle Island State Park that was shaded and enjoyed the backdrop of a beautiful lake. We are hopeful this will become a growing and permanent summer venue for the Boise Philharmonic.

The City of Eagle helped sponsor the summer series in a donation through the Eagle Arts Commission. Commission Chair Meg Glasgow and the Gallery of Finer Frames hosted a reception celebrating contemporary figurative art from regional artists as well from the East coast and Germany. Eagle's first summer-long outdoor art show will run through the end of October. The Eagle Arts Commission, with support from the Eagle Urban Renewal, has selected Delia Dante's "At Last" for purchase. The work will become the newest sculpture in the City's permanent art collection.

On August 23, the LDS Church broke ground on the Meridian Temple at 7345 North Linder Road just north of Chinden. This fifth Mormon Temple constructed in the state has been planned for western Idaho since 1939. The other temples are located in Boise, Twin Falls, Idaho Falls, and Rexburg. The construction will likely take around 3 years.

At the City Council meeting of August 26th, the first phase of Spring Valley's planned unit development was approved by the City Council by unanimous vote. After 6 years of careful study and many hours of work by City Staff and M-3, the initial construction will soon begin for 140 homes in the foothills of north Eagle adjacent to Highway 16.

At the same meeting, Susan Mimura, conflict attorney for the City, provided evidence from Ryan Neptune that Eagle SuperParks has the required indemnification for their operations. The company is carrying \$5 million insurance

coverage and Workman's Comp Insurance for their planned concession and snow park at the Sports Complex. A performance bond will also have to be in place for any construction at the Sports Complex.

Lots going on at the Eagle Police Department. Eagle Police Chief Steve Bartlett has been tapped to be the heir apparent to retiring Sheriff Gary Raney. Promoted to Captain, he will be assigned to the jail for additional experience in command, before running for the Office of Sheriff in 2016. Sergeant Patrick Calley has been promoted to Lieutenant as our new Police Chief. We wish Steve and Pat all the best in their new assignments.

Probably few noted the passing of a genuine American hero. Long-time resident of the Veteran's Home and Medal of Honor recipient, Bernie Fisher, was recently laid to rest at the Veterans Cemetery. A large group of friends and admirers paid tribute to him at his memorial service. In Vietnam, Major Fisher was flying an A1E Skyraider when his wingman was forced to put his damaged aircraft down at a heavily defended airstrip. Bernie landed amid heavy enemy fire, taxied the length of the strip to get his friend, then flew him out sitting on Fisher's lap in the crowded cockpit. The A1E, a rugged naval fighter aircraft, flew them out with a few more holes than it had on arrival. Bon voyage Bernie.

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EAGLE LIBRARY October Events

The Library will be closed Monday, October 13 for Columbus Day.

~~~~~ ON-GOING PROGRAMS ~~~~~

- Monday, October 6, 20, 27**  
**Baby Readers: 10:30 a.m.**  
(ages birth - 18 months) Stories, songs, and fingerplays for babies and their caregivers.
- Monday, October 6, 20, 27**  
**Knee Deep in Legos: 4:00 p.m.** (ages 6+)  
Weekly program for children ages 6 - 12 to use their creativity in building/designing with LEGOS.
- Tuesday, October 7, 14, 21, 28**  
**Toddler Time: 10:30 a.m.** (18 mths - 3 yrs)  
Stories, songs, and crafts for toddlers and their caregivers.
- Wednesday, October 1, 8, 15, 22, 29**  
**Music & Movement: 10:30 a.m.** (birth - 5 yrs)  
Early literacy skills are built through rhythm and motion in this interactive program for young children and their caregivers.
- Wednesday, October 1, 8, 15, 22, 29**  
**Tales to Tails: 4:00 - 5:00 p.m.** (ages 5+)  
Practice your reading skills ---- read to a friendly, attentive dog! Sign up for a 15-minute session at the Children's Reference Desk.
- Wednesday, October 1, 8, 15, 22, 29**  
**Teen Advisory Board (TAB): 4:15 p.m.**  
(teens 14+) Earn volunteer hours, socialize with your peers, and enjoy a small snack while helping your library in a variety of ways.
- Wednesday, October 1, 8, 15, 22, 29**  
**Pajama Story Time: 7:00 p.m.** (ages 3 - 8)  
Come in your pj's for stories, songs, a craft, and a bedtime snack.
- Thursday, October 2, 9, 16, 23, 30**  
**Preschool Story Time: 10:30 a.m.**  
(ages 3 - 5 years) Stories, songs, and crafts for preschoolers and their caregivers.
- Thursday, October 2, 16, 23, 30**  
**Homeschool Adventures: 2:00 p.m.** (all ages)  
Learning and fun for homeschooling families.
- Friday, October 10, 17, 24, 31**  
**Ready, Set, School! 10:30 a.m.** (ages 3 - 5 years)  
Stories, songs, and crafts, with an emphasis on school-readiness skills.
- Friday, October 10, 24**  
**Knitting Club: 10:00 a.m.** (adults)  
Share your passion for knitting, learn new techniques, and enjoy socializing while creating items to be donated to various charitable organizations.
- Saturday, October 4, 11, 18, 25**  
**Saturday Stories & Music: 10:30 a.m.** (all ages)  
Children from birth to age 6 (with a favorite adult, older siblings welcome) enjoy books, songs, rhymes, and movement activities while building language and literacy skills.

~~~~~ SPECIAL PROGRAMS ~~~~~

- Friday, October 3**
Preschool STEM program: 10:30 a.m.
(ages 3 - 5) Parents and their preschool children are invited to explore entertaining and educational hands-on STEM (Science, Technology, Engineering, and Math) activities.
 - Monday, October 6**
Yummy Haunted Houses: 6:00 p.m. (teens)
Build your own haunted graham cracker house. All yummy materials provided!
 - Thursday, October 9**
Second-Thursday Book Club: 6:30 p.m. (adults)
We will discuss *The Night Circus* by Erin Morgenstern. Pick up your copy at the Library.
 - Friday, October 10 & Saturday, October 11**
Friends of the Library Book Sale: 2:00 - 6:00 p.m. (Fri.); 9:00 a.m. - 3:00 p.m. (Sat.)
Annual Fall book sale. Don't miss it!
 - Tuesday, October 14**
After-School Adventures: Spooky Treats!
4:15 p.m. (ages 6 - 12) Come and make something every ghost in your family will like.
 - Friday, October 17**
Live Your Nightmare: 7:00 p.m. (teens)
Photo scavenger hunt, pumpkin-carving contest (bring your own gutted pumpkin), games, ghost stories, and more!
 - Monday, October 20**
Pizza and a Movie: 6:00 p.m. (teens)
Food, friends, and the film "Captain America Winter Soldier."
 - Friday, October 17 - Saturday, October 25**
Second Annual Biggest Pumpkin Contest:
all week (all ages) Bring your monstrosity into the library from October 17 - 24 and maybe you'll win a prize! Judging on October 25.
 - Friday, October 24**
Email and Internet Basics: 2:00 p.m.
(all ages) Learn the basics or just refresh your skills at this hands-on workshop. Bring your own laptop or register to use a library laptop. Call 939-6814 x104 to register.
 - Monday, October 27**
Teen Board Games: 6:00 p.m. (teens)
Challenge your friends and claim board game supremacy.
 - Tuesday, October 28**
After-School Adventures: Bats and Spiders!
4:15 p.m. (ages 6 - 12)
Creepy and screechy crafts for Halloween.
 - Friday, October 31**
Trick or Treating in the Library!
9:00 a.m. - 6:00 p.m. (all ages)
Show off your Halloween costume to the Library staff and get a small treat!
- www.eaglepubliclibrary.org

To learn more about the Eagle Chamber of Commerce: www.eaglechamber.com. The chamber is active in the community and proactive in helping business members network and better achieve their goals.

City of Eagle Meetings

Eagle City Hall
660 E. Civic Lane • 939-6813
www.cityofeagle.org

Eagle City Council Meetings
2nd and 4th Tuesday • 6:30 pm

Planning and Zoning Commission Meeting
1st and 3rd Monday • 6:00 pm

Park and Pathways Development Commission
3rd Tuesday • 6:30 pm

Eagle Arts Commission Meeting
1st Tuesday, 6:30 pm, Eagle City Hall

Eagle Sewer District Board Meeting
2nd Monday of the month • 6:00 pm
District's administration building
44 N. Palmetto Ave., Eagle, 939-0132

Eagle Historic Preservation Commission Meeting
2nd Wednesday, 5:30-6:30 pm, Eagle Historical Museum (67 E. State St.)

Eagle Government Relations Committee Meeting
4th Wednesday, 9-10 am,
Bank of the West
47 E. Riverside Drive, Eagle, ID
Call Eagle Chamber 939-4222

Eagle Senior Center
312 E. State Street, 939-0475
Monday
Exercise at 9:00 am
Tuesday
Lunch and Pinochle at 12:00 pm
Wednesday
Exercise at 9:00 am
Thursday
Lunch and Bingo at 12:00 pm
Friday
Exercise at 9:00 am

HALLOWEEN HUMOR



- When is it unlucky to see a black cat?
When you're a mouse!
- How do you mend a broken Jack-o-Lantern?
With a pumpkin patch!!!
- Why are black cats such good singers?
They're very mew-sical!
- What kind of girl does a mummy take on a date?
Any old girl he can dig up!
- Why did the skeleton go to hospital?
To have his ghoulish stones removed!
- What do black cats like for breakfast?
Mice krispies!
- Why didn't the skeleton go to the party?
He had no body to go with!
- How did the glamorous ghoul earn her living?
She was a cover ghoul!
- What do you call a ghost's mother and father?
Transparents!
- Why were ancient Egyptian children confused?
Because their daddies were mummies!

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Idaho Public Health Officials Closely Monitor Respiratory Infections

Idaho Public Health officials are working closely with hospitals, public health districts, laboratories and healthcare providers to identify any possible clusters of respiratory illnesses caused by Enterovirus D68. More than a dozen other states are reporting increased hospitalizations of children due to possible Enterovirus D68 respiratory infections.

Enteroviruses are very common viruses that cause respiratory illnesses similar to common colds. Most people infected with an enterovirus have mild symptoms that do not require a doctor's care. However, some states are reporting that children with underlying health issues, particularly with asthma or other lung conditions, are experiencing difficulty breathing and require supportive medical treatment.

Idaho epidemiologists contacted hospitals and healthcare providers on Monday, querying them on possible infections they may be treating. Private labs throughout the state also were surveyed on their test results and capacity to test for enteroviruses.

To date, healthcare providers have reported several respiratory illnesses that may be due to enterovirus. Samples from these individuals are being sent to the Centers for Disease Control and Prevention (CDC) to identify if they are Enterovirus D68; the CDC can currently subtype enteroviruses and identify D68. At this time, no cases

of Enterovirus D68 have been confirmed in Idaho.

"The Idaho Division of Public Health is closely monitoring respiratory illnesses in the state, especially in children and teens," says Dr. Christine Hahn M.D., state epidemiologist. "Enterovirus infections are very common this time of year, but we want to be vigilant in identifying any clusters of illnesses to prevent the spread to vulnerable people, especially those with underlying health conditions."

Enteroviruses are transmitted through close contact with an infected person or by touching surfaces that are contaminated by the virus and then touching your mouth, nose or eyes. Symptoms of enterovirus illness include fever, runny nose, sneezing, coughing and body aches. There is no vaccine, but people can protect themselves and others by washing their hands frequently, covering their cough and staying home when sick.

Parents should be watchful of their children, especially if children have an underlying health condition such as asthma or a lung disease. If a child is ill and begins to have trouble breathing or is wheezing, parents should contact their healthcare provider immediately.

More information about Enterovirus D68 is available on the CDC website at: http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html?s_cid=cdc_homepage_whatsnew_001.



JOE'S VIEW

So, with the final explosion of the air nailer, the last wall stud was put in place and I can now officially say that I am done moving walls

around in our newest house. We started this project 5 years ago. Hey, why rush anything?

Now a disclaimer: I said moving, not tearing out. We have three areas of modification to go. On the second story of our house, I want to convert a 5' x 3' sliding window that is over our bed into three 18" individual awning windows. On another wall of our bedroom, I want to take out the 6' x 3' window and cut the exterior wall down to the floor, put in a sliding door, and build what we are calling a "Juliet Balcony."

The third and final interior modification is one that, as it is now, you have to look at it and think - "What was wrong with these people?" In what we call our guest room, there is this dinky little closet, about 2' x 2', that is built out over the stairway that leads from the ground floor upstairs. It is right over where the stairs make a turn at the bottom and is just close enough that we do not allow visitors over 6' to come in our home. Bad original design.

But come on, it looked good on paper! And that brings me to my point. You have seen it, and you probably have one in your home. A design element that makes you think, "What was wrong with these people?"

I did something the other evening that I do not recommend, but I did it anyway. I walked

in and around a HUGE home that is under construction near me. This sucker is big! It is beautifully framed and looked ready for the inspection that will allow plumbing and electrical to start. The exterior doors were open, so I figured it was OK to take a look (for the record, it is not. Do as I say, not as I do.).

I blame it on temporary insanity. This builder has a good framing crew. All the details were clean and well done. Framing is where shoddy construction will show. This looked good. This framer didn't have to say, "Forget it, the sheetrock will cover it." I want to know this guy, but I would have to disclose that I was pawing around in the house after hours.

But despite my appreciation of a good job, I saw a design element that made me think, "WWWTP?" I saw a structural column porch post that was directly in front of a window and will be just a few feet in front of the glass. Nice view of a post. Come on. Didn't they think to catch that at framing? Did they have to build it to plan? Yup, they did. I couldn't figure out a way they could have moved it 2 feet to clear the view. The new owners will be stuck with it. Forever.

Some of these things can be corrected. Me, I am going to remove that closet completely which will give me a two story tall transition over the stairs and let me cut in a window to the exterior which will flood the stairway with natural light. Sweet! It works out because I moved a wall earlier and did build a real closet in the bedroom. Why it was not done this way to start, who knows. I just fixed it.

Listen to The HomeFix Radio Show with Joe Prin, Saturday mornings, 7-10 AM on 670 KBOI or on your mobile device through Facebook at "The HomeFix Radio Show". Email to joe@joeprin.com. Podcasts of previous radio shows and columns are available at JoePrin.com.



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DEADLINE:

To be included in the next issue all information and ads must be submitted by **October 15, 2014**

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The Independent News publishes press releases distributed by businesses or organizations. The release should be NO MORE than 300 words in length. If a release is submitted that is longer, The Independent News will either send it back to you for editing, or we will edit it. If you are a new business in town, or an existing one that would like some coverage, The Independent News routinely provides business profiles for our local businesses. Please contact us at 550-3111 or email us at theindnews.story@gmail.com.

Letters to the Editor Policy

Maximum length is 250 words, 600 words for a Guest Opinion. You must identify yourself and include a phone number where you can be reached for verification. We will not publish telephone numbers or email addresses. All letters printed are the opinion of the writer and The Independent News cannot verify the accuracy of the information submitted. Any material submitted that is deemed libelous, offensive or in poor taste will not be printed. All material is subject to editing by this newspaper. Guest Opinions will be printed on a case by case basis and all material submitted will be printed as space allows. You may submit letters to theindnews.story@gmail.com or mail to PO Box 2541, Eagle, ID 83616.

TRINA'S FITNESS CORNER



I have hosted many 30 day challenges and one subject always comes up - "I need to eat more veggies." Surprisingly, I was a vegetarian for about

10 years. When I moved to Idaho, my resources were limited and I slowly started to eat animal proteins. I don't have a problem eating animal protein now; in fact, that is my first choice of food when reaching for something to eat.

The latest foodie fad just might be the "part-time vegetarian". Here are a few tips to get you eating more vegetables.
 • Pick a day when you and the family go meatless. "Meatless Monday," perhaps. The idea is to eat more produce in every meal.
 • Think of meat as an accompaniment rather than a main course. Serve up a huge stir fry and divide the meat into smaller servings.
 • It helps our environment. Think of it this way: if you purchased a Prius, you are saving the gas emissions considerably. Even if we ate one less burger a week it is like taking your car off the road for 320 miles.

Trina K Kubitschek Certified Personal Trainer. Owner of CrossFit Station. A proud mom of Kayla, Kasson, Violet, and Evelyn. Trina has more than 14 years of experience and a drive to help individuals find and succeed in their fitness goals. Visit Trina at <http://crossfitstation.com>

VEG HEAD

- They don't have to taste boring! Try roasting, or grilling. We love roasting brussel sprouts with apples and bacon.
- A little prep time always helps. Cut up fresh veggies such as carrot sticks, celery, radishes, and green onions. Store them in floating water in your fridge - they will be ready to grab and go.
- Supermarkets offer so many ready bagged cut up veggies. Grab a few for the week so you can toss into a pan with a little olive oil and seasonings.
- Make an extra large salad. I will make enough to have for about 4 days. Easy peasy way to get my veggies in for any meal.
- Have your vegetables for breakfast. Who said a tasty veggie omelet served with bacon and side of fresh fruit was boring?
- Veggies are cheaper! Buying seasonal is always a good habit to get into and supermarkets usually have a sale on the veggies that are in season. Or shop your local farmer's market; it's always tasty and fresh and you are supporting your local farmer.
- You will feel better. Eating more vegetables can lead to a healthier lifestyle.

Are there any tips that I have missed? Please share your ideas.

O' Zapft Is: Oktoberfest at Schnitzel Garten!

By Melissa Upton

Schnitzel Garten in Eagle is celebrating its 2nd annual Oktoberfest celebration. Mirroring the original Munich Oktoberfest, the festivities began September 20th and will run through October 4th; however, the restaurant will continue the theme throughout the month of October. The celebration will feature traditional Oktoberfest food, music, and, of course, lots of beer!



Schnitzel Garten's Oktoberfest celebration 2013



Owned and run by Germans, the restaurant has been in Eagle for the past 1 1/2 years. Owner Courtland Hugues previously ran a restaurant in his native Germany, but relocated to the Boise area in 2007. Finding no genuine German restaurants, Hugues decided to open his own. Schnitzel Garten is the only authentic German restaurant in Idaho.

The Oktoberfest tradition began in Munich in 1810 when Bavarian Prince Louis, who later became King Louis I, married Princess Therese von Sachsen-Hildburghausen. The happy couple invited the townspeople to the festivities, which lasted many days and concluded with a horse race. The celebration was so popular it continued as an annual event; hence, Oktoberfest was born.

Schnitzel Garten is located in Eagle at 1225 E. Winding Creek Dr. Their phone number is 208-629-8855. The restaurant is open Monday - Friday from 4 p.m. - 10 p.m. and on the weekends from 12 p.m. - 10 p.m. Like their page on Facebook: <http://www.facebook.com/schnitzelgartenboise> or visit their website, <http://www.schnitzelgartenboise.com>, for updates and more information.

Wear your lederhosen and join the fun September 20th - October 4th at Schnitzel Garten's Oktoberfest celebration. O' Zapft Is - it's pouring time!



Stop by our website
www.theindnews.com
to find up-to-date blood drive
location information



Welcome Eagle Hearing!

By Melissa Upton

Originally from Hudson, Iowa, Dr. Abe Vore, owner of Eagle Hearing, earned a Bachelor of Science in Biology from the University of Iowa. There he spent several years researching hereditary hearing loss. Although the research was fascinating, Dr. Vore was drawn to the patient care side of the field, so he enrolled in the Doctor of Audiology (Au.D.) program at Gallaudet University in Washington, D.C. Vore specifically chose this program because of the inclusion of American Sign Language (ASL) in its curriculum and, as a result of his study, he is fluent in ASL. After graduation, he completed two internships in Seattle and then returned to Iowa to work in private practice for three years. Searching for mountains, rivers, and the great outdoors, Vore and his wife moved to the Boise area on a native Idahoan friend's recommendation. Neither of them had ever been here before, but both love it and feel that it is the right place to settle and build a private practice. Owing his own practice has been a longtime goal of Dr. Vore's and, on August 4th of this year, that goal was realized with the opening of Eagle Hearing.

Eagle Hearing specializes in diagnostics and hearing aid services. The extensive diagnostic testing includes assessments such as hearing tests, middle and inner ear function, and the evaluation of the auditory nerve. The state of the art diagnostics performed at Eagle Hearing can detect anything above a mild hearing loss. The hearing aid services are unique in that they offer many different brands of hearing aids. Other hearing aid facilities may narrow choices to one or two brands, but Dr. Vore believes in good customer service which includes offering a variety. In this way, they are able to do adjustments on many different types of hearing aids.

Dr. Vore is also very conscientious about cost. He understands that hearing aids can be expensive and cost-prohibitive for some. Eagle Hearing accepts most insurances. Hearing aids, however, are not covered by Medicaid or Medicare, although a Medicare supplement may partially cover the expense. In addition, Eagle Hearing works with the Lions Club, which offers programs to help those in need with the cost of hearing aids. Hearing aids come in many prices and styles, so Dr. Vore will work with his patients to determine what fits their lifestyle and budget.

Eagle Hearing, located at 440 E. State Street, Suite 100 in Eagle, is open Monday - Friday from 8 a.m. - 4 p.m. Early evening appointments may also be available. Give Rici Lowe, Office Manager/Receptionist, a call to schedule an appointment at 208-939-9359. Their website, www.eaglehearing.com, offers much more information about their services and valuable information on hearing loss.

The City of Eagle will host a ribbon-cutting ceremony on October 30th from 4 p.m. - 7 p.m. with the ribbon-cutting taking place at 4:30 p.m. Come meet Dr. Vore and Rici and celebrate Eagle Hearing's official welcome to the community!



Dr. Abe Vore and Rici Lowe of Eagle Hearing

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|--|---|--|--|

When I despair, I remember that all through history the way of truth and love have always won. There have been tyrants and murderers, and for a time, they can seem invincible, but in the end, they always fall. Think of it—always.”
 ~ Mahatma Gandhi

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Sold out crowd at the 8th Annual Eagle Food and Wine Festival

By Melissa Upton

It was truly standing room only at the Eagle Food and Wine Festival held on September 13th, and for good reason. The Banbury Golf Club location was beautiful, the jazz music enhanced the ambiance, the culinary creations were absolutely amazing, and the wine selection was superb! Of course, to write as much detail as I could about the food and wine choices, I had to sample as many options as possible. Here are some of the food highlights: Olive & Vyne provided samples of their Greek Kalamata Olive Oil and Fig Balsamic Vinegar. Dip a piece of bread in the mixture and prepare to blown away by flavor perfection. Bardenay offered Lollipop Pork Shanks with Mango Habanero sauce that literally fell off the bone, along with a crispy Coconut Polenta. Both were divine! Over at Wild West Bakery's table, my sweet tooth was satisfied with Red Velvet Cake Bites with Cream Frosting and Gluten-Free Lemon Bars. Just when I thought I had had enough sweets, I came across Cafe Crane's Raspberry Peach Oat Bars. Absolutely heavenly. Later in the evening, I stopped by the Castle Ranch Steakhouse table and sampled Chef Dean Fuller's Chocolate-dipped potato chip topped with brown sugar and cracked red pepper bacon and blueberry sauce. He said he was channeling Guy Fieri when he created it and, as Guy would say, it was "off the charts." These tasty treats were just a few of the many at the event.



8th Annual Eagle Food and Wine Festival

There were about fourteen vintners and distributors in attendance and, like the food choices, I wasn't able to sample all of them of course, but the ones I did taste were excellent. The most unusual, and surprisingly tasty, wine of the night came from Potter Wines who offered a Riesling with a hint of jalapeño. The spice was not overwhelming, but added just a little kick and contrast to the sweet, light white wine. It was a truly unique flavor experience.

The proceeds from the Eagle Food and Wine Festival will benefit the Boys and Girls Clubs of Ada County and the Eagle Food Bank. Come out next year for an incredible evening of delectable local food, wine, and music.



Local wines featured at the event

Greens with pine nuts and feta drizzled with a huckleberry-lemon balsamic vinaigrette from Olive & Vyne



Angel Vine vintners pour the 2011 The Hellion Red Blend



Smooth jazz sounds



A perfect Idaho sunset to round out a perfect evening

I am not a glutton. I am an explorer of food.
 ~ Erma Bombeck

Mark your calendar...

Eagle Community Food Bank / Bardenay Charity Night

October 20th, 5-9 p.m.

at Bardenay Restaurant, 155 E. Riverside Drive in Eagle

Mark your calendars for a fun night out while helping out our local Eagle Food Bank. Bardenay will generously donate 20% of all food and beverages sales to the Eagle Food Bank at its monthly Charity Night, October 20th. Bardenay supports a different charity the 3rd Monday of each month.

The Eagle Community Foodbank was established by community members in 1997 to assist residents of Eagle and Star with their food needs. It is located at 149 W. State St. in Eagle.

The Eagle Community Foodbank is a 501(c)(3) nonprofit public charity.

The Foodbank volunteer list is fantastic, but new volunteers are always needed! Volunteers assist on a scheduled basis and

substitute volunteers fill in as needed to assist with: distribution days; sorting/shelving donated food; collecting donated food from the Eagle Public Library, Main Fire Station, Albertsons, churches, and schools donation bins; collecting boxes from the local stores; and helping with food drives.

The Foodbank needs are ongoing. The Foodbank provides food for approximately 3000 visits/year. The only requirement to access the food bank (in addition to completing a brief demographic sheet) is to live in Eagle or Star.

If you have an interest of learning more about the Foodbank, please visit the Eagle Community Food Bank website: www.eaglefoodbank.com.

Life is a combination of magic and pasta.
 ~ Federico Fellini

News from Eagle Senior Center

By Laurel Jobe

As many of you already know, there was a fire at Sisters Villa here in Eagle. I happened to be driving by at the time around 10:00 pm when I noticed all the emergency vehicles in the driveway. As it happens, my Mother lives there as well as many of the seniors that come down to the Eagle Senior Center.

As I approached the scene, I noticed all of the seniors were sitting in lounge chairs outside in the driveway. The Fire Departments - which included Eagle, Meridian and Boise - went into the fire, making sure no one was left inside; paramedics were also on hand to assist.

With the emergency crews busy with the fire, I went around asking the seniors if they

needed anything, and was told everything from teeth, medicines, water, and needing to use the bathroom, to checking in on their pets, and getting their purses and phones so they could call their loved ones.

After a list was compiled with apartment numbers and names and where in the apartments the articles they needed were, the firemen went in and retrieved everything they needed. Thank you seniors for being so patient, and going with the flow, you all were real troopers.

I would also like to commend the emergency crews that were there that evening and also the American Red Cross who came out, set up cots and brought food, water, and smiling comforting faces.

Baldapalooza

Continued from page 1

Barker says she is already planning for Baldapalooza 2015, and is currently working with additional sponsors and an even broader musical lineup. Although final receipts from

this year's event were not yet tallied at publication, last year's crowd of 750 brought in about \$15,000.

Proceeds from Baldapalooza 2014 will go to Camp Rainbow Gold and St. Luke's Children's Hospital.

"It was only our second year, but I think as we establish ourselves and the word gets out, we will continue to get better and attract more and more people," Barker said.

For more information on Baldapalooza, log on to www.baldapalooza.org. For more information on how you can join the bone marrow registry, log on to www.bethematch.org.



Amos 'Mossi' Watene, center, with Bree MacGillivray and son Beckham at Baldapalooza 2014



Courtney Thueson, 10, donated locks of her hair to be used for cancer patients who have lost theirs due to radiation or chemotherapy treatments.



Tony & Guy, in Eagle, provided the cutting services.

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Jay Robertson of JR Designs helped Lucy, left, and Madeline Newbanks, right, paint rocks at the Baldapalooza Music Festival. Mother Samantha lends a helping hand.



Kelsey Fiore of Edventures Lab was on hand at the event.

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Hall International Academy for Arts and Humanities Opens it's Doors in Eagle

By Melissa Upton

Hall International Academy (HIA) for Arts and Humanities in Eagle opened its doors September 29th, launching their school year with a 3-day retreat for students and faculty to Cascade. It was a team-building retreat and gave the students and faculty members a chance to get to know one another in a more relaxed environment as they embark on this new academic and creative journey.



Justin Nielsen, a well-known performer throughout the Northwest, heads the Jazz Studies at Hall Academy.

HIA is the brainchild of Owner and School Director, Laurie Hall. An outgrowth of Fresco Arts Academy, HIA offers college-preparatory academics and a variety of creative arts programs. HIA is a private school; in its inaugural year HIA is matriculating thirty grade 7-12 students with plans to increase the student population incrementally each year. Part of that student population will be international students; Hall is currently finalizing certification documentation to allow those students to attend. Hall's plan is for the school to have a 50/50 split of domestic and international students so that the pupils experience a variety of cultures and learn cultural awareness, acceptance, and new ways of doing things and working together.



The mission at HIA encourages every student to reach for their own personal best, compared only to their own abilities.



Hall Academy began their fall classes on September 29 with an all-school retreat in Cascade.

The admission process includes an application and student questionnaire, which can be found at www.hallacademy.org; teacher recommendations; an interview with the school counselor; and, ultimately, an audition or presentation of the student's artistic work.

HIA's school year runs this year from September 29, 2014 - May 29, 2015 and includes the standard school holidays. The school week will follow a block schedule Monday - Friday from 8:00 a.m. - 3:30 p.m. Hall and the other teachers at HIA have found that students are more alert in the mornings and more active in the afternoons, so they devised a curriculum plan based on that pattern. Academics will be taught in the mornings and arts education will occur in the afternoon. Currently, the instruction will follow an A/B block: alternating Humanities one day and Math/Science the next. In the afternoon, the students will choose two genres of art per afternoon. Some of the art choices include: dance, song (both solo and choir), piano, guitar, visual arts, graphic design, jazz studies, and songwriting.

Again, the uniqueness of this school shines through. As an example, the graphics design class will be taught by Dee Sienknecht, the Arts Lead and Operations Manager.



Voice, piano, and choir are a few of the artistic selections available, taught by Dee Sienknecht.

Sienknecht also runs her own graphic design business and will teach the students not only the art design portion but also the mechanics on how to run a graphic design business. She plans to reach out to the business community to gather real-life projects for her students to bid and work on. It is a win-win for both students and business owners. For students, they will gain valuable marketing, design, and business knowledge; for the business owners, they will have an opportunity to acquire top-notch designs at a reduced rate.

The school year will include three trips this year: the team-building retreat to Cascade, an arts education-based trip to Seattle in January, and an academic-based trip to Coeur d'Alene in May. The Seattle trip will include the Public Art Walk, the Experience Music Project museum, an opportunity to collaborate with professional dancers, and a visit and possible recording session in a recording studio. The Coeur d'Alene trip will include a visit to Idaho's



Dance students experience many genres while training with Heidi LuMaye, National Registered Dance instructor



HIA's visual art students will work in many mediums: charcoal, mixed media, pencil, photography, clay, acrylics, and more.

oldest building, the Cataldo Mission, and a physics-focused trip to Silverwood Theme Park where the students will learn about the physics of roller coasters and other rides and will get a chance to test theories and hypotheses while riding those rides.

There are so many great things happening this year at Hall International Academy and so much more to come. For more information, including tuition and scholarship information, visit their website: www.hallacademy.org or call 208-957-7024. HIA is located at 1167 E. Iron Eagle Drive in Eagle.



Student experience rigorous, college-preparatory academics at Hall Academy.

Seven Oaks Elementary Community Served Ice Cream and Fun!

By Ashlee D. Anderson

Big things are always happening at Seven Oaks Elementary thanks to an amazing teaching staff, a skilled and energetic principal, Lil Folkner, and one of the most active PTAs in the state! The Seven Oaks Squirrels, including teachers, staff, parents, students, and friends met August 21st for their 7th annual Ice Cream Social, held in the evening at the school. The event is a community gathering of generous sponsors. Meadow Gold of Idaho donated over 1,000 ice cream sandwiches, Idaho Spring Water donated water for the event, and Hewlett Packard donated printed posters. For the raffle, Dirt Dart of Boise provided two cruiser bikes with free assembly at cost and Ridgeline of Eagle donated two bike helmets. Finally, Ada Swat Metro, Eagle Fire Department, and Ada County Sheriffs answered questions, socialized with children, and brought their vehicles for viewing by everyone in attendance!

Seven Oaks' PTA has almost 200 members and sponsors family-friendly events like this one throughout the year including the Boo-Hoo/Ya-Hoo Social, Harvest Festival, Bingo Night, Spelling Bee, Read Week, Science and Engineering Club, Science Night, school-wide assemblies, weekly art lessons in each classroom, morning Fitness Club, and an end of the year Carnival/Walkathon, just to name a few! A very big thank you to Suzann Hawkes of Hawkes Motors, a PTA parent, who once again chaired this spectacular event! Seven Oaks is a top performing school offering Pre-school through 5th grade. It is located in the Lexington Hills Subdivision. Seven Oaks follows a modified calendar offering built in breaks throughout the school year with an eight week summer. Hope to see you at their next event!

Photos by Didi Hunt, Andrea Palmer and Caroline Perrault



All smiles at Seven Oaks Elementary Ice Cream Social



Ada Swat Metro shows off their cool vehicle to the kids.



Ada County Sheriff's next deputies?

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Thanks to Meadow Gold for donating ice cream sandwiches and inspiring this priceless look of awe!



Kids and their families explore Eagle Fire Department's fire truck

A TEACHER'S *Perspective*

SMALL TOWN

By Anna Eaton-Merkle

I grew up in a small town. This is nothing unusual in Idaho – most towns in Idaho are small. Mine even happened to be a bit on the bigger side by Idaho standards, with a population of about 3,500 during my time there. The fact that we had a pool and a city park and two different grocery stores made it almost cosmopolitan. There were lots of other, smaller towns that we could taunt after beating them soundly in football on any given Friday night. I always maintained that my town would have been the perfect place to live if I had not grown up there. As anyone from a small town knows, they do tend to get smaller and smaller the longer you stay.

My dad grew up in the same small town, but his philosophy was a bit different. He never wanted to leave. With the exception of a few years in the Navy and at college, he never lived anywhere else. He liked the fact that everyone knew everything about everybody. As the years went by, his life twined in and out of the lives of many generations of people and it never got boring to him. He loved running into old friends at the grocery store or gas station and the older he got the more old friends there were.

Many of these people I knew, many I did not; however, they all knew me. They knew the car I drove, knew the boys I dated, even knew that I had been caught red handed (literally) painting my name on the guard rail near the lookout just up the hill. That was one beauty of a small town that my dad never failed to appreciate; the whole town was happy to keep an eye on me if my parents weren't around. As a teenager, I found this kind of oppressive. As a parent, I envy those small town spying eyes.

My dad died just the way he always said he would – in his own house. His actual words were a bit more colorful than that, but the gist of it was the same, "They'll have to carry me out feet first." That beautiful house had been his home for nearly 50 of his 78 years and he and my mom had transformed a broken-down estate into a showplace. Unfortunately, it was too much for my mom all by herself. So with great nostalgia, she decided to clear out all my dad's stuff and prepare the place for sale.

Note to all persons who have lived somewhere more than 10 years – have a yard sale, donate, take a few trips to the dump. This will save you from the life-altering chore of going through 50 years of accumulation. In my parents' defense, some of that stuff was there when they bought the house, some was sent over when my grandmother downsized, and the four of us children were responsible

for a ridiculous amount of construction paper art, bad shop projects, and ugly prom dresses. We spent the entire summer going through closets and boxes. It seemed like every time we would take a truckload to the dump, miscellaneous (but good) crap would multiply while we weren't looking. It became an archeological dig through years and years of memories. The house seemed to be a living thing, spewing forth photographs and old coats like some great seeping leak in a dam.

After nearly four months of moving one truck full at a time, we were ready to dig deep and reach into my dad's domain: the barn and the shop. Whatever clutter was in the house was the accumulation of a family, but these areas were the accumulation of a man who loved where he lived and everything his little town had to offer. He hunted and fished, rode horses, flew airplanes, built guns, grew hay, played on fourwheelers, and mined for gold. His estate was a testament to a life well lived, but without him it became just a bunch of stuff. We had the few personal items we wanted and the great memories that went with them. So the rest was recently auctioned off.

I didn't really know what to expect at an auction of my family's, and mainly my father's, belongings. I guess I had visions of a pack of gypsies pawing through heirlooms with no regard to their worth beyond getting a great deal. The bargains were there, but I couldn't have been more wrong about the people. I forgot one important truth of which my dad was always more than aware; these were his people; this was his town.

They might have been looking for great deals but they were also there to say goodbye. This became most apparent to me when I watched a group of older looking cowboys bidding on a pile of tack in the barn. The bidding stopped at \$25 and then any gentleman interested could take what he wanted. One by one, I watched these old boys walk away with a horseshoe or a bell or a feedbag. These cowboys were the real deal, from their striped shirts to their well-worn boots and they needed that stuff about as much as a fish needs a drink of water. They just wanted to add a little bit of my dad to their own collections.

It made me look at the collection of his lifetime in a whole new light. I realized that it was just that – his lifetime. Like the town that was such a big part of his life, now his life had become a part of his town. And that was just the way it should be. Pericles said, "What you leave behind is not what is engraved in stone monuments but what is woven into the lives of others." I think it's safe to say he'll never really be gone.

Anna Eaton-Merkle lives in Eagle and teaches English to Seniors at Eagle High School. Her latest project is the blog www.thinkinginthemargins.com which is updated weekly with past and/or previously unpublished essays. Like it on Facebook!

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For children:

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Halloween Night, by Marjorie Dennis Murray
The Mysterious Woods of Whistle Root, by Christopher Pennell
Romping Monsters, Stomping Monsters, by Jane Yolen
Vampire Baby, by Kelly Bennett
A Very Witchy Spelling Bee, by George Shannon

Star Library 'Beyond the Book' discussion group welcomes special guest, author Kelly Jones

By Melissa Upton

On Saturday, September 13th, the Star Library 'Beyond the Book' discussion group was honored to welcome local author, Kelly Jones, to the group to discuss her novel, *The Woman Who Heard Color*. Ms. Jones grew up in Twin Falls and now lives in Boise. The group discussion began with Ms. Jones' background. She has a Bachelor's degree from Gonzaga University in literature and art. It wasn't until she took a creative writing class at Boise State University that the spark to write was ignited. At the time, she was working for the Idaho State Tax Commission where she met her husband. Her husband encouraged her to leave her job and write full-time. Jones joined a writing group and after a 7 year labor of love, her first novel, *The Seventh Unicorn*, was published. Since that time, she has had 2 other novels published and 1 novella with a short story collection, which she self-published. Her fifth novel, *Lost and Found in Prague*, will release early next year.

Jones explained that her novels usually begin with a piece of art. She has an idea about an art piece and the story as well as the characters develop from there. *The Woman Who Heard Color* is no exception. Jones was researching in the library and came across a Kandinsky piece. Kandinsky was a Russian artist whose work was consid-

Author Kelly Jones holding her book, *The Woman Who Heard Color*



ered "degenerate" by the Nazi regime and was either lost or destroyed. From that tidbit of history, *The Woman Who Heard Color* was born.

In discussing the story, Beyond the Book group member Mary Godfrey said, the book "felt like non-fiction. It was so believable and so well-written and researched." Myrna Smith concurred, stating "I couldn't put it down." Mary McDonough, a fellow author and group member, expressed that "the characters are still alive in me."

Beyond the Book meets once a month on a Saturday. The date usually falls around the second week of the month, but may vary at times. Pick up a brochure from the Star Library, check the Star Library events calendar in the Independent News, or check the community calendar on www.theindnews.com for upcoming Beyond the Book dates. October's group discussion will feature two novels: *Wicked* by Gregory Maguire and *In the Garden of Beasts* by Erik Larsen. November's group will discuss biographies about Mary Todd Lincoln. Pick up your copies of these books early at the library and join in the lively conversation!

Kelly Jones' upcoming novel, *Lost and Found in Prague*, releases on January 6, 2015. Find out more about her and her 5 novels by visiting her website: www.kellyjonesbooks.com.



The Star Library 'Beyond the Book' discussion group. Back row (L-R): Kathy McDonough, Joy Lear (moderator/librarian), Myrna Smith, and Mary Godfrey. Front row: Kelly Jones, author. Each are holding one of Ms. Jones novels.

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Lost in Literature

Still Alice: A novel

Review by Melissa Upton

Lisa Genova has written a beautiful and moving book that addresses early-stage Alzheimer's disease. *Still Alice* is a work of incredible proportion. It tells the fictional tale of Alice, a Harvard professor in cognitive psychology, who has taught for the past 25 years. Alice prides herself on her linguistic abilities and her accomplishments as a published professor. As she sees herself slip occasionally, whether verbally or in time-space, she initially writes her forgetfulness off as menopause. She is 50 years old.

What follows is the cognitive decline that is often accelerated in those with early-onset Alzheimer's. As Alice struggles to understand, she finds herself slipping away -- from her family, her life work, and herself.

Genova, who has a PhD in neuroscience, brings to light the emotional complications and frustrations that come with this disease. She explores the family reactions and subsequent assistance (or lack thereof)

provided by those closest to Alice. She follows the rapid descent into the disease through Alice's eyes. I think that is what so profoundly struck me. I have read other "Alzheimer's" novels; however, they were always told from the caregiver perspective. This novel vividly illustrates the torment of this disease from the point of view of the one suffering from the condition.

I highly recommend this book. It is not only informative, but also beautifully written. It has been recommended by the National Alzheimer's Association as well. This novel, published in 2007, is soon to be a major motion picture starring Julianne Moore. Books, in my opinion, are usually better than their movie counterparts, so read the book first.

For more information about Alzheimer's and early warning signs, visit www.alz.org/10signs. Educate yourself. Educate your family.

Fish and Game's Nampa Hatchery will be releasing more than 21,000 catchable-sized rainbow trout during October!

Get the full list of locations on our website

www.theindnews.com



The Eagle Arts Commission's mission is growing and celebrating the arts to strengthen community. It was established to promote, educate and develop the arts for the citizens of the City of Eagle.



The Eagle Arts Commission is pleased to announce the Artists of the Month at the Eagle City Hall Gallery and St. Luke's Eagle Gallery. The Eagle City Hall and St. Luke's galleries are open to the public and may be viewed during regular business hours.

CITY HALL ART GALLERY

GALLERY HOURS: 8AM TO 5PM

October Artist - Debi Bonsack

Painter, Debi Bonsack, has been making art since early childhood. Bonsack was raised with art. Her mother and two aunts had a portrait painting studio in California. While mother and aunts worked, Debi would join in. Her first oil painting was completed at the age of seven; she has been making art ever since. Debi cannot remember a time that she ever thought she would be anything other than an artist. Bonsack believes the only part of the world you can change is the part in which you come in contact. This belief convinced her that teaching art was for her. At the age of thirty she went to work full time as a high school art teacher. She continues to teach all ages from kindergarten through adults.



After taking a year off due to a bout with cancer and treatment, the artist's perspective changed. God spared her of her high risk cancer; she felt there was a reason. You will find repurposed goods in many of her new works as well as much more time spent on each piece. She no longer finds herself producing up to a dozen new pieces each week. She paints from the heart rather than for salability. Her work has a message. Bonsack paintings encourage her audience to stop, smell the roses, enjoy each moment, love one another and return to the simpler times and joys of life. She hopes you enjoy her works and you walk away with a smile on your face and a new hope for better times.

ST LUKE'S GALLERY

7am to 6pm, Monday- Friday • Art exhibits are located on the second level

October Artist - Jyl Hoyt & Robert Vestal

Among many shared interests and values is our mutual love for the natural world. We went to South Africa in the fall of 2011 primarily to observe and photograph wildlife, but we also saw beautiful landscapes and waterscapes. We met and saw beautiful people. We also saw severe poverty in the face of excessive wealth. Our presentation of "Images from South Africa" emphasizes the wildlife, but offers hints of the other. We hope to return.



In our view, all of us who make photographic images are appreciating and honoring our subjects, both in the creation of the images and in the observation of them. Photography is a way to share what we see. It is a way to capture memories. It is a journey.

Our journey began during our youth with drawing, painting, and taking pictures. During our respective careers in journalism and medicine, we were not able to pursue photography with much intensity or purpose. Now, thanks to our mentors, it has become one of our favorite passions. We are indebted to many people who have helped us on this continuing journey. These include our friends and teachers in Idaho Photographic Workshop, and more recently in the Mountain West Chapter of the American Society of Media Photographers. Above all, we wish to acknowledge and thank David Marr and Kristen Cole, the founders and owners of Cole Marr Photography Workshops and Gallery, for their patient mentorship, encouragement, friendship, and enduring influence on our work.

The Eagle Arts Commission comprised of volunteers, serves in an advisory capacity and is established to advise Eagle the City Council on ways in which city government might best serve the public with regard to matters involving the arts.

5th Annual The Great Pumpkin

1 Mile Competitive Run and 1 Mile Fun Run

Family Fun



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Regularly priced \$5 - \$40
Walk-in projects are 25% off these days in October:

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Tues, Oct 14 10am - 9pm
Thur, Oct 30 10am - 9pm




PLAN AHEAD: Our Annual Holiday Bazaar is Nov 8 & 9

Learn
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The things you do for yourself are gone when you are gone,
but the things you do for others remain as your legacy."
~ Kalu Ndukwe Kalu

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Eagle Saturday Market

FALL FESTIVAL OCTOBER 4TH

9AM - 1PM
HERITAGE PARK, DOWNTOWN EAGLE
APRIL 19- OCTOBER 11

www.facebook.com/eaglesaturdaymarket







What's up with the loner in the back row of the theater? There's no date. There's no one even sitting near her. Is she really going to eat ALL THAT?

I'll tell you what's up ... it's me. This past summer, I took to seeing movies by myself and I'm not ashamed to admit it.

It started out as a way to break the monotony while my mom was in a rehab facility after hip replacement surgery. She would fall asleep; I'd tiptoe away.

The closest Cineplex in Salt Lake City was a true dollar theater, complete with sticky floors and ratty seats. But I put up with that because it's a TRUE dollar theater. It was delightful to escape the July heat, eat some really unwholesome snacks and be entertained for 90 minutes—all for five bucks.

I also enjoy seeing movies by myself because I avoid the light-hearted familial criticism to which I've become accustomed. I've mentioned before that part of my family's amusement is watching me "reel back, slap (my leg) and cackle" when something is genuinely funny. It used to embarrass the kids. Now, the kids just make fun of me. So, what's wrong with seeing a movie without their wanting eyes? And there's more...

TRUE confession: I'm that kind of person who needs a little more explanation when I'm in the theater. It drives my family CRAZY. A few years back, they all went to see "Inception" without me. They had glowing reviews. But what they most agreed upon, is that it was a good thing I wasn't there.

"Kinda glad mom didn't come with us—she would have had too many questions!"
 Yep, I want clarification when I'm confused. Who wants to wait to learn if it's explained? That leads to bewilderment and frustration.

So much for a little relaxation and entertainment.

With some films, I usually have to see them twice, or even more, to really understand the layers of the story. Case in point: when the kids bring home movies to watch, I won't remember that I've already seen it until we are halfway through it (Most of the time, I enjoy them more the second time around.).

The same is true for Broadway musicals: if only there was closed-captioning for musicals. I'm an educated woman, but sometimes, it just takes me a few rounds for me to catch on.

I loved when Eagle High School presented the musical, "The Drowsy Chaperone." If you've seen it, then you know one of the main characters is "Man in Chair." He is the narrator and explains EVERYTHING. I really only had to see that show once.

That's what I need! With a narrator and closed-captioning, life would be so much easier.

But, then again, it's fun to slip into the local discount theater and see all the movies over which I'm still confused. I'll be the one in the back. Don't sit next to me—I might just ask a question.

©October2014 Gretchen Anderson.
Gretchen Anderson is an award winning writer and author of the book on the urban chicken movement.
"The Backyard Chicken Fight," is currently available at Zamzows.
Contact Gretchen at thebycf@gmail.com.

u Critic By Tom Wick, Universal Critic

When people start walking out of a movie, you know you've made mistake number one. When you stay to the end because you want to get your money's worth, you know you've made mistake number two. Such was the case with the over-dramatic *If I Stay*. I stayed ☹ Don't waste your money on this would-be tear-jerker, because instead of asking yourself, "If I stay, will it get better?" you should ask yourself, "Doesn't the area behind the toilet need cleaning again?"

There are many things wrong with *If I Stay*. The acting didn't really evoke emotion. I didn't feel sorry for anyone in the movie because they were always crying or whining about something. Even famously hard nosed Stacey Keach was crying. Unfortunately, his scene was so poorly executed, the audience laughed. The plot was almost meaningless: an emotionally driven, teenaged, Juilliard-bound, cello-playing girl is lovingly out-of-place with her hard-rocking father, pot-smoking mother, and foul-mouthed ten year-old brother and then falls in love with an up-and-coming rocker with a pending record label. Then, she dies in a traffic accident and while stuck in limbo (why wasn't the rest of her family in limbo-land?), she watches the events unfold with a record number of flashbacks. Her boyfriend is a conceited jerk, but in the end she forgoes the afterlife to spend her life with him. Why? I'm sure in ten years she will want

to go back to her younger self (in an unnecessary flashback) and slap that little girl and say "What were you thinking!" Kind of like how I would like to go back and slap my younger self for spending ten bucks on this movie, which is not worth the disc it will be loaded on while it rots in a Redbox kiosk.

If you like thrillers, I recommend *No Good Deed*. I don't recommend spending ten bucks on this one. Save this one for the cheap seats. For four bucks, this is good entertainment. While most thrillers are cheesy and treat the viewer with unnecessary fillers, like constantly showing us news clips of what's going on (hint: we're watching the movie, we don't need Anderson Cooper giving us news clips, we get enough of him in real life), *No Good Deed* has great continuity and logic. And just about the time you ask, "Well why doesn't she...?" the movie logically answers that for you.

A well-written screenplay from newcomer Aimée Lagos, the movie has decent direction and cinematography and a pretty good plot twist at the end. The acting wasn't that great, but the storyline keeps the film moving fast enough so that you're not too concerned with the acting.

If you read *The Giver* then you've seen the film. No real surprises here and performances were underwhelming by everyone. If you're a Giver fan, save this one for Redbox.



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10 Warning Signs You're Addicted to Porn

Are you worried that your partner is addicted to porn? Do you suspect he or she is sexting, or cruising chat rooms or dating sites, and frequenting social media to flirt or hook-up? Or perhaps your own online behavior is suspect.

Online sexual activity has been called "the crack cocaine of sex addiction." A user can get hooked on the intensity and potency of the online sex experience and, just like an alcoholic or cocaine addict, may find quitting difficult. Addicts may eventually risk relationships, their health, jobs and reputations for a sex "fix."

What are the warning signs that your partner's use (or your own) has passed the level of "a problem" and may have become an addiction?

An addict may:

- Deny evidence of sexting, porn sites, cruising dating sites or social media, or minimize the partner's concerns.
- Attempt to hide evidence of online sexual activity.
- Become defensive and angry if questioned about evidence of sexual activity online or elsewhere.
- Spend increasing amounts of time online or be frequently distracted by checking digital devices rather than being "present" to mate or family.
- Neglect work or family responsibilities to view porn online or engage in cybersex.
- Isolate from family or social activities or frequently stay up late to be online.
- Become irritable, restless and moody, or depressed if unable to be online.
- Experience "porn impotence" in the form of erectile dysfunction with partner or avoiding sex with partner because he needs the extreme intensity of cybersex to get aroused.
- Pressure the partner to engage in pornified sex or fantasies that the partner finds uncomfortable.
- Have lost previous relationships because of deception or infidelities.

Avoid jumping to conclusions about your

partner's online activities or accusing your mate of being a sex addict. Remember not all problematic online activity is addiction. First, share your fears and ask your partner to respect boundaries about what activities you are comfortable with him or her engaging in online.

Most partners feel that online affairs are real affairs and that lying about them is real lying. When you cannot reach agreement on guidelines both of you will respect, or you or your partner continues to violate the guidelines, there is a deeper problem.

Fortunately, there is hope for addicts and their partners who suffer from cybersex and porn addictions. Certified sex addiction therapists or other qualified professionals can provide guidance about recovery. I have worked with many sex addicts who have suffered the emotional burdens of living with shame and secrets and are relieved when they discover help is available.

Using online sex like a recreational drug may appear to be harmless and is certainly in vogue, but can be highly addictive especially for those adults and children who struggle with a sense of disconnection. The surgeon general has not issued a warning, yet, but it might be a good idea.

If you or someone you know is struggling with sex, pornography or love addiction, don't wait, there is HOPE! For a confidential consultation on our addictions program give Lynda a call @ 208.939.3999 or email her at lsmith@stateofmindcounseling.com.

Lynda Smith is a Licensed Professional Counselor specializing in individual, couples, and family therapy. She is trained in brain mapping using QEEG (Quantitative Electroencephalography) and Neurofeedback. Lynda is also a Certified Sex Addiction Therapist (1) and Certified in EMDR (Eye Movement Desensitization and Reprocessing). visit www.stateofmindcounseling.com for more information.

Free Children's Screening Clinic to be held by El Korah Shriners and Idaho State University-Meridian

Boise, ID – The El Korah Shriners are partnering with Idaho State University-Meridian to host their annual FREE Screening Clinic for children with orthopedic conditions, spinal cord injuries, burns and more.

The free screening clinic will be held on Saturday, Oct. 4 from 9 a.m. to 1 p.m. at the Idaho State University-Meridian Health Science Center, 1311 E. Central Dr., in Meridian. The Center is located on the north side of I-84 between Locust Grove and Meridian roads.

Children under 18 will be screened for problems with bones, joints or muscles, Cerebral Palsy, Spina Bifida, Scoliosis, hip disorders, club foot, skeletal growth abnormalities, cleft lip and palate, and burn scars. Children that can benefit from treatment of these conditions will be referred to the Shriners Hospitals for Children. Shriners Hospitals for Children provides the best care for children, regardless of the family's ability to pay. ISU's faculty and student clinicians representing programs in physician assistant studies, physical therapy, audiology and speech-language pathology will assist in the screening process.

The El Korah Shriners also have the ability to reimburse families for travel to the hospitals based on the needs of the family. These funds are available because of the many fund-raising activities the Shriners carry out each year in Idaho, according to El Korah Shriners Potentate Mike Mastropaolo.

"We are very active in the communities of southern and eastern Idaho every year trying to fund-raise," said Mastropaolo. "Fund-raising is how we keep our organization going and it allows us to do these kinds of events. Our motto is 'Having Fun, Helping Kids' and this is the helping kids part that we all love so much."

For more information about the Oct. 4 free screening clinic, call 208-343-0571 or visit www.elkorah.org.



Preschool, full day Kindergarten, Daycare, Nursery, and before and after care for Star Elementary.

Open enrollment for Preschool Fall 2014.

Reserve your spot today!

Full Day Kindergarten full. Call for waiting list.

Call today to set up a tour!

"Train up a child in the way he should go; even when he is old he will not depart from it." Proverbs 22:6

439 N. Star Road (208) 286-0388

www.littlemiracleslearning.com

OCTOBER EVENTS

To view our current, updated calendar or for event submission information please visit our website at www.theindnews.com.

Library calendars, Eagle and Star city meetings, and Chamber of Commerce information

can be found listed separately throughout the newspaper (Other events are Eagle, pg. 5; and Star, pg 16) and on the online calendar at

www.theindnews.com

City of Star Meetings

Star City Hall

10769 W State Street • 286-7247 www.staridaho.org

Star City Council Meetings

1st and 3rd Tuesday • 7:00 pm Star City Hall

BUSINESS DIRECTORY

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Present this ad for **20% off** Service of \$50.00 or more
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Ask for Steve

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An affordable way to advertise your business or service! Over 15,000 copies distribution to Eagle and Star, with drops in N Meridian and W Boise - for only \$40 a month! Call 550-3111 or email theindnews.story@gmail.com

Food Donation Needed

Eagle Foodbank

Distribution Days are the first and third Thursday of every month from 10am-12pm and the last Tuesday from 6-7 pm.

149 W. State St, Eagle, in the rear of the Customedica Pharmacy building.

Donations of non-perishable food items may be dropped off at donation bins located in the Eagle Main Fire Station, the Eagle Public Library and in Albertsons.

The Eagle Foodbank is also open most Fridays from 4-6pm to receive non-perishable donations. Donations may be mailed to: Eagle Foodbank, PO Box 1081, Eagle, ID 83616.

Hope Lutheran Food Bank

Open Monday - Thursday 9:30 a.m. to 1 p.m. After-hours by appointment. 939-9181, office@hopeeagle.org www.hopeeagle.com

THE INDEPENDENT

The Independent News can be found at these and other locations:

Eagle:

- Albertsons • Burger Den
- Busters • Big O
- Eagle Chamber of Commerce
- Eagle City Hall

- Eagle Library • Idaho Athletic
- Jacksons • Justos Tesoro
- Les Schwab • Perks of Life
- Rembrandts • Shady Acres
- St Al's-Eagle • St Luke's-Eagle
- Stinker - State St.
- Winco • Zen Bento

Star:

- El Mariachi • Maverik
- Star Library • Star Merc • Star Café

Meridian

- Fred Meyer, Linder at Chinden
- Maverik, Ustick at Ten Mile
- Stinker, Eagle Road

Middleton:

- Ridley's • Sunrise Café • The Cottages

If you would like us to add your business to our distribution list, please call 550-3111 or email us at theindnews.story@gmail.com

Star Outreach is in need of:

Canned vegetables; dry pasta; rice; ramen noodles; canned soup; fruit; and side dishes such as potatoes, macaroni & cheese, hamburger helpers, pasta, and rice.

Personal care items needed (these cannot be bought with SNAP [food stamps]):
bar soap, deodorant, cough drops, razors and toilet paper.



**Star Outreach
Neighbors Helping Neighbors**

Star Outreach- Neighbors Helping Neighbors is a Public Charity under Internal Revenue section 501 (c) (3)

Thank you again for your support. If you need assistance or know someone who does we are open every Thursday 3-5, the third Thursday 3-7 or call 208-779-0046.

We need Volunteers

for the food bank on Wednesday and Thursdays. Adopt-a-Family is fast approaching and volunteers will be needed from November until distribution in December.

Call 779-0046 or stop by the food bank.

Check us out at staroutreachonline.com.

STAR LIBRARY - October Events

The Star Branch Library will be closed on Monday, October 13th for Columbus Day.

Mondays 10/6, 10/20, 10/27

Preschool Play and Learn Story time

(ages 3-5) 10:30 a.m.

Art Studio for teens

(ages 12 and up), 4:15 - 5:15 p.m.

a time to imagine, create and socialize.

Tuesdays 10/7, 10/14, 10/21, 10/28

Star Quilters

Meet at the library on alternate Tuesdays of

each month, 12:30 - 3:30 pm.

Open to anyone interested - 10/7, 10/21

Make It Time

(ages 8-12), 4:15 - 5:30 p.m.

Create and enjoy Pegboard Marble projects

Wednesdays 10/1, 10/8, 10/15, 10/22, 10/29

Star Knitters

Meet at the library each Wednesday morning:

10:30 a.m. - 12:30 p.m.

Open to anyone interested.

After-School Adventures

(grades 1-5), 4:15 - 5:15 p.m.

Each week features a new activity with art,

science, crafts and a mini-make.

Crazy Hat Bunco Party

10/8, 6:30 p.m. (see more below)

Halloween Pie

10/29 (all ages), 4:15 - 5:15 p.m.

Paige Moore's storytelling and music

brings the holiday alive!

Bunco Party!

Wednesday, October 8th, 6:30 - 8:00 pm

Register early; \$15 donation supports the

Friends of Star Branch Library.

Ladies, come and wear your favorite crazy hat!

Prizes for most creative hat, wins, losses,

and Bunco's. Drinks and snacks

will be provided. Please be 14 years or older.

Teen Read Week

October 12 to 18. Teens may stop by the

library to pick up their Teen Read Passport. Complete challenges in October and

November to redeem your passport and be entered into a Prize Drawing. Come to any teen

program during October and we will waive up to \$10 in fines on your account.

Thursdays 10/2, 10/9, 10/16, 10/23, 10/30

Babies and Music

(ages 0-3), 10:30 am

Stories, fingerplays, and songs for babies

and a parent.

Teen Challenge programs

(ages 12 and up), 4:15 pm - 10/2, 10/9,

10/23, 10/30. Fun and friendly competition.

Pizza 'n Books (ages 12 and up),

4:15 pm- you bring a book you've read,

we provide the pizza - 10/16

Fridays 10/24, 10/31

Puppet Show 10/24

4 pm - all ages welcome.

Star's Halloween Festival 10/31

6:00 - 8:30 pm at the Community

Barn - come visit the library game booth

and library Trunk or Treat, after the Parade!

Saturday 10/11

"Beyond the Book" discussion for adults

at 10 am. We will be reading

Gregory Maguire's *Wicked*, and Erik Larson's

In the Garden of Beasts this month.

Stop by the library early to pick up a copy

of either or both books.

*Preschools and daycares are welcome to call the library to schedule a story time visit. Just call 286-9755.

Calling all Parents with Preschoolers

Sign up to play and learn with your little ones,

and Have Fun with Math and Science

Saturday, Nov. 1, 10:30 a.m. - 12:00 p.m.

Take home a free book and flashdrive

of resources. Door prizes.

Please call ahead to register at 286-9755.



Star Parks and Recreation

We, the City of Star Parks and Recreation committee, are dedicated to providing and preserving the highest quality of parks and services for as many citizens as possible with the resources available.

Fit and Fall Prevention™

Sponsored by Central District Health

at Star City Hall 10769 W. State St.

10:30 - 11:15 am,

Mondays Wednesdays & Fridays

No Cost - Join Anytime!

Call Kim for more details 287-7247

Pilates for all abilities

Begins October 2nd.

8:15-9am Tuesday and Thursdays at Star

City Hall. \$25 per month. Bring exercise mat

and let our experienced instructor show

you the great benefits of this practice.

Needlepoint Classes with Dyan Kastner

(All ages and abilities welcome)

At Star City Hall, September 10 through the

holidays. 4:30-6pm Wednesdays \$5.00 a class.

No experience needed

Star Track Tuesdays for all

September 2-October 21

At Star Elementary Track 700 N. Star Rd

6:30- 7:30 pm no cost or sign up required.

Prizes awarded.

Peter X O'Brien 3rd annual

watercolor workshop

October 18 "Chickens" and/or 19th "Landscape

Reflections" 10 am-5pm \$85 /day. Limited to

the 1st 11 people. \$30 non-refundable deposit

due October 15th. Call 286-7247 for more info.

Concealed Weapons Class

taught by Deputy Chris J Zieglmeier, November

17 6-9 pm at Star City Hall public meeting

room. Please no weapons. The cost is free for

Ada county residents. Space is limited so call

286-7247 to reserve your spot.

Christmas Around the World

Community Children's Choir performance

December 5 at Star Elementary. Kindergarten-

Grade 6. \$15. Auditions Tuesday, October 7

&/or October 14th at Star Community Church

6:30-8pm. Call 286-7247 for more details.

-- Sport Programming --

Tiny Tot Basketball

4 & 5 (U6) year olds

Registration: Sept. 29 thru Oct. 17,

Season: Oct. 27th thru Nov. 19th.

Teaching the basics of basketball,

practices/games are Mon & Wed - 5:30-6 pm.

New Basketball Program at Star Elementary

Calling 2 Divisions 8 & 9

and the 10 & 11 Age Groups

All ages are based as of: September 1, 2014

This season the 8 & 9 Division will play 1 game

per week on Tuesday and practice either on

Mondays or Wednesdays. The 9 & 10 division

will play 1 game per week on Thursdays and will

practice on Mondays or Wednesdays. \$20.00

resident / \$25 non resident

Registration: Sept 29 thru Oct 24 or until full,

Season: Dec 1 thru Jan 29

No games/practices when school is out.

8 & 9 (U10) year old division

Limited to the first 48 players to sign up.

Games are played 5:30 and 8:30 pm.

10 & 11 (U12) year old division: Only 64 spots

available. Games are played 5 -9 pm

3 on 3 Men's & Women's

First 16 teams for each,

a men's and women's league.

Registration: Jan 1 thru Jan 16,

Season: Feb 2 thru Mar. 13

Men's league and a Women's league forming

for those 16 and up, women's games are

Monday & Wednesdays, men's are Tuesday &

Thursdays. 10' baskets, 20 min halves.

Games will start at 6:30, 7:30 and 8:30pm.

\$20.00 resident / \$25 non resident.

For current Star Parks and Recreation activities, information, and registration <http://staridaho.org/parks/activities.php>, call 286-7247 or visit City Hall.

Star Senior Center

102 S. Main Street, 286-7943 • Hours: 10:00 a.m. to 1:45 p.m.

Are you a senior or know a senior in Star - Please Join us this month and meet old and new friends

Regular Weekly Activities:

- Dominoes and pool before lunch each Wednesday and Friday.
- Bingo after lunch each Wednesday and Friday.
- Pinochle each Friday at 7 p.m.
- Books, books on tape, VCR movies, and cassette tapes are available in the office.
- Bus is available for pick up if you need a ride to the Senior Center (286-7943).
- Lunch and bus rides are on a donation basis.
- AA Meetings each Monday from 7 p.m. to 8 p.m.

October Activities:

- October 1:** Blood Pressure taken by Star's firemen
- October 3:** Foot Clinic - Cost \$25 - starts at 9 a.m. Goldmine Newsletter arrives. Bell Ringers starting at 11:15 a.m.
- October 6:** Walmart Shopping - Contact Bethe at 869-6288
- October 8:** Hearing Clinic (ear cleaning) - 10:30 a.m. - Free, Board Meeting, Elections (Must be a member of the Center - dues \$2)
- October 10:** Music by Bob Comstock starts at 10 a.m.
- October 14:** Outing to Golden Palace in Caldwell - Contact Bethe at 869-6288
- October 15:** Birthday Recognition
- October 21:** Appointment Day/\$12 haircuts, bank, doctor appointments, etc. Between 10 a.m. and 2 p.m. - Contact Bethe at 869-6288
- October 22:** Health Fair
- October 24:** Music by Chuck Aney - starts at 11 a.m. Rootbeer floats - starts at 11 a.m.
- October 27:** Outing to Idaho City Senior Center (if weather permits) Contact Bethe at 869-6288
- October 31:** Halloween Costume Contest - Prizes



**October 2014
Star Chamber Calendar**

Fall in With Star Chamber Businesses!!!

Oct. 2nd - Out To Lunch: 11:45-1pm Networking and News.

Open to members and the community!

RIBBON CUTTING: 1:05pm immediately following the Luncheon.

New home based businesses ribbon cuttings at Star City Hall.

RIBBON CUTTING for all new businesses: We have at least 3 businesses formerly

joining the Chamber and possibly more after the Membership Drive.

Oct. 15th VENDOR & CRAFTER Registration for CHRISTMAS BAZAAR & EXTRAVAGANZA

scheduled for Friday and Saturday, December 5th and 6th. The Chamber has booked the

Life Spring Christian Community Center with room for all booths, music events, charity and

food booths. See Event's Page for registration at www.StarIdahoChamber.com or email

Tammy: TammyofStar@hotmail.com for information a booth at the Christmas Bazaar.

Musicians & Entertainers please send an email to be scheduled for your 30 min. to 1 hour

programs. All local Star businesses will have the ability to join in decorating Star

for Christmas with a Best Decorated Business Contest & much more...All businesses are

encouraged to have their own events/specials. Member businesses, please send event

agendas to StarChamberEvents@hotmail.com and we will post to our Extravaganza Agenda

on the website and add it to the flyer if it occurs during the first two weeks of December.

Oct. 16th - Third Thursday - LifeSpring Community Center @ 6:30pm.

Announcement of November's Business of the Month. Networking and more.

For more info see www.StarIdahoChamber.com

For more info contact Tammy: President@StarIdahoChamber.com or 208-908-5476

www.StarIdahoChamber.com

See the Star Chamber of Commerce on Facebook

Get Outta My Dreams, Get into My Car

By Melissa Upton

Momz Garage and the Star Chamber of Commerce teamed up for the 5th annual Momz Garage Mother's Day Car Show. Rescheduled from May, the car show featured 46 of the hottest classic and antique cars around, including a rare 1941 Chevrolet built during World War II. The event brought in about 1500 people. The event was free with a suggested donation of four cans of food. The proceeds from the food donations will benefit the Star Outreach Food Bank; any money received was collected by the Star Chamber and will be donated to a charity to be determined at a later date.



Dave Whitney, Winner of Best in Show, for his '67 Camaro



Best in Show, '67 Camaro



'69 Chevy Chevelle



Kids enjoying the Cars themed bounce house

Refreshments were donated by the local businesses: Star Physical Therapy donated bottles of water, Down to Earth and Star Medical donated bags of chips, and Morning Star Dental donated cookies. Hot dogs were also served. New this year was a bounce house to entertain the little ones while Mom and Dad checked out the cars.

PEOPLE'S CHOICE AWARD WINNERS:

Best of Show People's Choice:

Dave Whitney: Boise resident:
1967 Chevy Camaro

Lucky 7:

Louie and Donna Silver, Star Residents:
1969 Chevy Chevelle

Mike Maxey, Meridian Resident:
1967 Chevy Chevelle

Ron and Barb Larson, Star Resident:
1971 Dodge Demon

Barry Nye, Mountain Home Resident:
1985 Chevy El Camino (Custom)

Jon Stulich, Nampa Resident:
1932 Ford Sedan

Chuck Wahl, Meridian Resident:
1971 Dodge Demon

Wayne Stelling, Star Resident:
1970 Buick GSX

At the conclusion of the event, the cars lined up and, led by Star Police and Fire Department, took a ride down the street to do a home drive-by rally tour for a longtime supporter of the Momz Car Show, Carlos Diaz. Mr. Diaz was unable to attend the event as he is battling brain cancer; he has recently been placed on hospice. The car show attendees paid their respects and honored Mr. Diaz by driving by his home, where Mr. Diaz was watching and waving to them from the driveway. The smile on his face as he saw the cars drive by was priceless.



The sign says it all



Terry Richards in his '54 Buick Skylark



Winners of the People Choice Awards

Save the Dates
Friday, Dec. 5th 10am-8pm
& Saturday, Dec. 6th 10am-6pm

STAR

Christmas Extravaganza

New Location
Life Spring Christian Church
Community Center
174 N. Star Road
(on N Star Rd and 1st Street Look for sign)

WANTED

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Recipe Corner **Pumpkin Chocolate Chip Cookies**

| | | |
|-----------------------------|----------------------------|---|
| 3 cups all-purpose flour | 3/4 teaspoon salt | 1/2 teaspoon baking soda |
| 1/2 teaspoon baking powder | 1 teaspoon ground cinnamon | 1/2 teaspoon ground nutmeg |
| 1/2 teaspoon ground ginger | 1/4 teaspoon ground cloves | 1 cup butter, at room temperature |
| 3/4 cup brown sugar | 1 cup granulated sugar | 1 large egg |
| 2 teaspoons vanilla extract | 2 cups chocolate chips | 1 cup pumpkin puree (not pumpkin pie filling) |

DIRECTIONS:

1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper and set aside.
2. In a medium bowl, whisk together flour, salt, baking soda, baking powder, and spices. Set aside.
3. Using a mixer, cream the butter and sugars together until light and fluffy, about 3-4 minutes. Add the egg, vanilla, and pumpkin and mix until combined, about 3 minutes. Slowly add in the dry ingredients. Mix until just combined. Stir in the chocolate chips.
4. Drop by large, rounded tablespoons onto prepared baking sheet. Bake for 10 minutes or until cookies are just beginning to brown around the edges. Let the cookies cool on the baking sheet for two minutes. Transfer to a wire cooling rack and cool completely.

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~ Francis Bacon

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'tis near Halloween.
~ Author Unknown

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October is National Breast Cancer Awareness Month

(SPM Wire) With breast cancer currently the second most common cancer in women, according to government health statistics, awareness and early detection are crucial for treatment outcomes. With this in mind, every October is National Breast Cancer Awareness Month -- a time to raise awareness of the disease and funds for research and treatment.

While most women are aware of the disease, many fail to take steps to detect breast cancer in its early stages, say the experts at the National Breast Cancer Foundation.

As such, each year in October, women are encouraged to create an "Early Detection Plan." The benefits are proven: when breast cancer is detected early in what is known as a "localized stage," the five year survival rate is 98 percent, according to the National Cancer Institute. Having a plan is all about creating reminders to conduct breast self-exams, and to schedule clinical breast exams and mammograms based on your age and health history.

More free information about creating an Early Detection Plan is available at www.earlydetectionplan.org and by consulting your personal health care provider.

This October, make sure the women in your family are active in helping to safeguard their own health and that of their loved ones.

Mustangs Hand Rival Centennial 55-24 Loss, Start Season 3-0

By Philip A. Janquart

MERIDIAN - Eagle quarterback Hunter Floyd went 20-26 in the air for 314 yards in a 55-24 victory over the Patriots at Centennial High School Friday, Sept. 12.

Receiver Kam Lane caught two passes for touchdowns en route to a 229-yard, 10-catch game, and Bucky Schrader ran for 128 yards on 15 carries.

The win put more distance between Eagle (3-0) and 5A SIC West Division 2 rivals Boise (1-2), Meridian (1-2), Mountain View (1-2), Vallivue (1-2) and Columbia (0-3) in the overall standings.

Timberline currently tops the 5A SIC West 1 division with a 3-0 overall record followed by Borah (2-1), Capital (2-1), Nampa (2-1), Rocky Mountain (2-1) and Centennial (0-3).

The Mustangs started the season with a 42-7 win over Idaho Falls Aug. 29 and a 24-23 nail-biter over Capital Sept. 5.

The Mustang offense was able to produce 671 yards against Centennial thanks, in part, to a solid offensive line consisting of center Dakota Martin, guards Brennan Condie and Kevin Ketterling, and tackles Nick Blancett and Michael Vincent.



Eagle's defensive live takes on quarterback Jace DeGrange and the Patriot offense Sept. 12 at Centennial.

"We've been real lucky everyone has stayed healthy so far and really lucky that our four seniors have all stepped up and taken on leadership roles and been examples to the other guys," said Mustang Offensive Line Coach Eric Fillmore. "I think they have all played well and I'm very happy with the way we played Friday (against Centennial)."

The offensive line was a little trigger happy against Capital the week before, on Sept. 5, but Fillmore said it was adrenaline.



The Mustang front five, from left, Nick Blancett, Brennan Condie, Dakota Martin, Kevin Ketterling and Michael Vincent.

"We had some trouble with Capital, jumped offsides a couple times, but we got it corrected," he said. "It's not that Capital did anything special; it wasn't nerves or that it was a big game. I asked them what was going on and they said it was because they were anxious to get off the ball. They were just antsy. In all, we had eight false starts; six of them were on my guys."

The Mustangs looked a lot better against Centennial, the offense garnering two holding calls, one of them against a lineman, a call Fillmore says was questionable to say the least.

"I guess when you truck a guy, knock him down, it's a hold," Fillmore bemoaned. "I watched the film and it wasn't a hold, but what can you do?"

Centennial:

Kick returner Cameron Floyd nearly broke away for the go-ahead touchdown on the game's opening kick off, but was caught from behind by Eagle defender Ian Vandergriff. The Patriots started out with good field position, but stalled out at the Mustang 20-yard line and were forced to kick a field goal for the early 3-0 lead.

The Mustangs punted on their first possession, but found the end zone on their second on a 60-yard Floyd to Lane touchdown pass. The quarter ended 7-3 Eagle.

Senior running back Josh Labrador scored a touchdown just three seconds into the second quarter to up the score 14-0. A combination of passes and runs erased the effects of a holding call midway through the second quarter, bringing the Mustangs to the Patriot 14. Floyd then threaded a pass between two defenders to hit Lane for another touchdown and a 21-3 lead with 5:55 left in the half.

The Mustang defensive backfield batted down a long pass that could have resulted in a touchdown, and defensive lineman Nick Kuzmack sacked Patriot quarterback Jace DeGrange for a big loss that ended Centennial's next drive.

Kuzman scored from the two-yard line on Eagle's next possession, but Patriot kick returner Benny Miller ran the ensuing kickoff for a touchdown to make it 27-10 with just over a minute to go in the half. The Mustangs answered, however, on the next possession, Floyd connecting with Carson Hopp with 18 ticks left on the clock.

Ian Vandergriff got the hit of the game on the kick off when he buried a Centennial kick returner who fumbled the ball over to Eagle, deep in Patriot territory. The Mustangs were able to kick a field goal with :04 left on the clock, ending the half.

The game ended 55-24.

Coach Paul Peterson says he is pleased with the 3-0 record, but that he is even more pleased how his team has handled pressure thus far.



Coach Eric Fillmore with his offensive line.

"It's a good start, no doubt about," he said. "We've had some good fortune along the way. I think the kids are really starting to understand how to play the game, that it's a team game and we have to put our own desires to the side a little bit. Football has a chance to teach a lot of life lessons and the guys are doing a good job when adversity comes. They know hard work does matter."

Peterson said he is happy with his players, as well as his coaching staff including Fillmore, who he says has trained his line well.

"Our goal is to get into the playoffs and hopefully get into some big games there," he said. "Coach Fillmore is an excellent high school offensive line coach and he has some good veteran kids there and they play at a high level because they are coached at a high level."

The Mustangs had Rocky Mountain on Sept. 19 and Columbia on Sept. 26. Their next game is Friday, Oct. 2 against Boise at Dona Larson Park in Boise.

Listen to live play-by-play game coverage on 100.7 the "Bull," and tune in for the Paul Peterson show live from Mickey Ray's BBQ on ESPN Boise 96.5 FM and 730 AM at 6 p.m. on Tuesdays.



The Mustang offensive backfield, quarterback Hunter Floyd, fullback Sawyer Shields and running back Josh Labrador.

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Checklist for Fall Garden and Landscape Care

By Melinda Myers

You can see and feel the change of seasons. Fall color is starting to appear, pansies, mums and asters are in the garden center and your thoughts are turning to preparing your landscape for winter.

Those in warm climates are switching to winter annuals, while those in colder regions are fortifying their landscapes for the cold winter ahead. No matter where you live, invest some time in preparing your landscape for the change in seasons. Dedicating some time now will pay off with healthier more beautiful plants next spring.

- Continue to mow the lawn high as long as it continues to grow. There's no need to cut it short unless that is the look you prefer.

- Fertilize the grass with a low nitrogen slow release fertilizer like Milorganite (milorganite.com). Fall fertilization provides the greatest benefit to your lawn and gives you the best value for the time and money invested.

- Those in cooler regions growing blue grass, fescue and perennial ryegrass should fertilize around Labor Day when temperatures start to cool. Then make a final application between Halloween and Thanksgiving before the ground freezes.

- Those in warmer climates growing centipede, Bermuda and zoysia should also fertilize around Labor Day. However, be sure to make the last fall application at least one month prior to the average first killing frost.
- Shred leaves as they fall. Leave some on the lawn to add organic matter and nutrients to the soil. As long as you can see the grass blades through the shredded leaves your lawn will be fine.

- Use the rest of the shredded leaves in your compost pile, as mulch on top of the soil or as a soil amendment. Just dig a two to three inch layer into the top 12 inches of annual or new planting beds. These leaves will break down and add organic matter. By spring the leaves

will decompose and the garden bed will be ready to cultivate and plant.

- Plant a few bulbs now for a colorful early spring display. Incorporate compost, aged manure or other organic matter into the planting area. Add a low nitrogen slow release fertilizer at the time of planting. In general, plant bulbs two to three times their vertical diameter deep. Follow specific planting and spacing directions on the package or tag.

- Select animal-resistant bulbs to avoid squirrels digging up the bulbs and deer and rabbits eating the blooms. Daffodils, hyacinths, grape hyacinths and squills are a few to consider. Little Tommies (Crocus tommasinianus) tend to be more squirrel resistant than other crocus varieties.

- Those gardening in mild climates need lowchill bulbs that will thrive and flower after a mild winter. Or purchase precooled bulbs for winter planting and spring flowering.

- Allow disease- and insect-free perennials to stand for winter. This will increase their winter hardiness and your enjoyment. The dried leaves, stems and seedheads provide

beauty for you to enjoy, seeds for the birds and overwintering homes for many butterflies and beneficial insects.

- Plant trees, shrubs and perennials. The soil is warm and the air is cool – perfect conditions for planting and establishing trees, shrubs and perennials. And for those lucky enough to garden in warm climates, add a few winter annuals.

- Continue to water the landscape as needed throughout the fall. Be sure to water evergreens and new plantings thoroughly before the ground freezes.

No matter where you live or the size of your garden, get outdoors and enjoy the beauty of fall. And be sure to invest a bit of energy now to insure your landscape is ready for the season ahead.



Shred fall leaves with a mower and leave them on the lawn to add organic matter and nutrients to the soil.

Photo courtesy of Melinda Myers, LLC.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including *Can't Miss Small Space Gardening* and the *Midwest Gardener's Handbook*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the nationally syndicated *Melinda's Garden Moment* segments. Myers is also a columnist and contributing editor for *Birds & Blooms* magazine. Myers' web site, www.melindamyers.com, offers gardening videos and tips.

Urban Farm Girl

THE RIPPLE EFFECT

By Joanne M.W. Love

I'd been eagerly awaiting this trip for months. I had 3rd row seats to take my mom to see her first Keith Urban concert in Seattle, and I had just won a backstage pass to meet him. Seriously, could our weekend get any better?! Twenty-four hours beforehand, I was in rare form. Boarding pass printed in advance....check. Make cake for football auction.....check. Itemized kid and animal lists.....check, check! Then at "T" minus 20 hours, I got the notification. Keith Urban's wife, Nicole Kidman, had just lost her father and the concert was cancelled.

I'd be sporting Pinocchio's nose right now if I said my initial reaction wasn't, "You've GOT to be kidding?" However, the disappointment was fleeting. Of all the reasons to cancel a concert, this one hits home. Having lost my own father a few years ago, I've felt that wave and the ripple effect that comes with this loss. I see what lies ahead for her; no matter your age, it's the distinct hurt of a child losing a parent. No amount of money or fame can ease it. Nothing but time can help you pass through it. The ripple effect eventually quiets down, but never truly dies. As long as we breathe, there are unexpected reminders that bring that ache to surface, giving temporary pain its buoyancy, which then drift into more distant memories with surprising comfort over time.

At first there is the wave, enveloping you in the painful tasks and decision-making you and other loved ones must make as the funeral/memorial approaches. The busyness of those first days are almost a blessing as you become immersed in the task of honoring your loved one. At its crescendo, alongside the tears, you have passion and a sense of duty in all the meticulous details. The irony comes in the completion of the task. The funeral is over, the people have gone home, continuing their lives, and the wave comes crashing down. It leaves the empty realization that someone you love is gone.

The initial ripples are sharp, with physical ache that can take your breath away. The scent lingering in his shirt, his voice on the answering machine, and his clothes still cycling through the laundry. With time, the ripples spread and soften. They become the impulse to call him, hearing his favorite song on the radio and the questions your children have that only grandpa could answer. After four years, I can actually embrace the ripples. They are the essence of him now. I frequently point out to my kids, "How proud grandpa would have been to see you"..... try so hard in football, dance so beautifully in that recital, or be so kind to that new student. I find solace in knowing that these are the things he would be passing on to them; things he would want me to say on his behalf.

I was blessed to be by my dad's side during his last days. For a solid week, I was able to lie next to him, leaving nothing unsaid. After he passed, we did more of the same, taking turns lying beside him, still kissing and talking to him. Hospice was actually irritated with us for taking so long to make that last call. I have no regrets for taking that time. It became obvious my dad was somewhere else. As it reaffirmed my faith, it was a stark reminder of how inconsequential our bodies, our money...our things...are in this world.

As I re-engage each morning in the parental discussions of teenage topics like clothing, popularity, body image, make-up, and Instagram, I'm armed with the closing argument that trumps all others. At the end of the day, we're all just wrapped in skin. What's underneath is the only part with value; and if we're lucky enough to have understood that message, it's powerful enough to leave a ripple effect.

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