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FROM ALL OF US AT

The INDEPENDENT News

Free

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

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DECEMBER 2013

www.theindnews.com

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A message from Jennifer Anderson, editor

Another year has flown by, measured for me by deadlines and city events. This year we have been there for business openings, school sports, city elections, hometown celebrations, and articles about the great people in Eagle and Star. I feel blessed to have met so many new friends this year and to have been a part of bringing their stories to you.

We, your hometown newspaper, are continually striving to improve and find ways to bring you more updated news and take advantage of the great technology available. That being said, we have recently updated our website yet again and are excited about the possibilities this new format gives us. Here are some changes you can expect going forward.

For our readers:

Events Calendar

Our new website has an easy to use, very functional calendar with an integrated map and detailed event information. You will find daily events directly on our homepage on the right hand side. If you have an upcoming event you would like to add, simply click the "Add your event" icon under the calendar and follow the basic format.

Current News Stories

To supplement our monthly issue of The Independent News we will now have current updated articles exclusive to the website. These may include actual video footage and photos of events, road construction reports, public notices, and original stories.

Comments

All articles will have the option for you to leave comments, upload additional photos of events, and interact with your fellow Eagle and Star residents.

Current issue

You will still have the option to read the current issue of The Independent News online, as well as past issues.

Contests

The opportunity for you to win prizes from local business is simple and ongoing. Check the website monthly for your chance to enter and win gift certificates to restaurants, hair salons, shows and more.

Call to Action

Throughout the newspaper you will find different icons indicating additional article information available online or ways for you to leave comments or add photos to different stories such as your comments about the latest city elections or your photos from the Christmas pageant. Share your time, interests, and resources with your neighbors and help create a stronger community through shared experiences.

For businesses:

Business Directory

We are currently updating our business directory and would love for you to add your business to our directory. It is a quick and easy process and is a great way for readers to find and use your business.

Online Ad Space

Whether you are a current advertiser or

not, you have the opportunity to have your ad featured on our website. Rates are very reasonable and special discounted rates are available during the first of the year.

Web Specials and Campaigns

One great way to feature your business is to run a weekly or monthly online ad campaign.

Not only would your special be visible on the website, but it will be pushed to Facebook as well, reaching out to print and social media alike.

What we would like from you

We are always looking for relevant, up-to-date articles about Eagle and Star and would love for your input and comments. We need your feedback to improve, and encourage you to visit our website and be a part of our community. Watch for icons in the newspaper indicating different ways for you to interact with articles in print that are also found on the website – it's an easy way for you to have your voice heard and be a positive influence and a force for change.

Thank you to our loyal readers for making our job fun and fulfilling. We wish you a Merry Christmas and hope you will consider shopping locally for your holiday gifts. Consider the small business owners in the community that support the local economy and bring value added service not found in many big-box stores. Keep your dollars close to home and double the impact they can make, and encourage your friends to do the same. This year make your gifts count in more ways than one. Happy Holidays!

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Happy Holidays from Our Family to Yours!

Eagle Fire's AutoEx provides enhanced auto extrication training

By Philip A. Janquart

The Eagle Fire Department held its second annual AutoEx training event October 19 and 20. Firefighters from Boise, Meridian, Caldwell and Eagle were given the opportunity to receive updated, hands-on training that also served to bring various departments together to share knowledge.

Instructors from L.N. Curtis & Sons, a supplier of rescue equipment, such as the well-known "Jaws of Life," were on hand to teach the latest extrication techniques and auto technology.

Junk cars were provided by Treasure Valley Metals, hauled to a vacant lot owned by local businessman Roy Montague, and set up to simulate various situations rescuers may respond to on any given call.

Extrication methods are particularly critical to firefighters when responding to auto accidents that involve extricating people from badly damaged vehicles.

"With the new cars, there are places you can and cannot cut," said Eagle Fire Division Chief of Training, Bill Stone. "Most people think you can just tear into the car with extrication equipment, but you can't do that."

Stone said today's cars have many different air bags that are under thousands of pounds of pressure. Careless cutting can lead to injury or death of the firefighter, or the car's passenger.

"For instance, you take this 1970-model Ford truck over there, it doesn't have air bags and it doesn't have a seat belt tensioner that has a 9500-psi (pound per square inch) cylinder that if you cut into it, will explode," he said. "We have to know where to cut and how to stabilize a vehicle. Knowing new cars prevents further injury to the person and to the rescuer."

The training started off with a PowerPoint presentation followed by firefighters breaking off into three groups that rotated from one simulated wreck to another. They worked on basic cuts, using hydraulic cutters and spreaders, then moved on to more complicated scenarios involving a car trapped under a semi-truck, another turned over in a ditch and a less-common situation involving a tree that has crushed the cab of a truck.

"We had this very situation happen here in Eagle not very long ago," Stone said. "A tree fell over in a storm and trapped a guy in the cab of his truck. I don't know how he survived, but he did. The only thing he complained about was his hand."

Depending on the situation, firefighters must be able to quickly cut away doors, hoods, roofs and dashboards, but also decide from which angle to tackle the job.

"These simulations are meant to give firefighters the chance to think about how they are going to approach each of these situations, how are you going to get this person out," Stone said. "You have to stand back and look at the whole picture, do what we call a 360, and apply a systematic approach to the problem while avoiding tunnel vision."

Stone said tunnel vision happens when a rescuer becomes occupied with only one solution instead of looking at the entire car and figuring out the best way to get the victim out.

Firefighters listen as an L.N. Curtis & Son instructor teaches extrication techniques.



The Eagle Fire Department generously suited up reporter Philip A. Janquart so he could take part in extrication training.



Firefighters watch as a rookie uses a hydraulic cutter to partially remove the roof of a van in a simulated accident scenario.

The Eagle Fire Department is known for its extricating skills and experience, which comes as no surprise, considering the Eagle area is surrounded by Highways 16, 55 and 44.

"I would have to say there are probably more traffic accidents here because we have three highways, so I would venture to say we have a much greater chance of having an accident here," he said "For years, Eagle has been a leader in extrication. And, what we are trying to accomplish here, is to not rest on that reputation, but to further where we are at in our training so we can accomplish what we need to, then invite our brothers from other departments as well. We are working together more and more."

Stone said inviting other departments to take part in this event, and others, fosters a good working relationship that can lead to better outcomes in emergency situations.

"It wasn't like that in the past, and a lot of it has to do with education and leadership," Stone said. "Our leadership understands that when we are on the same page, much more can be accomplished. If I'm in my silo and you are in your silo, we are missing a lot of opportunities to be better and provide better service."

For more information on the Eagle Fire Department, log on to www.eaglefire.org.

Tie One On for safety

Mothers Against Drunk Driving's (MADD) annual Tie One On For Safety Campaign runs Thanksgiving through New Year's, reminding everyone to plan ahead for a safe way home if they're celebrating with alcohol this holiday season. The campaign includes distributing red ribbons, window clings and designated driver coupons to the public. Drivers display the ribbons and/or window clings on their vehicles as a reminder to drive safe and sober throughout the holidays.

In 2012, 73 Idahoans were killed in impaired driving crashes and 640 people were injured. The time period between Thanksgiving and New Year's Day includes some of the most dangerous

days for drunk driving deaths. National drunk driving fatality numbers increased to in 2012 to 10,323 deaths. It's a sobering statistic and 100% preventable.

December also marks MADD Idaho's 25th anniversary. Founder, 91-year old Betty Stadler is an Eagle resident and will be featured in our January issue. Don't miss reading about this inspired lady in our Senior Spotlight corner.



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Designated Driver Coupon

Seven earn Eagle Scout award, recognized during Court of Honor

By Jennifer Anderson

The path to Eagle Scout is not short or easy, but for a group of boys in the Star Area, it was something they started together and planned to finish together.

The Boy Scouts of America website statistics indicate that in 2012, the centennial year of the Eagle Scout Award, 57,976 Scouts earned the Eagle Scout rank—more than in any previous year; however the bottom line is that still only about 7 percent of all Boy Scouts earned the Eagle Scout rank in 2012.

To earn the Eagle Scout Rank a Boy Scout must progress through the ranks of Tenderfoot, Second Class, First Class, Star, Life, and Eagle; earn 21 merit badges; serve six months in a troop leadership position; plan, develop, and give leadership to a service project for any religious organization or any school or community; take part in a Scoutmaster conference, and successfully complete an Eagle Scout board of review. Not an easy task for an adolescent boy with as many distractions as there are available.

Recently seven young men from the Beacon Light Ward, a Church of Jesus Christ of Latter-day Saint congregation in Star, received their Eagle Scout Awards during an Eagle Court of Honor held October 30, 2013. Only six boys were present as one is attending Utah State University and couldn't make it back.



Eagle Scouts (L-R) Preston Simmons, Parker Smith, McKay Ellison, Tanner Smith, Andy Winward, Josh Harris were recognized during a recent Court of Honor in the Beacon Light Ward of the Church of Jesus Christ of Latter-day Saints. Clayton Watts was honored that night as well, but he was not in attendance. He is at Utah State in his Freshman year of college.

Joshua Harris, Tanner Smith, Parker Smith, Preston Simmons, McKay Ellison, Andy Winward, and Clayton Watts (not in attendance) from Troop 379 started their journey together many years ago, and while some of them had already finished their projects some time ago, they wanted to finish what they started together.

Their projects helped people locally and internationally and included gathering medical supplies for people in Ghana for the organization Ghana Make a Difference; painting basketball lines for a local school, painting benches at Eagle High School's tennis courts; building a lean-to for the Commission for the Blind; collecting children's blankets for Ghana Make a Difference; designing and implementing an emergency flag system; and

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building a wheel chair accessible ramp at a local riding club making it easier for wheelchair bound individuals to mount their horses.

The scouts also had the opportunity to each recognize a leader who they felt was instrumental in helping them complete their Eagle. Leaders included Scout Masters, fathers, and Young Men leaders.



A live golden eagle was the guest of honor at a recent Court of Honor in Star.

Topping off the evening for the boys was the presence of a live golden eagle.

Congratulations to Joshua, Tanner, Parker, Preston, McKay, Andy, and Clayton for finishing what you started, supporting each other on the path to Eagle, and making a difference in your community.

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Add your organization's events to our online calendar and visit regularly to see what's happening in Eagle and Star.

www.theindnews.com.

A TEACHER'S Perspective

TO BUY OR NOT TO BUY

By Anna Eaton-Merkle

I am having a hard time coming up with a topic for my column this month because I do not feel funny. Or contemplative. Or interesting, optimistic, or even sarcastic. This is what November can do to a person, and thank goodness as you read this, it is over. I shouldn't blame November just because it is a dreary gray transition between the warmth of late summer and the magic of snow.

Lacking the beautiful colors of fall and the whimsy of Halloween, it boasts only a holiday designed around gluttony. So where was I going with this? Oh yes, me. Not. Funny.

This happens every year about this time. I personally blame Hamlet and his endless introspection. Although it is a great example of Shakespearean tragedy, when I teach it I can't help but think about my life and the choices I have made. I start contemplating the great hereafter and what happens to all of us once we have crossed that great divide. Mostly, I start thinking about if all my effort matters – if those little things I do could honestly make a difference or if it will all come down to fate.

Of course, rather than contemplating the future of my kingdom, I am preparing for my survival of the holidays. Those big questions might have seemed enough on their own in the days of Hamlet, but if William Shakespeare had had to brave the mall in December, I am sure he could have created an infinite number of tales full of bloodshed, tragedy, and the pitfalls of the human condition. There is just not an easy way out of it; the creation of the holiday season is apparently a mandate sent from way higher up than my little brain can imagine.

Incidentally, this mandate appears to be directed at parents, making the quest for familial perfection even more one sided. Those reaping the benefits of the holiday frenzy, children aged one to whenever their parents finally kick them out, enjoy the

season. So it is up to us – the tradition keepers, the list makers, the navigators of crowded parking lots – to hunt down the perfect gifts, wrap them beautifully, and present them with love on Christmas morning. I haven't mentioned risking life and limb to hang lights, or preparing endless supplies of goodies, or sending out cards sometime before New Year's Eve, but those are all there as well. They are like a troop of well-oiled jack-in-the-boxes waiting to jump out just when I thought I had taken care of everything. If I sound a bit disillusioned with this, it is because I am.

As I write this, it is not yet December, and I have been informed at nearly every conversation with my children what I could get them for Christmas should I feel the urge to start shopping immediately. These gifts range from new cell phones (she's eligible for an upgrade so it doesn't really count) to flat screen TVs (great bargains this year) to concert tickets (once in a lifetime event) to really cute jeans (not the cheap ones like they got last year.) What ever happened to Transformers and pretend kitchens? When did "Christmas" gifts become synonymous with "The sky is the limit"?

So here is where my deep contemplation comes in. Have I created this? Are the expectations I feel so heavily weighted on my shoulders self-imposed or should I shrug them off and start over. Is there life after consumerism? Would everyone hate me if I were to take all the money that I would spend on Christmas and donate to a charity in their honor? What if I were to just opt out, fail to move on anything and see what unfolds – kind of "pulling a Hamlet" if you will. Maybe he had the right idea – the decision not to decide. Probably not, since it didn't work out so well for Hamlet, but it would definitely be easier than shopping in December.

Anna Eaton-Merkle lives in Eagle and teaches English to seniors at Eagle High School. Her most recent endeavor is a blog – check out some of her past articles and some new ones at www.thinkinginthemargins.com. Oh, and Have a Great Holiday Season!

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5th Annual Downtown Boise Christmas Church Walk

This unique Treasure Valley event will take place on Thursday, December 26, 3:00-5:30 p.m. The self-guided walking tour is for the community to be able to look at the Christmas decorations, hear special music and view the various architectural styles of the churches. For more info: www.theindnews.com or www.agoboise.org.

Congratulations to Ramsey Yearsley, The Independent News' Halloween Photo Contest winner.

Ramsey won a dinner for four to El Mariachi Restaurant in Star for her photo titled, "The Sweetest Scarecrow."

Check our website www.theindnews.com for upcoming contests.



Connor Williams, getting to Hollywood one dollar at a time

By Jennifer Anderson

Eagle High School junior Connor Williams recently returned from filming a full-length independent film in Chicago playing, as he says, "a stoner who gives drugs to one of the most popular girls in school." Directed by Andrew Papke, the film is slated for a release to Redbox and Netflix in March.

Working 12-14 hour days, one week straight from October 10 -17, Connor said the set and crew were "chillax", but how does a small town boy go from working on the high school broadcasting set to acting in a full-length film in Chicago.

Connor's journey has been evolving for several years now. Cast in the Michael D. Gough film "Autumn Angel" in 2005, Connor has been hooked on the film industry, acting in particular, ever since. Making several short films with his father, starring in commercials, and hustling for other acting parts all over the country, Connor is determined to make it big in Hollywood.

For his latest role, Connor and the director Skyped both of the auditions, Connor auditioning from his bedroom. Before the second audition, Connor had memorized twelve pages of script, but after the first page the director stopped him and offered him the job.

Currently partnering with Michael D. Gough on Connor's own film titled, "Let it Flow", Connor is excited to start filming next summer. After receiving about 2800 head shots and resumes from teens around the country interested in participating in the film, the list was narrowed down to half for auditions and now down to four outstanding



Connor and Director Andrew Papke

young actors as the leads. Connor hopes to complete the cast from local kids as the top four actors are from Colorado, Mississippi, Texas, and California. The majority of the filming (95%) will take place in the Treasure Valley, and approximately twenty minor parts are still available.

To earn money for his film, Connor is going door to door giving stickers with a QR code labeled "Idahos movie - one dollar at a time." The QR code leads them to the www.208movie.com website where people can learn more about the movie and donate.

If you are interested in acting or volunteering for the film, see www.208movie.com.



Visit www.theindnews.com for some rough cut footage of Connor's latest film, "The Unmiracle"; comments from the director about Connor; and a shout out from Vanilla Ice. Please leave comments and share with your friends.



Connor enjoyed the perks of being a movie star: traveling in his pajamas and getting picked up in a stretch Limo.

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I recently felt obligated to apologize to our 19-year-old. You see, I learned a lesson. That lesson will stay with me forever. It haunts me every time there is a news story about a young person taking their life after they have endured days, weeks and sometimes months of bullying.

Over the span of Helen's eighth and ninth grade years, she became a target. Why? I doubt we will ever know exactly why. A childhood friend turned on her and got others to do the same. Helen's last year of middle school and first year of high school were miserable.

I remember the pain and anguish in Helen's eyes when she told me she had no one to sit with at lunch and going to school was drudgery. Even her very best friend joined the ranks of the bullies. Though it's no excuse, the girl who instigated the bullying was going through a difficult time. Her parents were divorcing; her world was falling apart. Mr. Man and I thought it best not to approach her parents with what was going on. BIG MISTAKE.

Sometimes I wish there was a comprehensive parenting manual. One that would tell you regardless of circumstances, this is what you have to do. Mr. Man and I advised Helen daily. We solicited help from the middle

©December 2013 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.

school through an understanding counselor. But, in the end, we never directly faced the issue with the bully and her parents. Helen suffered for many months because we really did not know what to do.

This is where I learned my lesson. It's actually served me well since then. With the next two children we have had small issues with bullying. But, we have stormed in and shut it down as soon as we recognized it. Mr. Man and I have gathered everybody—from parents, to school officials and the bullies themselves. In each case it has not had a chance to escalate.

The majority of bullying cases involve school age children. Dosomething.org estimates that in the United States there are 3.2 million students who are victims of bullying every year. Moreover, bullying has been linked to 75-percent of the school shootings around the country. The bullies are minors and their parents are ultimately responsible for them.

So, for you young parents who have fortunately dodged this issue so far, let me give you some sage advice: push politeness aside and go straight for the parents when bullying rears its ugly head. Don't waste any time. If you do, you will have to apologize to your kid, years later. I am thankful there are other parents out there who feel the same way. Once recognized, fair and rational parents can nip bullying in the bud.

It has been said, "Real wisdom comes from our mistakes." If that is true, I should be a freaking genius by now. I just know in this area I have good experience under my belt. But, not enough to write that manual ... just yet.

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Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.
~ Norman Vincent Peale

A black and white headshot of a man with glasses and a mustache, smiling at the camera. He is wearing a collared shirt.

JOE'S VIEW

I used to tell my kids that nothing good ever happens after midnight. Nothing. Fortunately, the news would always back me up and I would purposefully point out articles of traffic accidents occurring at 1 a.m., house fires at 4:00 a.m., robberies at 2:00 a.m., or a street fight near a bar, all after midnight. Despite what Eric Clapton says, after midnight means trouble.

Except for the following: some of my best ideas come around 3:00 a.m. I can be sound asleep and I pop awake with a solution to a problem, a way to fix something, or a creative resolution to an issue. I don't know what it is about 3:00 a.m., but my brain is working overtime, and I impress myself with what I come up with. "Where did that come from?" I think. "That's pretty good, how did I do that?"

I've been told when a thought comes at 3:00 a.m. that I am finally freeing my mind to think clearly. I am letting go of the daily clutter that rolls around in there and I let all that mush focus on one thing. By being unencumbered with little things, I subconsciously can process input and solve a problem.

It all makes sense I suppose, but I like to think Divine intervention has something to do with it. That makes me feel special.

So if you run this little analysis through the logic cycle, you would come up with the revelation that good sleep leads to good thinking. Duh. So the sequence should be that if you are struggling with an issue at work, a particular tough fix-it problem, or you can't find a way to make a set of facts line up to an end result, go to bed! Sleep!

There have been stories in the news recently about how we need a certain number of hours sleep for our bodies to heal on many levels. For years I have heard about the 8 or 7 hour target for adults. Youth need even more, but often run on less than us older folks. I can definitely feel it in my next day attitude and performance when I do not get enough sleep.

On a short sleep night, the next day is harder to get through. Problems seem bigger, and my patience level smaller. Not hard to figure out the cause. It wasn't till I heard the word "heal" used with the amount of sleep that I understood how valuable this is to our well being. I get this now. Your brain needs to heal after a day's activity and as it does so, you can think clearer. I might be sleeping, but my brain is still going at it like the night shift getting the job done.

I tried at one point to keep a note pad in my bedside table. I think I even wrote a column or did a radio show bit on that. Briefly it was how you get this great idea, write it down at 3:00 a.m., and then the next day try to figure out what "Lobster dirt 45 PSI shampoo" means. I figure now that if it truly was a good idea, I'll remember it when I wake up in the morning.

There is a lot of activity in our lives this time of year. With that comes the need to solve a lot of issues, challenges, and even serious problems. Perhaps the best tool in your tool box is a good night's sleep.

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 your questions or comments 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
December 15, 2013

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Happy Holidays Happy Holidays Happy Holidays

New Eagle police position aims to improve community connections, curb neighborhood crime

By Philip A. Janquart

On a Thursday, in November, a loud explosion rocked people inside their houses and caused others filling their tanks at the North Channel Chevron to shudder. Police Officer Marlon McCowan was there, too, walking out the front door with a drink. The noise stopped him in his tracks. Nearby, the driver of a fuel truck was filling the station's holding tanks. The two exchanged some curious glances before McCowan peeled off to see what happened.

"We looked at each other, like, 'what the heck was that!'" McCowan said. McCowan and other Eagle officers tried to find where the loud noise came from, zeroing in on a specific neighborhood, but were unable to locate the exact source of the explosion.

"You just never know what is going to happen," McCowan told The Independent News just minutes after he ended the search. "It sounded like a pipe bomb. It was probably some kids, or somebody, playing around with explosives."

Though trying to find the source of a loud explosion is not an every day occurrence in Eagle, it falls squarely onto the list of responsibilities consistent with a new position created by the Eagle Police Department.

The city approved the Neighborhood Contact/Traffic Officer position for the city's fiscal 2014 budget in October. McCowan, who was a detective in Eagle for three years, threw his name in the hat to fill the position when he heard it was created.

"It was a chance for me to get more involved with the community; it really sounded like something I'd like," he said.

McCowan has been on the job now for over a month and says he is just beginning to familiarize himself with Neighborhood Watch and Home Owners Associations. The idea is to speak with the community as much as possible in an effort provide education and to get some assistance in identifying problem areas.

Patrol officers are not able provide dedicated attention to specific problems involving things like persistent speeding through neighborhoods, burglaries, drug houses or even habitual party houses.

Now that the Neighborhood Contact Officer (NCO) position has been created, McCowan can take information from patrol officers and residents, and focus on areas that need additional patrolling.

"If there is one house or one area that is constantly a problem, I can go work that area because our patrol guys just don't have time to sit around and work it. They have to answer to radio calls. So, I'll deal with those issues, and it can be anything from traffic problems, people routinely speeding in a certain area, or other persistent problems the patrol guys don't have time to work."



Neighborhood Contact Officer Marlon McCowan

Before the recession in 2008, Eagle had two dedicated officers, one on a motorcycle and another in a patrol car that provided the same service. Those positions, however, were cut when Eagle began tightening its belt in response to budgetary issues.

The continued recovery is slowly allowing improvements to Eagle's law enforcement. Eagle Police Chief Steve Bartlett came up with the idea for the new position, using the Action Team, created by the Ada County Sheriff's Office, as a model. The Action Team consists of four deputies dedicated to providing the same service as Eagle's NCO, but on a countywide basis. The deputies, according to McCowan will be assisting in Eagle on an as-needed basis.

"The NCO will help serve as a direct contact for the community, giving them someone familiar to talk to," Bartlett said. "It gives them a direct avenue to the police. The NCO will know all the ins and outs of a neighborhood, so people won't have to explain themselves over and over to different officers. He will already know the problems and history associated with the area."

Bartlett said the NCO will help in educating the community through various programs and association meetings, as well as school presentations.

Traffic is another area where he believes the NCO can make a big difference.

"We have a highway going right through middle of our city and have two others that account for some of the highest crash numbers in Ada County," he said. "We want to reduce the numbers of injury crashes through enforcement."

The Eagle Police Department hopes to add another NCO position in the future, Bartlett added.

"We want the public to feel they have a direct link for their issues and concerns," he said. "We take them, and their neighborhood problems, very serious."

The Eagle Police Department's administrative office is located at 1119 E. State St., No. 260. Call 938-2260 or log on to www.facebook.com/EaglePolice for more information.

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	5				
3		4			6

www.sudoku-puzzle.net Solution on page 17

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Eagle Tennis Club to Open in Spring 2014

New club will offer indoor/outdoor courts, luxury spa, fitness center, yoga studios, restaurants, retail and more!

Eagle, ID –Eagle based business leader Kara Hoge, developer White-Leasure Development Company and Coldwell Banker Commercial NRT announced in April their collaboration to create a major sports-retail-commercial destination at the corner of Idaho 44 and Edgewood Drive in Eagle – Eagle Tennis Club, Fitness & Spa. Saturday, October 26, 2013 a ground breaking ceremony was held to celebrate the venture.

"I think Eagle Tennis Club is what tennis players call a 'great get' in continuing to build a sense of community around tennis in the Treasure Valley," said Greg Patton, men's tennis coach at Boise State University, whose longtime work in tennis has established a national program at Boise State and helped bring the Davis Cup quarterfinals tennis competition between the U.S. and Serbia to Boise. "The concept for the club has all of the key amenities one would find in southern California, Scottsdale or other notable tennis destinations in the West."

With a Grand Opening set for Spring of 2014, the Eagle Tennis Club will begin construction shortly at the intersection of Edgewood street and State street (Hwy 44) in Eagle—a convenient location for tennis aficionados from all over the Treasure Valley. Discounted membership opportunities are currently available.

"Our vision for the Eagle Tennis Club is to provide the finest tennis club in the Boise area as well as providing a sense of community with our residential real estate partners", said ETC owner and founder Kara Hoge. "The



Copies of the plans were available to view and discount opportunities are currently available to join the club.



Friends, business owners, civic leaders, and project managers were on hand for the ground breaking of The Eagle Tennis Club on Saturday, October 26, 2013.

Kara Hoge was the catalyst for The Eagle Tennis Club and saw the potential in the site located at the corner of Idaho 44 and Edgewood Drive in Eagle



With gold colored shovels in hand, a line up of honored guests broke ground on The Eagle Tennis Club.



To see actual footage from the ceremony or to leave a comment, please visit <http://www.theindnews.com/2013/11/15/the-eagle-tennis-club-groundbreaking-ceremony>.

resort experience and amenities of the Eagle Tennis Club will be unparalleled in the Treasure Valley."

The first phase of the club's development will feature two clay courts among its six outdoor courts, six indoor courts, a stadium court designed to host major events, plus two sand volleyball courts. "Having a first-class facility like this will be a huge benefit to the tennis community in the Boise area," said Boise State University men's tennis coach Greg Patton. "The Eagle Tennis Club launch comes on the heels of Boise landing Davis Cup matches—both great indications of the substantial growth in Idaho's reputation as a tennis destination."

White-Leasure will develop the outstanding 15.3 acre commercial project, Medallion at Eagle River. The extensive retail, office and associated commercial real estate opportunities will be marketed by Sherry Schoen, Coldwell Banker Commercial NRT. The commercial-retail development will fit compatibly with residential and hospitality development also planned in the area spanning the Boise River immediately east of Eagle.

Friends, family, civic leaders, business owners, Chamber of Commerce members, and interested parties gathered to support the new venture and with gold shovels, key members of the community dug in to what many hope will be a foundation for ongoing growth in Eagle. For more information about the Eagle Tennis Club, please visit www.eagletennisclub.com.

The Eagle Library takes checking out to a whole new level

By Cathy Hardy

Members of the Kneuevan family were the first to experience the Eagle Public Library's new checkout computers after they were installed in early October. Ken and his daughters Emma (10) and twins Ava and Sophia (8) seemed to enjoy the experience.

The Eagle Public Library took a giant step forward into the 21st Century with Radio Frequency Identification (RFID) technology. Along with the Meridian and Nampa Public Libraries, the Eagle Public Library is leading the way in the region with this technology, eventually to be followed by other libraries in the Treasure Valley.

RFID technology enables customers to simply scan their library cards at one of the three new checkout computers, place their materials (several at a time!) on the RFID reader, and print a receipt. The ability to renew items and pay outstanding fines with credit card, debit card, or cash is also available. The system provides library users with



Ken and his daughters Emma (10) and twins Ava and Sophia (8) trying out the new RFID checkout technology at the Eagle Public Library.

fast and accurate checkout, and allows the Library to utilize its resources more efficiently.

"I think it's really exciting to have this system, as it will allow us to do things that will help make us even more relevant to the City of Eagle," explained Library Director Steve Bumgarner. "What if we're able to free up enough staff time to revitalize our moribund Homebound Delivery Service, or to offer library outreach programs to local schools and daycares to let Eagle kids know about the Library and all it has to offer? Wouldn't that be awesome!"

Regarding the recent changes, regular library user Jen Black said, "I think it's great! It's so nice not to have to stand in line. Many times, I could see my hold item on the shelf behind the desk, and had to wait for a busy staff member to get it and check it out for me. The new checkout computers are awesome. It took just a few minutes for me to learn how to use the system. I can't say enough good things about the library."

*Maybe Christmas, the Grinch thought, doesn't come from a store.
~ Dr. Seuss*

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Eagle Island Balloon Mural Attracts Filmmaker’s Attention

By Philip A. Janquart

Artist Brenda Kaye can breathe a sigh of relief now that her enormous mural, depicting balloons drifting over Eagle Island State Park, is finally finished.

The side of the Eagle Liquor Store is forever transformed, and it was all done using the same method world-renown painters from the Renaissance used to grid large spaces from small pictures.

The grids allowed Kay to make an outline, then tediously hand paint each one-foot square, one at a time. The mural covers an 8-by 86-foot space, or 688 square feet, and took about three months to paint, using a one-inch brush.

The method is ancient, the same used by Michelangelo when he painted the Sistine Chapel. It is both tedious and strenuous, but Kaye’s effort is now the subject of a new documentary filmed by Boise State University Senior Cinematography Professor Michael Marguiles.

“I tell you, I had so many doubts,” Kaye said. “That was really a daunting project, but I grew up harvesting potatoes in Idaho and when you have to get those spuds out of the ground, you just work and work, from sun-up to sun-down.”

Kaye said Marguiles was there every day, with his BSU film students, filming brush strokes. Also on hand was Academy Award winning filmmaker Ben Shedd, who shares a Peabody Award for the Public Television



Eagle Mayor Jim Reynolds says a few words during a dedication ceremony held in November for the Eagle Island mural painted on the side of the Eagle Liquor Store.

NOVA science series. He received the Academy Award Oscar for Best Documentary Short Subject in 1978, for his film “The Flight of The Gossamer Condor.” Since then Shedd has been involved in creating IMAX and OMNIMAX films.

“It was really great to have them out there,” Kaye said. “Michael (Marguiles) did some work with MGM. I think this is going to do wonders for Eagle, because he shows another one of my murals and shows a little bit of the city.”

Kaye also painted a scene involving horses on the side of the Rocky Mountain Pizza & Pasta building in downtown eagle.

“It was all such a long process, I’m just euphoric that it is finally finished,” she added. Kaye said the documentary is scheduled to be released sometime in February 2014. Stay tuned for more information concerning the documentary and where you can see it once released.



Christmas, my child, is love in action.
Every time we love, every time we give, it's Christmas.
~ Dale Evans

2013 EAGLE COUNTRY CHRISTMAS

Saturday December 14 • 11:00 am-5:00 pm
Heritage Park, Downtown Eagle

SCHEDULE OF EVENTS

11:00 am-5:00 pm
Eagle Arts Commission
Eagle Saturday Christmas Market

Noon - 5:00 pm
Children's Free Activity Booths

1:00 pm-4:00 pm
Visit with Santa at Heritage Park

Noon - 5:00 pm
Christmas Wreath Decorating
Merchant Contest and Silent Auction
(all proceeds go to Eagle Food Bank)

11:00 am-5:00 pm
Eagle Food Bank Food Drive

11:00 am-5:00 pm
Coats for Kids - Coat, Hats, Gloves Drive

Noon - 5:00 pm
Mayor's Youth in Action Bake Sale

11:00 am - 5:00 pm
Warm Bon Fire, Hot Cocoa and S'mores
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Phyllis Moore, LCSW, ACHT, BCD, CASAC is a licensed clinical social worker in practice for 26 years as an Advanced Clinical Heart-Centered Hypnotherapist who uses her training in EMDR therapy, Breath therapy, Subtle Energy, Spiritual Psychology, and Cognitive Behavioral therapy for both traditional and alternative healing processes to provide profound healing. Phyllis has 26 years in chemical dependency treatment, and has been trained at The Wellness Institute in Issaquah, Washington. Phyllis has private practices in Clinton and Rome, New York.

Our hearts grow tender with childhood memories and love of kindred,
and we are better throughout the year for having, in spirit,
become a child again at Christmas-time.
~ Laura Ingalls Wilder

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Christmas is doing a little something extra for someone.
~ Charles M. Schulz

Space Camp takes off at Eagle Hills Elementary

Contributed by CapEd.com

Rocketeers at Eagle Hills Elementary, also known as students, are gearing up for Space Camp. Space Camp is an after school program where students must work together to build various types of rockets. The rockets must fly and deliver a payload safely back to earth. Teacher John Pattis sought help from the Idaho CapEd Foundation to pay for the program. With a \$700 grant to pay for supplies, both John and his Rocketeers will start preparing for their launch date.

Space Camp will be available twice a year for students interested in exploring flight through investigative analysis. The four week program guides the Rocketeers through building rubber band cannons, Alka-Seltzer rockets, stomp rockets, hot air balloons, gliders, and even solid fuel burning model rockets. This is a hands-on activity that delivers Science Technology Engineering and Math (ISTEM) learning in a fun and exciting way.



(L -R) Lisa Hamilton, CapEd, John Pattis, Grant Winner, Jason Leforgee, Principal

"Recruiting targets students who because of economic conditions, or home environment may need a little extra TLC, but it is open to any student." John Pattis

Space Camp complements the School's robotics camp and computer programming camp. With all three programs, students have an outstanding opportunity to get excited about math and science.

A glimpse at the....

November Eagle First Friday



Steve, Emily, and Meg (owner of Finer Frames) enjoy a family moment during First Friday.



Fusions featured Chris Parker and her three dimensional fused glass art during the November First Friday.



Members of the Eagle Camera Club set up a Pop-up Gallery on second street showcasing their award winning art.



Photographer Charlie Carter (left) was featured at The Gallery at Finer Frames through October and November.



Sarah, Elizabeth, and Matthew decorated masks at My Masterpiece Parties.

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third annual
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Holiday Bazaar

Fusions
Glass Studio

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Eagle's First Friday

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Saturday
December 7th
10 am - 5 pm

Sunday
December 8th
10 am - 3 pm

Eagle Road

E. Idaho Street

N. 1st St.

N. 2nd St.

E. STATE STREET

S. Flagstone Ln.

1. 2. 3. 4. 5. 6. 7. 8.

Your Map
to Eagle
First Friday Fun

1. Finer Frames,
164 E. State St, Ste B

2. Fusions Glass Studio,
135 N. 2nd St.

3. My Masterpiece Parties,
603 E. State St.

4. Pop Up Gallery,
50 N. 2nd St.

5. Wishing Well Botanicals,
52 N. 2nd St. E. State St.

6. Again Consignment,
222 E. State St

7. Second Avenue,
222 E. State St.

8. Eagle Museum,
67 E. State St

MARK YOUR CALENDAR
EAGLE'S NEXT FIRST FRIDAY
Here's what's happening
December 6

Fusions Glass Studio

135 N 2nd St • 938-1055

Meet local glass artists, drink hot chocolate & listen to carolers at Fusions Glass Studio. Tour the Studio. We're celebrating the artists participating in our 3rd annual fused glass holiday bazaar. 5-8 p.m.

The Gallery At Finer Frames

164 E State St, Ste B • 888-9898:

Our 2nd annual Holiday Art Party is a chance for art lovers and holiday shoppers to browse and shop for one-of-a-kind-gifts and original works of art. The show features art from over 20 artists in all media-from ceramics to photography, watercolors to oils, jewelry to paper art. Come in and meet the artists. 5-8 p.m.

My Masterpiece Parties

603 E State St • 938-1370

Come take a free tour of our fun & festive studio and meet our art instructors. Listen to Christmas music while painting. We'll have fun Christmas projects for you to create gifts for your loved ones. No experience needed. We're all about fun art, not fine art! Open for all ages. 5-8 p.m.

Pop-Up Gallery

50 2nd Street

Sponsored by the Eagle Arts Commission. Painters from the Southwest Idaho Watercolor Society will have a variety of paintings on display at 50 2nd Street. 5-8 p.m.

Wishing Well Botanicals

52 N Second St. • 949-6977

Holiday Open House featuring Nicole Christensen and Dan Costello performing live acoustic selections of Christmas classics and smooth, sultry Jazz and Blues. 20% off holiday centerpiece orders placed during the open house. 5-8 p.m.

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Holiday
Season

Holiday Open House
Friday Dec. 6 - Sunday, Dec. 8

On First Friday, December 6,
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performing live acoustic selections
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smooth, sultry Jazz and Blues!

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20% Off all Holiday Centerpiece orders
placed during the Holiday Open House.

Calendar

There's always something to do
at theindnews.com/calendar

Additional First Friday Participants:

Second Avenue, The Eagle Museum, Fresco Arts
Again Consignment and Ye Olde Sweet Shoppe.

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We wish you a
Merry Christmas
and a Happy
New Year
to all.

Cheryl, Sandi
and Stephanie

Friend, Kjar Win Eagle Fire Commission Seats

By Philip A. Janquart

Kevan Kjar and Dan Friend each won bids for seats on the three-member Eagle Fire Commission following the Nov. 5 general elections.

Kjar defeated fellow candidate Gary N. Voss, receiving 959 votes to 858. Former Eagle Fire Chief Dan Friend won a significant victory over former commissioner Robert Flaner with 1,379 votes to 595. Gary Stillwell is the third member of the commission. He has been a fire commissioner in Eagle since at least 1992, according to the Eagle Fire Department.

Dan Friend worked 34 years for the Eagle Fire Department, 28 years as Fire Chief.

Under his leadership, Eagle Fire Department was transformed from a one station volunteer department to a progressive department with three stations, 35 career and 50 part-time firefighters. Fire Commissioners are re-



Dan Friend



Kevan Kjar

sponsible for policy, contracts and setting the annual operating budget. "The District needs to be fiscally responsible and transparent, approving expenditures that are necessary to provide fast and effective emergency care to the residents of the district," he said.

Residents want to know their tax dollars are needed, what they are going for and that they are being managed wisely, according to Friend who said the biggest issue facing the Eagle Fire Commission, is the Star commission.

"One current issue is the consolidation efforts between Star and Eagle Fire Departments," he said. "The residents need to be informed and evaluate if it benefits both communities and if the pros outweigh the cons for them to merge. Also, issues and future needs include the district's long term planning, financial stability and mitigation of the impact of planned communities."

Kunz, Ridgway Win Eagle City Council Seats

By Philip A. Janquart

Jeff Kunz and Stan Ridgway took nearly 60 percent of votes cast for four city council candidates at the Nov. 5 general election in Eagle, capturing seats to be vacated by John Grasser and Jason Pierce.

Grasser committed to serving only one term when he was elected almost four years ago and Pierce, who was appointed to fill in for resigned councilman Norm Semanko, chose not to run for a full term.

Kunz was the top vote getter with 1,041 votes, or 30.8 percent, followed by Stancil "Stan" Ridgway with 968 votes, or approximately 28.64 percent, according to Ada County's Consolidated Elections website page.

Candidate Mark Pyper received 852 votes, or 25.21 percent, while Jeff Laughlin received 519 votes, or 15.36 percent.

Ridgway and Kunz said they are letting their election victory sink in and are ready to go to work for residents they say want a change.

Knocking on Doors?

Both councilmen elect spent plenty of time sweeping neighborhoods prior to the elections, getting a feel for what the community wants from its city council. Based on their conversations with residents, they said the top concerns seem to be balance, decision making and transparency.

"The outcome of this election, thankfully, will lead to a greater balance on the city council and allow for more thorough and sensible decision making," Kunz said. "The fact that Stan and I got almost 60 percent of all votes cast for four city council candidates reflects what our community wants - more balance and better decision making. They also want our city council to work together as a team, which is also reflected in the election results."

Ridgway, who served on Juneau, Alaska's Assembly, said he feels the council will be able to run more efficiently.

"With Jeff and I being elected, we are hoping we will have two like-minded people with two other like-minded people and can get things out in the open instead of fighting things through with 3-1 votes," he said. "John (Grasser) was kind of the odd man out when it came to controversial issues, which always ended in a 3-1 vote."

Ridgway added he wants residents who show up at council meetings to be genuinely heard by the council, another point he believes was made clear through the election results.

"I want to get these issues out in the open, so people can voice their opinion," he said.

"I always kind of felt they (council

members) were really just filling a requirement, but not really listening. I think the residents just said, 'We've had enough.'"

Another issue Ridgway said he plans to address is a general lack of information made available to the public prior to council meetings. Part of the problem is not making pre-meeting documents council members receive, that come in the form of "packets," available online. In the past, councils, such as the Meridian City Council, have made the packet available to the public, including the media. In Eagle, only the agenda is made available, and it is not clear what Idaho law, or city ordinance, may dictate in that regard.

"It's very hard to figure out what is going on," Ridgway said. "We don't have documents that are readily available to the citizens. They can't be intelligently involved because the information just isn't there. One of the things I think is important is for the city to give more information to the public, maybe seven days before the council meeting, instead of the Friday before."

Ridgway also mentioned streaming council meetings on the Internet, a subject that has been discussed in the past, and a broader goal of cleaning up certain processes within the city itself.

The Future

Kunz said he based his campaign on another important issue, sustainable growth that will provide the city with a revenue source into the foreseeable future.

"Right now, the city's mix of land use is 20 percent commercial and 80 percent residential," he explained. "Our current comprehensive plan shows we are going to run out of vacant, developable land by 2018. That's less than five years away."

The city needs to manage growth by stabilizing the mix of land uses and long-term tax funding, which means making mixed-use developments a priority (in order to maximize revenue per developed acre), according to Kunz.

"We have to fix our over-reliance on building-related fees," he added. "We need to increase our commercial land use to about 30 or 35 percent to sustain our city government once we run out of vacant, developable land. We can make significant progress by looking at this comprehensive plan, making adjustments where necessary and finding ways to accelerate mixed use development."

Kunz and Ridgway will be sworn in at the first regularly scheduled council meeting in January 2014.



Jeff Kunz



Stan Ridgway



Stan Ridgway, center, discusses city issues with residents before the Nov. 5 general elections.



Jeff Laughlin, right, and Jeff Kunz, center, trade laughs with residents during a candidate forum.

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Idaho Independent Bank Celebrates Twenty Years

By Jennifer Anderson

October 22, 2013 from 3:00 – 6:00 p.m., Idaho Independent Bank in Star, Id. celebrated with its sister institutions the bank's 20th year anniversary. Chartered on July 7, 1993, the first bank was opened in Hayden Lake on October 13, 1993. Chairman and Chief Executive Officer Jack Gustavel founded the bank that is now run by his son Kurt.

Seeing a need due to large bank mergers and consolidations, Idaho Independent Bank (IIB) was established in 1993 to fill a need for Idahoans who wanted the same products, prices, and financial opportunities provided by larger banks, but on a more personal level.

Bringing a personal touch to banking is what Star IIB Manger Mini Victory does best. Mini explained, "Before we open a new branch in an area, we find the new manager that fits in the location." Mini was the perfect fit for Star and many community leaders would agree as she actively participates in the Star Lions Club, acts as the Star Chamber of Commerce President, participates in school events, and knows most of her customers by name.

Part of IIB's appeal is their hometown feel with big city capabilities. Offering internet banking, SBA and commercial loans, consumer loans, mortgages and more, funds deposited in IIB stay in Idaho to loan to Idaho businesses.

During the anniversary celebration, business owners, customers, friends, staff, and management celebrated together and enjoyed their joint success. Stop in one of their 11 locations or do yourself a favor and check out their Star location: 90 S Star Rd, Star, ID.



Kurt Gustavel (IIB President & C.O.O.), Ancil Irminger, Jack Gustavel (IIB Chairman & Executive Officer)



Mini Victory (IIB Star Branch President), Mary Kuehn of Salon & Co., and Jack Gustavel enjoy IIB's 20th celebration open house.



Bank staff, upper level management, customers, and business associates mingled and visited, enjoying the friendly atmosphere that is Idaho Independent Bank's staple

Whats happening in Eagle and Star?
Check out theindnews.com/calendar
Updated daily!!!

Morning Star Dental donates to Star Branch Library

By Jennifer Anderson

The children's section of the Star Branch Library just got a little more comfortable with chairs donated by Dr. Robert Lewis of Morning Star Dental in Star. Dr. Lewis, his wife Diane, and three children visit the library frequently and saw a need for additional seating in the children's area. Joy Lear, Library Director, was happy to accept these new additions.

Dr. Lewis said, "Our kids come and play here a lot, and we noticed the chairs were getting a little worn." He continues, "We also wanted a nice reading space for moms while their kids play."

Two of the chairs are designed specifically for children and are in the shape of a basketball and a ladybug with footrests facilitating long afternoons of reading.

Morning Star Dental is located at 9776 West State in Star and their hours are Tuesdays from 8:00 a.m. – 5:00 p.m., Thursdays from 9:00 a.m. – 6:00 p.m. and Fridays from 7:00 a.m. – 3:00 p.m.

Check out the upcoming events at the Star Branch Library on page 20 of this month's issue of The Independent News or the calendar page of our website at www.theindnews.com.



Dr. Robert Lewis of Star's Morning Star Dental and his wife Diane saw a need for additional chairs in the children's section of the Library and donated chairs for both adults and children.



Tobi and Kiowa fit snugly in sports chairs donated by Morning Star Dental.



Aryn and Kingston (baby) enjoy a new place to sit while visiting the Star Branch Library

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Franz Witte's 4th Annual OktoberBreast® Auction and Fundraiser a Huge Success

Franz Witte Nursery hosted its 4th annual OktoberBreast® Auction and Fundraiser for Breast Cancer Research & Survivor Recovery on Thursday, September 26, 2013 at the nursery. OktoberBreast® brings the community together to raise money for Casting for Recovery and Expedition Inspiration. Casting for Recovery hosts fly fishing excursions for breast cancer survivors. Expedition Inspiration uses funding that goes directly into the hands of breast cancer researchers. Both of these organizations are local to Idaho, have very low administrative budgets, and help research along with survivors which is why Franz Witte has chosen to support these two organizations. The passion of these benefactors is strong, the survivor stories are irreplaceable. The fundraising goal for this year's OktoberBreast® was \$10,000.

The event included a live auction and raffle, along with live music from the Bourbon Dogs. Food and drinks were provided Cacia's and Pop's Dog House food trucks. The Beer Guys, Vale Wine Company, and Lily Jane's Cupcakes. All these vendors donated a

percentage of the evening's sales.

The Las Chicas soccer team donated their time at the event to sell raffle tickets. They also do fundraising events throughout their season and made a generous donation of \$2,600.

The auction and raffle items were donated from businesses and individuals in the local community as well as many of the vendors that support Franz Witte. The auction package that included plants from Clayton's Tree Farm, Van Essen Nursery, and Monrovia Nursery as well as installation from Franz Witte was the highest netting package of the live auction, going for \$1,750. Other pages included fly fishing trips, golf outings, and a weekend in McCall.

Modern Woodman also committed to matching funds and donated \$2,500, presenting a check to the organization on November 6, 2013.

With these generous donations and the efforts of many volunteers and Franz Witte staff, the event raised \$11,382.37.

Kristin Cota (center) with Modern Woodman presents a check to Franz Witte's OktoberBreast organizers.

Gardner Company, Edgewood Group break ground on senior living community project

Fresco Arts Academy students play important role

By Philip A. Janquart

The Gardner Company and Edgewood Group LLC broke ground Nov. 6 in Eagle for the Eagle Senior Living Community at Edgewood Spring Creek-Eagle Island.

The development, promised to be one-of-a-kind in Idaho and beyond, is located just west of Fresco Arts Academy on Highway 44. The community will include 44 independent living patio homes, 70 assisted living units with memory care services, and a clubhouse when completed. Amenities will include a senior clinic, Movie Theater, pub, chapel, salon, media room, library, restaurant-style fine dining, fitness center, outdoor courtyards and walking paths, and resident transportation.

The new community also plans to employ at least 35 local residents, according to a Sept. 5 press release issued by Edgewood, a company that operates 49 similar communities in the mid-west and Idaho.

"This has been a while in the making. I think it's been about two and a half years ago when we sat down for the first concept meeting, to look at this project and to look at our involvement with the school right next door," said Edgewood Chief Operations Officer Russ Kubik at the groundbreaking ceremony. "It was a pretty exciting meeting, actually, and it looked like a great natural expansion for us, on top of the opportunity to co-op with the school and do something special, something we hadn't really done before."

The community's location in relation to Fresco Arts Academy is unique because it provides the opportunity for students and seniors to bridge the gap in time and experience.

"Edgewood is really enamored with having the school next door because the kids can perform for the seniors and interact with them," said The Gardner Company's Vice President of Construction in Boise, Tommy Ahlquist, Sr. Tommy Ahlquist, Jr. is The Gardner Com-

pany's Chief Operating Officer and a resident of Eagle. "The students can fulfill civic requirements that way and, really, what better way to do that," he said.

Fresco is a school that teaches traditional academic courses, but focuses also on the arts, such as music, dance, writing, theater, choir and visual arts. The broad nature of the school's offerings presents a unique opportunity where students can experience performing in front of an audience and seniors at the living community can enjoy.

Fresco Executive Director Kendell Nielsen was out of town for the event, but Ryan Riley, speaking in his place, said seniors at the community will appreciate the type of students that attend the school. "Our mission statement at the school is to build lives through scholastic, artistic and civic excellence," Riley said. "Civic excellence is going to be one of the keys here as the residents get to know these students and have the opportunity to interact with them and engage with them, and to be able to see that teenagers aren't as bad as we think they are, and that the youth of today are the leaders of tomorrow."

Eagle Mayor Jim Reynolds was equally excited about the opportunities. "This week I met a woman at a senior center who is 101-years-old, born in 1912, which means she was born right about the time of the Titanic," he said. "You may have read recently that the Treasure Valley is ranked very highly for seniors looking to retire. In Money Magazine, it was ranked No. 4 for people over 65 and No. 3 for those over 55. So we are going to be seeing a lot more seniors like myself and the quality of life for those folks is so important, which is

why I am so excited about this project. Regarding our kids and how they work with seniors, the Mayor's Youth and Action Council (MYAC) goes down regularly to our senior center to play Bunco with them, and they both have such a grand time and its such a great interaction between our youth and our senior citizens." Edgewood said it plans to make the Eagle Senior Living

Community a model for other facilities around the country. "We sincerely hope this goes very, very well," said Edgewood's Kubik. "We're excited to jump in and kind of use this for our own national model for something we haven't done before and to really expand opportunities for residents and for our families in our buildings throughout several different states where we operate."

Edgewood Regional Vice President for Idaho and Wyoming Michael Sharp said the community could be open sometime next summer. "We try to create a great quality of life for our residents through a program we call "Life Enrichment" and I think the opportunity we have here for interaction is going to make this community second to none and set a standard for senior living, and look forward to have seniors come live with us in about six to eight months."

Representatives of The Gardner Company and Edgewood Group take part in a groundbreaking ceremony for Eagle's senior living community

See additional photos, actual video footage of the groundbreaking and video footage of the Fresco Arts Choir singing at <http://www.theindnews.com/2013/12/02/eagle-island-crossing-setting-new-standards-for-senior-living>

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.



CITY HALL ART GALLERY

GALLERY HOURS: 8AM TO 5PM

December Artist - Rachel Howard

Rachel Howard has wanted to be a photographer since she was 10 years old. She loved photography then and loves it even more now. She wants to learn everything there is to know about photography. She would love to have a career in photography and is working hard to make that dream come true.

Her curiosity about everything leads her to experience new things, and she loves to explore while looking for photo opportunities - many of her favorite photo locations have been found this way. She can find beauty in anything and is captivated by strange and peculiar places such as abandoned homes and buildings.

Telling stories through her photographs and sharing her vision of a subject's beauty is one way Rachel hopes the viewer will be captivated by something that they might not have found interesting or beautiful before.

Rachel photographs anything and everything but has found that she most enjoys taking photos of people. She strives not only to show an individual's outer beauty in her photos but also their inner beauty and personality.



In 2010, Rachel won the youth grand prize in the Idaho Statesman Outdoor Idaho photo contest, "Best of Show" at the 2011 Canyon County Fair and most recently juried in the Biennial Juried High School Exhibition.

Only 16 and in the 11th grade, Rachel is currently in Mr. Kern's Digital Photo II class at Eagle High School and is a photographer on the yearbook staff.

Rachel is available for children, family, pet and senior portraits. Contact Rachel at by phone at (208) 695-5293, email rachelhartography@yahoo.com or through her website at <http://www.wix.com/rachelhartography/rachelh>



ST LUKE'S GALLERY

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

December Artist - Sandra Shaw

The Idaho landscape never ceases to amaze me. The mountains and hills create geometrical forms that repeat themselves with variations throughout the landscape.

These forms appear to change shape and color with the time of day, the clouds, the weather, and the seasons. For me, watching the landscape is like listening to



music with its patterns, movements, repetitions and variations. That is the inspiration for my Idaho landscape watercolors.

I am a signature member of the Idaho Watercolor Society and four-time award winner at IWS shows. I take part in the Treasure Valley Artist Alliance shows four times a year. I currently volunteer at the Boise Art Museum. www.sandrallynnshaw.com



Idaho Author Recipient of Literary Award

Idaho author Joanne Pence has been selected as a 2013 Willa Cather Literary Award Finalist in Historical Fiction for her novel, *Dance with a Gunfighter*. The WILLA Literary Award is named in honor of Pulitzer Prize winner Willa Cather, one of the country's foremost novelists. The award, underwritten by Women Writing the West, represents outstanding literature for women's or girls' stories set in the North American West. Chosen by professional librarians at colleges, universities, public libraries and research institutions, the winning books and their authors were honored in Kansas City, MO, October 11-13, 2013, during the 19th Annual Conference.

Joanne is also the author of the award-winning, USA Today best-selling Angie Amalfi mystery series, as well as a number of other books, including *Ancient Echoes*, a supernatural suspense novel in which a secret expedition following Lewis and Clark disappeared in Central Idaho, and now a group of BSU students and their instructor disappear in the same area. The key to finding them lies in an ancient secret that men throughout history have sought to unveil.



A founding member of the Idaho Writers Guild and past president of Boise's Partners in Crime mystery group, Joanne makes her home in the foothills above Eagle with her husband and many pets. Her many accolades include: twenty-one published novels, many reaching the bestseller lists of USA Today, Ingram's Mystery, and Independent Mystery

Bookstore Association; the Independent Booksellers' Golden Scroll Award, Daphne Du Maurier Romantic Suspense Award, Golden Quill Award; and finalist for the Romance Writers of America's RITA and Golden Heart awards. Joanne has also been a two-time nominee for the Romantic Times Career Achievement Award in Mystery. You can contact her and learn more about her books at www.joannepence.com.



Idaho author Joanne Pence has been selected as a 2013 Willa Cather Literary Award Finalist in Historical Fiction for her novel, *Dance with a Gunfighter*.

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TED APEL

Mirror Music Box

By Amy O'Brien

Ted Apel is a sound artist whose sculptures and installations focus on the audio transducing element as the source of visual and sonic material. He has exhibited his work at sound art festivals and exhibits all over the world.

He was twice a prizewinner at the Bourges International Electroacoustic Music Competition for his sound installations: his sound installation received an honorary mention at the Prix Ars Electronica 2001; and won the grand prize in the 2004 Idaho Triennial. Ted is a lecturer in Electronic Music/Sonic Arts at the New Zealand School of Music at Victoria University, Wellington New Zealand. Apel was inspired by the unique construction of the Art Space and its connection to dance. He has created an elegant and engaging work that takes into consideration the holiday season as it relates to classical ballet.

This installation breaks down the musical motifs of The Nutcracker into an interactive site-specific sonic environment utilizing computer processes, sonic transducers and two hand-cranked music boxes. The clear plastic walls of the gallery have been transformed into the sounding mechanism of the loudspeaker. Visitors to the installation are encouraged crank the music boxes which produces a live processed variation and "spatialization" of the notes. No two interactions with the music boxes will result in the same sounds.

Stop by and view this unique exhibit at the The Art Space located in the Eagle Performing Arts Center (1125 E. State Street, Eagle, Idaho) throughout December.



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Independent News columnist, Tom Wick, publishes first novel

By Jennifer Anderson

Tom Wick has been writing for over twenty years, with several published works including a poem, children's book, screenplay, and two collections of short stories, but "Come What May" is his first novel. What started out as a short story developed into a full blown novel as Wick's main character took on a life of his own.

Wick says, "Well, I started off writing a short story because my other two books are collections of short stories, but the central character in this became so well developed it just turned into a book."

Taking about three months to write, Wick said the most grueling part was the editing (which took another three months). It especially became difficult when the publisher requested characters be taken out or written in. Imagine erasing a whole person from your life, or trying to add one in - complete with backstory. Making sure that everything was cohesive in the end was the biggest challenge.

Wick describes his book as, "A coming of age story with a bit of mystery, suspense, a little romance, action, adventure . . .

something for everyone. It is different than a lot of books out there right now. It's just a story about a boy."

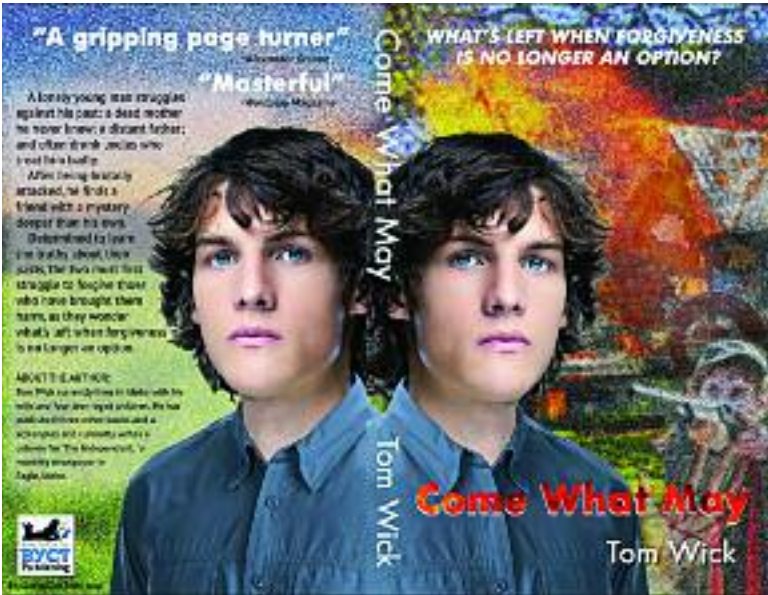
The story takes place in Wick's home state of Florida, but he is adamant that the locations and characters are completely fictional. However, he has been asked quite a few times whether or not the book is autobiographical.

His wife assured me that he is nothing like his main character.

While Wick denies any autobiographical similarities between his life and his book, some of his own experiences have surely influenced his shaping of the book. He says, "The book is about the brutality of life and how we can move pass those trials, and "Come What May" represents that. Whatever happens, I'll do my best." Knowing Tom Wick, I have seen that theme dominate his own life in many ways.

Don't miss the opportunity to read this riveting new novel, due out in December. "Come What May" is sure to be a page-turner.

Tom Wick earned a Bachelor in English Literature from Utah State University, worked in the corporate world most of his career, and recently owned his own business for seven years. Tom lives in the Treasure Valley with his wife and four teenage children and writes a monthly movie critic column for The Independent News. His book "Come What May" will be available in December and you can check our website at www.theindnews.com for the exact release date and where it can be purchased.



For the full interview with Tom Wick, including interesting facts about his new book and his writing process, or to leave comments visit: <http://www.theindnews.com/2013/12/02/come-what-may-has-something-for-everyone>



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uCritic...

Tom Wick, Universal Critic

Many Orson Scott Card fans have waited 28 years for Ender's Game to finally make it to the silver screen. 28 years. That's a long wait for a book...and not just a book. There are total of 15 books and 13 companion short stories in the *Enderverse* (a fan fiction portmanteau for *The Ender Universe*). If the Syfy channel produced just one of these stories a year for the next 30 years, I just might be dead before they're finished.

Well, was *Ender's Game* the movie worth the wait? I'd say it was. For those that don't know, Ender is a twelve year old wimp but a genius when it comes to defensive strategy. So, the military recruits him to save the world against alien invaders and he and his band of other misfit child geniuses save the world from the Buggers. Good for Ender. Good for us.

The movie was well executed, great acting, great special effects. If you're into sci-fi, it's worth the ten bucks. If you're just looking for some great entertainment, save this one for the cheap seats - but you'll want to see it there, you'll miss out on the action scenes if you save this one for Redbox.

In other sci-fi news, Thor saves the universe again. *Thor: Dark World* is a sequel to 2011's Thor and is actually better. Where the first one was campy, trying to be all serious, the *Dark World* director Alan Taylor (this is his first major film direction, he mostly does TV stuff) took some notes from the Iron Man movies and instead of campy, made this sequel a bit more lighthearted. And when your enemy is a "Dark Elf", well, you have to be lighthearted. The plot is trite and boring and the fight scenes are predictable but the best part of the movie was actually watching Tom Hiddleston play Thor's half-brother, step-brother, adoptive brother, whatever. He made the character; much like Robert Downey, Jr. has done with Tony Stark. If you're a Marvel fan, you'll want to drop your ten bucks on *Dark World* so that Disney has enough cash for another Avengers movie. Otherwise, you can wait for the cheap seats for this one; it's definitely worth four bucks and a bucket of popcorn.

On a milder note, *The Saratov Approach*, has the opposite approach of most movies. Most movies start out everywhere with lots of showtimes and then winds down to just a weekend showing. *Saratov* started out in a few theaters back in October and is now playing regionally with weekday and weekend showings and is expected to have a major release in December.

Saratov is based on the 1998 kidnapping of two Mormon missionaries while serving in Saratov, Russia. The kidnappers are two down on their luck laborers desperate for any amount of cash. The movie takes place over the five days the two missionaries were held captive and their attempt to escape. *The Saratov* approach is how the missionaries deal with their captors. It's a good story; the acting by the major players is great. I'd save this one for the cheap seats, but it's definitely worth the four bucks if you're looking for a movie to watch.

Readers Contest:

Leave a pertinent comment on any article on the website: www.theindnews.com or "like" us on Facebook at www.facebook.com/indnews and be automatically entered in to win two movie tickets.

DECEMBER 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. 8; and Star, pg 20) and on the online calendar at www.theindnews.com

CLUBS

Kiwanis Club of Eagle

1st and 3rd Mondays from 12:00 - 1:00 pm, MickeyRays Barbeque, 395 W. State St., Eagle. Join us in making a positive impact on kids in our community. Contact Pete Dover: 866-2195, pdover@amfam.com, www.eaglekiwanis.org.

Eagle Lions Club

1st and 3rd Wednesday at 12:00 p.m. Casa Mexico, Eagle Contact: 724-9537

Star Lions Club

2nd Monday at 6:30 pm 4th Monday at noon Both at El Mariachi Loco starlions.org

MOMS Club of Eagle

Meeting: last Monday of the month 10:30 am, Eagle Church of the Nazarene. 1001 W. State. St

MOMS Club of Star

Last Monday of the month 10:30 am: Star Friends Community Church (not affiliated). Corner of 3rd and Star Road. A support group for stay-at-home moms and informal play group for kids

American Legion Post 127 & Auxiliary of Eagle

Meets 2nd Tuesday at Eagle Sewer District. 44 N. Palmetto Ave. Eagle Meetings start at 7:00 pm. All current and former military veterans are invited to join.

Treasure Valley Rug Hookers

Meetings: 1st & 3rd Saturdays: 12-4 pm in various locations. Contact: Mary Helen Ferguson, 383-9659 or fergumary@aol.com

Eagle Toastmasters

Meet Wednesdays at 8 to 9am Foothills Christian Church, 9655 W. State St., Garden City. Anyone who is interested in developing their speaking and leadership skills.

Eagle Optimist Club

Monthly Meetings: 4th Tuesday of every month, 12-1pm at Smoky Mountain Pizza, 127 East State Street Seeking new members to help kids in our community www.eagleoptimistclub.org Contact Myrna Harris at (208) 484-8530

The Camera Club of Eagle

Meets 1st and 3rd Wednesday/monthly 7:00 pm at Eagle City Hall Visitors are always welcome Club dues are \$25/year

DFW "Dining for women" West Treasure Valley Chapter

3rd Monday of each month, 11:00 am - 1:00 pm or 6:30 - 8:00 pm (alternates each month) DFW is a national organization meeting monthly for a potluck to discuss the featured charity of the month and donating the monies saved from a lunch out to that month's charity. Make new friends and a difference in the world, join DFW Contact Terri Manning at 208-861-5486 for details.

Calendar

There's always something to do at theindnews.com/calendar

THE INDEPENDENT

Celebrating Community News in Eagle and Star

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

Star:

• Star Library • Star Merc • Star Café

Eagle:

• Albertsons-Eagle • Big O • Eagle Barber Shop • Eagle City Hall • Eagle Post Office • Eagle Chamber of Commerce • Les Schwab • Perks of Life • Rembrandts • St Als-Eagle • St Lukes-Eagle • Stinker Station – Hwy 55 • The Griddle • Wild West • Winco-Eagle • Zen Bento

West Boise:

• Stinker Station - State St

Middleton:

• Ridley's • Sunrise Café • The Cottages

Garden City:

• Maverik • 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

Food Donations 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.

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IDAHO 55 CORRIDOR STUDY




The Idaho Transportation Department (ITD) invites you to participate in a study of Idaho 55 from north of State Street to Banks Lowman Road.

PLEASE JOIN US FOR A PUBLIC OPEN HOUSE FOR ADA COUNTY:

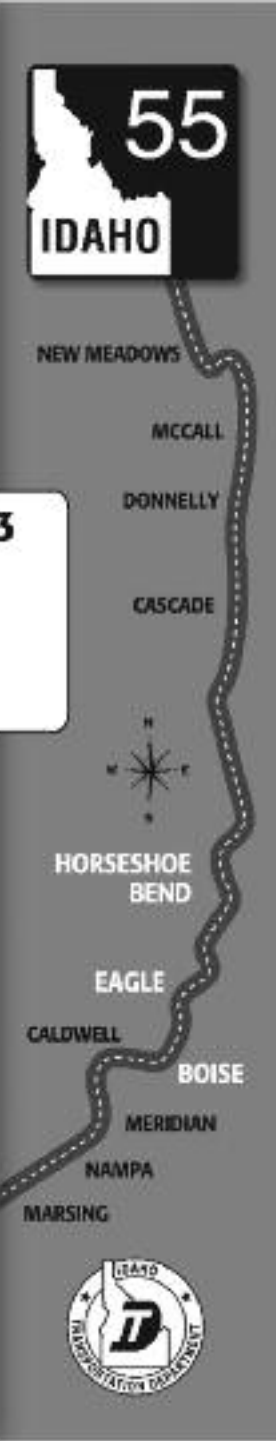
Tuesday, December 17, 2013 4 to 7 p.m. Shadow Valley Golf Course 15711 Horseshoe Bend Rd. Boise, ID 83714

At the open house, you will learn about the Idaho 55 Corridor Study, identify corridor needs and give input. ITD will use public comments to confirm or adjust the list of corridor needs, issues and add to the list of suggested improvements.

For more information, visit itd.idaho.gov and select Projects, Southwest Idaho and Idaho 55 Corridor Study, or call Mark Wasdahl, ITD Project Manager at 334-8344.



Persons needing an interpreter or special accommodations are urged to contact the Public Involvement Coordinator at (208) 334-8119 or TDD/TDY (208) 334-4458. Se les recomienda a las personas que necesitan un intérprete o arreglos especiales que llamen al coordinador de participación pública al (208) 334-8119 ó TDD/TDY (208) 334-4458.



Updated news stories, calendar of events, and the chance to leave your feedback: www.theindnews.com or www.facebook.com/indnews

1	2	5	3	6	4
6	4	3	2	1	5
5	6	2	4	3	1
4	3	1	6	5	2
2	5	6	1	4	3
3	1	4	5	2	6

www.sudoku-puzzles.net

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Star Elementary is now a “Fuel Up to Play 60” school

By Mickie Park

Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by the National Dairy Council and the National Football League, with additional partnership support from U.S. Department of Agriculture. The program encourages youth to consume nutrient-rich foods, low-fat and fat-free dairy, fruits, vegetables and whole grains, and achieve at least 60 minutes of physical activity every day. Fuel Up to Play 60 is designed to engage and empower youth to take action for their own health by implementing long-term, positive changes for themselves and their schools.

Mrs. Meyer, Star Elementary’s PE Specialist, joined the nationwide program this year for the students and staff members. The program helps students to prioritize healthy eating and physical activity which in turn will help them perform better and contribute to their long-term health. As an added bonus, Fuel Up to Play 60 can also get teachers and



Star Elementary has now joined the nation wide in-school nutrition and physical activity program, Fuel Up to Play 60.

staff eating healthy and moving more. A healthier school benefits everyone. Since the addition of the Star Centennial Track programs such as the Star Striders, a before school running program, and the Star Stepper running/walking recess program has encouraged students and staff members to focus on 60 minutes of physical activity daily. In October Star Elementary was honored with the presence of Kristin Armstrong, 2x Gold Medalist, and First Lady of Idaho Lori Otter to participate in such positive programs. Feeling stronger, meeting new friends and making an impact on others will help everyone improve their health, achievements, and long-term well-being.

Even a thumbs up from the Star teachers for a positive and healthy program...Fuel Up to Play 60.



Kristin Armstrong, 2x Gold Medalist and St. Luke's Director of Community Health, is pictured here with teachers and students participating in the Star Stepper running/walking recess program....a program which is part of the Fuel up to Play 60.



Kristin and Mrs. Meyer, PE Specialist, passes out Popsicle sticks to students as they complete laps.



First Lady of Idaho, Lori Otter and PE Specialist Mrs. Meyer participated with the students and staff by walking the track.

Star Centennial Track Opening

By Mickie Park

Star Elementary had a dream come true in 2013 that has been, it seems, decades in the making. For many years the parents, teachers, staff at Star Elementary, and the community have envisioned building/replacing the track located in the back of the school.

Finally, the dream began to give way to reality about two years ago, and during the summer of 2013 the track was finished.

For two years Star Elementary raised funds for the new track. They were half way to their goal when a parent saw the vision to have St. Luke’s partner with Star Elementary. For over a year a very determined and strong minded team met several times to create a plan and partnership to improve the health of students and the community of Star. The team consisted of Star Elementary Principal, Mrs. Karnes; the PE Specialist, Mrs. Meyer; Star’s Mayor, Nathan Mitchell; Director of Star Parks and Recreation, Kim Ingraham; St. Luke’s Athletic Trainer, Kevin Taylor; and St. Luke’s Director of Community Health, Kristin Armstrong. Their goal was to provide a safe environment for students, parents and community members to be active.

June 8th, 2013, the 10’ wide, ¼ mile track became a reality when ProPaving installed the track and was paid by St. Luke’s Sports Medicine Department. It took days of hard work of tearing up the old track, preparing the new one, bringing in trucks of sand, leveling the track and making it ready for paving. The team worked extremely hard and today Star Elementary can enjoy a great track that will be utilized not only by the school children but the whole community.

On September 17th, St. Luke’s representatives and Kristin Armstrong presented the track officially to Star Elementary. The Star Boosters presented a large colorful engraved rock to name the track Star Centennial Track in partnership with St. Luke’s, and the students presented the ribbon cutting ceremony with a large banner to thank St. Luke’s for their contribution. The event was definitely a perfect beginning for many years and numerous events to come with the Centennial Track.

If you haven’t had the opportunity to see the track, stop by some weekend, or after school, and take a walk or two around it. The community of Star, the parents, students and staff of Star Elementary wishes to send out a special thank you to the hard working team that made this dream come true. Thank you.

After years of planning and dreams a special thank you goes out to St. Luke's Sports Medicine Department, ProPaving and the hard working team that made the reality come true . . . Star's Centennial Track



On June 8th, 2013, the dream came true and digging began.



The grass was removed and the track was prepared for sand/top soil.



Truck loads of sand were used



After the sand was delivered the visions of the track became clearer after the leveling process was completed



New black top was poured



Updated daily!
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... and more.
www.theindnews.com

Eh Capa Rakes up Boise

By Kendra Noneman

On November 16, 2013, the Eh Capa Horse 4-H Club participated in the annual Rake up Boise. Ten houses were assigned, but the group ended raking up 11 senior citizen's homes. These homes were located in the Garden City area and owners were very appreciative of the club's hard work. They raked up nearly 50 bags of leaves! Even in the snow, the parents and 4-Hers cooperatively worked for nearly 3 hours!

The Eh Capa 4-H group has been doing this project for 15 years and they still enjoy it because they love lending a hand in the community. Good job Eh Capa 4-H club!



Left to right:
Laurie Parker,
Gavin Krahn, Kelsey
Parker, Cassidy
Barnes, Kate Plaisted,
Doug Plaisted,
Savannah Christensen,
Ashlyn Schiers, Garrett
Barnes, Mallie Miller,
Kendra Noneman,
Casey Mason,
Rylee Bierman, Laura
Bierman, Cade Krahn

TRINA'S FITNESS CORNER



What's Holding You Back?

Perhaps some of your goals are to lose weight, eat cleaner, get rid of bad habits and make new ones. It is now time to create a plan of action and "finally" owning up to a behavior change. Try a variety of strategies and adopt those practices that you find most effective. The following general principles should help you develop your own plan for change:

1. Set Realistic Goals.

Most importantly you need to begin by writing your goals down! I cannot say this loud enough – WRITE THEM DOWN! Start with something as simple as adding that extra glass of water to your day. Or perhaps starting your day off with a piece of fruit. Perhaps adding 15 minutes a day of exercise. You did not gain that extra weight in one month so don't expect to loose it all in one month.

2. Prioritize.

Make a list, write down the things that you'd like to change and things you need to change and decide what is most important to you right now. Did you hear me? WRITE IT DOWN! This will help put your physical and

social constraints into a frame. Most importantly take these priorities one-step at a time.

3. Identify your resources.

Consider time, money, skills, support from friends and family - decide what you have and what you'll need. Our encouragement and lasting achievements comes from the ones closest to us - so share your healthy activity with that person. By doing so you will not only benefit from the physical health but your social health as well.

4. Take action!

If you've done steps 1 – 3, you are already on your way to achieving your goal. Don't be afraid to re-evaluate your plan, if it doesn't work you know you can try again with a new plan.

5. Reward small successes and acknowledge setbacks.

I can't say this enough, if you have achieved one goal - reward yourself with something you enjoy. If you have stopped exercising don't give up, we all have bumps in the road. Acknowledge your behavior and make plans the next day to continue on.

I have seen this behavior time and time again. Why start something – see results – then stop!? Hopefully doing my tips will set you moving forward and not hold you back

Trina K Kubitschek, Certified Personal Trainer. Owner of CrossFit Station. A proud mom of Kayla, Kasson, Violet, and Evelyn. Trina has more than 12 years experience and she has a drive in helping individuals find and succeed in their fitness goals. Visit Trina's face book page or follow her at <http://crossfitstar.com/category/trainers-blog/trinas-blog/>

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Nampa 463-4941	Weiser 414-4200	Mt. Home 580-1121
Emmett 365-9490	Payette 642-6199	McCall 634-3883

 www.thecottages.biz



We were good this year!

Come check out the remodel Santa brought us for Christmas...

Willowcreek Eagle Now Featuring 

Know someone who could use a night out for the holidays?
Willowcreek/Raw gift cards available at both Eagle and Vista locations.

Raw Eagle now offers monthly sushi classes.
Space is limited so book now!

Monday and Tuesday are family nights.
One free kids' entree with each purchase of regular-priced adult menu item.

Take a mid-week break on Wednesday
with Half Off all bottles of wine.

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www.willowcreekgrill.com



STAR LIBRARY - December Events

Mondays: 12/2, 12/9, 12/16
Preschool Play and Learn Story time
(ages 3–5) at 10:30 a.m.
Kindle Art for teens
(ages 12+) from 4:00 – 6:00 p.m.,
with Holly Hudson - a time to imagine,
create and socialize.

Tuesdays: 12/3, 12/10, 12/17
Star Quilters
meet on alternate Tuesdays of each month,
12:30 to 3:30 p.m. Open to anyone
interested – 12/3, 12/17
Make It Challenge
(ages 8-12), 3:30-5:30 p.m.
Surprise challenge!

Wednesdays: 12/4, 12/11, 12/18
Star Knitters
meet each Wednesday morning from
10:30 - 12:30 p.m.
Open to anyone interested.
After-School Adventures
(grades 1–6), 4:00 p.m. Join us for
gift-making activities, and a party on 12/18!

Thursdays: 12/5, 12/12, 12/19
Babies and Music
(ages 0-3), 10:30 a.m. Stories, songs and
fingerplays for babies and a parent.
Teen Make It program
(ages 12+), 4:00 p.m. – 12/5, 12/12
Pizza and Books for teens
(ages 12 +), 4:00 p.m.
you bring a book you have read
and we provide the pizza – 12/19

Saturdays: 12/7
Holiday Cookie Exchange and program
(adults), 1:00 p.m. Bring 4 dozen of your
favorite recipe, and copies of your recipe to
share with others. Tea/coffee will be served,
and we will share cookie lore and games.
“Beyond the Book” discussion for adults
will not meet in December. You may pick up
January’s selection on or after 12/13.

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

The Star Branch Library schedule changes:
3:00 p.m. close: Tuesday, December 24th
Closed: Wednesday, December 25th
5:00 p.m. close: Tuesday, December 31st for New Years Eve.

For more information on any program, please call Star Branch Library 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.

Free Fit and Fall Prevention™
(Join anytime!) Sponsored by Central District
Health. Star City Hall (10769 W. State St)
10:30 - 11:15 a.m. Wednesdays & Fridays
Call Kim for more details 286-7247.

Needlepoint Classes
(No experience needed) Taught by Dyan
Kastner. Projects will be provided by request.
Wednesdays, December 4, 11 and 18 from
4:30-6:00 p.m. Star City Hall \$5.00/class.

Yoga (All abilities)
Mondays & Wednesdays in December.
9:00 -9:45 a.m. at Star City Hall.
\$25/ month: mat required. Attend weekly to
keep holiday stress at bay!

“The Nutcracker”
Friday, December 13th at 7:00 p.m.
Star Elementary School
Cash donation and donations for Star Outreach
collected for admittance.
Call 286-7247 for more information.

Youth Basketball sign ups
(ages 5-11) January 20 - March 13
(practices begin Jan 6th) Games and
practices weeknights at Star Elementary.
\$20 residents \$25 non-residents.
Sign up by December 6th to avoid a late fee.

Rifle Hunter Safety Class
(ages 9+) 6:00 – 9:00 p.m. at Star City Hall
\$8.00. December 9, 10, 11 & 13.
There will be a Saturday field day
near Firebird Raceway.
Register at www.fishandgame.idaho.gov

Wellness Classes
December 5th & Jan 16th
from 7:00 - 8:30 p.m.
December’s class will cover how to beat the
cold and flu naturally. January’s class is
New Year, New You; A girl’s night out.
Get a makeover of body mind and spirit.
Sign up by calling 286-7247.

Paws for A Cause Fitness Incentive
December 1 - 31st. See form on website for details. Log 30 workouts in the month of December and receive a long sleeve t-shirt. Prizes awarded for most miles, workouts etc... Donations welcome and benefit local pets.VOLUNTEERS. HELP NEEDED Contact Ron Weston at rwatson@staridaho.org or 286-7247, if you want to help out or have ideas regarding local youth sports in the community, we would love your input. Basketball referees 13 and up are needed as well.

Be our friend on Facebook for the latest changes and happenings!
Or, if you have ideas for new programs we would love to hear from you!!

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

Star Senior Center

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

- 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.

December’s Activities

- December 4** - Music by the Eagle Bell Ringers: 11:15 a.m. to 11:45 a.m.
December 4 – Goldmine Newsletter arrives
December 6 – Blood Pressure taken by Star’s firemen
December 7 & 8 – Star Extravaganza at Center Sat. 10:00 a.m. to 6:00 p.m.; Sun. 11:00 a.m. to 3:00 p.m.
December 9 – Shopping at Walmart - Contact Bethe @ 869-6288
December 10 – Decorating Center for Christmas at 1:00 p.m. Anyone welcome to help.
December 11 – Board Meeting
December 16 – Outing to Cracker Barrel - Contact Bethe @ 869-6288
December 18 – Hearing Clinic – Free – Starts at 11:00 a.m.
December 18 – Christmas party after lunch – bring \$5.00 gift for gender neutral
December 18 – Birthday Recognition
December 18 – Music by Nadine and Dale – starts at 11:00 a.m.
December 30 – Outing to a Senior Center - Contact Bethe @ 869-6288

To the City of Star: Thank you from the Star Senior Center
for the support (both for pies and for eating) that was given at the
November's Potato Bar. It was a great success. Again, thank you.



December Calendar of Events

- Dec. 7 - 13: Star Christmas Extravaganza at Star City Hall and Star Senior Center**
See times and other info: www.StarIdahoChamber.com and on the Chamber Facebook.
- Dec. 7 & 8: Vendor/Craft Bazaar & Music Program**
See the ad in this month’s issue of The Independent News.
EVENTS: Christmas bazaar, live bands, EHS/EMS/Star Elem. choirs, orchestra and band ensembles, barber shop quartet, Star Outreach fundraiser, Star quilts, Star Welcome Wagon, City tree lighting event, Star Senior Center bake sales, Star Lion’s Club cookie bake off, Santa Claus for the kids on Location and much more!
- Dec. 7- 12: Star Chamber Members: Celebration of Stars – Decoration Contest**
Judging ends on Dec. 12 @ 9:00 p.m. Winners receive cash prizes on Dec. 19. Purchase your Stars online at our website or at Idaho Independent Bank. All Star Chamber members are welcome to purchase a Star or donate to the event for cash prizes to the top three best decorated business (incorporating the Star w/in their theme). Judging takes into account out-door lighting, theme and creativity! Don’t miss out!
- Dec. 13: Star Elementary’s Nutcracker Play – 7:00 p.m. at Star Elementary Gym**
EARLY BIRD GETS THE BEST SEATS!!!
- Dec 16: Officer Installation**
Tickets on sale for January 31 banquet. Tickets available at Idaho Independent Bank:
PURCHASE OUR FIRST CHAMBER PARTY AND FUNDRAISER OF THE YEAR.
Officer Installation Dinner to take place at Honalee Farms Banquet facility on Moon Valley Road: \$35/ticket or \$65/couple to attend. Live music, catered food, dancing, no host bar, roasting of the outgoing directors and welcoming of the new directors.
A Silent Auction will be held to help defray costs and begin fundraising for the New Year!
(Planned for Jan. 31st 6:30-9:30 p.m.) Contact Mini Victory:
President@StarIdahoChamber.com
- WANT AN OPEN HOUSE EVENT?**
Send info to the Chamber no later than Dec. 10th...for January inclusion into the newspaper.
Let the Chamber advertise your Special Event! Contact Tammy for more info:
President@StarIdahoChamber.com
- For additional information on upcoming chamber events, please
visit www.StarIdahoChamber.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

Read City Council Meeting
minutes at [www.staridaho.org/
departments/cityclerk.php](http://www.staridaho.org/departments/cityclerk.php)

Calendar

There’s always something to do
at theindnews.com/calendar



Star Outreach
Neighbors Helping Neighbors

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

A big thank you for a great fall food drive!
We collected over 3200 lbs of food. Thank you so much.
As winter arrives we are seeing more individuals and families
in need than ever. We had a record number 32 families in recently and we
are trying to assist 83 households including 170 adults, 186 children,
and 29 seniors. Please donate generously throughout the holiday season.

Adopt a Family for Christmas

Call Connie at 340-2702 to adopt a family
You can pick up a tag for a child or senior in need at the following businesses:
**Down to Earth Health Food Store • Anytime Fitness
Idaho Independent Bank • Morning Star Dental
Star Library • Star Merc • Star City Hall • Salon & Co
Star Chamber of Commerce Christmas Extravaganza**

Food currently needed:

Soup • Canned vegetables • Chili • Dry pasta
Mac & cheese • Toilet paper • Soap

Do you need help, or know someone that does?
Contact Christina at 919-1100.
Like us on Facebook

Star Senior Center serves up the best Idaho baked potato

By Mickie Park

The Star Senior Center held their annual Baked Potato Fundraiser on the first Saturday of November. The day was windy and cold which gave people the perfect appetite for a hot baker with onions, cheese and chili.

A special thank you goes out to Phillips Ranch of Star who again donated over 150 potatoes and bags of onions. A huge variety of pies for dessert was donated by the Star Lions and the seniors; and all the condiments were also donated to make this year's fundraiser a huge success. The main ingredient completing a successful fundraiser was you, our community.

The support was steady all day at the center and at the end of the day the kitchen closed their doors with no pies to spare. The fabulous ladies who volunteered at the center were very happy to see such great support from the citizens of Star. All proceeds from the fundraiser go directly to the center for improvements and/or maintenance.

The Star Senior Center is located at 102 S. Main Street and serves lunch on Wednesdays and Fridays at 12:00 p.m. For more information on the Center please feel free to call anytime at 286-7943 or see this month's scheduled events on the Star page of The Independent News.

A special thank you

goes out to the ladies of Star for all their preparation, hard work and their fine cooking at the Annual Senior Center Baked Potato Bar.



Carmen Thurman enjoyed an afternoon at the Potato Bar with Star's local supporters/firefighters



Yes count them, 14 Glasgow family members (and there are still some missing) all stopped by and supported the 2013 Star Senior Center Baked Potato Bar.



Thank You from the Friends of Star Library

The Friends of Star Library had a successful and fun Bunco night. Loads of laughs.

The Friends would like to thank the generous local businesses that donated.

Down to Earth, Sweet Repeat, Glitz Beads North Star Physical Therapy, Star Galaxy, Panache, Moxie Java, Helina Marie, Umbrella Bird, Sully's, Franz Witte, Mary Price, Breathe Wellness. Having such varied gifts was great and everyone enjoyed their prizes.

Thank you all for your continued support. The Friends of Star Library.

Donations of prizes included:

1. Down to Earth (Erin & Rose): tea & misc women's health samples
2. Sweet Repeat (Sandy): earrings
3. Glitz Beads (Kelly): bracelet
4. NorthStar Physical Therapy (Kari): 1 hour massage
5. Star Galaxy (Ginger): gift certificate
6. Panache (: manicure/pedicure gift certificate
7. Moxie (Pam): basket & coffee
8. Helina Marie (Helen): witch
9. Umbrella Bird (Brooke): basket & gift certificate
10. Sully's: gift certificate
11. Franz Witte (Seneca): bulbs, compost, flamingos
12. Mary Price: product & 45 min consult
13. Breathe Wellness (Gail): gift certificates

McDaniel, Lockett Win Star Council Seats

By Philip A. Janquart

Tammy McDaniel has retained her seat as a Star city council member and Richard Locket edged out Gary Smith by 69 votes to win his first election on Nov. 5.

McDaniel, who is coming up on 10 years as a councilmember, received 475 votes to retain the council's number 4 seat over fellow candidate Ulysses Mori, who garnered 306 votes. Lockett, who lost his race for council two years ago, won on his second try, receiving 439 votes, 69 better than candidate Gary Smith who received 370 votes.

Lockett ran on a platform that included adding more "fiscal responsibility, preservation, conservation, integrity and, most of all, common sense" to the council. He will take over a seat that was occupied for the last six years by Smith. Over that time, Smith experienced his ups and downs, ultimately receiving a vote of "no-confidence" from his fellow council members and Star Mayor Nate Mitchell. Smith, however, says he stands by his service and is proud of what he helped accomplish in Star.

"One thing I've learned is that there is more power at the podium than as a city



Tammy McDaniel

councilman," he said. "The council is there to listen and to do what the people say. It's been a good six-year run and I'm proud of what I did, all that I stood up for and still believe in."

He believes his support of the state "Luna Laws," for education cost him votes with educators, as well as his role as president of his neighborhood's Home Owner's Association. Despite his election loss, however, Smith says he has chosen to remain

positive and will stay involved with the city while working as a business consultant.

"I know why the votes went the way they did, but I'll continue with the city," Smith added. "I'm still part of the Central Valley Expressway (Highway 16) Coalition, I'm co-chair of that, and I still want to make sure Star's master plan for downtown revitalization doesn't go away. I've gotten calls on some other projects and I'm trying to decide which way I'm going to go with those."

What now?

McDaniel said she is happy she has retained her council seat and looks forward to serving another term.

"I'm really excited to have been re-elected," she said. "I feel fortunate that my constituents feel that I'm doing a good job and want me to continue to serve as their City Council Member. I'd like to extend my heartfelt gratitude to all of those who supported me in my re-election."

She said now that the election is over, the council can move forward and begin to focus its attention on some of the topics facing the city, including the on-going issue with the Star Fire District. "I believe the most important issue that we will face in the near future, is to put in place a well thought out parks plan for the city," she said. "The City of Star has acquired wonderful pieces of property for parks, the River Walk, etc., and I believe we have to get going with planning for these amenities. I am also optimistic, with regards to the Star Fire District, in believing that we will see a reorganized and solvent entity emerge in the near future. I believe the current commission-



Richard Locket



**Saturday, Dec. 7th 10am-6pm
& Sunday, Dec. 8th 11am-3pm**

STAR

Christmas Extravaganza

**Christmas Bazaar Saturday & Sunday
at Star City Hall & Star Senior Center**

SATURDAY EVENTS

STAR CITY HALL

All Day:.....Cookie Tasting Contest
Star Lions / Star Fire Dept.

11:30-12:15 Barber Shop Quartet
w/ "DURF" - starring Dave Durfee

12:15-1pm.... Starring TJ, Jack & Austyn
Eagle High School Band Quartet

1-4pm..... Santa Claus - Sponsor:
Star Chamber of Commerce, John Kemp

6-6:30pm..... Christmas Tree Lighting
Star Fire Dept. & Lion's Club Cocoa &
Cookies, Star Elementary Music Group,
City Leaders

SENIOR CENTER

All Day:..... Senior Center Bake Sale

1-4pm..... JT & Company Band
(Blues & Jazz era music)

4-6pm..... Tasty Jamm
(Country, Rock, Pop)

SUNDAY EVENTS

CITY HALL

All Day: Cookies for donations
from Star Lion's Club

12-1pm Meridian Middle School
Orchestra Small Group

2:15-2:45p ... Devotional-Pastor Tim Nay
Lifespring Christian Church

SENIOR CENTER

11-1pm Christmas Karaoke
Bring your voices... kids' too!

1-3pm..... Johnny Downing
Jazz Music Artist

**FOR DETAILS ON ALL EVENTS
PLEASE VISIT OUR WEB SITE:** 

StarIdahoChamber.com or on

**Star Elementary
School's Play**

NUTCRACKER

December 13th at 7pm

Star Elementary School Gym

**Star's Christmas
Celebration of Stars**

**Star Business Outdoor
Decoration Contest**

Businesses on Star Rd. & Hwy
44 w/in Star City Limits

Cash Prizes

Judging
December 12th 6-9pm

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Urban Farm Girl



PROFILES

By Joanne M.W. Love

I avoid our mailbox like the plague near Thanksgiving, naively thinking if I don't open it, it won't come. It inevitably comes, the Christmas card from that one person, who miraculously mails out all their cards, without fail, before December. The knot in my stomach grows as I brace myself for the wave of cards yet to come. Although I love seeing how everyone's children have grown, they are at first, a reminder that I'm nowhere close to mailing ours out yet.

I've come to realize that Christmas cards can, at times, affect me like Facebook. Both lend definition to our lives, but when you're the sole editor of that definition, how much of it is true reality? The very definition of definition is to bring meaning or significance to something. I think we all seek to define our lives, most importantly through our faith, but also through our work, our hobbies, music, Christmas card pictures, Facebook profiles etc. It sets us apart as unique and special.

I see our three teenagers struggling with this journey daily. One is preparing for college applications and literally compiling lists that define him, hoping to stand out as unique. Another is dabbling in one high school sport after another, trying to pick which sport he wants to define him. My 3rd child seems utterly bombarded with defining influences: Instagram posts, hairstyles, clubs, friends, sports, music, etc.

I confess that after my oldest has been on Facebook, I sneak on to snoop when he's forgotten to log off. It's a curiously seductive and addictive world out there on Facebook. Staying up WAY later than I should, I recently found that I couldn't stop. I could look up practically anyone, and see what their life looks like. My first "Will you 'go' with me?" boyfriend. My first kiss. The kids I liked. The kids I didn't like. My husband soon joined me and neither of us wanted to stop. We travelled back through our high school and junior high school acquaintances, having our own, anonymous reunions.

There are undeniable advantages to this

technology. With potential to be a useful social media tool, Facebook can connect you with your past and exponentially maximize connections for your present and future. But the veneer of perfectly orchestrated profiles is glaringly evident, as if we're wizards behind our own curtain in Oz. Although I like to think I'm a fairly well-adjusted adult, it's impossible to look at all these profiles without comparing them to my own. It made me sad to think of how many kids probably do this.

I once read somewhere that we all fall into the trap of comparing our insides to other's outsides. I'm guilty of doing it myself when I get Christmas cards bathed in professional family portraits. Everyone's lives look so perfect on these cards. One year, in a vain attempt to define our own life on our Christmas card, I subjected our young kids to a traumatizing photo shoot.

Thinking it would be great to get all our farm animals in the background behind the kids (dressed and posed), I began skillfully crafting the Christmas picture of the year. Bring in the horses! The cow! The chickens! And the dog! I had just inadvertently posed my kids amidst a small food chain (I'll never understand how Noah's Ark worked). In a word, it was a disaster. The horses were intimidating the cow. The cow was scaring the sheep. The dog wanted to eat the rooster. The rooster was trying to fly away and the kids were starting to cry. My husband pleaded with me to forget the whole production. But I was on a mission to get the Christmas picture of the year. It took over 50 pictures to get one marginal one (although the sheep had long since left the set). Looking back, I sent out the wrong picture that year. It was the outtakes that should have been used. The one with my hind end in frame, lunging to catch a fleeing chicken, next to horrified children. In fact, one of these years, in effort to NOT define us in our Christmas card, I'd like to send out a collage consisting only of outtakes from Christmases past. Now THAT would be the real profile of our life.



Upcoming Tennis Star suffers back injury, continues to push forward

By Jennifer Anderson

Capital High School Senior, Parth Raina, a tall, lanky, handsome young man with a determined smile is learning some valuable lessons early in his life. Lessons about not giving up, reevaluating your dreams, and the value of family are just some of the courses he has recently taken in the school of life.

Parth has lived in Boise with his family for sixteen years. His parents, native to India, lived in Texas for five years before moving Parth and his sister to the Treasure Valley. Eleven, almost twelve, years ago Parth's father, Kanwal, took him to the tennis courts to learn the fundamentals of tennis. Parth says, "I started hitting the ball and my dad quickly recognized a talent in me."

What his father saw was good reflexes, and quickness on his feet that led Parth to playing in tennis tournaments at the age of six. In the beginning they practiced together four to six hours a week, but after about three years it was time to find Parth a serious coach.

At one time Parth was number one in the under twelve state division, then number one in the inter mountain region, and ranked in the top eighty or ninety in the nation. With a plan to progressively and aggressively continue to move forward, Parth was

poised to step into a full-ride tennis scholarship and beyond.

With his family's full support and encouragement, Parth's dedication to his sport, his studies (maintaining a 4.34 GPA), and his tennis charity (tennis4charity.org) his path to success seemed clear and unstoppable until a tournament in November 2012.

Suffering acute back pain after the tournament, Parth visited the doctor as was told he had a vertebrae shift. After several consultations it was determined that with physical therapy he could continue to play. Parth says he was told that he couldn't injure it worse so it would be ok to play.

Unfortunately, by January and February it was getting worse. After his last varsity tennis tournament in late March of 2013, Parth had to stop playing completely. He was especially disappointed to have to discontinue his tennis coaching for his charity, his way of giving back to a sport that had brought him so much joy.



In December 2012 Parth won the Nikos Ridle Award for USTA best sportsmanship

In April 2013, Parth had an epidural to help block the pain, but it didn't fix the problem. By May he had severe nerve pain down his legs and surgery was inevitable. June 12, 2013 Parth had surgery, a two to three hour procedure where they fused his L5-S1 vertebrae. Expecting to have some pain relief after his surgery, Parth was discouraged to find that after five to six weeks he was still in bed 80% of the time and despite drugs, still in extreme pain.

Now, nearly five months later, Parth feels almost back to normal. With rigorous ongoing physical therapy, he can throw a ball, but isn't quite ready to hit a ball, and certainly not at his old speeds of 95-100 MPH.

Parth says it's been a life changer. "I imagined myself as a professional tennis player, I planned on a scholarship to a top tennis academy, and now I am driven toward a medical degree." He is currently considering pursuing a career in Neuro Biology or Neuro Science.

However, not everything has changed.

Parth says tennis will always be a huge part of his life. One thing he definitely wants to continue is his charity work. He began Tennis 4 Charity in 2010 and has taught many young students over the years who may not have otherwise been exposed to tennis. His motto is "Rise to initiate service everywhere," and encourages everyone to use their talents to make a difference in the lives of others. Parth has done a charity event once a year for the last several years to raise money for the Idaho Tennis Foundation and that was a big disappointment to have to postpone his event due to his surgery.

Parth's father Kanwal added that a large part of Parth's recovery had to do with his family. "Family is extremely important through the whole process. Everyone pitches in and we can get through it. It takes strong values, discipline, and commitment."

Despite setbacks and trials, Parth is forging a new path, and while he may never be the tennis pro that he always dreamed of, his days of playing and coaching tennis are far from over. To learn more about Tennis 4 Charity visit: <http://tennis4charity.org>.



Parth Raina playing in the finals match at the Idaho 5A State tournament in May 2012.



Tennis 4 Charity is Parth's way to give back to the tennis community and a sport he loves.

The Senior Corner

Meet Connie Krebs

By Taylor Munson

If you haven't already, or are looking for something to do, take a trip to Star Outreach Food Bank - even if it's just to drop off a couple cans of food. When you do, you will most likely run into Connie Krebs. Connie basically runs the food bank and does it out of her desire to help the community. The Food Bank has not been the only place Connie has taken charge of, and it's certainly not her first experience with food.

Born and raised in Wisconsin, Connie considers her childhood to have been pretty normal. Much of her time was spent working, particularly at a restaurant managed by her mother. Starting out as a dishwasher, Connie slowly worked her way to being a waitress, a cook, and then a manager. She eventually moved to Michigan and got married after which she moved to Colorado and then back to Michigan. In 1985, she decided to move from Detroit to Idaho because of the smaller population as well as hunting opportunities.

When first arriving here, she worked as a cook in different retirement homes. She was hired to be the cook at Plantation Place before the walls were even built. Her job was to be the cook and/or kitchen manager at these retirement homes. She also worked at the county jail for four years which wasn't as much for enjoyment as for the money and benefits.

She has two sons, one living in New Plymouth and the other living with her, giving her the opportunity to constantly be around three of her five grandkids. She clearly enjoys being able to see her son and grandkids all the time. If that doesn't seem like a houseful, she also has many different animals at her house including dogs, donkeys, and chickens. This isn't too bad, though, as she enjoys watching her grandkids take care of all the animals.



Connie Krebs is Star Outreach Food Banks main staple.

Aside from her family and animals, Connie's number one hobby is cooking. This has been her passion for a long, long time. While attending a community college in Ann Arbor, Michigan, she decided to study culinary. When describing this profession, she claims it's hard work, though it appears to

come easy to Connie as she loves it so much. This education and love for cooking eventually led her to her lifelong dream of having her own restaurant called the Corner Kitchen which was located behind the Merc in Star. Everything was made from scratch. She served a huge array of cooking such as enchiladas, spaghetti, lasagna, ribs and sauerkraut, hamburgers, and meatloaf, just to name a few. However, after two years of putting in 100+ hours a week, it just became too much and she had to leave it. This led her to the Star Food Bank.

Connie more than organizes the food dropped off at Star Outreach. Facilitating "Adopt a family for Christmas", the summer lunch program, two food drives, a back-to-school drive, and this year's community garden, you can see she certainly has her hands full.

Generally, she finds herself at the food bank 30+ hours per week. If someone calls saying they have something to drop off, she's there. About ten other people volunteer regularly as well as around twenty others who help when needed. She also has not lost her love for cooking, as she still finds many opportunities to make homemade meals. Whether it's for her family, or people in other homes, she will spend hours in the kitchen preparing a meal from scratch. It's evident Connie Krebs has a huge passion for both cooking and helping her community, especially when her advice for the younger generation is, "to help everyone, because what goes around comes around."

Meet Miranda Kline

By Taylor Munson

Hidden in our small town of Eagle, Idaho you can find an alternative school called Eagle Academy. This school gives kids a second chance to have a successful high school experience. The teaching methods of this school appeal to many of its students, including a high school senior named Miranda Kline.

Miranda is now in the midst of her third year at Eagle Academy and her final year of high school. She has absolutely no complaints about the school and especially enjoys the laid back and student-friendly environment. She claims her favorite teacher to be Mr. Sugs who teaches both academics and electives. A special characteristic she mentions about the school is that they have a policy of no homework, which is very nice for Miranda. This gives her plenty of time to do things she is interested in and enjoys. For example, she has been working at the Eagle City Hall since March and at the Eagle Public Library since July. There is no doubt that she loves both of these jobs.

Miranda says she is constantly on her toes at the library, as there is always something to be done. Whether it be shelving, setting up for events, or cleaning computers, she is there to assist.

At Eagle City Hall, she enjoys her job in records management. She also has been helping a lot in the building department, as they



are swamped right now. While she prefers the city hall to the library due to her lengthier time working there, it's clear that both jobs bring her joy.

Yet, this senior's free time is not just filled with working. Miranda has also developed a passion for knitting. This hobby began last Christmas when she received a loom as a gift. Since then she has learned about the process and is even making hats to sell to her classmates this winter. That way she can make some holiday money by doing something she enjoys. Right now she is learning how to make socks and scarves.

This new and useful hobby is also a clear hint towards Miranda's dreams and aspirations for after high school. She is very interested in fashion and being able to make different things. This summer she wants to get an internship somewhere, but is unsure of where as of now.

After that she plans to attend college at the College of Western Idaho and receive her Associates Degree. Following those two years, she is tentatively planning to transfer to a different school, such as Boise State University. This could be a place where she could study fashion or veterinary medicine, she is fascinated with both.

Currently, Miranda has many different ideas of what she sees herself doing after college, and while she will definitely miss some of the people from high school, she is ready to start the new chapter of her life.

MERRY CHRISTMAS

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Helina Marie's Wine Bar hosts its 1st Annual Charity Bachelor Auction

By Mickie Park

Helina Marie's Wine Bar hosted its first annual Charity Bachelor Auction. Over fourteen eligible Treasure Valley Bachelors had on their finest attire and their charming personalities, making it difficult for many women to choose who their lucky bachelor would be. It was a great girl's night out.

The evening started with a social hour at seven and the auction began at eight. Appetizers, entry and a glass of champagne were all included in the \$20 price. Proceeds from the auction went to Boise Women's and Children's Alliance and to the local Star Food Bank.

Helina Marie's Wine Bar, Wine Shop, Gifts & Décor is located at 11053 Highway 44 in Star. You will always be welcomed with a smile and a warm greeting to get your wine, shopping and entertainment experience off to the best possible start. They are open Tuesday through Saturday at 4:00 p.m. and the first Wednesday of every month is Ladies Night Out. Join the ladies on December 4th for a Red Carpet Affair. For more information or to see upcoming events please call 286-7960 or visit their website at www.starwinebar.webs.com.



Fourteen handsome Treasure Valley bachelors were auctioned off at the 1st Annual Studs & Spirits Charity Bachelor Auction held at Helina Marie's Wine Bar.



Ladies from all over the Treasure Valley came out to bid on their bachelor ... it was a perfect girls night out event!



Treasure Valley bachelor Fred and the other 13 bachelors participated in the Bachelor Auction.



Bachelor Ray The Rascal pictured with J.B. ... and the lucky bid went to?



Bachelor John pictured with Jeanie Nail and again the lucky bid went to?



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