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Three sisters win gold in valley wide ski race

By Johanna Payne

Gold has struck a Star family! February 13 and 14th, three sisters competed in the Dotty Clark ski race finals at Bogus Basin. All three of them won first place for their division and brought home a gold medal. Each of the girls participated in every race this season and they also received a medal for not missing a single race. In fact, Hailey, a senior, has never missed a single race since she started racing in 7th grade!

Hailey, Lindsey, and Courtney Payne have been skiing since they were 2 years old. They were taught by their dad, Dave Payne. Dave spent every Saturday at Bogus Basin teaching them to ski with perfect form and speed. Courtney says, "Over the past 11 years I have learned that skiing takes a lot of patience. I don't know how my dad has managed to teach four of us! He is constantly giving me tips and helping me to make sure I am doing the best I can."

Hailey(18) competed in Expert class for Eagle High school. Lindsey(15) competed in Intermediate class for Eagle High school and



(L-R) Lindsey, Hailey and Courtney Payne all won gold in a recent Dotty Clark race at Bogus Basin

Courtney(13) competed in Intermediate class for Eagle Middle school.

Dotty Clark is the championship event for junior high and high school ski teams in the Treasure Valley. Racers

compete in six races throughout the season. Over 2,000 kids from 70 schools in the valley participate in these races each Saturday. They have three levels of racing – Novice, Intermediate and Expert for men and women. About racing, Lindsay says, "Before races I'm usually pretty calm. The only thing that makes me nervous is the possibility that I could crash. I haven't crashed during a race so far, but I feel like it could happen at any time."

Hailey says, "My favorite thing about racing is going fast! I'm pretty sure it looks like I'm talking to myself while I race because when it's icy and I don't have good traction I find myself repeating "don't die, don't die, don't die" under my breath. I love the feeling after I race when I know I've done my best and had a lot of fun!"

While the three sisters have had many memorable moments on the slopes, Hailey says one of her most memorable moments of skiing actually took place in the Lodge while Lindsey was waiting for the results from her race.

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Eagle BSA Troop 77 wins 2014 Winter Survival Camp competition

By Kyle Albert

Every year Boy Scouts from the Ore-Ida Council come together to compete in the Winter Survival Camp, and this year's top-scoring Troop was Troop 77 from Eagle, Idaho.

This year's Winter Survival Camp was held January 17-20 at Camp Morrison, a BSA camp in McCall, Idaho. Scouts and leaders arrived Friday evening and spent the first night bunking in the Lodge. Starting bright and early Saturday, Scouts worked in groups of two to construct shelters from the snow in which they slept the next two nights. Scouts used shovels, snow saws, and tarps – along with tent pegs and lots of paracord – to build their shelters, which were inspected by adult leaders. Snow varied from one to four feet in depth and overnight low temperatures dipped into the low teens.

Sunday morning marked the beginning of the competition, which pitted 10 patrols from six different Troops in the Council against each other. Scouts worked together as a patrol to earn points based on their skills in a variety of areas and scenarios, including:

- Using map and compass to locate a victim of a simulated plane crash



Scouts from Troop 77 celebrate their first-place victory at the 2014 Winter Survival competition at Camp Morrison.

- Providing first aid for two trauma victims
- Building fires in the snow for warmth and signaling
- Avalanche rescue scenario
- Emergency communications
- Mapping the area using compass, pencil, and paper
- Cooking over open fires and on camp stoves

- Building snow shelters and sleeping in them for two consecutive nights
 - Uniform inspection
 - Cold weather clothing inspection
- In addition to the competition component, Scouts received training in the psychology of survival and a member of the Civil Air Patrol provided additional signaling and survival techniques.

Troop 77 is a community Boy Scout Troop chartered by Eagle United Methodist Church. The Troop welcomes all boys and parents interested in Scouting to attend meetings on Tuesdays at 7:30 p.m. at the church. Troop 77's website is located at www.troop77eagle.com, and features a calendar of upcoming events. For more information on the

events highlighted in this news release, please contact Kyle Albert, Public Relations Coordinator, at 939-6787 or by email at kyle@copychef.com. If you have an idea for a community service project or need more information on joining Troop 77, please contact Scoutmaster Kevin Platts at 938 5152 or via email at troop077scoutmaster@gmail.com.

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Meg Glasgow of Finer Frames presents new frame line in Las Vegas

By Jennifer Anderson

During the 2013 West Coast Art and Frame Show held annually in Las Vegas, Meg Glasgow of Finer Frames in Eagle won the Custom Frame Design category as well as the Grand Champion award and earned the opportunity to help create and design a new frame line for top frame company Larson-Juhl. This January, during the 2014 convention she attended the convention to unveil the new frame line that was almost a year in the making.

Meg wanted a rugged, industrial feel to her frames, something you might find in a New York loft. To facilitate the look, the company is using repurposed wood from old European buildings that are being torn down. The beams from these buildings are being shaved to create a unique veneer for the frames that is laid over another type of wood allowing the frames to be beautiful, unique, and cost effective. Joining with the frames are coordinating molding pieces designed to look like rebar completing the look Meg was striving to

create. The frame line is called the "Axel" collection.

Not only there to launch the frame line, Meg also presented a sales, marketing and design workshop. During the presentation she noticed a white haired gentleman who seemed fascinated with her topic and approached her afterwards. The gentleman was the president of the Russian Framing Organi-

zation, Artem Tambiev, and he discussed the possibility of Meg coming to Moscow to present her sales and marketing strategies. Meg is thrilled with the potential of this opportunity.

Since moving to Eagle, Meg has seen a great growth in her business, especially the gallery art sales. She is also President of the Eagle Arts Commission and working diligently to put Eagle on the map as one of the best small art towns in America. You can learn more about what the Eagle Arts Commission has

planned for this next year in the State of the City address found in this month's issue of The Independent News. Stop by and visit The Gallery at Finer Frames located at 164 E State St, Eagle, or see their ad below on the First Friday page.

Photo Credit: Greg Perkins



Meg was in Las Vegas during the West Coast Art and Frame Show for the launch of the frame line she helped design.



The rugged, industrial design of Larson-Juhl's new frame line titled "Axel" was a labor of love for Finer Frames owner Meg Glasgow.



The frame design process was exciting at times and arduous at others, but Meg loved every minute of it.



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MARK YOUR CALENDAR EAGLE'S NEXT FIRST FRIDAY is March 7

Fusions Glass Studio

135 N 2nd St, 938-1055: March 7th 5-8 pm

Featuring Northwest kiln glass artists Christopher Gibson and Betsy Hinze. Hot Glass cane and murrini demonstrations between 6 & 7 p.m. Tour the Studio.

The Gallery At Finer Frames

164 E State St, Ste B, 888-9898: March 7th 5-8 pm

Photographic exhibit by Rob Hart documenting the remote and rugged lands of Idaho's Sawtooth wilderness. Into the Wild Photos taken far from the trail.

Check our Facebook page for additional events for the evening:
www.facebook.com/indnews

Why are you missing Eagle's First Friday?

By Jennifer Anderson

February's First Friday was less busy than usual with snow and slush mucking up the roads, but while some venues were closed due to the weather, Fusions and Finer Frames stayed open and welcomed all who braved the cold night.

Fusions Glass Studio showcased work from artists Christopher Gibson and Betsy Hinze. Christopher is Fusions in house artist and is preparing to show a bulk of new work in the spring. Betsy Hinze is a young artist just out of art school in Canada and is focusing her talents merging furnace and kiln glass. Fusions also held a Hot Glass Vitrigraph demonstration and as usual had locally made glass art and gifts available as well as the opportunity to try your hand at creating your own glass art design.

The Gallery at Finer Frames hosted Rob Hart and his art exhibit titled "Into the Wild" showcasing rugged and remote locations throughout the Sawtooth National Forest. Rob is an advocate for leaving no trace behind and keeping our wilderness safe from pollution and damaging traffic. His exhibit will be carried over through March, so stop in and visit The Gallery during March's First Friday.

Don't let another First Friday go by without appreciating the fine art and great company to be found in Eagle, or the opportunity to mingle with talented artists while enjoying a local sampling of live musical review. The next First Friday will be March 7th.

Rob Hart's exhibit "Into the Wild" will be held over through March at The Gallery at Finer Frames. Stop in and view his spectacular work depicting the wilds of the Sawtooth National Forest.



Christopher Gibson displayed some of his glass pieces at Fusions during First Friday. Christopher is currently working on a new exhibit to be out soon.



Betsy Hinze merges furnace and kiln glass techniques to create unique bowls designed to be functional and interesting.



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Currently featured in the Gallery:
Northwest artist Christopher Gibson

Star Library celebrates 25 years

By Jennifer Anderson

Started in a small alcove in the Star Senior Center in 1989, the Star Library has continued to expand over the years, first moving to a store front, and then in 2002 to their current location at 10706 W State St. In 2010 they expanded to include the Annex to facilitate their monthly programs and activities.

As part of the Ada Community library system, the Star Library has access to a tremendous wealth of information and is a valuable resource for the community. The library provides monthly programs for all ages, checkout for a variety of different materials and media, online resources, and educational opportunities.



Monthly programs include weekly baby and preschool activities designed to stimulate learning and growth through stories, music, and structured play time. Activities for elementary aged school children and teens begin after school and are age appropriate including crafts, book clubs, engineering challenges, and more. The library also facilitates a book discussion for adults, the Star Knitters and Quilters, and other adult programming throughout the year.

While initially the library brings books to mind, the access to other forms of media is extensive. You can checkout a roku (a live streaming device), flip cams, cd's, video games, dvd's, e-books, and more. You can



Library staff (L-R): Sherri Link, Joy Lear, Denise Burnett, Whoodini, Sarah Thomas, and Bonnie Arriola.



Sydnee, Ashley, and Jax visited the library during its recent 25th anniversary celebration.



(L-R) Jayne Gardner, Anna Buckley, Patti Berg, Margo Johnson, and Debbie Howard make up the core of the Friends of the Star Library. They are always looking for additional help and would welcome you as a friend.

Check out our interactive website!
www.theindnews.com
Updated weekly!

The Payne sisters win gold

Continued from page 1

"It's always stressful listening to them announce 3rd then 2nd place and not hearing your name; knowing you either didn't medal or you won! She (Lindsey) couldn't believe it when they called her up, and I was just thinking that the pressure was on for me to win my division too so that Courtney, Lindsey and I could all get gold together!"

All three girls credit their father, Dave, for their success. Lindsey tells of a time she tried to teach a friend to ski. By the end of the day both were frustrated and Lindsey got a small taste of what her father experienced. She says, "I have no idea how my dad taught me and my three sisters at the age of 2! I'm glad he took so much of his time to teach us something that we can all enjoy together for the rest of our lives."

Whether it's racing down the slopes, wiping out (having a "yard sale"), or just being together as a family, the Paynes have found a sport that binds them and strengthens their relationships with each other. As Lindsey says, "Every time we go up skiing something memorable is bound to happen!"



Courtney, tearing up the slopes.



Hailey (17), like all her sisters has been skiing since she was two.



Lindsay enjoying a run on a beautiful blue ski day.



Racing for Eagle High School and Eagle Middle School, the Payne girls were excited to all medal together.

Welcome Amigos!



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For the engineering minded, the Star Library carries Make or Space manipulatives and Discovery E Kits. More complicated than Legos, children can build working machines and create their own designs using the Library's access to a 3D printer. But, many of these programs would not be possible without the help of the Friends of the Star Library.

Helping fund the library and its programs, the Friends of the Star Library organize money generating events throughout the year. Some of their most popular events

include their Bunco nights, book sales, and spa days, but they wouldn't be nearly as profitable without the generous support of local businesses whether it's in the form of prize donations for events or direct monetary support.

Friend Jayne Gardner says, "It's incredible what the businesses donate." All money raised goes into programming and they are always looking for new members. Friend Patti says, "We've become very good friends and we have the best library in the world."

If you haven't visited the library for a while, stop in and "checkout" their great programs and learning opportunities. The Star Library is located at 10706 W State St, Star and can be reached at (208) 286-9755. See this month's events on the "Star" page of The Independent News.



With access to a 3D printer, library patrons can take an image and develop it into an actual model.

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Star Chamber celebrates local It Works! distributor

February 6, 2014, after their monthly lunch meeting, the Star Chamber of Commerce joined together to celebrate Lorna Gutenberger's home-based business – It Works! Lorna has lived in the Star area for over 11 years, and loves living where people are friendly and helpful.

As an Independent Distributor for It Works! Global since January 2013, Lorna is a walking testimonial of their product. She says, "I love the way It Works! has changed my life. I have been able to increase our income while having fun and making some wonderful new friends. I love what It Works! products have done for me, my family, friends and customers."



Based out of Bradenton, Florida, It Works! has been in business since January 2001. It Works! Global is committed to creating naturally based products that are both safe and effective. Products are formulated by leading scientists, herbalists, and researchers to combine the highest quality natural active ingredients with cutting edge science.

It Works!'s #1 best seller is The Ultimate Body Applicator commonly known as THAT CRAZY WRAP THING which tightens, tones, firms, reduces the appearance of cellulite and slacking skin with a botanically based formula. Many often see results in as little as 45 minutes. It Works! also has a beautifying Skin Care Line and lifestyle supplements. Host a party and try a wrap free. Check out Lorna's web page <https://lorna.myitworks.com> or contact her 208-278-3657. You can also "like" Lorna on Facebook at: facebook IT Works - Lorna Gutenberger.

Lorna Gutenberger, independent consultant for It Works!, celebrated her business with the Star Chamber of Commerce.

Newest Mary Kay Sales Director in the Treasure Valley

Holly Bartlett is Star and the Treasure Valley's newest Mary Kay Sales Director, officially debuting February 1st, 2014. She had a ribbon cutting ceremony to celebrate her new position on February 6th in Star, Idaho.

Holly has been building her business for 16 years, 14 of them right here in the Treasure Valley, having first lived in Eagle and now residing in Star. She originally joined Mary Kay to make a little extra money and because of the way her skin looked and felt when she used Mary Kay products. After spending a lot of money trying many other brands, she came back to Mary Kay because of the high quality products and the dramatic changes she saw in her skin.



Holly Bartlett

Holly says, "Mary Kay is made in the USA, with its headquarters in Dallas, Texas and has been in business for over 50 years. All products come with the Company's 100% Customer Satisfaction Guarantee, which was a huge selling point for me because I was tired of spending a lot of money on expensive products that either didn't work or were the wrong shade, only to have to throw them out, along with the money that I had spent on them. With Mary Kay's 100% satisfaction guarantee, you never have to worry about wasting your money again. Mary Kay now has products for everyone from tweens and teens to men & women; from skin care and color to fragrance, sunscreen and body care."

Holly continues, "We have so many new products that have come out and are coming out, and it truly amazes me that this company just keeps getting better and better after 50

years in the business. We even have patented anti-aging products that are backed by the Good Housekeeping Seal of Approval! My goal in my business is to help people look great and feel better about themselves on the outside and on the inside. I also want to help to raise women's self-confidence and self-esteem. I work closely with my customers to ensure that they are 100% satisfied with every product that they purchase from me. Most of my customers become my lifelong friends, which has been the biggest benefit of all for me. They truly enrich my life, which is why I love what I do."

Holly is currently in qualification to earn the use of her first free Mary Kay car, and is looking forward to helping other women succeed in their Mary Kay business, whether it be hobby-time, part-time or full-time.

Holly specializes in customized skin care appointments and color make-overs. She has also earned the prestigious Advanced Color Consultant Certificate.

You can call or text Holly to schedule your FREE facial & color make-over at 208-841-4851 or by visiting her website at www.MaryKay.com/HollyBartlett. Holly holds appointments at her home studio in Star, her training center in Eagle, or she can come to you. She also stocks all products, so you can take them home the very same day, and offers FREE delivery OR FREE shipping anywhere in the USA. See Holly's ad in the Business Directory section of The Independent News on page 16



Caption: Holly Bartlett of Star had a ribbon cutting ceremony to celebrate her new position as Sales Director on February 6th in Star, Idaho.

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I love living in a small town. When you meet new people, it seems there are very few degrees of separation. When people learn I file a monthly column with The Independent, they want to know about the always-colorful "Mr. Man" ... and by the way, HOW did he get that name?

In an effort to explain, I'm reaching back to my original column that ran in October 2008. Why do I call him Mr. Man? Because it's better manners than calling him MR. MAN PIG.

Man Pig. Mr. Man Pig. Mr. Man. That's how it evolved. I also call him Buster, Lovey and a couple other names. He answers to most of them.

"Man Pig" emerged years ago. I was single and enjoying weekend coffee with my girlfriend, Kelly. She looked up from her latte and personal ads and proclaimed, "Men are pigs!" I responded with raised eyebrows. "Listen to this," Kelly mocked. "'Single white male, 50, looking for female. Must be 21-36, outgoing, size must be in proportion to weight. Send letter and PHOTOS to...blah, blah, blah.' He's a pig!" Kelly declared.

I pondered this awhile and determined you can find a little pigginess in all males. It's true. Some are just a little piggier than others. Many of them are handsome. They make you coffee every morning, help the kids with their math homework and spend an inordinate



amount of time multi-tasking while reading the sports page. Don't their legs go numb?

I have a husband pig. I also have son pigs, a father pig and two over-the-top brother pigs. I even have a cousin-in-law-pig.

With a lot of time on his hands, my retired cousin-in-law, Charlie, decided he was going to relieve himself in every state capitol men's room and write a book about it (kind of like writing a guide book to America's Bed & Breakfasts—but not).

He started on the east coast with a notebook and a big ol' Costco sized container of Metamucil. Charlie claims Albany, New York has the BEST men's room—complete with marble doors and stalls. He also argues the men of Vermont have a stellar crapper in their statehouse. But, admits it may have been his urgent need to poop, as he squeezed his cheeks while racing up the steps of the capitol.

Ooh. Nasty.

Our youngest son, Bubba, will stand in front of the refrigerator for (I kid you not) five minutes. Just staring. Yep, mouth open—with that teenage glazed look on his face. He eventually realizes there is only healthy food in the fridge, long after all the cold air escapes. He then lets out a long, rattally, truck-driver-belch and finally closes the doors. In essence, he traps his essence in the refrigerator and walks off. Mr. Man smiles broadly and asks, "Aren't you proud of him?"

Ooh. Nastier.

As I said, Man Pigs have redeeming qualities. I've always said my brothers; Nathan and Christian were just warm up acts for Mr. Man. Despite this, I love them all. And, I believe this information serves me, and other women like me, very well. Knowing their degree of piggy-ness leads to better understanding of their man-ness.

©March 2014 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.

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How to Build a Green, Healthy, Affordable Home in Boise

By Allen Rathey, President the Healthy House Institute (HHI), LLC

When people think of beautiful, custom green homes, they often think "expensive"—but with the right help that need no longer be true. This article explores how to create a green, healthy, attractive home on a modest budget, and:

- Shows that green and healthy are compatible with affordable and obtainable.
- Answers questions about typical features on the green design-build path.

Measure Twice, Cut Once

The design of the green, healthy home is the single most important first step to creating an affordable green home. Follow the "measure twice, cut once" advice, and hire a designer familiar with green, energy-saving, healthful home goals and construction methods, then work hard on the structural and architectural plan with itemized, detailed material and labor costs as part of the design deliverables.

You can do this by hiring a green-home-design architect (someone like Eric Corey Freed, author of Green Building and Remodeling for Dummies), then using a builder with green credentials and references, but another route is hiring a design-build company that does both, the designing and the building.

The Healthy House Institute (HHI) did the latter, engaging a local design-build firm (Earthcraft Construction, Inc.) with experience in conventional green building as well as pioneering straw bale methods in Boise and surrounds.

Green and Healthy Married with Affordable and Obtainable

The result can be a successful custom project delivered for spec (cookie-cutter) home prices, complete with solar orientation and passive solar design, with related energy savings and potential for "net-zero" (zero grid electricity usage) using active solar (grid-tied photovoltaic panels).

What Features are Possible in this Paradigm?

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ing inside the home regardless of the season and temperature outside. With the use of the soy-based spray foam and structural sealing, you reduce heating and cooling loads internally reducing the size of the HVAC system and overall costs to operate the home.

- Heat Recovery Ventilator (HRV) to balance the air in the home, saving energy through an aluminum-core transfer process, as well as to provide fresh air within a well-sealed home.
- Ductless mini split heat pumps are more efficient in overall operation vs. a conventional system. The mini-splits are simple to install, and by using them, you eliminate ducting that collects and potentially spreads dirt and allergens.
- A solar hot water system will reduce the water heating load for the home.
- A tankless water heating unit can be installed as a backup and regulator to the incoming water from the roof-mounted solar hot water system and storage tank.
- Solar orientation – by positioning the home and orientating it to maximize solar heat gain in the winter and reduce heat exposure in the summer you reduce energy demands. Orient your home - and design it - to maximize southern exposure in the winter. The goal is to allow the sun to enter the home and heat the concrete floor slab covered with tile (ideally, slab-on-grade construction without a crawlspace). The concrete floor is also insulated underneath so sun energy absorbed by the slab doesn't escape into the earth below, but radiates into the home to warm occupants. Radiant electric flooring also helps.
- Active solar electrical power (grid-tied photovoltaic panels). Prices for solar photovoltaic panels are at an all-time low, and grid energy prices are rising.
- Radiant electric floors as a backup heating source (use low-electromagnetic field or low- EMF technology to avoid unnecessary exposure to electrical fields). Radiant solar hydronic floors (floors heated using hot water from the solar water heater panels) is also an option.
- Water treatment and filtration for health and budget. Soft water saves heating costs, reduces detergent use, and preserves appliances. Reverse Osmosis cleans up the water supply.

For more information about the project, visit www.BuildHealthy.com.



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PO Box 2541

Eagle, ID 83616

(208) 550-3111

theindnews.story@gmail.com

DEADLINE:

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

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Contributors for this issue:

Kyle Albert, Gretchen Anderson, Jennifer Anderson, Anna Eaton-Merkle, Meg Glasgow, Cathy Hardy, Philip Janquart, Trina Kubitschek, Joy Lear, Joanne M.W. Love, Mickie Park, Johanna Payne, Joe Prin, Allen Rathey, Jim Reynolds, Tom Wick

Press Release Policy

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

Letters to the Editor Policy

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

www.theindnews.com

City of Eagle Meetings

Eagle City Hall 660 E. Civic Lane • 939-6813 www.cityofeagle.org	Eagle Historic Preservation Commission Meeting 2nd Wednesday, 5:30-6:30 pm, Eagle Historical Museum (67 E. State St.)
Eagle City Council Meetings 2nd and 4th Tuesday • 6:30 pm	Eagle Government Relations Committee Meeting 4th Wednesday, 9-10 am, Bank of the West 47 E. Riverside Drive, Eagle, ID Call Eagle Chamber 939-4222
Planning and Zoning Commission Meeting 1st and 3rd Monday • 6:00 pm	Eagle Senior Center 312 E. State Street, 939-0475
Park and Pathways Development Commission 3rd Tuesday • 6:30 pm	Monday Exercise at 9:00 am
Eagle Arts Commission Meeting 1st Tuesday, 6:30 pm, Eagle City Hall	Tuesday Lunch and Pinochle at 12:00 pm
Eagle Sewer District Board Meeting 2nd Monday of the month • 6:00 pm District’s administration building 44 N. Palmetto Ave., Eagle, 939-0132	Wednesday Exercise at 9:00 am
	Thursday Lunch and Bingo at 12:00 pm
	Friday Exercise at 9:00 am

Around Eagle By Mayor Jim Reynolds

Again, I was surprised and humbled at the interest in the State of the City presentation. Thank you for taking an interest in your city and your valley. Although we often stay in our neighborhoods or small group of friends that we “hang out” with, I hope we will more and more see ourselves as part of the larger community. Let us pray it does not take some sort of shared tragedy to truly bring us together as a community. Until then, we need to understand that actions in one part of the city affect those in other parts of the city. Moreover, we need to care about the effects of the stands we take and the decisions we make as they impact all of us.

We prayed for snow and rain, and the snow and rain came. Thank you. Of course, the blessing of rain and snow can also mean local flooding, as we have seen at Eagle Road and Beacon Light. Fire Chief Mike Winkle and his team responded quickly with sand bags and pumping to help prevent damage to our neighbor’s homes in the area. We are so fortunate to have such character and talent in our first responders – be they Eagle Fire, or Chief Steve Bartlett’s Eagle Police. Both are important in helping to hold the fabric of our city intact.

February saw the passing of local legend Bill New, owner and operator of Firebird Raceway and the patriarch of the New family. Always a lover of hot rods and speed, Bill conceived what is now Firebird Raceway, and held the first sanctioned National Hot Rod Association event in July 28, 1968. He will be missed by the many racing enthusiasts and hot rod builders from all over the Northwest.

Both Councilmembers Mary McFarland and Mark Butler had a number of things they wished to accomplish while on the council, they said on more than one occasion. I don’t suggest having an agenda is a good reason to run for council, but it does seem to accompany most candidates who are willing to put their name out there for election. In any case, cleaning up the eyesore on the southwest corner on Old State and Eagle Road was high on both their lists.

With the support of the new council members Jeff Kunz and Stand Ridgeway, we are offering to work toward negotiating an agreeable lease with Sandy and Rick Smith of North Channel Chevron. Sandy and Rick are owners of the abandoned gas station on that corner. One of the first calls to City Hall from newcomers is: “What is the deal with that abandoned and boarded-up building in the very heart of your city?” We believe the time has come to renovate that corner and make it a showpiece on the Eagle Downtown scene.

The City is still working with the Ada County Commissioners to conclude the sale of the roughly 42 acres for which we have an offer and acceptance. Bicycle user groups like the Boise Area Mountain Bike Association and the BMX riders of all ages are urging Eagle and the County to settle our issues so they can begin their BMX season of races. We are hopeful to conclude all this before the 31st of March.

Correction to February's issue:
Eagle Academy graduation will take place at 4:30 p.m., Wednesday, May 28 at Centennial High School Auditorium.

Volunteers Needed to Plant for Wildlife

Idaho Fish and Game is looking for volunteers to plant thousands of sagebrush and bitterbrush seedlings during March at a number of locations across southern Idaho.

Volunteer planting projects begin on Saturday, March 1, 2014. Subsequent planting efforts will be conducted on March 8, 15, 22 and 29. Transportation and planting tools will be provided.

For more information regarding the planting project or to learn about other volunteer opportunities with Fish and Game, contact volunteer coordinator Michael Young at 327-7095 or michael.young@idfg.idaho.gov. Volunteer information is also available on the agency’s website at <http://fishandgame.idaho.gov/public/about/volunteer/>

Volunteers have planted nearly three quarters of a million bitterbrush and sagebrush seedlings during the past 24 years to restore native bitterbrush and sagebrush habitats in Southwest Idaho. In addition to saving the agency hundreds of thousands of dollars, volunteers have restored hundreds of acres of winter range.

Bitterbrush and sagebrush – both native shrubs – comprise an important component of big game winter ranges in Idaho and throughout the west. Besides providing essential food sources for deer, elk and other wildlife, bitterbrush and sagebrush provide cover from the elements and from predators, while also providing nesting habitat for birds and small mammals.

Even large animals like deer and elk find shelter among mature stands of bitterbrush and sagebrush during winter storms. Shrubs provide protection from wind and snow, allowing the animals to conserve precious body fat which they need to survive the lean winter months. Because of their deep-rooted structure, native shrubs provide for soil stabilization, reducing erosion.

EAGLE LIBRARY March Events

~~~~~ ON-GOING PROGRAMS ~~~~~	
<b>Monday, March 3, 10, 17, 24, 31</b> <b>Baby Readers: 10:30 a.m.</b> (ages birth – 18 months) Miss Suzanne presents stories, songs, and fingerplays for babies and their caregivers.	<b>Wednesday, March 5, 12, 19</b> <b>Teen Advisory Board: 4:15 p.m.</b> (ages 14+) Earn volunteer hours, enjoy socializing with your peers, and enjoy a snack while assisting your library in a variety of ways.
<b>Monday, March 3, 10, 17, 24, 31</b> <b>Knee Deep in Legos: 4:00 p.m.</b> (ages 6+) Weekly program for children ages 6 – 12 to use their creativity in building/designing with LEGOS.	<b>Thursday, March 6, 13, 20, 27</b> <b>Preschool Story Time: 10:30 a.m.</b> (ages 3 – 5 years) Join Miss Ruby Slippers for stories, songs, and surprises.
<b>Tuesday, March 4, 11, 18, 25</b> <b>Toddler Time: 10:30 a.m.</b> (ages 18 months – 3 years) Toddlers and their caregivers are invited to join Miss Janice for stories, songs, and crafts.	<b>Friday, March 7, 14, 21, 28</b> <b>Ready, Set, School! 10:30 a.m.</b> (ages 3 – 5 years) This program combines fun with school-readiness skills.
<b>Wednesday, March 5, 12, 19, 26</b> <b>Music &amp; Movement: 10:30 a.m.</b> (ages birth – 5 years) Early literacy skills are built through rhythm and motion in this interactive program for young children and their caregivers.	<b>Friday, March 14, 28</b> <b>Nutty Knitters of Eagle Public Library: 10:00 a.m.</b> (adults) Share your passion for knitting, learn new techniques, and enjoy socializing while creating items to be donated to various charitable organizations.
<b>Wednesday, March 5, 12, 19, 26</b> <b>Tales to Tails: 4:00 – 5:00 p.m.</b> (ages 5+) Practice your reading skills - read to a friendly, attentive dog! Sign up for a 15-minute session at the Children’s Reference Desk.	
~~~~~ SPECIAL PROGRAMS ~~~~~	
All Month - Poetry Contest (all ages – children, teens, adults) Write a poem! Prizes awarded in each of three categories: Children, Teens, Adults. Check library website for more information (eaglepubliclibrary.org) or see article below.	
Saturday, March 1 Oscar Film Fest: 10:00 a.m. – 4:00 p.m. (teens) Catch a flick, enjoy popcorn and candy, predict tomorrow night’s Oscar winners! 10:00 a.m. – The Lone Ranger 1:00 p.m. – The Croods 2:45 p.m. - Gravity	Wednesday, March 12 Aromatherapy and Essential Oils: 6:30 p.m. (adults) Certified Aromatherapist Jen Eden Clark will explain how the use of essential oils can promote healing, health, and happiness in those who use them.
Tuesday, March 4 Kids Can Cook: 4:15 p.m. (ages 6 - 12) Super Hero snacks! Tuesday, March 4 Starting from Seed: 6:00 p.m. (all ages) Casey O’Leary of Earthly Delights Farm presents an informative and lively discussion that will encourage you to start your garden early.	Saturday, March 15 Red Cross Blood Drive: 8:30 a.m.– 3:30 p.m. (teens) Give the gift of life. The Teen Advisory Board invites you to donate blood to help your community. Make an appointment and check the eligibility requirements at redcrossblood.org
Thursday, March 6 Whatever! Book Club: 4:15 p.m. (4th – 6th graders, ages 9 – 11) Bring whatever you are currently reading and join a club that is all about books, food, and fun. What could be better?	Tuesday, March 18 BINGO: 4:15 p.m. (ages 6 – 12) B-I-N-G-O! Fill up a row and win a prize!
Saturday, March 8, 22 AARP Tax Help: 9:00 a.m. – 3:00 p.m. (adults)	Wednesday, March 19 Pajama Story Time: 7:00 p.m. (ages 3 – 8) Come in your pj’s for stories, songs, a craft, and a bedtime snack. This month: <i>THE WIND!</i>
Monday, March 10 – Saturday, March 15 Teen Tech Week: all week (teens) This year’s theme: DIY @ Your Library	Thursday, March 20 Eagle Elementary School of the Arts Choir: 11:00 a.m. (all ages) Come listen to the sweet voices of first and second grade choir members, under the direction of music educator Ms. Glenna Newby.
Wednesday, March 12 DIY @ Your Library: 4:15 p.m. (teens) Make a cool “Brushbot,” and try your hand at Pinterest creations from stuff we provide. Celebrate PI Day with a pie-eating and pizza-tasting contest.	Tuesday, March 25 Crafty Kids: 4:15 p.m. (ages 6 - 12) Design and make your own stickers! A variety of methods will be offered.

Poetry Contest at Eagle Public Library

A contest! A contest for poets! A contest for poets who like libraries! April is National Poetry Month, and April 13 – 19 is National Library Week. Why not celebrate both? Participate in the Eagle Public Library’s Poetry Contest, and you will be doing just that.

Everyone is invited to participate. There are three age divisions: Children, Teens, and Adults. Prizes will be awarded in each. All you need to do is write a family-friendly poem about anything library-related (books, reading, your favorite book or author, your favorite time to visit the library, etc…) and submit it by March 31.

Submissions may be delivered either in person at the Library, or online via the Library’s website (eaglepubliclibrary.org). Entries must include your name, age division, and contact information.

Copies of poems will be displayed in the Library throughout National Poetry Month. As well as published in the May issue of The Independent News. Winners will be notified in early April, and their poems will be printed and made into bookmarks for National Library Week!

Eagle Chamber of Commerce
March 2014 Calendar of Events
can be found at www.eaglechamber.com
For information about Eagle Chamber of Commerce upcoming events or to reach the Chamber, contact Gretchen at: 208-939-4222, gretchen@eaglechamber.com

Ada County accepts Eagle’s offer to buy BMX land for \$500 per acre

By Philip A. Janquart

The City of Eagle will pay Ada County \$500 per acre for 6.61 acres of land used as a BMX track in northeast Eagle.

Ada County originally asked the City to buy the land for \$4,000 per acre in conjunction with a separate purchase of about 42 acres adjacent to the BMX track.

Commissioners, however, voted 2-1 at an early morning meeting Feb. 18 in Garden City to accept Eagle’s \$500 per acre counter offer, according to Eagle City Councilman and city liaison Jeff Kunz, who attended the meeting.

Rick Yzagguire and Jim Tibbs voted in favor of the commission’s motion to accept the offer. David Case was the lone dissenter.

The motion came with a stipulation that both parties pursue licensing agreements in lieu of easements to ensure continued access to county land and a provision that prevents Eagle from modifying the property’s current public/semi-public zoning status for 25 years.

Commissioner Tibbs said the rationale behind the provision is to provide protection for neighborhoods surrounding the property. The current zoning structure has limitations on what kind of commercial buildings can be built there.

“The way it is zoned, you can’t go in there and build something like a Wal-Mart,” according to Eagle City Councilman Mark Butler.

Butler said he is happy with the land purchases and that he is satisfied the City’s plans for the area could now move forward.

“I am so excite with regard to city ownership of the property versus leasing it,” he said. “I’m very, very happy with the county’s decision. To me it’s obvious that with ownership you have so much more control and protection of public money than land you don’t own and lease.”

The purchase is separate from a deal to buy about 42 acres comprising the Ada-Eagle Sports Complex, and the future home of the Treasure Valley’s first permanent snow park,

for \$4,000 per acre. The BMX land is adjacent to the sports complex.

“I wasn’t really too worried about it because they were going to do a lease with us anyway. It was just whether or not we were going to get some help building improvements,” said new Eagle Foothills BMX track operator Blake Richards. “They (the City of Eagle) already approved \$200,000 for bathrooms and concessions and they weren’t going to spend any money on land they don’t have. Now, hopefully, they will move forward with their plan to improve the facility and make it a better place for the community.”

The City of Eagle initially approached Ada County with an offer to by the sports complex property for \$1,000 per acre, but a deal for \$4,000 was ultimately reached, though it has yet to be finalized, according to Kunz. The purchase will be complete once the county’s concerns about access have been resolved and the purchase agreement has been signed, he said.

Eagle’s legal counsel, Suzie Mimura, is currently working in concert with the county to find a solution to the access issues. The county initially asked for easements, but Mimura said at a January council meeting that other options, such as revocable licenses, could work for both Eagle and the county.

Feb. 18’s meeting solidifies an agreement between the city and county to find a viable solution to the county’s concerns.

Two other pieces of the puzzle required to wrap up both deals involve separate land surveys, which have been completed. The



Members of the Ada County Commission address Eagle’s offer to purchase county property at a December 2013 public hearing.

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sports complex property was initially estimated to include just under 35 acres. The land survey, however, conducted by Atlas Land Surveying, has identified the purchase property to be roughly 42 acres.

A separate survey was conducted on the BMX land. Initially estimated to be around seven acres, the property is officially identified as a 6.61-acre parcel.

County legal counsel, Jeff Cafferty, suggested combining the two purchase agreements for the sake of simplification, which would result in about a 48-acre purchase at roughly \$3,500 weighted

average cost per acre.

Kunz said the county confirmed that the agreement between the city and the county to lease the property would terminate once the purchase agreement has been signed.

The only remaining concern for Councilwoman Mary McFarland is the continued maintenance of the park’s bike trails, which will need attention soon as spring begins to close in on the Treasure Valley. Until the purchase agreement is signed, the City is still responsible for their maintenance. After that, the responsibility transfers to Ada County.

“We have been assured that Ada County will maintain the trails,” she told The Independent. “Once the sale closes, the lease is invalid, and Eagle doesn’t have any right or responsibility for them, so it’s important that Ada County steps up with BAMBA (Boise Area Mountain Bike Association) to maintain those trails.”



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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

March Artist - Arayna Howard
An award-winning watercolorist, Arayna lives in Eagle. This year she won an Honorable Mention in the National America's Parks Thru the Beauty of Art competition, which is currently on tour in the US. A second painting was selected for the top one hundred. She currently belongs to the National Watercolor Society, Idaho Watercolor Society (IWS), of which she is a Distinguished Signature member, Plein Air Painters of Idaho, Nampa Art Guild, and the art group Art Expressions. Her work has had the honor of being selected for the St. Luke's Christmas card several times.



ST LUKE'S GALLERY

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

March Artist - Brenda Kaye
Brenda Kaye, full-time Eagle artist since 2004, started painting murals last year, when the Eagle Arts Commission contracted with her to paint the first mural on the side of new Smoky Mountain Pizza building. Her work has gained the attention of film maker Michael Margulies, who along with senior students from BSU have made Brenda and her latest project the focus of a new documentary set to debut later this year. "If people look upon my work of art and enjoy it for a minute, I have added a drop in their bucket of well-being. If they share their sense of viewing pleasure with others, I have added two drops. Life is too short, and my gift is adding to the greater good."



"Mary Poppins"

a high flying theatrical success

By Gretchen Anderson
Centennial High School is still flying high after a successful run of the musical "Mary Poppins." The Meridian district high school was the first school in the country to perform the high school version of "Mary Poppins"—and one of only four in the United States to secure the rights.
The cast included students from Centennial, Meridian and Eagle High Schools. "It was nice to present this as an all-Meridian district production," said D. Sterling Blackwell, director and CHS Theater Arts instructor. "It gives us a well-rounded cast." Thousands of people took in the show during its two-week run in mid-February. "Wow! Wow! Wow! What an amazing show!" said Linda Behrman, Boise. "It was by far the best high school theatre production I have seen!"

The production included another first for Idaho. The "Flying by Foy" flight system enabled the actors to take flight above the stage. Representatives from Foy trained the actors on the flight system that is used on Broadway to help fly characters in "Peter Pan," "Cinderella," and "The Lion King". Two young actors from Eagle High School played the parts of Mary Poppins and Bert (the chimney sweep). Eagle junior, Katy Semple and senior, Woody Minshew worked alongside nearly 50 other students to round out the cast.
Blackwell and the team of educators who helped present the show will offer a Spring Break theater camp in March. Meridian CUE will hold the camp at Centennial High School March 24-28, 2014. Participants should be between the ages of 6-19. The cost is \$50 per child. For more information got to www.meridiancue.org



Bert (Woody Minshew) and Mary Poppins (Katy Semple) enjoy some tea during "Jolly Holiday."



Mary Poppins (Katy Semple), Michael Banks (Scott Young), Bert (Woody Minshew) & Jane Banks (Andrea Wilkes)



The musical number "Let's Go Fly a Kite" uses "Flying by Foy" a flight system enabling the actors to fly across the stage.

Photo Credit:
Paul Archibeque
(Centennial High School
Advanced Acting Instructor)

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A TEACHER'S *Perspective*

SHE AIN'T HEAVY

By Anna Eaton-Merkle

To say my daughters fight is a bit like saying the ocean is wet. Understatement does not cover it. They fight when they wake up, they fight in the car, they fight as a bedtime ritual. They fight over things like who borrowed whose clothes, whose turn it is to unload the dishwasher, who is taller. They fight over which one I like more, and to be honest, at that point, the first answer that goes through my head is usually "the dog."

Maybe I should be more worried about their constant bickering, but I have the benefit of age behind me (probably the only time you'll ever hear that) and I know that someday, probably in even the not too distant future, these two will be the best of friends. I know this because my sister is the only person in the world with whom I have actually had a fist fight, and she is my best friend in all the world.

When we were kids, we were treated as a set. We were the "little girls" having a brother and sister who were four and five years older. We were dressed in matching clothes, although different colors, and usually received gifts at Christmas that were meant to go together. We had fun, no questioning that, but sometimes a history of fun isn't enough to keep siblings from disagreeing. We were close enough in age that we still had a good deal in common until I started high school. Once I hit the charming age of 14, I could no longer find anything in common with my much younger and infinitely less mature 12 year old sister.

We fought in the morning, we fought after school, we fought getting ready for bed. We fought over clothes and chores and the remote control. Back in the dark ages, we didn't have cell phones, so we fought over who got to use the yellow dial phone in the kitchen, for how long, and who may or may not have been eavesdropping on another conversation. Were it not for yelling and door slamming, I am fairly sure we would not have communicated at all.

Our fighting finally came to an end the summer between my freshman and sophomore year in college. I was home for the break and the honeymoon period of missing my family had worn off. My sister and I went right back to incessant and mutual annoyance; it was easy as riding a bike. One morning we were especially vocal in our argument, actually having to move from one room to another in a competition to see who would get in the last word. The conflict finally took a turn for the worse and one of us shoved the other. Followed by a shove back, then a hair pull, then an overall attack. I honestly can't tell you who started it, but at that point it didn't matter. It was a full-on chick fight, complete with screaming, crying, kicking, and slapping.

By this time, our fight had migrated into the living room where my dad sat reading the paper. Between blows, I looked towards his chair, expecting him to jump up and stop the skirmish. He, however, remained still, calmly turning pages. After about five minutes of this, we were both getting a bit winded.

"Dad, aren't you going to doing anything about this? She's trying to kill me!"

"She started it – I was just defending myself!"

"Right, and you are wearing my shirt because....."

My dad didn't move. "Far as I'm concerned, you two can just duke it out. I'm tired of being the referee. Have fun."

This really put a damper on the whole thing. If any of you have ever been in a chick fight, you no doubt are aware how exhausting it can be. Plus it hurts. It didn't take long before we were laughing at how ridiculous the whole thing was. This remains one of my favorite memories, oddly enough. I only wish that somehow it had been filmed for posterity – I am sure it would have been a huge hit on YouTube.

Now I watch my daughters bicker and fight and I know that someday soon, they will miss those days. They will miss sharing clothes and rides and inside jokes. They will miss hanging out in the family room on Sunday mornings and trying to stay entertained on those long car rides. They will miss seeing each other's beautiful faces every day without even trying. Sad thing is, they won't appreciate those things until they are gone. That is just how life works sometimes.

But don't worry, I have my camera poised and ready for the perfect YouTube moment that is undoubtedly in the making – I'm sure they'll want the keepsake.

Anna Eaton-Merkle lives and teaches in Eagle. Her latest project is the blog found at www.thinkinginthemargins.com that showcases many of her favorite articles from the Independent and a few that have never been published. She updates it every Monday – Like it on Facebook!

Sister is probably the most competitive relationship within the family, but once the sisters are grown, it becomes the strongest relationship.

~ Margaret Mead

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Ribbon cutting ceremony celebrates Chip Healy Insurance Agency

Eagle, ID - Farmers Insurance, Chip Healy Insurance Agency recently had a Ribbon Cutting Ceremony to celebrate their new location and Grand Opening, Wednesday, February 12, 2014. Eagle Chamber of Commerce Members were on hand to welcome the agency to their new location, the former Eagle Police Department.

The Chip Healy Insurance Agency was established in 2007 after Chip and Jennifer moved to Idaho in search of a more family oriented place to raise their two children. Chip has recently moved into a new location that better suits his ambitions of growing his agency and owning a business. The office promotes a very professional and welcoming atmosphere.

The Chip Healy Insurance Team consists of Cameron Schultz, Agency Producer, and Holly Hughes, Customer Service Representative, making a great team working together to offer solutions to all your insurance needs.

The full service agency can help with all personal lines of insurance including auto, home, renters, recreational vehicles, umbrella, flood insurance and life insurance. They also assist with commercial insurance, bonds, work comp, retirement planning services and health insurance.

Chip says, "Our agency strives to provide exceptional customer service to each and every customer, consistently. We are very hands on, bringing great value to your experience with our agency and staff. Let us manage your risk so you have peace of mind when you experience a loss."

Visit Chip for all your insurance needs at 1121 E State St. Suite #101, Eagle, or call (208)577-5580. To learn more about the agency visit: fhealy@farmersinsurance.com.



February 12, the Eagle Chamber of Commerce celebrated the Chip Healy Insurance Agency with a Ribbon Cutting. The agency is not new to Eagle, but has recently inhabited new space in the former Eagle Police Station.

Meeting to discuss Eagle Chevron Property set for March 4

Eagle's Urban Renewal Agency will address a possible lease of private property at a meeting scheduled for 6 p.m. on March 4 at City Hall.

The purpose of the meeting is to discuss the site of the old Chevron building located on the southwest portion of what has come to be known as the "Four Corners" section of historic downtown Eagle.

Specifically, Chevron property owners Rick and Sandy Smith were invited by the URA to attend the meeting for a discussion the commission hopes will help bring the City a step closer to improving the corner.

See theindsnews.com headlines for complete story and ongoing updates.

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SALE: 52¢-\$18.74

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Choose from 2 styles
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Stepping Stones takes teaching to a whole new level

By Jennifer Anderson

Stepping Stones Learning Center in Star, Idaho continues to exceed expectations in the area of education and child development as they approach their sixth year anniversary. Owner Kerry Milligan is excited about the unique and valuable opportunities they offer parents and especially the children they see every day.

A veteran in the child care and preschool industry, Kerry has over twenty years of experience that began by providing child care from her home. For a time, she worked and taught for other facilities, but opening her own center gave her the ability to bring her own vision to life. Designing and having her own learning center built became a dream come true as her passion for caring and working with children translated into a job she owns and loves.

Stepping Stones is a state licensed facility accepting children ages 6 weeks thru 12 years. Conveniently located in Star and close to Middleton, Eagle, and Meridian, Stepping Stones offers preschool, daycare (with preschool enrichment included), before and after school programs (with transportation when needed), and exciting summer programs and camps. Student ratios are kept small and are 1:4 for infants, 1:5 for tod-

dlers, 1:9 for preschool age children, and 1:12 for older children. Nutritious snacks are also provided twice a day and offer fresh fruit, a carbohydrate and a protein.

Other activities designed to support students and parents include a licensed psychologist offering free parent workshops, and a monthly "Parent Café" discussion group to address issues with children and struggling parents. Additionally, twice a month from 6:00 - 11:00 p.m. Stepping Stones is open for a parent's night out.

Throughout the year, events are planned around holidays and encourage parent involvement, including a Christmas play, Mother's Day tea, Father's Day barbeque, and more. During the summer, the center really gets fun and active with the children taking two to three field trips a week, a garden project, and lots of fun on the playground and in the playhouse outside.

Fifteen full and part-time qualified teachers keep things running smoothly as children work in centers focusing on science, art, language arts, computers, library time, math, and drama(dress-up). Classes in music, dance, Spanish, and karate are also available throughout the day. It is this level of care that keep children happy and parents coming back year after year.

Megan Gipson Pena says, "My husband and I enrolled our children in Stepping Stones two years ago, having little daycare experience and little to no expectations. We had absolutely no idea what was to come for our family. Not only has the entire staff welcomed us, they have laughed, cried, catered, entertained and loved not only the kids but Jacob and I as well. Hayden(6) has excelled not only academically through Stepping Stones but socially as well and we give all the credit to the staff. Hudson (17 months old), started at 6 weeks. As a new mom I was terrified to leave a new baby, but Sarah and Stacey opened their hearts to us. These two are the best mom replacements I could have ever asked for. They are always willing to listen, give suggestions, and will follow through with any wild idea we have. Our family has been blessed beyond belief through the wonderful ladies at Stepping Stones, we could not even begin to thank them enough."

To learn more about Stepping Stones Learning Center visit www.steppingstoneschildcenter.com. Stepping Stones is Located at 12228 Bridger Bay Drive, Star (in the Pinewood Lake Subdivision). Reach Kerry directly at 286-9362 or by email, kerry@steppingstoneschildcenter.com. You can also see their ad monthly in The Independent News.

Photo credit: Natalie Pooley

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Preschool, full day childcare, and before and after school care

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For children 6 weeks - 10 years of age

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(in Pinewood Lakes Subdivision)

286-9362

Stepping Stones provides fun and education opportunities for the children throughout the year. Here is just some of the fun they had:



Summer field trip to Zoo Boise



Annual Halloween Party



Field trip to Farmstead Pumpkin Patch



Annual Christmas program

Drive With Confidence

Big O will get your car in tip-top shape for Spring driving!

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LiveRez.com Moves into New Corporate Headquarters

EAGLE, Id. — LiveRez.com, the leading provider of cloud-based software for professional vacation rental managers, has moved into new corporate headquarters at 1173 E. Winding Creek Dr. in Eagle, ID.

To celebrate the opening of its new headquarters, LiveRez held a ribbon cutting ceremony at 11 a.m. on Friday, Jan. 31, as well as an open house later that evening from 6 p.m. to 9 p.m. The open house featured live music from the Kim Stocking Band and food from local eateries, among other activities.

The new 11,000 square-foot complex features state-of-the-art engineering and architectural design, and features:

- Office space for more than 50 employees
 - Executive conference room
 - Kitchen
 - Lunch room
 - Outdoor patio
 - Locker room
 - Theatre room equipped with popular gaming systems
 - And, a 1500 square-foot recreational room – with big screen TVs, couches, a ping pong table and foosball table – that will double as an on-site training facility for LiveRez partners.
- "With as fast as we are growing as a company, we knew we had to think long-term and invest in a space that could accommodate our current and future employees," said LiveRez Founder/CEO Tracy Lotz. "Our new headquarters not only will support our planned growth, but also offers our employees a better environment to come to each day."

Tracy Lotz, founder of LiveRez, told his story to the Eagle Chamber of Commerce and other guests during their recent Ribbon Cutting event, saying that in 1994 (when the internet was still new) he began trying to think of ideas that could capitalize on the new technology. He began listing rental properties, and over the last 20 years has grown that business into the largest vacation rental platform.



LiveRez.com has moved into new corporate headquarters at 1173 E. Winding Creek Dr. in Eagle, ID.

Since first offering its software in 2008, LiveRez.com has grown to partner with nearly 800 professional management companies from across the United States and beyond. It currently operates with a staff of more than 30 full-time employees.

About LiveRez.com

LiveRez.com is a complete, online, vacation rental property management solution, focused on making vacation rental property managers fully operational online and thereby increasing bookings. LiveRez.com offers an all-in-one cloud-based platform, featuring best-in-class websites optimized for online bookings, a full-featured reservation and property management system, a robust CRM system, an exclusive connection to QuickBooks for trust accounting, and a unique "Pay-for-Performance" approach, which provides a mutually beneficial partnership between LiveRez.com and its vacation rental manager partners. The company's largest competitor is HomeAway Software for Professionals.

To learn more about LiveRez.com, please call (800) 343-2891 or visit LiveRez.com. And, to receive timely updates from the company, follow LiveRez.com on Facebook, Twitter (@LiveRez) and Google+, or visit the company's vacation rental software blog. LiveRez.com is a proud Gold Sponsor of the Vacation Rental Manager's Association (VRMA).



To celebrate the opening of its new headquarters, LiveRez held a ribbon cutting ceremony at 11 a.m. on Friday, Jan. 31, as well as an open house later that evening from 6 p.m. to 9 p.m.

Brain Balance continues to provide hope

By Jennifer Anderson

As Brain Balance Achievement Center approaches its year anniversary, owner Dawna Booth, says she has seen a slow and steady enrollment over the year. Currently they have a waiting list for their summer program, and for the most part parents have been amazed and thrilled at the progress their children have made through the program.

The Brain Balance Program is most successful with ADHD and mildly autistic children, but has also had great success with Asperger's, Sensory Processing issues, and learning difficulties. Clinical research indicates that neuro-developmental disorders like Autism and ADHD share an imbalance of electrical activity in the brain called Functional Disconnection Syndrome. The Brain Balance Program works by directly addressing this issue.

Followed by a comprehensive assessment of the child's brain and body function, a program is tailored specifically to each individual child's needs. Uniquely designed to include physical (sensory-motor) and cognitive activity plans coupled with easy-to-follow dietary guidelines, the plan seeks to establish proper neural connections and improve rhythm and timing.



Brain Balance student, Michael, goes through a series of activities with his coach Crystal at the clinic from sensory motor activities to cognitive activities all designed to strengthen and improve brain connections.

Dawna indicates progress is dependent on a variety of issues from the child's willingness to participate in the program, the severity of their issues, and their age in beginning the program to the diligence of parents in complying with requirements of the program at home including proper nutrition and assigned exercises. However, with work, this whole-person approach helps children reach optimal body and brain function, leading to a reduction or elimination of negative symptoms and behaviors.

One parent of a fourteen year-old Eagle boy expressed, "His Asperger's is not gone by any stretch, but he is better able to live with it and has a chance to lead a normal life which as a parent is worth way more than money. I would recommend this program to anyone who is just feeling there is nowhere to turn, because there is and it is Brain Balance."



Michael and Crystal work together to help Michael succeed.

Another parent writes, "Since our son has done the Brain Balance therapy, his teachers and his family all notice remarkable changes in him. His posture is no longer hunch-backed. He looks us in the eye when he talks with us. He has lost his awkward way of using polite language (please, thank you, excuse me) inappropriately and to excess. Best of all, he is taking charge of his life (adjusting his classes at school) and interacting with his classmates in a more normal way, with appropriate timing and subject matter."



Balancing skills are part of the physical regimen to help different areas in the brain connect.

Typical treatment is three to six months, but can be longer due to the severity of the disorder. Brain Balance has trained professionals to facilitate the program and specialized assessment and developmental equipment to help children progress more rapidly. Additionally, they hold regular Parent Education Nights the 1st and 3rd Thursdays of the month and beginning in March they will also add a Family Empowerment Program the 2nd and 4th Thursdays to address children's behavior difficulties. These classes are free to anyone and partner with the program to encourage success. Brain Balance Achievement Center is located on the northeast corner of Chinden and Eagle.

Find hope and get results, contact Brain Balance today.

To learn more about Brain Balance visit www.BrainBalanceEagle.com or call 208-377-3559. They are located at 3210 E. Chinden Blvd, St #113, Eagle.





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Big O Tires, serving Eagle for nine years

Jennifer Anderson

Despite their name, Big O Tires is not just a tire shop, but a full service station that, in owner Mark Peterson's words, "can handle anything from the mirrors down." Nine years ago Mark and Kay Peterson, owners of Big O Tires located at 2948 E. State Street in Eagle, opened their doors and they have been enjoying Eagle ever since.

The woman and family owned business focuses on quality work and customer service. Recently Kay got a note in the mail from regular customers Mike and Gretchen Lowman saying, "We want to thank you for the excellent customer service you and your staff have always given us. We have never been dissatisfied with the work done. We appreciate the positive attitude of everyone there and the willingness to help. Yesterday we had a nail in a tire that was repaired without charge. Doing business with you is like having a tire specialist in the family."

This spring, Big O will also begin offering muffler and catalytic converter repair on top of their already ample menu of services. However, if they can't handle the job due to space, or technical ability they are happy to recommend someone else reliable to make sure your needs are met.

A free shuttle is available if you need to leave your car for repairs, and the Petersons are known to stay open a bit late if it means helping their customers through a tough situation. Big O can get in any tire you need and are experienced with handling even the most difficult tire jobs (even PAX tires).

Community minded, the Petersons are firm believers in giving back to their community and besides donating to the Ronald McDonald house, they also frequently give raffle and gift items in the form of service for local organizations. Another program available to



(L-R) Bill, Jason, Tom, Kay, and Mark make up the team at Big O Tires in Eagle. Stop in and see how they can help you keep your car on the road.

parents and teens is their crash mechanics course for teens and new car owners. Make an appointment to come in for free and have Big O's mechanics walk you through the important things you should know about your car such as how to change a tire, check your oil, when to service your car, and more.

The technicians at Big O have a combined 65 years of experience and are great overall mechanics. One technician the Petersons will be sad to lose is Tanner Aradiz. Tanner began working at Big O when he was 16 and worked his way up, learning as he went. He recently graduated from BSU with a degree in Mechanical Engineering and is being interviewed by Chrysler. They are all excited for his prospects.

Regular maintenance is the key to a healthy car and the technicians at Big O want to keep your car ready to handle the challenges of the road. Get your car ready for spring travel, stop into Big O today.

Big O Tires is open for business Monday through Friday, 7:30 AM - 6:00 PM, Saturday 7:30 AM - 5:00 PM, and closed on Sunday. Located at 2948 E. State Street in Eagle, they are ready to handle most of your automotive cares.



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The Star Chamber: out with the old and in with the new

By Jennifer Anderson

January 31, 2014, the Star Chamber of Commerce held their annual Officer Installation Banquet, celebrating outgoing leadership and welcoming the new. The Star Chamber was in good hands during 2013 with Mini Victory of Idaho Independent Bank at the helm as President and Tammy Sullivan-Watson as the first Vice President II.

Other officers from 2013 included Bill Homan, Vice President I; Livina Gibbs, Treasurer; Dan Kitchell, Secretary; Ulysses Mori and Jeannie Nail as advisors; and Gary Smith as City Liaison. Their advice and help throughout the year was invaluable.

New officers for 2014 are as follows:

President: Bill Homan
Vice President I: Tamara Sullivan-Watson
Vice President II: Gary Smith
Treasurer: Lavina Gibbs
Secretary: April Smith
Advisors: Mini Victory, Gary Smith, Jeannie Nail
City Liaison: Councilman Richard Lockett

The Installation Banquet was held at HonaLee Event Center and was catered by Sully's Restaurant in Star. JT and the Smooth Avenue Band kept a lively beat throughout the evening which included guests from the City, local business men and women, and civic leaders.

The Star Chamber of Commerce is an active business group promoting local Star businesses and commerce in Star and supporting its members through monthly networking events, participation in citywide events, and learning opportunities.

If you are interested in becoming a member of the Star Chamber of Commerce, visit their website at staridahochamber.com.



While not as well attended as some past banquets, those who could make it had a great time.



Chamber President Mini Victory shakes hands with new president Bill Homan.



Tammy Sullivan-Watson, Chamber VP, passed out raffle tickets throughout the night for some great prizes.

ACHD reschedules hearing on Eagle and State intersection for March 26

A public hearing on the Ada County Highway District's plan for improvements to the Eagle Road and State Street intersection has been rescheduled for March 26, the agency announced.

See theindnews.com headlines for complete story and ongoing updates.

Star councilman looking for funds to build skatepark

By Philip A. Janquart

City Councilman Tom Erlebach has dreams of building a 15,000-square foot skatepark at Hunter's Creek Sports Complex in Star.

All he needs is about \$400,000, and he is asking anyone interested in helping to raise the funds, or making a donation to the cause, to give him a call.

"I don't want to go to the city and ask for hundreds of thousands of dollars to build a skatepark; that's kind of a hard sell," he said. "I'd rather see if we could get public financial support, some grants and maybe three or four people who would like to put up some money and get their names on the park. Then, maybe we can go to the city and ask if we could kick in \$100,000."

The city bought the property where Hunter's Creek now sits about five years ago. The park's master plan was developed with a future skatepark in mind, according to Tom, who is the City's liaison for the Parks & Rec. Department.

His interest in building a skatepark is, in part, a product of his son's interest in skateboarding. Lucas, 21, travels the world for FTC, a San Francisco-based company that designs skateboard apparel and creates video, art and music products. His knowledge of skateparks has been helpful in his father's effort to develop a conceptual design.



A conceptual design of what a skatepark at Hunter's Creek would look like



Tom and Lucas have been working with Grindline Skateparks Inc., out of Seattle, Wash., to come up with a computer generated rendering for the park.


There are different types of skateparks, but the most common are the "vert," or vertical, park and the "street" park, which is designed after flatter, more urban settings. The water table at Hunter's Creek is too high to build bowls or halfpipes, so the park would be built after the street model, which includes rails, ledges, stairs and other features like stamped stone and dyed concrete in addition to green spaces to balance it all out.

The Hunter's Creek skatepark would have one other unique feature, a stone or concrete river running through the middle, which would serve to help drain water from the area.

Tom stressed the project is not in the city budget and that the council has not approved funding for it. "As of now, we (the City) are not building a skatepark," he said. Tom added that he'd like to see the project completed this year.

"We have a plan and a goal," he said. "Our attitude about funding is similar to JFK's philosophy, 'Ask not what your city can do for you, but what you can do for your city.'"

For more information, contact the Star Parks & Rec. Department at (208) 286-7247.



Star Outreach

Neighbors Helping Neighbors

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

www.staroutreachonline.com

Do you need help, or know someone that does?

Contact Christina at 919-1100.

Like us on Facebook

Spring Food Drive

March 1-31, 2014

Food list and bag will be placed on your front door.

Drop off at Food Bank,
City Hall or the Fire Department

Please give generously!

STAR LIBRARY - March Events

Mondays: 3/3, 3/10, 3/17, 3/24, 3/31
Preschool Play and Learn Story time
(ages 3–5) at 10:30 a.m.

Kindle Art for teens
(12 and up) from 4-6 p.m.,
with Holly Hudson - a time to imagine,
create and socialize.

Tuesdays: 3/4, 3/11, 3/18, 3/25
Star Quilters
Meet at the library on alternate Tuesdays of
each month, from 12:30 to 3:30 p.m.
Open to anyone interested – 3/4, 3/18

Make It Challenge
(ages 8-12) from 3:30-5:30 p.m.
creative fun all month, leading up to a
brick lab challenge!

Wednesdays: 3/5, 3/12, 3/19, 3/26
Star Knitters
Meet at the library each Wednesday morning
from 10:30 a.m. to 12:30 p.m. Open to
anyone interested.

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

After-School Adventures
(grades 1~6) at 4 p.m. Join us for weather
fun, crafts and games on
3/5, 3/12 and 3/19.

Thursdays: 3/6, 3/13, 3/20, 3/27
Babies and Music
(ages 0-3) at 10:30 a.m.
Stories, songs and fingerplays
for babies and a parent.

Teen Make It program
(12 and up) at 4 p.m. – 3/6, 3/13, 3/27

Pizza and Books for teens
(12 and up) at 4 p.m. – you bring a book
you have read (focus on steampunk!) and
we provide the pizza– 3/20

Saturdays
3/8 “Beyond the Book” discussion
(adults) at 10 a.m. We are reading
“Unbroken” by Laura Hillenbrand.
Pick up March’s selection and join us
for a spirited discussion.


Special March programs:

Teen Tech Week will be celebrated 3/10-15.
Special Teen Tech program on Thursday, 3/13 at 4 p.m. and teens may ask for fines
to be waived up to \$10 if they attend.

**Friends of the Star Branch Library are hosting a Mardi Gras Bunco fundraiser
on Wednesday, 3/12 at 6:30 p.m.** Meet friends and win prizes!
Come by to register; \$15 donation required.

Spring Break Luau for all ages on Wednesday, 3/26 at 2 p.m.
Join us for music, dance, crafts, games and refreshments!

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™
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Star City Hall (10769 W. State St)
10:30 - 11:15 a.m. Wednesdays & Fridays
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www.staridaho.org/parks/activities.php
208 286-7247

Fit and Fall Prevention™
Upcoming Site Leader Training
March 27, 9:00 a.m. – 3:30 p.m.
Southwest District Health 13307 Miami Lane,
Caldwell. CLASS FEE: None and Lunch and light
snacks will be provided. DRESS: Comfortable
clothes and shoes for exercise sessions.
Call in your registration information by March
24, 2014 to: Mitch Kiester at 455-5321 or
Email: mitch.kiester@phd3.idaho.gov

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

Try Hockey for Free (ages 5-13)
March 1st 2014
Skates, sticks, gloves and helmets will be pro-
vided for those registered. Space is limited.
Contact Idaho Ice World 208 608-7716 or
www.idahoiceworld.com to register.

Spring Twilight League
For men and women, April-June
at River Birch GC in Star.
www.riverbirchgolfcourse.net or
call 208 286-0801 for specifics.
Junior and family programs offered
this summer as well.

U of I Master Gardener Class
Thursday, April 3 from 7-8 p.m.
at Star City Hall.

Topic: How to attract beneficial insects
to your yard and garden.
Please call and reserve your spot at 286-7247.

Bogus Basin Day Trips
Saturdays and Sundays 7:30 a.m. – 5:00 p.m.
Bus will pick up at Star Mercantile and leave
Bogus @ 5:00 p.m.
\$13 Transportation Only.

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.


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

Regular Weekly Activities:

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

March Activities:

- March 3:** Walmart Shopping - Contact Bethe @ 869-6288
- March 5:** Goldmine Newsletter arrives
- March 7:** Blood Pressure taken by Star’s firemen
- March 12:** Board Meeting
- March 17:** Outing to Sizzlers - Contact Bethe @ 869-6288
- March 19:** Birthday Recognition
- March 19:** Music by Nadine and Dale – starts at 11 a.m.
- March 31:** Outing to Emmett Senior Center & Kings - Contact Bethe @ 869-6288



March Calendar of Events

March 6th: First Thursday – Out to Lunch
Star Country Cafe 11:45 a.m. -1:00 p.m.

March 6th: Ribbon Cutting for 3-4 new business members.
Directly after lunch.

March 14: (Fri.) After Hours Spring Mixer
Helena Maries Wine Shop 7-9 p.m. Networking, raffles, wine and appetizers.
Bring your biz cards and a raffle item for more advertising options.
Please bring any advertising you might want to put into the Welcome Wagon bags
that go to our new residents in town.


March 20th: General Meeting/Educational Program
6 p.m. at Star City Hall

CALLING ALL BUSINESSES:
We need 10,000 filled Easter eggs
for the Star Chamber of Commerce Easter Egg hunt, date, time & location TBA.
Filled Eggs can be dropped off at Central Self Storage or 5 Star Second Hand Store,
Estrella Plaza (Toon Town). Eggs maybe filled with individually
wrapped candies and/or your promo info.
Please mark how many eggs are in the box(es). We need 10,000 eggs this year!!

REMEMBER THE WELCOME WAGON...
Chamber Member businesses, please place April specials w/April Smith
at Clearly Natural Skin Care across from Sully’s on Hwy 44.

WANT AN OPEN HOUSE EVENT?
Send info to the Chamber no later than March 10th...for April inclusion
into the newspaper, ad out on the Chamber business lines,
community update ads and a banner stating an Open House event via the Chamber.
Let the Chamber advertise your Special Event! Contact Tammy for more info:
President@StarIdahoChamber.com -- www.StarIdahoChamber.com -- 208-908-5476

**For additional information on upcoming chamber events, please
visit www.StarIdahoChamber.com.**



Calendar

There’s always something to do
[at theindnews.com/calendar](http://theindnews.com/calendar)

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

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

MARCH 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. 6; and Star, pg 15) 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 at Maui Wowie in Meridian
Contact: Helen Code
871-3343 or venuscode@msn.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.

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



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
- West Boise:**
 - Stinker Station – Hwy 55 • The Griddle
- Middleton:**
 - Wild West • Winco-Eagle • Zen Bento
- Garden City:**
 - Stinker Station - State St
 - Ridley's • Sunrise Café • The Cottages
 - 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
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After-hours by appointment.
939-9181, office@hopeeagle.org
www.hopeeagle.com.

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u Critic Tom Wick, Universal Critic

Chris Pine is the fourth actor in the last twenty-four years to play Tom Clancy's Jack Ryan. After a twelve year hiatus, the Jack Ryan film series returns to theaters this year with *Jack Ryan: Shadow Recruit* which is a reboot to the entire work taking us all the way back to his brokerage days. Tom Clancy's original book series takes the independently wealthy Jack Ryan from stock broker to an unwilling US President. The first four movies never really created a timeline probably because the studio was trying to find the right actor for the Jack Ryan character. I think they found him in Chris Pine. Also, the first four movies tried to match the tone of the books, which were very weighty and extremely intricate in detail. That's good for books, not so good for movies. *Shadow Recruit* focuses on one scenario and does a great job with it. Written by veteran screenwriter David Koepp (*Jurassic Park* and most recently *MIB3*) and directed by Kenneth Branagh they keep the attention on the character Jack Ryan and his reaction and adaptation to his surroundings without burdening us with all the unnecessary details of the surroundings. The result is fast-paced movie with both intellect and action. While the outcome is surely predictable, the acting is great, the directing is great and there are enough subtle plot-twists to keep you guessing all the way to the end. I say

it's the best of the Jack Ryan movies and definitely worth ten bucks. On the flip side of all that action is *Labor Day*, which is probably more of a drama than a romance, but in the end, it's a romance. Directed by Jason Reitman (son of Ivan Reitman of *Ghostbusters* fame), *Labor Day* is the story of a teenaged boy and his depressed and reclusive single mother, played by Kate Winslet (who actually kept her clothes on through the entire movie, yay for Kate. Enter into their lives an escaped convict. Why is she depressed? Why is he in jail? Well, that's why you pay four bucks to find out and that's about all this movie is worth. It's a good story and Jason Reitman has directed some award winning movies (*Juno*, *Up In the Air*) but I think he was trying a bit too hard on such a simple story. I like mysteries that reveal themselves with flash-backs, and that was all great, it's just that he tried some weird camera angles, spent way too much time on the peach cobbler and, yeah, that scene got real weird, and then at the end when the lovers are reunited after twenty-five years Reitman tried doing some out-of-focus thing that was awkward...and yes, weird. But other than that, I thought it was okay. If you're not keen on spending four bucks on a romance, definitely get it on Redbox.

Family History Workshop offered locally through the LDS Star Ward

By Mickie Park

Have you ever wondered where your ancestors came from, or heard family stories about those that came before you and wanted to know more? The first Saturday of each month The Church of Jesus Christ of Latter-day Saints, the local Star Ward, will be hosting a community Open House. Volunteers will be on hand to help you begin the search for your family using amazing technology and free resources to make locating your ancestors fun and exciting. Genealogy is all about connecting you to your past and learning about where you came from so you can better explore who you are.



The Local Church of Jesus Christ of Latter-Day Saints is offering a Free Family History Workshop the 1st Saturday of each month.

The first couple of Open Houses this year were very positive. About 50 plus community members attended the events and were able to make progress in finding their roots. The next Open House will be held March 1st, and each month after, at the LDS building located at 484 S. Main Street in Star. The Open House will run from 3:00 to 4:00 p.m. Each month will also feature a different theme and refreshments will be served. Casual dress is appropriate and everyone is welcome. Please feel free to contact Lynn Walker at 286-7161 or email www.farmer-sagent.com/lwalker1 with any questions.

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Eagle Tree and Shrub ready to shape up your yard

By Jennifer Anderson

Boise isn't known as the City of Trees for nothing. As you fly in over the Treasure Valley and see the oasis that is Boise surrounded by brown high desert, you appreciate the wealth of trees that shade our homes, parks, and pathways. Eagle Tree and Shrub has been keeping trees in the Treasure Valley healthy and beautiful for years and understands how to keep your trees in top shape.

Eagle Tree and Shrub is dedicated to quality service focused on Eagle customers, and the small family owned company is a tight group who work efficiently together to get the job done in the most cost effective way.

Owner Amy Wakagawa and Matthew Pruitt, Operations Manager, are focused on customer service and pride themselves in their promptness and reliability. Customers Curtis and Tymeron Smith expressed, "We want to thank you and your crew for the wonderful work you did in removing the five trees in our yard. Your work has been very clean and professional. Thank you for your quick response, from the time I called for a quote, to the day your crew cut the trees down. You worked great around our schedules. After receiving multiple quotes from

other companies, you were by far the best price. We have had multiple people from our neighborhood compliment the job that you did. We have been happy to refer your business to all who have asked."

Working so long as a team, the crew is able to keep costs low and quality high. The crew uses only two dump trucks and two boom trucks, so lower equipment maintenance costs are passed on to the client. The crew also has a policy of leaving a yard better than they found it and work to remove and rake up any debris they create as well as existing fallen leaves and limbs in the process.

Knowing that if you mess up a tree you can't fix it, the crew of Eagle Tree and Shrub do their best to trim it properly and correctly to allow the tree positive and healthy future growth. They are proficient in all tree and shrub trimming and hedging, but also specialize in tree removal.

Often coming in as the lowest bidder, you are not sacrificing quality when you go with Eagle Tree and Shrub. They are licensed, bonded and insured and can handle even your high risk trees. Call for an estimate today at 939-0919 or visit eagletreeandshrub.com. See their ad in this month's issue of The Independent News.

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There are companies that follow storms around the country that cause damage to home or commercial buildings. They set up a local office, corporate name, phone number, flashy vehicles with decals, then work several months and move on to the next storm. This is a huge industry back East.
If you use an out of state storm chasing company, what are your options if you have a warranty issue after they have moved? Do you really want to deal with that hassle?
Find out if they may be a Storm Chaser... it's easy:
1. Go to the State of Idaho's website <http://ibol.idaho.gov> for CONTRACTORS, click on the Quick Links: License & Registration Search and enter their registration number (If their registration number is 36000 or later they have recently registered since late fall storm).
2. See if they are a registered business with the Idaho Secretary of State at <http://www.accessidaho.org/public/sos/corp/search.html> and enter the company name.

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Urban Farm Girl 

"BABY BLUES"

By Joanne M.W. Love

"This animal's not pregnant." "Stop it, yes she is." "No you stop." "No you stop, she is too pregnant." "Ok, you win, she's pregnant." This is how I wish Preg-check appointments would go down at the veterinary clinic. If only winning an argument during a Preg-check could make it positive. Lately, I'm growing convinced that if we were to own a bunny, it'd be the first documented case of a rabbit that couldn't reproduce.

I must have had beginners luck with our first cow, Violet. It was as complicated as checking off a To-Do List when the time came to impregnate her. I studied her cycles and called a gentleman who artificially inseminates cows. Cringing as I watched this man violate her with a very long instrument, his speed and dexterity made me wonder if there should've been more to it. There wasn't. Nine months later she had a baby girl and we had a milking cow.

Was there no end to my good luck? A baby girl is worth gold in the dairy cow industry (baby boys make meat, not milk). When she turned 20 months old, I called my artificial insemination guy again. The plan was to breed her and sell her for profit to a dairyman who had already expressed interest. This would be the first documentable profit in the history of our little farm! Or so I thought.

After one artificial insemination and a trip to Dr. Hardy's, he broke the news....."This animal's not pregnant." A second A. I. and a trip to Dr. Hardy's.... "This animal's still not pregnant". WHAT?! That's not how this is supposed to work! Out of desperation I consulted my friend who owns a dairy. She graciously offered to keep Daisy for a while and breed her via real insemination (room and board with a bull). I didn't catch the bull's name but he managed to get the job done after just 2 cycles. Off to Dr. Hardy's we go again only to hear.... "This animal's pregnant, but it feels abnormal and she'll most likely lose it." She did. Next we try a uterine lavage of antibiotics in case a localized infection is aborting these pregnancies. Hi Ho.....

Hi Ho.....it's off to the bull we go.....again. This time, Daisy stays for three months. By now, we're no longer running her to the vet for preg-checks. Instead, we're watching her in our pasture over the next 6 weeks for signs (or lack thereof) of a heat cycle. This is most easily recognized by incessant mooing (I call this the poor man's preg-check). Two months later I'm woken at 5 am from incessant mooing. Noooooooooooooooooo! Back to the dairy again. Should I bring music? Chocolates? WHAT? We now leave Daisy for four months and when we pick her up, there've been no visible or audible signs of a heat cycle for the past few weeks. This is it, I just know it.

While Daisy is home in our pasture, I turn schizophrenic. At random times during the day I start imagining a cow mooing. What was that? Did Daisy just moo? Six quiet weeks pass, and then, during week 7, I'm woken at 5 a.m. to incessant mooing. That's it.... UNCLE!

Fast forward to the present and my husband is showing signs of irritability. He's asking more frequently what living arrangements I'm planning for this barren milk cow. After exhausting my "change the subject" tactics I'd used for months, a miracle fell into my lap (for me, not the cow). Our good friends, the Caffertys, asked if we would keep their pregnant mare and help her with the birth next month. "And why don't you keep the foal for yourself", he mentions (I swear they had this planned from the beginning).

Nothing diverts my husband's attention from the cow like the prospect of birthing and imprinting a foal. Downright giddy, he prepares a stall, moves animals around and makes a veterinary appt. for a final preg-check and last minute prenatal care. Once there, he's given the words from Dr. Hardy we've grown accustomed to...."this animal's not pregnant."

Oh no, my husband's going to start asking about the cow again! This narrative is far from over.

TRINA'S FITNESS CORNER



If you have little to no time to exercise – I have your answer, do burpees! It is the one exercise that rules them all. There is a reason why football teams, CrossFit practitioners, and elite military forces all use the burpee in their workouts. This one movement tests both your strength and aerobic capacity.

The benefits of a burpee are as follows:

Strength. The burpee is a full body strength training exercise. Each repetition will work your arms, chest, shoulders, biceps, triceps, legs, and abs.

Fat Burning. Studies have shown that high intensity movements, like the burpee, burn up to 50% more fat than conventional exercises. Burpees will speed up your metabolism and help you burn more calories. Get off the treadmill and start doing some burpees.

Free. There are no fancy gizmos, classes or gym memberships required to perform a burpee. All you need is your body, and a floor space.

Portable. You can do this exercise anywhere. Hotel room, in a park, rest stop, and at your in-laws.

I Love Burpees

To perform a basic burpee, follow these steps:

- Begin in a squat position, feet are flat on the floor, and your hands on the floor just in front of you.
- Kick your feet back to a pushup position.
- Do a full push-up.
- Immediately return your feet to the squat position.
- Jump up as high as possible from the squat position.

Perform the burpee in a quick succession to get the full benefits they are famous for. Simple burpee workouts:

- As many burpees as possible in 2 minutes. 5 minutes. Dare attempt 7 minutes.
- Tabata style burpees: 20 seconds of burpees, 10 seconds of rest until you have done 8 rounds.
- The burpee ladder. Start with 10 burpees, rest 60 seconds. 9 burpees, rest 60 seconds, and so on until you have reached 1 burpee.
- Get the family involved. See how many burpees you can perform during the commercials of your favorite television show.

Get off the couch and perform some burpees. Let me know how you did.

Trina K Kubitschek Certified Personal Trainer. Owner of CrossFit Station. A proud mom of Kayla, Kasson, Violet, and Evelyn. Trina has more than 13 years of experience and a drive to help individuals find and succeed in their fitness goals. Visit Trina at <http://crossfitstar.com>

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Roof damage now, can be costly later

By Jennifer Anderson

It's not often we get a hail storm in the Treasure Valley with stones large enough to do damage, but when we do it means work for a lot of roofers. The keys are identifying whether or not you have hail damage and finding the right contractor for the job; a best case scenario includes using local contractors when possible.

In September a damaging hail storm went through Eagle and chances are, depending on the age of the roof and the area the home is in, it could have been damaged. Many homeowners are unaware of the damage and may not think to have a contractor come out and survey for damage. The usually free service can eliminate any questions in your mind and can start the process towards getting a new roof (usually covered almost entirely by insurance).

I recently had a conversation with Craig Frame of CF Construction in Eagle about how you can avoid getting pressured into having your roof done by companies he calls "Storm Chasers." Often after a large hail storm you will find companies roll into town long enough to get the job done and leave. The issues come later when you have a problem with your roof and no one is around to fix the issue.

Craig suggests simply checking with the State of Idaho Bureau of Occupational Licenses to see if the company bidding for your roof was licensed in the last six months, if

they were, chances are they are not local. (Visit eagleroofing.com and find links to the State website to check how long any company has been in business.)

The insurance process is not the normal "get a bid" process, so make sure your contractor is experienced in dealing with insurance companies and can help take the hassle out of the paperwork. Often the process is longer than you may think and sometimes there is a limit to how long after a storm the insurance company will still consider the claim.

CF Construction is experienced in not only getting your roof replaced, but taking care of the other issues you may not realize you have such as damage to screens, siding, windows, and garage doors. These things may not harm your property structurally, but in the end devalue your property. Craig suggests using a contractor that is experienced with doing more than just roofs so all your needs can be met at once.

As a general contractor with two roofing crews, CF Construction is based in Eagle and is currently working with many residents that have hail damaged roofs. If you suspect you may have been affected, give CF Construction a call at 921-1445 for a free inspection or visit www.roofingeagle.com for more information on the entire process. See their ad in this month's issue of The Independent News for more information about how to spot Storm Chasers in your area.

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JOE'S VIEW

Don't tell my wife that you read this column. You will ruin everything.

Occasionally, we go on a Dump Date. We load up the "whatevers" that cannot be recycled, sold, given away, donated, reused, repurposed, or taken apart for parts. It doesn't leave much as we try to be responsible with all of our consumption trash, therefore when we do have enough for a load to take to the landfill, it is a special occasion. Date worthy. We have fun with this!

We try to schedule our Dump Dates on Friday or Saturday because that is when the Household Hazardous Waste facility is open. We can drop off all the stuff we know should not enter the landfill. At this facility, they unload the truck for us and cart the stuff off for proper treatment and disposal.

Being the thoughtful columnist that I am, here is a list of what all you can drop off:

- Used Motor Oil
- Batteries (Except Alkaline which can go in regular trash)
- Aerosol cans
- Cleaners
- Fluorescent lights
- Mercury thermostats and thermometers
- Used fry oil
- Paint and stain
- Solvents, thinners, and wood stains
- Computer monitors, TV's smaller than 27", and cell phones
- Yard and garden chemicals, pesticides, and pool and spa chemicals.

The list came from their website, but you should check it (curbit.cityofboise.org) or contact them if you have any questions. There is

also a calendar of neighborhood collection sites if you choose to not make a special occasion out of the trip.

So now the fun part and the little known secret. While you are at the collection facility, and after you have unloaded, you can park and go inside to take a look on the shelves for items that they would like you to take home and reuse. Really! Inside the building there is a rack of stuff others have dropped off and the expert trained collection staff has deemed these items "safe and reusable." After all, the best thing is to responsibly use it and not have to dispose of it or recycle it. For example, I think I am going on my 10th or 11th year of not having bought car wash soap, tire shine, wheel cleaner, or wax. Honest to God's truth. I have always been able to find these items there on the shelves. Same for Rose Food. The best finds have been the full gallons of paint that someone ditched because of a color error or something. We have found some beautiful paint for accent walls and projects and the cost was zero, zilch, nada!


You are limited to 4 items per trip, so choose wisely. Sometimes, there is not much there, other times we hit the mother lode! Now looking back on this, I am kind of regretting telling you this. Now there will be more people rooting through the shelves. Well, I guess it is for the greater common good and the health of the planet.

As you do your spring cleaning, don't pour things down the drains, on the dirt, or just sneak them into your trash. Not good for any of us. If you live in Ada County, take it to the Household Hazardous Waste Collection Facility at the Ada County Landfill or a neighborhood site. Think of it this way, you might be making my next Dump Date all the more special.

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

Integrity is the first step to true greatness. Men love to praise, but are slow to practice it. To maintain it in high places costs self-denial; in all places it is liable to opposition, but its end is glorious, and the universe will yet do it homage.

~ Charles Simmons



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Saint Alphonsus

GOOD NEWS.

IDAHO HAS A NEW HEALTH INSURANCE EXCHANGE MARKETPLACE, CALLED **YOUR HEALTH IDAHO**, WHERE YOU MAY FINALLY FIND A HEALTH INSURANCE PLAN THAT FITS YOUR BUDGET.

YOU HAVE A CHOICE OF MANY PLANS THAT INCLUDE CARE AT SAINT ALPHONSUS. AND ESSENTIAL CARE IS COVERED — LIKE PRESCRIPTIONS, SCREENINGS, PEDIATRIC, MATERNITY, HOSPITAL AND EMERGENCY CARE.

**To find out more or enroll in one of these new plans, we're here to help.
Call toll-free (855) 220-0432 or visit SaintAlphonsus.org.**

THE FOLLOWING PLANS IN THE IDAHO HEALTH INSURANCE EXCHANGE INCLUDE SAINT ALPHONSUS PHYSICIANS AND HOSPITALS: BLUE CROSS CONNECT, CHOICE, & HSA SAVER | PACIFIC SOURCE SMART ALLIANCE | BRIDGESPAN HEALTH COMPANY